

NEWS-SUN

Highlands County's Hometown Newspaper Since 1927

At long last

Lady Devils beat Sebring for 1st time in 5 years

SPORTS, 1B



Annexation approved

Sebring council gives nod to proposed medical center

PAGE 2A

FRESHMAN 15

Healthy advice
for campus living



PAGE 10B

Friday-Saturday, August 24-25, 2012

www.newssun.com

Forecast



Storms still rumbling in the afternoon

High Low

92 74

Complete Forecast

PAGE 10A

Online



Question:

Will national calorie and sodium limits for what can be served on lunch lines help ease the obesity rate?

**Yes
23.6%**

**No
76.4%**

Total votes: 110

Next question:
Do you approve of Rick Scott's performance as governor?

Make your voice heard at
www.newssun.com

Obituaries

Eleanor Griffin
Age 88, of Lake Wales

Arnold Lent

Age 89, of Sebring

Lilly Pinneo

Age 95, of Sebring

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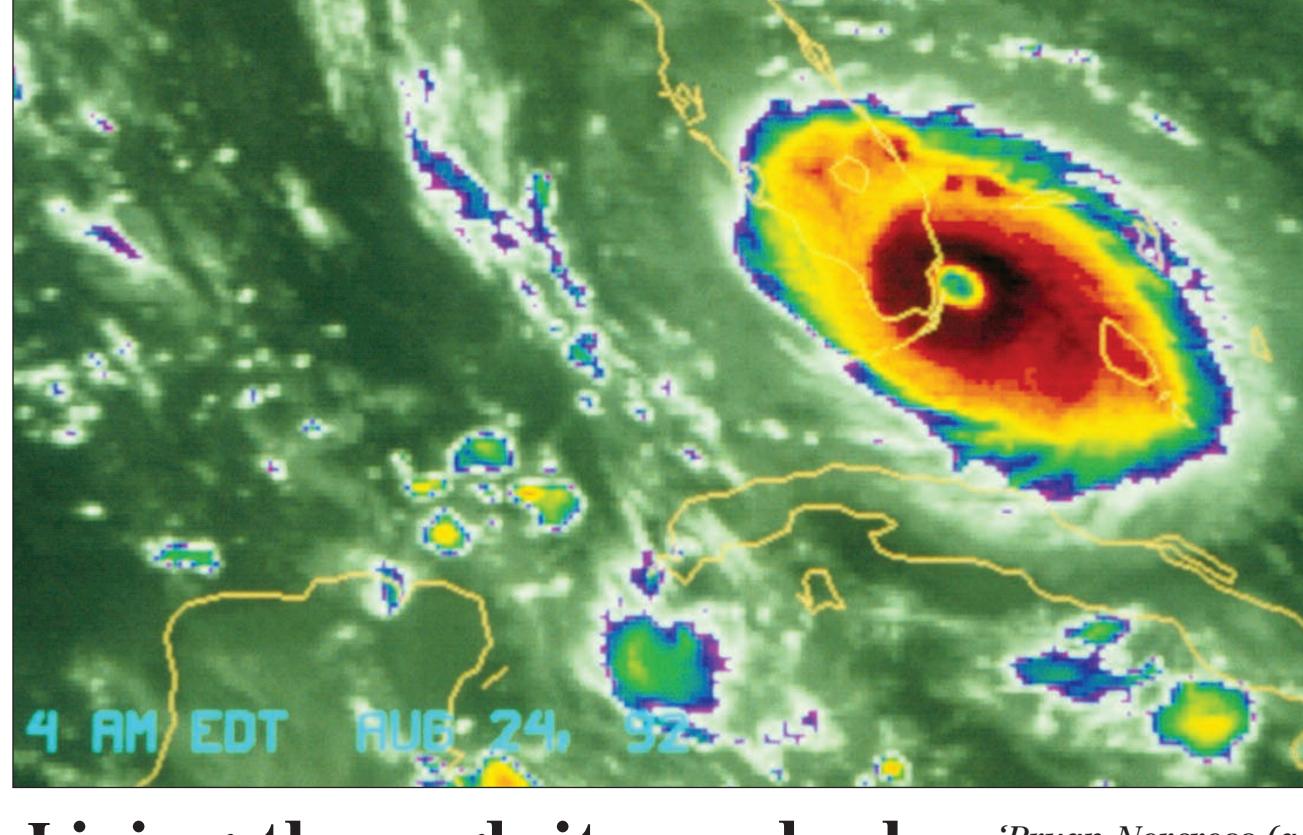
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Memories of Hurricane Andrew, 20 years later

'I'll never forget it'



Living through it was bad; living after it was worse

By CHRISTOPHER TUFFLEY

christopher.tuffley@newssun.com

SEBRING — As Central Florida warily watches Tropical Storm Isaac, many people are remembering another storm and the utter devastation it left behind.

Twenty years ago today, Hurricane Andrew came ashore in South Florida. It was the third category five storm to be recorded hitting the continental United States.

The small and fast-moving storm made landfall early in the morning of Aug. 24, 1992. It devastated the Homestead region of Dade County and

parts of South Miami.

Andrew destroyed 80 percent of the Homestead and Florida City area. More than 82,000 businesses were destroyed, and 250,000 people were left homeless.

The environment was hit hard too — 33 percent of the reefs in Biscayne National Park were damaged or destroyed, as were 90 percent of the Dade native pinelands.

Damages came to approximately \$30 billion (equivalent to \$40 billion in 2012). Thirty years of debris was created in less than a day.

See ANDREW, page 4A

'Bryan Norcross (a local weather man) was on T.V. holding a flashlight in his hand. 'It's coming,'

Norcross was saying, 'it's already on shore. If you have things that aren't tied down ...' and the television shut down in mid-sentence.'

SHANE MORRIS

We ran, but we couldn't hide

I was born on an Aug. 25. This is only important because my birthday led to a brush with Hurricane Andrew.

Hard as it is to believe, that monumental, trickster of a storm hit Florida 20 years ago, on Aug. 24, 1992.

For those of us who experienced it, Andrew remains a powerful memory, as if it happened yesterday. Even two decades after Andrew, I remember the electrical power going out and the shrill sound the wind



Christopher
Tuffley

made as it whistled through a gap between the ceiling and the outside wall, created by forces of monumental strength as they sucked on the pre-fab roof. We could see the sky between the wall and the ceiling every time the roof moved and felt the rain driven in by the wind.

Fortunately we were in Fort Lauderdale and in Andrew's outer bands.

We didn't start our hurricane adventure in Fort Lauderdale, however.

My family and I had made plans to stay down in Florida City at Grandma Newton's Bed and Breakfast to celebrate my birthday.

Grandma Newton was a real person who hosted guests in her charm-

See RUNNING, page 4A

HLT visits emotional, upside down world of adolescence

'The 25th annual Putnam County Spelling Bee' closes out 2011-12 season starting tonight

By CHRISTOPHER TUFFLEY

christopher.tuffley@newssun.com

SEBRING — Highlands Little Theatre's final production of the 2011-2012 season opens tonight. The show is the musical comedy "The 25th annual Putnam County Spelling Bee," winner of two Tony Awards in 2005

There is no real plot or story arc. Instead, the audience is treated to a high-pressure spelling bee contest with 12-year-old middle schoolers as the participants.

The fun comes as a result of the children's quirky personalities and their nerdy focus on spelling and the

need to win. The fact that the adolescents are played (with one exception) by adults adds to the satire.

There is William Barfee, played by Steve McDaniel, who is a big slob, has allergies and an arrogant attitude.

See HLT, page 5A



News-Sun photo by CHRISTOPHER TUFFLEY
Steve McDaniel and Melanie Boulay play two contestants with, not chips, but whole trees on their shoulders.

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Aviation Center ground breaking Saturday

By SAMANTHA GHOLAR
sgholar@newssun.com

SEBRING — It's been 10 years since the inception of the aerospace/aviation program at Lake Placid High School and it has been making huge strides since it's beginning.

Saturday brings another big occasion within the program as the Aviation Development Center of Experimental Aviation Association Chapter 1240 breaks ground at 10 a.m. at the Sebring Regional Airport.

The center is the result of a two-year-old partnership between the Experimental Aircraft Association Chapter 1240 (EAA), the Highlands County School Board and the Sebring Regional Airport to "promote youth aviation education."

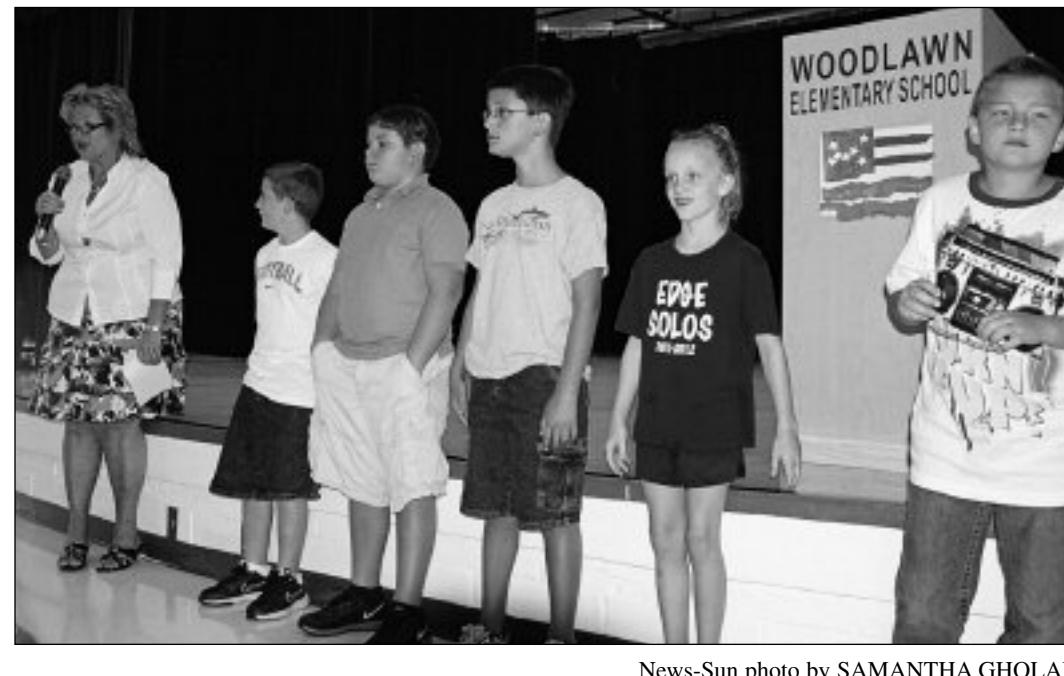
The EAA Chapter has helped put hundreds of students in the air and challenged young aviators to pursue furthering their education in aerospace.

"The building would have a 40-by-70-foot hangar space for project aircraft and the remainder of the space for classrooms, bathrooms and storage," Career and Technical Instructor at LPHS John Rousch said in press release.

James Ray of the Aviation Education Foundation of Naples has worked with his foundation, donating \$175,000 of the cost of the Aviation Education Center.

