

NEWS-SUN

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Going for a repeat

Sebring Dixie Ozone all-stars head to Virginia to defend World Series title

SPORTS, 1B

Popping the soda bubble

Diet soft drinks don't really help you lose weight

HEALTH, 5B

Dream kitchen

Redesign tips to get you the kitchen you desire

LIVING, 10B



Friday-Saturday, August 5-6, 2011

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Volume 92/Number 92 | 50 cents

Online

Vote delayed

Lack of quorum pushes back vote on tourism money

PAGE 2A

Forecast



A few afternoon thunderstorms

High Low

95 78

Complete Forecast PAGE 10A

Online



Question: Would you recycle more if there was curbside pickup?

Yes 72.2%

No 27.8%

Total votes: 90

Next question: Would you support a balanced budget amendment to the U.S. Constitution?

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Obituaries

James O. Smith Age 76, of Sebring

Beverly Sue Plake Age 73, of Sebring

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Community takes widow into its heart

By CHRISTOPHER TUFFLEY

christopher.tuffley@newssun.com

SEBRING — Not just the people of Highlands County, but people from all over the country have responded to Alicia Jetton's situation.

Pregnant with twins, due by Cesarean section in about two weeks, Jetton lost her husband, Pfc. Joshua Jetton, to enemy fire in Afghanistan on June 20.

Since then, help has poured in in the

form of gift cards, baby clothes, cartons of diapers, bottles of lotion, powder, wipes, baby seats and strollers.

So much help in fact, that Janine Jones and Brittany Chess, two leading organizers, had to find warehouse space to store everything.

Sebring Mini Storage Too, at 1500 Lakeview Drive, offered space for as long as it is needed.

See JETTON, page 4A



Alicia Jetton looks through some of the items donated to help her with her twins that are due in two weeks.

News-Sun photo by CHRISTOPHER TUFFLEY

Bank robbed again

Same Heartland National branch was hit in April

By ED BALDRIDGE

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SEBRING — Highlands County sheriff deputies are investigating a second robbery in less than four months at the Heartland National Bank near Tanglewood.

According to HCSO Public Information Officer Nell Hays, a lone suspect entered the branch at 5033 U.S. 27 N. around 1 p.m. Wednesday and demanded money from a teller.

The suspect in the most recent robbery is described as a 5-foot-5 tall black male wearing a light green shirt, dark jeans and a baseball cap. He fled the bank on foot with an undisclosed amount of cash.

The HCSO did not have a picture from the robbery at press time on Thursday, Hays said, but there was a meeting of investigative staff planned to coordinate efforts.

In April, a similar robbery occurred at the same bank, but the HCSO did not indicate if the robberies were related.

In both cases, the suspect followed a similar track when fleeing on foot.

K-9 units tracked suspects in both cases though the woods to the south of the bank towards Tanglewood Drive.

The suspects in both cases then met a car in the area of the solid waste plant and that's where K-9 units lost the track.

According to Bank Tracker, a reporting agency for the banking industry, "turbulent economic times have wreaked havoc on the finances of Americans from all economic backgrounds. Many financially overwhelmed individuals have had to take extreme measures like filing for bankruptcy protection to make ends meet. For others, those extreme financial circumstances meant turning their

See BANK, page 4A

'We have a crisis'

School Board struggling to make ends meet

By CHRISTOPHER TUFFLEY

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SEBRING — School Superintendent Wally Cox told The School Board of Highlands County on Tuesday night that the state legislature had raised the education millage rate for 2011-2012 to 7.813 — from 7.616 in 2010-2011.

Even so, he said, the district will receive fewer dollars than it did last year. "We're really having difficulties," Cox added.

The recession has hit the district hard, he said — fewer property tax dollars; less sales tax revenue; a cut in the per/student funding distributed by the state; fewer students on top of that; and the end of many grants and allocations, such as Public Education Capital Outlay (PECO) dollars.

At the same time, costs have risen and new, expensive challenges lie ahead — like training mechanics on the advanced diagnostic machines the next generation of school buses will require.

These realities are vastly complicated by a third: Certain assumptions made in 2005, Cox said — which

See DEBT, page 5A



News-Sun photo by CHRISTOPHER TUFFLEY

School board member Bill Brantley reacts to bad news during the board's budget workshop Tuesday night. Close to 75 percent of the district's tax levy has to be allotted to debt service.

Board divided over millage increase

By CHRISTOPHER TUFFLEY

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SEBRING — School board members sagged in their seats during the Tuesday afternoon workshop and special meeting.

The news was grim, with worse possible looming in the future — particularly if the economy doesn't recover within the next year or two.

Sharply curtailed revenue, coupled with higher

expenses and crippling debt, means the school district could be out of operating funds within a few years.

It also means, School Superintendent Wally Cox told the board, that the school millage has to increase — from 7.616 to 7.813

The increase is state mandated in the required local effort portion of the tax. The school board has no say in the matter.

The hope, however, had been to lower the capital millage, over which the board does have discretion, and thus keep the total millage rate the same as last year — although even with the increase fewer tax dollars will be collected.

But, Cox also told the board, lowering the capital millage would require another \$1 million be cut out of an already finely

See MILLAGE, page 5A

City to give \$10K to help fill dredge hole

By SAMANTHA GHOLAR

sgholar@newssun.com

SEBRING — City council members voted Tuesday evening to fill the dredge hole near City Pier in Lake Jackson. The beach has been closed to swimming since a man drowned in the hole in 2008.

Council members approved

the motion with a 3-2 vote (Scott Stanley and John Clark voting no) to appropriate \$10,000 from the city's contingency fund to match the amount of the dredge hole project.

Though council members

all agreed that the City Pier should be re-opened, they were not all in agreement that the hole should be filled in such an expensive manner.

"I think this is ludicrous," Clark said.

"Why is it ludicrous John?"

councilmen John Griffin asked.

"Well, I think the projected expense is. I understand it's an estimate from a non-engineer...it's insane. So we're going to pipe sand from the lake bottom back in for 70

grand. I think it's also crazy we're going to go through permitting process for a lake the state freaking owns," Clark said.

Highlands County Parks and Natural Resources Lakes Manager Clell Ford estimated that the total cost of the

See CITY, page 6A

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COMMUNITY BRIEFS

Social Security benefits will be paid on time

Michael J. Astrue, commissioner of Social Security, announced that Social Security payments for Aug. 3 will be made on time and as scheduled. Payments for Aug. 10, 17, and 24 also will be made as scheduled.

"I am happy to announce there will be no delay in the payment of August Social Security benefits," Astrue said, "which should be a relief to those people who were concerned about their benefits. I'm pleased the President and Congress were able to come together in a bipartisan fashion to avoid an interruption in payments."

People still receiving paper checks from Social Security should consider signing up for Direct Deposit, the secure and convenient way to receive Social Security payments. All current beneficiaries must switch to electronic payments by March 1, 2013.

Panera Bread hosts Operation Lemon-aid for Kids

SEBRING — Panera Bread will host Operation Lemon-aid for Kids to benefit Highlands County children involved in the Make-A-Wish Foundation.

From 10 a.m. to 2 p.m. Saturday and Sunday, stop by the Sebring Panera Bread and for \$1 sample Panera home-style lemonade at the Lemon-Aid Stands created to support the Make-A-Wish Foundation.

Sebring Panera is committed to helping the community anyway it can. Not only will this event benefit children in the community, but it will be a fun event to break up the summer doldrums and beat the heat with some great tasting lemonade.

Face painting for the kids and cookies will also be available.

All proceeds will go for making a child's wish come true. Panera Bread is at 1760 U.S. 27 North, in the Shelby Crossing Shopping Center next to Mattress Giant.

Family movie showing at the Memorial Library

LAKE PLACID — The Lake Placid Memorial Library will offer the film, "The Karate Kid" (PG), at 2 p.m. Saturday. There will be no movies scheduled until September 2011. The public is invited to attend.

Seating is limited. Children age 9 or younger must be accompanied by an adult.

Affinity Health has annual school supply drive

SEBRING — Affinity Health Professionals have kicked off its annual school supply drive with all donations going to the local Boys and Girls Club. Notebooks, paper, pencils, Kleenex, backpacks are just a few items that would be greatly appreciated.

Donors will receive a complimentary 15-minute massage. If not a patient at the office donors will



Aktion Club members (from left) Patrick Patterson, Jose Vasquez, Greg Robinson, Ralph Meyers, Tim Dowdy and Ricky Marino volunteer July 28 to clean out tires and trash from around a cul de sac on High Avenue in Sebring where illegal dumping has been going on for more than 30 years.

Aktion Club, Youth Academy clean up illegal dump site

Special to the News-Sun
SEBRING — Illegal dumping is becoming a big nuisance in Highlands County and the Aktion Club of Highlands County has stepped up to the plate to beautify a neighborhood.

The Aktion Club joined efforts with the Avon Park Youth Academy in doing a two-day clean-up project at a cul de sac on High Avenue in Sebring near the office of The School District of Highlands County. There were five Aktion Club members and one supervisor who started the project on July 20 by filling a county dump truck full of trash, construction debris and tires in less than two hours.

Aktion Club advisor Cindy Marshall realized, "This project was massive and going to take more manpower. We barely put a dent in the dump site on the first day. I had to call in some recruits to help. We teamed up with the Avon Park Youth Academy to assist and those young men were awesome."

A second date was set for July 28. The county brought in a large, open top, roll off container for the crew to use. The Aktion Club provided six workers and one advisor while the academy brought five youth and one supervisor. The crew worked four hours that morning trimming trees and bushes and pulling out construction debris such as old carpeting, concrete, wood, and tiles; household trash; and tires. The Dumpster was filled and old tires were stacked up.

"We even made sure to trim around the 'No Dumping' sign so it is visible for everyone to see," Marshall said. "We only cleared the county right of way around the cul de sac. The rest is up to the property owner."

"I would like to thank the Aktion Club and the Avon Park Youth Academy for teaming up with the Highlands County Board of County Commission in the clean up of this unsightly illegal dump. Without their assistance, it would have taken much longer to clean.

Working on this two-day clean up project removed 205 tires and 1,400 pounds of illegally dumped debris," said Ramon D. Gavarrete, Highlands County engineer/utilities director. "Illegal dumps are becoming an increasingly costly problem throughout Highlands County. Of particular concerns are illegally dumped tires that can be fire hazards along with holding water perfect for breeding mosquitoes."

According to one homeowner living near the cul de sac, illegal dumping has been going on there for decades.

'Working on this two-day project removed 205 tires and 1,400 pounds of illegally dumped debris.'

RAMON GAVARRETE
county utilities director

"My uncle (O'Gene Wallace) has lived here for 10 years and it has always been like that. I used to come down here with my girlfriend more than 30 years ago and they were dumping stuff then," Ernest Reed said.

"I think they did an outstanding job in cleaning up this area. It looks good," Reed said of the clean-up crew's effort. "Now, I keep an eye out and stay up late so I can catch anyone coming back here to dump. I want it to stop. The county told me to report tag numbers."

"It was a great opportunity for the students of Avon Park Youth Academy to give back to the community," said Ronnie Henderson, supervisor at the academy.

"It was a good thing to help clean this neighborhood," Aktion Club teaming up with the Highlands County Board of County Commission in the clean up of this unsightly illegal dump. Without their assistance, it would have taken much longer to clean.

"It made me feel good to help," Aktion Club member Greg Robinson said. He was

instrumental in pulling out the biggest portion of tires and found it rewarding to find one.

"It was funny to watch Greg when he would find a tire. He would yell 'I got one' every time he pulled one out of the woods. It was like an Easter egg hunt to him," Marshall said. "We called him the tire man."

The Aktion Club, a civic group consisting of people with disabilities, has been involved for the past three years in the Adopt-A-Road Project by maintaining College Drive in Avon Park. The club wanted to step it up a notch by tackling a more involved project like High Avenue. Members are looking at doing another illegal dump site in the near future.

Highlands County Code Enforcement Officer April Hartseil was very grateful for the clean-up effort. "I am really excited to have this cleaned up. I am so thankful for the groups taking a stand and helping this community. I encourage other groups to do the same. Efforts like Adopt-A-Road and community clean ups give people a sense of pride."

Tourism vote delayed because of a lack of commissioners

By ED BALDRIDGE
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SEBRING — A weird turn of events kept county commissioners from taking any action on changes to the county's tourism plan on Tuesday.

"You can't vote on this today; you need a majority plus one," County Attorney Ross Macbeth told the commission after several minutes of discussion.

That requirement of a majority plus one is necessary for changes in the tourism ordinance.

Commissioner Greg Harris was absent from the meeting for personal reasons, leaving the board with only three commissioners to vote.

The lack of a fifth seated commissioner left the board without the necessary votes to take action on the proposed ordinance change about tourism.

Commissioner Jeffery Carlson was removed by Gov. Charlie Crist in November of 2010 after being charged with BUI manslaughter in the boating death of his wife.

No trial date has been set for Carlson, but the governor's office so far has neglected to select a replacement out of the 20-plus applicants.

Overall, the whole meet-

ing lasted just 31 minutes including the pledge and invocation, and the input from the public at the hearing on tourism was cut short.

In the past, commissioners have delayed decisions when just three members were present, seeking a fourth voice on possibly controversial items.

The quorum was lost when Commissioner Jack Richie left to meet another appointment, which ended the meeting.

The new tourism plan reduces the requirements of where collected tax dollars will be spent to just three large categories.

If the plan is approved by the commission, 51 percent of the 2 percent bed tax will go to promoting Highlands County, 42 percent will go to supporting the salaries and overhead of the Tourism Office and 7 percent, down from a previous 10 percent, will be mandated for lake and beach maintenance.

Tourism Director John Scherlach told the commission that the new percentages would allow his agency more flexibility.

Macbeth told commissioners that the public hearing could be rescheduled in August.

Avon Park gets FDEP grant

By CHRISTOPHER TUFFLEY
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AVON PARK — Interim city manager Julia Deleon announced the city has won a \$204,000 grant from the Florida Department of Environmental Protection. The funds are to cover the expenses in the first step of dealing with several contaminated wells — designing the project, doing the required studies and planning.

The wells are north of Lake Olivia, near County

Line Road; south of State Road 64; around Lake Lotela and near Lake Denton.

"It's a matter of public safety," Deleon said, as the wells have tested positive for nitrates and other contaminants.

"When we are funded for the second phase of the project, the city would be eligible for a \$2 million grant for construction and extension of water lines into the unincorporated areas of the county."



Deleon

	Lottery Center	Aug. 3 14 21 22 24 44 48 x:2 <i>Next jackpot \$35 million</i>	
		July 29 4 6 7 31 44 49 x:2 July 27 13 19 23 38 42 51 x:3	
	Aug. 3 4 21 22 31 34 Aug. 2 8 12 24 29 31 Aug. 1 1 14 23 34 35 July 31 6 10 11 20 34		Aug. 3 (n) 9 1 0 5 Aug. 3 (d) 2 7 2 8 Aug. 2 (n) 6 6 2 8 Aug. 2 (d) 5 8 4 6
	Aug. 2 8 28 29 31 14 July 29 11 23 28 41 13 July 26 5 24 26 38 11 July 22 9 15 21 36 19		Aug. 3 (n) 0 4 8 Aug. 3 (d) 6 3 0 Aug. 2 (n) 1 2 7 Aug. 2 (d) 1 6 6
	Aug. 3 13 19 21 28 49 PB: 11 PP: 2 <i>Next jackpot \$180 million</i>	<i>Note: Cash 3 and Play 4 drawings are twice per day: (d) is the daytime drawing, (n) is the nighttime drawing. PB: Power Ball PP: Power Play</i>	
July 29 20 40 41 47 55 PB: 19 PP: 2 July 27 38 40 41 51 59 PB: 33 PP: 2			

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NEWS-SUN

EDITORIAL & OPINION

TODAY'S EDITORIAL

Line too long and budget too short at VSO

It is not a core service or entitlement service, but the county Veteran's Service Office is a moral obligation.

The VSO assists local veterans in the application for additional benefits through the Department of Veterans Affairs like disability or burial arrangements.

You may be eligible for Veteran Administration benefits if you are a veteran, a veteran's dependent, a veteran's surviving spouse or child, a member of the Army Reserve, a member of the National Guard, or an active duty service member. In other words, people who potentially put their life on the line in order to protect our way of life.

Discussion was held this last week by the county commission on the proposed budget for the VSO, and it was asked that an updated budget be returned to the commission with a better explanation of how salaries were spent and how office supplies were being bought.

The questioning centered around a 14 percent increase in the salaries in the budget to offset the cost of the salary of the current director while

she is deployed to Iraq.

Additionally, words like "crunch time" were used to encourage budget reductions.

The commission got down into the details of staggering lunches or questioning book purchases in order to stretch the coverage and service for those who come home and need continued health care, counseling or education.

The commission finally decided to let the VSO make some changes in the expenses and to bring the budget back in the near future, but a fundamental issue was overlooked during the meeting.

The VSO is understaffed. The News-Sun does not advocate a blank check for any agency, but any office that takes a couple of weeks for an appointment is understaffed. Any argument to the contrary is cheapened when advocacy was made to keep an additional \$80,000 in a budget in case the county was sued.

Most of the veterans that need the service of the VSO, need it now, and withholding

services "just in case" is not honoring those who served.

It was clear that the VSO is currently understaffed and will face some issues in the future. Especially since the recent discussions at the national level to reduce troops abroad will put even more veterans into the queue in Highlands County in a few months, most of them looking for a job.

We, as a nation, have not done the best we can in taking care of those who further our interests abroad, and that is just a shame. Why can't we as a county do a better job? Why can't we stress that we as a local community want to take better care, maybe the best care, of those who served.

Instead, we put them in a two-week line, and tell them they are lucky the line is not three months long.

A society has an obligation to follow up with those who serve in the military, if those folks have a need or want it, but we constantly lump veteran services in with less important agencies and search for ways to cut the benefits before cutting the bureaucracy.

We must remember that

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A man in search of his mail

A man reaches a point in his life when he realizes what he really wants. All I really want is my mail.

I opened a post office box a few years ago. I have all my business correspondence sent there.

Last September, I moved temporarily to Washington, D.C., to work on a six-month project. I returned to the Pittsburgh area every six weeks and retrieved my mail from the P.O. box.

Last spring, I knew the six-month bill would be coming due soon, so I went to the post office to pay it in advance.

"You can't pay until the bill is due," said the woman at the counter.

"But I will be gone for six weeks and wish to pay it now."

"Our systems don't allow you to pay in advance."

I drove back to Washington and worked hard for six weeks. I returned one evening, eager to retrieve a half-dozen checks waiting for me in my P.O. box.

It was locked.

Annoyed, I returned the next day to pay the box bill and retrieve my mail.

"We sent your mail back to sender," said the woman at the counter.

"Why?"

"Because you didn't pay your bill."

I explained that I had tried to pay in advance — that I was working out of town on a project.

"You're supposed to fill out a form to let us know you will be out of town," she said.

She took pity on me, though. After I paid the bill — I was charged a late fee because that is how the postal system works — she gave me the name of a fellow at the main processing center.

He helped me track down some of my mail, including some checks. I always look forward to depositing checks.

I figured all was well. It wasn't.

For the next several weeks, clients phoned me to tell me that checks they'd sent to me were being returned. The little yellow return slips on the returned mail said my P.O.



Guest Column
Tom Purcell

box was canceled.

I called the post office and talked with a supervisor.

"It shouldn't be doing that," she assured me.

"I agree," I said. "How do we stop it?"

She told me to bring in one of the little yellow return

slips. I had one of my clients scan one and e-mail it to me.

I brought my computer to the post office and showed the woman at the counter what the little yellow slip looked like.

"Yep, it is being blocked at the main office," she said. "It shouldn't do that."

"I agree," I said. "How do we stop it?"

"It should stop anytime," she assured me.

But it didn't. A few weeks later, I phoned again and got another supervisor. This fellow, thankfully, was extremely professional, knowledgeable and apologetic.

He told me the problem was in the computer system and he would fix it. I could hear him typing as I waited. He promised it would take one day to register, then all would be well.

I was delighted that the problem finally was resolved.

I hold nothing against the people who work for the post office. Most are crushed under the weight of outmoded business processes and bureaucratic inanities.

Most lack the organizational support to service customers as well as they would like.

Which raises an obvious question:

In an era in which consumers can make convenient transactions over the Internet, shouldn't we move away from the old bureaucratic government model — rather than closer to it, as we have been doing the past two years?

But then, what do I know?

I'm just a man in search of his mail.

Tom Purcell, a freelance writer is also a humor columnist for the Pittsburgh Tribune-Review, and is nationally syndicated exclusively by Cagle Cartoons newspaper syndicate. Email Tom at Purcell@caglecartoons.com.

EDITORIAL PAGE

POLICY

Make sure to sign your letter and include your address and phone number. Anonymous letters will be automatically rejected.

Please keep your letters to a maximum of 400 words. We have to make room for everybody. Letters of local concern take priority.

Send your letter to 2227 U.S. 27 South, Sebring, FL 33870; drop it off at the same address; fax 385-1954; or e-mail editor@newssun.com.

To make sure the editorial pages aren't dominated by the same writers, letters are limited to two per month and a guest column can be submitted once every three months.

Opinions expressed in letters or columns are solely the opinion of that author and not necessarily the opinion of the staff or editors of the News-Sun.

All items will run on a first-come basis as space permits, although more timely ones could be moved up.



TODAY'S LETTERS

Are you a true believer?

Editor:

This letter is for the "True Believers" who follow Glenn Beck. He is warning them against the evil false prophets (EFP - candidates) who will manipulate any duplicitous methods to deprive them of their civil rights, their right to vote for, to elect those who will represent them in this democratic nation. Whew! Quite a statement!

These EFP candidates are setting up two choices for the "True Believers." A. a larger, all inclusive government, B. no government. A. would provide protection and sustenance for all, especially for the very young and very old. This means more social security, Medicare/Medicaid and

social programs. This means more revenue and a huge bureaucracy. This may then include those EFP candidates (more promises) who will control government at every level, who will decide which laws to enforce, even make new laws to achieve total control.

The other choice is no government, a laissez-faire doctrine where every entity of society does its own thing. Well, of course, most people want some form of government to provide basic services; thus, they end up with choice A.

So, the "True Believers" and 60 percent of the people chose Choice A, but did not realize it. Their choice was Corporate America, which now controls our government. Their choice is now far richer and more powerful. The promises of more

jobs and services were an illusion; in fact, unemployment is higher today; government services are fewer. Part time jobs more than double full time jobs. Corporate America continues to outsource \$30 an hour jobs to Asia. Gas and food prices continue to rise.

Question: Are you a "True Believer?" Are you better off today than three years ago?

Gabriel Read
Avon Park

Where is protection from the way women dress?

Editor:

To borrow a lead-in line from Will Rogers: "I see by the papers that" While the rest of the country has wrestled with such mundane trivia as debt ceilings, budget shortfalls and the like, the

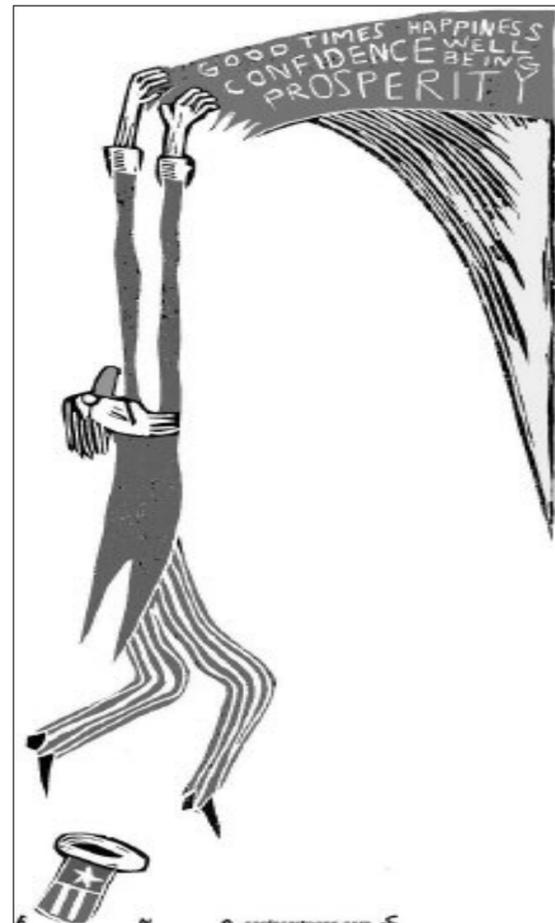
Florida Legislature and our esteemed governor have taken on one of the more serious issues of our time, "droopy drawers" i.e. prescribing male attire from displaying a band of their under shorts above the belt line.

Now we can all breathe easier and feel a mite safer in our beds.

In a culture which tolerates female attire which covers only the most minimal part of the female breast and short shorts which permit an occasional, if accidental, peeking of pudendum, it's good to know that our government is ever vigilant to protect us from an unwanted view of the tops of ones BVD's, Hanes, or Fruit of the Loom undergarments.

Kind of makes ya proud.

Randy Ludacer
Lake Placid



Jetton gets huge support from local community and beyond

Continued from page 1A

Which is why Jetton, her mother, Denise Moore, and two friends joined Jones and Chess at the warehouse and was given the key to the supplies on Wednesday.

"The goal is to have enough on hand so Alicia won't have to stand in a store line for six months," Jones said.

Jetton and her mother have been overwhelmed by the response.

Moore described a UPS truck pulling up to her home just five days after Joshua's death. A baby stroller was delivered, sent by a man in Kentucky.

"Tell Alicia this is just a small token to honor the sacrifice Joshua made," an accompanying card said.

Jones said men have amazed her. Some stopped by with diapers on their way to work. Bob Evans Restaurant managers, all men, would call her to stop by, telling her, "there's more in the back."

Most of the men commented on how they were touched. "It could be my daughter, my son," Jones said they told her.

Everyone is in awe at the tremendous response.

"I quit counting," said



News-Sun photo by CHRISTOPHER TUFFLEY
Alicia Jetton wears her husband's dog tag close to her twins. Her husband, Pfc. Joshua Jetton, was killed in combat in Afghanistan on June 20.

Jones, "it was amazing what was given to the babies."

She thinks it may have something to do with the kind of person Alicia Jetton is, and the kind of person her husband was.

"Alicia is strong in her faith," Jones said. "You can see it in her. She holds her own, especially for a 19-year-old."

"I'm amazed by her, and

her family's strong support."

Jetton took her time at the warehouse. Unfolding and gently stroking hand made quilts, holding up baby clothes, and reading attached cards.

"It's very comforting," said Jetton, softly rubbing her belly — the twins kick almost constantly. "It is one less thing to worry about. I appreciate it a lot."

Bank robbery suspect sought

Continued from page 1A

Bonnie and Clyde dreams into reality."

Bank Tracker shows that the southern region of the United States is being hit the hardest, and the Federal Bureau of Investigation show that 54 robberies occurred in the first quarter of 2011 in

Florida alone, up significantly from 46 in the fourth quarter of 2009.

