

State Champs
 Heartland Majors, Pre-Majors win titles
SPORTS, PAGE 1B



Science of beer
 Who knew chemistry could be so delicious?
LIVING, 12B

Heston benefit
 Event set today to help cancer battle
PAGE 8A

\$150,000 theft
 Woman charged with stealing valuable jewelry
PAGE 2A

Friday-Saturday, July 13-14, 2012

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Forecast

Some sun with showers or T-storms
High 92 Low 74
 Complete Forecast
PAGE 12A

Online

YOUR VOICE
Question: Should Avon Park turn over its police department to the sheriff's office?



Total votes: **132**
Next question: Does smoking on TV and in movies lead to more people smoking in real life?
 Make your voice heard at
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Obituaries

James Hinkle
 Age 71, of Sebring
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The Unknown Soldiers
 By Tom Sileo
Unknown Soldiers 2A

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Two more charged in Doty investigation

Pair jailed for helping cover up crime

By ED BALDRIDGE
ed.baldrige@newssun.com
SEBRING — The Highlands County Sheriff's Office announced Wednesday two additional arrests in the murder case of Aaron Doty. Travis Makris, 21, of 4530 Lakeview Drive, Sebring, has been charged with accessory after the fact, according to a release from Sheriff Susan Benton. Makris is alleged to have stored the bloody clothing and other evi-



Makris



A. Rodriguez

dence for suspect Kenneth Felipe. Felipe, 19, and Ray Rodriguez, 22, were arrested and charged with second degree murder, abuse of a

dead human body and tampering with physical evidence in connection with Doty's death. Doty, 20, was last seen at a party at 5504 Granada Blvd., where Felipe and Rodriguez lived on Sunday, June 10. At approximately 1:30 p.m. Monday, June 11, a burned body was found in the north end of Sun 'N Lake, Sebring. The body was

See ARRESTS, page 5A



News-Sun photo by CHRISTOPHER TUFFLEY
Lonnie Shields, a fire fighter with Avon Park, makes a passionate plea to keep the city's police department intact. 'This is not the City of Charm after 10 o'clock Friday and Saturday,' he said. 'What is a life worth?'



News-Sun photo by CHRISTOPHER TUFFLEY
Avon Park city manager Julian Deleon during the council's special meeting Monday night regarding police and fire pension plans. He is describing the financial stress the city's contribution puts on the budget.

AP city council presented with police and fire pension options

By CHRISTOPHER TUFFLEY
christopher.tuffley@newssun.com
AVON PARK — City Council sat in special session Wednesday night to hear presentations regarding the police and fire pension plans. At issue is the city's concern that its annual contribution to the plan is unsustainable in the long term. City Manager Julian Deleon said

that the contribution has been rising, going from \$140,531 in 2004 to \$208,760 last year. He also said that 41 percent of the contribution goes to administering the pension plan. His point is that by lowering administrative costs everybody wins — the city with a lowered contribution, the pension members by having more money directed

into investments. Deleon arranged the special meeting so that various alternative options to the current pension plan could be examined, as well as their projected costs for the next 10 years. In addition, he invited a representative of the Florida League of

See PENSION, page 8A



Courtesy photo
William Bennett is running for the District 1 county commission seat.

CANDIDATE PROFILE Bennett: County needs better vision

By CHRISTOPHER TUFFLEY
christopher.tuffley@newssun.com
AVON PARK — William Bennett is running for the District 1 county commission seat, which is open due to incumbent Barbara Stewart's upcoming retirement. Bennett, a fifth generation Floridian who graduated from Avon Park High School in 1995, says he has a unique

background that provides him with the skills and experience to be an effective county commissioner. He enlisted in the Air Force right out of high school and as a result has seen a great deal of the world. It was his training and the work he did, however, that he considers invaluable — being a weather forecaster.

"It's what gave me the springboard to do what I'm doing now. (Forecasting weather) is a matter of finding and putting extraneous data together, finding the patterns and projecting into the future. It's a matter of analysis." Looking at trends longitudinally is one reason his first goal as commissioner would

be to begin budgeting in two-year cycles, instead of annually. "We're not moving in a direction," he said. "We're putting out fires dealing in the short term, being reactionary. I do think the current commission is open, but we need better vision, more

See BENNETT, page 3A



News-Sun file
Triathlons have become popular in the county since the inception of the Heartland Triathlon in 2006.

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Woman arrested for theft of \$150K worth of jewelry

By ED BALDRIDGE
ed.baldridge@newssun.com

SEBRING — A Sebring woman was arrested on Saturday in connection with the theft of more than \$150,000 in jewelry and credit card fraud.



Burns

According to the arrest warrant, Teshia Maria Burns, 30, of Sebring, was booked on charges of grand theft, burglary of an unoccupied dwelling, petit theft, using the identification of another without consent, illegal use of credit cards and fraud.

Burns befriended Gaetano Matteo and Joanne M. Intraivaia in May to assist in the care of Joanne Intraivaia while she was ill, the report states.

During that time, Gaetano Intraivaia allowed Burns to pick up items with permission and used a Bank of America debit card and Burns knew his PIN numbers.

He became aware of the missing cards when his credit card company contacted him about unusual usage.

On or after May 18, an estimated \$150,000 in jewelry from an unsecured safe was taken along with a Dell laptop valued at \$1,500. Two Capital One Mastercards were also taken.

Video surveillance showed Burns using the credit cards on May 20 at the Circle K at 7916 U.S. 27 South, purchasing gas and accessing an ATM.

The report also states that during the investigation it was revealed that several transactions were conducted using the stolen cards.

“Burns fraudulently represented herself as both Gaetano and Joanne Intraivaia without their consent,” the report states. “Burns displayed a systematic, on going course of conduct by first gaining the trust of two elderly individuals and then committing the burglary of the residence...”

Burns was still in custody in the Highlands County Jail at press time on bond of \$17,500.



Courtesy photo

U.S. Army Spc. Alfred Kollie is a petroleum supply specialist serving with E Company, Task Force Wolfpack, 82nd Combat Aviation Brigade, in Afghanistan. Kollie emigrated to the United States from West Africa, where he spent much of his life in a refugee camp escaping civil war in his home country of Liberia. Photo courtesy of Sgt. 1st Class Eric Pahon.

‘I just feel blessed to be part of this country’

If you spend a few minutes watching MTV, it’s easy to brand this generation as selfish, materialistic and unpatriotic. But if you talk to fine young people like U.S. Army Spc. Alfred Kollie, who recently spoke to The Unknown Soldiers from Afghanistan, you’ll realize there are still Americans willing to fight for freedom.

Spc. Kollie, 26, wasn’t even born in the United States. He grew up in the West African nation of Liberia, one of the most violent, impoverished countries on the planet.

“We saw a lot of death,” Kollie said. “We went through days where it was difficult to find food or eat, but by His grace, we were able to make it through some of those difficult times.”

As Civil War engulfed their homeland, the Kollie family fled to Ghana, where they spent eight agonizing years in a refugee camp.

“Living in a camp without electricity, without proper sanitation...people got sick,” he said. “My dad also got sick numerous times, and it was very difficult.”

Surrounded by brutality, illness, and death, the young refugee still saw light at the end of the tunnel. Kollie’s sister, who fled to the United States years earlier, was working to bring her family to America. But as the years went by, the wait became excruciating.

“The whole process just seemed like it was taking forever,” Kollie said. “We all got tired...we wanted to go back to Liberia but we couldn’t...we were just stuck in the middle.”

Amid pain and hardship, a moment arrived that Kollie will never forget.

“Finally, we got the word that we were coming to the States after eight years of waiting,” he said. “It was one of those days of my life that I was very happy.”

As he arrived in New York from a Ghanaian refugee camp, Kollie realized the light at the end of the tunnel was the Statue of Liberty’s torch.

“Arriving in the States was one of the most exciting days of my life,” he said. “Everything about the States was seen on TV, and we were actually here.”

After moving to Louisiana and then Maryland, Kollie worked his way from salesman to sales manager. But despite his success, the young immigrant wanted to challenge himself even further.

“Since I’m here in America, a land of opportunity, I have to better myself,” he said.



By Tom Sileo

“Not just for today, but I need to better myself for the future.”

Kollie also felt an obligation to better the world. While he wanted to get an education, the frightening experiences of his youth helped mold a yearning to free the oppressed.

“All my life, I really admired the United States military as a fighting force that has set a mark on this planet,” he said. “When I got my green card, I was like...I should go ahead and join the Army.”

Before he signed his name, however, Kollie reflected on the cruelty he witnessed in Liberia. Like his native land, Afghanistan has been filled with violence for decades, and he knew that by joining the U.S. Army, he would likely be thrust into the middle of another armed conflict.

“At one point, I was like, ‘I just came from a country and a situation that was all about war,’” he said. “But sometimes

you have to make a move and hope for the better.”

Kollie, who enlisted in September 2010, deployed to Afghanistan last fall. As he spoke from a remote forward operating base near the Pakistani border, the soldier had almost no complaints. Other than the searing, unrelenting heat, Kollie enjoys being part of the war effort. “Everything’s going well, and we can’t wait to go home,” the 82nd Combat Aviation Brigade petroleum specialist said July 5. “It’s been a long ten months, and we’re doing our best.”

From Liberian refugee to American soldier, Spc. Alfred Kollie’s journey is extraordinary. His courage also represents scores of young people who have stepped forward since Sept. 11, 2001. While Hollywood often shines the spotlight elsewhere, this generation of volunteer warriors embodies the very best of America.

“I just feel blessed to be part of this country,” Kollie said. “It’s so amazing to know you have people — a country — that will accept you.”

To find out more about Tom Sileo or to read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate website at www.creators.com.

Kenilworth Care to honor 48 volunteers

Special to the News-Sun
SEBRING

Kenilworth Care & Rehabilitation Center announced that on Aug. 6 it will be honoring 48 volunteers with the President’s Volunteer Service Award, a national honor given in recognition of volunteer service.

The award was established in 2003 and is available on an annual basis to individual groups and families who have met or exceeded requirements for volunteer service and have demonstrated exemplary citizenship through volunteering.

As a certifying organization participating in the award program, Kenilworth Care annually confers the award to recognize the outstanding achievements of its volunteers.

Congressman Tom Rooney, Sebring Mayor George Hensley, Highlands County Sheriff Susan Benton and Rev. Ken Legrow from Crossroads Church will be participating in the presentation.

According to administrator Michael Rivera, Kenilworth Care & Rehabilitation has a long history of volunteer service, with many volunteers performing community service each year on behalf of the organization.

Those being honored by Kenilworth Care for enhancing the lives of the residents are:

Gold awards – Pen Pals: Jean Alexander, Sally Andrews, Ellen G. Berryhill, Joan Bush, Alicia Dyce, Verne Friesn, Jennifer Garrison, Jeane Guske, Ruth Jenkins, Donna Keziah, Barbara Loprencs, Nina Morrow, Betty Patrick, June Richart, Joyce Schwann, Anna Mary Tuggey, Carmen Velez, Patsy White, Blanche Whitehead and Ruth Zeltner.

See VOLUNTEERS, 5A

COMMUNITY BRIEFS

Music in the Park lineup set

SEBRING — Highlands Hammock State Park has announced the lineup for its Music in the Park concert series.

The series will kick off Oct. 20 with Groovus, followed by Back Porch Revival on Nov. 17 and a Christmas program featuring area high school students on Dec. 8.

For 2013, the series picks back up on Jan. 19 with Rick and Robin Arnold. The California Toe Jam Band plays Feb. 23, Emanon will play jazz on April 20 and Billy Glades closes out the series May 18.

Concert admission is \$5 per person (accompanied children 12 and under admitted free of charge). Bring lawn chairs or blankets and flashlight because the concerts are outdoors in picnic area. Proceeds benefit park improvements via the Friends of Highlands Hammock. Park entrance fee of \$6 per vehicle (up to eight people per car) is waived after 6 p.m. on concert nights. Call (863) 386-6094 for more information or visit www.FloridaStateParks.org or www.FriendsofHighlandsHammock.org/.

Rick Arnold to perform Saturday

AVON PARK – Hit singer and songwriter Rick Arnold will be performing live music from 3-6 p.m. Saturday at Duffers Dockside Bar.

Arnold plays guitar and sings a variety of hit songs from the ‘50s, ‘60s and ‘70s as well as some country and original music for everyone to enjoy.

Pete Ruano will be performing a variety of oldies from 3-6 p.m. Sunday at Duffers Dockside Bar.

There is plenty of dancing room out on the deck overlooking Lake Glenada. Entertainment is free to the public. In case of rain, the entertainment will be taken indoors.

Duffers is at 2451 U.S.

27 South. For more details, call 452-6339.

Shrine Club hosts flea market

AVON PARK — The Highlands Shrine Club’s flea market at 2604 State Road 17 South (between Avon Park and Sebring) is open on Saturdays this summer from 8 a.m. to noon.

The two thrift stores and produce vendor are ready for business. There are lots of bargain prices on furniture, adult and children’s clothing, books, bric-a-brac, household items, etc. Vendors are invited to set up free under the shade trees. No breakfast served until September.

Dog Daze of Summer today

SEBRING — Destination Downtown Sebring will present the “Second Annual Dog Daze of Summer” event from 5-8 p.m. today in and around Downtown Sebring’s Circle Park. Both two and four-legged attendees will enjoy contests, demonstrations, vendor booths, live music and more.

Contest participants must pre-register at Scosta Supply or Capt. Ron’s Mercantile. Registration forms are available at www.DestinationDowntownSebring.com/.

For more information about the monthly Destination Downtown events, visit www.DestinationDowntownSebring.com/. This event is co-sponsored by the Sebring Community Redevelopment Agency (CRA). For more information about the CRA, visit www.DowntownSebring.org/.

Heston fundraiser set for today

SEBRING — A family fun, barbecue fundraiser is set for today to benefit the Friends of Dennis Heston drive. The barbecue will be held from 4-8 p.m. at the Highlands County Fair

Continued on page 5A

Lottery Center

	July 11	9 14 15 29 30	
	July 10	2 10 14 19 31	
	July 9	15 21 23 27 29	
	July 8	2 21 30 31 32	
	July 10	5 12 13 29	11
	July 6	6 11 32 36	19
	July 3	6 31 33 44	1
	June 29	25 28 33 34	11
	July 11	5 22 36 49 55	PB: 23
		Next jackpot \$90 million	
	July 7	3 5 29 39 59	PB: 29
	July 4	14 19 35 39 56	PB: 33



July 11 16 19 26 31 39 50 x:3
Next jackpot \$5 million

July 7 2 6 17 26 31 40 x:3
July 4 7 11 21 28 43 46 x:4

July 11 (n) 6 3 8 9
July 11 (d) 5 0 1 5
July 10 (n) 6 3 7 7
July 10 (d) 6 2 8 8

July 11 (n) 6 6 5
July 11 (d) 2 5 6
July 10 (n) 8 7 5
July 10 (d) 5 5 6

Note: Cash 3 and Play 4 drawings are twice per day: (d) is the daytime drawing, (n) is the nighttime drawing.
PB: Power Ball

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Pooches, owners invited to Dog Daze of Summer event

By SAMANTHA GHOLAR
sgholar@newssun.com

SEBRING — Wagging tails and wet noses will fill Downtown Sebring during Destination Downtown's Dog Daze of Summer event this evening.

First time Dog Daze Coordinator Kathy Doherty, owner of Kathy's Consignment, is looking forward to the second installment of the event, which will be from 5-8 p.m. in and around the Circle.

"I'm excited. It was successful last year. People really enjoy their pets. I enjoy the camaraderie of the downtown merchants," said Doherty.

Doherty was a member of the group that helped organized last year's Dog Daze, but this is her first time holding the leash.

"There is a group of about 13 of us working on the event. There are several more who will participate and have helped out, also," Doherty said.

This year's event will feature a handful of new additions including more contests, Buddy's Adoption Agency and celebrity emcee Mayor George Hensley.

"The dog/owner lookalike contest is a new one. We thought it would be fun to have. We have grown in the vendor area. We have more vendors that service pets this year.

"We also have a stage this year. The city was able to set up the stage for performers. We've just had a good networking experience all we need is for the people to come down," Doherty said.

Attendees will be able to enter contests, show off their dog's skills as well as gain great discounts and deals at downtown businesses.

Doggie contests include fashion, freestyle, tail wagging, and the look-alike contest. Owners who wish to enter their K-9 friend into any contests should pre-register at Scosta Supply or Captain Ron's Mercantile, both located on the downtown Circle.

Other events include an agility training demonstration, adoptions, pet services booths, live music and more.

"Another thing we have is the stamp card. Guests get a card and go around and have it stamped from merchants. Once it is filled they are eligible for a gift basket. The idea is to get them into



The doggie fashion show will be just one of the contests taking place as part of the Dog Daze of Summer event today in Sebring.

downtown shops. We will give everyone two weeks to get all the stamps so that they aren't running around all night and missing the event. We will hold the drawing on July 28 at the What's Up Downtown meeting," Doherty explained.

Merchants along the Circle and spoke streets have been asked to place doggie bowls as well as "human treats" out for Dog Daze guests.

For more information visit www.DestinationDowntown.com/.

Head Field provisions get 'no' from school board

By SAMANTHA GHOLAR
sgholar@newssun.com

SEBRING — The School Board of Highlands County members expressed their distaste on the lengthy dispute over the Head Field lease agreement Tuesday evening. The HCSB and the city of Avon Park have been in disagreement over the terms of the usage of the field since early spring.

"I was given direction to draft the lease and to make sure that I kept it very simple, and that was at the city's request. (City Attorney Gerald Buhr) redrafted the lease and in the re-draft essentially it's a 10-year term and it can be renewed for two additional five-year terms for a total of 20 years," school board attorney John McClure explained.

The purpose of the lease is to transfer control of the facility to the School Board and keeping the city "out of the loop" according to McClure.

The city wants to remain the sole owners of the property but release complete control of it to the HCSB.

Two modifications to the lease including item 12A, which will allow the city to make unilateral assessments that could modify or make improvements to Head Field.

"It is my opinion that we should not agree to this provision because of its potential precedent it would set and because I think it's inappropriate," McClure

said. The Avon Park City Council agreed to delete the item at the last city council meeting, according to McClure. The second point of concern raised several eyebrows for board members.

"The other thing though ... if the field were in fact leased for some profitable venture, that's over and above the normal admission charges for baseball games and things like that, then they felt that because it's their facility they felt that they should share in that revenue," McClure explained.

Board members all expressed their distaste with the city's provision and voiced their opinions over the matter.

"I know that Mrs. Maria Sutherland has raised some concerns about the concessions stands. I don't know really how much money the concession stands generates but I'm not sure it's going to get the city out of its financial bind ... Personally I don't think we ought to have to pay the city any type of tax or sales tax off of that. I don't think we should," board member Ronnie Jackson said.

"I can't envision any use of that field for profit-making purposes that would not be utilized for school functions," McClure said.

"I've had a part in Head Field since 1957 and as far

See HEAD, page 6A

Bennett running for county commission District 1 seat

Continued from page 1A

intelligent design."

This is why his second goal is to establish true vision for the county. Then he believes "comp plans and LDR's be developed to make the vision come true."

Returning to Florida after his 12-year military career, Bennett joined his family's firm, Management Experts Inc. — where he is now vice-president, obtained a bachelor of science degree in business management from Webber International University and was a member of the 2007 class of Leadership Highlands.

This background, he said, coupled with his experience as deputy chair of the Avon Park's Community Redevelopment Agency's Main Street advisory board, alternate member of the county's planning and zoning board of adjustments, president of the Avon Park Chamber of Commerce's board of directors, and long-term member of the Rotary, means he has a sophisticated understanding of the financial issues facing the county.

He said he is a conservative, and that "conservative starts at the local level. We have to find new ways to solve problems, and get government out of the way. While there has to be some regulation, it cannot be onerous. I personally don't believe government should be a land owner."

He believes that non-profit organizations, like Habitat for Humanity, while worthwhile causes, should not be supported with taxpayer dollars.

Looking to the future he said a big piece of the puzzle can be solved through biomass and bio-technology. "Two or three plants are looking (at locating here). A castor oil plant is a huge opportunity. We can grow the raw materials and turn them into product that could be sold worldwide."

Right now, Bennett said, "The only (career) advancement here happens when someone retires."

"If I get elected," he said, "I want to hit the ground running. I know I have a lot to learn, but I can still get things done."

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EDITORIAL & OPINION

ANOTHER VIEWPOINT

Justice on back burner

Florida's court system is overburdened with too many cases and too few dollars. The state's DNA lab is close to running dry without proper funding, leaving many defendants at risk of having justice denied.

In its final report recently released, the Florida Innocence Commission addressed the issues of eyewitness misidentification, false confessions and the lack of evidence preservation, among other mishaps that can wrongfully convict innocent people. ...

... (W)ithout adequate financial support to the courts all of the commission's work will end up on a shelf. The courts, the panel reminded Floridians, are strapped. After more than half a decade of Tallahassee cutting court budgets, the plea for money keeps falling on deaf ears.

"We cannot avoid the reality that a number of the problems in our system of justice deal with the issue of adequate funding," wrote Orange-Osceola Circuit Chief Judge Belvin Perry Jr., chairman of the commission.

The commission was created in 2009 by the state Supreme Court to reduce wrongful convictions in the wake of DNA testing. Since the establishment of the commission, a dozen men have been exonerated from their convictions. ...

The Florida Innocence Project, which works separately and independently from the Florida Innocence

Commission, has pushed for years to have law enforcement and prosecutors use DNA to build their cases. The commission's thorough report gives credence to the Innocence Project's good work.

Like every other governmental institution, the courts have taken a blow from the state budget's belt-tightening. Though funds are scarce, the volume of cases continues to grow with the population.

Florida's incarceration rate hovers above the national average, and state courts are becoming processing mills with justice put on the back-burner. Lost in Florida's justice system are those without access to DNA testing and a guarantee of a fair trial. That must end.

An editorial from the Miami Herald.

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Heat wave is no reason for alarm

Baby, it's hot outside. If it wasn't for the refreshing cold front pushing through parts of the U.S. right now, one might be tempted to think there is something to all that global warming nonsense that conveniently breaks out every time it is warm enough for a climate change alarmist to break out in a sweat.

To be fair, climate change is real. It occurs four times a year when winter turns into spring turns into summer turns into fall. Alarmists don't see it that way, so they squawk "The sky is falling" every time conditions vary outside their interpretation of what they think is normal.

If there was ever a case to be made for global warming, it would have been in 1936 — back in the days when no one worried about how cow flatulence or greenhouse gas affected the atmosphere.

Unlike anything we've experience since; the three-month long 1936 North American heat wave wiped out crops and snuffed out lives during the Great Depression's "Dust Bowl" days. The heat wave that began in June largely ended in September, leaving in its wake over 5000 deaths, drought, and widespread destruction. Even as hot as it's been, many of the record-high temperatures experienced then are unmatched today.

To make matters worse, the 1936 heat wave was preceded by one of the most severe cold waves of the 1930s. The 1936 North American cold wave included recorded wind chills of minus-100 degrees Fahrenheit in the Midwest, ending with March floods. People concentrated on how to put the next meal on the table rather than obsessing over things like air temperature fluctuations.

It's good they didn't obsess, because temperatures returned to normal that fall, just like the cold front making its way across the country is doing today as I write. The planet spins, the seasons change, temperatures fluctuate — and mere mortals are foolish enough to think they can control the forces of nature on a global scale and believe they can turn back the tides by the sound of their voice. Four years ago, then-Senator Barack Obama proclaimed his policies would lead to future generations acclaiming "this was the moment when the rise of the oceans began to

According to The New Yorker, Obama has said "the most important policy he could address in his second term is climate change." Unemployment numbers are abysmal, and the economy is in tatters, so the Alarmist-In-Chief elevates his pay grade to do something a little more vexing like healing the planet. Amazing.

Susan Stamper Brown is an opinion page columnist, motivational speaker and military advocate who writes about politics, the military, the economy and culture. Email Susan at writestamper@gmail.com or her website at susanstamperbrown.com/. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.



Guest Column
Susan Stamper Brown

slow and our planet began to heal," attributing zero credit to the planet's creator in whom Obama professes to believe.

It's funny how nature has a way of rebounding all by itself. The BP Gulf Oil Spill illustrates this "God Factor" in contradiction to everything alarmists believe. A most informative Jan. 10, 2011 "Time Magazine" article, "After the Great Spill: How the Gulf Cleaned Itself" explains how it did just that when "microscopic bacteria" digested "much of the hydrocarbons while they were still deep under the surface." Texas A&M University chemical oceanographer John Kessler said the spill "helped us understand the capacity of a natural system to handle this kind of event by itself." Wow.

Kessler's study also found formally "significant amounts of methane" scientists thought might impact global warming and assumed "would be around for years" had "largely disappeared" when "methanotrophs (bacteria that feed off methane)" mopped up most of the mess.

Reasonable stewardship of the planet is a non-partisan no-brainer, but there is a line to be drawn at the point where choices inflict indelible injury on mankind — making man subservient to the very things created to serve him.

Peck. Republican Roberta Peck has been an award-winning teacher and an activist for better spending in Highlands County for 33 years. She is a leader and a person who thinks outside of the box on ways to cut waste. Before retiring in 2010, she even offered to keep her art program running at Hill Gustat Middle School, by teaching for free.