Invited guests for Saturday's event include Ray, Sebring Mayor George Hensley; Rodney Hollinger, assistant superintendent of the schools, Mike Willingham, executive director of the Sebring Regional Airport; Roger Hood, director of the Heartland Workforce Board; and Scott Crutchfield, chairman of the Sebring Airport Authority.

Contact Rousch at jhr@strato.net or call 385-8107 or 273-0522.



(From right to left) Fourth graders Michael Williams, Rilan Smith and James Branca along with fifth graders Andrew Livingston and Robert Gotkiewicz are commended on their perfect FCAT scores. Woodlawn Elementary School principal Kaye Bowers (left) congratulate the students hard work.

FCAT stars commended at Honors Breakfast

By SAMANTHA GHOLAR

sgholar@newssun.com

SEBRING — Pancakes and proud parents filled the Woodlawn Elementary School cafeteria Thursday morning during a celebration of excellence.

The Honors Scholars Breakfast brought together 71 students for breakfast with their friends and family in honor of their outstanding accomplishments last school year.

Principal Kaye Bowers and assistant principal Melissa Blackman commended students on scoring a 4 and above on the FCAT last school year.

"We get the scores back so late in the year we don't have time to celebrate or congratulate you, so we are doing it today," said Bowers.

Bowers said that more than 100 students scored a 4 or above on the FCAT in the reading, math or science in third and fourth grades.

Fourth grade advanced academics teacher Andria McHargue visited with students commending them on a job well done.

McHargue knows the difficulty of facing the FCAT exam, but works hard to prepare her students for the test so that they may not only succeed but excel.

"Reading comprehension is definitely a big part of the test for sure. Whether it's retention or summarizing, it's a big part of it," McHargue said.

Each student faces the



News-Sun photo by SAMANTHA GHOLAR
Fourth grade advanced academics instructor Andria McHargue visits with students Thursday morning at the Woodlawn Elementary School cafeteria during the Honors Breakfast. 71 fourth and fifth graders, along with their parents, were congratulated for the exceptional scores on last year's FCAT exam.

same test, but not in the same way.

"Every student is different going into the FCAT. It just depends on their mindsets," McHargue said.

According to Bowers, WES fourth graders had a 56 percent proficiency in reading portion of the FCAT. The district proficiency is also close to 56 percent for fourth grade reading. A 55 percent proficiency was earned by fourth grade math portion of the FCAT at Woodlawn and a 53 percent for science.

Among the many top scoring students at WES, a handful of students performed exceptionally well in areas of the exam.

Fourth graders Rilan Smith and Michael Williams made a perfect score on the

math portion of the FCAT. James Branca made a perfect score on the reading portion last year.

Fifth graders Andrew Livingston and Robert Gotkiewicz scored perfectly on reading and math, respectively.

The five students shared sound advice to fellow classmates on how to make perfect scores on the exam this year.

"Study hard," said Branca.

"Don't get nervous; study what they tell you to," said Smith.

"Don't get off track and do your best," Williams said.

COMMUNITY BRIEFS

Triathletes will hold car wash

SEBRING — Three members of Sebring's own TriPOWER Youth Triathlon Team have qualified to race at the IronKids National Championship in Des Moines, Iowa on Sept. 1. They will be holding a car wash fundraiser at Dr. Steven Guelff's office, 601 U.S. 27 South (just north of Hammock Road), from 9 a.m. to 1 p.m. Saturday.

Refreshments will be available for purchase, as well as raffle tickets for some great prizes.

Harvest for Hospice set for Sept. 20

SEBRING — Imagine a late summer event where you can taste the extraordinary cuisine from the area's finest restaurants and sample unique wine selections while the exotic sounds of Gypsy jazz and Brazilian sambas mingle in the background.

The fourth annual Harvest for Hospice fundraiser will bring these exciting elements together for a remarkable evening to benefit the programs and services delivered at the Good Shepherd Hospice Bud and Donna Somers Hospice House in Sebring. Cliff and Suzette Rhoades are the voluntary chairs of the event, which returns to Château Élan on Thursday, Sept. 20.

Among the restaurants on hand will be the Château Élan, Cowpoke's Watering Hole & Grille, Cang Tong Chinese & Sushi Restaurant, Eighteen East, The Garden Café at McLane's Country Garden, Jacaranda Hotel Restaurant, Palms Bistro Court and Zeno's Italian Restaurant.

PRP Wine International will be selecting the wines featured at Harvest for Hospice, and Good Shepherd Hospice volunteers will serve wine tastings.

And after enjoying a wide selection of culinary delights and adult beverages, guests can hit the dance floor and sway to the music of the Hot Sun Quartet, a Florida-based

band that takes spicy world beats to new levels.

Harvest for Hospice is a must-go event each year, so don't miss out on the fun. Sponsorships are still available, and individual tickets are \$50. Call (863) 968-1735 to purchase tickets or for more information.

Gissendanner speaking at Democratic Women's Club

SEBRING — Betty Gissendanner will speak Saturday at the Democratic Women's Club meeting at Democratic Headquarters, 4216 Sebring Parkway, next to Ruby Tuesdays.

Light refreshments will be served at 9:45 a.m., followed by the general business meeting. Gissendanner will be speaking after the business meeting.

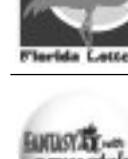
The Democratic Women's Club of Highlands County will be hosting a Women for Obama House Party. The theme of the house party will be celebrating Equality Day.

Gissander Equality Day (Aug. 26) commemorates the passage of the 19th amendment, which granted women the right to vote. Attendees are being asked to wear yellow or gold on their clothing to recognize the 72-year struggle by the suffragists to win passage of women's right to vote.

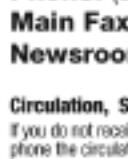
Gissendanner is the fourth of 10 children, born to Alabama Sharecroppers. She was the first in her family to graduate college. She has a master's degree in nursing. She is a retired owner and operator of a multiple line insurance agency in Port Charlotte.

Gissendanner is a dynamic speaker and ran as a candidate for Florida House 71 in 2008, when she received 47 percent of the votes. She is recipient of the Florida Commission on the Status of Women-Community Service. She is

Continued on page 5A



Lottery Center



Lottery Center

Aug. 22

14 29 30 41 43 49 x:5

Next jackpot \$4 million

Aug. 18

4 26 39 42 45 47 x:5

Aug. 15

3 7 10 19 24 27 x:2

Aug. 22 (n)

8 6 2 3

Aug. 22 (d)

8 7 7 6

Aug. 21 (n)

9 1 5 1

Aug. 21 (d)

5 3 2 1

Aug. 22 (n)

7 8 9

Aug. 22 (d)

9 8 8

Aug. 21 (n)

9 5 4

Aug. 21 (d)

1 5 9

Aug. 22 (n)

7 8 9

Aug. 22 (d)

9 8 8

Aug. 21 (n)

9 5 4

Aug. 21 (d)

1 5 9

Aug. 22 (n)

7 8 9

Aug. 22 (d)

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Aug. 22 (d)

9 8 8

Aug. 21 (n)

9 5 4

Aug. 21 (d)

1 5 9

Aug. 22 (

EDITORIAL & OPINION

ANOTHER VIEWPOINT

Whose interests come first?

The Florida Highway Patrol has blamed drivers, and largely denied its own responsibility, for the multiple collisions on fog-and-smoke-shrouded I-75 that killed 11 people and injured dozens more.

"Drivers of vehicles are responsible for adapting to roadway conditions, including weather, in accordance with Florida Statutes," said a report the FHP released recently.

The FHP's decision to reopen the stretch of highway — which had been closed for three hours in the early morning of Jan. 29 because of blinding smoke and fog from a nearby brushfire — was cited as a "judgment call" by the on-scene commander.

The collisions — involving tractor-trailers, trucks and cars on both sides of the interstate — began 35 minutes after that "call."

The FHP's denials are, in a sense, understandable. The state is facing lawsuits involving at least 18 victims of the collisions. Any claim of responsibility might be deemed incriminating.

The greater concern is that FHP might really believe that it did nothing wrong on Jan. 29 and has nothing signifi-

cant to learn from that tragedy.

That attitude would contradict mounting evidence — much of it compiled by the Florida Department of Law Enforcement.

Most troubling of all is the FDLE's finding that the Highway Patrol failed to fully adopt recommendations made after similar multi-vehicle pileups on Jan. 9, 2008, amid smoke and fog on Interstate 4 in Polk County, left five people dead and 37 injured ...

At some point, either the governor or the Legislature needs to make sure that the FHP is putting the public's interests before its own.

An editorial from the Gainesville Sun.



TODAY'S LETTERS

Florida watermelons enjoyed in Michigan

Editor:

Having purchased a watermelon from a local fruit store here in North Central Michigan, imagine my surprise when the label read Graham Farms, Avon Park, Fla. We are winter residents in Lake Placid.

This watermelon was the best of the year, very much enjoying its sweetness. Don't know if these watermelons are sold locally, but if anyone should see one from Graham Farms, "Try it - you'll like it".

*Stan Lisiecki
Houghton Lake, Mich.*

Are gypsies Israel's lost tribes?

Editor:

Please straighten me out: When I was a kid, I was taught that the gypsies were the lost tribes of Israel.

What about that?

*Don H. Streeter
Sebring*

Loss of police dept. will be felt

Editor:

It saddens me, and I'm hearing others who are disheartened, by what we are seeing at our Community Center. Our mayor made it clear she would "tolerate no nonsense." We, the people, saw an undermining overthrow, sabotage and a damage attack on our Avon Park Police Department, who took an oath. I'm knowing of their oaths.

My grandfather was a respected police officer with

many years of service. Never did we, the people who call Avon Park our precious city, expect to see our police (go) who protect us and were trying to help our children grow up and be respectful of others. Your children are Avon Park children. Our police department cares for all and then to hear Brenda Gray and Councilor Parke Sutherland had urged to change and the \$2 million the city would save. How about our children and our safety?

I've been overwhelmed a little after 4 a.m., out of sound sleep, hearing many, many gun shots by my home that were too close, hit cars and into the home next door. I called the Avon Park police; they care about our safety and got rid of the scammers that were here in Avon Park too.

Our city manager, Julian DeLeon, doesn't respect them, nor others on council that wouldn't even let John King speak at our last meeting. (Mr. King was another officer who, being under oath, is a part of every police officer's life; they in Avon Park to all of us want to walk out our door to a safe Avon Park. We had it with our police department).

Julian DeLeon let us see his temper and anger at council with its vote, not ours, the people of Avon Park's vote. It was a disgrace that they wouldn't let John King say anything at the last meeting. A take over and Avon Park will see that come.

Mr. DeLeon, five months ago, wanted us to consider park land. He said more than

\$300,000 price tag, not in an area many would use, not safe for children and he told us five years of no interest, just a very big debt for us in Avon Park. To think, a city manager would want us in debt for five years to a park that we would have to invest even more money into. And Mr. DeLeon can't see our safety and the need of our police department in our city must come first ...

How about our safety? We don't need a city manager who's thinking hatefully towards our police department ...