Statewide, more than \$7.5 million has been snagged so far this year, with just \$1.7 million recovered statewide, an FBI report shows.

Hays agreed with the FBI that the increase in robberies was possibly climbing

because of the economy.

According to Hays, the investigation is continuing and further details will be released as they become available.

Anyone wishing to share information regarding this crime, can call Heartland Crimestoppers at 1-800-226-TIPS and remain anonymous.

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Debt service proving to be tough for school board

Continued from page 1A

guided the planning over the last several years — turned out to be false.

Cox told the board that in 2005, he thought the county's assessed valuation would increase annually by 5 percent. He believed the school district's state allowed 2.0 mills ad valorem tax — for capital improvements — would remain the same, as it had for decades. Because of this, he believed the district would have no trouble keeping the debt service portion of the budget below 37.5 percent — the maximum recommended.

District leaders projected the numbers.

They believed that by the 2011-2012 school year the county's assessed valuation would be \$8.3 billion; that the district would receive \$15.8 million through its capital millage.

The portion of debt service was projected to be 34.25 percent, well within the safety parameter.

At the same time, pressure existed to build new classrooms as the result of the rapidly growing population, the Class Size Amendment, and impact fee money that had to be spent.

Portables crowded every



News-Sun photo by CHRISTOPHER TUFFLEY
Board member Ned Hancock with the school district facing a crisis, Hancock made it clear every penny be counted. He said that every new purchase order would be reviewed, and have to be essential. For example, no new furniture if what exists is still functional.

campus and cost the district \$1 million a year.

It was these assumptions and factors that led both Cox and the school board to believe it was safe, in 2005 and 2006, to issue certificates of participation.

Major additions were added to existing schools, Memorial Elementary School and the Kindergarten Learning Center were built, and portables were completely replaced.

It was thought the district was on a prudent course.

But, with the collapse of the housing market and general economy, by 2011-

2012 the county's assessed valuation was \$5.1 billion; the district received only \$7.3 million through its capital millage, and 74.03 percent of the budget now goes to service the debt — of which \$61 million are in the outstanding certificates. The district is obligated to pay \$5.4 million in interest payments annually for the next 27 years.

Should the economy continue to stall, in two years the district could be out of operating funds.

"We have a crisis," Cox said, adding that any other cuts would directly affect classrooms and students.

Millage rate increased by SBHC

Continued from page 1A

sliced budget.

Any other cuts would directly affect classrooms and students, Cox said.

Board member J. Ned Hancock said he couldn't support decreasing the capital millage. "If we aren't going to approve this millage," he said, "we have to be the ones to make the choices."

Board member Andy Tuck said he couldn't support keeping it the same.

"I still think it is irresponsible to raise the millage in these times," he said.

Tuck did not agree, however, that the board should decide on what would be cut.

"I feel we need to tell the department heads (to do the cutting)," he said. "We don't micro-manage. I think the board could come up with cuts, but it's not our job and we don't have the expertise. I can't go into a department and say cut that job. Department heads know where to trim better. It's our job to give them the money and say, make it work."

"We've spent the money the state allocated to us," said Hancock. "I'm not sure how cuts can be made that won't harm schools."

Board Chairperson Donna Howerton, hoped savings could still be found, but agreed with Hancock that the millage could not be low-

ered. As chair she ordered two more budget workshops be scheduled for another review of the proposed budget.

Member Bill Brantley agreed with Hancock and Howerton. "We've already lost jobs," he said. "They've cut the last four years. If it could be trimmed it would have been trimmed. We're here for the kids."

Member Ronnie Jackson, out of state on business for Dixie League Baseball, did not have a vote. He sent a letter to his fellow board members, however, strongly arguing against lowering the capital millage.

City to contribute to dredge hole project

Continued from page 1A

dredge hole fill project is \$80,000. The Highlands County Lakes Association will now take the project to its board followed by being presented to the Tourist Development Council and then the Highlands County Commissioners.

The dredge hole project will eventually have to go to the state, according to City Administrator Scott Noethlich.

"It has to go to the state...I've had some conversation with a gentleman who indicates it may or may not have to go to the Internal Improvement Trust Fund. But we won't know that until much later," said Noethlich.

Noethlich also said that recommendations can be made so that the project does not have to be brought to the Internal Improvement Trust Fund (Governor and Cabinet) and the entire project can be permitted in as little as 90 to

120 days.

"It may take longer if it has to go to Internal Improvement Trust Fund," Noethlich said.

The previous ideas of removing sand from the lake bottom and allowing it to dry on the beach as well as bringing sand from an outside source were both too costly and hazardous to the lake according to councilmen Griffin.

"This might actually work," said Griffin.

The new project will require existing sand approximately 200 yards from the dredge hole in Lake Jackson to be scraped or redeposited into the hole.

The Department of Environmental Protection (DEP) has reviewed the project and the preliminary review is a positive one.

US forecasters upgrade 2011 hurricane outlook

MIAMI (AP) — U.S. government forecasters say they're even more confident that this Atlantic hurricane season will be above-average.

National Oceanic and Atmospheric Administration forecasters said Thursday that they now expect up to 19 named storms to develop during the hurricane season that

ends Nov. 30. They expect seven to 10 of those storms could strengthen into hurricanes.

The lead seasonal hurricane forecaster at NOAA's Climate Prediction Center in Washington says key climate factors predicted in May continue to support forecasters' expectations for an active season.

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Boot drive will benefit JASA supervisor

Special to the News-Sun
SEBRING — The West Sebring Volunteer Fire Department will hold a boot drive in partnership with the community fundraising event from 8 a.m. to noon Saturday, Sept. 10 for JASA supervisor/stroke and polio survivor Mel Williams Jr.

The boot drive will be held at the intersection of U.S. 27 and the Sebring Parkway.

Williams, a long-time polio survivor who worked from his mobile wheelchair for many years, recently suffered a stroke that has taken this ability away from him. He now needs a van equipped to drive his wheelchair into so that he may continue his work, which is so vital to Highlands and surrounding counties.

Williams is currently the program manager for the Jail Alternative to Substance Abuse (JASA) Program with Tri-County Human Services

Collections to be made Sept. 10 at US 27, Parkway intersection

Inc. He has been working with community members with addiction and mental health problems since 1993.

Due to the program's success, it has expanded to Polk County, Frostproof and Highlands County jails.

All JASA programs have been recognized for Best Practices in Treatment by the Florida Alcohol and Drug Abuse Association.

The Commission on Accreditation of Rehabilitation Facilities have identified

JASA program as exemplary examples of successful efforts to change addicted and mentally ill inmates into tax-paying and law-abiding citizens.

Williams was recognized as Profession of the Year in 2006 by the Florida Alcohol and Drug Abuse Association and Professional of the Year by the Florida Certification Board in 2009. These accolades attest to the hundreds of thousands of people graduating these programs and now living lives of purpose and meaning in our community. He is on the board of directors for the West Sebring Volunteer Fire Department and Highlands Public Safety Council. He is active in his local church and numerous outreach programs.

COMMUNITY BRIEFS

Continued from page 2A

also be offered a complimentary health and wellness screening with a computerized stress assessment.

Supplies will be collected until Aug 16. Call 386-4325 for further details.

Home Depot sponsors blood drive

SEBRING — The Home Depot will host a blood drive from 3:30-8:30 p.m. Saturday. Donors will receive a free movie ticket and a T-shirt.

Call 382-4499 for information on donating blood.

Events planned at lodges, posts

AVON PARK

The Combat Veterans Memorial VFW Post 9853 will have music by Lora Patton from 5-7 p.m. today. Karaoke by Peg and Perry from 5-8 p.m. Saturday. For more information, call 452-9853.

LAKE PLACID

The Veterans of Foreign Wars 3880 will host music with Bill Dillon today. Call for time. Bingo is set for 2 p.m. Saturday. On Saturday, Aug. 20 will be a prime rib dinner (get tickets early please). Music with Tony from 5:30-7 p.m.

For details, call 699-5444.

The Lake Placid Moose Lodge 2374 will have music with Bob Weed from 6-9 p.m. today. Bingo-bango is set for 2 p.m. Saturday. Music with Big Freddie from 6-9 p.m.

For details, call 465-0131.

The American Legion Placid Post 25 will have music with Thomas today.

Call for time. For more information, call 465-0975.

SEBRING

The Veterans of Foreign Wars Post 4300 will host a Men's Auxiliary Pizza Night today. Call for time. Doin' it Right will have music from 6-9 p.m. Honor Guard Bob's Famous Meatloaf dinner is available for \$6 Saturday. Call for time. Fancy Free will provide music from 6-9 p.m. For more details, call 385-8902.

OBITUARIES

JAMES O. SMITH

James O.

Smith, 76, of Sebring, Fla., passed away

Tuesday, Aug. 2, 2011 in Lake Placid, Fla. He was born Jan. 8, 1935, to Hoke and Stella Mae (Gillis) Smith in Waycross, Ga., and had been a resident of Sebring since 1968, coming from New Jersey. He was an automotive mechanic and a veteran of the U.S. Air Force. He was of the Christian faith and loved fishing and being with his family.

He is survived by his sons, Michael (Darlene) Smith, of Sebring, Roy (Cindy) Smith, of Virginia, William "Jay" Smith of Sebastian, Fla. and Jimmy Smith of Sebastian; daughter, Sarah (Larry) Hamlin of Georgia; sister, Jean (Harvey) Rawling of Georgia; brother, Al Smith of Georgia; half-brothers, Tommy Cocker and Stan Cocker, both of Gainesville; half-sister, Bea Martin of Jacksonville; eight grandchildren and several great-grandchildren.

He was preceded in death by his sister, Vivian Gray.

A memorial service will take place at 2 p.m. Friday, Aug. 5, 2011 at Stephenson-Nelson Funeral Home Chapel, Sebring, with Pastor Mike Adams officiating. Arrangements have been entrusted to: Stephenson-Nelson Funeral Home Sebring, Florida 33870 863-385-0125 www.stephensonnelsonfh.com

Death notice

Beverly Sue Plake, 73, of Sebring, Fla. died July 26, 2011. In lieu of flowers, donations can be made to Good Shepherd Hospice House in Sebring.



Highlands Little Theatre PRESENTS



The Secret Garden

This enchanting children's literature classic is reimagined in brilliant style by Lucy Simon and Marsha Norman. Mary Lennox returns to Yorkshire to live with Uncle Archibald and his invalid son Colin. The estate's many wonders include a magic garden which beckons the children with haunting melodies and the "Dreamers", spirits from Mary's past. Songs include "Lily's Eyes" and "Hold On". Orchestration provided by The MT Pit.

Directed by: Kristin Taylor

August 19th - September 4th

Sponsored by:  The Secret Garden is presented by special arrangement with Samuel French, Inc.
Books and Lyrics by: Marsha Norman
Music by: Lucy Simon
Based on the novel by Frances Hodgson Burnett.

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23.99 Grant's Scotch 1.75 L	27.99 Dewar's White Label Scotch 1.75 L
21.99 Maker's Mark Bourbon 750 ml	18.99 Jägermeister Liqueur 750 ml
13.99 Gordon's Gin 1.75 L	26.99 Jose Cuervo Especial Tequila Gold or Silver, 1.75 L
9.49 CK Mondavi Chardonnay Wine Or Cabernet Sauvignon, Merlot, or Pinot Grigio, 1.5 L	8.99 Concha y Toro Frontera Wine Cabernet Sauvignon Merlot, Sauvignon Blanc, Merlot, or Chardonnay, 1.5 L
8.49 Cupcake Vineyards Sauvignon Blanc Wine Or Cabernet Sauvignon, Merlot, or Chardonnay, 750 ml	13.99 18-Pack Assorted Budweiser Beer 12-oz can or bot.
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1050 Legals

IN THE CIRCUIT COURT OF THE 10TH JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR HIGHLANDS COUNTY
Case #: GCS 11-217
Judge Langford

CORRIE BRAKEFIELD Plaintiff(s),
-vs-
ELIZABETH DE GUTT Defendant(s)

NOTICE OF ACTION

TO: Elizabeth de Gutt
Last Known Address
Import de Venezuela
Dr. Paul Marron No 7
Caracas, Venezuela

or if any of the aforesaid persons is dead, then his or her unknown heirs, devisees, legatees or grantees; and any and all other persons or parties claiming by, through, under or against them; and all claimants, persons or parties, natural or corporate, or whose exact legal status, if known, claiming under any of the above named or interest in and to the lands hereinafter described.

YOU ARE HEREBY NOTIFIED that an Action to Quiet Title for the following described property, to wit:

Lot 23, Block 30, Section 2 LAKE HAVEN ESTATES, according to the plat thereof as recorded in Plat Book 10, Page 23, Public Records of Highlands County, Florida.

Parcel ID Number C 001-35-28-030-0300-0230

has been filed against you and you are required to serve a copy of your written defenses, if any to it, on the Plaintiff(s) attorney, whose name and address is: David F. Lanier, Esq., P.O. Box 400, Avon Park, Florida 33826-0400, and file the original with the Clerk of the above styled Court on or before August 15, 2011, otherwise a judgment may be entered against you for the relief demanded in the Complaint.

WITNESS my hand and the seal of said Court on July 12, 2011.

ROBERT W. GERMAINE
Clerk of said Circuit Court
By: /s/ Lisa Tantillo
Deputy Clerk
July 15, 22, 29; August 5, 2011

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL ACTION
CASE NO.: 28-2009-CA-001031

BANK OF AMERICA, N.A., Plaintiff,
vs.
JULIE C. RODRIGUEZ A/K/A JULIE RODRIGUEZ, et al, Defendant(s).

NOTICE OF RESCHEDULED FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated July 21, 2011 and entered in Case No. 28-2009-CA-001031 of the Circuit Court of the TENTH Judicial Circuit in and for HIGHLANDS County, Florida wherein BANK OF AMERICA, N.A., is the Plaintiff and JULIE C. RODRIGUEZ A/K/A JULIE RODRIGUEZ; AMERICAN EXPRESS CENTURIUM BANK; CHASE BANK USA, NATIONAL ASSOCIATION; TENANT #1 N/K/A JENNIFER COLEMAN are the Defendants, I will sell to the highest and best bidder for cash at JURY ASSEMBLY ROOM IN THE BASEMENT OF THE HIGHLANDS COUNTY COURTHOUSE, 430 SOUTH COMMERCE AVENUE at 11:00 AM, on the 23rd day of August, 2011, the following described property as set forth in said Final Judgment:

LOT 5 AND 6, BLOCK 171, OF SEBRING HIGHLANDS, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 1, PAGE 97, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

A/K/A 4523 HOWARD STREET, SEBRING, FL 33870

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within sixty (60) days after the sale.

WITNESS MY HAND and the seal of the Court on July 25, 2011.

ROBERT W. GERMAINE
Clerk of the Circuit Court
By: /s/ Toni Kopp
Deputy Clerk

Florida Default Law Group, P.L.
P.O. Box 25018
Tampa, Florida 33622-5018
F09071918 NBNY-CONV--Team 2
**See Americans with Disabilities Act

In accordance with the Americans Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact the individual or agency sending the notice at Echevarria & Associates, P.A., P.O. Box 25018, Tampa, FL 33622-5018, telephone (813) 251-4766, not later than seven (7) days prior to the proceeding. If hearing impaired, (TDD) 1-800-955-8771, or voice (V) 1-800-955-8770, via Florida Relay Service.

August 5, 12, 2011

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO. 11445GCS
SECTION

MIDFLORIDA CREDIT UNION, F/K/A MIDFLORIDA FEDERAL CREDIT UNION, Plaintiff,
v.
TIMOTHY D. SCHROEDER; DEBRA M. SCHROEDER, TENANT #1; TENANT #2; and ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, AND UNDER, AND AGAINST THE HEREIN-NAMED DEFENDANTS WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEEES, OR OTHER CLAIMANTS, Defendants.

NOTICE OF ACTION

TO: ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, AND UNDER, AND AGAINST THE HEREIN-NAMED DEFENDANTS WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEEES, OR OTHER CLAIMANTS

YOU ARE HEREBY NOTIFIED that an action to foreclose on the following real property in Highlands County, Florida:

TRACT 61, HOLIDAY HILLS, A SUBDIVISION ACCORDING TO THE PLAT THEREOF RECORDED AT PLAT BOOK 8, PAGE 38, IN THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

has been filed against you in the Circuit Court of the Tenth Judicial Circuit, Highlands County, Florida, and you are required to serve a copy of your written defenses to the Complaint, if any, to Gregory A. Sanoba, Esq., 422 South Florida Avenue, Lakeland, Florida 33801, on or before August 31, 2011, and file the original with the Clerk of this Court either before service on Plaintiff's attorney or immediately thereafter; otherwise, a default will be entered against you for the relief demanded in the Complaint.

DATE: July 25, 2011.

BOB GERMAINE
Clerk of the Court
By: /s/ Toni Kopp
Deputy Clerk
August 5, 12, 2011

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL ACTION
CASE NO.: 28-2008-CA-000510

HSBC BANK USA, NATIONAL ASSOCIATION, AS TRUSTEE FOR DEUTSCHE ALT-A SECURITIES MORTGAGE LOAN TRUST, MORTGAGE PASS-THROUGH CERTIFICATES SERIES 2006-0A1, Plaintiff,
CATHY EILEEN COOKE A/K/A CATHY E. COOKE, et al, Defendant(s).

NOTICE OF RESCHEDULED FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated July 22, 2011 and entered in Case No. 28-2008-CA-000510 of the Circuit Court of the TENTH Judicial Circuit in and for HIGHLANDS County, Florida wherein HSBC BANK USA, NATIONAL ASSOCIATION, AS TRUSTEE FOR DEUTSCHE ALT-A SECURITIES MORTGAGE LOAN TRUST, MORTGAGE PASS-THROUGH CERTIFICATES SERIES 2006-0A1, is the Plaintiff and CATHY EILEEN COOKE A/K/A CATHY E. COOKE; THE UNKNOWN SPOUSE OF CATHY EILEEN COOKE A/K/A CATHY E. COOKE N/K/A JANE DOE; MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INCORPORATED, AS NOMINEE FOR COUNTRYWIDE FINANCIAL CORPORATION; FOUNTAINHEAD CONDOMINIUM, INC.; are the Defendants, I will sell to the highest and best bidder for cash at JURY ASSEMBLY ROOM IN THE BASEMENT OF THE HIGHLANDS COUNTY COURTHOUSE, 430 SOUTH COMMERCE AVENUE at 11:00 AM, on the 23rd day of August, 2011, the following described property as set forth in said Final Judgment:

UNIT 1006, THE FOUNTAINHEAD CONDOMINIUM, ACCORDING TO DECLARATION OF CONDOMINIUM RECORDED IN O.R. BOOK 287, PAGE 386 AND AMENDED IN O.R. BOOK 298, PAGE 94 AND O.R. BOOK 996, PAGE 9, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA, TOGETHER WITH AN UNDIVIDED INTEREST IN AND TO THE COMMON ELEMENTS APPURTENANT TO SAID UNIT IN SAID CONDOMINIUM, BEING A PART OF LOT 2, BLOCK 94, OF THE ORIGINAL TOWN OF SEBRING, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 3, PAGE 1, PUBLIC RECORDS OF DESOTO COUNTY, (NOW HIGHLANDS), FLORIDA.

A/K/A 2131 LAKEVIEW DRIVE APT 1006, SEBRING, FL 33870

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within sixty (60) days after the sale.

WITNESS MY HAND and the seal of the Court on July 25, 2011.

ROBERT W. GERMAINE
Clerk of the Circuit Court
By: /s/ Annette E. Daff
Deputy Clerk

Florida Default Law Group, P.L.
P.O. Box 25018
Tampa, Florida 33622-5018
F08018355 COUNTRY-CONV B/C--Team 2
**See Americans with Disabilities Act

In accordance with the Americans Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact the individual or agency sending the notice at Echevarria & Associates, P.A., P.O. Box 25018, Tampa, FL 33622-5018, telephone (813) 251-4766, not later than seven (7) days prior to the proceeding. If hearing impaired, (TDD) 1-800-955-8771, or voice (V) 1-800-955-8770, via Florida Relay Service.

August 5, 12, 2011

1050 Legals

NOTICE OF SHERIFF'S SALE

NOTICE IS HEREBY GIVEN that Pursuant to a WRIT OF EXECUTION issued out of the County Court of the Nineteenth Judicial Circuit In and For St. Lucie County, Florida, on the 3rd day of November, 2010, in the cause wherein RIVERSIDE NATIONAL BANK OF FLORIDA, is Plaintiff, and ALBERT MIDDLETON and KIMBERLY MIDDLETON A/K/A KIMBERLY MIDDLETON, are Defendants, being Case No. 562010CA001223 in the said Court, I, Susan Benton, Sheriff of Highlands County, Florida, have levied upon all of the Defendant, KIMBERLY MIDDLETON's, right, title and interest in and to the following described PERSONAL property in Highlands County, Florida, to-wit:

2005 FORD EXPEDITION - VIN #1FMPU17505L13670
2006 CHRYSLER PT CRUISER - VIN #3A4FY58B36T284736

and on the 6th day of September, 2011, at DUCK'S BODY SHOP, 1153 Hawthorne Dr. in the City of Sebring, Highlands County, Florida, at the hour of 1:00 p.m., or as soon thereafter as possible, I will offer for sale all of the said defendant, KIMBERLY MIDDLETON's, right, title and interest in the aforesaid property at public outcry and will sell the same, subject to all prior liens, encumbrances and judgments, if any, to the highest and best bidder or bidders for CASH, the proceeds to be applied as far as may be to the payment of costs and the satisfaction of the above-described execution.

Dated this, August 3, 2011

SUSAN BENTON, SHERIFF OF HIGHLANDS COUNTY, FLORIDA
By: /s/ Lt. J. Bailey Jr.
Lt. Jack Bailey, Jr.
DEPUTY SHERIFF

In accordance with the Americans with Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact the agency sending this notice at 434 Fernleaf Ave., Sebring, FL 33870, Telephone 863/402-7228 not later than seven days prior to the proceeding. If hearing impaired, (TDD) 1-800-955-8771, or Voice (V) 1-800-955-8770, via Florida Relay Service.

August 5, 12, 19, 26, 2011

1050 Legals

PUBLIC NOTICE

Heartland Workforce has submitted an application to Workforce Florida, Inc., requesting renewal of its authorization to operate as direct service provider (Direct Control) for delivery of certain services in the DeSoto, Hardee, and Highlands County One-Stop Career Centers. The application is available for viewing on the Heartland Workforce website at [HYPERLINK "http://www.hwfb.org"](http://www.hwfb.org) www.hwfb.org. Questions or comments on the application may be directed to pkocic@hwfb.org

August 3, 5, 7, 10, 12, 14, 2011

IN THE CIRCUIT COURT OF THE 10TH JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR HIGHLANDS COUNTY, FLORIDA
Case #: GCS 10-1345

CARLA RENEE BENNETT, Personal Representative ESTATE OF DAVID L. MARSH, Deceased Plaintiff(s),
vs.
PABLO R. HUERTA, II, A/K/A PABLO R. HUERTA, AND CONSUELO HUERTA, A/K/A CONSUELO ESPILDORA HUERTA, HUSBAND AND WIFE, AND NICHOLAS FINANCIAL, INC., A FLORIDA CORPORATION, Defendant(s)

NOTICE OF SALE

Notice is hereby given that pursuant to a final decree of foreclosure entered in the above entitled cause in the Circuit Court of Highlands County, Florida, I will sell the property situate in Highlands County, Florida, described as:

Lot 4, in Block 3, of K.F. SUBDIVISION, according to the Plat thereof as recorded in Plat Book 7, Page 51, of the Public Records of Highlands County, Florida.

at public sale, to the highest and best bidder for cash, at the Jury Assembly Room, Basement, 430 South Commerce Ave., Highlands County Courthouse, Sebring, Florida, at 11:00 a.m. on the 23rd day of August, A.D. 2011.

WITNESS my hand and official seal of this Honorable Court, this 20th day of July, A.D. 2011.

ROBERT W. GERMAINE
As Clerk of said Circuit Court
By: /s/ Toni Kopp
Deputy Clerk
July 29; August 5, 2011

IN THE CIRCUIT COURT HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. PC 11-307

IN RE: ESTATE OF EARL T. GLASS, JR. a/k/a EARL T. GLASS, Deceased.

NOTICE TO CREDITORS

The administration of the estate of EARL T. GLASS, JR. a/k/a EARL T. GLASS, deceased, whose date of death was May 18, 2011, and whose social security number 265-18-6611, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court WITHIN THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED.

NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.

The date of first publication of this Notice is July 29, 2011.

Personal Representative:
/s/ William Todd Rachles
10700 Lemon Creek Loop
Unit 101
Englewood, FL 34224

Attorney for Personal Representative:s
/s/ Robert E. Livingston
Florida Bar No. 0031259
445 S. Commerce Avenue
Sebring, FL 33870
Telephone: (863)385-5156

July 29; August 5, 2011

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR HIGHLANDS COUNTY, FLORIDA

Case #: GC 10-175

CARLA RENEE BENNETT, Personal Representative ESTATE OF DAVID L. MARSH, Deceased Plaintiff(s),
vs.
AMY CATHERINE GREEN, CATHY MICHELLE BROWN AND WAYNE E. BROWN, JR., HEIRS OF MARILYN JEAN BROWN, A/K/A MARILYN BROWN, A/K/A MARILYN J. BROWN, DECEASED AND ANY UNKNOWN HEIRS OF MARILYN JEAN BROWN, DECEASED, ET AL Defendant(s)

NOTICE OF SALE

Notice is hereby given that pursuant to a final decree of foreclosure entered in the above entitled cause in the Circuit Court of Highlands County, Florida, I will sell the property situate in Highlands County, Florida, described as:

Lot 14, Block 136, SUNILAND SUBDIVISION, according to the Plat thereof as recorded in Plat Book 2, Page 30, of the Public Records of Highlands County, Florida.

at public sale, to the highest and best bidder for cash, at the Jury Assembly Room, Basement, 430 South Commerce Ave., Highlands County Courthouse, Sebring, Florida, at 11:00 a.m. on the 23rd day of August, A.D. 2011.

WITNESS my hand and official seal of this Honorable Court, this 20th day of July, A.D. 2011.

ROBERT W. GERMAINE
As Clerk of said Circuit Court
By: /s/ Toni Kopp
Deputy Clerk
July 29; August 5, 2011

IN THE CIRCUIT COURT HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. PC 11-323

IN RE: ESTATE OF CHARLES C. COLEMAN Deceased.

NOTICE TO CREDITORS

The administration of the estate of CHARLES C. COLEMAN, deceased, whose date of death was July 6, 2011, and whose social security number is 590-08-4765, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court WITHIN THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED.

NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.

The date of first publication of this Notice is August 5, 2011.