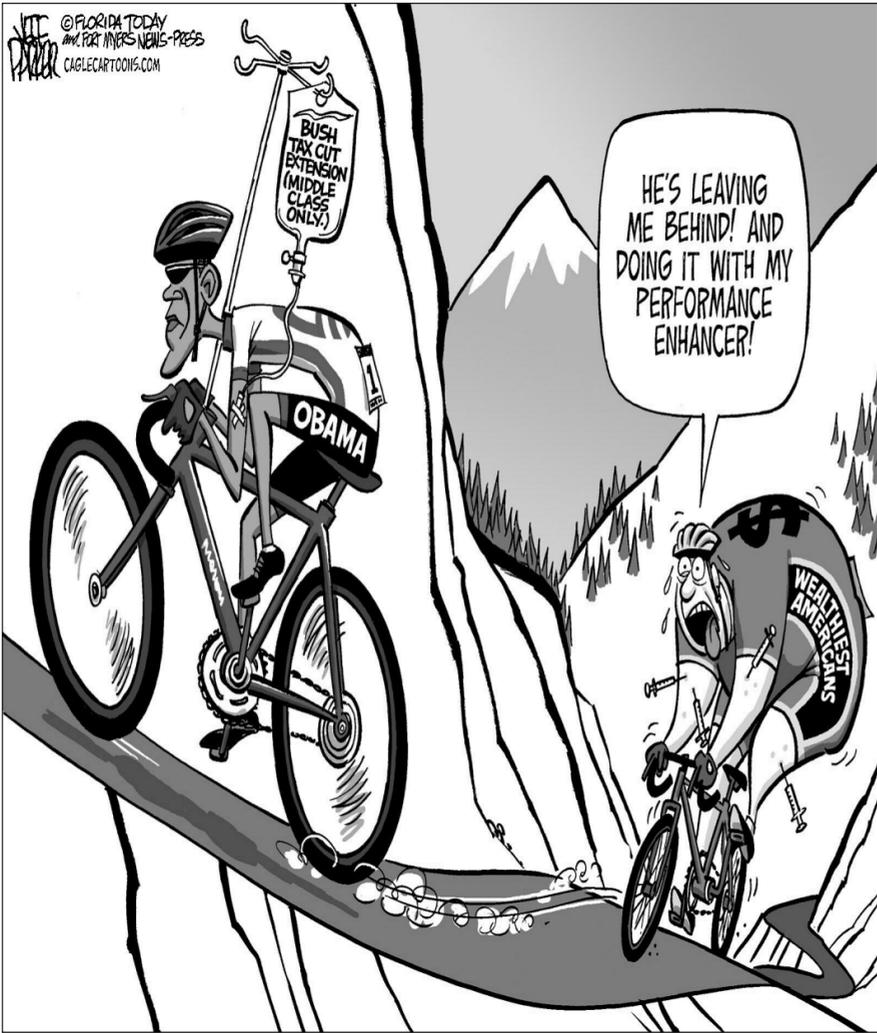
She is not an everyday politician. She is an experienced educator with a clear and detailed plan to fix the problems we face including taxpayer waste, truancy, bullying, bloated salaries, and our unacceptable 'D' schools (her plans are available at www.electpeck2012.com). She believes that public service is the highest calling and that public officials should not be overpaid because it attracts the wrong kind of people.

If elected, she would propose to return the school board to a stipend system, like most other states, which pays school board members on a per-meeting basis instead of a bloated salary over \$30,000 plus expensive benefits.

These bloated school board salaries have big government written all over them. The board only met for 82 hours in 2011; that is an hourly rate of \$373.36. This could put close to five new, badly needed, teachers back into classrooms, teaching our children.

Roberta Peck is the obvious choice for conservative Republicans in the Superintendent of Schools primary race. She will serve as the taxpayers best friend.

*Joshua Everhart
Sebring*



TODAY'S LETTERS

Trying to find a solution for TDC

Editor:
I attended the June 28 Tourist Development meeting, where I offered a unique thought in solving the Tourist Tax issue that has been batted back and forth for sometime and would possibly save the tax from repeal.

I proposed we combine a Sunset and 1 percent raise in the tourist tax as one ballot issue and allow the voters of Highlands County to decide. Raising the tax to 3 percent would commence Jan. 1, 2013 and the first sunset would be Dec. 31, 2014 and every 10 years thereafter.

The raise in the tax would provide enough money to allow all the required percentages to be followed, as promised. And if the vote was yes or no, the tourist tax would stay in place and could not be repealed until the first sunset.

And with close to \$1 million in tax to be collected from the start of the tax increase to the first sunset, I would have thought surely TDC could put its house back in order and establish accountability with the voters, which would assure that the tourist tax would be extended for 10 more years.

The answer I got from 100 percent of the TDC council members was "No." The reason given was that the voters of Highlands County were not knowledgeable enough on the tourist tax to decide such an important matter.

It seems as though they think it will be much safer to convince four members of the county commission that they need more money than convince

the voters of Highlands County. And the commission won't require an accountability sunset and could allow the present plan to be changed so the promise made in 2002 would not need to be kept.

I explained to them, to no avail, that when (not if) the Citizens For Government Accountability obtained signed petitions from 15 percent of the voters of Highlands County and the issue was forced on a ballot, those same uninformed voters will be the ones to decide to either allow the two percent tourist development tax to continue or repeal it. And there was a good chance the tourist tax would be gone forever. And that's what I was trying to prevent.

So when someone says that I am trying to kill the tourist tax, remember the solution given at the June TDC meeting and remember who would rather see the tax gone than be accountable to the voters of Highlands County and a Sunset is the only way to make TDC accountable. And they don't like it.

*Bill Youngman
Citizens for Government
Accountability
Sebring*

Peck is the choice to make

Editor:
While we lay off hundreds of positions in our educational system, the higher ups don't seem to think that their outrageously large salaries are a part of the problem. Only one candidate for Superintendent of Schools has said they would donate over \$100,000 of her own salary over her four-year term and put it back into the classroom: Roberta

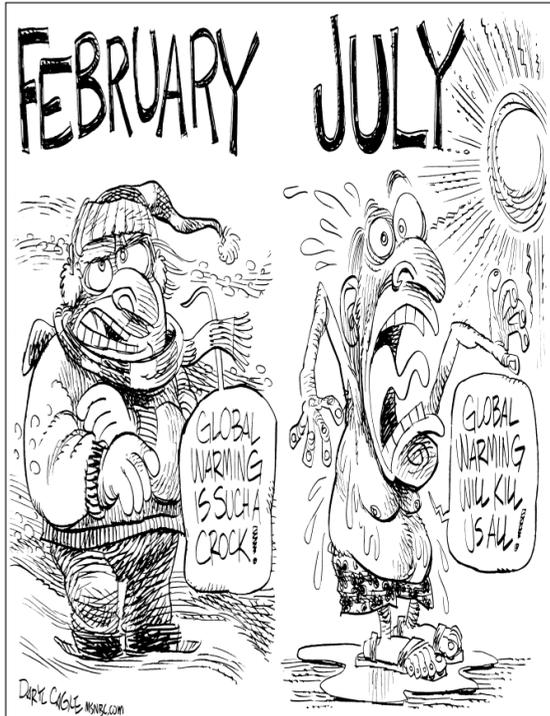
Peck. Republican Roberta Peck has been an award-winning teacher and an activist for better spending in Highlands County for 33 years. She is a leader and a person who thinks outside of the box on ways to cut waste. Before retiring in 2010, she even offered to keep her art program running at Hill Gustat Middle School, by teaching for free.

She is not an everyday politician. She is an experienced educator with a clear and detailed plan to fix the problems we face including taxpayer waste, truancy, bullying, bloated salaries, and our unacceptable 'D' schools (her plans are available at www.electpeck2012.com). She believes that public service is the highest calling and that public officials should not be overpaid because it attracts the wrong kind of people.

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Arrests continue in Doty death probe

Continued from page 1A

later confirmed to be Doty. Felipe and Rodriguez were arrested on June 13 by the U.S. Marshal's Service Task Force operating in Orlando. Felipe's girlfriend, Nicole Hebert, 20, of 4400 Lewis Ave., Sebring, was arrested as an accessory after the fact for allegedly driving the pair out of county, HCSO Public Information Officer Nell Hays said Tuesday. Benton said Tuesday that the investigation revealed that Hebert knew the two sus-

pects were wanted by law enforcement. Adriana Rodriguez, 21, of 2424 Pinewood Blvd., Sebring, was also arrested Wednesday for tampering with physical evidence in the case. Rodriguez is accused of cleaning Doty's blood off of a wall at the scene of the fight. Adriana Rodriguez is still being held at the Highlands County Jail in lieu of \$100,000 bond. Makris and Hebert are both



Doty **Felipe** **J. Rodriguez** **Hebert**

being held with no bond. Hays said on Thursday that the investigation was still ongoing and interviews of those involved continues. "I cannot say if there are any other arrests forthcoming immediately, but we are still

investigating this horrible crime," Hays said. "As detectives continue the painstaking investigation of evaluating every detail in this case, it is clear that several people participated in different ways in this horrific crime," Sheriff Benton said. "What continues to disturb me is what appears to be such a lack of good conscience by so many people who were aware of the beating, the burning, or participated in attempting to cover up the crime," Benton said. "Parents, please I beg you, know where your kids are and who they are with. Local law enforcement continues to see large party gatherings with drugs and alcohol even involving some of the same young folks who were

involved in this case. Who will be next, will it be your child? Help us help you," Benton added. Anyone with information on this case is requested to call Det. Barbara Hair at the Highlands County Sheriff's Office Criminal Investigations Unit at (863) 402-7250. Those wishing to remain anonymous can call Heartland Crime Stoppers at 1-800-226-TIPS (8477) or visit www.heartland-crimestoppers.com/.

COMMUNITY BRIEFS

Continued from page 2A

parking lot, just off the Sebring Parkway. Tickets are \$10 and will get one-quarter chicken, coleslaw, baked beans, rolls and tea. To learn more visit facebook.com/pages/Friends-of-Dennis-Heston/.

Foster to be honored

SEBRING — A tree dedication service to honor Sandy Foster, the former Executive Director of Nu-Hope Elder Care Services, will be held at 10 a.m., Saturday at the Country Club of Sebring. The public is invited to attend.

Foster served as the Executive Director for Nu-Hope Elder Care Services from July of 1999 until his passing on Sept. 25, 2010. Prior to this, he was the organization's Operations Director for eight years. Under his leadership, Nu-Hope Elder Care Services provided more than 1,200 seniors annually with the ongoing services needed to remain independent and avoid nursing home placement.

During his years as executive director, the agency expanded services to Hardee County, became a community partner of United Way and established a program for elders residing in Assisted Living Facilities. Foster, an avid golfer, also organized 14 tournaments which raised more than \$260,000 for elder services.

On Saturday, July 14, the Nu-Hope Elder Care Services Board of Directors will recognize his life of service by dedicating an oak tree that has been planted at the Country Club of Sebring and presenting his widow, Jean Foster, with a plaque honoring his service.

Those interested in attending the dedication ceremony should gather at 9:50 a.m., at the clubhouse. The Country Club of Sebring is located at 4800 Haw Branch Road. Contact Ingra Gardner at 382-2134.

Ice cream social in Lake Placid

LAKE PLACID — The Placid Lakes Social Circle will be sponsoring an ice cream social at the Town Hall, 2010 Placid Lakes Blvd. on Sunday from 1-3 p.m.

There will be banana splits, sundaes, floats available with all the fixings and a "plain" dish of ice cream, if you prefer.

The Placid Lakes Social Circle is a newly organized group of Placid Lakes Homeowners. All activities are posted on the information panel at the Placid Lakes Town Hall, 2010 Placid Lakes Blvd.,



The proposed Olympic-distance triathlon in Lake Placid would open with a .9-mile swim.

Triathlon being planned for Lake Placid area

Continued from page 1A

mile bike and run of 10 kilometers. "We chose Lake Placid because of the rural setting, the rolling hills and the crystal clear lakes," Andrews said. Andrews explained that there would be a total of four events running at the same time during the two-day period.

"This event will be sanctioned by the USA Triathlon Association providing all rules and liability insurance for the event, town, volunteers and participants," Andrews explained.

"The Lake Placid Multi-Sport Festival is being created to fill the void of Olympic distance triathlon and duathlon in central and south central Florida. It is the goal of Paragon Event Professionals to build a multi-day festival showcasing the town of Lake Placid," Andrews explained.

A duathlon is organized for those who are not so big on the swimming and consists of a one-and-a-half mile run to represent the swim event, a 25-mile bike race and the traditional 10 kilometer run to the finish.

Andrews made it clear that his company was pursuing this as a for-profit event, but part of the funds would go to

'I don't see this growing to the 1,500 (participant) events, like some of the big races, but I am confident of the 500 to 800 participants.'

DAN ANDREWS
triathlon organizer

the Highlands County YMCA.

"I don't see this growing to the 1,500 (participant) events, like some of the big races, but I am confident of the 500 to 800 participants," Andrews said.

Despite the potential increase in sports tourism, council was hesitant to allow the for-profit company to use public property to make money.

Town Clerk Arlene Tuck voiced her opposition to allowing a for-profit entity to use the public parks and the council was cautious in its approval.

"Any approval I would vote for tonight would be extremely conditional," Councilman Ray Royce said. "If we are going to allow a for-profit to use some of the town's facilities, then the

town needs to make a little bit of money off of this."

"Putting the money in Sebring, into the YMCA, I don't see this benefiting Lake Placid at all," Mayor John Holbrook said. "If you could find some way to benefit the youth of Lake Placid, I would be more inclined to vote for this immediately. When we do something for this, I want to make sure it benefits Lake Placid and not just Sebring or Avon Park."

Andrews plans includes a Saturday kids' race and registration for the adult race on Sunday. The kids' race will serve as the kickoff for the existing series through the Highlands County Family YMCA, the Rock 'n Heartland Youth Triathlon Series to benefit Julie's Funds for Kids.

Andrews clarified that his business would use Lake June Park and pay all fees for police coverage and road closing.

"We are going to work out all the details and I believe 100 percent that we should pay for any additional costs incurred by the town. I am sure we can work out all the details with the police and the town before the next town meeting," Andrews said Thursday.

Andrews is also the manager for The Bike Shop at 213 US 27 in Sebring.

State recruiting more foster parents; needs 1,200

TALLAHASSEE (AP) — State child welfare authorities are introducing a new plan aimed at recruiting 1,200 more foster parents for some of the 20,000 children now in foster care across Florida.

Department of Children and Families Secretary David Wilkins said Thursday that the agency wants to eliminate many of its rules and regulations that often hamper efforts to

attract foster parents. Wilkins said the new DCF program is designed to "let foster kids be kids" and give them quality foster home that can provide them with that opportunity while removing them from harm's way.

Four Miami men were charged last month with operating an underage prostitution ring by luring vulnerable foster girls into the sex trade.

OBITUARIES

JAMES HINKLE

James Thomas Hinkle, 71, of Sebring, died July 9, 2012 at Good Shepherd Hospice. He was a native of Wauseon, Ohio moving to Sebring in 1984 from Fort Frances, Ontario, Canada by way of Minnesota. He was a veteran of the United States Air Force. He was a banker, a service manager for Blackman Ford, safety director for Smoak Groves and a paralegal, both for Andrew Jackson and currently as an independent. He was a member of First Assembly of God Church in Sebring.

He is survived by his wife, Judith E.; son, James Thomas Hinkle Jr. of Arizona; daughter, Andra Vaughn of Minnesota; brother, Rev. William Hinkle of Texas; grandson, Bryan (wife Christine) Hinkle; three great-grandsons; and a number of friends.

A memorial service will be held Thursday, July 19, 2012 at 11 a.m. at First Assembly of God. In lieu of flowers, memorial contributions may be made to First Assembly of God Benevolence and Missions Fund. Condolences may be expressed at www.morrisfuneralchapel.com.

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Volunteers to be honored in August

Continued from page 2A

Bronze awards – Judaism Class: Howard Salles and Rhoda Salles.

Gold awards – Inspirational Devotions: Betty Weeks, Gail Gregory, Sue Gregory and Barbara Little.

Silver awards – Spanish Bible study: Rev. Leopoldo Abrego and Martin Lara.

Gold awards – Gospel sing-a-long: Maggie Kinchen and Rev. Anna Storey.

Silver awards – Crossroads Praise Team: Carlos Cardona, Darling Huffman.

Individual Awards – Platinum Lifetime:

Ruth Percy. Bronze: Clara Revelle.

Resident Volunteers – Platinum Lifetime: Magda Maril. Gold: William Adams. Bronze: Barbara Stapleford.

Staff Volunteers – Gold: Cathy Ayers, Fredric Jeans, Michael Rivera, Fran Turner, Tina Williams; Silver: Rebecca Block, Carolyn Shultis, Marilyn Holmes and Yamile Rhinehart; Bronze: Jose Delgado.

For more information about volunteering for Kenilworth Care & Rehabilitation Center, contact Chaplain Fred Jeans by calling 382-2153, or by e-mail: chaplain.sebring@signaturehealthcarellc.com.

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Head Field lease raises issues with school board

Continued from page 3A

as I know there's never been anything played there but baseball," Jackson stated.

The discussion continued as the board tried to decide what to do about the proposed provision.

"This all started when they came to us for us to pick up the maintenance. I felt that would provide consistency. We are providing maintenance to the field whether we lease or not lease them. I guess we're actually picking up the expense," Cox said.

McClure asked the board what their preference was with the provisions of the redrafted lease agreement.

The board voted unanimously to approve the lease agreement with the city of Avon Park with the deletion of item 12A only. The board did not agree to incorporate the city's profit-sharing provision into the lease.

The board continued Tuesday's meeting with approvals of a couple policy revisions for the school board as well as one for the Code of Student Conduct.

Deputy Superintendent Rodney Hollinger presented the board with one other policy revision brought up during a meeting of school principals.

"The suggestion was if they are going to authorize the use of any type of electronic device they want the teachers to get permission of an administrator of the school," Hollinger said.

The revision essentially stated that the use of iPads, netbooks, laptops, etc. would be prohibited by teachers in the classrooms unless directly given permission by an administrator.

"That makes totally no sense to me," Jackson said. "I would think that I know the rules enough and I'm professional enough that I can make that assumption. I can agree with the phones but this is talking about a laptop, an e-reader or netbook, before that kid can use it he's got to get permission from the administrator? Talk about wasting time."

Board members discussed the item further before agreeing to leave the proposed policy change out of the adoptions.

"I'd hate to see any policy that prohibited the use of these devices for educational purposes," Director of Curriculum Becky Fleck said.

Board members also expressed congratulations and stated how impressed they were with the recent accomplishments of county students who participated in

the state Future Farmers of America (FFA) convention and competition.

Several local schools including Sebring High School, Avon Park High School, Sebring Middle and Hill-Gustat Middle were present during Tuesday

night's HCSB meeting, each reporting the accomplishments of their FFA members at the convention.

HCSB members Donna Howerton and Ronnie Jackson attended the convention as well as Superintendent Wally Cox.

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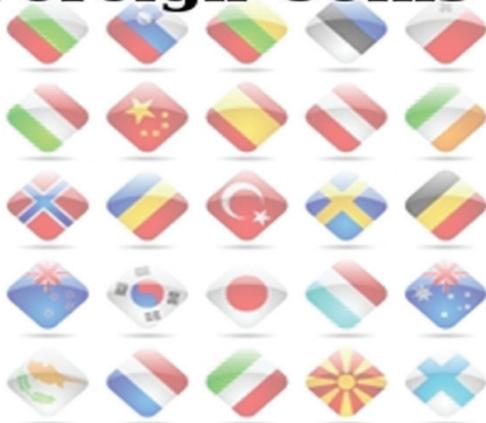


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Family Fun Dinner to benefit Dennis Heston

By SAMANTHA GHOLAR
sgholar@newssun.com

SEBRING — Dennis and Brenda Heston are a local couple that has spent countless hours giving back to the community through their faith and hard work. The couple has recently been dealt a huge blow with the discovery of Dennis' stage 4 cancer diagnosis, which has left the couple facing tremendous difficulties and trials.

In early June, Heston made a trip to the Veteran's Affairs (VA) Clinic after his leg began to swell. Heston was advised to visit the St. Petersburg VA Hospital after his initial visit to the local VA Clinic.

"He was not only diagnosed with blood clots (they were taken care of) but also stage 4 cancer that has metastasized. The economy had already negatively affected their business and now the cancer has devastated it," said Youth for Christ and friend Debbie Lees.

With the couple's new financial struggles, groups of faithful servants began to set in motion a fundraiser to benefit the couple in their time of need.

"Prayer didn't seem enough," Lees stated.

The "Friends of Dennis" group has gone above and beyond to help the lifetime Highlands County residents as they face extraordinary challenges. Several local churches — Wings of Faith, Union Congregational Church, Crossroads Community Church, Crossroads Fellowship Church and Winter Haven Church of God — have come together to create the Family Fun Dinner with Praise and Worship.

The dinner is a traditional dinner in which local churches and businesses work together to raise funds for the couple's expenses.

"The generosity of this community is incredible. We have fabulous items to raffle off and everyone has worked together through faith to help them," Lees said.

The Hestons are a well-known and loved family throughout the community, and bringing people together in support of them was the easy part.

"The Heston family has been an active and vital part of this community for their entire lives. Whether it is providing as a business of integrity for consumers to trust, taking in an unwed mother in need of love and shelter, or simply opening



Courtesy photo
Dennis Heston is battling stage 4 cancer. A benefit for him will be held today.

their home for church baptisms, they have continually served others around them. It is a delight to see how everyone is rallying together to encourage them in their time of need," stated pastor of Crossroads Community Church in Avon Park, John Dumas.

The Family Fun Dinner will be held at the Highlands County Fair Convention Center parking lot from 4-8 p.m. today.

Taylor Rental and Union Congregational Church have donated large tents for the event to provide shade and protection for guests. The dinner will take place rain or shine. Plates are \$10 and include 1/4 chicken, baked beans, cole slaw, dinner roll and ice tea. Bounce houses, face painting and music will also be provided.

Tickets may be purchased in advance at Crossroads Community Church, 114 S. Central Ave., Avon Park; Dutcher's Diner, 1012 W. Main St., Avon Park; South Ridge Abstract & Tile, 229 S. Commerce Ave. Sebring; Brewster's Coffee House, 2191 US 27 N, Sebring; and

South Ridge Abstract & Tile, 203 N. Main Ave., Lake Placid.

Brenda Heston commented on the work that has been done to benefit her husband and their family.

"I'd like to express our gratitude to all involved in giving and fund raising during this very difficult time. My family is overwhelmed by the show of support from our community. We are deeply touched and feel extremely blessed to be a part of it. We remain hopeful for a positive outcome and give thanks to God for holding us in His loving care."

A second benefit has been set up to help the Heston Family. A four-person scramble at Golf Hammock and Country Club will be held on July 28. Registrations must be turned in at the Pro Shop by July 25. For more information about the scramble, call 381-2151.

Heston has just completed two weeks of radiation to shrink the tumor in his lung and is slowly recovering. Chemotherapy will begin on Monday at the VA Hospital in St. Petersburg.

Report: Penn State officials concealed Sandusky sex abuse

PHILADELPHIA (AP) — Joe Paterno and other top Penn State officials hushed up child sex abuse allegations against Jerry Sandusky more than a decade ago for fear of bad publicity, allowing the former assistant football coach to prey on other youngsters, according to a scathing report issued Thursday on the scandal.

"Our most saddening and sobering finding is the total disregard for the safety and welfare of Sandusky's child victims by the most senior leaders at Penn State," said former FBI Director Louis Freeh, who was hired by university trustees to look into what has become one of sports' biggest scandals.

"The most powerful men at Penn State failed to take any steps for 14 years to protect the children who Sandusky

victimized."

After an eight-month investigation, Freeh's firm produced a 267-page report that concluded that the Hall of Fame coach, President Graham Spanier, athletic director Tim Curley and vice president Gary Schultz "repeatedly concealed critical facts relating to Sandusky's child abuse."

Paterno "was an integral part of this active decision to conceal" and his firing was justified, Freeh said at a news conference.

He called the officials' disregard for child victims "callous and shocking."

Sandusky is awaiting sentencing after being convicted of 45 criminal counts for abusing 10 boys. The scandal led to the ouster of Paterno and Spanier.

Curley and Schultz are

awaiting trial on charges accusing them of lying to a grand jury and failing to report abuse. They have pleaded not guilty.

Asked whether the officials' actions amounted to a crime such as conspiracy or obstruction, Freeh said that would be up to a grand jury.

School leaders "empowered Sandusky to attract potential victims to the campus and football events by allowing him to have continued, unrestricted and unsupervised access" to campus and to affiliate with the football program, the report said.

The access, the report states, "provided Sandusky with the very currency that enabled him to attract his victims."

Freeh said officials had opportunities in 1998 and 2001 to step in.

Pension options outlined in AP

Continued from page 1A

Cities to present the organization's pension plan program as another option.

Ultimately, however, the city council does not make the selection of which pension option to choose. By state statute, that authority rests solely with the pension fund's board of trustees.

Projections and options

Before Doug Lozen, of Foster & Foster, the current plan's actuarial service, outlined three different scenarios. He said costs for all three were based on three assumptions: investment returns calculated on an 8 percent return, salary increases and turnover in personnel.

These three factors were important, he said, because in favorable conditions they would hold down the cost of the plan. They were, however, subject to change over time, which means in unfavorable conditions, costs would go up.

Scenario A

The first scenario is a baseline projection based on the current defined benefit plan. A defined benefit means the retiree receives a set amount every month, typically a percentage of their ending salary.

These projections are based on maintaining the status quo.