Our police department, all 22, were under oath. Our doctors whom I worked with take an oath. And our President of America took an oath. Yes, we are of the people, by the people and for the people, one nation under God with liberty and justice for all. Mr. DeLeon, that does include 22 officers who you don't respect. What does honesty mean to you, Mr. DeLeon?

*Norma Jean Viney
Avon Park*

Need for informed hospice choices

Editor:

Cornerstone Hospice & Palliative Care believes citizens in Polk, Highlands and Hardee counties have the right to education and choices regarding their hospice providers. When an existing hospice closes, you have a right to choose from all area hospice providers.

Recently Hope Hospice announced its decision to close its hospice program in Polk, Highlands and Hardee

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("Hope HealthCare to halt hospice care in Highlands" published Friday, Aug. 10). During this time of change, Cornerstone is advocating for Hope's patients and their families ... all of whom have a choice. There are three hospices which serve the tri-county area: Good Shepherd Hospice, Compassionate Care Hospice, and Cornerstone Hospice.

While the announcement stated that Good Shepherd Hospice was "prepared to admit and continue serving Hope patients," Cornerstone Hospice believes that patients facing end-of-life care needs deserve to be well informed about all their choices for hospice care.

Each patient's right to choose is protected by state and federal law, and patients may choose to receive services from any hospice willing to serve them.

Cornerstone Hospice cares about our neighbors and about our mission to provide quality, compassionate care for people facing end of life. Cornerstone's care is focused upon easing patient suffering, making patients comfortable, and helping patients and their families feel peaceful during the most difficult time in their lives.

Cornerstone Hospice is a non-profit organization with roots in this community since 2003 and we are here to stay. If you would like more information, please call 382-4563.

*Deborah Harley, MSW
Executive Director
Cornerstone Hospice &
Palliative Care
Sebring*

When will the press start asking the right questions?

One of the annoying things about being friends with political journalists is hearing them whine that we campaign folk don't talk about issues. It's as if they believe in a Neverland where issues are debated in Roman togas around a table on a Sunday morning talk show in sober, respectful tones.

The problem with this fantasy is that we're not Canadians. We're electing people to represent us. Have you paid attention to yourself recently, America? We stopped playing nicely with others in kindergarten. A good day for us is when we complete a sentence that only implies an obscenity for emphasis.

Consequently, American campaigns are rhetorical brawls. You'd think the press would be entertained, but no. They fret our politics haven't washed their hands and put on a coat and tie before reaching our tender ears. But with all the fighting over tax policy, Medicare, Ayn Rand and Keynesian economics, the press would do well to notice this place reeks of issues. We're just not being nice.

Meanwhile, both Romney and his boy wonder oppose the coming cuts in defense spending

because people would lose their jobs. Why does federal spending that makes a bomb create jobs but federal funding to keep teachers and firefighters at their posts hurt our recovery? If, as it appears, the Republican ticket has closest Keynesian tendencies (not that there's anything wrong with that), will someone explain to me why we're supposed to think that the federal deficit is hurting private sector growth? In case I can't read a bar graph, it looks to me like private sector jobs keeps going up, but public sector jobs—those aforementioned teachers and firefighters—keeps going down.

Pity the poor press. They're paid to follow the elephants and donkeys but fail to notice that they're at the circus. We're having a lot of fun fighting over the issues. We just disagree in a messy, disagreeable way. To quote the Bard of Indiana, John Mellencamp, "Ain't that America, home of the free."

Jason Stanford is a Democratic consultant who has helped elect or re-elect more than two dozen Members of Congress. He lives in Austin, Texas. You can reach him at stanford@oppresearch.com or follow him on Twitter @jasstanford/. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.



Andrew survivors remember the storm and the aftermath

Continued from page 1A

Tomek returned to Sebring for the six months it took to rebuild her family's home.

In 1997, tired of trying to get back to normal, the family relocated to Sebring permanently.

'I've found your roof'

Shane Morris lived in the Kendall and Homestead area at the time. He, his wife and six-month-old son joined extended family, including two more young children, to ride out the storm.

He was the only one with hurricane experience. In advance he filled his car's gas tank, made sure its battery was charged and bought provisions.

At first everyone sat around watching T.V., but the weather around them wasn't bad, Morris said, so the wives and the children went to bed.

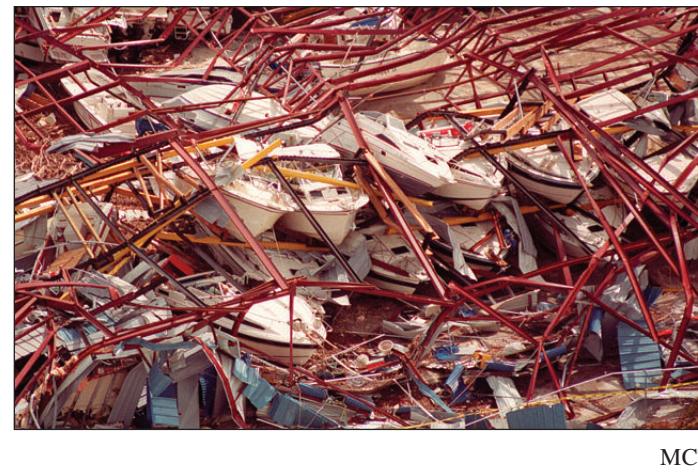
The back of the house faced east with a wall of sliding glass doors.

Morris said he fell asleep on the couch in front of the windows, watching hurricane coverage.

"I'll never forget it," Morris said. "It was 2:54 a.m. when I woke up and smelled salt in the air."

That's when he noticed the glass doors were bowed inward and ocean salt was blowing in. Thankfully, he added, the windows never gave in.

"Bryan Norcross (a local weather man) was on T.V.



Boats and steel lay in a twisted heap after Hurricane Andrew destroyed a storage facility.

bor to come running over, livid with rage, "How do you have electricity?" the man yelled. When Morris showed him what he had done, he apologized and began hanging out with the family.

Several other things stand out in Morris' memory — a complete freighter high and dry in the middle of U.S. 1 and a B-17 missing from Tamiami Airport. The crew looking for the plane followed skid marks and tire tracks to find it, only the last few yards there were no signs on the ground — it actually took to the air before landing in muck.

Morris' brother-in-law had lost his roof in the storm. Everything he owned was sucked out and gone. Then his brother-in-law got a call from a friend. "I've found your roof," the friend said. It was two miles away, in one complete piece, including shingles. Some clothes and his stereo were with it.

While Morris relocated to Highlands County in 1997, he said it had nothing to do with the storm.

'Primitive living'

Gus Garcia, a lieutenant with the Highlands County Sheriff's Office, was an officer with the North Miami Police Department at the time.

He was sent to Homestead immediately after the storm to help. What he remembers most is the devastation when he arrived. Even the

Homestead Police Department needed help to get up and running.

Roofs and parts of houses lay everywhere. So were the nails that had held all those roofs and parts together. Roads were covered with them. The police department quickly ran out of tires. One of the first things Homestead sent for was replacements.

Garcia accompanied convoys bringing food and supplies down from Miami.

He also worked in Country Walk, one of the worst hit developments where poorly constructed houses blew apart.

"It was really, really depressing," Garcia said. "Everything was just gone. All that was left was a big pile of debris."

"Many people lived outside. It was too hot to sleep indoors," Garcia said. "It was back to primitive living."

He added that his experience taught him it is important to prepare emotionally before a hurricane hits — not so much for the force of the storm, but for life afterwards. It is possible to go weeks, even months, without power or water, Garcia said. .

"You need to be mentally ready," he said.

Information from articles by Jennifer Kay for insurancejournal.com and Ken Kaye for the sun-sentinel.com and sptimes.com was used in this article.

'It headed right at us'

Mychelle Tomek was 14 at the time. She was staying with family in Highlands County, as she did every summer.

Tomek said her story is ironic. "At first it looked like the storm was headed right for Central Florida, so my parents came to take me out of its path to the safety of South Florida and home," she said.

"Then the storm changed direction. It headed right at us. We took off the bedroom doors, boarded the windows and gathered together."

A two-story house behind them was blown apart by the wind. Major debris from the demolished house took out half of Mychelle's home, leaving the family was exposed to the driving rain and wind. Creating a tent out of mattresses, the family huddled in the foyer.

Afterwards, the streets were so blocked by fallen trees, house parts and other debris that the family was trapped for three weeks.

holding a flashlight in his hand," Morris said. "'It's coming,' Norcross was saying, 'it's already on shore. If you have things that aren't tied down ...' and the television shut down in mid-sentence.

"The house was creaking and stuff was hitting the outside. Then the wind really started blowing, howling in the roof attic."

Looking up, Morris could see the popcorn ceiling moving up and down.

By now everybody was awake, the three children tucked into the bathtub.

Morris and his brother-in-law ran to the attic door, trying to open it with no success because the pressure was so great. Then suddenly, Morris said, "The door was gone, it flew right by me and I was standing with two or three inches of insulation round my feet."

Removing the door helped ease the pressure on the roof.

The house settled down. "After that everything was all right," Morris said.

Afterwards, all he could see were piles of roof barrel tiles everywhere, downed trees, cars smashed and housing debris. Ocean salt had been blown so hard it coated the house with white crystals.

"It was quite a clean-up," Morris said. "We were without electricity for three months and a month and a half without water." At one point he was driving to West Palm Beach to get ice. He added that the mosquitoes were awful.

The family developed a regular routine, cooking meals on the grill. To have light at night Morris ran 30 feet of wire from his car battery to a drop-light he hung in the back porch.

Periodically he started the engine and re-charged the battery.

It didn't take long, Morris said, for his next door neighbor

to Miami Beach — he not only stayed safe and dry, the hospital had electricity throughout the storm.

The lesson I learned from

this was simple, but brutal. One person's exciting adventure is often at the expense of another person's misery and despair. And the last thing

you want to do as a tourist is point.

Christopher Tuffley is a News-Sun staff writer.

Running from Hurricane Andrew proved to be futile

Continued from page 1A

ing two-story clapboard set off the main road. The house was built in 1920.

The yard was lush with plants, many bearing fruit. The house had a broad front porch and original wooden floors. Rooms were furnished with handmade quilts and antique furniture. The surroundings were quiet. You could hear chickens, song birds and the breeze stirring leaves.

We arrived in the early afternoon of Saturday the 22nd to find the television on in the living room tuned to a news station. The weather man was warning about Andrew. It was the first time we were aware there was a change in the hurricane forecast, which had been predicted to miss Florida.

The only other guest was an out-of-state tourist. The man had a sister working as a nurse at a hospital on Miami Beach. As we sat with him watching television he made a frantic phone call to his sister, making plans to evacuate to her hospital.

Feeling immensely superior, because we were without fear, we made fun of him after he left the room.

Imagine leaving a sturdy, inland house built in 1920, we said, and going to the beach for a hurricane that was coming out of the sea.

We were sure we were safe, and thought him a wuss. We weren't going to go home, having more of a party attitude than was good for us.