Personal Representative:
/s/ Rosa Ganzer
ROSA MARIE GANZER aka
ROSA MARIE MARTINEZ
1183 US Highway 27 South
Sebring, FL 33870

Attorney for Personal Representative:s
/s/ Robert E. Livingston
Florida Bar No. 0031259
445 S. Commerce Avenue
Sebring, FL 33870
Telephone: (863)385-5156

August 5, 12, 2011

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA

Case No.: 28-2010-CA-001091
SEC.: Civil

CITIMORTGAGE, INC. Plaintiff,
v.
JAYSON DYALL; ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, UNDER, AND AGAINST THE HEREIN NAMED INDIVIDUAL DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEEES, OR OTHER CLAIMANTS; ERMELINDA RAMOS; STATE OF FLORIDA DEPARTMENT OF REVENUE; HIGHLANDS COUNTY CLERK OF COURT; Defendant(s).

NOTICE OF SALE

NOTICE IS HEREBY GIVEN pursuant to an Order of Final Summary Judgment of Foreclosure dated May 19, 2011, entered in Civil Case No. 28-2010-CA-001091 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein the Clerk of the Circuit Court will sell to the highest bidder for cash on 17th day of August, 2011, at 11:00 a.m. in the Jury Assembly Room, Courthouse Basement, 430 South Commerce Avenue, Sebring, Florida 33870, relative to the following described property as set forth in the Final Judgment, to wit:

LOT 12, BLOCK 176, WOODLAWN TERRACE, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 1, PAGE 96, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within 60 days after the sale.

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled at no cost to you, to the provision of certain assistance. Please contact:

Office of the Court Administrator Phone: (863) 534-4686
TDD: (863) 534-7777
or (800) 955-8770 (Florida Relay Service), as much in advance of your court appearance or visit to the courthouse as possible. Please be prepared to explain your functional limitations and suggest an auxiliary aid of service that you believe will enable you to effectively participate in the court program or service.

DATED AT SEBRING, FLORIDA THIS 15TH DAY OF JULY, 2011.

ROBERT W. GERMAINE, CLERK
Clerk of the Circuit Court
By: /s/ Annette E. Daff
DEPUTY CLERK
HIGHLANDS COUNTY, FLORIDA
July 29; August 5, 2011

IN THE CIRCUIT COURT IN AND FOR HIGHLANDS COUNTY, FLORIDA

Case No. GC 10-436

OASIS HOMEOWNERS' ASSOCIATION, INC., a Florida corporation, Plaintiff,
vs.
IMELDA LAWLER and LYNDASAY M. LAWLER, Defendants

NOTICE OF SALE

Notice is hereby given that pursuant to a final decree of foreclosure entered in the above entitled cause in the Circuit Court of Highlands County, Florida, I will sell the property situate in Highlands County, Florida, described as:

Tract 8, "The Oasis" Also described as a portion of Lot 15, Block 255, SUN 'N LAKE ESTATES OF SEBRING UNIT 13, according to the plat recorded in Plat Book 9, Page 71, of the Public Records of Highlands County, Florida, more particularly described as follows: Commence at the Southwest corner of Lot 15, thence run North 26 degrees 03'05" West along the Westerly line of Lot 15 for a distance of 30.18 feet; thence run North 63 degrees 47'05" East for a distance of 33.57 feet for point of beginning; thence run North 26 degrees 15'19" West for a distance of 18.835 feet; thence run North 63 degrees 44'41" East for a distance of 49.33 feet; thence run South 26 degrees 15'19" East for a distance of 18.835 feet; thence run South 63 degrees 44'41" West for a distance of 49.33 feet to the point of beginning.

at public sale, to the highest and best bidder for cash, in the Jury Assembly Room in the basement of the Highlands County Courthouse located at 430 South Commerce Avenue, Sebring, Florida, at 11:00 A.M. on the 31st day of August, A.D., 2011.

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis pendens must file a claim within 60 days after the sale.

ROBERT W. GERMAINE
By: /s/ Annette E. Daff
Deputy Clerk

"In accordance with the Americans With Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact the Clerk of Courts office at 590 S. Commerce Ave., Sebring, Florida 33870-3701, Telephone 863-402-6500 not later than seven days prior to the proceeding. If hearing impaired (TDD) 1-800-9771, or Voice (V) 1-800-955-8770, Via Florida Relay Service.

June 29; August 5, 2011

IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT, PERSONS WITH DISABILITIES NEEDING A SPECIAL ACCOMMODATION TO PARTICIPATE IN THIS PROCEEDING SHOULD CONTACT THE CLERK OF COURTS OFFICE AT 590 S. COMMERCE AVE., SEBRING, FLORIDA 33870-3701, TELEPHONE 863-402-6500 NOT LATER THAN SEVEN DAYS PRIOR TO THE PROCEEDING. IF HEARING IMPAIRED (TDD) 1-800-9771, OR VOICE (V) 1-800-955-8770, VIA FLORIDA RELAY SERVICE.

June 29; August 5, 2011

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1050

Legals

IN THE CIRCUIT CIVIL COURT OF THE TENTH JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR HIGHLANDS COUNTY CIVIL DIVISION
 CASE NO.: 08000273GCS
 SUNTRUST BANK
 Plaintiff,
 vs.
 CARLOS NARANJO, UNKNOWN SPOUSE OF CARLOS NARANJO, AND UNKNOWN TENANTS/OWNERS,
 Defendants.

NOTICE OF SALE
 NOTICE IS HEREBY GIVEN, pursuant to a Final Judgment of Foreclosure for Plaintiff entered in this cause on June 13, 2011, in the Circuit Court of HIGHLANDS County, Florida, I will sell the property situated in Highlands County, Florida described as:

A PORTION OF SECTION 19, TOWNSHIP 34 SOUTH, RANGE 31 EAST, HIGHLANDS COUNTY, FLORIDA, BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: COMMENCE AT THE SOUTHWEST CORNER OF THE NORTH HALF OF SAID SECTION 19; THENCE SOUTH 89 DEGREES 16 MINUTES 50 SECONDS EAST ALONG THE SOUTH LINE OF THE SAID NORTH HALF, A DISTANCE OF 695.50 FEET; THENCE NORTH 00 DEGREES 50 MINUTES 57 SECONDS EAST A DISTANCE OF 37.50 FEET TO A POINT ON THE NORTH RIGHT OF WAY LINE OF BONEY ROAD FOR THE POINT OF BEGINNING; THENCE CONTINUE NORTH 00 DEGREES 50 MINUTES 57 SECONDS EAST A DISTANCE OF 1,306.49 FEET; THENCE NORTH 89 DEGREES 20 MINUTES 10 SECONDS EAST A DISTANCE OF 525.20 FEET; THENCE SOUTH 00 DEGREES 52 MINUTES 10 SECONDS WEST A DISTANCE OF 1,319.17 FEET TO A POINT ON THE SAID NORTH RIGHT OF WAY LINE; THENCE NORTH 89 DEGREES 16 MINUTES 50 SECONDS WEST ALONG SAID NORTH RIGHT OF WAY LINE A DISTANCE OF 524.55 FEET TO THE POINT OF BEGINNING.

and commonly known as: 16400 BONEY ROAD, LAKE PLACID, FL 33852; including the building, appurtenances, and fixtures located therein, at public sale, to the highest and best bidder, for cash. Sales are held in the Jury Assembly Room in the basement of the Highlands County Courthouse located at 430 S. Commerce Avenue, Sebring, Florida 33870, on August 24, 2011 at 11 a.m.

Any persons claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within 60 days after the sale.

Dated this 26th day of July, 2011.
 Clerk of the Circuit Court
 By: /s/ Annette E. Daff
 Deputy Clerk
 August 5, 12, 2011

NOTICE OF SHERIFF'S SALE
 NOTICE IS HEREBY GIVEN that Pursuant to a WRIT OF EXECUTION issued out of the Circuit Court of the Seventeenth Judicial Circuit In and For Broward County, Florida, on the 13th day of January, 2010, in the cause wherein ADRINO & YOSS, LLP, a limited liability partnership, is Plaintiff, and FRED STERNBERG, an individual, BONNIE STERNBERG, an individual, BBBENTLEY CORP., 1/ka Baxter International Corp. a dissolved Florida profit corporation, and BB Baxter LLC. a dissolved Delaware limited liability company, are Defendants, being Case No. 09-020781-09 in the said Court, I, Susan Benton, Sheriff of Highlands County, Florida, have levied upon all of the Defendant, BONNIE STERNBERG'S, right, title and interest in and to the following described REAL property in Highlands County, Florida, to-wit:

LOT 4, PLANTATION HILL SUBDIVISION, ACCORDING TO THE PLAT THEREOF, RECORDED IN PLAT BOOK 16, PAGE 56, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA STREET ADDRESS FOR THE SUBJECT PROPERTY IS:

1706 West Stryker Road, Avon Park, FL 33825 and on the 6th day of September, 2011, at the Commerce Avenue entrance to the Highlands County Courthouse, in the City of Sebring, Highlands County, Florida, at the hour of 11:00 a.m., or as soon thereafter as possible, I will offer for sale all of the said defendant, BONNIE STERNBERG'S, right, title and interest in the aforesaid property at public outcry and will sell the same, subject to all prior liens, encumbrances and judgments, if any, to the highest and best bidder or bidders for CASH, the proceeds to be applied as far as may be to the payment of costs and the satisfaction of the above-described execution.

Dated this, July 26, 2011
 SUSAN BENTON, SHERIFF OF HIGHLANDS COUNTY, FLORIDA
 By: /s/ Lt. J. Bailey Jr.
 Lt. Jack Bailey, Jr.
 DEPUTY SHERIFF

In accordance with the Americans with Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact the agency sending this notice at 434 Fernleaf Ave., Sebring, FL 33870, Telephone 863/402-7228 not later than seven days prior to the proceeding. If hearing impaired, (TDD) 1-800-955-8771, or Voice (V) 1-800-955-8770, via Florida Relay Services.

July 29; August 5, 12, 19, 2011

PROFESSIONAL SERVICE DIRECTORY

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Innovations Hair Salon and Consignment Boutique
 1011 Lakeview Drive, Sebring
 For an appointment, Call 863-382-2264



1100

Announcements

CHECK YOUR AD
 Please check your ad on the first day it runs to make sure it is correct. Sometimes instructions over the phone are misunderstood and an error can occur. If this happens to you, please call us the first day your ad appears and we will be happy to fix it as soon as we can.
 If We can assist you, please call us:
314-9876
News-Sun Classified

2000

Employment

2100

Help Wanted

BUSY EYE CLINIC has openings in all positions. Full time/part time. Send resume to : P.O. Box 9901 Lake Placid 33852.

IMMEDIATE OPENING for a licensed 220 or 440 agent for an Insurance Agency in Sebring. Bi-lingual & experienced preferred. Mon. - Fri. 8:30 - 5. Please contact us at 863-402-0603 sebringinsurance@gmail.com

LAKE PLACID ~~Free service calls~~ ~~experienced tree climber~~ ~~valid drivers license~~. POSITION FILLED

MIDFLORIDA CREDIT UNION is seeking part time teller candidates for the Sebring and Lake Placid branch locations. Responsibilities include serving members, performing transactions and cross selling credit union products and services. Qualified candidates will be computer proficient and will possess excellent customer service, communication and cash handling skills. Applicants must be available to work any assigned shifts between 7:00am and 7:00pm Monday through Friday and every Saturday between 8:30am. and 1:00pm. High school diploma/equivalency required, bilingual helpful. Apply on-line at www.midflorida.com. Drug Free Workplace.

DID YOU KNOW?

The News Sun Professional Service Directory is one of the most economical & effective means of advertising today?

Call Anita at: 863-385-6155
or e-mail: amarsella@newssun.com
for details!

2100 Help Wanted
 LPN - IMMEDIATE Opening for an experienced LPN for a busy Pediatric Practice. Experience in phlebotomy and bi-lingual a plus. Attractive benefits and an opportunity for career growth. Fax resume to: (863)471-9340 or email:fmtabitha@gmail.com

RECEPTIONIST/BOOK KEEPER ASST. F/T, Venus, w/opportunity for advancement. Must have computer skills. E Mail resume to: info@alliedbuilders.net or fax: 863-465-4401

ROOFERS WANTED / drug free work-place. Call 863-385-0351

SUN N LAKE Subway is now hiring for all positions. Must be avail. to work anytime. Go to subway.com and print out the application, and return to the Sun N Lakes location between 10am. & 11am, Monday-Friday. No calls please.

3000 Financial

3050 Business Opportunities
 WANTED MODEL Train Collections. Cash for large or small collections, any gauge. Call 352-592-5081

4000 Real Estate

4100 Homes for Sale Lake Placid
 LAKE PLACID 3/2 w/patio & cellar. Selling as is. \$45,000. Call 863-381-6085

4220 Lots for Sale
 SEBRING 3619 Estate Rd. 17 South. Small lot 40 x 102. \$4000. Call 305-885-1621 or 305-577-8339

VACANT LOT Florida. 163' x 270' approx. 1 acre. \$4500. By owner. 954-983-7088.

5000 Mobile Homes

5050 Mobile Homes For Sale
 AVON PARK 2/2. Screen room, utility room w/washer/dryer hook up, in 55+ community. Lake Letta Mobile Home Park on SR 17. Asking \$2500 Call 863-385-2613 or 863-451-1087

PALM HARBOR HOMES "DIVORCE"
 SAVE on this short sale 800-622-2832 ext. 210

5150 Mobile Homes For Rent
 SEBRING - Double Wide on 2 lots. Large enough for Motor Home. Semi Furnished. 2BR / 2BA. \$600 monthly + utilities. 1st & last deposit. For info call 863-655-6794

SEBRING 3/2 unfurnished. Secluded setting. Fenced in back yard. Water & trash incl. \$650/mo. first, last & security, or bi-weekly option. 863-655-0881 or 863-381-0981

6000 Rentals

6150 Furnished Apartments
 SEBRING STUDIO Apartment on private property w/pool. Clean, quiet & safe. No smoke or pets. \$450/mo. utilities incl. Call 863-385-1528 or 805-469-0396

6200 Unfurnished Apartments
 SEBRING - 1 & 2 BR Apts. Fresh paint. Includes water. \$395-\$550 / mo. Call Gary Johnson, 863-381-1861.

6200 Unfurnished Apartments
 AVON PARK - Apartment with balcony overlooking Lake Verona and City Park. 100 E. Main St. Laundry Facilities. SPECIAL: \$325/mo. 863-453-8598

AVON PARK - LEMONTREE APTS 1BR \$520 mo. + \$350 Sec. Deposit. available immediately. Washer/Dryer & WSG included. Call Alan 386-503-9533

AVON PARK 2/1.5. Small yard, quiet neighborhood, washer/dryer hook up, central heat & air. \$500/mo + deposit. Call 863-257-1865

BEAUTIFUL APTS
 SEBRING - 2BR, 1BA, tile floors, screen back porch, beautiful landscaping, building 5 yrs. new. Pets OK. \$595 month. 3106 Medical Way. Call 863-446-1822

NORTH AVON PARK 1BR, 1BA, G/W/S, you pay electric. No pets, Deposit \$300. \$400 Monthly. 863-873-5433

NOW ACCEPTING APPLICATIONS VERANDA BREEZE APARTMENT AND TOWNHOMES
 Affordable Housing Income Restrictions Apply. 2, 3, & 4 Bedrooms Clubhouse-Playground Resident Activities-Computer Lab 2308 Wightman Avenue Sebring, FL 33870 Phone 863-382-0044 TTY/TDD - 711



SEBRING UNFURNISHED Apt. Move in Special. Lovely remodeled 1 & 2 bedroom apts. We furnish water, sewer & garbage. Pets allowed. Starting @ \$400 per month. Call 863-451-1030

6250 Furnished Houses
 LAKE PLACID - Near Lake Placid Boat Ramp with lake access. Furnished 2/1, appliances, A/C. \$650/mo. + \$500 security. 863-465-1354.

SEBRING - 3BR / 2BA Fully furnished on Lake June. \$1450.00 monthly. Security deposit (1st & last). Call 941-232-5194

SEBRING QUIANT older home w/beautiful hardwood floors. 2/2, fenced backyard w/patio. 1 car garage. Washer/dryer. \$625/mo. plus utilities. Call 863-991-0290

6300 Unfurnished Houses
 HARDER HALL 3/2/2 screened porch, new A/C. Spacious home on Golf Course. Appl. incl. No pets or smoke. \$850/mo. + security. 863-381-3990

Avon Park Now taking Applications!
 North Central Heights Homes, a new "Rent Restricted" single family home development in Avon Park. Only (6) two bedroom, (30) three bedroom, and (3) four bedroom homes left! Rents average in the low \$400's for two bedroom homes and low-to-mid \$500 & \$600's for the three & four bedroom homes. Going Fast! Don't Delay Apply Today!
Call: 863-452-4432, Ext. 2201

Classified ads get fast results

6300 Unfurnished Houses
 LAKE PLACID Dbl. wide 3/2 Country home, w/fenced back yard in the Sun N' Lakes Estates. \$550/mo. Please call Michelle at 863-381-5661

LAKE PLACID - 2BR, 1BA, Newly Remodeled! W/D, large yard. Convenient location, close to Interlake Blvd. \$600/mo. Call 863-840-3028 or 863-243-3627.

AVON PARK - 2BR / 2BA / Bonus room. Appliances work, a/c runs cold, carpet, W/D, carport. 3 blks off Hwy 27 N. & 1.5 mi from A.P. Walmart. \$600 mo. Plus deposit. 865-207-8279

PLACID LAKES 3/2 full baths. New House \$750/mo. + \$750 dep. Beautiful views, quiet & nice. All tile & new appl. 305-926-7987

AVON PARK AFFORDABLE RENT Ridgedale Apartments
 1, 2, 3 & 4 Br Apts Central Location, water & trash included Rent subsidized - Based on household income. No Application Fee
Call 863-452-4432 TTY 800-955-8771

EQUAL HOUSING OPPORTUNITY

SEBRING - 2 STORY TOWN HOME 3BR, 2.5BA, 1CG \$800/mo.
 No Smoking, no pets. 863-655-0311

SEBRING - 2 STORY TOWN HOME 3BR, 2.5BA, 1CG \$800/mo.
 No Smoking, no pets. 863-655-0311

SEBRING 3/1 Efficiency, appliances included, fenced lot 100 x 80, above ground pool 25x25 (available for sale), ATD security system available. Close to Florida Hospital & SFCC. \$900/mo. + deposit. Call 863-458-0551

SEBRING COUNTRY living on Payne Rd. 3/2. Recently renovated. New tile, carpet paint and some new appliances. Lots of privacy w/room to roam. \$800/mo. 386-561-7310

SEBRING HILLS 2/2/2 screened porch. Updated home, low elec. bills. Appliances incl. No pets or smoke. \$725/mo. + security. 863-381-3990

6750 Commercial Rental
 AVON PARK - Large Retail/Office Building, 100 E. Main St. A MUST SEE! 863-295-9272

7000 Merchandise

7180 Furniture
 BUNK BED UNIT Pink w/drawers, desk & shelves. \$200 SOLD!!!!

7300 Miscellaneous
 LAPTOP HP 17.3" Screen - Like New W/ Accessories Call 863-655-1063
 MOVING SALE! Sofa bed-Qu. \$75, Silk Damask swivel rocker \$50, 2 Mahogany shadow bxs \$25 ea., Danish modern hutch \$50, blue/white hutch \$25, Qu. Mahogany bed w/ bedding \$100 863-655-2399

7310 Bargain Buys
 AB LOUNGER. Free Delivery. \$30.00 863-414-4418

AIR STREAM 7 gal. air tank, w/ 8' to 12' air hose, w/blower nozzle. Looks like new. \$15 863-382-4137

AQUARIUM 45 gallon. \$100 Call 863-202-0364

BICYCLE BOYS 20" BMX \$90 Call 863-655-0216

BLACK & DECKER 12' - 18V - cordless G/Trimmer, w/ charger & battery + trim line. 2/\$75 Will deliver. 863-441-4418

CHAIR - Computer / Office / black/ casters. Excellent \$35. 863-441-3801

COUCH - Light Blue/ Teal/ Beige & Tan colors. \$50 Call after 2PM. 863-243-1859

CRAFTSMAN COMMERCIAL Router w/ Craftsman router table & 100 plus router bits. \$60 SORRY SOLD!

KITCHEN TABLE w/4 chairs. \$75 obo. Call 863-201-3769

MONITOR 19" LCD: 2 Ink jet printers. \$50 Call 863-243-9556

MOTOR CROSS BIKE small. \$90 Call 863-655-0216

MOWER - Murray push w/ a Briggs and Stratton Engine. May need tune-up. \$50 obo After 2pm 863-243-1859

SPEAKERS 2 Infinity floor model speakers and subwoofer; set of 5 speakers. \$100 Call 863-243-9556

7310 Bargain Buys
 TABLE - Kitchen / Dining room 41" pedestal, excellent condition. \$40. 863-873-3801

TELEVISION ARMOIR w/pocket doors and 2 storage drawers. Holds up to 32" television. paid \$500. Asking \$100 obo. Call 863-452-6798

7320 Garage & Yard Sales
AVON PARK Home Furnishings Appliances & MORE!
 The Arc Resale Store 899 W. Main St. Mon-Fri - 9am-4pm • Sat - 9am-3pm

BIG MAN SALE Wood trailer 6'X9' w/lights, lawn tractor & misc. equip., chest freezer, ice chests, fishing equip., tools-hand & power, golf equip., golf driving net, beach chairs, some household, clothes-mostly lg. men sizes, many xmas decorations. Fri & Sat 8 am-4 pm 700 Cattfish Creek Rd. Lake Placid

DOWNTOWN SEBRING Fri. - Sat. 7-7:40 409 Rose Ave. Misc. household items, tools & clothes.

7320 Garage & Yard Sales
 SEBRING - SUN N LAKE 5034 Angelo Cir. Sat 8/6 7:30 am - 12pm. Kids clothes, bike, saw, ETC!

SEBRING - Multi Family Sale! 3320 King Dr. Fri & Sat, 8/ 5 & 6, 8am - ? Something For Everyone! Too Much To List!!

SEBRING FRI. - Sat. 7 - 1pm. 210 Wren Ave. Moving Sale! Something for everyone. Everything must go!

7400 Lawn & Garden
 LAWN MOWER Craftsman self propelled 6hp. Blower & weed eater. \$225 Call 863-655-0216

7520 Pets & Supplies
NOTICE

Florida statute 585.195 states that all dogs and cats sold in Florida must be at least eight weeks old, have an official health certificate and proper shots and be free of intestinal and external parasites.

8000 Recreation

9000 Transportation

9450 Automotive for Sale
 1997 VW Passat GLX, sta-wgn, cold A/C, AM/FM/CD, leather, pwr-windows, alloys, moon roof, like new tires. Kelly Book-\$5020, asking \$3595 obo. Need \$ to help Son @ UCF. 863-381-8710

2 VEHICLES run great, good condition 2003 Crown Victoria 62,000 miles. Asking \$5,400 2000 Chevy Van Asking \$2,500 Call (863) 673-2079

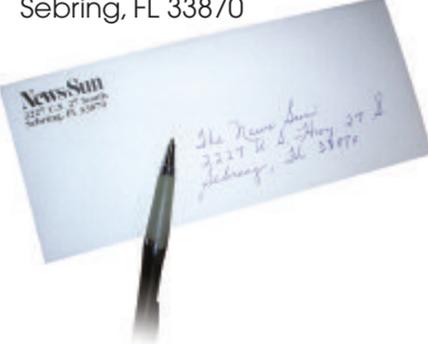
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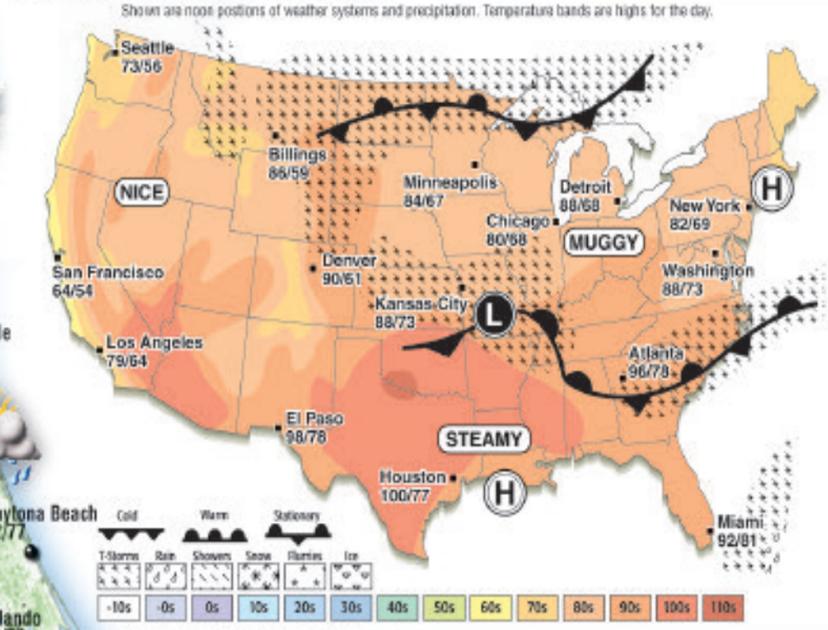
RECEPTIONIST
 Full Time receptionist position available at Royal Care of Avon Park. Must be able to type 50 WPM and have knowledge of Word and Excel, switch board experience and a customer-focused approach.
Apply in person at:
 Royal Care of Avon Park 1213 W. Stratford Rd, Avon Park, FL 33825 (863) 453-6674 EOE M/F, DFWP

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JOIN OUR TEAM OF DEDICATED PROFESSIONALS
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 • Food Service Certification is Required or Must Be Obtained Within 6 Months of Hire
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 • 11 Paid Holidays per year
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 Applications may be picked up at the above address or downloaded from our website at www.highlandssheriff.org. (Resumes are not accepted)
 434 Fernleaf Avenue, Sebring FL 33870 or call (863) 402-7218
 Drug Free Workplace/E.O.E./A.D.E.A./Veterans Preference
BACKGROUND CHECKS WILL BE CONDUCTED

Five-Day forecast for Highlands County

TODAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
An afternoon thunderstorm or two	Tropical storm possible; overcast	Some sun with a t-storm possible	Partial sunshine	Clouds and sun, a t-storm possible
95° / 78°	95° / 77°	94° / 78°	94° / 77°	94° / 78°
Winds: SSE at 4-8 mph	Winds: ENE at 15-25 mph	Winds: WNW at 6-12 mph	Winds: W at 8-16 mph	Winds: W at 7-14 mph

National Forecast for August 5



Almanac

Temperature
Readings at Archbold Biological Station in Lake Placid

High Sunday	94°
Low Sunday	71°
High Monday	98°
Low Monday	69°
High Tuesday	97°
Low Tuesday	72°
High Wednesday	94°
Low Wednesday	74°

Heat Index
For 3 p.m. today

Relative humidity	49%
Expected air temperature	95°
Makes it feel like	106°

Barometer

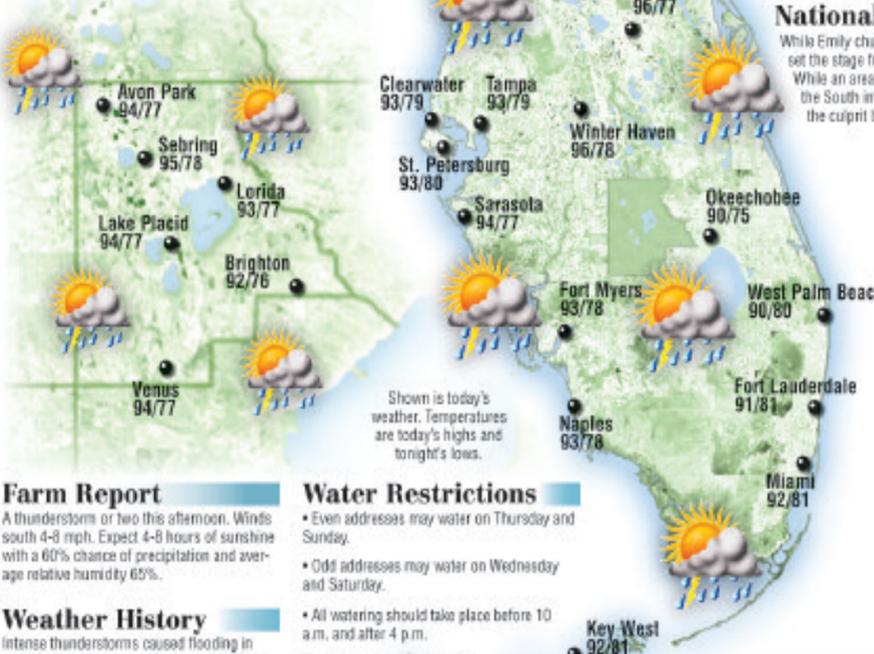
Monday	29.86
Tuesday	29.81
Wednesday	29.82

Precipitation

Monday	0.00"
Tuesday	0.00"
Wednesday	0.45"
Month to date	0.45"
Year to date	26.95"

Regional Summary

Clouds and sun today, a thunderstorm or two during the afternoon. Partly cloudy and warm tonight. Tropical Storm Emily could affect the weather tomorrow. Sunday: some sun with a shower or thunderstorm possible.