Lozen said part of the current high cost of the existing plan is a result of today's economic conditions. The trustees are having to pay off losses in the market — that is, replace money that has been lost to the general fund. Once those are replaced, more money would be available to invest and the plan would gain ground. The greater the return, the less the plan costs.

Under this scenario, Lozen said the city's contribution is (approximately) \$280,000 this fiscal year, \$410,000 for fiscal year ending September of 2017, and \$330,000 in the fiscal year ending September of 2022.

All Avon Park police officers would remain covered by extending the current plan.

Scenario B

In scenario B not all members would receive a defined pension. Those with less than five years of credited service would receive a refund of their contributions, with interest. Those members would then be moved into a defined contribution plan —

an example is a 401K.

Scenario B estimates by 2015 there would be five members left in the defined benefit plan.

A key in this shift, Lozen said, is that the current plan would be closed to new hires. This means the city would lose the state contribution toward administrative costs, which amounts to about \$50,000 a year.

Over the next 10 years, the city's average dollar scenario B's cost is projected to be \$290,000 annually.

Lozen added that the \$290,000 price tag does not include what the city will have to allot for defined contribution costs.

The city estimates those additional costs would amount to about \$60,000 annually.

Scenario C

In scenario C, which supposes the Highlands County Sheriff's Office takes over law enforcement responsibilities, there would only be three members still on the city payroll and still in the defined benefit plan — Public Director John King, Commander Jason Lister, and Sgt. Brian Robinson — retained to help the HCSO with community policing.

Because they would be 100 percent of the city's police force, the city would continue to receive funds from the state to offset administration costs.

Vested members no longer working for the city would have their benefits freeze, and non-vested members would receive a refund of member contributions, with interest.

The HCSO would calculate its portion of pension costs for its new hires, passing them back to the city.

Scenario C projects the average annual city dollar amount to be \$140,000 over the next 10 years although, city payments to the HCSO for its pension costs have to be factored in.

Florida League of Cities

Paul Shamoun, an account executive for the Florida League of Cities, presented a pension plan program it offers to municipalities. The News-Sun will present the plan in detail in Sunday's edition.

Briefly, Deleon told the News-Sun the League's program, "a turnkey solution to manage the pension system. Their proposal would shave about \$50,000 in administrative fees, and would increase the return on the investment of assets."

Concerns expressed over pension options

By CHRISTOPHER TUFFLEY

christopher.tuffley@newssun.com

AVON PARK — There were many questions and concerns expressed regarding the future of the police and fire pension fund system during the city council's special informational meeting Wednesday night.

Mayor Sharon Schuler worries because the pension's projections are based on an 8 percent return on investment.

Returns on investments over the preceding years had not been close to that figure, she said. "Why make projections using 8 percent? If the economy stays the way it is, 8 percent is way out of whack."

Doug Lozen, of Foster & Foster, the plan's actuary, replied, "We do need to take that into account, but it's a fine calculation. Is 8 percent reasonable? Clearly in 2011, no. For this year, most plans are earning 12 to 15 percent. This year's investment pretty much cancels out last year's losses. I will tell you the pension board is looking at the percentage quarterly."

Matthew Mierzwa, an attorney for the International Association of Firefighters, said terminating the current pension plan (as happens in scenario B) means, "All obligations come owing to the city." This means the city would be faced with an overwhelming bill that would

have to be paid all at once. He said that in the past at least one city was bankrupted by the decision and all its employees had to put on minimum wage.

Mierzwa also is concerned that scenario C would also be ruled a termination by the state's actuarial office. "It's a gray area," he said. "Termination occurs when it's clear a city intends to get out of the pension business. I would advise you to get good legal advice."

Michael McHale, representing the southwest Florida Police Benevolent Association, said he found scenarios B and C very alarming. "If we really and truly intend to abandon the Avon Park Police Department, why have a government at all? Do you really want a police department with a two tier pension system (which occurs in Scenario B)?"

He gave as an example a hostage situation with shots being fired. "One officer has a vested pension with disability, the other officer has only a 401K. Don't you think the one officer will say to the other, 'You go through the door. God forgive anything happens, but at least you're covered.'"

McHale also said that the sheriff does not have control of pension costs, so there is no guaranteeing the future at today's prices. "If you are

not in charge," McHale said, "you have to depend on the election cycle. If you are in control you can initiate changes."

"The experts told you that a (pension fund) with a funded ration of 80 percent is sound. You're at 88 percent. Hundreds of cities would gladly change places."

City Manager Julian Deleon replied, "You're talking about two issues that are not necessarily related (the cost to the city and the soundness of the pension fund)."

Chris Watkins, an AP police officer, said he was concerned regarding the figures in the sheriff's proposal, because a decade from now it was likely there would be a new sheriff, and that in the same time it was even more likely that pension costs would rise. "Those facts are not factored in."

Members of the pension's board of trustees did not speak Wednesday night.

Carol Knapp, administrator of the pension plan, told the News-Sun Thursday morning that, "We came to listen. The board members are taking the opportunity to process all the information presented."

They will present their thoughts at the next board meeting on July 30, which is public and will be noticed.



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REAL ESTATE EMPLOYMENT TRANSPORTATION
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2000 Employment
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1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CASE NO.: 12-67FC
 DOROTHY VOLPENTESTA, Petitioner, v. MELVIN SHUMAKER, Respondent.
NOTICE OF ACTION
 To: Dorothy Volpentesta
 Address unknown
 YOU ARE HEREBY NOTIFIED that a hearing on Respondent's Motion to Dismiss Injunction for Protection is scheduled before The Honorable Peter F. Estrada, in Courtroom 1A at the Highlands County Courthouse, 430 South Commerce Avenue, Sebring, Florida 33870 on July 30, 2012 at 1:30 P.M.
 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 the Office of the Court Administrator, (863) 534-4690, within two (2) working days of your receipt of this notice; if you are hearing or voice impaired, call TDD (863) 534-7777 or Florida Relay Service at "711".
 WITNESS my hand and the seal of said Court on this 11th day of July, 2012.
 ROBERT W. GERMAINE
 As Clerk of said Circuit Court
 By: /s/ Amber Rodgers
 Deputy Clerk
 July 13, 20, 2012

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 GENERAL JURISDICTION DIVISION
 CASE NO. 11-000132-GCS
NOTICE OF ACTION - CONSTRUCTIVE SERVICE - PROPERTY
 60904044
 LAS PALMAS RESORT HOMEOWNERS ASSOCIATION, INC., a non-profit Florida corporation, Plaintiff, vs. CAMAY M. BROWN, et. al.; Defendant(s).
TO: CAMAY M. BROWN
 RESIDENCE UNKNOWN
 if living, including any unknown spouse if either has remarried and if either or both of said Defendant is deceased, their respective unknown heirs, devisees, grantees, assignees, lienors, creditors, trustees, or other persons claiming by, through, under or against the named Defendant or if he is not known to be dead or alive, and whose residences are similarly unknown.
 YOU ARE NOTIFIED that an action to foreclose a Claim of Lien on the following property in HIGHLANDS County, Florida, to-wit:
 Lot No. Block No. PLEASE SEE ATTACHED EXHIBIT A
 LOT 638 EXHIBIT A
 A PORTION OF LOT 12, BLOCK 4, TOWN OF AVON PARK, SECTION 23, TOWNSHIP 33 SOUTH, RANGE 28 EAST, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 1, PAGE 33, OF THE PUBLIC RECORDS OF DESOTO COUNTY, (OF WHICH HIGHLANDS COUNTY WAS FORMERLY A PART) FLORIDA, BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: COMMENCE AT THE SOUTHWEST CORNER OF SAID LOT 12; THENCE NORTH 89 DEGREES 59'48" EAST, ALONG THE SOUTH LINE OF SAID LOT 12, 160.16 FEET; THENCE NORTH 00 DEGREES 00'12" WEST, 47.94 FEET FOR THE POINT OF BEGINNING; THENCE NORTH 48 DEGREES 05'32" WEST, 26.70 FEET; THENCE NORTH 41 DEGREES 54'28" EAST, 58.00 FEET; THENCE SOUTH 48 DEGREES 05'32" EAST, 26.70 FEET; THENCE SOUTH 41 DEGREES 54'28" WEST, 58.00 FEET TO THE POINT OF BEGINNING.
 A/K/A 600 EAST CAMFIELD STREET #638 AVON PARK FLORIDA 33825
 has been filed against you and you are required to serve a copy of your written defenses, if any, t it on RENE M. RENUART, Plaintiff's attorney, whose address is: 201 Alhambra Circle, Suite 1200, Coral Gables, FL 33134, on or before August 7, 2012, and file the original with the Clerk of this Court either before service upon Plaintiff's attorney or immediately thereafter; otherwise a default will be entered against you for the relief demanded in the Complaint.
 WITNESS my hand and the seal of this Court on this 26th day of June, 2012.
 ROBERT GERMAINE, as Clerk of the Court
 By: /s/ Toni Kopp
 Deputy Clerk
 July 6, 13, 2012

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT, IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CASE NO.: 12-140-GCS
 CIRCUIT CIVIL DIVISION
 VANDERBILT MORTGAGE AND FINANCE, INC., a Tennessee corporation authorized to transact business in Florida, Plaintiff, vs. CARMEN I. DIAZ, a/k/a CARMEN DIAZ-RIVERA; ISAIRIS D. STALL, a/k/a ISAIRIS DIAZ-STALL and JEMAR D. STALL, a/k/a JEMAR RYDELL STALL, husband and wife; Defendants.
NOTICE OF ACTION
TO: CARMEN I. DIAZ
 a/k/a CARMEN DIAZ-RIVERA
 Last Known Address: 1467 Ruth Dr., Avon Park, FL 33825
 and
 ISAIRIS DIAZ-STALL
 Last Known Address: 609 Ballard Rd., Avon Park, FL 33825
 YOU ARE NOTIFIED that an action to foreclose that mortgage, in favor of Vanderbilt Mortgage and Finance, Inc. dated October 6, 2003 and recorded on October 14, 2003, in Official Records Book 1710, Page 992, of the Public Records of Highlands County, Florida, encumbering the following real and personal property located in Highlands County, Florida, to-wit:
 Tract A, Avon Park Estates - Unit III, according to the map or plat thereof, as recorded in Plat Book 10, Page(s) 43, of the Public Records of Highlands County, Florida,
 Together with that certain 2004 Clayton Freedom 68" x 32" Doublewide Mobile Home, Serial #WHC013263GAA and WHC013263GGAB, has been filed against you and you are required to serve a copy of your written defenses, if any, to SONYA K. DAVIS, Plaintiff's attorney, whose address is 215 S. Monroe St., Suite 510, Tallahassee, Florida 32301, within twenty (20) days, and file the original with the Clerk of this Court either before service upon Plaintiff's attorneys or immediately thereafter; otherwise a default will be entered against you for the relief demanded in the Complaint.
 WITNESS my hand and seal of this Court on June 29, 2012.
 BOB GERMAINE, CLERK
 HIGHLANDS COUNTY CIRCUIT COURT
 By: /s/ Priscilla Michalak
 Deputy Clerk
 July 13, 20, 2012

1050 Legals

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA
 PROBATE DIVISION
 FILE NO. PC 12-251
 IN RE: ESTATE OF SHARON VERONICA WEHENKEL a/k/a S.V. WEHENKEL a/k/a SANDIA V. WEHENKEL Deceased.
NOTICE TO CREDITORS
 The administration of the estate of Sharon Veronica Wehenkel a/k/a S.V. Wehenkel a/k/a Sandia V. Wehenkel, deceased, whose date of death was June 4, 2012, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 South 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 persons having claims or demands against decedent's estate must file their claim with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.
 ALL CLAIMS NOT SO FILED WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED.
 NOTWITHSTANDING THE TIME PERIOD 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 6, 2012.
 Personal Representative:
 Nancy Snider
 4008 Santa Barbara Drive
 Sebring, FL 33875
 BREED & NUNNALLEE, P.A.
 Attorneys for Personal Representative
 325 NORTH COMMERCIAL AVENUE
 SEBRING, FL 33870
 Telephone: (863) 382-3154
 By: /s/ E. Mark Breed III for
 THOMAS L. NUNNALLEE
 Florida Bar No. 0062162
 E-mail Address: tnunnallee@bnpalaw.com
 July 6, 13, 2012

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CASE NO.: 11-935-GCS
 STEVE COLTHARP and SARAH M. COLTHARP, Husband and Wife, Plaintiffs, vs. LUCIO CASIO LOPEZ, if alive and if not, the UNKNOWN SPOUSE, heirs, devisees, grantees, creditors, or other parties claiming by, through, under or against LUCIO CASIO LOPEZ and all claimants under any of such party; Defendants.
NOTICE OF SUIT-PROPERTY
TO: LUCIO CASIO LOPEZ, if alive and if not, the unknown spouse, heirs, devisees, grantees, creditors, or other parties claiming by, through, under or against LUCIO CASIO LOPEZ, and all claimants under any of such party.
 1603 Golden Age Villas, Avon Park, FL 33825
 YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following property in Highlands County, Florida:
 The property: 1603 Golden Age Villas, Avon Park, FL 33825
 Dwelling Unit No. 1603, Building F-1, GOLDEN AGE VILLAS, AVON PARK, Florida, being more particularly described as follows: Commence at the Southwest corner of Lot 20, Block 62, Avon Park, Section 22, Township 33 South, Range 28 East, Highlands County, Florida, as shown by map or plat thereof recorded in the office of the Clerk of the Circuit court in and for DeSoto County, Florida (of which Highlands County was formerly a part) in Plat Book 1, Page 58; thence in a Southerly direction along the Easterly right of way line of DeSoto Avenue a distance of 60 feet to the North-west corner of a closed park; thence in an Easterly direction along the North boundary of a closed park, a distance of 99.61 feet to the Point of Beginning; thence continue along the North boundary of a closed park, a distance of 28.24 feet to a point; thence in a Southerly direction and parallel to DeSoto Avenue, through the center line of a partition wall and continue a distance of 70 feet to a point on the center line of a closed park; thence in a Westerly direction along the center line of a closed park a distance of 28.24 feet to a point; thence in a Northerly direction through the center line of a partition wall and continue a distance of 70 feet to the Point of Beginning, as per plat recorded in O.R. Book 277, Page 438 and 439, of the Public Records of Highlands County, Florida.
 has been filed against you and you are required to serve a copy of your written defenses, if any, to John K. McClure, Esquire, JOHN K. MCCLURE, P.A., 211 South Ridgewood Drive, Sebring, FL 33870, the Plaintiff's attorney, and file the original with the Clerk of the above styled court on or before July 31, 2012; otherwise a default may be entered against you for the relief demanded in the Complaint.
 WITNESS my hand and seal of said Court on the 3rd day of July, 2012.
 ROBERT W. GERMAINE
 CLERK OF THE CIRCUIT COURT
 By: /s/ Priscilla Michalak
 Deputy Clerk
 July 13, 20, 2012

1050 Legals

IN THE CIRCUIT COURT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CASE NO.: GC-11-00887
 BANK OF AMERICA, N.A., SUCCESSOR BY MERGER TO BAC HOME LOANS SERVICING, LP Plaintiff, vs. ALVIN B. NEEDHAM; ALICE L. NEEDHAM; BANK OF AMERICA, N.A.; LEISURE LAKES HOME OWNERS CIVIC ASSOCIATION, INC. FKA LEISURE LAKES PROPERTY OWNERS CIVIC ASSOCIATION, INC.; and any unknown heirs, devisees, grantees, creditors, and other unknown persons or unknown spouses claiming by, through and under any of the above-named Defendants.
NOTICE OF FORECLOSURE SALE
 NOTICE is hereby given that the undersigned Clerk of the Circuit Court of Highlands County, Florida, will on the 30th day of July, 2012, at 11:00 o'clock A.M. at the 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., offer for sale and sell at public outcry to the highest and best bidder for cash, the following-described property situate in Highlands County, Florida:
 LOT 22, IN BLOCK 7, OF LEISURE LAKES SECTION ONE, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 6, AT PAGE 6, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
 pursuant to the Final Judgment entered in a case pending in said Court, the style of which is indicated above.
 Any person or entity claiming an interest in the surplus, if any, resulting from the foreclosure sale, other than the property owner as of the date of the Lis Pendens, must file a claim on same with the Clerk of Court within 60 days after the foreclosure sale.
 WITNESS my hand and official seal of said Court this 29th day of July, 2012.
 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 the Office of the Court Administrator, (941)534-4690, within two (2) working days of your receipt of this notice; if you are hearing or voice impaired, call (TDD) (941) 534-7777, or Florida Relay Service 800-955-8770.
 CLERK OF THE CIRCUIT COURT
 By: /s/ Priscilla Michalak
 Deputy Clerk
 July 13, 20, 2012

1050 Legals

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA
 CASE NO.: 2012-CA-000519
 DIVISION:
 UNC: 282012CA000519XXCICI
 GREEN TREE SERVICING LLC, A FOREIGN LIMITED LIABILITY COMPANY AUTHORIZED TO DO BUSINESS IN THE STATE OF FLORIDA Plaintiff, vs. GILBERTO CATALAN; MARIA CATALAN A/K/A MARIA ROSARIO CATALAN; JOHN DOE; Defendant(s).
NOTICE OF ACTION
TO THE FOLLOWING DEFENDANT(S):
 GILBERTO CATALAN
 2024 GARDNER DRIVE - LORIDA, FL 33857
 GILBERTO CATALAN
 925 POOLE LN - IMMOKALEE, FL 34142
 MARIA CATALAN A/K/A MARIA ROSARIO CATALAN
 2024 GARDNER DRIVE - LORIDA, FL 33857
 MARIA CATALAN A/K/A MARIA ROSARIO CATALAN
 925 POOLE LN - IMMOKALEE, FL 34142
 YOU ARE NOTIFIED that an action to foreclose a mortgage on the following property in HIGHLANDS County, Florida:
 LOT 3, LORIDA ACRES SUBDIVISION, RECORDED IN PLAT BOOK 10, PAGE 25 OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA
 has been filed against you and you are required to serve a copy of your written defenses, if any, to it on the attorney for the Plaintiff:
 VESCHIO LAW GROUP, LLC
 2001 W. KENNEDY BLVD.
 Tampa, FL 33606
 on or before August 14, 2012, or within 30 days of the first publication of this notice of action, and file the Original with the Clerk of this Court either before service on Plaintiff's attorneys or immediately thereafter; otherwise a default will be entered against you for the relief demanded in the Complaint.
 DATED on July 5, 2012.
 Clerk of the Circuit Court, HIGHLANDS County
 430 SOUTH COMMERCIAL AVENUE
 SEBRING, FL 33870-3701
 /s/ Toni Kopp
 Deputy Clerk

1050 Legals

IN THE CIRCUIT COURT HIGHLANDS COUNTY, FLORIDA
 PROBATE DIVISION
 FILE NO. PC 12-262
 IN RE: ESTATE OF ANNA MAE COFFING, Deceased.
NOTICE TO CREDITORS
 The administration of the estate of ANNA MAE COFFING, deceased, whose date of death was March 10, 2012, and whose social security number is 311-34-4974, 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 6, 2012.
 Personal Representative:
 /s/ Carla Ann Barnhart
 947 S. Southland Drive
 Lafayette, IN 47909
 Attorney for Personal Representative:
 /s/ Robert E. Livingston
 Florida Bar No. 0031259
 445 S. Commerce Avenue
 Sebring, FL 33870
 Telephone: (863)385-5156
 July 6, 13, 2012

1050 Legals

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA
 PROBATE DIVISION
 FILE NO. PC 12-205
 IN RE: ESTATE OF WILLARD LEE HAMMAC a/k/a WILLIAM L. HAMMAC Division PROBATE Deceased.
NOTICE TO CREDITORS
 The administration of the estate of WILLARD LEE HAMMAC a/k/a WILLIAM L. HAMMAC, deceased, whose date of death was February 6, 2012; File Number PC 12-205, 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 13, 2012.
 Personal Representative:
 /s/ Bonnie Hammac Sheldon
 Personal Representative:
 2740 E. Milky Way
 Gilbert, AZ 85295
 /s/ L. Bruce Swiren
 Attorney for Personal Representative:
 Email: bswiren@swirenlawfirm.com
 Florida Bar No. 329347
 L. Bruce Swiren, P.A.
 1516 E. Hillcrest Street
 Suite 200
 Orlando, Florida 32803
 Telephone: (407) 898-7303
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 July 13, 20, 2012

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CIVIL DIVISION
 Case No.: 28-2011-CA-000842
 Division: Civil
 FREEDOM MORTGAGE CORPORATION Plaintiff, v. MAGDALENA DIAZ A/K/A MAGDALENA HITT; MICHAEL L. HITT, JR.; HIGHLANDS INDEPENDENT BANK; UNKNOWN TENANT #1; UNKNOWN TENANT #2; ALL OTHER UNKNOWN PARTIES ANY AND ALL UNKNOWN PARTIES CLAIMING INTERESTS BY, THROUGH, UNDER, AND AGAINST A NAMED DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAME UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEES, OR OTHER CLAIMANTS, Defendants.
NOTICE OF FORECLOSURE SALE
 NOTICE IS HEREBY GIVEN pursuant to a Final Summary Judgment dated June 28, 2012, entered in Civil Case No.: 28-2011-CA-000842 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein FREEDOM MORTGAGE CORPORATION is Plaintiff, MAGDALENA DIAZ A/K/A MAGDALENA HITT; MICHAEL L. HITT, JR.; HIGHLANDS INDEPENDENT BANK are Defendants.
 BOB GERMAINE, the Clerk of the Circuit Court will sell to the highest bidder for cash at 11:00 AM at the Jury Assembly Room, Basement, 430 South Commerce Avenue, Sebring, FL 33870 on 30th day of July, 2012, the following described real property as set forth in said Final Summary Judgment, to-wit:
 LOT 4, BLOCK G, LOTELA TERRACE, THIRD ADDITION, AS RECORDED IN PLAT BOOK 11, PAGE 17, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
 This property is located at the Street address of: 806 REDDICK STREET, AVON PARK, FLORIDA 33825
 If you are a person claiming a right to funds remaining after the sale, you must file a claim with the clerk no later than 60 days after the sale. If you fail to file a claim you will not be entitled to any remaining funds. After 60 days, only the owner of record as of the date of the lis pendens may claim the surplus.
 WITNESS my hand and the seal of the court on June 29, 2012.
 ROBERT W. GERMAINE
 As Clerk of the Court
 By: /s/ Priscilla Michalak
 Deputy Clerk
 (COURT SEAL)
 July 13, 20, 2012

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CIVIL DIVISION
 Case No.: 28-2011-CA-000842
 Division: Civil
 FREEDOM MORTGAGE CORPORATION Plaintiff, v. MAGDALENA DIAZ A/K/A MAGDALENA HITT; MICHAEL L. HITT, JR.; HIGHLANDS INDEPENDENT BANK are Defendants.
NOTICE OF FORECLOSURE SALE
 NOTICE IS HEREBY GIVEN pursuant to a Final Summary Judgment dated June 28, 2012, entered in Civil Case No.: 28-2011-CA-000842 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein FREEDOM MORTGAGE CORPORATION is Plaintiff, MAGDALENA DIAZ A/K/A MAGDALENA HITT; MICHAEL L. HITT, JR.; HIGHLANDS INDEPENDENT BANK are Defendants.
 BOB GERMAINE, the Clerk of the Circuit Court will sell to the highest bidder for cash at 11:00 AM at the Jury Assembly Room, Basement, 430 South Commerce Avenue, Sebring, FL 33870 on 30th day of July, 2012, the following described real property as set forth in said Final Summary Judgment, to-wit:
 LOT 4, BLOCK G, LOTELA TERRACE, THIRD ADDITION, AS RECORDED IN PLAT BOOK 11, PAGE 17, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
 This property is located at the Street address of: 806 REDDICK STREET, AVON PARK, FLORIDA 33825
 If you are a person claiming a right to funds remaining after the sale, you must file a claim with the clerk no later than 60 days after the sale. If you fail to file a claim you will not be entitled to any remaining funds. After 60 days, only the owner of record as of the date of the lis pendens may claim the surplus.
 WITNESS my hand and the seal of the court on June 29, 2012.
 ROBERT W. GERMAINE
 As Clerk of the Court
 By: /s/ Priscilla Michalak
 Deputy Clerk
 (COURT SEAL)
 July 13, 20, 2012

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1050

Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA GENERAL JURISDICTION DIVISION CASE NO. 110003356CS
WELLS FARGO BANK, N.A., AS TRUSTEE FOR OPTION ONE MORTGAGE LOAN TRUST 2007-2, ASSET-BACKED CERTIFICATES, SERIES 2007-2, Plaintiff,
vs.
EDDY BLAIN; YANICK BLAIN; CITY OF SEBRING. U.S. DEPARTMENT OF TREASURY - INTERNAL REVENUE SERVICE, et. al. Defendant.