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News-Sun photo by CHRISTOPHER TUFFLEY
School board member Bill Brantley joins his colleagues searching for savings in the school district budget Tuesday.

School board trying to trim bus budget

Continued from page 1A

said, "I prefer it if we see trends over time before cutting."

Member Andy Tuck asked why the transportation department wanted to add a position of clerk to coordinate transportation for field trips.

Transportation has the biggest decrease in spending, allotted \$143,000 less than 2011-12. Now, Tuck said, the board is being asked to add a clerk's wages and benefits, about \$34,000, back into the budget.

Carlene Varnes, acting director of transportation, said the position is necessary. Field trips require extensive preparation and paperwork for several reasons, Varnes said, including reserving buses, selecting drivers in a certain rotation, keeping and checking mileage records, preparing maps to and from the destinations, and doing the billing.

There are so many details, and such an extended timeline, it is more efficient to

have one individual oversee the process, Varnes said. "It prevents mistakes."

Another issue is the volume of travel. It is only the first week of school and already there are 80 bus requests, said Varnes.

Because 70 to 80 percent of field trips involve athletics, and games are scheduled well in advance, the board wanted to know if more preparation could be done in the summer when the schedules are set for the coming year.

Varnes replied that the summer is also busy. "We did 200 field trips over the summer," she said.

Board member Bill Brantley did not object to the position. Hancock, on the other hand, was cautious. "How do you change the system," he asked, adding, "once you put a body in a seat it's hard to remove."

Board member Ronnie Jackson said that athletic directors could "maybe do a little more."

Being a workshop, no action was taken.

Sebring council gives nod to center

Continued from page 1A

amount of signs.

Cool pointed out that his client has a set design and layout that he would like to stick to for the development.

"He's got to have that many signs of that size for marketing and other business-related reasons, correct?" Swaine asked.

"Yes," Cool said. "It's a lot of signage and it's going to be a lot of building. It's going to be a lot of tax space. It's going to provide a lot of people with eye sight they don't have now. It's going to be good for the city, good for Central Florida. This is a good project ... but in order to make a project like this work you have to have the marketing and they know what they have to have to make it work."

Cool then said that the 1,000 feet of signage is the marketing plan the property owner needs to create the

business.

"As I understand it, his marketing works with 1,000 foot of signs. Without it, it's a deal killer, but I don't mean to put any pressure on you," Cool said.

Council members agreed that the signage was a bit uncomfortable, but accepted the recommendation of the development agreement.

"I don't want to not see the development come here," Fells said.

The council approved the development agreement unanimously. The agreement will allow annexation of the property (paid for by the property owner and developer), 1000 feet of signage and a PD zoning.

Grant applications for parcel annexation will be submitted through Oct. 1 and public hearings, as well as CRA board input, will take place throughout the upcoming months as the project progresses.

Convention still a go

TALLAHASSEE (AP) —

Florida Gov. Rick Scott says national Republican Party officials will decide whether or not to cancel or delay the upcoming national convention due to the threat from Tropical Storm Isaac.

But Scott said Thursday that no one knows exactly how the storm will impact Florida.

The Republican National Convention is in a low-lying area near the

water in downtown Tampa.

Scott says that RNC officials will be in constant contact with state, local and federal officials to make sure that they have the latest information on the storm, which could hit the Florida Keys and then move up along the west coast of the state.

The governor did urge Floridians to have enough supplies to sustain themselves for 72 hours.

OBITUARIES

ELEANOR GRIFFIN

Eleanor F. "Ellie" Griffin, 88, of Lake Wales, passed away Monday, Aug. 20, 2012 at her residence.

She was born March 23, 1924 in Geneva, Ala. to the late William F. and Annie Flora (Trant) Wise. She moved from Geneva, Ala. to Frostproof in 1929 and came to Lake Wales in 1991. She was retired from Ben Hill Griffin Inc. and was a member of Union Congregational Church of Avon Park. She was a Children's Home Society volunteer for 20 years for Polk County and

the state of Florida, having served as chairman of the executive advisory council. She also served several of the children's charity organizations.

Ellie was preceded in death by her husband, Ben Hill Griffin Jr. in 1990. Survivors include her daughter, Julie Griffin Chapman of Sebring; brothers, William F. "Buddy" Wise of Bartow and Bill Wise of Lakeland; sister, Elizabeth Swenson of Frostproof; two grandchildren, Michelle Chapman of Sebring and Sabrina Chapman of Sebring; three great-grandchildren, J.D. Cunningham, Griffin Cunningham and Trip Oakley.

Visitation will be held from 10 a.m. until the funeral service at 11 a.m. Friday, Aug. 24, 2012 at Marion Nelson Funeral Home in Frostproof. Interment will follow at the Silver Hill Cemetery in Frostproof. In lieu of flowers, donations may be sent to the Children's Home

Society (1485 S. Semoran Blvd., Suite 1448, Winter Park, FL 32792). Condolences may be sent to the family at www.marionnelsonfuneralhome.com.



ARNOLD LENT

Arnold Jesse Lent, 89, of Sebring passed away Sunday, Aug. 19, 2012. Mr. Lent was born Feb. 24, 1923 in Wayne, N.Y. and moved to Sebring in 2005 from Melrose. He attended Christ Fellowship Church in Sebring. He was a World War II, U.S. Navy veteran and had retired from Eau Gallie Yacht Basin in Melbourne after 20 years of service as a ship's carpenter and welder. After retiring he and Phyllis went to Brazil for six months and volunteered for "Project Amazon", building river boats for missionaries, and Phyllis worked as a medical assistant on a

ship. He was a "Jack of all Trades" and built his retirement home in Melrose by himself, which took him three years to complete at the age of 70. He cut and nailed every board, built all the cabinets and did all the electrical and plumbing. This home turned out beautiful and was featured in the Gainesville Sun in 1993.

Survivors include his loving wife of 60 years, Phyllis; five children, David (Patricia) Lent of Melbourne, Susan (Gary) Kaarlela of Sebring, Joan Ballas of Palm Bay, Joseph (Patricia) Lent of Grant and Nancy (Andrew) Farley of Port Malabar; along with 14 grandchil-

dren, 19 great-grandchildren and two great-great-grandchildren.

Mr. Lent's family will celebrate his life at 10 a.m. Sunday, Aug. 26, 2012 in Christ Fellowship Church, 2933 New Life Way, Sebring, FL 33870. Arrangements are entrusted to Banks/Page-Theus Funerals and Cremations, Wildwood.

LILLIE PINNEO

Lilly "Penny" Pinneo, age 95, passed away on Friday, Aug. 17, 2012 in Sebring, Fla. She was born in Newark, N.J., on Feb. 21, 1917 to Frank Wilcox and Mabel Irene (Skilton) Pinneo. She was a missionary, joining Sudan Interior Missionary in 1946 and retiring in 1985. She worked in Nigeria as a nurse anesthetist midwife and caring for missionaries. She was a graduate of Maryville College, Tenn., Moody Bible Institute, Chicago and John Hopkins Hospital School of Nursing. She was a member of First Presbyterian Church of Sebring and a resident of Sebring since 1995 coming from Rochester, N.Y.

She is survived by numerous nieces and nephews as well as many friends.

Visitation will be held on Friday, Aug. 24, 2012 at the SIM Chapel at 10 a.m. with graveside services at Pinecrest Cemetery at 11:30 a.m. with Rev. Darrell Peer officiating. Contributions may be made in her memory to Bingham University Teaching Hospital, c/o SIM, 4114 Nigeria Road, Sebring, FL 33875.

Stephenson-Nelson Funeral Home
Sebring, Florida
www.stephensonnelsonfh.com

COMMUNITY BRIEFS

Continued from page 2A

a regional chair for the Democratic Women's Club of Florida.

Like-minded women are welcome to attend this Florida Women for Obama House Party. For further information, call 214-4680.

Masons ID program set up Saturday

SEBRING — Masonic District 25 will be doing child ID for children up to 18 years of age, from 9:15 a.m. to 2 p.m. Saturday at Heartland Bowl, 6800 U.S. 27 N., free of charge.

Participants get a CD with

their child's pictures, voice, fingerprints, emergency information and DNA.

Pulled pork dinner is Saturday

LAKE PLACID — After a busy day at the Caladium Festival, have dinner at the Caladium Arts and Crafts Co-op, 132 E. Interlake Blvd, from 4-7 p.m. Saturday. The menu includes pulled pork dinner with coffee, tea or limeade, choice of two sides – baked potato, potato salad, coleslaw or baked beans – all for \$7. Homemade desserts will be available for \$1.50. Eat-in or take-out.

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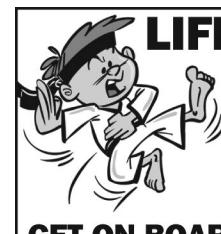
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News-sun photo by CHRISTOPHER TUFFLEY

Chris Martin (left), Jennifer Westergom and Tracy Schuknecht, play focused spellers in competition. They respond to easy word given another contestant.

HLT hoping to spell H-I-T with last show of season

Continued from page 1A

Jennifer Westergom plays (get ready for it) Logainne Schwartzandgrubennierre. She has two fathers, a gay couple, who expect great things from her. As a result, she is politically active and driven.

Leaf Coneybear is played by Cory Adams (the only non-adult in the cast). Leaf is from a large hippy family where he sometimes gets lost in the crowd. He is home schooled and designs his own clothes.

Melanie Boulay plays Marcy Park, a girl who speaks six languages and is eager to insult people in each of them.

Chip Tolentino is played by Chris Martin. Chip is a great kid. He is friendly, successful, a Boy Scout and the last year's winner. Unfortunately for him, hormones have begun coursing through his body, leaving him without control of a certain part of his anatomy at crucial times.

And then there is Olive Ostrovsky, played by Tracy Schuknecht. Olive has a mother who is off finding herself in an ashram in India, and a father who is too busy at work to pay attention to her.

As these kids compete against one another their true feelings and anxieties come out. Keep in mind no one can be as snarky or needy as a 12-year-old.

The adults are no better.

Rona Lisa Perretti, played by Amanda Mercer, and vice-principal Douglas Panch, played by Mike McMillian, are in charge of the bee. For Perretti, the spelling bee brings back the memory of her greatest triumph — winning the third annual Putnam County spelling bee.

As for Panch, no one knows quite why he disappeared from view for five years, but he assures everyone he's in "a much better place now."

Finally, there is Mitch Mahoney, played by HLT

newcomer Bill Davis. Mitch is an ex-con who is doing his community service, handing out juice boxes and escorting losers from the stage.

Well, not quite finally. Every night three members of the audience get to volunteer to be in the show — don't worry no one is simply plucked out of the audience at the last minute. Mostly the volunteer actors will spell words as bee contestants.

There are songs. From the "My Friend the Dictionary," a satirical paean to those wonderful books, to "The I Love You Song," which is wistful and bittersweet, to Chip's song about his uncontrollable body part.

First time director Rhonda Wilson warns the show, "is not a comedy for children, there is some adult content. It's PG-13 perhaps," she said. "We've been rehearsing since the end of June," she added. "They know what they're doing."