National Summary

While Emily churns into the Bahamas today with its heavy rain and gusty winds, oppressive heat and humidity will set the stage for thunderstorms to rattle the South. The afternoon will prove to be the most active time of the day. While an area of high pressure keeps most of the Northeast dry, the corridor of thunderstorms will extend from the South into the mid-Mississippi Valley and central Plains. A storm system emerging from the Rockies will be the culprit behind the thunderstorms in the northern High Plains.

U.S. Cities

City	Today	Sat.	Sun.	City	Today	Sat.	Sun.
Albuquerque	83/71pc	95/70r	95/68pc	Los Angeles	79/64pc	80/63pc	83/64pc
Atlanta	96/79r	90/77r	93/76r	Louisville	96/77r	93/77r	94/75pc
Baltimore	88/73pc	87/74r	92/70r	Memphis	93/80r	90/79pc	96/79pc
Birmingham	93/76r	97/78r	95/77r	Minneapolis	84/67pc	84/68r	84/63r
Boston	74/64r	81/66c	77/69r	Nashville	94/75r	97/77r	96/76pc
Charlotte	92/73r	90/73r	97/74r	New Orleans	94/79pc	94/79r	92/77r
Cheyenne	88/58r	87/56pc	87/56pc	New York City	82/68r	82/70r	84/72pc
Chicago	80/63pc	87/71pc	88/64r	Portland	82/68r	82/70r	84/72pc
Cleveland	86/70pc	87/70r	88/72pc	Portland, ME	73/59r	73/64r	73/64pc
Columbus	90/71pc	89/73r	90/72pc	Portland, OR	77/56r	73/56r	80/55r
Dallas	106/81r	106/81r	106/80r	Raleigh	92/75r	90/73r	90/74r
Denver	90/61r	90/59r	93/59pc	Rochester	86/69pc	84/68r	84/69pc
Detroit	88/68pc	84/68r	89/70pc	St. Louis	86/76r	93/79pc	94/73r
Fort Lauderdale	91/81r	91/81r	91/81r	San Francisco	64/54pc	68/54pc	69/53pc
Honolulu	89/74r	89/75r	89/74pc	Seattle	73/56r	72/54r	76/54r
Houston	100/77r	100/77r	99/77r	Seattle, WA	88/73pc	88/75r	92/78r
Indianapolis	88/72r	87/75r	92/70r				
Jackson, MS	100/75pc	97/76pc	96/75r				
Kansas City	88/73r	93/75pc	91/70pc				
Lexington	94/73r	92/74r	93/72pc				
Little Rock	104/79r	100/77pc	98/76r				

World Cities

City	Today	Sat.	Sun.	City	Today	Sat.	Sun.
Asageloo	91/75pc	90/77r	88/78r	London	73/57pc	73/54r	70/55r
Athens	84/75r	83/73r	91/75r	Montreal	84/70r	86/68r	84/66pc
Bahut	87/73r	88/73r	88/74pc	Moscow	72/55pc	72/54pc	73/57r
Berlin	74/67r	77/64r	75/59pc	Nice	82/67r	80/67r	78/65r
Bermuda	84/73r	84/73r	84/73r	Ottawa	88/64r	86/68r	82/62pc
Calgary	74/55r	82/51r	79/51pc	Quebec	77/64r	82/63r	82/61pc
Dublin	64/52pc	61/48r	61/50r	Rio de Janeiro	74/68r	85/73pc	86/74r
Edmonton	78/51pc	70/46r	67/51pc	Seoul	90/77r	90/79r	90/77r
Freeport	92/79r	90/82r	88/81pc	Singapore	90/79r	86/81r	88/78r
Geneva	74/60r	74/64r	67/64r	Sydney	73/52r	72/52pc	64/45r
Havana	91/74r	89/75r	89/73r	Toronto	86/66pc	87/69r	84/66pc
Hong Kong	93/82r	93/82pc	91/82r	Vancouver	74/59pc	72/59r	70/59r
Jerusalem	83/63r	84/63r	80/63r	Vienna	75/69r	80/70r	86/70pc
Johannesburg	66/44c	65/42r	55/42r	Warsaw	75/56pc	76/53r	80/55r
Kiev	72/52c	74/56r	78/63pc	Winnipeg	86/69pc	90/59r	86/59pc

Tides

Readings at St. Petersburg

High	6:22 a.m.
Low	12:12 a.m.
High	8:04 p.m.
Low	1:41 p.m.

Readings at Palm Beach

High	1:20 a.m.
Low	7:25 a.m.
High	2:04 p.m.
Low	7:55 p.m.

Lake Levels

Readings as of 7 a.m. yesterday

Lake Jackson	78.36'
Lake Okeechobee	10.23'
Normal	14.51'

UV Index Today

The higher the AccuWeather.com UV Index® number, the greater the need for eye and skin protection.



Farm Report

A thunderstorm or two this afternoon. Winds south 4-8 mph. Expect 4-8 hours of sunshine with a 60% chance of precipitation and average relative humidity 65%.

Water Restrictions

- Even addresses may water on Thursday and Sunday.
- Odd addresses may water on Wednesday and Saturday.
- All watering should take place before 10 a.m. and after 4 p.m.

Florida Cities

City	Today	Sat.	Sun.	City	Today	Sat.	Sun.
Cape Coral	94/77r	94/78r	93/78pc	Miami	92/81r	92/81r	92/80pc
Clearwater	93/79r	94/81r	94/80pc	Okeechobee	90/75r	90/75r	90/75r
Coral Springs	91/79r	91/79r	91/80r	Orlando	96/77r	94/77r	94/78r
Daytona Beach	92/77r	93/77r	93/78pc	Palm Beach	93/79r	93/79r	91/78r
Fl. Land. Bch	91/81r	92/81r	90/80r	St. Augustine	92/76r	92/77r	92/78pc
Fort Myers	93/78r	93/79r	91/79pc	St. Petersburg	93/80r	94/81r	94/80pc
Gainesville	94/75r	94/74r	95/75pc	Sarasota	94/77r	93/78r	92/78pc
Hollywood	93/79r	93/79r	91/79r	Tallahassee	94/77r	90/76r	90/77r
Homestead AFB	90/80r	89/79r	90/79pc	Tampa	93/79r	93/79r	93/79pc
Jacksonville	96/77r	94/77r	94/78pc	W. Palm Bch	90/80r	91/79r	90/78r
Key West	92/81pc	91/82r	91/82pc	Winter Haven	96/78r	95/77r	95/78pc

Sun and Moon

	Today	Saturday
Sunrise	6:54 a.m.	6:54 a.m.
Sunset	8:10 p.m.	8:10 p.m.
Moonrise	1:31 p.m.	2:06 p.m.
Moonset	none	12:16 a.m.



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Top QB commits to FSU

Associated Press

BIRMINGHAM, Ala. — Hueytown High School quarterback Jameis Winston says he'll sign with Florida State next year.

Winston made his announcement on ESPN Wednesday.

ESPN.com rates him as the nation's top quarterback and 11th-best overall prospect while Rivals.com lists him as the No. 1 dual-threat QB.

Winston, who is also considered a pro baseball prospect, had narrowed his other choices to Alabama and LSU.

The verbal commitment is not binding.

He passed for 2,342 yards and 17 touchdowns as a junior, while rushing for 870 yards and 11 scores.

Ga. schools association commissions heat study

Associated Press

ATLANTA — Georgia High School Association officials say they have commissioned a study on the causes of heat-related illnesses and injuries.

WGCL-TV reports that the study is expected to be completed later this year, and will be the first of its kind to focus on high school athletes.

Two Georgia high school football players have died in recent days, one of them after he collapsed while leaving the field after practice.

Authorities say Forrest Jones, a 16-year-old student at Locust Grove High School, died Tuesday night at Children's Healthcare of Atlanta.

Another Georgia player, 16-year-old Don'terio J. Searcy of Fitzgerald High School, died following practice Tuesday morning at a football camp in Lake City, Fla.



Team Florida, your Sebring Ozone All-Stars, left to right: Seth Cannady, Daniel Simons, Jay Bible, David DeGenaro, Everette Hurst, D.J. McPhail, Brendan Doty, Alex Lopez, Trey Frazier, Kyle Helms, Josh Crouch and Jimmy Peck.

News-Sun photo by DAN HOEHNE

World Series bound

By DAN HOEHNE

daniel.hoehne@newsun.com

SEBRING — Tuesday afternoon's rain and overcast skies pushed the Sebring All-Stars into the batting cages as they readied to head north and defend their Dixie Ozone World Series title, beginning this weekend in Madison Heights, Va.

Amid the 'pings' and 'thwacks' of balls being batted around, the team seemed both relaxed and focused.

Seven members of this year's squad were a part of last year's champions, so the expectation isn't something new — but after looking at the information regarding the field at this year's event, head coach Dean Frazier realized they weren't the only ones in that scenario.

"There are six other teams, beside us, that were there last year," he said. "Only one team has as many guys on the team returning as we do,

'You could just see it in the other teams' eyes.'

DEAN FRAZIER

Team Florida head coach

but it's pretty impressive that so many other teams made it back."

But consider that the

Sebring All-Stars, as Team Florida, won it all last year in South Carolina, fielding a team young enough to return the vast majority of their roster.

Add in that year of experience, not to mention a few eye-popping growth spurts and home run totals in the state tournament, and you have a team that might warrant a little swagger.

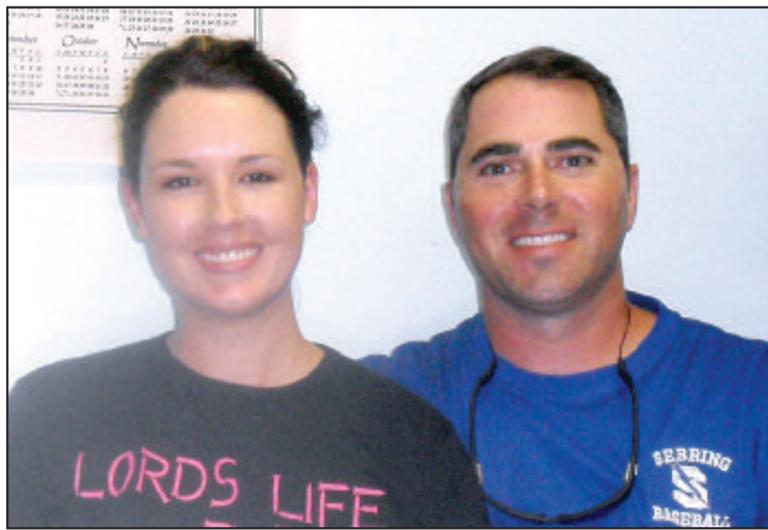
"It was funny and kind of worked to our advantage that

we were late for the first day at state," Frazier said. "They announced us as the defending State and World Series champions, and we walk in with Jimmy (Peck) out in front and you could just see it in the other teams eyes."

The self-dubbed "Big Sexy" Peck, now measuring in at 6-feet tall is one of a handful of team members that saw significant growth

See SEBRING, Page 4B

Ed gets some rap time with the Rapps



Courtesy photo

Former Avon Park softball star Allison Rapp and new Blue Streak baseball coach Buck Rapp were featured guests on Ed Lynch's "Sports Talk" show on Saturday, July 30. The show airs each Saturday immediately following the Noon News on WWTK 730-AM. Scheduled guests for the Aug. 6 broadcast are local golfer Pete Coughlin, former PGA champion Fred Hawkins and Vince Lombardi's daughter, Susan.

Special athletes splash in for a win

Special to the News-Sun

AVON PARK — There was lots of swimming action at Avon Park High School pool on July 30 when the Special STARS athletes hit the water to compete.

Approximately 45 swimmers from Highlands and Hardee counties competed in either noodle races or a 25 meter lap.

Noodle races are done in the shallow water so swimmers can build up confidence in the water and race toward a person holding the noodles. Noodle racing was divided into two different lengths — one race was 15 meters and one was 25 meters.

Times were close in the 25 meter race as some swimmers were only tenths of a second behind one another.

For example, in the fastest

heat of swimmers Rick Massey, of Sebring, took first place with a 27.15 time over Joe Singha, of Sebring, who had 27.74. Rob Ward, of Avon Park, was third with a 29.03 and Greg Robinson, of Sebring, was fourth with a 29.84.

In another heat of swimmers, Elizabeth Jordan, of Sebring, was first with a 29.12. Nicole Lewis, of Avon Park, was second; Shawn Squires, of Sebring, was third; and Ilana Levey, of Sebring, was fourth.

Other swimmers doing the 25 meter race who got first were Donald Russell, of Sebring, and Sharon Carpenter, of Avon Park.

Second place finishers were Maria Russell, of

See STARS, Page 4B

Area swimmers strong at Area 5 meet

Special to the News-Sun

SARASOTA — The Highlands Hurricanes Swim Team completed its last swim meet of the summer at the Area 5 Championships in Sarasota on July 29 - 31. There were 13 teams represented at the championships, including the Heartland's three local swim teams, the Highlands Hurricanes HHST, Lake Placid Aquatics (LPA) and the Hardee Swim Association (HSA).

There were more than 400 swimmers (HHST 17 swimmers, LPA 8 swimmers, HSA 13 swimmers) competing in the meet.

For some of the youngest swimmers it is the end of their summer competition season, for some of the older swimmers it is a tune-up for the upcoming high school season.



Courtesy photo

From left: Highlands Hurricanes' Seth Moon, Zach Gettner and Max Carlisle taking a break between swim events at last weekends Area 5 Swimming Championships in Sarasota.

Swimmers representing Lake Placid competing for the Highlands Hurricanes Swim Team, Andrew Brown, Zach Gettner, Seth Moon, and Annie Weber-Callahan.

Swimmers finishing in the top 10:

For HHST, Taylor Bateman had a sixth-place finish in the 25-yard backstroke in the 9-10 Girls class, while Andrew Brown,

in 13-14 Boys, had three fourth-place finishes, in the 25 and 50 Free and 200 Back.

In 9-10 Boys, Zach Gettner had a third in the 200 Free and fourths in the 100 Individual Medley, 100 Free and 100 Back.

Seth Moon picked up a win in the 9-10 Boys 25 Butterfly and sixths in the 50 and 100 Breaststroke and 100 Back.

Brian Ortiz earned two fifths, in the 50 and 100 Free while also adding a sixth in the 100 Back in the 15-18 Boys class, and Annie Weber-Callahan got a sixth among her finishes, in the 13-14 Girls 25 Free.

Strong finishes for Lake Placid Aquatics included a seventh in the 8-and-Under Boys 50 Free for Anthony

See SWIM, Page 3B



Courtesy photo

Special STARS athlete Bill Wheeler, of Avon Park, reaches for the wall on July 30 to finish his 25 meter swim across the Avon Park High School swimming pool.

THE SCOREBOARD

SPORTS SNAPSHOTS

Major League Baseball

AMERICAN LEAGUE				
East Division				
	W	L	Pct	GB
Boston	68	41	.624	—
New York	67	42	.615	1
Tampa Bay	57	52	.523	11
Toronto	56	54	.509	12½
Baltimore	43	64	.402	24
Central Division				
	W	L	Pct	GB
Detroit	59	51	.536	—
Cleveland	54	54	.500	4
Chicago	52	57	.477	6½
Minnesota	51	59	.464	8
Kansas City	47	63	.427	12
West Division				
	W	L	Pct	GB
Texas	61	50	.550	—
Los Angeles	60	51	.541	1
Oakland	49	62	.441	12
Seattle	48	62	.436	12½

Tuesday's Games

Detroit 6, Texas 5
 Boston 3, Cleveland 2
 Toronto 3, Tampa Bay 1
 Baltimore 8, Kansas City 2
 N.Y. Yankees 6, Chicago White Sox 0, 7 innings
 L.A. Angels 5, Minnesota 1
 Seattle 4, Oakland 2

Wednesday's Games

Seattle 7, Oakland 4
 Detroit 5, Texas 4
 Boston 4, Cleveland 3
 Tampa Bay 9, Toronto 1
 Kansas City 6, Baltimore 2
 N.Y. Yankees 18, Chicago White Sox 7
 Minnesota 11, L.A. Angels 4

Thursday's Games

Toronto at Tampa Bay, late
 Texas at Detroit, late
 Cleveland at Boston, late
 Baltimore at Kansas City, late
 N.Y. Yankees at Chicago White Sox, late
 Minnesota at L.A. Angels, late

Friday's Games

Toronto (Mills 0-1) at Baltimore (Tom.Hunter 1-1), 7:05 p.m.
 N.Y. Yankees (Colon 8-6) at Boston (Lester 11-4), 7:10 p.m.
 Oakland (Moscoco 4-5) at Tampa Bay (Niemann 5-4), 7:10 p.m.
 Cleveland (Jimenez 0-0) at Texas (D.Holland 10-4), 8:05 p.m.
 Chicago White Sox (Buehrle 8-5) at Minnesota (Blackburn 7-8), 8:10 p.m.
 Detroit (Porcello 11-6) at Kansas City (F.Paulino 1-4), 8:10 p.m.
 Seattle (Vargas 6-10) at L.A. Angels (Weaver 14-5), 10:05 p.m.

NATIONAL LEAGUE				
East Division				
	W	L	Pct	GB
Philadelphia	71	39	.645	—
Atlanta	64	48	.571	8
Florida	55	55	.500	16
New York	55	55	.500	16
Washington	53	57	.482	18
Central Division				
	W	L	Pct	GB
Milwaukee	62	50	.554	—
St. Louis	58	53	.523	3½
Pittsburgh	54	55	.495	6½
Cincinnati	54	57	.486	7½
Chicago	46	65	.414	15½
Houston	37	74	.333	24½
West Division				
	W	L	Pct	GB
San Francisco	62	49	.559	—
Arizona	61	50	.550	1
Colorado	51	60	.459	11
Los Angeles	50	60	.455	11½
San Diego	48	64	.429	14½

Tuesday's Games

Washington 9, Atlanta 3
 Chicago Cubs 11, Pittsburgh 6
 Florida 4, N.Y. Mets 3
 Cincinnati 5, Houston 1
 St. Louis 8, Milwaukee 7, 11 innings
 Philadelphia 5, Colorado 0
 L.A. Dodgers 1, San Diego 0
 Arizona 6, San Francisco 1

Wednesday's Games

Atlanta 6, Washington 4
 Milwaukee 10, St. Louis 5
 Philadelphia 8, Colorado 6
 San Francisco 8, Arizona 1
 Chicago Cubs 1, Pittsburgh 0
 Florida at New York, p.p.d., rain
 Houston 5, Cincinnati 4
 San Diego 3, L.A. Dodgers 0

Thursday's Games

Chicago Cubs at Pittsburgh, late
 St. Louis at Florida, late
 Washington at Colorado, late
 Philadelphia at San Francisco, late

Friday's Games

Cincinnati (Leake 9-6) at Chicago Cubs (Dempster 8-8), 2:20 p.m.
 San Diego (Harang 9-3) at Pittsburgh (Karstens 8-5), 7:05 p.m.
 Atlanta (T.Hudson 10-7) at N.Y. Mets (Dickey 5-9), 7:10 p.m.
 St. Louis (Westbrook 9-5) at Florida (Ani.Sanchez 6-4), 7:10 p.m.
 Milwaukee (Gallardo 12-7) at Houston (Happ 4-13), 8:05 p.m.
 Washington (Zimmermann 6-9) at Colorado (Nicasio 4-3), 8:40 p.m.
 L.A. Dodgers (Billingsley 9-9) at Arizona (Collmenter 6-6), 9:40 p.m.
 Philadelphia (Worley 7-1) at San Francisco (J.Sanchez 4-5), 10:15 p.m.

Major League Soccer

EASTERN CONFERENCE				
	W	L	T	Pts GF GA
Columbus	9	6	7	34 24 20
Philadelphia	8	5	8	32 26 19
New York	6	5	12	30 37 30
Sporting KC	7	6	9	30 31 28
Houston	6	7	9	27 27 27
D.C.	6	6	8	26 26 30
New England	4	9	9	21 20 30
Chicago	2	6	13	19 21 26
Toronto FC	3	11	10	19 21 43

WESTERN CONFERENCE				
	W	L	T	Pts GF GA
Los Angeles	12	3	9	45 32 19
FC Dallas	12	5	6	42 30 21
Seattle	10	5	8	38 33 31
Colorado	8	6	10	34 33 31
Real Salt Lake	9	5	6	33 27 16
Chivas USA	6	8	8	26 27 24
Portland	7	10	4	25 27 34
San Jose	5	8	9	24 24 29
Vancouver	2	11	9	15 21 34

Wednesday's Games

Sporting Kansas City 2, Real Salt Lake 0
 Chicago 1, Philadelphia 1, tie
 Portland 3, Los Angeles 0

Friday's Games

Columbus at Colorado, 9:30 p.m.

Saturday's Games



LIVE SPORTS ON TV

AUTO RACING

SATURDAY

10:30 a.m. NASCAR – Pennsylvania 500, Qual. . . . ESPN2
5 p.m. NASCAR – Pennsylvania 500, Qual. . . . ESPN2
6 p.m. NHRA – Northwest Nationals, Qual. . . . ESPN2
7:30 p.m. NASCAR – U.S. Cellular 250. ESPN2

BOXING

FRIDAY

9 p.m. Tim Coleman vs. Vernon Paris ESPN2

SATURDAY

10:30 p.m. Darryl Cunningham vs. Kelly Pavlik . . . SHOW

GOLF

FRIDAY

10 a.m. PGA – Cox Classic. GOLF
Noon PGA – 3M Championship GOLF
2 p.m. PGA – WGC Bridgestone Invitational . . . GOLF
6:30 p.m. PGA – Reno-Tahoe Open GOLF

SATURDAY

Noon Chick-Fil-A Bowl Challenge ESPN2
Noon PGA – WGC Bridgestone Invitational . . . GOLF
2 p.m. PGA – WGC Bridgestone Invitational . . . CBS
2 p.m. PGA – Cox Classic. GOLF
4 p.m. PGA – 3M Championship GOLF
6:30 p.m. PGA – Reno-Tahoe Open GOLF

MAJOR LEAGUE BASEBALL

FRIDAY

2 p.m. Cincinnati at Chicago Cubs WGN
7 p.m. Oakland at Tampa Bay. SUN

SATURDAY

4 p.m. N.Y. Yankees at Boston or Philadelphia at San Francisco FOX
7 p.m. Oakland at Tampa Bay. SUN
7 p.m. Chicago White Sox at Minnesota WGN

SOCCER

SATURDAY

4 p.m. Barcelona vs. U.S.A. ESPN

TENNIS

FRIDAY

5 p.m. ATP – Legg Mason Classic ESPN2
11 p.m. WTA – Mercury Insurance Open ESPN2

SATURDAY

3 p.m. ATP – Legg Mason Classic ESPN2
10 p.m. WTA – Mercury Insurance Open ESPN2

Times, games, channels all subject to change

Chivas USA at New England, late
 Toronto FC at D.C. United, late
 Houston at Philadelphia, late
 Seattle FC at Sporting Kansas City, late
 New York at Real Salt Lake, late
 FC Dallas at Los Angeles, late
 Portland at San Jose, late

Sunday's Games

Chicago at Vancouver, 7 p.m.
Saturday, Aug. 13
 Chivas USA at Seattle FC, 4 p.m.
 Real Salt Lake at Toronto FC, 7 p.m.
 New England at Columbus, 7:30 p.m.
 Vancouver at D.C. United, 7:30 p.m.
 Chicago at New York, 7:30 p.m.
 FC Dallas at Philadelphia, 8 p.m.
 Colorado at San Jose, 10:30 p.m.
Sunday, Aug. 14
 Portland at Houston, 9 p.m.

WNBA

EASTERN CONFERENCE				
	W	L	Pct	GB
Indiana	14	6	.700	—
Connecticut	12	6	.667	1
New York	11	8	.579	2½
Chicago	9	11	.450	5
Atlanta	8	11	.421	5½
Washington	3	14	.176	9½

WESTERN CONFERENCE				
	W	L	Pct	GB
Minnesota	14	4	.778	—
San Antonio	11	7	.611	3
Phoenix	11	8	.579	3½
Seattle	11	8	.579	3½
Los Angeles	7	12	.368	7½
Tulsa	1	17	.056	13

Tuesday's Games

New York 85, Atlanta 75
 Minnesota 90, Phoenix 73
 Seattle 78, San Antonio 64

Wednesday's Games

Connecticut 79, Los Angeles 70

Thursday's Games

Chicago at New York, late
 San Antonio at Minnesota, late

Friday's Games

Indiana at Tulsa, 8 p.m.
 Connecticut at Seattle, 10 p.m.