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated May 3, 2012, and entered in Case No. 110003356CS of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein WELLS FARGO BANK, N.A., AS TRUSTEE FOR OPTION ONE MORTGAGE LOAN TRUST 2007-2, ASSET-BACKED CERTIFICATES, SERIES 2007-2, is the Plaintiff and
EDDY BLAIN; YANICK BLAIN; CITY OF SEBRING. U.S. DEPARTMENT OF TREASURY - INTERNAL REVENUE SERVICE are the Defendant(s). Robert Germaine as the Clerk of the Circuit Court will sell to the highest and best bidder for cash at 430 SOUTH COMMERCE AVENUE, SEBRING, FL 33870 AT 11:00 A.M. on August 3, 2012, the following described property as set forth in said Final Judgment, to wit:

THE SOUTH HALF OF LOT 7 AND ALL OF LOT 8, IN BLOCK 114 OF LAKEVIEW PLACE SUBDIVISION, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 1, AT PAGE 41, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA, SAID SOUTH HALF OF LOT 7, BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: BEGINNING AT THE POINT WHERE THE SOUTH BOUNDARY OF SAID LOT 7 INTERSECTS NANCESOWEE AVENUE; THENCE IN A NORTH-EASTERLY DIRECTION ALONG NANCESOWEE AVENUE A DISTANCE OF 25 FEET TO A POINT; THENCE SOUTHEASTERLY AND PARALLEL TO THE SOUTH BOUNDARY OF SAID LOT 7 TO THE REAR BOUNDARY OF SAID LOT 7 TO SOUTHEAST CORNER OF SAID LOT 7; THENCE NORTHWESTERLY ALONG THE COMMON BOUNDARY OF LOTS 7 AND 8 TO THE POINT OF BEGINNING. - s/l/v/a 1337 NANCESOWEE AVE., 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 60 days after the sale.
Dated this 4th day of May, 2012.

Robert Germaine
As Clerk of the Court
By: /s/ Priscilla Michalak
As Deputy Clerk
Dated this 4th day of May, 2012.
Important

In accordance with the Americans with Disabilities Act, 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 the Office of the Court Administrator, (863) 534-4690, at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; Notice of Foreclosure Sale; if you are hearing or voice impaired, call TDD (863) 534-7777 or Florida Relay Service 711.

July 6, 13, 2012

NOTICE OF POLICY AMENDMENT
SOUTH FLORIDA STATE COLLEGE DISTRICT BOARD OF TRUSTEES

The following policies will be considered at the regular Board meeting to be held Wednesday, July 25, 2012 at 6:00 p.m. at the DeSoto Campus at 2251 NE Turner Avenue, Arcadia, FL. The general public is invited.

Policy Implementation: Proposed amendments to the following policy.

Policy 2.16 College Seal
Policy 3.17 Student Performance Standards for the Award of the Associate in Arts Degree
Policy 7.08 Auditorium Access for the Mobility Impaired (Deletion)

For additional information, interested parties may visit the college website at www.southflorida.edu/trustees, or contact the Office of the President, South Florida State College at 600 West College Drive, Avon Park, FL 33825. IF A PERSON DECIDES TO APPEAL ANY DECISION MADE BY THE DISTRICT BOARD OF TRUSTEES WITH RESPECT TO ANY MATTER CONSIDERED AT THIS MEETING, THAT PERSON WILL NEED A RECORD OF THE PROCEEDINGS, AND MAY NEED TO ENSURE THAT A VERBATIM RECORD OF THE PROCEEDINGS IS MADE, WHICH RECORD INCLUDES THE TESTIMONY AND EVIDENCE UPON WHICH THE APPEAL IS TO BE BASED.

July 13, 15, 2012

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CIVIL DIVISION Case No.: 28-2009-CA-001038 Division: Civil

BANK OF AMERICA, N.A. Plaintiff,

v.
DEBRA D. TOWNSEND A/K/A DEBRA TOWNSEND; UNKNOWN SPOUSE OF DEBRA D. TOWNSEND A/K/A DEBRA TOWNSEND IF ANY; CARA TOWNSEND; UNKNOWN SPOUSE OF CARA TOWNSEND IF ANY; AMY TOWNSEND; UNKNOWN SPOUSE OF AMY TOWNSEND IF ANY; ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, UNDER, AND AGAINST THE HEREIN NAMED DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAME UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEEES, OR OTHER CLAIMANTS; MANOR HILL OWNERS' ASSOCIATION, INC. A/K/A MANOR HILL PROPERTY OWNER ASSOCIATION; BANK OF AMERICA, N.A.; JOHN DOE AND JANE DOE AS UNKNOWN TENANTS IN POSSESSION, Defendants.

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Final Summary Judgment dated June 29, 2012, entered in Civil Case No.: 28-2009-CA-001038, of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein BANK OF AMERICA, N.A. is Plaintiff, and DEBRA D. TOWNSEND A/K/A DEBRA TOWNSEND; CARA TOWNSEND; UNKNOWN SPOUSE OF CARA TOWNSEND N/K/A WILLIAM MANCUSO; AMY TOWNSEND; MANOR HILL OWNERS' ASSOCIATION, INC. A/K/A MANOR HILL PROPERTY OWNER ASSOCIATION; BANK OF AMERICA, N.A., are Defendants.

I will sell to the highest bidder for cash at 11:00 AM at the Jury Assembly Room, Basement, 430 South Commerce Avenue, Sebring, FL 33870 on 30th day of July, 2012, the following described real property as set forth in said Final Summary Judgment, to wit:

LOT 63, BLOCK 260, SUN 'N LAKE ESTATES OF SEBRING, UNIT 13, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 9, PAGE 71, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

This property is located at the Street address of: 3318 SUNRISE DR., SEBRING, FL 33872.

If you are a person claiming a right to funds remaining after the sale, you must file a claim with the clerk no later than 60 days after the sale. If you fail to file a claim you will not be entitled to any remaining funds. After 60 days, only the owner of record as of the date of the lis pendens may claim the surplus.

WITNESS my hand and the seal of the court on June 29, 2012.

ROBERT W. GERMAINE
As Clerk of the Court
By: /s/ Priscilla Michalak
Deputy Clerk
(COURT SEAL)

July 13, 20, 2012

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1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2011-CA-000254
SEC.: Civil
DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE OF THE INDIAMAC INDX MORTGAGE LOAN TRUST 2006-AR11, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-AR11 UNDER THE POOLING AND SERVICING AGREEMENT DATED APRIL 1, 2006 Plaintiff,
v.
WAYNE M. LUPO, et al. Defendant(s).

NOTICE OF SALE

NOTICE IS HEREBY GIVEN pursuant to an Order of Final Summary Judgment of Foreclosure dated May 31, 2012, entered in Civil Case No. 28-2011-CA-000254 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 30th day of July, 2012, 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:

THE NORTH HALF OF LOT 10 AND ALL OF LOT 11, IN BLOCK 117, OF LAKE VIEW PLACE ADDITION, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 1, PAGE 58, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA, THE SAID NORTH HALF OF LOT 10 BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: BEGINNING AT A COMMON BOUNDARY OF LOTS 10 AND 11 ON THE NORTHWESTERLY ALONG HOIYEE AVENUE, RUN THENCE SOUTHWESTERLY ALONG HOIYEE AVENUE A DISTANCE OF 25 FEET; THENCE NORTHWESTERLY AND PARALLEL WITH THE SAID COMMON BOUNDARY OF SAID LOT 10 AND 11 TO THE REAR LINE OF LOT 10; THENCE NORTHEASTERLY ALONG THE REAR OF LOT 10 TO THE COMMON BOUNDARY OF LOT 10 AND 11 THENCE SOUTHEASTERLY ALONG THE SAID COMMON BOUNDARY OF LOT 10 AND 11 TO THE POINT OF BEGINNING.

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 20TH DAY OF JUNE, 2012.

By: /s/ Priscilla Michalak
ROBERT W. GERMAINE
CLERK OF THE CIRCUIT COURT
HIGHLANDS COUNTY, FLORIDA
July 13, 20, 2012

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL DIVISION
Case No.: 12-90-GCS
HIGHLANDS INDEPENDENT BANK,
Plaintiff,
vs.
JUSTIN C. JACKSON, CHRISTINA M. JACKSON,
and ROBERT M. FOX, JR.,
Defendants.

NOTICE OF SALE
NOTICE IS HEREBY GIVEN that pursuant to the "Final Judgment on Verified Complaint" (the "Final Judgment"), entered in the above-styled action on June 27, 2012, the Clerk of Highlands County will sell the property situated in Highlands County, Florida, as described below at a Public Sale, to the highest bidder, for cash, at 430 South Commerce Avenue, Sebring, Florida 33870, on July 30, 2012, at 11:00 a.m.

The Southeast Quarter of the Northeast Quarter of the Southeast Quarter of Section 5, Township 33 South, Range 29 East, Highlands County, Florida. Also, known as Lot 7, of T & K UNRECORDED.
Together with a 1996 REDMAN SHADOW-RIDGE Doublewide Mobile Home, I.D. #FLA14610404A/B, Title #70437867/870
Property Address: 2805 North Bonnet Creek Road, Avon Park, Florida 33825.
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.

BOB GERMAINE
Clerk of the Circuit Court
Highlands County, Florida
/s/ Priscilla Michalak
Deputy Clerk
July 13, 20, 2012

IN THE CIRCUIT COURT OF THE 10TH JUDICIAL CIRCUIT, IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL DIVISION
CASE NO. 28-2011-CA-000721
THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK, AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF THE CWABS INC., ASSET-BACKED CERTIFICATES, SERIES 2006-15 Plaintiff,
vs.
WILLIS S. CHANDLER JR., et al.,
Defendants.

RE-NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated June 1, 2012, and entered in Case No. 28-2011-CA-000721, of the Circuit Court of the 10th Judicial Circuit in and for HIGHLANDS County, Florida. THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK, AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF THE CWABS INC., ASSET-BACKED CERTIFICATES, SERIES 2006-15 is Plaintiff and WILLIS S. CHANDLER JR.; MARTHA B. CHANDLER; UNKNOWN PERSON(S) IN POSSESSION OF THE SUBJECT PROPERTY; are defendants. I will sell 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, FL, IN HIGHLANDS COUNTY, FLORIDA, at 11:00 a.m., on the 31st day of July, 2012, the following described property as set forth ins aid Final Judgment, to wit:

LOT 86, BLOCK 143, PLACID LAKES, SECTION 11, ACCORDING TO A REVISION OF A RESUBDIVISION OF PLACID LAKES, SECTION 11, AS RECORDED IN PLAT BOOK 8, PAGE 77, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
A 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.
Dated this 6th day of July, 2012.

ROBERT W. GERMAINE
As Clerk of said Court
By: /s/ Priscilla Michalak
As Deputy Clerk

This notice is provided pursuant to Administrative Order No.2.065.

In accordance with the Americans with Disabilities Act, 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 provisions of certain assistance. Please contact the Court Administrator at 430 South Commerce Avenue, Sebring, Fl 33870, Phone No. (863)534-4690 within 2 working days of your receipt of this notice or pleading; if you are hearing impaired, call 1-800-955-8771 (TDD); if you are voice impaired, call 1-800-995-8770 (V) (Via Florida Relay Services).

July 13, 20, 2012

1055 Highlands County Legals

The City of Sebring will receive sealed bids in the City Purchasing Department for the following annual bids:

13-001: CONTROL ELECTRICIAN
13-002: ELECTRICAL SERVICES
13-003: JANITORIAL SERVICES
13-004: LOT CLEARING/BUSH HOGGING for Code Enforcement
13-005: LUBE, OIL, & FILTER SERVICE
13-006: PERC POND SCARIFICATION/BUSH HOGGING for WWTP
13-007: PEST CONTROL SERVICES
13-008: PLUMBING SERVICES
13-009: PUMP REPAIR FOR LIFT STATIONS
13-010: SMALL ENGINE REPAIR

Specifications & General Terms and Conditions may be obtained from our website at: mysebring.com. or by contacting Kirk Zimmerman, CPPB by phone 863-471-5110, Fax 863-471-5168, or email: kirkzimmerman@mysebring.com at the City purchasing office located at 368 South Commerce Ave - Sebring, FL 33870. If obtaining documents via the website, it shall be the bidders responsibility to check for amendments/changes made to the document.

Bid envelopes must be sealed and marked with the bid number and name as to identify the enclosed bid. Bids must be delivered to the City Of Sebring Purchasing Office Attn: Kirk Zimmerman so as to reach the said office no later than 10:00 AM, Thursday, August 2, 2012, of the official time clock in the purchasing office. Proposals received later than the date and time specified will be rejected. The City will not be responsible for the late delivery of any bids that are incorrectly addressed, delivered in person, by mail, of any other type of delivery service.

The submitting firm will be required to comply with all applicable laws, regulations, rules and ordinances of local, state and federal authorities having jurisdiction, including, but not limited to: all provisions of the Federal Government Equal Employment Opportunity clauses issued by the Secretary of Labor on May 21, 1968 and published in the Federal Register (41 CFR Part 60-1, 33 F.2 7804); all provisions of the Public Entity Crimes (Fla. Stat. §sect:287.133, et seq, as amended) and the provisions in Fla. Stat. §sect:287.134, et seq, as amended, regarding discrimination.

The Sebring City Council reserves the right to accept or reject any or all bids or any parts thereof; and the award; if an award is made, will be made to the most responsible bidder whose bid and qualifications indicate that the award will be in the best interest of the City of Sebring. The council reserves the right to waive irregularities in the bid.

Kirk Zimmerman, CPPB
Purchasing Agent
Sebring, Florida

Publication:Highlands Today & News-Sun
Dates: July 6 & 13, 2012

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
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1200 Lost & Found

FOUND - On Citroen Dr. Medium size female dog, circle mark on head, has 2 different colored eyes. 863-873-1567

FOUND KITTEN, Calico, in the area of MC Roy Rd off 66. Please call 863-201-3720, leave message.

LOST 6/23, Miniature Dachshund, Isabella, Chocolate & Tan has Gator collar on, lost in area of RT. 64 in Avon Park, last seen around Ar buckle & 64. If found, Please Call 863-399-1249 or 863-241-2698.

1400 Health Care Services

HOME CARE AGENCY SEEKING CNA's/HHA's for Avon Park and surrounding areas. Call 863-292-9060

2000 Employment

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ASSOC. DIRECTOR, Diabetes Master Clinician Program. Grant funded. LPN or higher degree w/health care background & 2 yrs. management exp. See full job description at hrhn.org. Fax resume to 863-452-6882 or email to kelly.johnson@hrhn.org. No phone calls please. EOE/DFWP.

BUSINESS OFFICE MGR. FOR ALF with specialty license, good organizational skills, flexibility, independent, dependable, exp. preferred in admissions, billing, new hire paperwork, also marketing. Apply at Crown Pointe ALF 5005 Sun N Lakes Blvd. Sebring. Expect interview immediately

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FLORIDA MENTAL IS SEEKING RN's to provide medical services for individuals with Developmental Disabilities in our Avon Park facility.
(8:00pm - 8:00am)
(8:00am - 8:00pm)
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ROYAL CARE OF AVON PARK We currently have FT and PT C.N.A positions available for all shifts. If you want to become part of the Royal Care team call Maria Perez or Alvina Perry at 863-453-6674 of apply in person. EOE/MF/DFWP

SEEKING 2 Males to wear British Guard costumes - size 34 pants/40 jacket & 36 pants/42 jacket, to stand as silent guards (2hrs.) on 8-18-2012, for Wedding at Sebring Civic Center. \$20 per hr. each. Call 863-385-1429

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Must be organized and
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Fax resumes to:
863-678-2170

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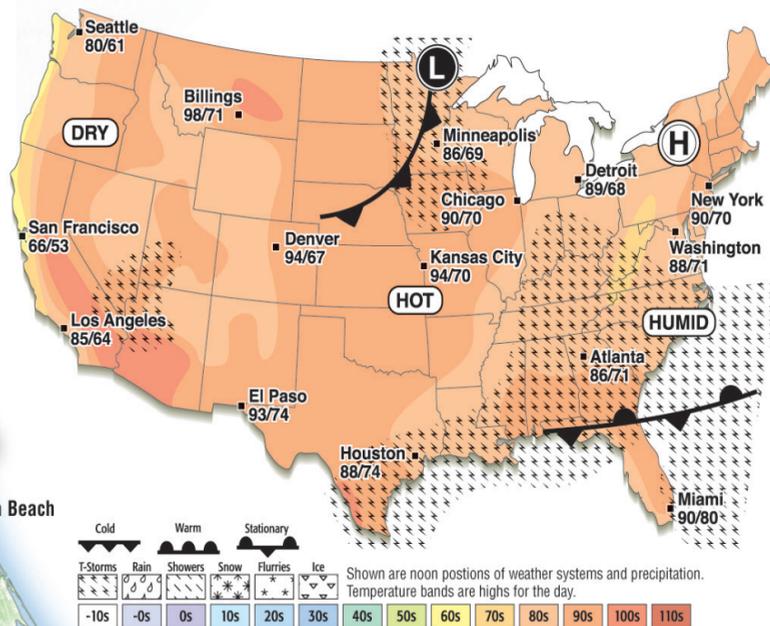
NEWS-SUN

Your Hometown Newspaper

Five-Day forecast for Highlands County

TODAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Some sun with a shower or t-storm	Clouds and sun with a thunderstorm	Clouds and sun, t-storms possible	Clouds and sun, a t-storm possible	Some sun, a t-storm possible; humid
92° / 74°	91° / 73°	92° / 74°	93° / 75°	93° / 75°
Winds: ESE at 6-12 mph	Winds: E at 7-14 mph	Winds: ESE at 4-8 mph	Winds: SSE at 3-6 mph	Winds: SE at 4-8 mph

National Forecast for July 13



Almanac

Temperature
Readings at Archbold Biological Station in Lake Placid

High Sunday	97°
Low Sunday	65°
High Monday	95°
Low Monday	67°
High Tuesday	94°
Low Tuesday	69°
High Wednesday	90°
Low Wednesday	65°

Heat Index
For 3 p.m. today

Relative humidity	61%
Expected air temperature	90°
Makes it feel like	100°

Barometer

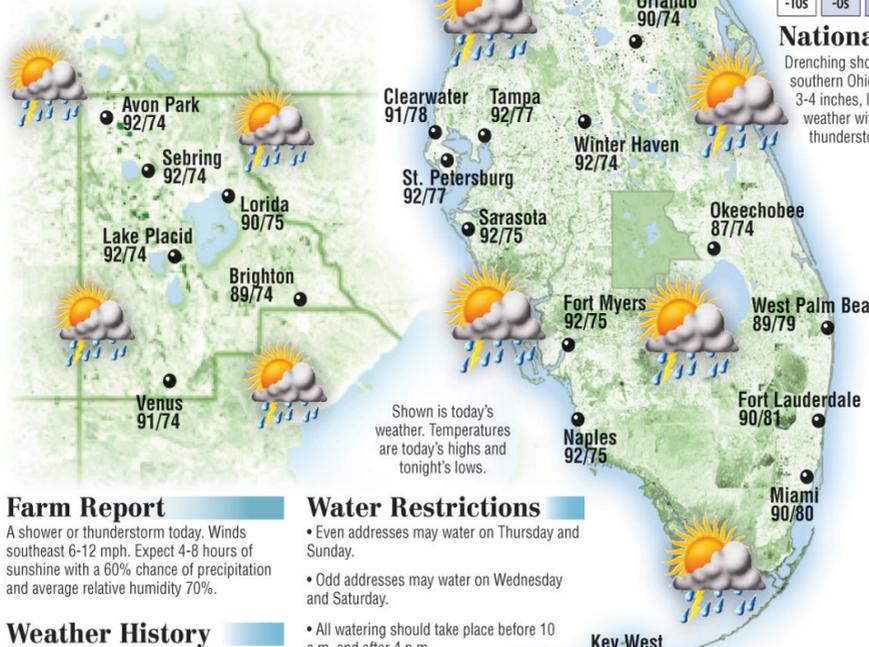
Monday	29.95
Tuesday	29.95
Wednesday	29.94

Precipitation

Monday	0.00"
Tuesday	0.00"
Wednesday	0.00"
Month to date	0.57"
Year to date	20.23"

Regional Summary

Intervals of clouds and sunshine today with a shower or thunderstorm. Partly cloudy tonight. Intervals of clouds and sun tomorrow with a shower or thunderstorm. Sunday: showers and thunderstorms possible.



Tides

Readings at St. Petersburg

High	9:53 a.m.
Low	3:00 a.m.
High	none
Low	6:03 p.m.

Readings at Palm Beach

High	4:30 a.m.
Low	10:55 a.m.
High	5:24 p.m.
Low	11:24 p.m.

Lake Levels

Readings as of 7 a.m. yesterday

Lake Jackson	78.36'
Lake Okeechobee	11.99'
Normal	14.51'

UV Index Today

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



0-2 Low; 3-5 Moderate; 6-7 High; 8-10 Very High; 11+ Extreme
Forecasts and graphics provided by AccuWeather, Inc. ©2012

AccuWeather.com

Farm Report

A shower or thunderstorm today. Winds southeast 6-12 mph. Expect 4-8 hours of sunshine with a 60% chance of precipitation and average relative humidity 70%.

Weather History

A tornado cut a path of destruction from northern New Jersey into New York City on July 13, 1895. The storm finally dissipated over Jamaica Bay.

Sun and Moon

	Today	Saturday
Sunrise	6:43 a.m.	6:43 a.m.
Sunset	8:21 p.m.	8:21 p.m.
Moonrise	2:12 a.m.	2:54 a.m.
Moonset	3:53 p.m.	4:45 p.m.



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	92/75/t	92/75/t	91/75/t	Miami	90/80/t	91/79/t	89/78/t
Clearwater	91/78/t	92/77/t	91/77/t	Okeechobee	87/74/t	89/72/t	87/72/t
Coral Springs	88/78/t	89/77/t	90/77/pc	Orlando	90/74/t	91/74/t	92/74/t
Daytona Beach	89/77/t	90/75/t	90/74/pc	Pembroke Pines	89/78/t	91/77/t	90/77/t
Ft. Laud. Bch	90/81/t	89/77/pc	90/79/pc	St. Augustine	88/77/t	88/75/t	90/74/pc
Fort Myers	92/75/t	92/74/t	91/75/t	St. Petersburg	92/77/t	92/78/t	91/77/t
Gainesville	92/72/t	91/71/t	93/72/pc	Sarasota	92/75/t	92/75/t	92/76/t
Hollywood	89/78/t	91/77/t	90/77/pc	Tallahassee	92/73/t	93/73/t	94/72/pc
Homestead AFB	89/77/t	89/76/t	88/76/t	Tampa	92/77/t	92/77/t	91/76/t
Jacksonville	90/72/t	90/70/t	92/71/pc	W. Palm Bch	89/79/t	89/79/t	90/78/pc
Key West	89/81/t	89/79/t	88/81/t	Winter Haven	92/74/t	91/73/t	92/74/t

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

National Summary

Drenching showers and thunderstorms will persist across much of the Southeast and push into the Tennessee and southern Ohio valleys today. Many locations will receive at least an inch of rain while some places will be soaked by 3-4 inches, leading to localized flooding. In the Northeast, high pressure will promote another day of dry, sunny weather with temperatures in the 80s and 90s. A cold front swinging through the Midwest will trigger some thunderstorms. Much of Great Plains will be dry.

U.S. Cities

City	Today	Sat.	Sun.	City	Today	Sat.	Sun.
Albuquerque	93/70/t	92/71/t	93/69/pc	Los Angeles	85/64/pc	83/61/pc	78/59/pc
Atlanta	86/71/t	87/72/t	92/74/t	Louisville	84/74/t	88/74/t	92/75/t
Baltimore	90/70/pc	90/74/t	92/72/t	Memphis	86/73/t	89/75/t	93/74/c
Birmingham	88/73/t	90/74/t	94/73/t	Milwaukee	85/68/pc	85/70/t	88/70/pc
Boston	88/70/pc	90/70/pc	86/72/t	Minneapolis	86/69/t	92/70/t	91/70/pc
Charlotte	86/70/t	89/69/t	91/70/pc	Nashville	87/72/t	87/72/t	94/73/t
Cheyenne	84/61/pc	87/61/pc	89/64/pc	New Orleans	89/75/t	90/76/t	92/72/t
Chicago	90/70/pc	90/72/t	90/74/pc	New York City	90/70/t	88/71/t	86/72/t
Cleveland	84/68/t	84/72/t	89/73/t	Norfolk	86/71/pc	88/74/t	91/75/pc
Columbus	82/69/t	88/72/t	91/72/t	Oklahoma City	94/70/pc	100/71/s	100/73/s
Dallas	94/76/pc	92/76/pc	92/76/s	Philadelphia	92/70/pc	90/74/t	91/76/t
Denver	94/67/pc	96/66/pc	95/66/t	Phoenix	106/90/t	105/89/t	106/87/t
Detroit	89/68/pc	86/73/t	90/73/pc	Pittsburgh	84/67/t	84/69/t	87/64/t
Harrisburg	88/64/pc	86/73/t	92/74/t	Portland, ME	87/62/pc	89/67/pc	87/64/t
Honolulu	87/74/pc	88/74/pc	87/74/s	Portland, OR	85/62/s	87/64/pc	82/56/s
Houston	88/74/t	90/74/t	92/75/pc	Raleigh	86/71/t	91/69/t	92/74/pc
Indianapolis	82/71/t	87/73/t	90/72/pc	Rochester	88/67/pc	87/70/t	89/71/t
Jackson, MS	90/71/t	90/72/t	94/72/t	St. Louis	90/74/t	92/74/t	95/76/pc
Kansas City	94/70/t	96/72/s	98/73/s	San Francisco	66/53/pc	69/54/pc	70/55/pc
Lexington	84/71/t	86/69/t	89/70/t	Seattle	80/61/pc	85/62/pc	80/57/pc
Little Rock	92/72/t	92/73/t	92/72/pc	Wash., DC	88/71/pc	91/78/t	95/77/t

World Cities

City	Today	Sat.	Sun.	City	Today	Sat.	Sun.
Acapulco	91/77/t	91/77/t	91/75/t	London	64/54/r	67/56/r	67/52/sh
Athens	97/76/s	101/79/s	103/80/s	Montreal	88/68/pc	88/68/pc	87/68/pc
Beirut	89/75/s	90/74/s	90/75/s	Moscow	81/54/sh	77/54/pc	74/54/sh
Berlin	64/56/r	69/53/r	68/52/sh	Nice	84/68/s	83/66/s	82/68/s
Bermuda	83/77/s	83/77/s	83/73/s	Ottawa	92/68/pc	90/66/pc	87/68/pc
Calgary	84/57/pc	79/60/t	79/55/pc	Quebec	82/60/t	87/60/pc	84/61/pc
Dublin	61/48/r	63/46/sh	61/50/pc	Rio de Janeiro	73/64/r	75/66/pc	72/64/r
Edmonton	79/50/s	87/60/s	79/55/r	Seoul	84/72/t	84/73/r	82/72/r
Freeport	88/80/t	88/80/t	87/81/pc	Singapore	86/79/t	89/78/t	87/77/t
Geneva	72/61/sh	71/49/r	67/49/sh	Sydney	71/43/s	64/41/s	61/41/s
Havana	88/71/t	88/72/sh	87/71/t	Toronto	92/71/pc	79/66/t	87/68/pc
Hong Kong	90/83/c	91/84/t	90/84/t	Vancouver	78/64/pc	78/64/pc	78/60/pc
Jerusalem	92/73/s	93/72/s	92/71/s	Vienna	75/56/r	77/62/sh	79/59/pc
Johannesburg	62/45/sh	60/31/sh	50/31/s	Warsaw	71/54/sh	74/58/sh	72/55/pc
Kiev	83/61/pc	81/64/pc	86/57/t	Winnipeg	92/68/t	92/64/pc	83/68/pc



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The Lake Placid AAA All-Stars erupt in celebration after Wyatt Moore's first-inning home run Wednesday night. They would be celebrating more in two hours as they topped Sebring and won a drawing of straws to get a bye into Thursday night's State Tournament title game.