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Shooting suspect jailed with no bond

Continued from page 1A

County Jail with no bond

According to arrest reports, the victim and others were standing outside the back of the club around 2:20 a.m. when one of them spoke to the driver and passenger of a car that was driving erratically in the parking lot. A man, identified as Victim 2 in the report, told the people in the car "it was time to go."

"Both persons became angry, yelling obscenities at Victim 2. Victim 2 saw the passenger reach under the seat and pull out what appeared to be a chrome colored semi automatic pistol as this black male made threats to Victim 2," the report said.

The vehicle then drove around the east side of the building and the security guards began walking back to the covered porch area of the bar. Then, investigators say, Jackson ran around the corner of the building holding the gun and "yelled he was going to kill him."

Jackson pointed the gun and pulled the trigger, the report said, but the gun didn't fire. Another person pulled

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TALLAHASSEE, Fla. (AP) — Florida Gov. Rick Scott's approval rating has improved to 41 percent, a poll shows.

But 49 percent of the 1,241 likely Florida voters polled Aug. 15-21 disapprove of Scott's performance as governor. However, the 41 per-

cent approval represents improvement for Scott, who consistently languished below 40 percent.

The random telephone poll of 1,241 Florida voters by Quinnipiac University, CBS News and the New York Times had a margin of error plus or minus 2.8 percent.

CLASSIFIEDS

1050**Legals**

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL ACTION
CASE NO.: 28-2012-CA-000615
DIVISION:
BANK OF AMERICA, N.A.

Plaintiff,
vs.
THE UNKNOWN HEIRS, DEVISEES, GRANTEES, ASSIGNEES, LIENORS, CREDITORS, TRUSTEES, OR OTHER CLAIMANTS CLAIMING BY, THROUGH, UNDER, OR AGAINST, JOHNNIE A. FRANKLIN, DEFCEASED, ET AL, Defendant(s).

NOTICE OF ACTION

To: THE UNKNOWN HEIRS, DEVISEES, GRANTEES, ASSIGNEES, LIENORS, CREDITORS, TRUSTEES, OR OTHER CLAIMANTS CLAIMING BY, THROUGH, UNDER, OR AGAINST, JOHNNIE A. FRANKLIN, DECEASED

Last Known Address: Publish and Appoint GAL,

Current Address: Unknown

ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, UNDER, AND AGAINST THE HEREIN NAMED INDIVIDUAL DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEES, OR OTHER CLAIMANTS

Notice are you are notified that action to foreclose a mortgage on the following property in Highlands County, Florida:

LOT 8, BLOCK 19, SUN 'N LAKE ESTATES OF SEBRING, UNIT 2, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 9, PAGE 48, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

A/K/A 3715 Castile Ave., Sebring, FL 33872-2218

has been filed against you and you are required to serve a copy of your written defenses within 30 days after the first publication, if any, on Albertelli Law, Plaintiff's attorney, whose address is P.O. Box 23028, Tampa, FL 33623, and file the original with this Court either before service on Plaintiff's attorney, or immediately thereafter; otherwise, a default will be entered against you for the relief demanded in the Complaint or petition.

This notice shall be published once a week for two consecutive weeks in the News-Sun.

WITNESS my hand and the seal of this court on this 7th day of August, 2012.

Clerk of the Circuit Court
By: /s/ Toni Kopp
Deputy Clerk

Albertelli Law
P.O. Box 23028
Tampa, FL 33623
CCD - 10-45303

**See the Americans with Disabilities Act If you are a person with a disability who needs assistance in order to participate in a program or service of the State Courts System, you should contact the Office of the Court Administrator, (863) 534-4686 (voice), (863) 534-7777 (TDD) 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 or service that you believe will enable you to effectively participate in the court program or service.

August 17, 24, 2012

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2012-CA-000570
SEC.: CIVIL

CITIMORTGAGE, INC.
Plaintiff,
vs.
ESTATE OF DAVID W. CARTWRIGHT, et al
Defendant(s).

NOTICE OF ACTION
FOR FORECLOSURE PROCEEDING-PROPERTY
TO:
ESTATE OF DAVID W. CARTWRIGHT, ADDRESS UNKNOWN

BUT WHOSE LAST KNOWN ADDRESS IS: UNKNOWN

Residence unknown, if living, including any unknown spouse of the said Defendants, if either has remarried and if either or both of said Defendant(s) are dead, their respective unknown heirs, devisees, grantees, assignees, creditors, lienors, and trustees, and all other persons claiming by, though, under or against the named Defendants; and the aforementioned named Defendants) and such of the aforementioned unknown Defendants as may be infants, incompetents or otherwise not sui juris.

YOU ARE HEREBY NOTIFIED that an action has been commenced to foreclose a mortgage on the following real property, lying and being situated in HIGHLANDS County, Florida, more particularly described as follows:

LOT 2 AND LOT 3, IN BLOCK 1, OF FOREST HILL, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 8, PAGE 35 OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

COMMONLY KNOWN AS: 4 FOREST HILL DRIVE, AVON PARK, FL 33825

This action has been filed against you and you are required to serve a copy of your written defense, if any, such Morris Hardwick Schneider, LLC, Attorneys for Plaintiff, whose address is 5110 Eisenhower Blvd., Suite 120, Tampa, FL 33634 or before September 25, 2012, and file the original with this Court either before service on Plaintiff's attorney or immediately thereafter; otherwise, a default will be entered against you for the relief demanded in the Complaint.

WITNESS my hand and the seal of this Court on the 15th day of August, 2012.

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

"In accordance with the American with Disabilities Act, persons needing a special accommodation in order to participate in this hearing, should contact ADA Coordinator not later than 1 (one) day prior to the proceeding at Florida Rural Legal Service (Highlands), 963 E. Memorial Boulevard, P.O. Box 24688, Lakeland, FL 33802 (863)688-7376 and for the hearing and voice impaired 800-955-8770."

August 24, 31, 2012

Subscribe to the News-Sun Call 385-6155

Albertelli Law
P.O. Box 23028
Tampa, FL 33623
PH - 10-6047

**See 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, within two (2) working days of your receipt of this Notice of Sale, if you are hearing or voice impaired, call TDD (863)534-7777 or Florida Relay Service 711. To file response, please contact Highlands County Clerk of Court, 590 S. Commerce Ave., Sebring, FL 33870-3867, Tel: (863)402-6591; Fax: (863)402-6664.

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**See 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, within two (2) working days of your receipt of this Notice of Sale, if you are hearing or voice impaired, call TDD (863)534-7777 or Florida Relay Service 711. To file response, please contact Highlands County Clerk of Court, 590 S. Commerce Ave., Sebring, FL 33870-3867, Tel: (863)402-6591; Fax: (863)402-6664.

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August 17, 24, 2012

1050**Legals**

IN THE CIRCUIT COURT
OF THE 10TH JUDICIAL CIRCUIT,
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL DIVISION
CASE NO.: 282009CA000959A000X
BAC HOME LOANS SERVICING, L.P. F/K/A COUNTRYWIDE HOME LOANS SERVICING, L.P., Plaintiff,
vs.
MARIA PAGANI; UNKNOWN SPOUSE OF MARIA PAGANI; UNKNOWN TENANT(S) IN POSSESSION OF THE SUBJECT PROPERTY,
Defendants.

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to Final Judgment of Foreclosure dated the 1st day of August, 2012, and entered in Case No. 282009CA000959A000X, of the Circuit Court of the 10th Judicial Circuit in and for Highlands County, Florida, wherein BAC HOME LOANS SERVICING, L.P./FKA COUNTRYWIDE HOME LOANS SERVICING, L.P., is the Plaintiff and MARIA PAGANI; UNKNOWN SPOUSE OF MARIA PAGANI; UNKNOWN TENANT(S) IN POSSESSION OF THE SUBJECT PROPERTY, are defendants. The Clerk of this Court will sell to the highest and best bidder for cash at the HIGHLANDS COUNTY COURTHOUSE, 430 SOUTH COMMERCE AVENUE, SEBRING, FL 33870, 11:00 AM on the 18th day of September, 2012, the following described property as set forth in said Final Judgment, to wit:

LOT 13, BLOCK 13, SEBRING RIDGE, SECTION G, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 12, PAGE 28, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE SALE, IF ANY, OTHER THAN THE PROPERTY OWNER AS OF THE DATE OF THE LIS PENDENS MUST FILE A CLAIM WITHIN 60 DAYS AFTER THE SALE.
If you are a person with a disability who needs assistance in order to participate in a program or service of the State Courts System, you should contact the Office of the Court Administrator at (863)534-4686 (voice), (863)534-7777 (TDD) 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 or service that you believe will enable you to effectively participate in the court program or service.

Dated this 1st day of August, 2012.
Robert W. Germaine
Clerk Of The Circuit Court
By: /s/ Priscilla Michalak
Deputy Clerk
August 24, 2012

IN THE CIRCUIT COURT
OF THE 10TH JUDICIAL CIRCUIT,
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL DIVISION
CASE NO.: 282009CA001883A000X
SUNTRUST MORTGAGE, INC.,
Plaintiff,
vs.
EDEL CUBA; SUNTRUST BANK; UNKNOWN SPOUSE OF EDEL CUBA; UNKNOWN TENANT(S) IN POSSESSION OF THE SUBJECT PROPERTY,
Defendants.

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to Final Judgment of Foreclosure dated the 1st day of August, 2012, and entered in Case No. 282009CA001883A000X, of the Circuit Court of the 10th Judicial Circuit in and for Highlands County, Florida, wherein SUNTRUST MORTGAGE, INC. is the Plaintiff and EDEL CUBA; SUNTRUST BANK; UNKNOWN SPOUSE OF EDEL CUBA; UNKNOWN TENANT(S) IN POSSESSION OF THE SUBJECT PROPERTY, are defendants. The Clerk of this Court will sell to the highest and best bidder for cash at the HIGHLANDS COUNTY COURTHOUSE, 430 SOUTH COMMERCE AVENUE, SEBRING, FL 33870, 11:00 AM on the 18th day of September, 2012, the following described property as set forth in said Final Judgment, to wit:

LOT 11, BLOCK 150, SUN "N LAKES ESTATES, SECTION 15, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 8, PAGE 84, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE SALE, IF ANY, OTHER THAN THE PROPERTY OWNER AS OF THE DATE OF THE LIS PENDENS MUST FILE A CLAIM WITHIN 60 DAYS AFTER THE SALE.

If you are a person with a disability who needs assistance in order to participate in a program or service of the State Courts System, you should contact the Office of the Court Administrator at (863)534-4686 (voice), (863)534-7777 (TDD) 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 or service that you believe will enable you to effectively participate in the court program or service.

Dated this 1st day of August, 2012.

Robert W. Germaine
Clerk Of The Circuit Court
By: /s/ Priscilla Michalak
Deputy Clerk
August 24, 2012

IN THE CIRCUIT COURT
OF THE 10TH JUDICIAL CIRCUIT
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL DIVISION
CASE NO. 28-2011-CA-000615
WELLS FARGO BANK, N.A., AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF MORGAN STANLEY ABS CAPITAL I INC. TRUST 2005-WMC6 MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2005-WMC6, Plaintiff,
vs.
JERRY GONZALEZ, ET AL., Defendants.