Transactions

BASEBALL
American League
 BALTIMORE ORIOLES—Optioned LHP Mark Hendrickson to Norfolk (IL).
 CLEVELAND INDIANS—Activated RHP Ubaldo Jimenez. Optioned RHP David Huff to Columbus (IL). Assigned OF Travis Buck outright to Columbus.
 DETROIT TIGERS—Activated RHP David Pauley. Designated LHP David Purcey for assignment.
 OAKLAND ATHLETICS—Assigned LHP Jerry Blevins outright to Sacramento (PCL). Recalled 2B Adam Rosales from Sacramento. Agreed to terms with RHP Drew Gagnier and assigned him to the Arizona League Athletics.
 SEATTLE MARINERS—Placed 3B Chone Figgins on the 15-day DL. Recalled 3B Kyle Seager from Tacoma (PCL) and RHP Tom Wilhelmson from Jackson (SL).

TEXAS RANGERS—Activated RHP Mike Adams.

National League
 ATLANTA BRAVES—Assigned INF Diory Hernandez outright to Gwinnett (IL).
 FLORIDA MARLINS—Assigned LHP James Levertout and RHP Alex Caldera to Greensboro (SAL).
 PITTSBURGH PIRATES—Activated C Ryan Doumit from the 60-day DL. Optioned C Eric Fryer to Indianapolis (IL). Agreed to terms with RHP Jake Burnette.
 SAN FRANCISCO GIANTS—Assigned 2B Bill Hall outright to Fresno (PCL).

BASKETBALL
National Basketball Association
 DETROIT PISTONS—Named Lawrence Frank coach.
 GOLDEN STATE WARRIORS—Named Nate Bjorkgren coach of their D-League Dakota Wizards affiliate.

Israeli Loto League
 MACCABI TEL AVIV—Signed G Jordan Farmer.

FOOTBALL
National Football League
 CHICAGO BEARS—Waived TE Draylen Ross.
 CINCINNATI BENGALS—Signed RB Cedric Benson, LB Brandon Johnson and LB Manny Lawson.
 DETROIT LIONS—Released LB Zack Follett, LB Corey Bosworth and DB Jack Williams. Signed DE Greg Banks.
 GREEN BAY PACKERS—Signed LB K.C. Asiodu.
 HOUSTON TEXANS—Signed FB Lawrence Vickers.
 KANSAS CITY CHIEFS—Signed DB Javies Lewis and CB Mario Ruessell.
 NEW ENGLAND PATRIOTS—Re-signed T Matt Light. Signed C Chris Morris, RB BenJarvus Green-Ellis, OL Jonathan Comphas and RB Richard Medlin.
 Released RB Thomas Clayton and OL Mike Berry.
 NEW YORK GIANTS—Signed RB Andre Brown, WR Mark Clayton, OT Stacy Andrews and RB Ahmad Bradshaw.
 PHILADELPHIA EAGLES—Agreed to terms with OT Ryan Harris, DT Anthony Hargrove and DT Derek Landri to one-year contracts and WR Cordario Calvin. Signed WR Brandon Caleb. Waived LB Terence Thomas and TE John Nalbone.
 SAN FRANCISCO 49ERS—Signed CB Carlos Rogers and S Madiou Williams to one-year contracts.
 SEATTLE SEAHAWKS—Signed PK Jeff Reed, CB Kelly Jennings, LB Michael Johnson, TE Zach Miller, RB Chase Reynolds and DE Jimmy Wilkerson.
 Released DT Ladi Ajiyoye, PK Wes Byrum, G Michael Huey, QB Zac Lee and LB Blake Sorensen.

COLLEGE
 JACKSONVILLE STATE—Named Morgan Salow assistant volleyball coach.
 NORTHWESTERN—Agreed to terms with athletic director Jim Phillips on a 10-year contract.
 NOTRE DAME—Reinstated WR Michael Floyd to the football team.
 SOUTH CAROLINA-UPSTATE—Named Dusty Blake pitching coach.

Red Devil golf tryouts

AVON PARK — Avon Park High School boys and girls golf team tryouts will begin Monday, August 8.

Boys interested in trying out, please call Coach Shane Ward at (863) 633-8597.

Girls interested in trying out, call Coach Suzie Gentry at (863) 446-7368.

Dixie Donations

SEBRING – The State Champion Sebring All-Stars have marked their ticket to the Dixie World Series in Madison Heights, VA., from Aug. 6-11.

But along with the prestige this gives the defending Ozone champs comes the cost to make the trip.

Transport, hotel and new uniforms for Team Florida all add up and the team, in addition to upcoming fundraisers, are requesting donations.

There are currently three area businesses that are serving as drop-off locations for anyone wanting to donate – Sebring Florist, Heartland National Bank (by Don Jose and Gate) and McPhail's Auto Sales. All donations are tax exempt and a tax exempt number will be provided if needed.

Checks are to be made payable to Sebring Youth Baseball, with Ozone All-Stars noted in the memo section.

Any amount is appreciated to help this group of talented youngsters defend their World Series title and represent Sebring, Highlands County and the Heartland to the best of their ability.

Any other questions, or for more information, call Dean Frazier at 381-9583.

Panther Hitting Camps

The SFCC Baseball program will be hosting hitting camps this fall for aspiring players aged 6-14.

The camps will be held Saturday's Sept. 10 and 24 as well as Oct. 15 and 29.

Each day, the camps will run from 8:30 -11 a.m. on Panther Field at the SFCC Avon Park campus.

Under the guidance of Panther head coach Rick Hitt, along with assistant coach Andy Polk and members of the 2011 SFCC squad, campers will learn all aspects of hitting, with drills, instruction and hitting analysis.

Registration begins at 8 a.m. each day and players should bring glove, cap, bat and any desired baseball attire.

Camp cost is \$25 per camper.

To register, print Application and Consent and Release forms from www.southflorida.edu/baseball/camp and mail to address on application form.

Register by phone, all area codes 863, at 784-7036 for Sebring and Avon Park residents, 465-5300 for Lake Placid, 494-7500 for DeSoto County or 773-2252 for Hardee County.

Walk-up registrations are also accepted.

For further information, call any of the above numbers or email coach Hitt at hittr@southflorida.edu.

Lake Placid Youth Bowling

LAKE PLACID – The Royal Palms Youth Bowling League, for ages 7 and up, begins its' new season Saturday, Sept. 3.

The sign-up fee is \$25, which includes a shirt, and new bowlers are welcome.

Bowling is every Saturday morning at 9 a.m. through December 10.

Weekly cost is \$11 and includes three games of bowling, shoes and prize fund.

All Youth Bowlers are also eligible for reduced rate open bowling, though some restrictions may apply, and free bowling with instruction on Friday's from 4-6 p.m. – must be accompanied by an adult.

For more information, call Frank Peterson at 382-9541, or Donna Stanley at 441-4897.

Sebring Summer Swim

SEBRING – The summer season for swimming is upon us as the Sebring High School pool is open to the public.

Pool hours for open swim will be 6-7:30 p.m. Monday through Friday and 1-3 p.m. Saturday's and Sunday's – additional hours will be added once school is out.

Cost is \$2 per swimmer with big savings for frequent swimmers.

A family pass can be bought for \$50 for the first swimmer and \$15 for each additional family member.

Swimming lessons will also be available with four separate sessions throughout the summer for eight different levels of instruction, ranging from Adult Beginner, Parent and Tot, Fundamentals, Introduction to Water Skills, Pre-School Aquatics, Fundamental Aquatic Skills, Stroke Development, Improvement and Refinement, Personal Water Safety and Diving Fundamentals and Fitness.

Session IV runs from July 25-August 5. Water aerobics return as well, with cer-

tified instructor Ricki Albritton, Tuesday's and Thursday's from 6:30-7:30 p.m.

Cost is just \$2 per workout, or just \$1 if you have the Summer Swim Pass.

For questions call 471-5500 ext. 228 and leave a message for Pat Caton.

Firemen Memorial Golf

SEBRING — The 12th annual Sebring Firemen Inc. Memorial Golf Tournament presented by AXA Advisors LLC and Home Depot is scheduled for Saturday, Aug. 20 at Sun 'n Lake.

The tourney will once again feature a four-man scramble with \$75 entry fees.

That includes range balls, golf, food and drink on the course and the pre-tourney mixer on Friday night with great appetizers.

There will also once again be a silent auction featuring autographed sports memorabilia from people like Tim Tebow, Jimbo Fisher, Will Muschamp, Nick Saban and many others.

Hole sponsorships are available for \$100 and team sponsorships, which include a team entry and hole signs, are \$500.

All proceeds will help benefit Sebring athletics.

The tourney will begin with an 8:30 a.m. shotgun start on both Deer Run and Turtle Run.

For more information, call Tommy Lovett at 385-5100 or 382-2255.

Warrior Golf Classic

LAKE WALES — Webber Football Warrior Golf Classic, a fundraising event in support of the Warrior Football program will be held Saturday, August 27, at the Lake Wales Country Club. Shotgun start 9 a.m.

Fees: \$60 per player/\$240 team of four; \$5 Mulligans; 50/50 \$1 ticket or 15 tickets for \$10 (includes green fees and lunch buffet).

Prizes: First, second and third place winner; team prizes; Closest to the pin/Longest Drive.

Sponsorship opportunities: Hole sponsor \$100, includes sign with name and logo.

Season tickets available including team schedule and memorabilia.

Lunch will be served during Webber Football's scrimmage immediately following golf tournament at WIU campus.

Make checks payable to: Webber Football, 1201 N. Scenic Highway, Babson Park, FL 33827; e-mail: Vothdw@webber.edu; or call (863) 734-1529 for more information.

Harder Hall Scramble

SEBRING – Harder Hall will celebrate its' grand re-opening, replete with new greens, bunkers and tee complexes, with a Scramble Golf Tournament Saturday, Aug. 13, with registration at 7 a.m. and a shotgun start at 8:30 a.m.

The tournament is a four-person scramble format and will be flighted.

There will be a steak dinner with two-for-one drafts and pitchers and awards following the completion of play.

There will be raffle prizes, a 50/50 drawing and more.

Cost is \$60 per person and there will be a 100-percent payout, less the cost of golf and dinner.



Senior Tip MASTER STROKES

Slowpoke

Yes, there are many "big hitters" on tour who generate a lot of swing speed right from the start of their downswing. That said, it's not a good plan for the senior or high-handicap amateur golfer. Intentionally starting the downswing in a rush will usually cause you big trouble due to lost balance and tension, leading to inaccurate ball striking and loss of distance. It's much better to start the downswing with slow, smooth, flowing movements initiated with your legs/hips kicking or bumping forward, then dropping your arms and hands into the slot and on the ball. Staying slow and smooth while letting the momentum build clubhead speed toward impact keeps you balanced and powerful through impact. This increases your chances of square ball striking for maximum distance and accuracy.

By Jim McLean, owner, Jim McLean Golf School, author of the best-selling books "The Slot Swing" and "The 8-Step Swing," illustrated by Phil Franke



Messier, Keith Kincer and Fred Evans with minus-15 each.

Closest to the pin: No. 3, Lefty St. Pierre, 34-feet-7-inches; No. 5, Don McDonald, 16-feet-4-inches; No. 12, J.R. Messier, 12-feet-8-inches; and No. 17, Len Westdale, 23-feet-8-inches.

An Evening Scramble was played on Friday, July 29.

Winning first place was the team of Charlie Seralde, Jim Sizemore, Dan Pelfry and Joe Graf.

The Morrison Group played a game on Thursday, July 28.

The winners were: First place, J.R. Messier and Tim Thomas with minus-9; and second place, Len Westdale and Vince Boever with minus-8.

The Ladies Association played a Pro-Am tournament on Thursday, July 28.

Winning first place was the team of Betty Wallace, Babe McDonald and Barbara Stuber with minus-3.5.

Individual winners were: First place, Barbara Stuber with plus-.5.

The Men's Association played a Pro-Am tournament on Wednesday, July 27.

Winning first place was the team of Terry Lewis, Lefty St. Pierre, Romy Febre and Frederick Evans with plus-6; and second place, Brian Vanslooten, Al Farrell, Cliff Steele and Keith Kincer

with plus-5.5.

Individual winners were: First place, Cliff Steele with plus-7.5; and second place, Tim Thomas with plus-4.

The Morrison Group played a game Tuesday, July 26.

Winning first place was the team of Donald McDonald, Jim Cercy, Len Westdale and Lefty St. Pierre with minus-26.

The Golfettes played a game on Tuesday, July 26.

Winning first place was the team of Linda Therrien, Frances Neil, Pat Kincer and Pat Graf with minus-6.

The Morrison Group played a game on Monday, July 25.

The winners were: First place, Tim Thomas and Gil Heier with 141; and second place, J.R. Messier and Fred Evans with 144. Tying for third/fourth places were Cliff Steele, Al Farrell, Len Westdale and (Draw) Jim Cercy; Bob Streeter, Lefty St. Pierre, Cecil Lemons and Jim Cercy with 46 each.

SpringLake

Wednesday, Aug. 3, proved to be one of those true "dog days of summer" for the SpringLake Women's Golf Association members.

Five teams showed up for a Four Person Scramble and were able to survive the heat and the added difficulty of playing the Panther Course.

First place winner was the team of Mary Cebula, Judy Dunn and Candy Sartory, who came in with 73.

"Diamond" Dottie Blackwell and her "Golden Girls" (Jean Donahue, Margaret Mazzola and Joann Deweese) took second place in a two-way tie of 74 against Terrie Austin, Rita Jaskowski and Carole Frederick.

Golf Hammock

Last Monday, Aug. 1, the Mezza Group played Individual Pro-Am golf at Golf Hammock Country Club.

Doug Haire came in first place in A group with plus 4, Denis Shankln second place with even and Jim Gulick in third place with a minus 1.

Tony Frances scored a plus 9, good for first place in B group and Shorty Crocker made plus 6 for second place.

John Tyner took first place in C group with plus 4 while Pete Mezza came in second place with a minus 1.

Next Monday, Aug. 8, the Mezza Group will be playing at the Sebring County Club.

This will be a shotgun start beginning at 7:45 a.m.

Please arrive early to register.

For more information call Pete at 382-1280.

Lake June West Golf Club

A Mixed Scramble was played on Thursday, July 28.

Winning first place was the team of Dick and Nancy Denhart, Joe and Joyce Swartz, John and Gloria Huggett with 50; second place, Ron Hesson, John and Sue Ruffo, Margaret Schultz and Betty Billau with 54; and third place, Ken Rowen, Dick and Nancy Reaney, Charlotte Mathew and Don Boulton with 55.

Closest to the pin: (Ladies), No. 8, Betty Billau, 6-feet-10-inches; (Men), None.

The Men's Association played a Men's League event on Tuesday, July 27.

Winning first place was the team of Dave Colvin, Dan Bishop, Dick Reaney and John Ruffo with 38; second place, Ron Hesson, Jack Maginnis, Joe

Swartz and Bob Williams with 42; and third place, Dick Denhart, Mario Cappelletti and Don Boulton with 47.

Closest to the pin: No. 4, Ron Hesson, 27-feet-1-inch; and No. 8, Mario Cappelletti, 3-feet-10-inches.

Dave Colvin had a Hole-in-One on Hole No. 16 using his driver 99 yards.

Placid Lakes

The Men's Golf Association played Individual Quota Points on Wednesday, Aug. 3, where a pitched battle came down to the wire and saw Bob McMillian's +12 edge out the +11 brought in by Bruce Miseno.

Al Verhage took third with a +5 and Chuck Fortunato fourth with +4.

McMillian was closest to the pin at No. 13, getting to within 3-feet, 11-inches.

The Men's Association played a Two Best Balls Front, One Best Ball Back event on Wednesday, July 27.

Winning first place was the team of Jim Hays, Russ Isaacs, Bruce Miseno and David Raciti with minus-20; and second place, Ed Bartusch, Bob McMillian, Taft Green and Bud Snyder with minus-16.

Closest to the Cup: No. 2, David Raciti, 16-feet-3.5-inches.

River Greens

The Morrison Group played a game on Monday, August 1.

The winners were: First place, J.R. Messier and Fred Evans with 137; and second place, Jim Cercy and Len Westdale with 142.

The Men's Association played a Men's Day event on Saturday, July 30.

Winning first place was the team of Bob Streeter, (Draw) Fred Evans and Harold Kline with minus-19. Tying for second/third places were Russ Rudd, Jim Cercy and Lefty St. Pierre; J.R.

Swim meet ends summer teams' season

Continued from 1B
Capuano, and two fourths for Jenna Capuano in the 9-10 Girls 25 Fee and 25 Breaststroke.

Shannon Cummings got a win in the 15-18 Girls 25 Free, a third in the 100 Butterfly and a fourth in the 200 IM.

Teammate Larissa

Meagher finished fifth in the 9-10 Girls 25 Back and Logan Million had three second-place finishes, in the 25 Free and Breast and 100 Breast, along with a fourth in the 50 Breast, among the 9-10 Boys field.

The HHST relay team of Meghan Knowles, Annie Weber-Callahan, Tanya

Carlisle and Gabriella Dion placed fourth in the Senior Girls 200 Freestyle relay with a time of 2:07.13 and third in the Senior Girls 200 Medley relay with a time of 2:30.08.

The Hurricane relay team of Talon Bullard, Griffin Chynoweth, Andrew Brown and Brian Ortiz palced fourth

in the Senior Boys 200 Freestyle relay with a time of 1:53.94, while the Highlands relay team of Andrew Brown, Greg Rawlings, Brian Ortiz and Talon Bullard placed third in the Senior Boys 200 Medley relay with a time of 2:01.45.

Sebring Kayak Tours

Special to the News-Sun
SEBRING — Sebring Kayak Tours has three upcoming trips this month for some fun times on area waters.

Saturday Aug. 13 — Sunrise Tour and Breakfast — Lake Jackson, Sebring

We will meet and launch at 6:30 a.m. from the boat ramp at Veteran's Beach off of Lakeview Dr.

We will paddle across to the City Pier and back.

Upon arrival we will have breakfast at IHOP (price includes breakfast).

Saturday Aug. 20 — Morning Tour — Arbutle Creek, Sebring

Launching at 9 a.m. from Lake Istokpoga boat ramp, we will make our way up Arbutle Creek to a favorite spot where we can get out, stretch and have a snack

before starting our descend back.

An approximately 3-hour tour designed for all ages and skill levels.

Saturday Aug. 27 — Peace River — Arcadia

We will meet at the canoe launch at Brownville Park in Desoto County at 10 a.m.

We will be paddling downstream to Arcadia with a stop for lunch about halfway.

We will also stop for homemade ice cream before returning.

\$39 per person (single or tandem kayaks available)

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Sebring seeks second straight Series title

Continued from 1B

since last season, from a stature standpoint.

Add in, along with Peck, Seth Cannady, Daniel Simons and Josh Crouch, all now in the 5-foot-9 to 5-11 range, and you've got a line-up and presence on the mound that would intimidate a lot of teams into submission before the opening pitch.

"That might have been the case with a lot of the teams at the state tournament," Frazier said. "But I wouldn't count on that once we get to Virginia. There could well be teams with similar size, or that have seen and beaten teams that have the size we do."

Then again, those ever-extending heights have had effects other than the mere spectacle.

"Last year we pretty much rode Matt Portis' pitching," Frazier said. "He was being clocked at 66-68 miles-per-hour. But now we've got Josh being clocked in the low 70s, Seth and Daniel both in the upper 60s. And every guy on this team has and can pitch, so we've got incredible depth."

Defensively the team makes few mistakes and is remarkably interchangeable, with any number of players being more than adept at several positions.

And then there's the lineup that averaged more than four home runs per game during the state tournament, and



News-Sun photo by DAN HOEHNE
Assistant coach Jim Peck does some quick-toss drills with Daniel Simons at Tuesday's practice.

that was with none of those games going to a full six innings, due to mercy-rule scores.

But that aforementioned swagger that would be understandable, all things considered?

Not so with this squad. "They're very good about that," Frazier said. "They've seen players on other teams do something and you'll hear them saying, 'Oh, we'd be running if we did that.'"

"They know the coaches and I wouldn't want that, that their parents wouldn't want it and they're really good at policing themselves within the team," he added. "It's really just remarkable, as good as they are, this is also a

very smart group of kids. They're all straight A students with many of them in honors level classes."

Right about now the team is settling in and getting ready for tonight's opening ceremonies and home run contest, with Crouch being selected to represent Team Florida.

And beginning at 5 p.m. tomorrow night, this smart, grounded, gifted and ever-growing group of youngsters will be looking to repeat as Dixie Ozone World Series champions.

Brimming with the sort of confidence built by ability, focus and success - with no sign of a swagger



Courtesy photo
Julie Kilbourne, of Wauchula, prepares to compete in the Special STARS noodle races at Avon Park High School pool.

STARS dive into some fun

Continued from 1B

Sebring, and Bill Flemer, of Wauchula.

Third place winners were Angie Luft, of Sebring, and Stephanie Travi, of Sebring. Julie Kilbourne, of Wauchula, and Bill Wheeler, of Avon Park, got fourth. Mac Smith, of Sebring, won fifth.

There were six swimmers in two different heats doing the 25 meter noodle race.

Annie Horn, of Sebring, had the fastest time overall with a 22.47.

Linda Decker, of Sebring,

also won first with a 22.63 in her heat.

Second place was won by Gerald Bass and Ralph Meyers. Alan Kufknowski and John Smith won third. All are from Sebring.

In the 15 meter noodle race, first place went to Amy Matthews, of Sebring; Markevin Smith, of Avon Park; Maria Rivera, of Sebring; and Ricky Marino, of Avon Park.

Second place winners were Maricel Moreno, of Sebring; Ronnie Gladson, of Avon Park; Minnie Sue Reid, of Avon Park; and Christine

Frank, of Sebring.

Third place finishers were Eva Monk, of Sebring; Sue Egnoski, of Wauchula; Tammy Furman, of Sebring; and Jim Kentfield, of Avon Park. Fourth place ribbons were won by Kenny Roberts, of Avon Park; Cody Crouse, of Avon Park; Patty Toepper, of Sebring; and Herb Adkins, of Avon Park.

Ribbons were awarded to participants after the races.

A lunch prepared by the Ridge Area Arc Parents Group was served prior to the awards ceremony.

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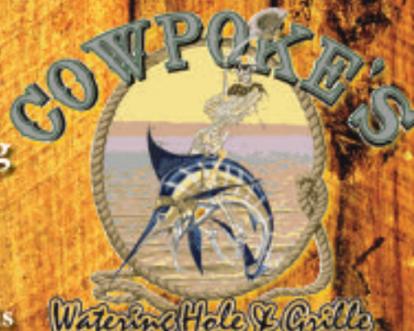
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*August 12th-13th: The Black Honkeys**
August 19th-20th: The Damn Outlaws
August 26th-27th: Slick Willy

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HEALTHY LIVING



Dear Pharmacist
Suzy Cohen

Sorry to pop your soda bubble

Dear Pharmacist: My teenage daughter downs several diet sodas a day. She insists they're a healthy, weight-loss alternative to regular sodas. Should I be concerned?

— E.L., Phoenix, Arizona

Answer: In a word, YES. Several studies published this year suggest diet soda is not the healthiest beverage on the shelf. At the end of each of these individual studies researchers say something like, Hey, this research is not conclusive. This study doesn't mean that everyone should stop drinking diet sodas... moderation is good... blah, blah, blah. But when you put all these studies together, in my opinion, the fizzy stuff falls flat.

Put down your soda pop for a second and take a closer look at some of this research:

Back in February 2010, doctors at the International Stroke Conference in Los Angeles reported on research showing that people who drink diet soda every day have a 61 percent increase in the likelihood of having a "cardiovascular event." That research hardly made the news.

Another study looked at 3,000 nurses and found that drinking just two diets sodas a day was associated with a decrease in kidney function. Let me remind you, kidneys are responsi-

ble for filtering your body of poisonous toxins. You really want your kidneys in tip top shape to keep yourself "clean" which is why I always harp on you to drink fresh, filtered water.

Drinking "diet" soda begs the question, will it help with weight loss? A study reported in an online issue of Diabetes Care in January 2009 found that people who drink at least one diet soda a day experienced a 36 percent increased risk for developing metabolic syndrome, a disorder that includes the triple threat of high blood pressure, high cholesterol and high glucose.

Metabolic syndrome almost always includes the condition of obesity. So if you connect the dots, it doesn't appear that weight loss is a benefit of drinking diet soda. The mechanism behind why people experienced a higher risk for metabolic syndrome wasn't teased out, nor can we conclude a definitive cause and effect. I can tell you this though, if any natural herb or vitamin was linked to even an inkling of the stuff diet soda is associated with,



it would be yanked off the shelves in

hours!

If you love soda (diet or regular), make it a special treat, rather than your beverage of choice all day long. Or try one of my natural recipes for soda. You just combine some carbonated (seltzer) water with some grape juice (or root beer flavored stevia drops), and voila, you have a natural fizzy drink. You should also include healthy teas as part of your diet, like Tulsi, Rooibos and Green tea. Why not try juicing? Blend three carrots, two celery stalks, a slice of ginger, two apples and take a swig. It's good and good for you!

Did You Know?

A new study finds luteolin (which is concentrated in celery) boosts brain power and memory.

Suzy Cohen is a registered pharmacist and the author of 'The 24-Hour Pharmacist' and 'Real Solutions.' For more information, visit www.DearPharmacist.com. This information is not intended to treat, diagnose or cure your condition.

Snapshots

Clinical Pastoral Education Program at Fla. Hospital

SEBRING — Beginning in October, Florida Hospital Heartland Division will offer a Clinical Pastoral Education Program. Nationally recognized, the CPE Program provides preparation for ministry as a chaplain or pastoral counselor.

Most CPE students enroll to improve the pastoral care they offer their parishioners in the local church setting. It combines clinical experience, didactics, and group learning equipping students to offer more effective pastoral care.

Visit www.pastoraleducation.org, or contact CPE Registrar at (407) 303-5297 or deborah.rodriquez@flhosp.org.

DSME class offered

SEBRING — The Highlands County Health Department is offering Diabetes Self-Management Education (DSME) classes as part of its Wellness and Diabetes Education Program. This program serves Highlands County residents of all ages, especially those with diabetes or at risk for developing diabetes. These classes are free

of charge and provided by a certified diabetes educator.

Classes in English are scheduled in Sebring from 8:30-11:30 a.m. Aug. 15-17 and from 5:30-8:30 p.m. Aug. 29-31 at the Highlands County Health Department (7205 S. George Blvd. conference room A). Enrollment is limited and registration is required. Call 382-7228 or 382-7294.

Community outreach events

Ace Homecare community outreach events for August include:

- Today — 8 a.m., health fair, Sebring Village, Schumacher Road, Sebring; and 10 a.m., health fair, Highland Village, Villa Road, Sebring.

- Monday — 7:30 a.m., health fair, Hammock Estates, Hammock Road, Sebring; and 1 p.m., caregivers support group, Crown Pointe Assisted Living Community, Sun 'N Lake Blvd.d, Sebring.

- Tuesday — 7:30 a.m., health fair, Lakeside Gardens, County Road 621, Lake Placid; 9 a.m., health fair, Heron's Landing, Heron's Landing Lane, Lake Placid; 10 a.m., health fair, Lake Placid Meal Site, Interlake Boulevard, Lake Placid.