News-Sun photo by DAN HOEHNE

Dragons clinch spot in AAA Final

By LAUREN WELBORN

News-Sun correspondent

SEBRING – Things were definitely getting fired up Wednesday night as the Dixie Youth AAA tournament pinned the undefeated Sebring All-Stars against county rival Lake Placid to battle for a spot in the final game.

Taking the early jump

and holding onto the lead was Lake Placid, who took the win with a score of 10-5 in their favor.

In the top of the first, it was Sebring who led off strong with a sacrifice fly to bring in LJ Daniels to start things off 1-0.

Lake Placid, however, would come out just a bit stronger in their first at-bat.

Thunder rolled that night, but for the first time it was not due to the weather and was instead the cracking bats of Wyatt Moore and Cody Carpenter hitting back-to-back home runs.

Garrett English then smacked a grounder up the middle, and the tag from the throw home from center just missed Royston Daley to

tack on the third run for Lake Placid.

One more run would be scored as another missed tag allowed another Dragon run to cross the plate, now seeing the first-inning score at 4-1.

"We wanted to jump on them quick and hold them

See DRAGONS, Page 4B

The 100 Best Bass Lakes

For those of you who receive the BASS Master magazine, you may have seen the May 2012 issue in which James Hall, David Hunter Jones and Kaitlin Bitz listed what they considered to be the 100 Best Bass Lakes in the country.

Admittedly, they had some help.

First, The Department of Natural Resources in every state provided information based on their electro-shock and angler-catch surveys.

Secondly, they asked the B.A.S.S. Federation Nation state presidents to rank the top lakes in their states based on tournament results.

Third, they asked the Federation Nation conservation directors to rank the bass lakes in their states based on access, stocking practices and current health of the fishery, narrowing the list to 100.

Lastly, they created a blue ribbon panel of experts, including outdoor writers, Elite Series anglers and fishing industry leaders from across the country to organize these lakes based on the priorities of bass anglers.

I don't know about you, but nobody asked me.

Not that I could truly evaluate all the lakes in the United States, but it would have been nice to be asked.

So how did Florida stack up in the list of 100 Best



Fishin' Around

Don Norton

Bass Lakes in the United States?

We actually came in at Number 2, with Lake Okeechobee.

Number 1 was Falcon Lake in Texas.

According to the survey, Falcon Lake is the irrefutable best bass fishing lake in North America.

Five fish tournaments regularly take 40-plus pounds to win, and Falcon is just about the only place where anglers don't get excited about 6-pounders.

Alton Jones, an Elite Series pro fishes Falcon an average of twice a month and claims his best five fish in one day weighed 50-pounds, 8-ounces, with an 11-pound kicker.

He further claims to have released 17 bass heavier than 8 pounds.

Now I'll have to admit, that must have been some day on the water for Alton.

The top ten lakes listed in

See BASS, Page 3B

Martinez slams send Sebring to Ozone final

By DAN HOEHNE

daniel.hoehne@newsun.com

SEBRING – Sebring Ozone head coach Caesar Martinez prefers to take them one game at a time.

Not getting caught up in the momentum of a big win, or a few, citing that, "every day is different, and especially with 11- and 12-year old kids, you never know what's going to happen."

Even after three consecutive wins in dominating fashion – averaging 14 runs per game and having given up a total of four – to reach Wednesday night's Dixie Ozone State Tournament semifinal against Marianna.

The squad from the Panhandle, after all, had put up 30 runs in their tournament opener Saturday, and had towering fireballer Deontrel Rhynes taking the mound this night.

But keeping that edge, taking each day as it comes, produced a familiar outcome as Sebring mauled Marianna by a 12-0 count.

The tone was set early as the top of the order, while a tad late on their swings early on, still squared up Rhynes' rocket deliveries.

Hunter Martinez started it with a rip to right for a single and Trent Lewis followed with a shot to left for another one-bagger.

Everett Hurst, Sebring's starter on the mound, then launched one over the right field fence for a three-run bomb and the early lead.

Heading to the hill after his three-inning, nine-strikeout performance the night before in Sebring's 11-1 win over East Lakeland, Hurst helped his own cause, alertly covering first on the chopper that drew first baseman Dayvon Terry away from the bag to record the first out.



Hunter Martinez belts one of his two grand slams Wednesday night as the Sebring All-Star squad powered past Marianna to reach the Dixie Ozone State Tournament title game.

News-Sun photo by DAN HOEHNE

Hurst then got a pop-out to second before getting a strikeout to end the inning.

Sebring then added to the lead as Gabe Gomez and Clint Patrick started the second by drawing consecutive walks.

After Rhynes got a strikeout, Edwin Navarez-Ayala loaded the bases by working the count before taking ball four.

Rhynes got the second out, but with the top of the order now coming back around, he was about to see his night end.

Martinez now had his tim-

ing down a little better and pulled a fastball well over the left-center field fence for a grand slam that made it a 7-0 game and brought in southpaw Hunter Mitchell in relief.

Adjusting from the flame throwing Rhynes to the slower-paced, breaking pitches of Mitchell didn't seem too tough for Sebring, as Lewis and Hurst greeted him with consecutive singles, but a grounder to third ended the frame with the boys in blue holding the touchdown lead.

Hurst lost a little command in the bottom of the second,

walking Cameron Gray and Rhynes, before Riley Torbett reached out and poked one through the right side to load the bases.

"I was opening up a little too fast, which made my release point too high," Hurst explained. "I realized it during the second batter and then they got that hit and loaded the bases. But I was fine after that."

Indeed he was, striking out the next two before getting a pop-out to short to end the frame with his shutout still

See OZONE, Page 4B



Courtesy photo
Seth "Sparkplug" Abeln made a daring steal of home Tuesday to help Team Heartland top Polk County for the Florida Dixie Majors state championship and send the squad to the World Series in Laurel, MS beginning Saturday, July 28.

Heartland united takes State - twice

By DAN HOEHNE

daniel.hoehne@newsun.com

After succumbing to the Polk County All-Stars Sunday, Team Heartland made it a clean sweep the rest of the way to claim the Dixie Majors (19-under) Florida State championship.

An 8-4 win over Hernando Monday morning had set up a rematch with Polk in an afternoon contest that was dominated by the Heartland squad, 9-1, setting the stage for Tuesday morning's winner-take-all.

Down 2-1 after the first inning of play, Heartland loaded the bases and brought in the tying run on an Evan Lewis walk.

Drew Reeves followed with a hot shot to third that couldn't be handled, bringing home another run and leaving everyone safe.

Then, on the second pitch of Jesse Baker's at bat, Abeln broke for home and slid head first untouched across the plate to steal a run.

Polk got one run back in the bottom of the frame and then tied it at 4-4 in the third on a George

Kirkland home run.

An Abeln single scored Lane Crosson, who had doubled, to retake the lead and a Reeves sacrifice fly brought Matt Roberts home to up it to 6-4.

Reeves then came through with a two-run double in the fifth, as part of a five-run inning, to break the game open with an 11-4 lead.

A solo Polk home run in the fifth got one run back, but the Heartland pitching and defense came up big during what could have been a back-breaking sixth.

Polk had loaded the bases with nobody out while looking up at the 11-5 deficit.

But only one run would be allowed to cross the plate before Heartland got out of it still holding an 11-6 lead.

Another Polk home run, also of the solo variety, notched one more in the seventh, but that would be all that came across as Heartland held on for the win.

"It feels great. After being so close so many

See DIXIE, Page 4B

THE SCOREBOARD

Major League Baseball

AMERICAN LEAGUE

East Division				
	W	L	Pct	GB
New York	52	33	.612	—
Baltimore	45	40	.529	7
Tampa Bay	45	41	.523	7½
Boston	43	43	.500	9½
Toronto	43	43	.500	9½
Central Division				
	W	L	Pct	GB
Chicago	47	38	.553	—
Cleveland	44	41	.518	3
Detroit	44	42	.512	3½
Kansas City	37	47	.440	9½
Minnesota	36	49	.424	11
West Division				
	W	L	Pct	GB
Texas	52	34	.605	—
Los Angeles	48	38	.558	4
Oakland	43	43	.500	9
Seattle	36	51	.414	16½

Tuesday's Games

NL All-Stars 8, AL All-Stars 0

Wednesday's Games

No games scheduled

Thursday's Games

No games scheduled

Friday's Games

Detroit (Fister 2-6) at Baltimore (Hammel 8-5), 7:05 p.m.
 L.A. Angels (Undecided) at N.Y. Yankees (Kuroda 8-7), 7:05 p.m.
 Cleveland (Masterson 5-8) at Toronto (R.Romero 8-4), 7:07 p.m.
 Boston (F.Morales 1-2) at Tampa Bay (Hellickson 4-5), 7:10 p.m.
 Chicago White Sox (Quintana 4-1) at Kansas City (B.Chen 7-8), 8:10 p.m.
 Oakland (Griffin 0-0) at Minnesota (Liriano 3-7), 8:10 p.m.
 Texas (D.Holland 5-4) at Seattle (Millwood 3-6), 10:10 p.m.

LEAGUE LEADERS

BATTING				
	AB	R	H	BA
Trout, LAA	258	57	88	.341
Jackson, DET	253	54	84	.332
Konerko, CHW	286	40	94	.329
Mauer, MIN	285	44	93	.326
Beltre, TEX	319	51	104	.326
Cabrera, DET	343	52	111	.324
Rios, CHW	318	50	101	.318
Cano, NYY	332	57	104	.313

HOME RUNS

Hamilton, TEX	27
Bautista, TOR	27
Dunn, CHW	25
Granderson, NYY	23
Encarnacion, TOR	23
Trumbo, LAA	22
Ortiz, BOS	22
3 tied with	20

RUNS BATTED IN

Hamilton, TEX	75
Cabrera, DET	71
Bautista, TOR	65
Fielder, DET	63
Dunn, CHW	61
Willingham, MIN	60
Encarnacion, TOR	58
Trumbo, LAA	57
Ortiz, BOS	57
2 tied with	54

STOLEN BASES

Trout, LAA	26
Davis, TOR	23
Kipnis, CLE	20
Revere, MIN	18
Andrus, TEX	16
Crisp, OAK	16
6 tied with	15

RUNS

Kinsler, TEX	63
Ortiz, BOS	62
Granderson, NYY	61
Bautista, TOR	59
De Aza, CHW	59
Trout, LAA	57
Cano, NYY	57
Choo, CLE	57
Encarnacion, TOR	55
3 tied with	54

WON-LOST

Harrison, TEX	11-4
Price, TB	11-4
Weaver, LAA	10-1
Sale, CHW	10-2
Nova, NYY	10-3
Darvish, TEX	10-5
Sabathia, NYY	9-3
Doubront, BOS	9-4

ERA

Weaver, LAA	1.96
Sale, CHW	2.19
C. Wilson, LAA	2.43
Verlander, DET	2.58
Price, TB	2.82
Peavy, CHW	2.85
Harrison, TEX	3.10
Hernandez, SEA	3.13
Hellickson, TB	3.41

STRIKEOUTS

Verlander, DET	128
Hernandez, SEA	128
Scherzer, DET	121
Darvish, TEX	117
Shields, TB	109
Peavy, CHW	108
Price, TB	105
Sabathia, NYY	105

SAVES

J. Johnson, BAL	26
Rodney, TB	25
C. Perez, CLE	24
Broxton, K-C	21
Soriano, NYY	20
Aceves, BOS	19
Nathan, TEX	18
Valverde, DET	16

NATIONAL LEAGUE

East Division				
	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14
Central Division				
	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½
West Division				
	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Tuesday's Games

NL All-Stars 8, AL All-Stars 0

Wednesday's Games

No games scheduled

Thursday's Games

No games scheduled

Friday's Games



LIVE SPORTS ON TV

AUTO RACING

SATURDAY

10 a.m.	NASCAR – F.W. Webb 200, Qualifying	ESPN2
11 a.m.	NHRA – Lucas Oil Series	ESPN2
3:30 p.m.	NASCAR – F.W. Webb 200	ESPN
7 p.m.	Global Rallycross Championship	ESPN

BOWLING

SATURDAY

Noon	PBA – Summer Shootout	ESPN
12:30 p.m.	PBA – Summer Shootout	ESPN
1 p.m.	PBA – Summer Shootout	ESPN
1:30 p.m.	PBA – Summer Shootout	ESPN
2 p.m.	PBA – Summer Shootout	ESPN

BOXING

FRIDAY

10 p.m.	Andrzej Fonfara vs. Glen Johnson	ESPN2
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SATURDAY

11 p.m.	Danny Garcia vs. Amir Khan	HBO
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GOLF

FRIDAY

9:30 a.m.	EuroPGA – Scottish Open	GOLF
3 p.m.	PGA – U.S. Senior Open	ESPN2
3 p.m.	PGA – John Deere Classic	GOLF
6:30 p.m.	PGA – Utah Championship	GOLF

SATURDAY

2 p.m.	EuroPGA – Scottish Open	GOLF
3 p.m.	PGA – U.S. Senior Open	NBC
3 p.m.	PGA – John Deere Classic	CBS
6:30 p.m.	PGA – Utah Championship	GOLF

MAJOR LEAGUE BASEBALL

FRIDAY

7 p.m.	Boston at Tampa Bay	SUN
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SATURDAY

1 p.m.	Arizona at Chicago Cubs	WGN
4 p.m.	Regional – Detroit at Baltimore, St. Louis at Cincinnati or N.Y. Mets at Atlanta	FOX
7 p.m.	Boston at Tampa Bay	SUN
7 p.m.	Chicago White Sox at Kansas City	WGN

MAJOR LEAGUE LACROSSE

SATURDAY

7 p.m.	Charlotte at Denver	ESPN2
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TENNIS

SATURDAY

4 p.m.	WTA – Bank of the West Classic	ESPN2
10 p.m.	WTA – Bank of the West Classic	ESPN2

Times, games, channels all subject to change

Arizona (L.Kennedy 6-7) at Chicago
Cubs (Maholm 6-6), 2:20 p.m.
St. Louis (Wainwright 7-8) at Cincinnati (Latos 7-2), 7:10 p.m.
Washington (Zimmermann 5-6) at Miami (Jo.Johnson 5-5), 7:10 p.m.
N.Y. Mets (C.Young 2-2) at Atlanta (T.Hudson 7-4), 7:35 p.m.
Pittsburgh (Ja.McDonald 9-3) at Milwaukee (Greinke 9-3), 8:10 p.m.
Philadelphia (Cl.Lee 1-5) at Colorado (Friedrich 4-6), 8:40 p.m.
San Diego (Richard 6-9) at L.A. Dodgers (Kershaw 6-5), 10:10 p.m.
Houston (Lyles 2-5) at San Francisco (Bumgarner 10-5), 10:15 p.m.

LEAGUE LEADERS

BATTING				
	AB	R	H	BA
McCutchen, PIT	309	58	112	.362
Cabrera, SF	337	55	119	.353
Wright, NYM	302	56	106	.351
Ruiz, PHL	257	41	90	.350
Votto, CIN	287	50	100	.348
Gonzalez, COL	315	61	104	.330
Prado, ATL	324	49	104	.321
Holliday, STL	319	56	101	.317

HOME RUNS

Braun, MIL	24
Beltran, STL	20
Stanton, MIA	19
Bruce, CIN	18
McCutchen, PIT	18
Gonzalez, COL	17
Desmond, WAS	17
Hart, MIL	16
Alvarez, PIT	16
Pence, PHL	16

RUNS BATTED IN

Beltran, STL	65
Braun, MIL	61
Kubel, ARI	60
McCutchen, PIT	60
Wright, NYM	59
Gonzalez, COL	58
Holliday, STL	56
Bruce, CIN	56
Ethier, LAD	55

STOLEN BASES

Gordon, LAD	30
Bourn, ATL	25
Campana, CHC	25
Reyes, MIA	20
Schafer, HOU	20
Bonifacio, MIA	20
Pierre, PHL	20
Victorino, PHL	19
Stubbs, CIN	17
2 tied with	16

RUNS

Gonzalez, COL	61
Bourn, ATL	60
Pence, PHL	58
McCutchen, PIT	58
Holliday, STL	56
Wright, NYM	56
Braun, MIL	56
Cabrera, SF	55
2 tied with	54

WON-LOST

Dickey, NYM	12-1
G. Gonzalez, WAS	12-3
Lynn, STL	11-4
Burnett, PIT	10-2
Hamels, PHL	10-4

Bumgarner, SF	10-5
Hanson, ATL	10-5
Cueto, CIN	10-5
2 tied with	9

ERA

Dempster, CHC	1.99
Vogelsong, SF	2.36
McDonald, PIT	2.37
Cueto, CIN	2.39
Dickey, NYM	2.40
Zimmermann, WAS	2.61
Cain, SF	2.62
Lohse, STL	2.79

STRIKEOUTS

Strasburg, WAS	128
Dickey, NYM	123
Kershaw, LAD	119
G. Gonzalez, WAS	118
Hamels, PHL	118
Cain, SF	118
Greinke, MIL	111
Gallardo, MIL	107

SAVES

Kimbrel, ATL	25
Hanrahan, PIT	23
Casilla, SF	21
Motte, STL	20
Bell, MIA	19
Francisco, NYM	18
Myers, HOU	18
Papelbon, PHL	18
Putz, ARI	16
3 tied with	15

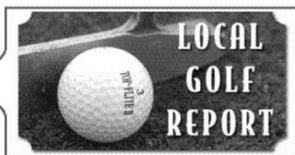
Major League Soccer

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
Sporting KC	10	5	3	33	23	17
D.C.	10	5	3	33	34	22
New York	9	5	4	31	32	27
Chicago	8	6	4	28	21	21
Houston	6	5	7	25	22	24
New England	6	7	4	22	24	22
Columbus	6	6	4	22	17	17
Montreal	6	11	3	21	27	36
Philadelphia	5	9	2	17	18	18
Toronto FC	3	11	4	13	21	35

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
San Jose	11	4	4	37	36	24
Real Salt Lake	11	6	3			



Senior Tip

MASTER STROKES

BY PHIL FRANKE WITH TOP 100 GOLF INSTRUCTORS



Get Some Rest!

Too many seniors rush their swing, particularly at the top, in the transition from backswing to downswing. It might be due to a little impatience, a case of nerves, or they have lost their smooth tempo to some rust. Whatever the reason, rushing causes a loss of control, creating all kinds of mishits. Here's an image to visualize that can help solve this bad habit. As you take the club back, imagine that you want to set the clubhead on a pillow for a brief "rest" at the top of your backswing, pausing for a brief moment before transitioning into your downswing. By keeping this image in mind, you will swing the club "quietly" and under control to the top. From there, it will be much easier to start or drop (not pull) the club down smoothly with increasing acceleration into the ball.

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'

"The Slot Swing" and "The 8-Step Swing," illustrated by Phil Franke'

Linda Pflieger won third place with 3 - 3's and 2 - 4's leaving Mary Cebula and her 3 - 4's and 2 - 2's to take 4th place.

On Tuesday, July 10, the SpringLake Men's Golf Association held a "Two Man Team - Net Points" competition on the Panther Creek course.

The weather was great right up until the clouds let go with some rain, resulting in some high scores -- out of 13 players in total, 9 golfers shot under net 70.

Under the SLMGA Points system, a Bogey equals 1 Point, Par equals 2, Birdie equals 4, Eagle equals 6 and Double Eagle equals 8 Points. Triple Bogey results in loss of a Point.

First place went to Larry Miesner and a "Blind" partner with a score of 105 points. While Larry shot a net 66, he was fortunately paired with a Blind who shot a net 65.

There was a three-way tie for second place at 98 points between the teams of Gary Behrendt and Gale Monda, Ken Kirby and Bill Robbins,

and Joe Austin and Ed Clay.

Third place, with 97 points, went to Jan Hard and Jay Payne and fourth place at 93 points went to Bob Hinde and Jim Foote.

The SpringLake Men's Golf Association held their monthly Pick Your Partner Two Day event on July 3 and July 5.

The first day included a Scramble on the Front Nine and Alternate Shot on the Back Nine of the Cougar Trail golf course.

Day 2 on the Panther Creek course was composed of One Best Ball (net) on the Front Nine and Both Balls (net) on the Back Nine.

The team winning first place overall was Pat Jaskowski and Bill Lawens with a two day score of 162 strokes, composed of 63 on Day 1 and 99 on Day 2.

This is good news to the Mens League as Pat is just back from a serious operation to correct an inner-ear balance problem and we are very glad to see him playing good again.

There was a three way tie for second place, at 164 strokes, between the teams of Ken Kirby and Bob Hinde, Gary Behrendt and Don Cunning, and Ed Clay and John Schroeder.

Third place went to Richie Eastep and Gene Hearn at 166 strokes, including 59 on Day 1 and 107 on Day 2.

Fourth place, at 168 strokes, composed of 63 and 105, went to "The Workhorse," Mr. Charlie Keniston and his able sidekick, Gale Monda.

Lake June West

A scramble was played on Thursday, July 5.

Winning first place was the team of Joe and Joyce Swartz, Betty and Don Boulton with 54; second place, Dick Reaney, Charlotte Mathew, Mario Cappelletti and John and Sue Ruffo with 55; and third place, Norm Grubbs, Joanne McGill, John and Gloria Huggett with 56.

Closest to the pin: (Ladies), No. 8, Margaret Schultz, 12-feet-2.5-inches. (Men), No. 4, Dick Reaney, 9-feet-3-inches.

The men's association played a Men's League event on Wednesday, July 4.

Winning first place was the team of Norm Grubbs, Mario Cappelletti and John Russo with 42; second place, Joe Swartz, Don Boulton and John Ruffo with 46; and third place, Dick Reaney, Jack Maginnis and Larry Heath with 49.

Closest to the pin: No. 2, Mario Cappelletti, 23-feet; and No. 8, John Russo, 3-feet-6-inches.

Placid Lakes

An Individual Low Gross, Low Net event was played by the Men's Association on Wednesday, July 11.

Winning the Low Gross was Bob McMillian with a 75, with Ed Bartusch taking second when his match of cards turned out a bit better than the 85

brought in by Bud Snyder for third.

Bartusch won the Low Net with a 67, while Snyder was a shot back with 68 for second and Darrell Horney took third with a 69.

Lane Capp had closest to the pin on the day, getting to 18-feet, 1-inch from No. 11.

The Fourth of July Scramble was played on Wednesday, July 4, with 28 players.

Winning first place was the team of Jeff Harstine, Jim and Ashley Engle and Dee Harstine with 42.2; second place, Bob McMillian, Floyd Beers, Pam Thomas and Wanda Beers with 42.7; and third place, Ed Bartusch, Dave Thomas, Karen Wallin and Barb Moriarity with 45.

Closest to the pin: (Men), No. 13, Ralph Rosenberg, 6-feet-3-inches; (Women) No. 2, Rose Hunter, 7-feet-2-inches.

SpringLake

On Wednesday, July 11, the SpringLake Women's Golf Association

played a Mystery Game.

After the 9 holes of golf, a game was selected by random drawing and the winners were determined.

The winners of the Lowest Full House - Net were: Rita Jaskowski won a tiebreaker of 3 - 2's and 2 - 4's over Wanda Baker to claim first place.

Bass lakes ranked, with Florida having five of top 100

Continued from 1B

study were;

1. Falcon Lake, TX
2. Lake Okeechobee, FL
3. Lake Gunterville, AL
4. Lake Erie, MI/OH/NY/PA
5. Lake Champlain, NY
6. Lake Amistad, TX
7. Lake Minnetonka, MN
8. San Joaquin Delta, CA
9. Lake Coeur d'Alene, ID
10. Clear Lake, CA

Only four other lakes in Florida made the list; Kissimmee Chain of Lakes at 21, Florida Everglades at 36, Lake Seminole at 40, Lake Tarpon at 57, and the Harris Chain of Lakes at 73.