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated August 6, 2012, and entered in Case No. 28-2011-CA-000615, of the Circuit Court of the 10th Judicial Circuit in and for Highlands County, Florida. WELLS FARGO BANK, N.A., AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF MORGAN STANLEY ABS CAPITAL I INC. TRUST 2005-WMC6 MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2005-WMC6 is Plaintiff and LUCY SUAREZ GONZALEZ A/K/A LUCILLA GONZALEZ; UNKNOWN SPOUSE OF LUCY SUAREZ GONZALEZ A/K/A LUCILLA GONZALEZ; GLENN SUAREZ; UNKNOWN SPOUSE OF GLENN SUAREZ; UNKNOWN TENANT IN POSSESSION; are defendants. The Clerk of Court will sell to the highest and best bidder for cash at the JURY ASSEMBLY ROOM, BASEMENT, 430 S. Commerce Avenue, Sebring, FL 33870, bidding begins at 11:00 AM, Eastern Time, on the 13th day of September, 2012, the following described property as set forth in said Final Judgment, to wit:

LOT 56, IN BLOCK A, OF SPRING LAKE, SECTION ONE, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 9, AT PAGE 23, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

A/K/A 6217 WILSON TERRACE, SEBRING, FL 33870

Dated this 8th day of August, 2012.

ROBERT W. GERMANE
As Clerk of said Court
By: /s/ Lisa Tantillo
As Deputy Clerk

In accordance with requirements of Title II of the Americans with Disabilities Act of 1990 (ADA), Highlands County will not discriminate against qualified individuals with disabilities on the basis of disability in its services, programs, or activities. 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 Melissa Bruns, ADA Coordinator, at 863-402-6509 (voice) via Florida Relay Services 711, by e-mail mbruns@ohcbc.org, by regular mail at 600 S. Commerce Ave., Sebring, FL 33870 request for CART or interpreter services should be made at least 24 hours in advance to permit coordination of the services.

August 17, 2012

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Five-Day forecast for Highlands County

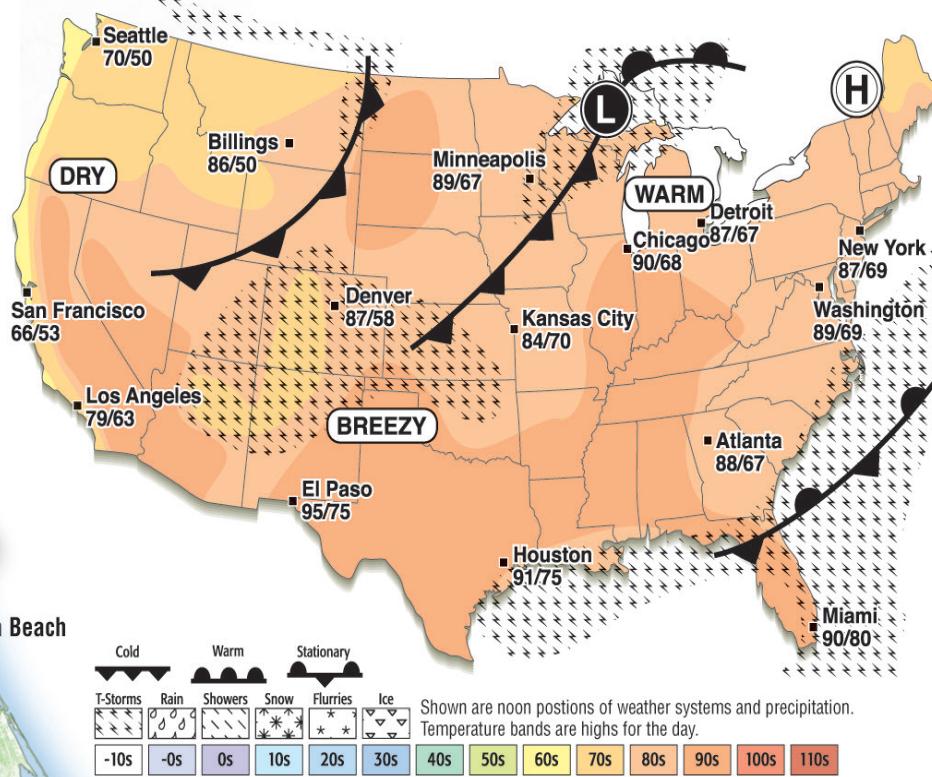
TODAY	SATURDAY	SUNDAY
A p.m. shower or thunderstorm 92° / 74°	An afternoon thunderstorm 92° / 75°	A t-storm possible in the afternoon 90° / 76°
Winds: ENE at 6-12 mph	Winds: ENE at 7-14 mph	Winds: NE at 10-20 mph

MONDAY

TUESDAY
Watching for Isaac 84° / 78°
Winds: ENE at 20-40 mph

TUESDAY
A t-storm possible; windy, warmer 92° / 79°
Winds: S at 20-30 mph

National Forecast for August 24



Almanac

Temperature
Readings at Archbold Biological Station in Lake Placid
High Sunday 94°
Low Sunday 72°
High Monday 96°
Low Monday 68°
High Tuesday 96°
Low Tuesday 69°
High Wednesday 93°
Low Wednesday 66°

Heat Index

For 3 p.m. today
Relative humidity 49%
Expected air temperature 92°
Makes it feel like 99°

Barometer

Monday
29.94
Tuesday 29.97
Wednesday 30.03

Precipitation

Monday
0.00"
Tuesday 2.15"
Wednesday 0.41"
Month to date 6.32"
Year to date 36.12"

Tides

Readings at St. Petersburg

High
6:48 a.m.
Low 12:08 a.m.
High none
Low 3:06 p.m.

Readings at Palm Beach

High
2:07 a.m.
Low 8:15 a.m.
High 3:00 p.m.
Low 8:50 p.m.

Lake Levels

Readings as of 7 a.m. yesterday

Lake Jackson
78.36'
Lake Okeechobee 12.21'
Normal 14.51'

UV Index Today

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

5	9	9	5
10 a.m.	Noon	2 p.m.	4 p.m.

0-2 Low; 3-5 Moderate; 6-7 High;

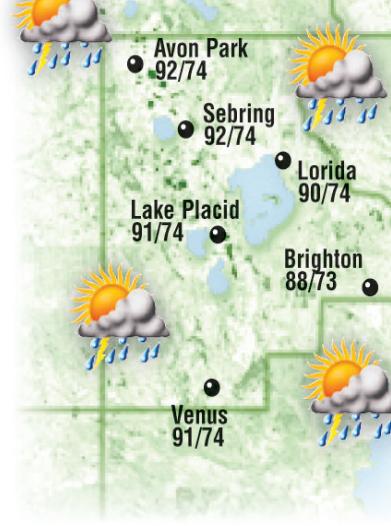
8-10 Very High; 11+ Extreme

Forecasts and graphics provided by
AccuWeather, Inc. ©2012

AccuWeather.com

Regional Summary

Clouds and sun today with a shower or thunderstorm around during the afternoon. A shower or thunderstorm in spots this evening. A shower or thunderstorm tomorrow afternoon.



Farm Report

A shower or thunderstorm this afternoon. Winds east-northeast 6-12 mph. Expect 4-8 hours of sunshine with a 55% chance of precipitation and average humidity 65%.

Weather History

The temperature in Washington, D.C., dropped to 49 on Aug. 24, 1890. The high temperature of 51 in Baltimore, Md., matched the record low daily maximum for August.

Sun and Moon

Today	Saturday
Sunrise 7:03 a.m.	7:03 a.m.
Sunset 7:53 p.m.	7:52 p.m.
Moonrise 2:05 p.m.	3:05 p.m.

First	Full	Last	New
Aug 24	Aug 31	Sept 8	Sept 15

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 Hi/Lo/W	Sat. Hi/Lo/W	Sun. Hi/Lo/W
Cape Coral	92/75/t	93/76/t	91/75/c
Clearwater	91/77/t	92/77/t	92/77/c
Coral Springs	88/79/t	89/80/t	88/79/t
Denton Beach	88/73/t	87/74/t	87/76/c
Ft. Laud. Bch	90/81/t	90/82/t	90/81/t
Fort Myers	92/75/t	92/76/t	91/76/c
Gainesville	90/68/t	88/71/t	89/73/c
Hollywood	89/79/t	90/80/t	88/80/t
Homestead AFB	89/80/t	89/81/t	90/78/t
Jacksonville	87/70/t	87/71/t	87/72/t
Key West	89/82/t	90/83/t	89/82/r
Miami	94/75/t	94/76/t	94/75/c
Orlando	90/77/t	91/78/t	90/77/c
Pembroke Pines	90/79/t	90/80/t	89/80/t
St. Augustine	86/73/t	86/75/t	86/77/c
St. Petersburg	91/77/t	92/77/t	92/78/c
Sarasota	92/74/t	91/75/t	93/78/c
Tallahassee	90/69/t	91/70/t	91/70/s
Tampa	90/76/t	90/77/t	93/76/c
W. Palm Bch	88/81/t	89/79/t	87/79/t
Winter Haven	91/73/t	91/74/t	89/75/c

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

National Summary

Showers and thunderstorms will blossom across the central Plains as low pressure tracks through the region. From northern Oklahoma into Kansas and Nebraska, a widespread, soaking rain will fall across parched, drought-stricken areas. Elsewhere, showers and thunderstorms will occur along the Gulf Coast from Texas into Louisiana. Scattered showers and storms will also fire across Florida and up the coast into the Carolinas and eastern Pennsylvania. Nice weather will continue for New England.

U.S. Cities

City	Today Hi/Lo/W	Sat. Hi/Lo/W	Sun. Hi/Lo/W	City	Today Hi/Lo/W	Sat. Hi/Lo/W	Sun. Hi/Lo/W
Albuquerque	85/64/pc	89/66/t	86/67/pc	Los Angeles	79/63/pc	80/61/pc	80/61/pc
Atlanta	88/67/s	86/69/pc	86/69/s	Louisville	92/68/s	94/72/s	93/72/s
Baltimore	87/62/s	84/64/pc	83/65/pc	Memphis	94/73/s	93/73/p	91/74/p
Birmingham	90/69/s	89/71/pc	89/70/pc				



Courtesy photo

Bob Scranton holding one of his keepers from a day on the Gulf with Don Norton.

Wade fishing in the Gulf

It's been more than eight years since I've had the opportunity to go fish with a buddy of mine in the backwaters of Charlotte Harbor.

Bob Scranton, of Avon Park, has been a die-hard saltwater fisherman since he moved to Florida many, many years ago.

He and I fished a number of times together in the past, and since moving back to Florida, had been planning a trip for the last couple of months.

Last Friday was the day, and it started for both of us around 3 a.m.

Bob had studied the weather and the tides and was convinced that this would be the "perfect" day.



Fishin' Around...

Don Norton

High tide was forecast around 11 a.m. and we'd be fishing an outgoing tide for most of the day.