It's official — pot is not medicine

There is a movement in our country to legalize marijuana under the guise of medicine and a group in Florida is actively collecting signatures to have the issue placed on our 2012 ballot.

These advocates allege that crude marijuana is harmless and actually has medical value however, past evaluations by several U.S. Department of Health and Human Services (DHHS) agencies, including the Food and Drug Administration (FDA), Substance Abuse and Mental Health Services Administration and National Institute for Drug Abuse, found that no reliable scientific studies support the medical use of marijuana for treatment in the United States. Moreover, there is no scientific research to determine marijuana's effectiveness and risks as a medicine, dosages, interactions with other drugs, or impact on pre-existing conditions.

Research indicates that marijuana is not as harmless as pro-drug advocates claim. Someone who smokes marijuana regularly can have the same respiratory problems as cigarette smokers. Regular use of marijuana compromises the ability to learn and to remember information by impairing the ability to focus, sustain and shift attention. Long term use reduces the ability to organize and integrate complex information. Research shows that marijuana users are at high risk for developing anxiety and mood disorders, in addition to it being linked to



One Stop Drug Talk
Amanda Sherley

psychosis and psychotic disorders. Furthermore, contrary to what pro-drug advocates claim, marijuana does not effectively treat debilitating conditions better than FDA approved medications for these same ailments.

Currently 16 states and the District of Columbia have passed "medical" marijuana laws. Many voters and legislators who thought they were acting out of compassion are now realizing the devastating effects such laws have had on their state. Several states are now working to repeal their laws while others are working to make their programs more restrictive.

Did you know that it is legal to grow your own pot in most of these states that have passed "medical" marijuana laws? In some of these states you can even grow up to 99 plants in your own yard, some of them as tall as Christmas trees. Medical Marijuana patients do not need a prescription, only a written recommendation from their doctor. In these states there are 'pot shops' all over and the

"medical" marijuana term is thrown around very loosely. People are getting doctor recommendations for things such as headaches, insomnia, back pain, etc. Even more alarming is the fact that medications prescribed by doctors require FDA approval whereas "medical" marijuana is not monitored by the FDA nor are there any standard safety guidelines that are required when using FDA-approved medications.

Available state data from medi-pot registrations show that, on average, less than 10 percent of cardholders are cancer, HIV/AIDS or glaucoma patients; well over 90 percent are using marijuana to "treat" chronic pain conditions which are not diagnosable and definitive.

The Drug Free Highlands Coalition encourages you to oppose "medical" marijuana in Florida by educating your elected officials on this issue, visiting your state representatives at their state and local offices, submitting a letter to the editor, signing up for alerts at saveoursociety.org and updates from drugfreehighlands.org, or attending monthly Drug Free Highlands meetings (second Wednesday of every month at Florida Hospital Heartland conference room). As the epicenter of prescription drug abuse (predominantly painkillers), Florida cannot afford to trade in its pill mills for pot shops.

Amanda Sherley is project coordinator for Drug Free Highlands.

New HIV infections in US hold steady at 50,000

Associated Press
NEW YORK — The number of Americans infected with the AIDS virus each year has been holding steady at about 50,000, according to a government report released Wednesday.

For many years, U.S. health officials put the annual number of new HIV infections at 40,000. But three years ago, they said their estimate had been too low. Using new methods and a better blood test, the Centers for Disease Control and Prevention revised their estimate higher, to roughly 56,300 new infections in 2006.

The latest CDC report used the new methods to look at trends over four years, and found that there were about 50,000 new infections each year from 2006-2009.

Gay and bisexual men account for the majority of the new cases — nearly two-thirds in 2009.

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RELIGION

Atonement Lutheran Church

SEBRING — The eighth Sunday after Pentecost service, with holy Eucharist, will be led by Deacon David Thoresene. Eucharist Assistant Lector is Ron Fitzpatrick.

The church is accepting donations for the upcoming Trash and Treasure Yard Sale. Call Jim Schwandt at 655-1495 or the church at 385-0797 and leave a message to make arrangements for pick-up or delivery of donated items.

The Labyrinth Prayer Garden, is open to the community as well as the congregation seven days per week. All are welcome to do this walking meditation.

Avon Park Church of Christ

AVON PARK — “Single Vision” (Matthew 6:22) will be the message presented by Minister Larry Roberts on Sunday. The Lord’s Supper is served every Sunday.

Bible school classes will begin at 9:30 a.m. for all ages.

There will be a dinner in the fellowship hall immediately following the morning worship. All members and guests are invited to attend.

The Timothy Class will meet Sunday afternoon. Jeff Parker is in charge.

Vacation Bible School will be

each Wednesday night at 6:30 p.m. The theme is “Around the Map Jack” based on the Scripture, Mark 16:15. There will be a Bible Program, games and refreshments.

Avon Park Church of Christ is at 200 S. Forest. Ave. For information, call 453-4692.

Christ Lutheran Church - LCMS

AVON PARK — This Sunday morning, Pastor Scott McLean will be preaching a sermon entitled “What Can You Do with a Little Faith?”

The church is at 1320 C.R. 64, east the Avon Park High School. For more information call 471-2663 or visit www.christlutheranavonpark.org/. This is an LCMS congregation.

Christian Training Church

SEBRING — Associate Minister Casey L. Downing will bring the message titled “Taking It Back” at the Sunday morning service.

The Wednesday night Bible study will continue the book of Hebrews.

Eastside Christian Church

LAKE PLACID — The adult midweek Bible study and discus-

Church News

sion time is an informal setting with time studying the Scriptures.

The Sunday morning worship celebration features a traditional style of worship music.

Communion is offered weekly. Eastside Christian Church is at 101 Peace Avenue in Lake Placid, two miles east of U.S. 27 on C.R. 621. Call 465-7065.

Emmanuel United Church of Christ

SEBRING — The Rev. George Miller will deliver the Sunday morning sermon, “Order My Steps” with Scripture from Psalms 85.

The church is 1.7 miles west of U.S. 27 on County Road 634 (Hammock Road). Call 471-1999 or visit www.sebringemmanuelucc.com/.

First Baptist Church of Avon Park

AVON PARK — Rev. Jon Beck will be speaking at the morning service and evening service on Sunday.

Wednesday services include prayer meeting and Bible study as well as children and youth activities

Spanish Church led by Rev. Johnathan Soltero meets Sunday and Wednesday.

The church is at 100 N. Lake Ave. Call 453-6681 or e-mail info@fbcap.net/.

First Baptist Church of Placid Lakes

LAKE PLACID — astor Jerry Harper will preach the sermon on Sunday.

The church is at the corner of Washington and Kemper Avenues in Placid Lakes. A nursery is provided for all services. For more information, please call 465-5126 from 8 a.m. until noon, Monday through Thursday or e-mail the church at placidlakes@hotmail.com/.

First Christian Church of Avon Park

AVON PARK — “Cooling Off In This Hot, Hot World” is the sermon series for the month of August. This week’s sermon is “How to Afford to Keep Cool.”

Sunday evening’s movie night will feature wholesome family movie featuring America’s Sweetheart. The movie begins at 6 p.m. and refreshments will be provided.

This Wednesday evening there will be regular Bible Studies for all ages.

First Christian Church of Avon Park is at 1016 W. Camphor (behind the Wachovia Bank). Call

453-5334 or e-mail ufirstchristianap@embarqmail.com with any questions or to request information. The church website is www.firstchristianap.com/.

First Christian Church (Disciples of Christ)

SEBRING — At the Lord’s Table this Sunday morning will be Walter and Anna Coley. Communion will be served by Sally Woolley, Joyce Winstel, Carol Chandler and Jayne Weldy.

Greeters will be Joe and Joyce Winstel. Lynne Warman will be responsible for the Call to Leadership. Children’s Church, under the leadership of Noel and Juanita Roberts, will begin meeting again.

Pastor Ron’s sermon is titled, “Jonathan, a Loyal Friend,” taken from I Samuel 20:35-38.

Lighting the candles during the month of August will be Heaven Kunsak. Nursery worker for the month of August will be Adrian Diaz.

The church is at 510 Poinsettia Avenue. Call 385-0352 with any questions.

First Presbyterian Church of Avon Park

AVON PARK — On Sunday morning, Pastor Bob Johnson’s ser-

Continued on page 7B

PLACES TO WORSHIP

Places to Worship is a paid advertisement in the News-Sun that is published Friday and Sunday. To find out more information on how to place a listing in this directory, call the News-Sun at 385-6155, ext. 502.

APOSTOLIC

■ **Greater Faith Apostolic Church**, 24 Rainer Drive, Lake Placid, FL 33852. invites you to come worship with us in spirit and truth at 10:30 a.m. and 6:30 p.m. Sunday, 9 a.m.; and 7:30 p.m. Wednesday. For information contact 840-0152. Pastor Larry Carmody.

ASSEMBLY OF GOD

■ **Christ Fellowship Church (Assembly of God)**, 2935 New Life Way. Bearing His Name; Preaching His Doctrine; and Awaiting His Coming. “Worshipping God in Spirit and in Truth.” Sunday School, 9 a.m.; Morning Worship, 10 a.m.; Evening Worship, 5 p.m. Wednesday: Worship, 7 p.m. Pastor Eugene Haas. Phone 471-0924.

■ **First Assembly of God**, 4301 Kenilworth Blvd., Sebring. The Rev. Wilmont McCrary, pastor. Sunday School, 10 a.m.; Morning Worship and KIDS Church, 11 a.m.; Evening Worship, 7 p.m. Wednesday Family Night, (Adult Bible Study), LIFE Youth Group, Royal Rangers, Missionettes, 7:30 p.m. Phone 385-6431.

BAPTIST

■ **Avon Park Lakes Baptist Church**, 2600 N. Highlands Blvd., Avon Park, FL 33825. George Hall, Pastor. Christ centered and biblically based. Sunday worship services, 8:30 a.m., 11 a.m. and 6 p.m. Nursery facilities are available. Bible studies at 9:45 a.m. Sunday and 7 p.m. Wednesday. Prayer Time 6 p.m. on Wednesday. Bible classes at 9:45 a.m. are centered for all ages. Choir practice at 5 p.m. Sunday. Church phone: 452-6556.

■ **Bethany Baptist Church (GARBC)** We are located at the corner of SR17 and C-17A (truck route) in Avon Park. Join us Sunday morning at 9:00 AM for coffee and doughnuts, followed with Sunday School for all ages at 9:30. Sunday morning worship service begins at 10:30 a.m., and evening worship service is at 6 p.m. On Wednesdays, the Word of Life teen ministry and the Catelyst class (20’s+) begin at 6:30 PM. The adult Bible and Prayer Time begins at 7 p.m. For more information go to www.bethanybaptistap.com or call the church office at 863-452-1136.

■ **Faith Missionary Baptist Church**, off State Road 17 North of Sebring at 1708 LaGrange Ave. Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 6 p.m. Wednesday Service, 7 p.m. Deaf interpretation available. Ken Lambert, Pastor. Phone 386-5055.

■ **Fellowship Baptist Church**, 1000 Maxwell St., Avon Park, FL 33825. Sunday: Sunday School, 9:30 a.m.; Morning Worship, 10:45

a.m.; Wednesday: Evening Service, 7 p.m.; Children/Youth, 7 p.m. Telephone: 453-4256. Fax: 453-6986. E-mail: office@apfellowship.org; Web site, www.apfellowship.org.

■ **First Baptist Church of Avon Park**, 100 N. Lake Ave., Avon Park. Rev. Jon Beck, pastor; Scott King youth minister; and Joy Loomis, music director. Regular Sunday schedule: 8:30 a.m. Orchestra rehearsal; 9 a.m. Library open; 9:30 a.m. Sunday School; 11 a.m. Morning Worship; 11 a.m. Children’s Church; 4 p.m. Evening Service. Tuesday schedule: 8-10 a.m., basic computer class/Sonshine House; 7-9 p.m. conversational English and citizenship classes/Sonshine House. Regular Wednesday schedule: 5:15 p.m. Family Night Supper; 6 p.m. Bible Study and Prayer; 6 p.m. Adult Choir Practice; 6:30 p.m. children’s choir rehearsals; 7 p.m. children’s mission groups. Call 453-6681 for details. Primera Mision Bautista, 100 N. Lake Ave., Avon Park, Johnattan Soltero, Pastor. Regular Sunday schedule: 10 a.m., Bible Study; 11 a.m., Worship Service. Wednesday schedule: 7 p.m., Bible study.

■ **First Baptist Church of Lake Josephine**, 111 Lake Josephine Drive, Sebring (just off U.S. 27 midway between Sebring and Lake Placid). Your place for family, friends and faith. Sunday morning worship service is 11 a.m. Nursery is provided for both services with Children’s Church at 11 a.m. Life changing Bible Study for all ages starts at 9:45 a.m. Associate Pastor Allen Altwater leads the youth in their quest to become more like Christ. Sunday night worship at 6 p.m. Wednesday Bible Study and Prayer meeting at 7 p.m. along with youth worship in the youth facility, and missions training for all children. Call the church at 655-1524.

■ **First Baptist Church of Lake Placid**, Knowing God’s Heart and Sharing God’s Hope, 119 E. Royal Palm Street. (2 blocks south of Interlake Blvd) Lake Placid, FL 33852 (863) 465-3721. Email: www.fbclp.com. Pastor Brett Morey, senior pastor. Sunday services - Traditional Service 9 a.m., Contemporary Service 10:30 a.m. Link Groups at 9 and 10:30 a.m., Senior Sunday Night and Sunday Evening Bible study at 6 p.m. Wednesday Activities: Family dinner at 5 p.m. (\$4 per person, reservations required). Adult-LifeSource classes, prayer meeting, Youth Intersections, and Kids K-5-MaxKidz Extreme meet at 6:15 p.m. Men meet at 8 a.m. every Tuesday for prayer breakfast and women’s prayer breakfast is at 8 a.m. every Wednesday, both at the Family Restaurant.

■ **First Baptist Church of Lorida** located right on U.S. 98 in Lorida. Sunday School begins at 9:45 a.m. for all ages. Sunday worship services are at 11 a.m. and 6:30 p.m. Preschool care is provided at the 11 a.m. worship service. Wednesday evening Bible Study and Prayer meeting is at 6:30 p.m., followed by adult choir rehearsal. From September the AWANA groups meet. First Lorida is the “Place to discover God’s love.” For more information about the church

or the ministries offered, call 655-1878.

■ **First Baptist Church, Sebring**, 200 E. Center Ave., Sebring, FL 33870. Telephone: 385-5154. Dr. David E. Richardson, senior pastor; Rev. Joe Delph, minister of youth and activities. Group Bible Studies, 9:15 a.m.; Blended Service, 10:30 a.m.; Mision Bautista Hispana, 2 p.m.; Sunday Evening Worship, 6 p.m. Wednesday night programs at the ROC begin 5:30 p.m., at church begin 6:30 p.m. Preschool and Mother’s Day Out for children age 6 weeks to 5 years old. Becky Gotsch, director. Call 385-4704.

■ **Florida Avenue Baptist Church**, 401 S. Florida Ave., Avon Park. Mailing address is 710 W. Bell St., Avon Park, FL 33825. Telephone, 453-5339. Rev. John D. Girdley, pastor. Sunday School, 9:45 a.m.; Sunday Worship, 11 a.m.; 11 a.m. Children’s Church; Sunday Evening Worship, 6 p.m. Wednesday night programs for children, youth and adults at 7 p.m.

■ **Independent Baptist Church**, 5704 County Road 17 South, Sebring, FL 33876. Sunday School, 9:30 a.m. Sunday worship, 10:30 a.m. Sunday evening, 6 p.m. Wednesday service, 7 p.m. Fundamental, soul-winning, mission-minded, King James Bible Church. Larry Ruse, pastor. Phone 655-1899. Bus transportation.

■ **Leisure Lakes Baptist Church**, 808 Gardenia St., Lake Placid (just off of Miller at the west end of Lake June) “Where the old fashion gospel is preached.” Sunday School begins at 9:45 a.m.; Sunday Worship service at 11 a.m.; Sunday Evening Service is at 6 p.m. Wednesday Prayer Meeting and Bible Study at 7 p.m. Call the church at 699-0671 for more information.

■ **Maranatha Baptist Church (GARBC)**, 35 Maranatha Blvd., Sebring, FL 33870 (A half mile east of Highlands Avenue on Ar buckle Creek Road.) Sunday School, 9 a.m.; Morning Worship, 10:15 a.m.; Evening Service, 6 p.m. Mid-week service, Wednesday, 6 p.m. Daily Prayer and Bible Study, 8 a.m., Hamman Hall. Pastor Gerald Webber and Associate Pastors Don Messenger and Ted Ertle. Phone 382-4301.

■ **Parkway Free Will Baptist Church**, 3413 Sebring Parkway, Sebring, FL 33870. Welcome to the church where the “Son” always shines. Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Sunday Evening Worship, 6 p.m.; and Wednesday Evening Worship, 7 p.m. End-of-the-Month-Sing at 6 p.m. on the last Sunday of each month. The Rev. J.S. Scaggs, pastor. Church phone: 382-3552. Home phone: 214-3025. Affiliated with the National Association of Free Will Baptists, Nashville, Tenn.

■ **Sparta Road Baptist Church, (SBC)** 4400 Sparta Road. Rev. Ken Geren, interim pastor. Sunday school, 9:45 a.m.; Sunday Morning Worship, 11 a.m.; Sunday Evening Worship, 6 p.m. Wednesday: Prayer/Bible Study, 6 p.m. Nursery provided. For information, call 382-0869.

■ **Southside Baptist Church (GARBC)**, 379 S. Commerce Ave., Sebring. David C. Altman, Pastor;

Aaron Snider, Youth Pastor. Sunday School for all ages, 9:30 a.m.; Morning Worship Service, 10:45 a.m.; Awana kindergarten through fifth grade, 5:30 p.m.; Evening Worship, 6 p.m. Wednesday: Student ministry, 6:30 p.m.; Adult Midweek Prayer and Bible Study, 7 p.m. A nursery for under age 3 is available at all services. Provisions for handicapped and hard-of-hearing. Office phone, 385-0752.

■ **Sunridge Baptist Church, (SBC)** 3704 Valerie Blvd. (U.S. 27 and Valerie, across from Florida Hospital), Sebring. Tim Finch, pastor. Sunday School, 9:30 a.m.; Sunday Morning Worship, 10:45 a.m.; and Sunday Evening Service, 6 p.m. Wednesday: Prayer, Bible Study, and Youth, 6:30 p.m. Nursery provided. For information, call 382-3695.

CATHOLIC

■ **Our Lady of Grace Catholic Church**, 595 East Main St., Avon Park, 453-4757. Father Nicholas McLoughlin, pastor. Saturday Vigil Mass is 4 p.m. in English and 7 p.m. in Spanish; Sunday mass 8 and 10:30 a.m. in English. Weekday mass at 8 a.m. Confessions are at 3:30 p.m. Saturday. Religious Education Classes are 9-10:20 a.m. Sunday for grades K through 8th. Confirmation class is from 6:30-8 p.m. Wednesday. Youth Nights grades 6th and up, 6:30-8 p.m. Wednesday.

■ **St. Catherine Catholic Church**, 820 Hickory St., Sebring. Mailing address: 882 Bay St., Sebring, FL 33870, 385-0049. www.stcath.com. Very Rev. José González, V.F. Masses — Saturday Vigil, 4 p.m.; Sunday, 8 and 10:30 a.m.; Spanish Mass, noon; Daily Masses 8 a.m. Monday-Friday; 9 a.m. Saturday. Confession: every Saturday 3-3:45 p.m. or first Friday of the month 7:15-7:45 a.m., or by appointment. Enroll your students today for Catholic School grades Pre-K3 through 5th grade.

■ **St. James Catholic Church**, 3380 Placidview Drive, Lake Placid, 465-3215. Father Michael J. Cannon. Mass schedule: Summer (May 1 to Oct. 31) - Saturday Vigil, 4 p.m.; Sunday 8 a.m. and 9:30 a.m.; Weekdays, 9 a.m. December thru Easter - Saturday, 4 p.m.; Sunday, 8 a.m., 9:30 a.m. and 11 a.m.; Weekdays 9 a.m.; and Holy Days 8 a.m., 9:30 p.m.; and 7 p.m., first Saturday at 9 a.m.

CHRISTIAN

■ **Eastside Christian Church**, 101 Peace Ave., Lake Placid, FL 33852 (two miles east of U.S. 27 on County Road 621), 465-7065. Ray Culpepper, senior pastor. Sunday: Bible classes, 9 a.m.; Worship/Celebration with the Lord’s Supper each week 10:15 a.m. Thelma Hall, organist; and Pat Hjort, pianist. Wednesday: Praise and Prayer, 6:30 p.m.; “Building God’s Kingdom for Everyone.” “Jesus Christ, the Way, Truth and Life!” “Alive and Worth the Drive!”

■ **Sebring Christian Church**,

4514 Hammock Road, Sebring, FL 33872. Tod Schwingel, Preacher; Marco Gallardo, Youth Pastor. Sunday Worship, 9:30 a.m.; Sunday School, 11 a.m.; Sunday Youth Service, 6 p.m.; Evening service at 6:30 p.m. Wednesday night meals, 5:30 p.m. followed by classes at 6:30 p.m. Changing Seasons, a men’s grief support group, meets at 1 p.m. Wednesdays. Alzheimers Caregivers Support Group meets at 1 p.m. Thursdays. Office hours, 9 a.m. to 1 p.m. Monday-Friday. Phone 382-6676.

■ **First Christian Church**, 1016 W. Camphor St., Avon Park, FL 33825; (863) 453-5334; on the Web at www.firstchristianap.com. Our motto is “Jesus is First at First Christian Church.” Greg Ratliff, Senior Minister; Ray Culpepper, Family Life Minister; Jon Carter, Music Director. Bible School 9 a.m.; Worship 10 a.m.; Bible Study, 6 p.m.; Wednesday studies for all ages, 6 p.m. Nursery provided for all events.

■ **First Christian Church (Disciples of Christ)**, 510 Poinsettia Avenue, (corner of Poinsettia and Eucalyptus), Sebring, FL 33870. Phone: 385-0358 or 385-3435. The Rev. Ronald Norton, Pastor; Sunday School, 9 a.m.; Praise Breakfast, 10 a.m., Morning Worship, 10:30 a.m.; Children’s Church, 10:30 a.m. Thursday, Praise and Worship, 6:45 p.m. Youth Fellowship, 7:15 p.m.; Midweek Bible Study, 7:15 p.m.

CHRISTIAN & MISSIONARY ALLIANCE

■ The **Alliance Church of Sebring**, 4451 Sparta Road, Sebring, FL 33875. Call 382-1343. Rev. Steve Hagen, pastor. Sunday services: Sunday School meets at 9:30 a.m.; Sunday Morning Worship Service meets at 10:30 a.m.; Sunday Evening Bible Study meets at 6 p.m. (off site); Wednesday Prayer Gathering meets at 6 p.m.

CHRISTIAN SCIENCE

■ **Christian Science Church**, 146 N. Franklin St. Sunday: 10:30 a.m. morning worship and Sunday school. Testimonial meetings at 4 p.m. each second and fourth Wednesday. A free public reading room/bookstore, located in the church, is open before and after church services. The Bible and the Christian Science textbook, ‘Science and Health with Key to the Scriptures’ by Mary Baker Eddy are our only preachers. All are welcome to come and partake of the comfort, guidance, support and healing found in the lesson-sermons.

CHURCH OF BRETHREN

■ **Church of the Brethren**, 700 S. Pine St., Sebring, FL 33870. Sunday: Church School, 9 a.m.;

Morning Worship, 10:15 a.m. Wednesday: Temple Choir, 7:30 p.m. Phone 385-1597.

CHURCH OF CHRIST

■ **Avon Park Church of Christ**, 200 S. Forest Ave., Avon Park, FL 33825. Minister: Larry Roberts. Sunday Worship Services, 10:30 a.m. and 6 p.m. Nursery facilities are available at every service. Bible Study: Sunday, 9:30 a.m. and Wednesday, 7 p.m. Bible centered classes for all ages. Church phone: 453-4692.

■ **Sebring Parkway Church of Christ**, 3800 Sebring Parkway, Sebring, FL 33870; 385-7443. We would like to extend an invitation for you and your family to visit with us here at Sebring Parkway. Our hours of service are: Sunday Bible Class, 9 a.m.; Sunday Worship Service, 10 a.m.; Sunday Evening Service, 6 p.m.; Wednesday Service, 7 p.m.

CHURCH OF NAZARENE

■ **First Church of the Nazarene of Avon Park**, P.O. Box 1118., Avon Park, FL 33825-1118. 707 W. Main St. Randall Rupert, Pastor. Sunday: Sunday school begins at 9:45 a.m. for all ages; morning worship at 10:45 a.m.; and evening service at 6 p.m. Wednesday evening service is at 7 p.m. with special services for children and adults. Special services once a month for seniors (Prime Time) and Ladies ministries. If you need any more information, call 453-4851.

■ **First Church of the Nazarene of Lake Placid**, 512 W. Interlake Blvd., Lake Placid, FL 33852. Sunday school, 9:30 a.m.; Morning worship, 10:45 a.m.; Evening service, 6 p.m. Wednesday evening, 7 p.m. Classes for adult children and youth. Call 465-6916. Pastor Tim Taylor.

CHURCHES OF CHRIST IN

CHRISTIAN UNION

■ **Community Bible Church - Churches of Christ in Christian Union**, (Orange Blossom Conference Center) 1400 C-17A North (truck route), Avon Park. Presenting Jesus Christ as the answer for time and eternity. Sunday morning worship service, 10:30 a.m. Nursery provided. Junior Church activities at same time for K-6 grade. Sunday School Bible hour (all ages), 9:30 a.m. (Transportation available.) Sunday evening praise and worship service, 6 p.m. Wednesday evening prayer service, 7 p.m. Children and youth activities at 7 p.m. Wednesday. Everyone is welcome, please come worship with us. Don Seymour, Senior Pastor. Phone 452-0088.

RELIGION

Church News

Continued from page 6B

mon is entitled "Children" based on John 1:1-13.

Special music will be provided by Bob and Maxine Johnson.

Sunday school is available for all ages. The adult Sunday school class is watching a video series published by Focus on the Family and narrated by renowned teacher and historian Ray VanderLaan. These videos visit different places in the Holy Land and make the view feel as if they are back in Bible times. Sunday's video is entitled "When Your Heart Cries Out." Wendy Garcia is teaching the youth class and their lessons discuss how the Bible applies to life today.

Members are asked to bring non-perishables for the Church Service Center.

The Family Gathering meets Sunday evening.

On Thursday, the Men's Fellowship meets at The Depot for breakfast and then will return to the church for a short Bible study and a work project at a member's home. The Deacons will meet in the evening.

The church is at 215 E. Circle

St. (with two entrances on Lagrande Street). For more information, call the church office at 453-3242.

First Presbyterian Church of Sebring

SEBRING — "Unmasking the Idols" is the title of Sunday morning's sermon given by the Rev. Darrell A. Peer.