It's interesting when you review the list.

Many of the lakes mentioned I've never heard of.

Minnesota?

I'd of never thought of the land of a thousand lakes as qualifying for one of the top 100 bass lakes, but they do catch a lot of 3-5 pound largemouth as well as smallmouths.

But it also gets cold up there.

Had I been consulted, I might have weighed in on at least a few of my favorite bass lakes.

Although I'm a big fan of Okeechobee, having caught my first 10 pounder there back in 1989, I'd have to go with Lake Istokpoga as Number 1, at least from my fishing perspective.

Obviously I'm more familiar with Lake Istokpoga, but based on my fishing successes, this lake provides plenty of big bass action.

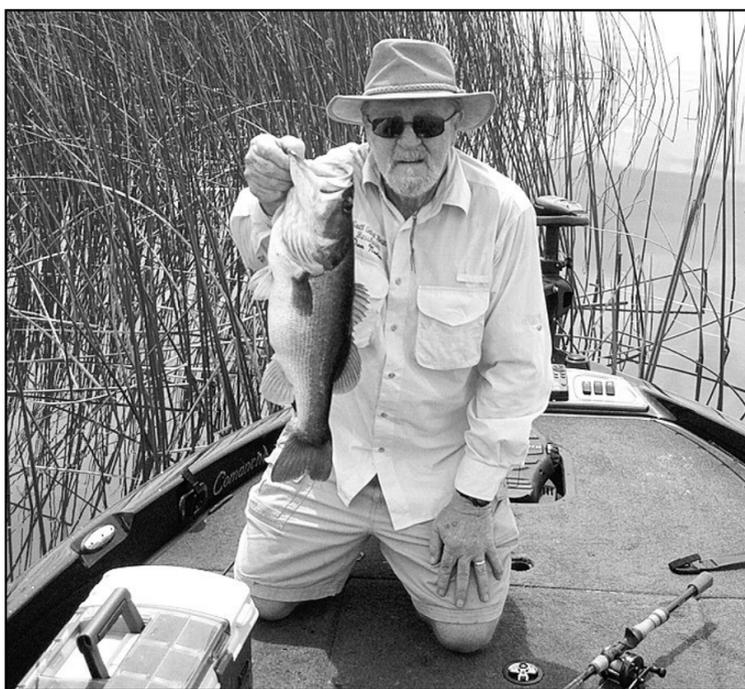
But my list wouldn't be complete without adding the Kissimmee River, Lake Walk-in-Water, Lake Toho and Farm 13.

At one time or another, all of these lakes have produced 10-pound plus bass for me and many others, not to mention all the nice fish over 5 pounds.

In the Top 100 Bass Lakes it's interesting to note that Texas had eight lakes that made the list, followed closely by California and Florida tying with five apiece.

More interesting is the fact that as good as the Texas and California lakes are, they all have Florida-Strain Largemouth bass.

The list of 100 certainly gives us a glimpse of what's out there and for some, may provide just the right infor-



Courtesy photo

Don Norton with a four-pound bass caught on Lake Istokpoga.

mation for your "bucket list".

But, on a local note, last Saturday I spent the day on Lake Istokpoga with my brother Bill.

We started early and by noon had already caught and released a dozen bass.

We fished on the north end of the lake early, flipping the reeds in two feet of water or less, then moved over to the grass islands alongside the big island, where we found more depth and a couple of nice 4 pounders.

Heeding the advice from John Woods at Lorida General Bait and Tackle, we worked frogs over the hydrilla on the east side of the Big Island, enthusiastically responding to the big bass "busts" on our imitation frog baits as they skittered across the surface.

It's amazing to me how a big bass can hit a topwater lure and never touch it.

I heard once that they actually miss on purpose, so as to "stun" the bait so they can swim back in and eat it.

If that's the case, none of our big busts came around the second time.

And finally, we finished up on the west wall, adding two more bass as the mid-day heat came on strong.

A good day on the water that some would consider great.

Our biggest fish weighed in at 4.4 pounds, but most were in the 2 1/2 to 3 1/2 pound range and full of fight.

So maybe, on second thought, if I had been asked for my opinion, I might not have included Lake Istokpoga on the 100 Best Bass Lakes in North America.

In fact, I think I'd have voted for all the Texas lakes, and maybe even Minnesota.

No sense telling the world about our honey hole.

Don Norton is a professional tournament bass fisherman, bass fishing guide, and custom rod builder. He has also taught a few fishing classes at the South Florida Community College. He lives in the Golf Hammock area of Sebring with his wife Lexie and is the owner of a custom rod building company appropriately named "The American Fisherman". He can be reached at 330-635-6682 or by email at donorton13@gmail.com. His website address is theamericanfisherman.com.

FRAMES and IMAGES

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HYF begins practice season

Special to the News-Sun

The Highlands Youth Football and Cheer Organization (HYFC) officially began practicing for their season on Monday, July 9, at 5:45 p.m. on Field D at the Highlands County Sports Complex for the Eagles.

HYFC was founded in January 2011 as the newest youth sports program in Highlands County.

HYFC believes in the power of youth sports and the Founders, Board of Directors and coaching staff of HYFC are dedicated to this program and are committed to instilling good values, sportsmanship and making this football season a fulfilling and rewarding program to our youth.

HYFC has been very busy during the off season recently wrapping up the Spring Cheer Camp and finishing a successful partnership with the YMCA/Eagles Flag Football season on Saturday, July 7.

HYFC is very excited about the upcoming season and what lies ahead.

"Our registration numbers have increased about 25-percent this year, we again have five football teams and have increased our cheer program by one squad giving us five cheer squads this season" said Public Relations Director Kay Howell.

HYFC is part of the Police Athletic League Association Sunshine Conference.

The Conference itself is growing which will result in the Eagles facing some new teams.

"It was great to see the faces of the returning players and a pleasure to welcome the

new players, cheerleaders and parents to the Eagles organization," Howell said. "Our Board of Directors and coaches have been working diligently behind the scenes to get ready for Monday.

"Seeing all the players, cheerleaders and parents on the field were very exciting," Howell continued. "We were still registering players and cheerleaders on Monday evening so our program is still growing."

HYFC will be practicing on Monday, Tuesday, Wednesday and Friday's at the Highlands County Sports Complex.

Practice schedules are determined by the head coaches and are posted on the HYFC Eagles website at www.highlandseagles.com.

"Coaches will be focusing on getting the players conditioned during the next couple of weeks and equipment will be issued to all the players soon" added Howell.

As a reminder to parents, please make sure you bring a copy of your child's birth certificate and physical form if you haven't already done so.

In the event any of the players or cheerleaders still need to have a physical, Dr. Waldron will be doing physicals for the Eagles on this Saturday, July 14, by appointment only for \$25.

To schedule an appointment, please call Kay at 381-3536 or see her at the practice field.

All of HYFC's home games will be played at the Avon Park High School.

The Eagles will host the Kick-Off Classic game there on Saturday, August 11, to officially begin the season.

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Ozone All-Stars power way to title game

Continued from 1B

intact. The junior Streaks then all but put it away in the top of the third.

With one out, Trevor Thomas took one for the team and Josh Rivera singled up the middle.

Gomez walked to pack the bags, though Mitchell notched a strikeout for the second out.

But here came Martinez again with the bases loaded, and he again delivered, powering one over the fence in left for his second grand slam in as many innings, and his third in two games.

The lead now at 11-0, Hurst really kicked it into gear, striking out the side to total six in his three innings of work, before Sebring scratched for their final run in the fourth.

Justin Bickman lead off with a single and promptly stole second.

Thomas again got plunked, which prompted Marianna to bring in Torbett to pitch.

Rivera hit a frozen-rope, headed for left center, but the Marianna shortstop made a reaching snare of the liner and turned it into a double



News-Sun photo by DAN HOEHNE
Everett Hurst fanned six in three innings, giving up just one hit, as Sebring rolled over Marianna 12-0 Wednesday night.

play.

But a walk to Gomez, a hit batter and a wild pitch brought in run number 12 to give a little mercy-rule insurance heading into the bottom

of the fourth.

Though the extra runs wouldn't be necessary as Terry came on and shut the door.

He was helped when

Navarez-Ayala made a diving catch of a Pender Johnson drive to left-center.

Terry then finished strong, inducing consecutive pop-ups for the final two outs.

"We got the job done," a still moderately stoic coach Martinez said. "I'm real proud of Hunter, both as a coach and a father. The grand slams were great, but home runs are accidents. The key is he was putting good swings on the ball, even the single in the first, against a really tough pitcher, that set the tone for us."

"Everett (Hurst) was huge for us," he continued. "A little shaky start there in the second inning, but he worked it out. It's just great to be a coach in Sebring right now, with all the great support we're getting from the fans."

The win put the team in the drivers seat for the state title, being the only undefeated team left as they headed to Thursday night's final — meaning they would have to lose twice.

Their opponent Thursday night was to be West Volusia, who edged East Lakeland 5-3 Wednesday to reach the finale.

Dixie titles go to Heartland

Continued from 1B

times in the years we finally pull it out," Sebring alum and Heartland catcher Jesse Baker said. "And with a team we just threw together from rival schools, to come out and play this well, it was a true blessing."

The team is now slated for the Dixie Majors World Series beginning Saturday, July 28, in Laurel, MS.

Pre-Majors stamp own ticket

It was a wet and wild weekend at Charles R. Head Field in Avon Park, that spilled over into the early part of the week before the Pre-Majors (17-under) State Championship would be settled.

And when the dust, or clods of mud, had settled, it was a united Heartland squad that laid claim to the crown with a 10-5 win over Hernando County Tuesday afternoon.

With a roster predominantly made up of Red Devils, Lake Placid's Tyler Carr and Heath Harris were added to the winning mix.

Harris had pitched Sunday and, after giving up five first-inning runs to Hernando, had shut them out the rest of the way for an 8-5 win, putting them on the doorstep of the championship.

But Monday saw Hernando come back and get a win to tie the series and set

up a Tuesday afternoon rubber match, started on the mound by Carr.

Carr also got the offense going in the second, when after two batters walked, he laid down a bunt single to load the bases.

A grounder to third was then thrown home in an attempt at the force, but caromed off the charging runner, allowing two to come in.

RBI base hits from Colton Brock and Anthony Carruthers followed, with Kyle Kelley finishing off the five-run frame with a sacrifice fly.

Hernando got one run in the second, and the two teams traded runs in the third to put it at 6-2.

Heartland added two more in the fourth, though Hernando scored three times to make it 8-5.

But Carr held Hernando there over the next one and two-thirds innings.

A run in each the sixth and seventh innings provided for the final margin as southpaw Kenny McGrath recorded the final four outs for the save to stamp Heartland's ticket for the Dixie Pre-Majors World Series in Guntersville, AL.

That tournament begins Saturday, July 28, with the now Team Florida squad slated to face Team Arkansas.

Both Heartland state champion squads were scheduled to get a visit from FOX 13 News on Thursday afternoon.

Dragons get two wins Wednesday

Continued from 1B

just to get in their heads a little bit and that's just what they did," said Dragon head coach Tracy Carpenter.

Sebring would not respond to these runs in the second inning, but Lake Placid would add two more to make it 6-1 with back-to-back RBIs from the dynamic duo of Moore and Carpenter.

Still determined to even the score, Sebring's Drew Smith led off the top of the third with a single and later advanced into scoring position to be brought in by Daniels.

What at first was a fielder's choice attempt to take out the lead runner on third resulted in a rundown at second to allow another Streak to score to see 6-3 on the board.

Lake Placid would not squeeze in any more insurance runs until the bottom of the fourth.

Some struggle on the mound for Sebring resulted in walks for Lake Placid, the outcome of which would bring in two Lake Placid runners with Daley taking one for the team to add the third run of the inning.

With Moore scoring on a passed ball not long after, Lake Placid regained a more comfortable lead of 10-3.

Sebring seemed set on making this game a fight to the finish, and the defense held tight of any more offensive threats from the Dragons.



News-Sun photo by DAN HOEHNE
Cody Carpenter connects on his own first-inning home run, going back-to-back with Wyatt Moore, in Lake Placid's 10-3 win over Sebring Wednesday.

This was evidenced as Smith made a catch for out number two and flipped the ball over to second in an attempt to snag a runner who had taken a risky lead off.

The ball was then launched home to make the third out a dramatic play at the plate to hold the score at 10-3 for Sebring as they took their last at-bat.

Efforts would fall just a bit too short, however, and Lake Placid finalized their win

after the top of the sixth.

"We came out a little flat; they came out ready to go," said Sebring coach Anthony Gaines. "They hit the ball hard and you can't take that away from them; every ball they hit hard seemed to find a spot, every ball we hit hard seemed to find a glove. Its baseball."

With three teams tied, all having only one loss, a draw from the hat between Lake Placid and West Seminole

would be the determining factor as to who got the bye for Thursday night and who would play Sebring for a final shot at the title game.

The draw went in Lake Placid's favor, thus putting Sebring and West Seminole to play Thursday night at 5 p.m. with the winning team to follow immediately into a game against the dueling Dragons.

"We got two big wins tonight," said coach Carpenter of the win and the draw. "It's been a great week; to lose and come all the way to the championship game — these kids have done everything and more than I ever expected. I'm very proud of them."

The winner of Thursday night's game will advance to the Dixie AAA World Series.

Traditionally, the two teams who make it to the championship get their shot at the Series, however with Bartow being the host the second spot is filled, thus adding more intensity to what is sure to be a great night of baseball.

"It's not over," shared Gaines. "We get to come out tomorrow so we come back ready to play and play the way we can. We're supposed to be here and we're going to prove it tomorrow. We'll come tomorrow; we will bring our bats and be ready to play."



Courtesy photo
After splitting a pair of games with Hernando County Sunday and Monday, the Heartland Pre-Majors All-Stars won the Dixie State championship with a 10-5 win Tuesday. Both the Majors and Pre-Majors state champs were paid a visit by FOX 13 News Thursday with the feature scheduled to be broadcast Friday.

Cubs sign Almora

Associated Press

CHICAGO — The Chicago Cubs have signed outfielder Albert Almora, their first-round selection and No. 6 overall pick from last month's draft.

The 18-year-old Almora, played prep baseball at Mater Academy Charter in Hialeah Gardens, and had considered going to the University of Miami.

He got a \$3.9 million signing bonus and will

report to the team's minor league complex in Mesa, Ariz.

Almora, who throws and bats right-handed, hit .603 with six homers, 34 RBIs and 24 stolen bases in 25 games for Mater Academy last season.

He is the Cubs' second big signing this summer.

Earlier they reached a deal with Cuban outfielder Jorge Soler.

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LONDON GAMES

Athletes poised to shine

10 international competitors that may steal the limelight during the

By MICHELLE KAUFMAN
McClatchy Newspapers

The London Olympics promise theater as riveting as anything on stage in the West End, and some of the athletes in leading roles are familiar names.

Usain Bolt, the aptly-named Jamaican sprinter, is back for an encore after his show-stopping performance in Beijing four years ago — gold medals and world records in the 100 meters, 200 meters and sprint relay. In his way is a slight injury that is keeping him out of a July race in Monaco. He also faces countryman and world champion Yohan Blake, Americans Tyson Gay and Justin Gatlin, and Frenchman Christophe LeMaitre, who shrugs off questions of race but is best known for being the first white man to break the 10-second barrier in the 100 meters.

Tennis triumvirate Novak Djokovic, Rafael Nadal and Roger Federer, fresh off Wimbledon, will ditch their whites and return to the hallowed grass of the All England Club in their national colors to battle for Olympic gold.

And soccer player Neymar (no last name necessary) will try to lead Brazil to the only major title it has yet to win. In three seasons, the 20-year-old has scored nearly 100 goals for Santos (Pele's former club) and Pele considers him better than Argentine star Lionel Messi.

More than 10,000 athletes from 200 countries will compete in 36 Olympic sports. Most competitors are not famous, but every one of them has a story. Here are 10 to keep an eye on:

Jessica Ennis

Track and Field, Great Britain

British tennis star Andy Murray is known around the world. But he will be sharing the spotlight this summer with heptathlete Jessica Ennis, the golden girl of Great Britain's Olympic team.

The Games have yet to begin, and already the photogenic Ennis, 26, has endorsements with Jaguar, Aviva, Olay, Adidas, Powerade, Omega and BP. She is pulling in more than \$1.5 million a year, making her the highest-paid female athlete in England.

Ennis' father was born in Jamaica, and her mother was born in England. He is a painter and decorator. She is a social worker. Neither excelled at sport, but they signed their 11-year-old daughter up at a track club in their hometown of Sheffield, England and she proved to be talented at most disciplines. Ennis won the world heptathlon titles in 2009 and 2010, and was poised to medal at the Beijing Olympics in 2008. A stress fracture in her right foot kept her home.

In the past year, she settled for a silver medal at the 2011 world championships behind Russian Tatyana Chernova and silver at the 2012 indoor world championships behind Nataliya Dobrynska of Ukraine. She wants the gold that has eluded her. Badly.

Oscar Pistorius

Track and Field, South Africa

Usain Bolt may be the most phenomenal track athlete at these Olympics, but the most inspirational is Oscar Pistorius, a double amputee from South Africa who hopes to make history by becoming the first amputee runner to compete in the able-bodied Olympics.

Pistorius runs on carbon-fiber blades, and thus, is known as "The Blade Runner." Although he didn't meet the South African track federation's requirement that athletes competing in the 400 meter race have two finishes of 45.3 seconds or less (with at least



CHRISTIAN CHARISIUS/DPA/ABACAPRESS.COM/MCT

Jessica Ennis, center, of Great Britain leads the pack in the women's pentathlon 60-meter hurdles event at the IAAF World Indoor Championships at the Atakoy Arena in Istanbul in March. Ennis finished second overall in the competition.

one of those finishes occurring at an international event), he was chosen to run in both the 400 meters and the 1,600 meter relay at the London Games. He also plans to compete in the Paralympics.

Born without fibulas in either leg, Pistorius had both legs amputated below the knee when he was 11 months old. His disability didn't keep him from competing in rugby, water polo and tennis in school. As he got older, he focused on running.

Pistorius' remarkable success in able-bodied races has not come without controversy. Some competitors feel the artificial limbs give him an unfair advantage, and the international track federation ruled as such before the 2008 Beijing Olympics. Pistorius challenged the ruling, and it was overturned later that year by the Court of Arbitration for Sport.

Although he was eligible for the 2008 Olympics, he fell short of the qualifying standard. He won gold medals in the 100, 200, and 400 meters at the Paralympics



WALLY SKALIJ/LOS ANGELES TIMES/MCT

Oscar Pistorius will become the first amputee runner to compete in the able-bodied Summer Games.

that summer. Four years later, he is determined to make history.

Hiroshi Hoketsu

Equestrian, Japan

Septuagenarians across the globe can rally around Japanese equestrian rider Hiroshi Hoketsu, who, at the age of 71 (yes, 71!), will be the oldest competitor in London.

Hoketsu qualified for the individual dressage, riding a 15-year-old horse named Whisper. He first competed in the 1964 Games when he was 23. He was 67 when he finished ninth in the team event and 35th as an individual at the Beijing Olympics four years ago.

Back home in Japan, they call him "The Hope of Old Men." He has an endorsement deal with a

health food chain, and continues to train twice a day.

Believe it or not, Hoketsu is not the oldest Olympian in history. But he is the oldest in 92 years. Swedish shooter Oscar Swahn was 72 when he won a silver medal at the 1920 Olympics in Antwerp, Belgium.

Aliya Mustafina

Gymnastics, Russia

Larisa Iordache

Gymnastics, Romania

Every Olympics needs its gymnastics pixies, and this time, two teens to watch are Russian Aliya Mustafina and Romanian Larisa Iordache.

Mustafina won the 2010 all-around world championship at age 15, and was favored to win the 2010 European championship. But she tore her left ACL on the landing of a difficult vault, and was carried off the podium, reminiscent of the Kerri Strug vault injury at the 1996 Atlanta Olympics.

She had surgery and did not compete for eight months. She started training again in December 2011, and though she has struggled in her first few meets, she is considered one of the favorites. Also watch for 15-year-old Iordache, who has drawn comparisons to Nadia Comaneci, the tiny Romanian who won the 1976 gold. Iordache won the gold in floor exercise and silver in beam at the recent world championships.

Chris Hoy

Track Cycling, Great Britain

They call Chris Hoy "The Real McHoy," and who can argue?

The Scottish track cyclist won three gold medals in Beijing and was knighted Sir Chris by Queen Elizabeth II in 2009. He is on pace to become Great Britain's most successful Olympian, as he has collected four golds and a silver. Rowing legend Steve Redgrave holds the national record with five golds and a bronze.

Hoy is the first Briton to win three gold medals in a single Olympics since freestyle swimmer Henry Taylor in 1908.

Caster Semanya

Track and Field, South Africa

Doubts about her gender made life miserable for South African runner Caster Semanya three years ago, but she says she has put it behind



BERND THISEN/DPA/ABACA PRESS/MCT

South African sprinter Caster Semanya won a silver medal in the 800 meter race at the 2011 World Championships

her and if she wins a medal, she will dedicate it to Nelson Mandela, who helped her during her tough times.

When then-19-year-old Semanya won the 800-meter world title in 2009, skeptics insisted she was not a woman, and she was forced to undergo testing. It turned out she had excessive male genes due to a medical condition, but the international track federation cleared her to compete as a woman. She won the silver medal at the 2011 World Championships, and is now coached by Mozambique legend Maria Mutola.

"Life wasn't easy, but I kept dealing with the situation with help from my family, friends and

management," Semanya said. "It (the gender question) is not in my mind anymore. For me it's in the past. I have to focus on the future and that's what I'm doing right now."

Kohei Uchimura

Gymnastics, Japan

His parents ran a gym out of their home, and he grew up doodling gymnastics routines in his schoolbooks. It's no wonder, then, that the mop-topped Uchimura wound up winning three consecutive world all-around gold medals in 2009, 2010 and 2011. No other man has ever won three titles in a row.

Uchimura won the silver at the 2008 Games, and now that China's Yang Wei has retired, the door is open for the Japanese gymnast to win it all.

Ranomi Kromowidjojo

Swimming, Netherlands

Her name will likely be the longest on the aquatic center scoreboard, and it could be on the top line in the 50m and 100m sprints. Ranomi Kromowidjojo, a 21-year-old Dutch swimmer of Indonesian descent, is one of the favorites in both events. Her name may be new to casual fans, but swimming enthusiasts have known about her for years. She has been competing at the elite level since age 15, swam in her first world championship at 17 and at 18 won an Olympic gold medal in Beijing with the Dutch 4x100 relay team. A bout of meningitis interrupted her training last year, but she is fully healthy now and the natatorium announcer ought to start practicing her name.

Lin Dan

Badminton, China

China's "Super Dan" is back. Spiky-haired Lin Dan is considered the best badminton player of all time, and his fiery personality (read: hot temper) makes him a crowd favorite, à la John McEnroe. He can smash the shuttlecock 200 mph, and has also been known to abuse rackets and argue with referees. Lin is a four-time world champion, defending Olympic champion, and five-time All England champion.

He is one of the most recognizable athletes in China, and a paparazzi favorite, especially because he is married to Xie Xingfang, China's No. 1 women's badminton player.



Chris Hoy

JOHN PHILLIPS/
UK PRESS/
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HEALTHY LIVING

Maybe you don't really have rheumatoid arthritis

Dear Pharmacist: I've tried everything for rheumatoid arthritis, and I'm still disabled, worse now than several years ago. I've spent thousands on Enbrel, Humira, Remicade and Cytoxan. Any advice?

— S.C., Miami

Answer: I'm sorry for your anguish and expense. Because you're "worse now" I question your diagnosis.

With the exception of the immunosuppressive chemo drug Cytoxan, the other three medications you tried are self-injected DMARDs, for "disease-modifying anti-rheumatic drugs." They relieve joint inflammation and damage and usually help people with RA, severe psoriasis, psoriatic arthritis or ankylosing spondylitis.

All the meds work by suppressing your immune system which explains their side effect of

increased frequency of infections. Now, if you have an auto-immune disease (and rheumatoid arthritis is thought to be an auto-immune disease) then DMARDs are reasonable, because they calm the hyperactive immune response. This is why most people with true RA respond.

But what about the non-responders to medication, like yourself, the ones who get worse? What if all that swelling, tenderness, pain, deformity and reduced range of motion was not truly RA? For some of you, those RA symptoms may be driven by a Lyme-related organism called Bartonella, and suppressing your immune system is precisely the wrong thing to do because it worsens symptoms.

With infections, one needs to rev immune function, not smack it down. Suppressing your immune system allows the bugs to have a

wild party in you, which means pain and swelling.

Bartonella is best known to cause "cat scratch fever." Infections cause chronic fatigue, joint pain, rheumatoid-like symptoms as well as anxiety, agitation, seizures, psychosis, bipolar, panic and other mental/cognitive problems. Bartonella is considered a Lyme co-infection organism and is transmitted by ticks, fleas or bites

and scratches from cats or dogs.

A study published in the May 2012 issue of Emerging Infectious Diseases sampled 296 patients. Of those, 62 percent had antibodies to Bartonella and 41 percent had remnants of bacterial DNA from the organism strongly indicating that exposure to Bartonella is associated with RA.