We were on the water early, just as the sun was coming up and our first stop was Devilfish Key, where Bob chummed the water and quickly filled his over-sized

bait well with "greenies" and a few small pinfish.

Watching the cast-net open in a huge circle, I'm always amazed at his proficiency and skill, earned through years of catching his own bait.

With enough bait for a day's fishing, we headed over to Cayo Pelau, anchored the boat and climbed over the side into three feet of 90-degree water.

Attaching all our gear to our belts and loading our floating bait baskets with lively greenies, we headed off in opposite directions from the boat.

Within minutes, we were into a school of sea trout and

we were both "hooked up."

For anyone not familiar with sea trout, they are a very aggressive fish, often in large schools and always hungry.

Sea trout must be 15 inches in length to keep and many that we caught were too small, but they were still fun to catch.

Years ago, Bob brought me an old 9-foot fly rod and asked me if I could build it into a spinning rod.

His thinking was that a 9-foot rod would allow for a softer, longer cast than a conventional 6 1/2- or 7-foot rod and it force the fish to fight against the rod and not

See GULF, Page 3B

Lady Devils stop Streaks

By DAN HOEHNE

daniel.hoehne@newssun.com

SEBRING – There is nothing like a little mid-season intensity to get things started.

It may not have been an artistic masterpiece on either side, given it was the first slate of competition of the young season, but Avon Park finally accomplished a long-standing goal in topping rival Sebring in Tuesday's Preseason Volleyball Classic.

"Every year we've come here and it was like, I just want to get a game," fifth-year Lady Devil head coach Stephanie Devlin said. "Then we'd maybe get a game and that was it. The girls really came together tonight and played very well. We were as prepared as we've ever been to start the season."

Though things weren't quite so rosy in Devlin's eyes as Sebring took the opener, a 28-26 nail-biter that would set the tone for the night.

"We got called for 'in the net' seven times," she said. "Lose a close game like that and give away seven points. But we've got some young players that are being aggressive."

The second game was another back-and-forth affair, with Avon Park hanging on to a 14-12 lead midway through.

Then Otisha Smith had a block to start a Devil run that pushed the lead to 23-13, aided by a Marina Torres ace.

Sebring would push to close to within 23-18, but Avon Park nabbed the next two points to secure the win and even the match at a game apiece.

Again in the third game, neither team could run away from the other, with it even at 14-14, then 18-18 and 20-20.

But then, Smith sparked a closing run with consecutive kills and the Lady Devils went up 2-1 in the best of five with the 25-23 win.

"Our serving was really strong tonight," Devlin said. "We've been practicing that a lot, and not just the straight hard serves, but moving it around, finding a spot where the other team is struggling. The girls did a really good job of that."

And it came in quite handy in what would be the clinching fourth game.

Smith had an early ace to knot it at 4-4, and after the Lady Streaks pushed out to a 9-5 lead, Ashley Chacon halted the run with another ace.

Later, after a Bella Carabella kill put Sebring up 13-11, Avon Park came back and would tie it on an Alexis



From left, Marina Torres, Maria Tataris, Haylee Rosano and Otisha Smith are all smiles as the Lady Devils were about to close out their long-awaited win over Sebring Tuesday night.

'I was about to have a heart attack the whole time.'

TERESA DEVLIN
Lady Red Devil

Williams ace and take the lead when her very next serve found the floor as well.

Another back-and-forth ensued, with the Blue Streaks clinging to a 16-15 lead, but an Otaysha Smith kill sparked a nine-point run that had the Devils on the brink at game-point.

Sebring battled for the next two scores, but the Avon Park end of the court soon erupted as the game winner soon fell in.

"I have to give them all the credit," Sebring head coach Venessa Sinness said. "It was a little sloppy on both sides at times, which is understandable, but they were passing the ball well and their serving really hurt us."

In the grand scheme of things, sure, it was a pre-season match with an underlying intent of merely seeing what each team has to work with and on.

But for creating positive momentum right out of the gate, and having a goal accomplished make it something worth that much more.

"Beating Sebring has always been our goal and I knew we could do it this year," four-year starter Teresa Devlin said. "So I was really pumped and ready to



News-Sun photo by DAN HOEHNE
Bella Carabella races to get this dig as Allie Mann backs her up in Tuesday's late match of the Sebring Preseason Classic.

go. We just got out there and played our best game. I was about to have a heart attack the whole time but it was a pretty sweet moment getting to 25 in that fourth set."

Brahmans tame game Dragons

Tuesday's nightcap of the Sebring Preseason Classic may have had the greater drama and intensity, but the opener proved to be as much an eye-opener as well.

Here it was, a young, inexperienced Lady Dragon squad, looking to replace six players from last year's team

and still in search of their setter, squaring off with a perennially powerful, poised and just plain tall Okeechobee team.

And while the Lady Brahmins did take the match in a three-game sweep, which was somewhat expected, it was anything but a runaway stampede.

Save for the second game, the contests were kept close by a surprisingly sharp, balanced and not one bit overwhelmed Lake Placid effort.

Breauna Corley, one of few returning players with

See TOURNEY, Page 3B

Statistical anomaly



And Another Thing...

Dan Hoehne

be answered with a big yes, and that you can Google just about any question and get a logical answer.

Unless it is actually possible to post something to the Internet that isn't, in fact, true.

But as it turns out, as complicated as the answer might seem to have to be, it is still there, laying within the basic stats we stat-head geeks were swallowing up as youngsters.

The on base percentage takes in all plate appearances, whereas batting average only counts official at bats.

Hence, reaching on an error takes away from BA, but adds to OBP.

A walk, or being hit by a pitch doesn't hurt the BA, nor the OBP, since its' essentially a non at bat for BA, and a positive for the OBP.

But where's the one stat where you get a plate appearance, but not an official at bat, where you don't reach base?

A sacrifice – whether a fly or bunt – is essentially the same as a walk for the AVG, but in the OBP, it's a plate appearance where you didn't reach base.

That would then subtract some points from the OBP, but not from the AVG.

But of course, it's more logical that a player reaches base via a walk, hit batter and error more often than they would hit a sacrifice fly, or lay down a sacrifice bunt, or both.

But in the case of a young player, just brought up, who has happened to loft one into the air to advance a runner more often than he has beaten out a bobbled throw, and taken a fastball in the butt cheek and taken a ball four, it just so happens to be revealed in the numbers what is actually possible.

So much in a state of flummoxery, I actually Googled the question, "can a batting average be higher than an on base percentage?"

Lo and behold,

two things were made aware to me that day – that the question could certainly

Dan Hoehne is the Sports Editor for the News-Sun. He can be reached at daniel.hoehne@newssun.com

THE SCOREBOARD

Major League Baseball

AMERICAN LEAGUE

East Division

	W	L	Pct	GB
New York	72	52	.581	—
Tampa Bay	69	55	.556	3
Baltimore	67	57	.540	5
Boston	59	65	.476	13
Toronto	56	67	.455	15.5

Central Division

	W	L	Pct	GB
Chicago	68	55	.553	—
Detroit	66	57	.537	2
Kansas City	55	68	.447	13
Cleveland	54	70	.435	14.5
Minnesota	51	72	.415	17

West Division

	W	L	Pct	GB
Texas	72	51	.585	—
Oakland	67	56	.545	5
Los Angeles	64	60	.516	8.5
Seattle	61	64	.488	12

Tuesday's Games

Detroit 5, Toronto 3
Kansas City 1, Tampa Bay 0, 10 innings
L.A. Angels 5, Boston 3
Baltimore 5, Texas 3
Chicago White Sox 7, N.Y. Yankees 3
Oakland 4, Minnesota 1
Seattle 5, Cleveland 1

Wednesday's Games

Tampa Bay 5, Kansas City 3
Oakland 5, Minnesota 1
Seattle 3, Cleveland 1
Detroit 3, Toronto 2
L.A. Angels 7, Boston 3
Texas 12, Baltimore 3
Chicago White Sox 2, N.Y. Yankees 1

Thursday's Games

Toronto at Detroit, late
L.A. Angels at Boston, late
Oakland at Tampa Bay, late
Minnesota at Texas, late

Friday's Games

L.A. Angels (Greinke 1-2) at Detroit
(Porcello 9-8), 7:05 p.m.
N.Y. Yankees (Sabathia 12-3) at Cleveland (Kluber 0-2), 7:05 p.m.

Toronto (Villanueva 6-3) at Baltimore (Britton 2-1), 7:05 p.m.
Kansas City (B.Chen 9-10) at Boston (Lester 7-10), 7:10 p.m.

Oakland (J.Parker 8-7) at Tampa Bay (M.Moore 10-7), 7:10 p.m.
Minnesota (Deduno 4-1) at Texas (M.Harrison 14-7), 8:05 p.m.

Seattle (Vargas 13-8) at Chicago White Sox (Peavy 9-9), 8:10 p.m.

NATIONAL LEAGUE

East Division

	W	L	Pct	GB
Washington	77	47	.621	—
Atlanta	71	53	.573	6
New York	57	67	.460	20
Philadelphia	57	67	.460	20
Miami	57	69	.452	21

Central Division

	W	L	Pct	GB
Cincinnati	76	49	.608	—
St. Louis	67	56	.545	8
Pittsburgh	67	57	.540	8.5
Milwaukee	57	66	.463	18
Chicago	47	76	.382	28
Houston	39	85	.315	36.5

West Division

	W	L	Pct	GB
San Francisco	69	55	.556	—
Los Angeles	67	58	.536	2.5
Arizona	64	61	.512	5.5
San Diego	56	70	.444	14
Colorado	49	73	.402	19

Tuesday's Games

Washington 4, Atlanta 1
Cincinnati 5, Philadelphia 4
Colorado 6, N.Y. Mets 2
Milwaukee 5, Chicago Cubs 2
St. Louis 7, Houston 0
Miami 6, Arizona 5, 10 innings
San Diego 7, Pittsburgh 5, 10 innings
San Francisco 4, L.A. Dodgers 1

Wednesday's Games

Milwaukee 3, Chicago Cubs 2
Arizona 3, Miami 2, 1st game
San Diego 4, Pittsburgh 2
Atlanta 5, Washington 1
Cincinnati 3, Philadelphia 2
Colorado 5, N.Y. Mets 2
St. Louis 4, Houston 2
Arizona 3, Miami 0, 2nd game
San Francisco 8, L.A. Dodgers 4

Thursday's Games

Colorado (D.Pomeranz 1-7) at Chicago
Cubs (Samardzija 8-11), 2:20 p.m.
Milwaukee (Fiers 6-6) at Pittsburgh
(W.Rodriguez 8-12), 7:05 p.m.

Washington (E.Jackson 7-8) at Philadelphia (K.Kendrick 6-9), 7:05 p.m.

Houston (Lyles 2-10) at N.Y. Mets (Niese 10-6), 7:10 p.m.

St. Louis (Lynn 13-5) at Cincinnati
(Latos 10-3), 7:10 p.m.

San Diego (Stults 3-2) at Arizona
(Corbin 5-4), 9:40 p.m.