Monday through Friday is summer day camp for ages 11-14 from 8 a.m. to 3 p.m. in the fellowship hall (through Aug. 12). The program includes lunch, snacks and activities (Bible lessons, sports, crafts and games) and is free, other than field trips. Space is limited. Sign up in the church office.

Wednesday morning's adult Bible study is in the adult classroom.

First United Methodist Church of Sebring

SEBRING — The Rev. A.C. Bryant will give the Sunday morning message "United in Praise and Prayer" with scripture from Acts 4:23-30. The service of Holy Communion will be observed.

RELIGION GUIDELINES: The *News-Sun* publishes religion news on Fridays.

The submission deadline is 5 p.m. Monday to be considered for publication in the following Friday's paper.

Submit items to the *News-Sun*'s from 8 a.m. to 5 p.m. weekdays; fax to 385-2453; send e-mail to editor@newssun.com; or mail to Lifestyle Editor, *News-Sun*, 2227 U.S. 27 South, Sebring, FL 33870. For information, call 385-6155, ext. 516.

Family fellowship dinner and Bible study will be held Wednesday evening in the Family Life Center.

Listen Live on WITS-AM 1340 each Sunday to hear the Sunday worship service.

Call the church office for information at 385-5184.

The church is downtown at 126 South Pine St. The website is www.sebringfirstumc.com/.

Grace Pointe Church

SEBRING — Pastor Zimmer and Margaret will be traveling to and ministering in California, therefore there will be no Friday night Skype today and no Tuesday night home Bible Study.

Special guest speaker Pastor Joe Herdon will be speaking Sunday.

Class provided for children.

Catch Pastor Zimmer's river renewal sermons on ustream. Log on to ustream.tv, and then enter gracepointetv in the search box. Choose your session.

Heartland Christian Church

SEBRING — Pastor Ted Moore's sermon this Sunday morning will be: "It's for the Birds" with Scripture from Genesis 8:3-17. Communion is offered during the service weekly.

The service will also include Walter Malinowski singing "It Wasn't Raining When Noah Built the Ark;" and George Kelly, Mary VanHoorweghe and Flossi Moore singing "Wherever You Go."

Call for information about the

VBS children's program.

The church is at 2705 Alternate Route 17 South in Sebring (behind Publix). Look for the Lighthouse. The phone number is 314-9693.

Memorial United Methodist Church

LAKE PLACID — Pastor Fred Ball will preach at the Summer Worship Heritage Service and the Celebration Worship Service on the subject "Stressbusters: Emotions"

Pastor Claude Burnett will preach at the New Song Contemporary Service in Rob Reynolds Hall.

The Church is at 500 Kent Avenue. For information, please call 465-2422.

Parkway Free Will Baptist Church

SEBRING — The Sunday morning Bible lesson, "Walk In God's Path," is taken from Judges 13 (King James Version). Pastor Jim Scaggs will bring the message in the morning and evening worship services.

The Wednesday evening service

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PLACES TO WORSHIP

EPISCOPAL

■ **The Episcopal Church of the Redeemer.** Service time is 9:30 with Holy Communion. Coffee hour following services. Newcomers welcome. Call 453-5664 or e-mail redemer1895@aol.com Web site: redemeravon.com. The church is at 839 Howe's Way, Avon Park (two miles north of Sun 'N Lake Boulevard, across from Wells Dodge.)

■ **St. Agnes Episcopal Church,** 3840 Lakeview Drive, Sebring, FL 33870. Sunday Services: Holy Eucharist Rite I - 7:45 a.m., Holy Eucharist Rite II - 10 a.m. Midweek service on Wednesday at 6 p.m. Sunday School for all ages at 9 a.m. The nursery is open 8:45 a.m. until 15 minutes after the 10 a.m. service ends. Wednesday: Adult Bible study, 9:30 a.m. Visitors are always welcome. The Rev. Jim Kurtz, rector. Church office 385-7649, for more information.

■ **St. Francis of Assisi Episcopal Church,** 43 Lake June Road, Lake Placid, FL 33852. Phone: 465-0051. Rev. Elizabeth L. Nelson, Rector. Sunday Worship, 8 a.m., 10:30 a.m. and 6 p.m. Wednesday evening: Holy Communion with Healing Service, 6:15 p.m. Child care available at the 8 a.m. and 10:30 a.m. Sunday service. Come see what makes us different.

GRACE BRETHREN

■ **Grace Brethren Church,** 3626 Thunderbird Road, (863) 835-0869. Dr. Randall Smith, senior pastor. Sunday services at 9 a.m., 10:45 a.m. and 6 p.m.; Wednesday services at 7 p.m. We offer "Kid City" Children's Ministry throughout all services, and there are various other classes for teens, married couples, "prime-timers," and Bible studies in Spanish. "Kid City" Day Care, Preschool and After-School Monday-Friday: 7 a.m.-6 p.m. (For registration call: 385-3111). Check us out on the Web at www.sebring-grace.org.

INTERDENOMINATIONAL

■ **World Harvest and Restoration Ministries,** (non-denominational) 2200 N. Avon Blvd., Avon Park, FL 33825. Phone: 452-9777 or 453-3771. Sunday service: Sunday School, 10 a.m. and worship, 11 a.m. Wednesday services: 7 p.m. prayer meeting/Bible study. Pastor: W.H. Rogers.

LUTHERAN

■ **Atonement Lutheran Church (ELCA),** 1178 S.E. Lakeview Drive., Sebring. David Thoresen, Deacon, Spiritual Leader, on first, third and fifth Sunday each month, and Rev. Jefferson Cox on the second and fourth Sunday of each month. Jim Helwig, organist/choir director. Worship service at 9:30 a.m.; Holy Eucharist is every Sunday. Coffee hour on the first and third Sunday of each month. Council meeting on the first Monday of month; Ladies Group WELCA meets at noon second Monday of month with lunch. Bring a dish to pass. Church Vegetable Garden Club meets as needed. Labyrinth Prayer Garden open seven days a week to congregation and community. Like to sing? Come join the choir. Visitors always

welcome. Come grow with us. Phone 385-0797.

■ **Christ Lutheran Church Avon Park – LCMS,** 1320 County Road 64, 1/2 mile east of Avon Park High School. Sunday Divine Worship is at 10 a.m. Holy Communion is celebrated every week with traditional Lutheran Liturgy, hymns and songs of praise. Fellowship time with coffee and refreshments follows worship. Come worship and fellowship with us. For information call Pastor Scott McLean at 471-2663 or see christlutheranavonpark.org.

■ **Faith Lutheran Church – LCMS,** 2740 Lakeview Drive, Sebring. Church phone: 385-7848, Faith Closet, 385-2782. Gary Kindle, Pastor. Faith Child Development Center, 382-3232. Kathy Pontious, director. Preschool/VPK/Extended Day Care. Summer Worship services: 9:30 a.m. Sunday; Bible class is 8:30 a.m. Sunday. Communion is served the first and third and fifth Sunday of the month. Worship service is broadcast live on WITS 1340 AM.

■ **Good Shepherd Lutheran Church (AALC) American Association of Lutheran Churches,** 4348 Schumacher Road, Sebring, one mile west of Wal-Mart. James Weed, pastor. Worship Service, 9 a.m. Sunday. Bible Study, 11 a.m. Nursery provided. Social activities: Choir, Missions, Evangelism. Phone 385-1163.

■ **New Life Evangelical Lutheran Church,** 3725 Hammock Road, a Congregation of the Evangelical Lutheran Synod (ELS) in fellowship with the Wisconsin Evangelical Lutheran Synod (WELS). Sunday Worship at 10 a.m.; Bible Study, 9 a.m. For more information, call Pastor Brian Klebig at 385-2293 or visit the Web site at www.newlife-sebring.com.

■ **Resurrection Lutheran Church – ELCA,** 324 E. Main St., Avon Park. Pastor: Rev. John C. Grodzinski. Sunday service at 9:30 a.m. Sunday school will resume in the fall. Coffee and fellowship hour follow the service. Midweek Fragrance Free Wednesday worship, (year round) 7 p.m. Office phone number is 453-6858.

■ **Trinity Lutheran Church – LCMS,** 25 Lakeview St., Lake Placid, FL 33852; 465-5253. The Rev. Richard A. Norris, pastor; Susan C. Norris, Trinity Tots Preschool director; and Noel Johnson, minister of youth and family life. Worship schedule after Easter through December: Worship service 10 a.m., and Education Hour, 8:45 a.m. Worship schedule for January through Easter: Worship service, 8:30 and 11 a.m., Education Hour 9:45 a.m. Traditional Service with Holy Communion each first and third Sunday. Non-Traditional Service each second, fourth and fifth Sunday. Seasonal mid-week services Wednesday evenings during Lent and Advent. Call church office for additional Worship times and special holiday services. Other activities and groups include: Choirs; Ladies Guild and LWML; Men's Fellowship Group, Small Group Bible Studies as scheduled; Trinity Tots Pre-school, Youth Group activities (call for meeting times and dates). Visit us online at www.Trinitylutheranlp.com.

NON-DENOMINATIONAL

■ **Bible Fellowship Church,** 3750

Hammock Road, Sebring, FL 33872. Sunday: American Sign Language: First Worship sermon, songs signed first and second Worship services. First Worship service, 9 a.m.; Second Worship service, 10:45 a.m. Nursery (up to 2 years old) and Sunday school classes both hours. BFC Youth, 6 p.m.; Evening Service, 6:30 p.m. Wednesday: Youth, 6-7:30 p.m.; Prayer time, 6:15 p.m. Todd Patterson, pastor; Andy McQuaid, associate pastor. Web site www.bfcsebring.com. Church office 385-1024.

■ **Calvary Church,** 1825 Hammock Road, Sebring, FL 33872; 386-4900. An independent community church. Sunday morning worship, 10 a.m.; Bible study, 11:15 a.m. Pastor Lester Osbeck. A small friendly church waiting for your visit.

■ **Christian Training Ministries Inc.,** on Sebring Parkway. Enter off County Road 17 on Simpson Avenue. Sunday service is at 10 a.m.; Wednesday Bible study at 7 p.m. A nursery and children's church are provided. The church is part of Christian International Ministries Network, a full gospel, non-denominational ministry. Linda M. Downing, minister: Phone, 314-0482, lindadowning@live.com. Casey L. Downing, associate minister: Phone, 385-8171, caseydowning@hotmail.com. Web site is www.ctmforme.com

■ **Grace Bible Church,** 4541 Thunderbird Road, (second church on left) Sebring, FL 33872. Phone, 382-1085. Andrew Katsanis, senior pastor. Saturday Worship, 6:30 p.m. Sunday, 9 and 11 a.m. Tuesday 6 p.m. Grace Bible Academy Adult Investigating Truth; first and third Tuesday, Prayer Gathering, 7:15 p.m.; Wednesday, Children's & Youth Programs, 6 p.m.; Wednesday, 8:30 p.m., College Ministry. www.GBCconnected.org

■ **Highlands Community Church,** a casual contemporary church, meets at 3005 New Life Way. Coffee at 9:30 a.m.; Worship at 10 a.m. Nursery and Kid's World classes. Small groups meet throughout the week. Church phone is 402-1684; Pastor Bruce A. Linhart.

■ **The Lord's Sentinel Fellowship Church,** 148 E. Interlake Blvd., Lake Placid (at Lake Placid Christian School), Pastor Juanita Folsom. Sunday morning service, 10:30 a.m.; Monday, Sentinel School of Theology, 7 p.m.; Church service, Tuesday, 7 p.m. More information at www.juanitafolsomministries.com.

■ **Union Congregational Church,** 106 N. Butler Ave., Avon Park, FL 33825. Sunday worship services are at 8:45 a.m. and 10:45 a.m. in the Millennium Church. Sunday school for all ages is at 9:15 a.m. We also offer a Saturday service at 6 p.m. with Pastor Tiger Gullett in the Millennium Church. Nursery/child care is available for all services. Senior Pastor is Bill Breylinger. Office: 453-3345. Web page at www.weareunion.org. All teachings are taken from the Manufacturer's Handbook - The Holy Bible. Come join us.

■ **Unity Life Enrichment Centre,** new location, 10417 Orange Blossom Blvd. S., Sebring, FL 33875; 471-1122; e-mail unity@vistanet.net. Web site, www.unityofsebring.org. 10:30 a.m. Sunday Celebration Service, Nursery and Children's Church. Weekly Classes, Christian

Bookstore and Cafe, Prayer Ministry, Life Enrichment Groups. Rev. Andrew C. Conyer, senior minister transforming lives from ordinary to extraordinary.

■ **The Way Church,** 1005 N. Ridgewood Drive, Sebring. Sunday school and worship service at 9 a.m. and 10:30 a.m. Youth activities, 6:30 p.m. Wednesdays. The Way is a church family who gathers for contemporary worship, teaching of God's Word, prayer and fellowship. Come early and stay after for fellowship time. Child care and children's church are provided. Reinhold Buxbaum is pastor. The Way – A place for you. Office Phone:471-6140, Church Cell Phone:381-6190. Email: thewaychurch@hotmail.com. Web site: www.TheWayChurch.org

PRESBYTERIAN

■ **Covenant Presbyterian Church (PCA),** 4500 Sun 'N Lake Blvd., Sebring, 33872-2113. A Congregation of the Presbyterian Church in America. Worship services: Sunday morning worship, 10 a.m.; Sunday School, 9 a.m.; Sunday evening, 6:30 p.m.; Wednesday evening Prayer Meeting, 6 p.m.; Youth Group and Kids Quest, 5:30-7 p.m.; choir practice, 7:15 p.m. Phone: 385-3234; Fax: 385-2759; e-mail: covpres@strato.net; Web site: www.cpcsebring.org. Rev. W. Darrell Arnold, pastor. Office hours: 8:30-11:30 a.m. Monday through Thursday.

■ **First Presbyterian Church ARP,** 215 E. Circle St., (two entrances on LaGrande), Avon Park, FL 33825. Phone: 453-3242. The Rev. Robert Johnson is the pastor. Sunday School, 9:15 a.m.; Sunday Worship, 10:45 a.m.; Wednesday Bible study, 10:30 a.m.; Potluck dinner, 6 p.m. third Wednesday; choir practice, 6:30 p.m. each Wednesday; Mary Circle business meeting, 1 p.m. second Wednesday; Sarah Circle business meeting, 4 p.m. second Thursday; Women's Ministries Combined Bible study, 4 p.m. third Thursday. Be a part of a warm, caring church family with traditional services, following biblical truth.

■ **First Presbyterian Church, ARP,** 319 Poinsettia Ave., Sebring, FL 33870. 385-0107. Sunday School, all ages, 9:30 a.m.; Worship Service, 11 a.m.; Monday-Friday, Summer Day Camp (youth ages 11-14) 8 a.m. to 3 p.m. excluding holidays; Tuesday: Grief Support Group, 3 p.m., adult classroom; Wednesday: Adult Bible Study, 10:30 a.m., adult classroom. Nursery available during worship. Call the church office for more information and other classes. Rev. Darrell A. Peer, pastor.

■ **First Presbyterian Church, ARP,** www.fpcpl.com, 118 N. Oak Ave., Lake Placid, 465-2742. The Rev. Ray Cameron, senior pastor; the Rev. Drew Severance, associate pastor. Sunday morning traditional worship is at 9-10 a.m. in the sanctuary; contemporary worship is from 11 a.m. to noon. Sunday school classes for adults and children will be 10:10-10:50 a.m. in the educational building. Call the church office for more information about the classes offered. Nursery is provided for babies and toddlers; while young children up to second grade have a special Children's Church offered during the worship service to help them grow in their spiritual knowledge.

■ **Spring Lake Presbyterian Church (USA),** 5887 U.S. 98, Sebring, FL 33876. Sunday School, 9 a.m.; Worship Service, 10 a.m. Session meets at 6:30 p.m. the second Thursday of the month, September through June. Board of Deacon's meet at 5:30 p.m. first Monday of the month. Choir rehearses at 7 p.m. each Wednesday, September through April. Presbyterian Women meet at 10 a.m. the third Thursday of the month. Organist: Richard Wedig. Choir Director: Suzan Wedig. Church phone, 655-0713; e-mail, springlakepc@embarqmail.com, Web site, <http://slpc.embarqspace.com>.

SEVENTH-DAY ADVENTIST

■ **Avon Park Seventh-day Adventist Church,** 1410 West Avon Blvd., Avon Park. Phone: 453-6641 or e-mail: avonparkda@embarqmail.com, Sabbath School, 9:30 a.m. Saturday. Church Service 10:45 a.m. Saturday. Wednesday prayer meeting 7 p.m. Community Service hours on Tuesday and Thursday is from 9:00 a.m. till 2 p.m. A sale takes place the first Sunday of each month. Senior Pastor Paul Boiling; and Associate Pastor Kameron DeVasher. Walker Memorial Academy Christian School offering education for kindergarten through 12th grades. ALL ARE WELCOME. Website is www.discoverjesus.org

■ **Sebring Seventh-Day Adventist Church,** 2106 N. State Road 17, Sebring; 385-2438. Worship Services: 9:15 a.m. Worship hour, 11 a.m. Prayer meeting, Tuesday, 7:15 p.m. Community service: every Monday 9-11 a.m. Health Seminar with Dr. Seralde, every Friday, 10:00 a.m. Pastor Amado Luzbet.

THE CHURCH OF LATTER DAY SAINTS

■ **The Church of Jesus Christ of Latter Day Saints,** 3235 Grand Prix Dr., Sebring, FL 33872; (863) 382-9092 Steve Austin, Bishop; Mark Swift, 1st Counselor; Del Murphy, 2nd Counselor. Family History Center (863) 382-1822. Sunday Services: Sacrament Meeting, 10:11-10 a.m.; Gospel Doctrine, 11:20 a.m. to noon; Priesthood/Relief Society, 12:10-1p.m.; Primary for children, 11:15 a.m. to 1 p.m.; Youth Activities: Wednesdays, 7-8:20 p.m. Scouts: first and third Wednesday, 7-8:20 p.m. Activity Days: 8-11 yr old Boys and Girls, second and fourth Wednesdays, 7-8:20 p.m.

THE SALVATION ARMY

■ **The Salvation Army – Center for Worship.** Sunday: Sunday School, 9:45 a.m.; Holiness meeting, 11 a.m.; and Praise meeting and lunch, noon. Tuesday: Bible study, 6:30 p.m.; and Women's Ministries, 7 p.m. Wednesday: Youth Ministries, 4 p.m. All meetings are at 120 N. Ridgewood Ave., Sebring. For more information, visit the Web site www.salvationarmy-sebring.com or call Major Bruce Stefanik at 385-7548, ext. 110.

UNITED METHODIST

■ **First United Methodist Church,** 105 S. Pine St., Sebring, FL 33870. The Rev. A.C. Bryant, pastor. Traditional Worship Service at 8:10 and 10:50 a.m. in the sanctuary, Contemporary Worship in the FLC at 9:30 a.m. Sunday School at 9:30 and 10:30 a.m. Methodist Youth Fellowship at 5:30 p.m. Sundays with Rick Heilig, youth director. The 10:55 a.m. Sunday worship service is broadcast over WITS 1340 on AM dial. There is a nursery available at all services.

■ **First United Methodist Church,** 200 South Lake Avenue, Avon Park, FL 33825. (863) 453-3759. R. James Weiss, Pastor, Sunday School - 9 a.m., Worship - 10:30 a.m. Bible study third Tuesday of every month at 6 p.m. Prayer Shawl Ministry on the second and fourth Friday of the month at 2 p.m. for women who love God and crocheting. Visit us at our church Web site: www.fumcap.org.

■ **Memorial United Methodist Church,** 500 Kent Ave., (overlooking Lake Clay) Lake Placid, FL, 33852. The Rev. Fred Ball, pastor. Claude H.L. Burnett, pastoral assistant. Sunday schedule: Heritage Worship Service, 8:30 a.m.; Sunday School for all ages, 9:30 a.m.; Celebration Worship Service at 10:45 a.m.; New Song worship service at 10:45 a.m. Loving nursery care provided every Sunday morning. Youth Fellowship, 5 p.m. Bible Fellowship Class, 6 p.m. (October-May only). We offer Christ-centered Sunday school classes, youth programs, Bible studies, book studies and Christian fellowship. We are a congregation that want to know Christ and make Him known. Call the church office at 465-2422 or check out our church Web site at www.memorialumc.com.

■ **St. John United Methodist Church,** 3214 Grand Prix Drive, Sebring, FL 33872. The Rev. Ronald De Genaro Jr., Pastor. Sunday School, 9:30 a.m.; Sunday Morning Worship, 8 a.m., 9:30 a.m. and 11 a.m. Nursery provided for all services. Phone 382-1736. www.stjohnsebring.org

■ **Spring Lake United Methodist Church,** 8170 Cozumel Lane, (Hwy 98) Sebring. The Rev. Clyde Weaver Jr., Pastor. Worship service starts at 9:55 a.m. Bible Study meets at 10:00 a.m. on Tuesday. Choir Practice at 4:00 p.m. on Thursday. Church office phone: 655-0040.

UNITED CHURCH OF CHRIST

■ **Emmanuel United Church of Christ,** where God is still speaking. 3115 Hope Street, Sebring, FL 33875 (1.8 miles west of U.S. 27 and Hammock Road). Sunday worship, 9:30 a.m.; Communion with worship first Sunday of month; Chapel Communion, 8:45 a.m. all other Sundays. All are welcome to receive the sacrament. For more information, call the church office at 471-1999 or e-mail eucc@earthlink.net or check the Web site sebringemmanuelucc.com. No matter who you are or where you are on life's journey, you're welcome here.

COMMUNITY CALENDAR

The Community Calendar provides a brief listing of local clubs and organizations who meet on a regular basis. It is the responsibility of the group to update the *News-Sun* on any changes in this listing by calling 385-6155, ext. 516; send any changes by e-mail to editor@newssun.com; or mail them to *News-Sun* Community Calendar, 2227 U.S. 27 South, Sebring, FL 33870.

FRIDAY

Alcoholics Anonymous
One Day At A Time group meets for a closed discussion at 9:30 a.m. Monday and Friday at Covenant Presbyterian Church, 4500 Sun 'N Lakes Blvd., Sebring. For details, call 314-0891.

American Legion Post 25
hosts a fish fry from 5-7 p.m. at the post, 1490 U.S. 27, Lake Placid. Cost is \$6. Shrimp also is available for same price. Open to the public. Tickets in the lounge on Friday night. Lounge hours are from 11 a.m. to 9 p.m. For details, call 465-7940.

American Legion Post 74
has karaoke from 7 p.m. until final call at the post, 528 N. Pine St., Sebring. Post open at noon. Happy Hour from 4-6 p.m. Members and guests only. For details, call 471-1448.

Avon Park Breakfast Rotary Club meets 7 a.m., Rotary Club building.

Bridge Club of Sebring (American Contract Bridge Club) plays duplicate games at 12:30 p.m. at 347 Fernleaf Ave., Sebring. For details, call 385-8118.

Harmony Hoedowners Square Dance Club offers a class in Lake Placid at the Sunshine RV Resort from 9-11 a.m. Friday. For more information, call Sam Dunn at 382-6792 or e-mail him at sam-dunn@samdunn.net.

Highlands Social Dance Club hosts ballroom dancing every Friday, October through March from 7-9:30 p.m. at the Senior Center on Sebring Parkway. Dance the night away to the music of the area's Big Bands. All club dances are open to the public. Appropriate dress required. Admission is \$5 for members and \$7 for non-members. Call 385-6671.

Lake Placid Elks Lodge 2661 has lounge hours beginning at 1 p.m. There is a fish fry from 5-7 p.m. Cost is \$8.50 per person. The lodge is open to members and their guests. For details, call 465-2661.

Lake Placid Moose serves wings, fish and burgers at 6 p.m. Music provided from 7-11 p.m. Pool tournament is at 8 p.m. Open to members and qualified guests only.

Loyal Order of Moose, Highlands County Lodge No. 2494, 1318 W Bell St., Avon Park. Karaoke from 7-10 p.m. Lodge phone number 452-0579.

MOM's Club meets at 10:30 a.m. first Friday at the First United Methodist Church on Pine Street in Sebring.

Narcotics Anonymous New Day Group meets at 6 p.m. at First Presbyterian Church, 319 Poinsettia Ave, Sebring. For information call Heartland area helpline (863) 683-0630. More information on other meetings and events at www.nafheartland.org.

Sebring Bridge Club has Bridge, ACBL Duplicate at the clubhouse, 347 N. Fernleaf, Sebring at 12:30 Fridays. For details or info on lessons, call 385-8118.

Sebring Eagles Club 4240 serves chicken or fish baskets from 5-7 p.m. at the club, 12921 U.S. 98, Sebring, for a \$4 donation. Blind darts is played at 7 p.m. For details, call 655-4007.

Sebring Elks Lodge 1529 serving buffet dinner at 5-7 p.m. Elks and guests invited. Dance music in ballroom at 6:30 p.m. Dinner and dance is \$10 donation. Smoke-free environment. For reservations, call 385-8647 or 471-3557. Lounge is open from 1-10 p.m.

Sebring Moose Lodge 2259 serves beef franks and Italian sausages served from 1 p.m. to closing at 11675 U.S. 98, Sebring. For details, call 655-3920.

Sebring Recreation Club plays bridge at 12:30 p.m. and table tennis at 4 p.m. at 333 Pomegranate Ave. For details, call 385-2966 or leave a name, number and message.

Veterans of Foreign Wars Post 3880, 1224 County Road 621 E., Lake Placid. Texas Hold 'em lessons, 2 p.m. For more details, call 699-5444.

Veterans of Foreign Wars Post 4300 serves pizza from 5:30-7 p.m. and music is from 6-9 p.m. at the post, 2011 S.E. Lakeview Drive, Sebring. For details, call 385-8902.

SATURDAY

Airborne (Paratrooper) Breakfast Club meets at 9 a.m. every first Saturday at Bob Evans Restaurant, Sebring. All paratroopers and their guests are invited. For details, call Joe Noto at 452-0106.

American Legion Post 25 serves sirloin burgers from 11:30 a.m. to 1:30 p.m. at the post, 1490 U.S. 27, Lake Placid. Jam session is from 2-4 p.m. The lounge hours are 11 a.m. to 9 p.m. Members and guests invited. For details, call 465-7940.

American Legion Post 69 in Avon Park serves dinner at 5 p.m. and music is from 6-9 p.m.

American Legion Post 74 open noon to 8 p.m. Hot dogs served. Happy Hour 4-6 p.m. Call 471-1448.

Avon Park Public Library has a free Adult Film Series at noon. For details, call 452-3803.

Car Show from 5-8 p.m. on the first Saturday of each month at Woody's BBQ. Proceeds benefit Hope Hospice.

Heartland Horses & Handicapped Inc. provides free assisted riding sessions for adults and children with special needs from 9-11 a.m. Wednesday, Thursday and Saturday at 118 W. College Drive, Avon Park. For details or to volunteer, call Mary McClelland, coordinator, 452-0006.

Highlands Chapter 601 meets at Golf Hammock Restaurant in the Golf Hammock Country Club at noon. Any service person who was awarded the Purple Heart is invited to attend and bring their wife or husband.