The researchers stated "However, our results thus far do implicate Bartonella as a factor in at least some cases. If the link between Bartonella and rheumatoid illnesses is valid, it may also open up more directed treatment options for patients with rheumatoid illnesses." What they mean by "directed treatment options" is antibiotics that kill this bug. The specific offending Bartonella organisms include *B. henselae*, *B. koehlerae* and *B. vinsonii* subsp. *berkhoffii*.

Testing for Bartonella or Bartonella-like organisms (BLO) is a huge challenge. If you do test, I urge you to use Igenex Labs (Igenex.com) or Fry Labs (fry-labs.com) because other labs commonly produce false negatives, thus prolonging your suffering.

Physicians should diagnose you based upon symptoms, your failure to respond to standard RA treatment, Igenex or Fry lab results, and elevated blood levels of "VEGF" which Bartonella microbes produce. Antimicrobials (herbal or prescribed) help eradicate the organism.

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.



Dear Pharmacist

Suzy Cohen

Do you hear what I hear?

Protect against noise-induced hearing loss in adolescents

ARA Content

Due to the increased use of earbuds, adolescent hearing loss is up 5 percent over the last decade, which now affects 20 percent of U.S. adolescents ages 12 to 19, according to the Journal of the American Medical Association. It's no surprise the increase in popular portable digital media player ownership from 18 percent to 76 percent over the past five years, along with frequent use at loud volumes, has contributed to young people losing their hearing.

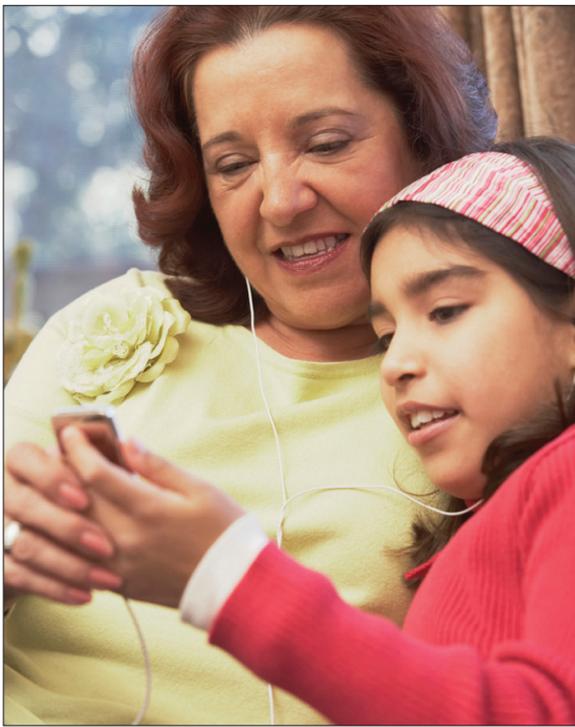
"Since hearing loss in children and teens is on the rise, it is important for adults to play an active role in prevention and seek out methods to minimize hearing loss, such as understanding safe volume levels," says Michelle Atkinson, vice president of Energizer North America Marketing. "Ensuring your children have the appropriate products can make a big difference in their lives."

Noise induced hearing loss is caused by exposure to loud sounds and usually occurs gradually over time, according to the Better Hearing Institute. Since this form of hearing loss is painless and invisible, it would be difficult for you to detect the problem in your children and grandchildren. But, there are things you can do to help prevent NIHL.

"Even minimal hearing loss can result in educational and behavioral problems in children", said Lara Noble, Au. D., CCC A, Chief Audiologist of the Center for Hearing and Speech of St. Louis. "It is important for people to practice safe listening habits with the kids in their life."

Safe listening tips

— Turn it down. Get into the habit of listening to the TV, radio and personal audio devices at a softer level.



Follow guidelines when listening to personal music devices to avoid hearing loss.

— Get high-quality earbuds with noise cancellation or sound isolation properties.

— Use 60 percent of a device's volume for no more than 60 minutes at a time, since the longer the duration of exposure, the greater the risk.

— Download a noise meter app to determine the sound levels in your environment.

— For an affordable and effective way to protect your hearing, use earplugs.

Do you need a hearing aid?

Don't miss out on important moments in your life. If you experience any of the symptoms below, you should contact your physician and ask for their referral on a hearing specialist:

— Your lack of hearing starts to interfere with your normal way of life.

— You have trouble understanding people on the phone.

— You have a hard time following conversations when people are speaking at the same time.

— You misunderstand others when they are talking to

you.

— Your family and friends complain you've got the volume too loud on the TV or radio.

For more information on these symptoms, visit www.healthyhearing.com.

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Appeals court: NYC can't scare smokers with graphic images

Associated Press

NEW YORK — An appeals court says New York City cannot scare smokers by requiring grotesque images at stores that sell cigarettes.

It says the federal government gets to decide how to warn people about the dangers of cigarettes.

The 2nd U.S. Circuit Court of Appeals in Manhattan issued its ruling Tuesday.

The courts rejected a 2009 Board of Health resolution.

It had required all tobacco retailers to display signs bearing graphic images showing the adverse health effects of smoking.

The appeals court said the resolution is preempted by the Federal Cigarette Labeling and Advertising Act. It was enacted by Congress in 1965.

Philip Morris USA issued a statement saying it was pleased with the ruling.

The city Health Department said the ruling is likely to reduce the number of smokers who quit.

CONTEST! FOR THE KIDS!

With the 4th of July holiday coming up, the News-Sun has a fun challenge for the children. We would like to ask the children to do a short essay for us telling us what "Freedom" means to them. We want to print these essays in the newspaper and we will ask the VFW to vote on the essays. The winner will have a prize as a token of our appreciation for putting so much thought and hard work into each essay.

Submit all essays by July 15th to tle@newssun.com or drop them off at our office. Attention: Terri Lee at 2227 U.S. Highway 27 S., Sebring, FL 33870

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HEALTHY LIVING

Summer survival tips: the medicine cabinet edition

ARA Content

You can't avoid it: Summer activities mean bites, bumps, burns and bruises. Make sure you're ready by stocking up on these medicine-cabinet basics:

Over-the-counter pain relievers

Summer is the time when people are breaking out golf clubs, gardening tools and baseball gloves. All that activity increases the likelihood of muscle aches, strains and sprains. For basic relief, experts recommend over-the-counter (OTC) pain relievers such as naproxen sodium, ibuprofen or acetaminophen. Although most mild injuries can be treated successfully at home, you should see a doctor if you experience numbness or an inability to move without significant pain.

Sunscreen and lotions

Sunburn can, of course, be prevented by protecting your skin with sunscreen or clothing whenever you're outdoors. But if you forget, treatments such as a lotion that contains aloe vera can provide symptom relief. OTC pain relievers don't heal or prevent damage to skin, but they can reduce the pain, swelling and discomfort associated with sunburn.

These are especially beneficial when taken during the first 24 hours of sun exposure.

Heartburn medicines

Warm weather means baseball season and backyard barbecues — which can also mean repeated cases of heartburn after too many chili dogs and beverages.

Heartburn is most often described as a burning sensation behind the breast bone that moves up toward the neck or throat. This occurs when stomach acid irritates the normal lining of the esophagus. People may also experience acid regurgitation with heartburn, which is the sensation of stomach fluid coming up through the chest into the mouth. Less common symptoms that may also be associated with gastroesophageal reflux include unexplained chest pain, wheezing, sore throat and cough, among others.

Planning ahead and knowing which OTC treatments may help is essential to keeping your summer gatherings pleasant. Bring along a few over-the-counter treatments, like antacids or H2 blockers, when you head out for summer festivities. People who have heartburn at least twice a week might want to talk to their doctor about taking a proton pump inhibitor such as omeprazole or lansoprazole.



Be sure your medicine cabinet is stocked for the summer.

ARA Content

Hydrocortisone, topical creams and antihistamines

Insect bites are as much a part of summer as sunshine. If you're stung by an insect and the stinger is stuck in your skin, try to remove it carefully to prevent the release of more venom. For any bite or sting, wash the area with soap and water and apply a cold pack or cloth filled with ice to reduce pain and swelling.

A pain reliever, such as ibuprofen or acetaminophen, may also help with any associated pain. A topical cream containing hydrocortisone

can be used to provide itch relief. You can also take an OTC antihistamine containing diphenhydramine if you have a mild allergic reaction.

Most people have mild reactions to insect bites and experience little more than an itching or stinging sensation and mild swelling that will disappear within a day or so.

Signs and symptoms of a severe reaction can include nausea, facial swelling, difficulty breathing, abdominal pain, and deterioration of blood pressure and circulation. If any of these occur, you should call 911 immediately.

Diarrhea medications

If your summer vacation plans include traveling to new and far-flung places, it's a good idea to be prepared for certain stomach ailments.

Travelers' diarrhea, a digestive tract disorder that causes loose stools and abdominal cramps, is caused by consuming contaminated food or water. Though this illness is irritating and may disrupt a day or two of vacation, it usually isn't serious and can be treated at home.

To reduce your risk, be careful about what you eat and drink while traveling. If you do develop diarrhea, it may go away without treatment. If not, bismuth subsalicylate can decrease the frequency of your bathroom trip.

Tip: When buying OTC medications, you can often save money by purchasing store-brands. Store-brand OTCs have the same efficacy as national brands and meet or exceed Food and Drug Administration quality standards, but cost an average of 36 percent less, according to Perrigo, a Michigan-based pharmaceutical company that manufactures and distributes most of the over-the-counter medications found under store-brand labels.

Drier.

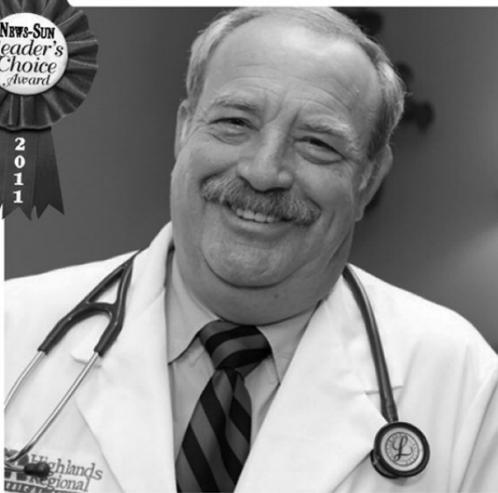
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RELIGION

Atonement Lutheran Church - ELCA

SEBRING — Guest Supply Pastor Rev. John Stirewalt's sermon Sunday will be based on the gospel reading of Mark 6:14-29.

Christ Lutheran Church - LCMS

AVON PARK — Pastor Scott McLean will preach a sermon titled "Amos Time, Our Time."

The church is at 1320 County Road 64, east of the Avon Park High School. Call 471-2663 or visit christ-lutheranavonpark.org/.

Christian Science Church

SEBRING — The lesson sermon on Sunday morning is titled "Life." The keynote is from Jeremiah 10:10, "...the Lord is the only God. He is the living God and eternal king." The church is at 146 N. Franklin Street.

Christian Training Church

SEBRING — Rev. Linda M. Downing will bring the

message titled "Battle Plans: Part 2" at the Sunday morning service. The Wednesday night Bible study is studying the Gospel of John.

Church of Buttonwood Bay

SEBRING — Pastor Cecil Hess will deliver a first-person presentation on the subject "Luke Comes to Sebring" on Sunday.

The church is in Buttonwood Bay on U.S. 27, four miles south of Highlands Regional Medical Center.

For information, call 382-1737.

Eastside Christian Church

LAKE PLACID — Eastside Christian Church is excited to announce its Vacation Bible School, scheduled from 9-11:30 a.m. Friday and Saturday, July 27-28, with a slide show presentation on Sunday, July 29, during the morning service.

All elementary aged children, from entering kindergarten through fifth grade, are invited.

Call 465-7065 to register by Monday, July 23.

A brief worship service will be taken to the residents at Lake Placid Care Center at 1:45 p.m. Sunday.

Eastside Christian Church is at 101 Peace Ave., two miles east of U.S. 27 on County Road 621.

The phone number is 465-7065.

Emmanuel United Church of Christ

SEBRING — Rev. George Miller will deliver the Sunday morning sermon, "Dancing Through Life," with Scripture from II Samuel 6:1-5, 12-19.

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

Faith Lutheran Church

SEBRING — This Sunday morning, the church celebrates the seventh Sunday after Pentecost. Pastor Bob Reinhardt will deliver his sermon "Chosen for a Destiny," from Ephesians

1:3-14.

Faith Child Development Center is open for Summer Camp. Please call 385-3232 for more information.

Summer Camp is for ages three to five is only \$2 per hour an includes breakfast and lunch. Please call for more information.

Faith's Closet/Thrift Shop offers donated items that are in good condition for resale. Faith's Closet now has a food pantry, help is now available to those who need help in emergencies with food. Please call 385-2782. Help is available to individuals who come to the Thrift Shop with an emergency need.

Faith's Closet hours are: Tuesday through Friday, from 10 a.m. to 2 p.m.; Saturday, from 10 a.m. to 1 p.m.

First Christian Church of Avon Park

AVON PARK — Wednesday regular Bible study is currently studying the Gospel of John.

First Christian Church of Avon Park is at 1016 W. Camphor St. (behind the

Wachovia Bank). Call 453-5334, email firstchristianap@embarqmail.com or visit www.firstccchristianap.com/.

First Christian Church (Disciples of Christ)

SEBRING — At the Lord's Table this Sunday morning will be Dick and Sharron Campbell. Communion will be served by Carol Chandler and Effie Simmons.

Pastor Ron's sermon is titled, "The Story of Joseph, Part 2" from Genesis 39:8-9.

For any additional information, call the church office at 385-0352. The church is at 510 Poinsettia Ave.

First Presbyterian Church of Avon Park

AVON PARK — On Sunday morning, Pastor Bob Johnson's sermon is entitled "O the Hope of America" based on Jeremiah 14:1-10.

Sunday school is available for all ages. The adult class will continue their series entitled "Faith Lessons on

the Prophets and Kings" sponsored by Focus on the Family. These lessons are filmed on location in Israel and narrated by Historian/Teacher Ran Vander Laan. Today's lesson is entitled "Innocent Blood." Wendy Garcia teaches the youth class and they discuss how the Bible applies to issues today.

Special music will be provided by Eowyn Branham singing "The Desert Song."

The Family Gathering will not meet this evening.

The church is at 215 E. Circle St. (with two entrances on Lagrande Street). For questions, call 453-3242.

First Presbyterian Church of Sebring

SEBRING — "God's Plan" is the title of Sunday morning's sermon, given by the Rev. Darrell A. Peer.

Deacons meeting is at 4 p.m. Monday

Monday through Friday, July 16-20, will be summer camp for sixth through eighth graders. (registration required), from 8 a.m. to 3 p.m.

Continued on page 9B

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.

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, 6 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 6:30 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; Charlie Parish, associate pastor/youth and families; Joy Loomis, music director; Rev. Johnattan Soltero, Hispanic pastor. 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; 6 p.m. evening worship. Wednesday schedule: 5:15 p.m. supper; 6 p.m. Bible Study and Prayer; 6:30 p.m. Adult Choir Practice; 6 p.m. children's choir rehearsals; 7 p.m. mission programs. Hispanic Services: Sunday school at 9:30 a.m., worship service at 11 a.m. and evening worship at 7 p.m. Wednesday Bible study at 7 p.m. Call 453-6681 for details.

■ **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 St., Lake Placid, FL 33852 (863) 465-3721, Website: www.fbclp.com. Email: information@fbclp.com. 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 at 6 p.m. Wednesday Activities: Family dinner at 5 p.m. (\$4 per person, reservations required). Prayer meeting, Youth Intersections, and MaxKidz Extreme meet at 6:15 p.m. The church is at 119 E. Royal Palm St., Lake Placid. For information, call 465-3721 or go to www.fbclp.com.

■ **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, associate pastor, minister of youth and activities; and Rev. Nuno Norberto, associate pastor, minister of music and senior adults. Group Bible Studies, 9:15 a.m.; Blended Service, 10:30 a.m.; Mision Buatista 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 9:30 a.m.; Sunday Worship service at 10:45 a.m.; Sunday Evening Service is at 6 p.m. Wednesday Prayer Meeting and Bible Study at 6 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. 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. Sunday School for all ages, 9:30 a.m.; Morning Worship Service, 10:45 a.m.; Evening Worship, 6 p.m. Wednesday: Student ministry, 6:30 p.m.; Awana kindergarten through fifth grade, 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.

■ **Spring Lake Baptist Church**, "Where the Bible is Always Open." Pastor Richard Schermerhorn, 7408 Valencia Road; 655-2610. Assistant Pastor Ronald Smith, 386-1610. On U.S. 98 at the Spring Lake Village II entrance. Sunday School, 9:45 a.m. for all ages; Morning Worship, 10:45 a.m.; Sunday Evening Worship, 6 p.m. Wednesday Mid-week Bible Study and Prayer Service, 6:30 p.m. Nursery available for all services.

■ **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; fax, 385-5169; email, office@stcatho.com; website, www.stcatho.com. Very Rev. José González, V.F., frjose@stcatho.com; Parochial Vicar, Rev. Victor Caviedes, 385-3993; Assisting Priest (retired), Rev. J. Peter Sheehan; Decons, Rev. Mr. James R. McGarry and Rev. Mr. Max M. Severe. Parish office hours, 8:30 a.m. to 1:30 p.m. Monday-Friday. CONFESSIO: First Friday 7:15-7:45 a.m.; Saturday 3-3:45 p.m.; Or by appointment with any priest. WEEKEND MASS SCHEDULE: Saturday Vigil: 4 p.m.; Sunday: 8 and 10 a.m.; Sunday Spanish Mass: noon; Last Sunday of the month: 2 p.m. (Creole/French); Sunday Family Mass 5 p.m. (Holy Family Youth Center). DAILY MASS SCHEDULE: Monday through Friday: 8 a.m. and noon; Saturday: 9 a.m. ■ **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 a.m. and 7 p.m., first Saturday at 9 a.m.

CHRISTIAN

■ **Cornerstone Christian Church**, 1850 US 27 South, Avon Park, FL 33825 (Saxon Hall in Reflection Community). Bill Raymond, Minister. Sunday, 10 a.m. Worship; Communion is available each week. Thursday, 7 p.m. Home Fellowship Group. Our goal is: Love Christ - Love People. For more information call 453-7679 or 453-8929.

■ **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; David Etherton, 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 1:30 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; Bible School 9 a.m.; Worship 10 a.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: Don Smith. 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.

■ **Lake Placid Church of Christ**, 1069 Hwy 27 North, Lake Placid, FL 33852. Mailing address is P.O. Box 1440, Lake Placid, FL 33862. Jimmy Goins, pastor. Sunday morning worship is at 10 a.m. Sunday evening worship is 6 p.m. Bible class 9 a.m. Sundays and Wednesday evenings at 7 p.m. All are invited to join us. For more information, call the church at 863-465-4636 or visit the website <http://www.thelordsway.com/lakeplacid-cofc/>.

■ **Sebring Parkway Church of Christ**, 3800 Sebring Parkway, Sebring, FL 33870; 385-7443. Minister: Kevin Patterson. Times of service are: Sunday Bible Class, 9 a.m.; Sunday Worship Service, 10 a.m.; Sunday Evening Service, 6 p.m.; Wednesday Bible Class, 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. Tom Schwankweiler, Pastor. Phone 452-0088.

RELIGION

Continued from page 8B

First United Methodist Church of Sebring

SEBRING — The Rev. A.C. Bryant's sermon will be "Shake Off the Dust and Move On" with the Scripture from Acts 13:48-52. Wednesday is Family Night with food, fun and Bible study. The church is downtown at 126 South Pine St. Visit www.sebringfirstumc.com or call the church office for information at 385-5184.

Heartland Christian Church

SEBRING — Fran VanHooreweghe is preaching this week. Communion is offered during the service weekly. The service will also include George Kelly singing "O what a Savior." Mark your calendars now: Vacation Bible School Aug. 6-10 from 5-8 p.m. The public is welcome. The church is at 2705 Alternate Route 17 South in Sebring (behind Publix); phone number is 314-693.

Memorial Untied Methodist Church

LAKE PLACID — Guest preacher Rev. John Bryant from Punta Gorda will preach on the subject "Have Faith, Love God, Enjoy Life," a Biblical formula for life with the Scripture from Hebrews 1-6, at both the Heritage and Celebration services. Rev. Bryant has challenged the congregation to invite neighbors and friends. Pastor Claude Burnett will preach at the New Song Contemporary Service in Rob Reynolds Hall. Combined Youth Group will meet at the Lighthouse. The Church is at 500 Kent Ave. For information, please call 465-2422.

Parkway Free Will Baptist Church

SEBRING — The Sunday morning Bible lesson, "Judging With Wisdom and Justice" is taken from I Kings 3 and II Chronicles 9. Pastor Jim Scaggs will bring the Sunday morning and evening worship service messages. The Wednesday evening

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.

service will be praise, prayer and Bible study.

St. John United Methodist Church

SEBRING — Sunday morning, the Rev. Ronald De Genaro, Jr.'s message will be "Let's Really Count Our Blessings." Biblical reference is from Ephesians 1:3-14. Nursery is provided at all services.

Sebring Church of the Brethren

SEBRING — This Sunday morning, Pastor Terry Grove will be preaching on, "How to Win Your Point." Sunday school meets in the Fidelis Room. They will be

studying "Resurrected Unto New Life" looking at the Scripture from Luke 24:36-53.

Call 385-1597.

The Church of the Way - EFCA

SEBRING — Pastor Reinhold Buxbaum will be preaching "Let's Celebrate the Lord's Supper." Prayer Meeting will be Sunday evening. Difference Makers Youth meet Wednesday evenings.

The Church of the Way - EFCA is at 1005 North Ridgewood Drive, Sebring. Church phone is 471-6140. Pastor's cell is 273-3674. For church information and the pastor's messages, go to www.the-waychurch.org/.

Episcopal bishops OK trial gay blessing prayer

INDIANAPOLIS — Episcopal bishops approved an official prayer service for blessing same-sex couples Monday at a national convention that also cleared the way for transgender ordination.

At the Episcopal General Convention in Indianapolis, the House of Bishops voted 111-41, with three abstentions, to authorize a provisional rite for same-sex unions for the next three years. The liturgy next goes to convention's deputies for their authorization.

In a separate vote Monday, the full convention approved new anti-discrimination language for transgendered clergy candidates and church members. Some dioceses already ordain transgendered people or elect them to positions of parish leadership. However, advocates for the amendment argued they needed an explicit statement of acceptance as the churchwide policy.

The Rev. Carla Robinson, who is transgendered and a vicar of All Saints Church in Seattle, said she was lucky to have the backing of parishes and bishops when she was considering ordination, but she said others haven't had the same support.

PLACES TO WORSHIP

EPISCOPAL

■ **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. Church office 385-7649, for more information.

■ **St. Francis of Assisi Anglican 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 p.m. Thursday: Holy Communion with healing service, 9 a.m. Child care available at the 8 a.m. and 10:30 a.m. Sunday service.

EVANGELICAL FREE CHURCH OF AMERICA

■ **The Church of the Way EFCA**, 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: 273-3674. Email: thewaychurch@hotmail.com. Web site: www.TheWayChurch.org

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 concretion 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. Reverend Robert Reinhardt, Pastor. Church phone: 385-7848, Faith Child Development Center, 385-3232. Summer Sunday Worship Service, 10 a.m. Communion is served the first, third and fifth Sunday of the month. Sunday school and Bible classes, 9 a.m. Sunday. Worship service is broadcast at 10 a.m. on WITS 1340 AM each Sunday. Educational opportunities include weekly adult Bible studies. Faith's Closet Thrift Store (385-2782) is open from 10 a.m. to 2 p.m. Tuesday through Friday and 10 a.m. to 1 p.m. Saturday. All are warmly welcome in the Family of Faith.

■ **Good Shepherd Lutheran Church (AALC) American Association of Lutheran Churches**, 3240 Grand Prix Drive, Sebring, FL 33872. James Weed, pastor. Worship Service, 10:30 a.m. Sunday. Bible Study, 9 a.m. Nursery provided. Social activities: Choir, Missions, Evangelism. Phone 385-2346.

■ **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 school at 8:30 a.m., Sunday worship at 9:30 a.m.. 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 p.m. Wednesday: Youth, 6-7:30 p.m.; Prayer time, 6:30 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.; Sunday evening service, 6 p.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, lindadowning@live.com. Casey L. Downing, associate minister, caseydowning@hotmail.com. Church phone: 314-0482. Web site: www.ctm-forme.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 Church**, 106 N. Butler Ave., Avon Park, FL 33825. Contemporary worship service is at 6:30 p.m. Saturday with Pastor

Tiger Gullett. Sunday traditional worship service is at 7:45 a.m. and 9 a.m. Contemporary Sunday worship service is at 10:45 a.m. Nursery and children's church on Saturday nights and 9 and 10:45 a.m. Sundays. Breakfast and lunch menus at Solid Grounds. Senior Pastor is Bill Breylinger. Office: 453-3345. Web page at www.weare-union.org.

■ **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.

PRESBYTERIAN

■ **Covenant Presbyterian Church (PCA)**, 4500 Sun 'N Lake Blvd., Sebring, 33872-2113. A Congregation of the Presbyterian Church in America. Sunday morning worship: Traditional service, 10:30 a.m.; Sunday school, 9:15 a.m. Wednesday evening Prayer Meeting, 6 p.m.; Children's/Youth Group, 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. Office hours: 8:30-12:30 a.m. Monday-Friday.

■ **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. Email: faith@htn.net. Rev. Darrell A. Peer, pastor. Sunday School, all ages, 9:30 a.m.; Worship Service, 11 a.m. Summer Camp (middle school), 8 a.m. to 3 p.m. daily. Wednesday: Adult Bible Study, 10:30 a.m. Nursery available during worship. Call the church office for more information and other classes.