Highlands Shrine Club, 2606 State Road 17 South,

Avon Park (between Avon Park and Sebring) has a flea market from 8 a.m. to 2 p.m., country store open from 8 a.m. to noon and pancake breakfast served from 7:30 a.m. to 10:30 a.m. Vendors are welcome. No setup fee is charged for the summer months. Plenty of off road parking. For details, call 382-2208.

Lake Placid Elks Lodge 2661 opens the lounge at 1 p.m. Card games are played at 1 p.m., and Bar Bingo is at 1:30 p.m. The lodge is open to members and their guests. For details, call 465-2661.

Lake Placid Art League has a class in Pastels/Acrylics taught by Llewellyn Rinald from 9 a.m. to noon at the Cultural Center, 127 Dal Hall Blvd. For information call Dan Daszek at 465-7730.

Military Officers Association of America (MOAA) - South Central Florida Chapter Board meets at 9:30 a.m. on the first Saturday at the Military Sea Services Museum on Kenilworth and Roseland. The monthly members luncheon is on the third Saturday of each month at noon (except holidays). Location is at Kenilworth Lodge. For further information call Roy Whitton at 465-7048.

Military Order of the Purple Heart Chapter 601 meets at noon on the first Saturday at Sunrise Restaurant. All recipients and wives of the Purple Heart are welcome. Call 471-9190 or 465-7074 for details.

Narcotics Anonymous New Day Group meets at 7 p.m. at First Presbyterian Church, 319 Poinsettia Ave, Sebring. For information call Heartland area helpline (863) 683-0630. More information on other meetings and events at www.nafheartland.org.

Overeaters Anonymous meets at 10:30 a.m. at First Presbyterian Church, Oak Street, Lake Placid. For more details, call 382-1821.

Paratrooper breakfast every first Saturday of the month at 9 a.m. at Bob Evans. Call John Schumacher at 382-8648.

Scleroderma Support Group meets on the second Saturday in January, March, May, July, September, and November for lunch at rotating restaurants. Call 452-2968 for meeting location.

Sebring Eagles Club 4240 serves dinner from 5-7 p.m. at the club, 12921 U.S. 98, Sebring. Music is from 7-10 p.m. For details, call 655-4007.

Sebring Moose Club 2259 offers line dancing lessons at 2 p.m. the first and third Saturday for members and guests at 11675 U.S. 98, Sebring. For details, call 655-3920.

Twelve Step Study Group for Adult Children of Alcoholics meets at 11 a.m. first and third Saturday, at first building south of Union Congregational Church, 105 N. Forest Ave., Avon Park. Parking available south of old church.

Veterans of Foreign Wars Post 3880, 1224 County Road 621 E., Lake Placid. Laides auxiliary dinner from 5:30-7 p.m. on the first Saturday of each month. For more details, call 699-5444.

Veterans of Foreign Wars Post 4300 serves a meal for

\$6 from 5:30-7 p.m. and music is from 6-9 p.m. at the post, 2011 SE Lakeview Drive, Sebring. For details, call 385-8902.

SUNDAY

American Legion Post 25 Lake Placid has lounge hours from 1-9 p.m. Live music is from 5-8 p.m. For details, call 465-7940.

American Legion Post 74 open 1-8 p.m. Happy Hour 4-6 p.m. Members and guests only. Post is at 528 N. Pine St., Sebring. Call 471-1448.

Lake Placid Elks Lodge 2661 lounge is open from 1-7 p.m. Card games start at 1:30 p.m. The lodge is open to members and their guests. For details, call 465-2661.

Lake Placid Moose has karaoke in the pavilion. Horseshoes played at 9:30 a.m. Food available at 4 p.m. Open to members and qualified guests only.

Loyal Order of Moose, Highlands County Lodge No. 2494, 1318 W Bell St., Avon Park. Cards start at 4 p.m. Music outside Tiki Hut at 3 p.m. Lodge phone number 452-0579.

Overeaters Anonymous, meets from 4-5 p.m. in second floor conference room No. 3 at Florida Hospital Heartland Medical Center, 4200 Sun 'N Lake Blvd., Sebring. For details, call 382-7731. No dues, fees or weigh-ins. For details on the organization, go to www.oa.org.

Ridge - Area Missionary Soldiers Avon Park Pathfinder Club meets from 9 a.m. to noon every first and third Sunday at 58 E. Sixth St., Avon Park. For details, call 471-2143.

Sebring Eagles Club 4240 serves lunch at 2 p.m. at the club, 12921 U.S. 98, Sebring. For details, call 655-4007.

Sebring Moose Lodge 2259 offers NASCAR racing in the pavilion at 1:30 p.m. Bar open and kitchen open from 2-5 p.m. Lodge is at 11675 U.S. 98, Sebring. For details, call 655-3920.

Society for Creative Anachronism (Local Chapter: Shire of Stagridge) meets at 2 p.m. first and third Sunday at Brewster's Coffee House on U.S. 27 in Sebring. For details, call 214-5522.

The Artists' Group at South Florida Community College will hold a critique clinic the first Sunday of every month, 2-4 p.m., at the Hotel Jacaranda, Avon Park. Professional local artists will discuss and evaluate participants' paintings. The fee is \$5 with a two painting limit. For more information, call 784-7346.

U.S. Military Vets Motorcycle Club meets at 1 p.m. on the first Sunday of each month at VFW Post 9853, State Road 64 West and North Oliva Drive. For information call Hocky at (954) 592-4847

Veterans of Foreign Wars Post 3880 serves hamburgers from 4-5:30 p.m. and plays poker at 5:30 p.m. at the post, 1224 County Road 621 East, Lake Placid. For details, call 699-5444.

Veterans of Foreign Wars Post 4300 Karaoke is from 5-8 p.m. at the post, 2011 SE Lakeview Drive, Sebring. For details, call 385-8902.

RELIGION

VBS at Sebring Christian

SEBRING — Pandamania vacation Bible school begins at Sebring Christian Church this Sunday and continues nightly through Aug. 12, from 6-8:30 p.m. Age ranges include kindergarten through fifth grade and this year there will be special activities for middle-schoolers. To register by phone, call 382-6676. The office is open from 9 a.m. to 1 p.m., Monday through Friday. Continuing Programs at Sebring Christian Church that are free and open to the public include: Women's Grief Support Group each Wednesday from 10:30-11:30 a.m.; Men's Grief Support Group each Wednesday from 1-2 p.m. and Alzheimer's Caregivers Support (in cooperation with the Gulf Coast Chapter of the Alzheimer's Association) each Thursday from 1-2 p.m.

Covered dish luncheon set

LAKE PLACID — The Primetimers of First Baptist Church in Lake Placid, 119 E. Royal Palm

Church News

Continued from page 8B

will be praise, prayer and Bible study.

St. John United Methodist Church

SEBRING — On Sunday, the sermon topic will be "The Divine Difference" taken from I Samuel 17:41-50. Holy Communion will be served. Nursery is provided at all three services.

Sebring Church of the Brethren

SEBRING — This Sunday morning, Pastor Keith Simmons will have a sermon titled "Annual Conference, What Does it Mean?" The Scripture reading will be taken from Acts 15:22-23. Sunday school meets in the Fidelis Room. They will be studying "People Rebel," taken from the Scripture Numbers 14:1-25.

Southside Baptist Church

SEBRING — "Moses: A Changed Man" is the topic

Snapshots

St., will host a covered dish luncheon at noon on Monday in the fellowship hall. Bring a covered dish and a friend. There will be special guests from Toby the Clown Foundation.

Back to Schol Health Fair is Tuesday

AVON PARK — The Back to School Health Fair will be from 1-4 p.m. on Tuesday at Ridge Seventh Day Adventist Church, 507 West Hal McRae Blvd.. The even is open to the public. There will be refreshments and door prizes. Many free health screenings and an opportunity to meet your local health providers will be offered. Shots are required for preschool and seventh grade, and school vaccinations free. You must bring shot records and a parent or guardian must be present. Meningitis vaccination is free. Any questions, call Ridge SDA Church at 452-5514. This is a Parish Nursing Community Outreach.

The Rev. David Altman will speak on in the morning worship service Sunday. Children's church and a nursery are available.

Wednesday services include student ministry, adult Bible study and prayer meeting. The church is at 379 S. Commerce Ave. For information, call 385-0752.

Spring Lake United Methodist Church

SEBRING — Spring Lake United Methodist Church is at 8170 Cozumel Lane. The Rev. Clyde Weaver's Sunday sermon will be: "Samson Took God for Granted." Fellowship follows the service.

The Way Church

SEBRING — Zac Tsai, youth director, will be speaking Sunday morning. His message will be "The Lukewarm Christian." The Way Church is at 1005 North Ridgewood Drive. The church phone is 471-6140 and the pastor's cell is 214-6190. For church information and the pastor's messages go to www.thewaychurch.org/.

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Did You KNOW?

In Florida, the bicycle is legally defined as a vehicle. Bicyclists using a public roadway are considered operators of motor vehicles and are responsible for observing all traffic laws. With few exceptions, there is only one road and it is up to motorists and bicyclists to treat each other with care and respect. Adherence to the law is the foundation of respect.

DIVERSIONS

'Change-Up' flip-flops between raunch, sweetness

By CHRISTY LEMIRE
AP Movie Critic

"The Change-Up" begins with a poop joke. And not just any poop joke — this is projectile poop from a baby girl into her daddy's mouth during a bleary-eyed, middle-of-the-night diaper change.

Oh yes, it goes there. Early.

You'd think that would be a frightening harbinger of what's to come over the next two hours, but it's not — which makes it even more frustrating when you realize that it didn't need to startle us off the top in such crass and obvious fashion. There was potential here.

When you've got Ryan Reynolds and Jason Bateman — two masters of deadpan improvisational comedy — bouncing off each other, you should theoretically just be able to let the cameras roll and follow them wherever they take you. With a screenplay from Jon Lucas and Scott Moore, who wrote "The Hangover" — the clever, original "Hangover," that is, and not the lazy sequel — you should already be in pretty good shape.

But the overlong film from David Dobkin (who also directed "Wedding Crashers" and, unfortunately, "Fred Claus") is all over the place in tone, veering awkwardly from some daring comic moments to feel-good sappiness and back again in hopes of redeeming some semblance of edginess.

It's as if "The Change-Up" is trying to say, "Just kidding! We didn't mean to be so sappy and square. Well, maybe we did, just a little. Whatever you guys like best."

Learning lessons is what body-swapping movies are all about. The grass is always greener on the other side until you have to mow it, or something. Here, Bateman



Richard Cartwright/Courtesy Universal Pictures/MCT
Dave (Jason Bateman, left) and wife Jamie (Leslie Mann) have an awkward dinner in 'The Change-Up,' the new comedy from the director of 'Wedding Crashers,' and the writers of 'The Hangover.'

plays Dave Lockwood, a wealthy, successful Atlanta lawyer. He's happily married to Jamie (Leslie Mann), with whom he has a sweet, 5-year-old daughter and a couple of adorable, 2-year-old twins. But he misses spontaneity and fun.

His childhood best friend, Reynolds' defiantly single Mitch Planko, spends his days doing bong hits in his man cave. Sometimes, he goes out on auditions for commercials. At night, he beds as many random women as possible. But he longs to have someone to come home to, to feel loved and secure.

One night, after too many drinks (which is also how Bateman's character got into trouble in "Horrible Bosses"), Dave and Mitch relieve themselves in a fountain. Each insists the other guy has the better life. When they wake up the next morning, poof! They've switched bodies, which leads to some predictable but amusingly executed fish-out-of-water scenarios. Mitch, as Dave,



Movie Review

'The Change-Up'

Rating: R (pervasive strong, crude sexual content and language, some graphic nudity and drug use)

Running time: 112 minutes

Review: ★★ (of 4)

uses sheer bravado to navigate the uptight law firm where Dave is on the verge of making partner. Dave, as Mitch, gets an unexpected booty call late one night from one of Mitch's wild flings.

As an actor, Bateman gets the better end of the deal here: He's got Reynolds' wild

child trapped inside of him, so he gets the showier part. Reynolds has a fearlessness when it comes to physical comedy but he's got Bateman's rigid, conservative character stuck in his body.

Except for one scene in which Dave-as-Mitch makes a light porno film (or a "porno," as they call it), he doesn't get as much of an opportunity to let loose.

Olivia Wilde is sexy and charismatic — no surprise there — as the law associate Dave secretly lusts after and gets to go on a date with inside Mitch's body. It's nice to see "The Change-Up" flesh her character out and give her some brains and personality, rather than letting her be eye candy as so many male-dominated comedies might have.

It's enough to make you wish the rest of the film had taken the high road. We won't trouble you with a description of what happens to Mann's character after too much Thai food.

Lengthy medical test poses a challenge for solo patient

Dear Abby:
Like other people my age, I'm supposed to get a colonoscopy. The difficulty is that someone has to go to the two-hour appointment with me, as well as supervise me for 3



Dear Abby

to 4 hours afterward until the anesthesia wears off.

I don't have family here, and my friends all work full time, so I hesitate to ask them. Can I hire a home health aide to go along with me? Is there a volunteer organization that provides companions? Could I stay in the recovery room for several hours and then take a taxi or drive myself home? The lack of a person to accompany me is the major reason I haven't gotten the procedure yet. I know I must not be the only person in this boat. What do you suggest?

— On My Own in Bloomington, Ind.

Dear On My Own:
You're definitely not the only person who has faced this problem, which is why I'm printing your letter.

Do you belong to a church? If so, contact your clergy person and ask if he or she knows someone in your congregation who would be willing to accompany you for the procedure, drive you home and stay for a few hours. If not, because you live in a university town, contact the school and ask if one of the students would like to earn some extra money by providing you with transportation and supervision.

Or, ask your doctor for a referral to a healthcare aide who might be available to help you. Now stop procrastinating and schedule this very important appointment.

Dear Abby: I'm a 28-year-old married woman. I work full time, own a house with my husband and have a great family life. As an only child, I have always been close with my parents. I talk to Mom sometimes twice a day and stay at their house when my husband has to work the night shift.

I mentioned to my parents that I want to get a small tattoo on my foot. They went nuts. Mom

screamed at me to get out of her house. She said if I get a tattoo I am no longer welcome in her house. I tried explaining that I am an adult and although she may not agree with my

choice, the decision is not hers. Dad said tattoos are trashy. Mom wouldn't speak to me for two weeks. I had to send her flowers to smooth things over.

I don't know what to do. I still want the tattoo. My husband isn't wild about the idea, but respects my decision. How do I get my parents to come around on this matter, and on my judgment in general?

— Time To Cut The Cord

Dear Time To Cut The Cord: You might start by being less dependent on their approval. Tattoos have become so common they are now mainstream — worn by doctors, lawyers and people in just about every profession. A tattoo on your foot would not be a sign you are a fallen woman.

However, think carefully about this decision because once it's on, it's there to stay. And be sure that getting it isn't a delayed form of teenage rebellion on your part and that you can live with the flak that's sure to come with it.

Your letter reminds me of the time I told my mother I wanted to get my ears pierced. Her response was: "I gave you a perfect body. If you want two more holes in your head, it's up to you." I did and never regretted it, but it made me think twice. And that's what you should do.

Dear Abby: Many of us have old electric typewriters that go unused. Why not donate them to a nursing home or to an elderly person who can no longer write? Even people with severe Parkinson's disease can still hit a key with one finger and write letters they were once unable to do.

— Susan in Arkansas

Dear Susan: That's a great idea, and one worth pursuing for anyone interested in recycling.

Write Dear Abby at www.DearAbby.com

'Whistleblower' paints Weisz too saintly

By DAVID GERMAIN
AP Movie Writer

The post-war Bosnia drama "The Whistleblower" earns high marks for its humanitarian intentions and for Rachel Weisz's steely performance as an American cop-turned-peacekeeper who exposes a sex-trafficking ring.

It's a movie that sanctifies rather than satisfies, though. The feature-film debut from director Larysa Kondracki is an oppressive sermon whose players are almost all wicked beyond contempt and whose hero is so saintly that an endorsement for canonization would not be out of place among the preachy text codas that conclude the movie.

Grim as the subject matter is, Kondracki crafts a taut, technically skillful thriller, making the black-and-white storytelling from her and her co-writer Eilis Kirwan all the more disappointing.

Yes, men who participate in smuggling and imprisonment of young women as sex slaves are scum who deserve far more than castigation by proxy in a movie dramatization.

But "The Whistleblower" lacks the sort of subtlety needed to make the drama credible and, frankly, watchable. Viewers don't need to sympathize in the slightest with the bad guys, but the villains do have to be something more than the snarling, sneering animals presented here.



Movie Review

'The Whistleblower'

Rating: R (disturbing violent content including a brutal sexual assault, graphic nudity and language)

Running time: 112 minutes

Review: ★★ (of 4)

Likewise, there's little nuance written into the character of Kathy Bolkovac, though Academy Award winner Weisz manages to infuse her with depth and temperament even as the script superficially casts her as some sort of superhuman do-gooder.

"The Whistleblower" is based on the actual experiences of Bolkovac, a former Nebraska cop who served as story consultant on the movie.

The story opens in 1999 as Weisz's Bolkovac takes a job with DynCorp, a private contractor recruiting police monitors for the United Nations mission to restore order in Bosnia after the war.

Bolkovac quickly discovers that the local police and their international advisers

turn a blind eye to illegal trafficking of women to work in sleazy brothels. Worse, she begins to suspect that the authorities are active participants and her own colleagues are among the best customers.

The movie plays out as almost a single-handed crusade by one woman against ruthless, innumerable swine. The movie does toss in Vanessa Redgrave as the compassionate head of the U.N. human-rights office in Sarajevo and David Strathairn as a sympathetic internal-affairs investigator, but pretty much everyone else Bolkovac encounters is a caricature of maliciousness. (A note of neutrality — blandness, really — is provided by Monica Bellucci in a tiny, robotic role as a stone-faced, by-the-book bureaucrat.)

Director Kondracki puts together some suspenseful sequences and delicately handles nasty moments of sexual abuse and other violence against the captive prostitutes, many of them still girls.

Yet for nearly two hours, the tone lurches from gloomy to unsavory to despairing and back to gloomy. Like "Erin Brockovich" or "Norma Rae," "The Whistleblower" aims to showcase how one dogged individual can expose institutional evil.

But those films were great dramas with complex, full-

blooded characters at their core. "The Whistleblower" is a one-note affair that offers glimpses of the rich, broad life Bolkovac clearly lives but deifies her into someone inaccessible and unbelievable.

Even Hollywood's comic-book superheroes have their little flaws and peccadilloes, but this woman drawn from real life doesn't.

SUDOKU

8				5		9		2
	5							8
		9	1					
		6		9		5		
			2					3
			6					8
				8				7
4					6	3		
				2				4

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

7	9	8	6	2	3	7	1	5
5	6	3	9	4	8	9	6	2
7	1	7	4	7	5	3	5	6
6	8	8	5	4	6	4	1	3
3	7	9	1	7	2	5	8	6
2	1	2	1	3	6	8	6	4
9	5	5	4	8	1	3	1	7
8	8	1	7	2	1	6	9	6
2	3	2	7	9	4	5	7	8

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A BETTER LIFE PG-13
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2:15 4:15 7:15 9:15

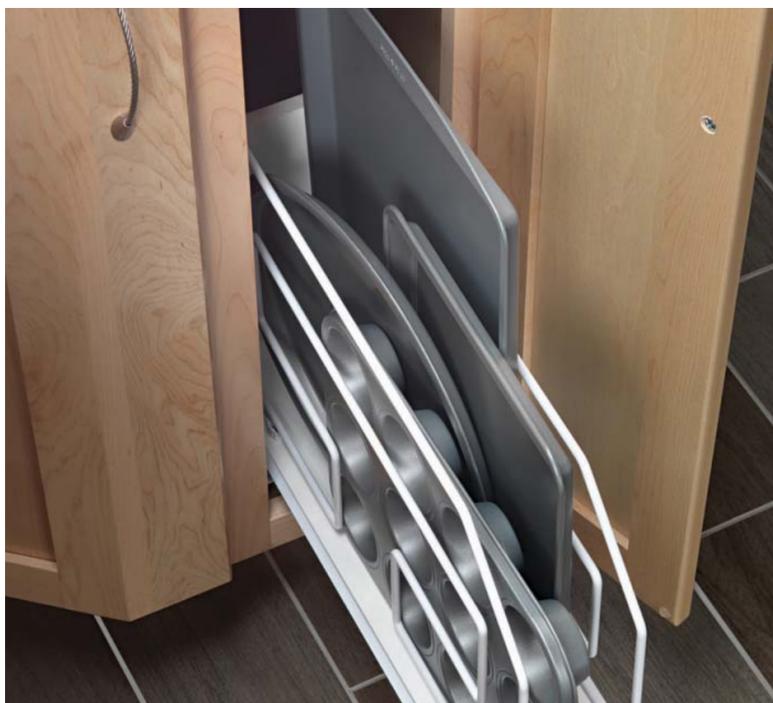
CRAZY STUPID LOVE PG-13
(Steve Carrell)
2:00 4:30 7:00 9:30

THE SMURFS PG
(Animated)
2:00 4:30 7:00 9:30

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Does Your Kitchen WORK LIKE A DREAM?

Make the Most of Kitchen Storage

FAMILY FEATURES

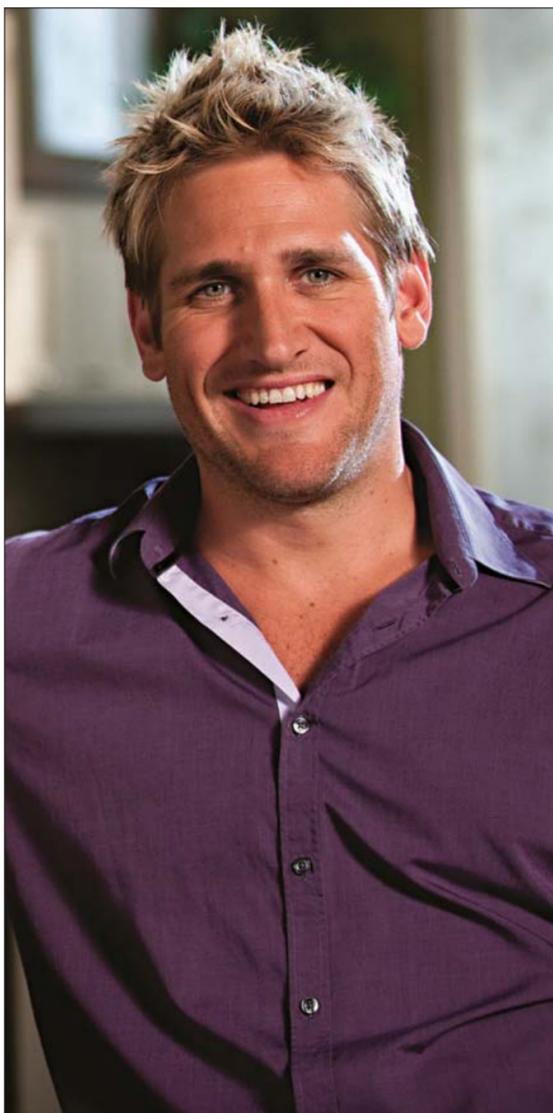
Forget about the living room; the kitchen is the social hub of a home. Today's homeowners want their kitchens to reflect their personal tastes and accommodate their daily lives; however, a kitchen that can do all this in need of one thing — smart storage.

According to renowned chef Curtis Stone, "A dream kitchen is one that's designed for the way you live. The best advice I'd give anyone looking

to remodel their kitchen is to think about how they will use it, and to choose the right storage features to suit their lifestyle."

Paul Radoy, manager of design services for Merillat cabinetry, agrees, "Everyone uses the kitchen to prepare food, but many homeowners use their kitchen for entertaining, crafting, or just spending time with their families. Each of these activities requires various storage options."

As shown above clockwise:
Drawer Organizer. Keeping all of your cooking utensils organized is key to stress-free cooking; finding what you need fast is so much better than digging through a cluttered drawer. **Pull-out Spice Rack.** A pull-out spice rack allows for easy access to spices or other small cooking essentials. It's perfect for cooks who like to experiment. **Cutting Board Kit.** A cutting board kit close to the stove or sink makes for easy food prep, and it includes built-in knife storage, right where you need it most. **Pull-out Tray Divider.** The pull-out tray divider keeps cooking sheets and cutting boards organized and close at hand.



The Home Chef

Food preparation and cooking are the primary functions of a kitchen, but creating an environment for gourmet cooking is a special treat for homeowners who consider themselves "at-home chefs."

To create this environment, it's important to keep cooking items organized and within easy reach. Storage solutions could include a pull-out spice rack next to the stove, perfect for cooks who like to experiment. A cutting board kit can neatly store knives within a drawer and has a built-in cutting board. This feature, combined with a pull-out trash underneath, can make food prep a breeze.

"People who love to cook often have a lot of pots and pans, and they are usually in a jumbled mess," says Stone. "Well, Merillat has come up with an ingenious solution. Extra wide or deep drawers are great when installed under a cook top, and when you include peg dividers for the drawer it can be customized to neatly fit all your pots and pans as you like them. It's not one-size-fits-all, so it can be nicely organized."

Another option is to install a utensil hanging system on the backsplash, or a pull-down cook book holder underneath a wall cabinet. Finally, grouping all these organizational conveniences near the cook top can create the perfect space to make culinary delights.

The Entertainer

If you've ever had a party you know everyone ends up in the kitchen. This is why homeowners who like to entertain should consider whether or not their kitchen is functional for entertaining. Luckily there are several features that can help make the party successful.

One kitchen feature that helps make entertaining easier is an island. Not only can an island provide extra seating and serving space, it can include great storage. According to Radoy, "An island with a great focal point like wine storage is classy and practical. And adding spice drawers to hold napkins or small utensils like corkscrews is another great idea."

Open shelving also adds a great design element for a kitchen used for entertaining. These shelves allow the homeowner to display beautiful dishware and glasses; and guests can help themselves to a plate for appetizers or a glass for wine.

The Mommy

Moms know that having young children can make the kitchen a challenging space, but there are features to make this room more kid friendly. Soft-closing drawers and doors can protect against hurt hands, while keeping the contents from rattling.

Deep drawers to store children's items like a backpack, schoolwork and crafts are a big plus. And a pantry or utility cabinet allows the homeowner to store many different items in one central location and at different levels making some things more accessible or inaccessible for children.

"Homeowners may also consider placing the microwave in a base level cabinet so everyone in the family can have easy access," suggests Radoy.

Another thing to keep in mind is that with kids come messes. Having an organized cleanup zone can minimize clutter and make any kitchen shine. Things like a tilt-out sink tray, which keeps soaps and sponges out of sight, an under sink tote and a pull-out waste basket help to keep things tidy.

"From a chef's perspective, or from a home cook's perspective," concludes Stone, "with the right organizational features, cooking can be fun and relaxing."

For more information about the latest in beautiful and intelligent cabinetry options visit www.Merillat.com.