■ **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. Traditional Worship 9 a.m., Contemporary Worship 11 a.m., Sunday School for adults to grade school will be from 10:10-10:50 a.m. Wednesday evenings: Adult Bible Study (7 p.m.), Youth Group - (Middle and High School), (7 p.m.), RockSolid (Kindergarten through fifth grade) 7 p.m. Bible Counseling available by appointment, 699-0132. 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: avonparksda@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 Boling. 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.salvationarmysebring.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 S. Lake Ave., Avon Park, FL 33825. (863) 453-3759, Devon Jarrett, 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 website: 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. Middle School Youth, 4 p.m.; High School Youth, 5:30 p.m. We offer Christ-centered Sunday school classes, youth programs, Bible studies, book studies and Christian fellowship. Church office, 465-2422 or www.memorialumc.com. Lakeview Christian School, VPK to grade 5; 465-0313.

■ **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.; Adult Sunday School, 11 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**, Jesus didn't reject people, neither do we. Join us for worship every Sunday at 9:30 a.m. and you'll be embraced by a compassionate congregation that is all-inclusive. We're at the corner of Hammock and Hope. Choir and Bell Choir practice on Wednesday; Bible studies throughout the week. 471-1999; sebringemmanuelucc.com.

RELIGION

And God created dog

Adam and Eve said, "Lord, when we were in the garden, you walked with us every day. Now we do not see you any more. We are lonesome here, and it is difficult for us to remember how much you love us."

And God said, "I will create a companion for you that will be with you and who will be a reflection of my love for you, so that you will love me even when you cannot see me. Regardless of how selfish or childish or unlovable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourselves."

And God created a new animal to be a companion for Adam and Eve. It was a good animal and God was pleased. And the new animal was pleased to be with Adam and Eve and he wagged his tail.

And Adam said, "Lord, I have already named all the animals in the Kingdom and I cannot think of a name for this new animal."

And God said, "I have created this new animal to be a reflection of my love for you, his name will be a reflection of my own name, and you will call him DOG." And Dog lived with Adam and Eve and was a companion to them and loved them. And they were comforted and God was pleased. And Dog was content and wagged his tail.

After a while, it came to pass that an angel came to the Lord and said, "Lord, Adam and Eve have become filled with pride. They strut and preen like peacocks and they believe they are worthy

Guest Column

Fred Jeans

of adoration. Dog has indeed taught them that they are loved, but perhaps too well."

And God said, "I will create for them a companion who will be with them and who will see them as they are. The companion will remind them of their limitations, so they will know that they are not always worthy of adoration."

And God created Cat to be a companion to Adam and Eve. And Cat would not obey them. And when Adam and Eve gazed into Cat's eyes, they were reminded that they were not the supreme beings.

And Adam and Eve learned humility and they were greatly improved...

And God was pleased...

And Dog was happy... And Cat didn't give a flip one way or the other.

Many of us have abilities that we never use. We are content to work at jobs we do not like, or that are far below our capabilities. We don't really give our best at our jobs, because "There's no use. Management doesn't like me," or we think we just aren't fast enough, or smart enough, or rich enough, or good enough.

In my years as a pastor/counselor, I have encountered many people who spent much of their lives mourning the "Me who might have been." If only I was a movie star. If only I was smarter. If only I could have gone to a different school. If only I had or had-

n't done this or that. If only my dad had been rich. The list goes on and on.

All too often, those in this category, spend their lives stuck in neutral. They typically never reach their potential, because they rarely risk anything. They fail to see themselves as being just as good as everyone else, and their failure or lack of success is always someone else's fault. In their mind, God always blesses everyone else more than He does them.

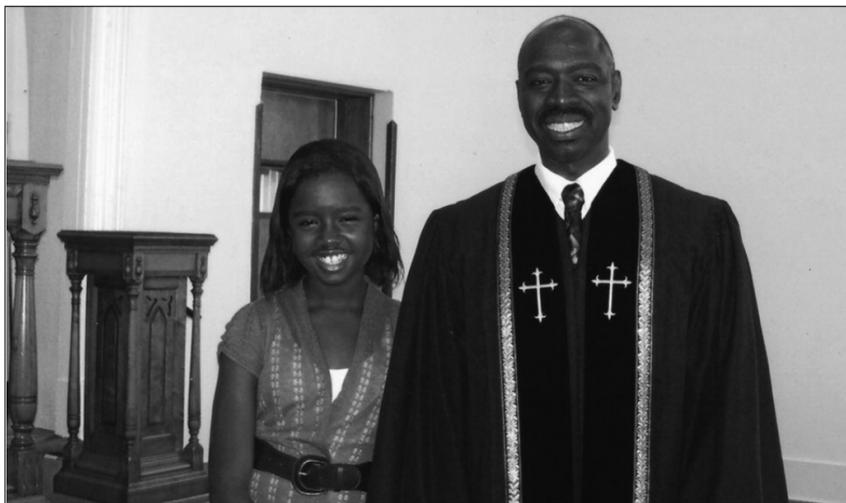
Did you ever think that you might not have certain abilities because God has something else for you to do? I can't play a piano but I can build a china closet. When I ran track, I couldn't high jump over 5 feet, but I could run a 52-second 440. A hammer and a screwdriver do not do the same jobs, but the hammer is not better or worse than the screwdriver because it can't do the job of the screwdriver.

Each one of us has talent peculiar to us alone; talent that enables us to do many things others cannot do as well as we can. Our inability to do what others can do, in no way means we are not as good or as valuable as others. We are just different, and that's OK.

It's good to be like the dog and try to make everyone happy. And, it's OK if like the cat, you just don't give a flip, if that is what you were created to do.

Fred Jeans is chaplain at Kenilworth Care & Rehabilitation Center. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.

Church welcoming new pastor



Courtesy photo
First United Methodist Church of Avon Park would like the community to join in welcoming its new pastor Devon Jarrett and his daughter, Celia. All are invited to fellowship and free ice cream at 2 p.m. on Sunday, July 22, in Wesley Hall. If ice cream is not for you, fresh baked goods will be available to purchase.

Love in Action concert Saturday

AVON PARK — ABC Children's Aid USA and Ridge Seventh-Day Adventist Church AY Department present Love in Action benefit concert at 6:30 p.m. on Saturday at Ridge SDA Church, 507 W. Hal McRae Blvd., Avon Park. Admission is free, but a goodwill offering will be collected. Light refreshments will be served.

ABC Children's Aid USA is a 501(C)3 charitable organization that reaches out to indigent children in underprivileged countries to provide opportunities to receive formal education.

Dinner and a movie at Faith Lutheran

SEBRING — Faith Lutheran Youth are hosting a all-you-can-eat spaghetti dinner and movie "The Secrets of Jonathan Sperry"

Snapshots

this Saturday, with dinner starting at 6 p.m. and the movie starting at 7 p.m.

The dinner and movie are for your donation. Popcorn, canned sodas and bottled water will be available to be purchased during the movie. They will have gluten-free spaghetti available for those who need this and a children's movie will also be shown, so families are welcome.

If you have questions, call Traci at 835-0141. Faith Lutheran Church is at 2740 Lakeview Drive.

McCrary celebrating 40 years at First Assembly SEBRING — Rev.

Wilmont and Patricia McCrary will celebrate 40 years as pastors of First Assembly of God in Sebring, on Sunday. The McCrarys will be honored by the congregation in the

11 a.m. worship service. There will be a fellowship dinner following the service in the church activities center. Pastor and Mrs. McCrary and the congregation of First Assembly invite all their friends in the Sebring area to join them for this special occasion. Cal 385- 6431 for other information.

VBS at Sebring Christian

SEBRING — Sebring Christian Church is going to Babylon this year for Vacation Bible School to learn about Daniel's Courage in Captivity.

VBS runs Sunday, Aug. 5 to Friday, Aug. 10, from 6-8:30 p.m., each evening. For more information about the program, call the church office at 382-6676 from 9 a.m. to 5 p.m. The church is at 4514 Hammock Road in Sebring.

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NEWS-SUN

DIVERSIONS

Family tectonics shift in fourth 'Ice Age' movie

By JAKE COYLE
AP Entertainment Writer

The "Ice Age" films, which now number four, might have a prehistoric setting like the Flintstones, but their cartoon world is much closer to Wile E. Coyote.

In the crowded arena of kiddie blockbusters, the "Ice Age" movies — the fourth of which is the new, 3-D "Ice Age: Continental Drift" — are among the more slapstick. When they are any good, the motley crew of critters is silly and stupid and going splat.

No one does this more than Scrat, a squirrel-rat combination who serves as something like the mascot of the movies. He wordlessly and desperately pursues an ever-elusive nut with the same ratio of success Wile E. had of catching the Road Runner. His frantic hunt is a kind of background diversion from the movies' main action, which never amounts to the same delight.

"Ice Age: Continent Drift," like the previous films, begins with Scrat inadvertently causing a cataclysmic event. In this case, his fall into the Earth's core spurs the formation of the continents.

It's this kind of thing that makes the universe "Ice Age" pleasant: The history of the world is shaped not by things like asteroids or political leaders, but by pratfalls and peanuts.

But such moments of dialogue-free mania are only brief respites in "Continental Drift," which is otherwise overstuffed with loud action scenes and the yammer of celebrity voices.

The main players remain the same: Manny the woolly mammoth (the ever-droll Ray Romano), his wife, Ellie, a mammoth raised by possums (Queen Latifah), Diego the saber-toothed tiger (Denis Leary) and Sid the sloth (John Leguizamo, with a slobbering lisp).

Their gang includes others, too, but the focus here



A scene from 'Ice Age: Continental Drift.'

Courtesy photo

turns to Manny and Ellie's teenage daughter, Peaches (Keke Palmer).

When the plates start shifting, the breaking land separates Manny, Diego and Sid from the rest of the clan, sending them out to sea on an iceberg. There, they encounter — what else? — a villainous pirate orangutan.

And it's here — at first mention of the pirate orangutan — where it's fitting to remark that the "Ice Age" franchise has never been a carefully created world based on a sensible fictional reality where character-based comedy unfolds naturally. It makes slapdash grabs for attention — dinosaurs were in the last one — and the franchise is compelled by little more than further box office receipts.

That said, if you're going to force a villainous pirate orangutan named Captain Gutt into your woolly mammoth cartoon, you can do no better than to call on Peter Dinklage to voice him.

His menacing baritone adds heft to the movie, which mainly follows various battles between the gang and Captain Gutt's shipmates.



Movie Review

'Ice Age: Continental Drift'

Rating: PG (mild rude humor and action)

Running time: 87 minutes

Review: ★★ (of 4)

Most notable among them is Shira, also a saber-toothed cat, voiced by Jennifer Lopez, and love interest for Diego. Wanda Sykes makes more of an impression as Granny, an elderly relative of Sid's who's dropped off with him at the start of the film.

While the stranded group attempts to make their way home, the storyline among the others is standard teenage stuff, as Peaches struggles to fit in with the

cool kids (voiced by Drake, Nicki Minaj and Heather Morris), an annoying group of young woolly mammoths who say "sick" and "burn."

Peer pressure pulls Peaches away from her less popular mole hog friend, Louis (Josh Gad), whose meek, lovesick earnestness makes Tiny Tim look like a cynical jerk.

"Continental Drift" is directed by Steve Martino ("Horton Hears a Who!") and Mike Thurmeier (who co-directed the last installment, "Ice Age: Dawn of the Dinosaurs") from a screenplay by Michael Berg, Jason Fuchs and Michael Berg. The filmmakers stuff the film to a manic degree, albeit with increasingly textured animation.

They collectively lead the gang through the shifting tectonics of family and romantic life, inevitably finding predictable lessons along the way.

But "Continental Drift," like the rest of the "Ice Age" movies, is best when it leaves poignancy to the folks at Pixar.

Extinction, after all, awaits us all. So how about we stick to the slapstick?

Ex-Marine wants to re-enlist where tattoos are welcome

Dear Abby: My son is 24 and was honorably discharged as a corporal after a four-year enlistment in the U.S. Marine Corps. He was deployed twice to Iraq. Since his return he has been attending community college, but he lacks the focus and is bored. He has recently announced that he would like to return to the military.

When he approached the Marine recruiter to re-enlist, he was told he's ineligible due to tattoos on his arms. After four years of honorable and devoted service, this rejection is insulting. He has announced to family that he will pursue enlistment in the French Foreign Legion next year.

This is very distressing to me, and I'm sick with worry about his well-being. I do not want him to go off to fight in a foreign military. Can you offer any words of wisdom?

— Worried Mom in Gainesville

Dear Worried Mom:

Encourage your son to explore enlistment opportunities with other branches of the U.S. military regarding their tattoo policies. However, while you and I might consider his desire to join the French Foreign Legion to be an extreme overreaction to his rejection by the Marines, as an adult he has a right to make that choice. If he goes through with his plan, he may see less action than he would as a member of the U.S. military.

While I can't make this easier for you as a parent, I do have this advice to offer. Tell your son it would be in his best interest to learn some basic French before he goes.

Dear Abby: My twin sister and I have lived across the country from each other for many years, but have remained close through phone calls. Two years ago she began talking politics, and we realized we differ on the topic. I asked her if we could not talk so much about the subject and just "agree to disagree."

Things were fine until she planned a visit to see me and also a friend who

agrees politically with her. I told her she was welcome to use my car to see her friend, but I didn't want to go because I knew politics would be brought up. It made her very angry, and she

ended up canceling her trip.

We have continued our phone chats, and I stayed with her several days last year to celebrate our brother's birthday. But the bond we had is no longer there. I can feel her and my brother pulling away from me. I'm sure it's because of our political differences.

I don't know how to turn things around. I have never argued with them, but feel they are making me an outsider. How can I get them back without compromising my own views?

Twenty years ago, my sister and I differed on some religious points, and she wanted nothing to do with me for the next two years. It took our mother's death to get us back together. Help!

— Loves My Twin

Dear Loves: While you and your twin were wombmates, nowhere is it written that because of your twinning you must think in unison. For the time being, my advice is to calm down. This being an election year, feelings are running high. Keep the lines of communication open as far as your sister and brother will allow. After the election is over, your relationship may normalize.

However, if it doesn't, then it's important you remember that the experiences we have as we travel life's path can turn even twins into very different people. Accept that, and your heart will be less fragile.

Dear Abby is written by Abigail Van Buren. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069. Good advice for everyone — teens to seniors — is in 'The Anger in All of Us and How to Deal With It.' To order, send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447.

Rolling Stones celebrate 50 years on stage

By JILL LAWLESS
Associated Press

LONDON — Mick Jagger may rethink the words he sang more than 45 years ago — "What a drag it is getting old."

Thursday marks 50 years since Jagger played his first gig with a band called the Rolling Stones, and the group is marking its half-century with no letup in its productivity or rock 'n' roll style. Jagger himself is still the cool, rich frontman of the world's most successful rock band.

Now in their late 60s and early 70s, the band members are celebrating the anniversary by attending a retrospective photo exhibition at London's Somerset House — and looking to the future by rehearsing for new gigs.

Jagger, Keith Richards, Ronnie Wood and Charlie Watts are getting together 50 years to the day after the young R&B band played London's Marquee Club. Taking a name from a song by bluesman Muddy Waters, they were billed as "The Rollin' Stones" — the 'g' came later.

The lineup for the gig was vocalist Jagger, guitarists Richards and Brian Jones, bassist Dick Taylor, pianist

Ian Stewart and Mick Avory on drums. Taylor, Stewart and Avory soon left the lineup; drummer Watts joined in 1963 and guitarist Wood in 1975.

The band had its first hit, a cover of Chuck Berry's "Come On," in 1963, and soon became one of the world's biggest and most influential rock acts, rivaled only by The Beatles.

The Beatles split up in 1970, but the Stones are still going strong — something Jagger says he could never have imagined at the time.

"Groups in those days and singers didn't really last very long," Jagger, 68, told the BBC. "They weren't supposed to last. It was supposed to be ephemeral. It was only really Elvis and The Beatles that were the biggest things that ever happened in pop music that I can remember. But even (Elvis) had lasted perhaps less than 10 years, so how could anyone really last?"

Richards told the BBC that his biggest regret in the last half-century was the drowning death in 1969 of Brian Jones, but that on the whole the band's career has been "an incredible adventure."

Music critic John Aizlewood said the Stones'

contribution to rock 'n' roll is "immeasurable."

"They are a founding father of rock music as we know it," he said. "Other bands have tried and not pulled off that amount of sexiness, allied to a kind of street-fighting menace."

Aizlewood said the Rolling Stones have endured where other bands have split because "they are smart enough to put the band ahead of the individuals, despite their collective egos."

He said they are also canny businessmen, and realized early on that "once you get to a certain level, if you maintain your live performance, you can play stadiums forever."

The Stones have sold more than 200 million records, with hits including "I Can't Get No Satisfaction," "Street Fighting Man" and "You Can't Always Get What You Want."

But in recent years much of their income has come from touring.

Their last global tour, "A Bigger Bang," earned more than half a billion dollars between 2005 and 2007. And as they enter their sixth decade, more live shows are on the way.

Richards said the band had

begun rehearsing, but dates haven't been fixed.

"There's things in the works," he said. "It's definitely happening, but when I can't say yet."

SUDOKU

2				7				
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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!

3	7	2	9	8	5	7	1	6
9	4	5	1	6	2	8	7	3
8	1	6	4	7	2	3	5	9
2	7	2	7	1	8	3	4	5
6	9	4	5	7	8	2	1	3
5	1	3	6	9	2	8	7	4
5	3	9	2	1	6	8	7	4
2	6	7	9	2	4	8	7	1
4	7	1	8	4	2	6	9	3

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The science of beer

Who knew chemistry could be so delicious?

“Beer is proof that God loves us and wants us to be happy.”

— Benjamin Franklin



Most people know that it takes yeast to make beer, and some people know a little bit about how it performs that miracle. But probably few people besides brewers and biochemists are familiar with the intricate series of seemingly unrelated chemical reactions that must occur in a particular order — from long before the yeast does its magic — to turn ordinary grain and water into the delicious and mildly alcoholic carbonated concoction so many of us enjoy.

Here is a step-by-step primer on the natural science of brewing. You might wish to pop open a tall, cool, smooth one to further appreciate the marvelous result of the art we have made of that science.

TEXT BY JIM PRICE, MILWAUKEE JOURNAL SENTINEL

GRAPHIC BY RIKA KANAOKA, MILWAUKEE JOURNAL SENTINEL

MILWAUKEE JOURNAL SENTINEL

FROM BARLEY TO BREW: STEP-BY-STEP

Any starch or sugar can be processed as a fermented product, but civilizations as old as ancient Sumeria determined that barley produced the most satisfying examples of what we have come to know as beer. When these grains are ripe, however, the complex starches of the “endosperm,” the meaty part of the grain, will not dissolve in water. Simply cooking the grain makes it soluble, but that creates extreme cloudiness and a porridge-like flavor and prevents a successful fermentation.

1 Malting: “Malting” is the controlled germination of barley. After steeping the barley in water, the grain is spread on a malting floor and allowed to grow until it is modified. During this time, natural enzymes transform the endosperm from complex to simple starches. The grain is dried at high temperatures and milled.

2 Mashing: Astonishingly, drying sprouted grain at temperatures high enough to destroy its life force does not destroy its ability to produce momentous chemical activity. Bringing the “mash” to between 148 and 158 degrees activates a pair of related enzymes that liquefy and reduce the now-soluble starches into maltose and other simple sugars.

3 Lautering: Once all reducible starches have been converted, the mash is heated yet again, to 170 degrees. The liquid is drawn off through a filter bed of the remaining husks of the original grain. The husks are then rinsed (“lautered”) thoroughly with more hot water. All the runoff from the mash is known as “wort,” and it constitutes what will become the finished beer.

4 The boil: Achieving clear beer with a firm, foamy head is largely a function of removing most — but not quite all — proteins from the original mash. Proteins, when boiled, will coagulate and settle out of the liquid, forming a gummy mass called “trub.” This action is called the “hot break.” Boiling is also necessary to extract important flavoring agents, called alpha acids, from hops. Up to a point, the longer the wort is boiled, the more efficiently a given amount of hops can bitter a quantity of beer. Boiling even longer can produce caramelization of sugars in the wort.

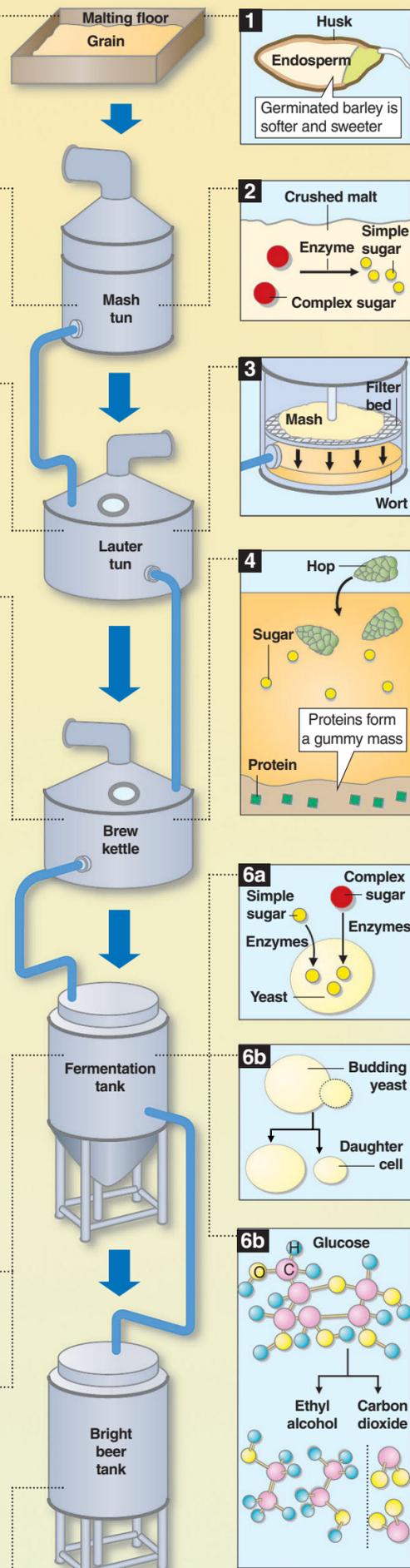
5 The cold break: As soon as the boil is complete, the wort is quickly cooled. This precipitates even more undesirable proteins and tannins out of the wort. This time the process is called the “cold break,” and the residue is called “cold trub.”

6 THE FERMENTATION CYCLE
Pitching the yeast: Perhaps the most important key to making good beer is to keep wild yeast and bacteria from gaining a foothold in your brew before the preferred yeast does. This is done through good sanitation and proper “pitching” of a sufficient quantity of carefully cultivated beer yeast. When the wort is cooled, a thick broth of cultivated yeast is added.

a. The lag phase: The yeast immediately begins to absorb oxygen. Enzymes facilitate yeast’s intake of glucose, more complex sugars and other nutrients. All this takes place within a few hours.

b. The respiration and fermentation phases: With sufficient food reserves stored away, the yeast begins to reproduce by “budding.” It absorbs all the remaining oxygen in the wort and uses it and the various other nutrients to produce new “daughter” cells. Once all oxygen is absorbed, reproduction halts and fermentation proper begins. In a simplified explanation, yeast turns one molecule of glucose into two molecules each of ethyl alcohol and carbon dioxide.

Clarifying and carbonation: Once all available fermentable sugars are consumed, fermentation grinds to a halt and the yeast begins to go dormant. The beer is clarified by storing in a cool, still, sterile environment. It is now nearly free of clouding agents and is clear. It is also flat. During the whole fermentation process, the huge amount of carbon dioxide produced has been allowed to escape through a gas vent, while the alcohol has been preserved in an otherwise closed environment. To achieve carbonation, brewers inject carbon dioxide to the desired level.



BOB FILA/CHICAGO TRIBUNE
Barley is rich in enzymes, which makes it an important ingredient in beer brewing.

Something to sip on: Intriguing facts about beer

■ Beer was brewed from barley at least 7,000 years ago. But only lately have we discovered that barley, among all grains, is so rich in enzymes that it can convert to sugars not only its own starches but up to its own weight in additional starches. This is grandly referred to as “diastatic power” and accounts for the ability of large brewers to brew beer from up to 50 percent corn (Miller, et

al.) or rice (Budweiser). Those grains do not contain, on their own, the necessary enzymes to convert starches to cleanly fermentable sugars. They need help. Barley provides.

■ In ancient Mesopotamia and Egypt, laborers were paid in beer. Gigantic bakeries produced huge quantities of bread, which was not distributed. Rather, the loaves of bread were dissolved in water and turned into beer.

■ We like to think that the brewing art and science have been perfected only recently, but even in ancient times, certain brewers were recognized for their talents. Many of them had hereditary status. Their secret: They used wooden bowls and spoons handed down through generations. The secret of that: Yeast cells are very hardy and can survive dormancy in many extreme conditions and habitats.

One that they are especially well adapted to is the grain of wood. The spoons and bowls of ancient brewers harbored unique strains of good brewing yeast that were reconstituted with every use.

■ The Pilgrims were aiming for Virginia but got off course. When they landed in the uninvented region of New England, they



begged the crew of the Mayflower to take them south. The crew demurred. They were running out of beer. They left the Pilgrims to their fate, and half died before they managed to establish a sufficient brewing regimen, mostly from pumpkins. The lesson: Don’t drink the water. No known disease pathogen can survive in even weak beer.