Miami (Evoldi 4-8) at L.A. Dodgers
(Billingsley 10-9), 10:10 p.m.

Atlanta (Sheets 4-3) at San Francisco
(Vogelsong 10-7), 10:15 p.m.

Major League Soccer

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
Sporting KC	14	7	4	46	31	22
New York	13	7	5	44	43	36
Houston	11	6	8	41	37	29
Chicago	12	8	5	41	32	30
D.C.	12	8	4	40	41	32
Montreal	11	13	3	36	39	25
Columbus	9	8	6	33	25	25
Philadelphia	7	12	3	24	24	28
New England	6	13	5	23	27	31
Toronto FC	5	15	5	20	28	45

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
San Jose	14	6	5	47	48	32
Real Salt Lake	13	10	3	42	37	32
Seattle	11	6	7	40	34	24
Los Angeles	11	11	4	37	44	40
Vancouver	10	9	7	37	28	33
FC Dallas	8	11	8	32	33	35
Chivas USA	7	9	6	27	15	26
Colorado	8	15	2	26	32	36
Portland	5	13	6	21	24	42

NOTE: Three points for victory, one point for tie.

Friday's Games

D.C. United 4, Chicago 2
Columbus 2, Toronto FC 1

Thursday's Game

Real Salt Lake at Philadelphia, 7:30 p.m.

Saturday's Games

D.C. United at Montreal, 4:30 p.m.
New England at Columbus, 7:30 p.m.



LIVE SPORTS ON TV

AUTO RACING

FRIDAY

- 5 p.m. NASCAR – IRWIN Tools, Qualifying ... ESPN2
7:30 p.m. NASCAR – Food City 250 ESPN

SATURDAY

- 7:30 p.m. NASCAR – IRWIN Tools Night Race ABC

BICYCLING

SATURDAY

- 2 p.m. U.S. Pro Challenge NBC

BOXING

FRIDAY

- 11 p.m. Randy Caballero vs. Manuel Roman ... SHOW

GOLF</h3

Tourney has more than one eye-opener

Continued from 1B

varsity experience, played very big at the net, notching blocks and kills to keep the first game close.

Senior Samantha Phypers also had a strong performance up front, and freshman Mary Grace Bates crushed a back-row kill.

From a 12-10 Okeechobee lead in the first game, a 9-2 run pushed it to 21-12, but the Dragons kept their composure and kept things even the rest of the way before falling 25-17.

The big Brahman run came early in the second game, as they scored the first seven and soon were holding a 13-3 lead.

But again, Lake Placid didn't back down nor give in.

The rest of that contest was also even up, with the next 24 points scored split right down the middle.

That early deficit, however, was just too much to overcome in the 25-15 loss.

Fighting back was something the Lady Dragons would have to do again in the third game, though Lake Placid had it even at 7-7.

A Brahman run pushed the lead to 11-7, then 15-9 and 18-11.

But the girls in green put together a series of short runs to eventually cut the margin to 23-18.

Okeechobee got to game-point, but Jacalyn Baldwin held it off for one extra point with a kill, before the win-



News-Sun photo by DAN HOEHNE

Breuana Corley was a force at the net Tuesday as the surprising Lady Dragons gave Okeechobee more than they bargained for.

ning score soon dropped in the Brahman's 25-19 clincher.

"I saw a lot of good things out there," head coach Linette Wells said. "You might have thought all the games would have been like that second one, but we really played well as a team and I

was pleasantly surprised."

The closing night of the Classic played out Thursday with Sebring and Lake Placid facing each other in the early game and Avon Park taking on Okeechobee in the title match.

See Sunday's News-Sun for a recap of the contests.

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See Sunday's News-Sun for a recap of the contests.

NASCAR fines Menard crew chief \$100k

Associated Press

DAYTONA BEACH — NASCAR has fined Paul Menard's crew chief \$100,000 for illegal modifications found on the Chevrolet last weekend at Michigan.

Slusher Labbe was also

suspended until Oct. 3 in penalties NASCAR announced Wednesday.

Menard's car was taken back to NASCAR's research and development center after Sunday's race.

NASCAR said the frame rails had been intentionally

modified in an effort to deceive Inspectors.

Menard and car owner Richard Childress were each docked 25 points.

Car chief Craig Smokstad and crew member Grant Hutchens were both also suspended until Oct. 3.

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HEALTHY LIVING

Healthy habits not hard to find

Daily activities can burn a good amount of calories

Metro Services

Some people think they have to spend hours at the gym sweating on the treadmill or elliptical trainer in order to burn calories and lose weight.

As it turns out, the things you do every single day could be burning more calories than you realized.

Some discipline with your diet and certain healthy habits can make the difference for those attempting to lose weight.

Getting eight hours of sleep can burn more than 300 calories for the average person.

But there's a good chance you are interested in what activities you can do while awake to help burn calories.

Courtesy of Discovery Health and Harvard Medical School, here are common everyday activities and how many calories can be burned depending on weight. These figures are based on a person weighing around 150 pounds and a duration of one hour of activity.

— Supermarket shopping: Pushing a wagon around the supermarket for an hour can burn 240 calories or more. Up the ante by bagging groceries yourself and packing and unpacking them from the car.

— Raking leaves: If you spent time manually raking



You don't necessarily have to go to the gym to burn some calories. Many household chores are also good ways to get exercise.

leaves this past fall, you were doing something good for your body. In addition to working several muscle groups, you may have spent 300 calories.

— Dusting: Cleaning up can be good news for your health. Dusting alone can burn as much as 160 calories.

— Cooking: Here's a reason to get fired up about cooking. Making a simple meal can add up to 200 calories lost. Just don't sabotage those lost calories by cook-

ing up a fattening dinner.

— Moving: Packing and moving may seem like a big task one rarely looks forward to, but carrying boxes can burn 460 calories an hour. Packing, moving and unpacking yourself may be the diet plan you've been seeking.

— Painting: Perhaps you've been procrastinating on that house painting project. Here's inspiration to break out the rollers and brushes. Spending an hour painting can burn 350 calo-

ries. After several hours applying a primer and then top coat, you may find you painted yourself thinner.

— Community service: If you want to help the environment and your health, spending time picking up trash from a park or seaside can shed some serious calories — 450 an hour.

— Playing with kids: Engaging in some fun family time can burn around 400 calories. Plus, it's a great way for parents and children to bond.

CDC: West Nile outbreak 'one of largest' in US

ATLANTA (AP) — U.S. health officials reported Wednesday three times the usual number of West Nile cases for this time of year and one expert called it "one of the largest" outbreaks since the virus appeared in this country in 1999.

So far, 1,118 illnesses have been reported, about half of them in Texas, according to the Centers for Disease Control and Prevention. In an average year, fewer than 300 cases are reported by mid-August. There have also been 41 deaths this year.

"We're in the midst of one of the largest West Nile outbreaks ever seen in the United States," said Dr. Lyle Petersen, a CDC official.

Never before have so many illnesses been reported this early, said Petersen, who oversees the CDC's mosquito-borne illness programs.

Most infections are usu-

ally reported in August and September, so it's too early to say how bad this year will end up, CDC officials said.

They think the mild winter, early spring and very hot summer have fostered breeding of mosquitoes that pick up the virus from birds they bite and then spread it to people.

West Nile virus was first reported in the U.S. in 1999 in New York, and gradually spread across the country over the years. It peaked in 2002 and 2003, when severe illnesses reached nearly 3,000 and deaths surpassed 260. Last year was mild with fewer than 700 cases.

Only about one in five infected people get sick. One in 150 infected people will develop severe symptoms including neck stiffness, disorientation, coma and paralysis.

In recent years, cases have been scattered across the country.

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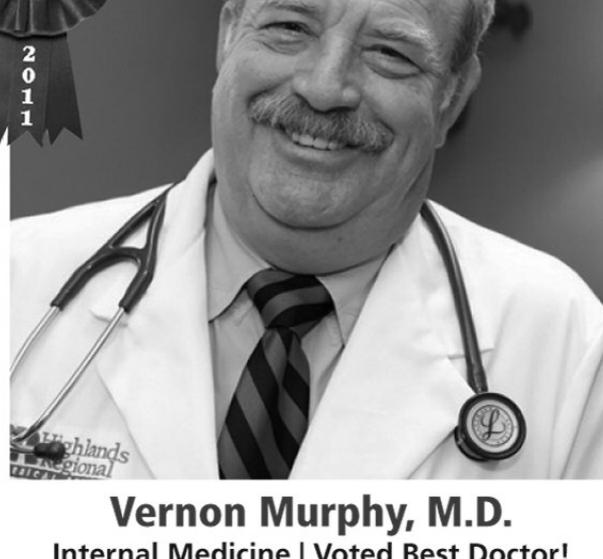
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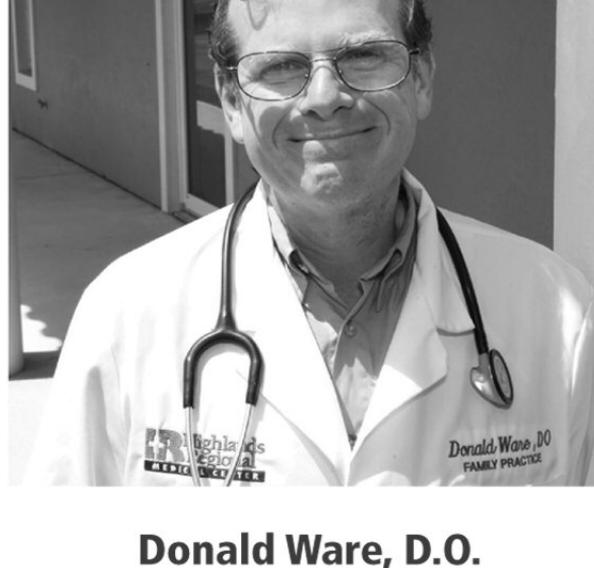
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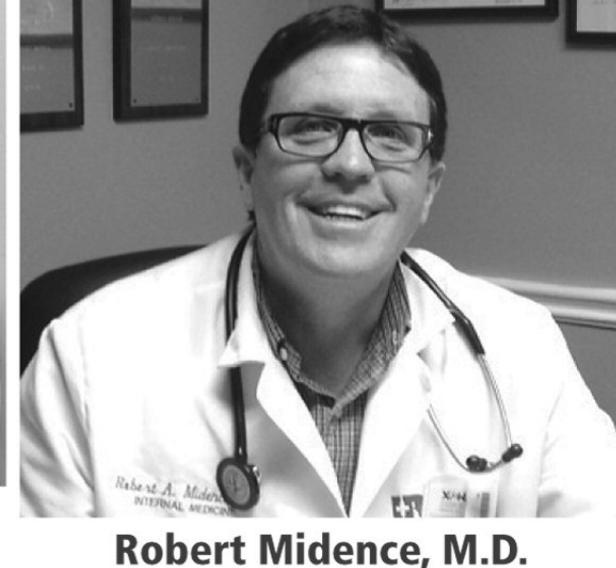
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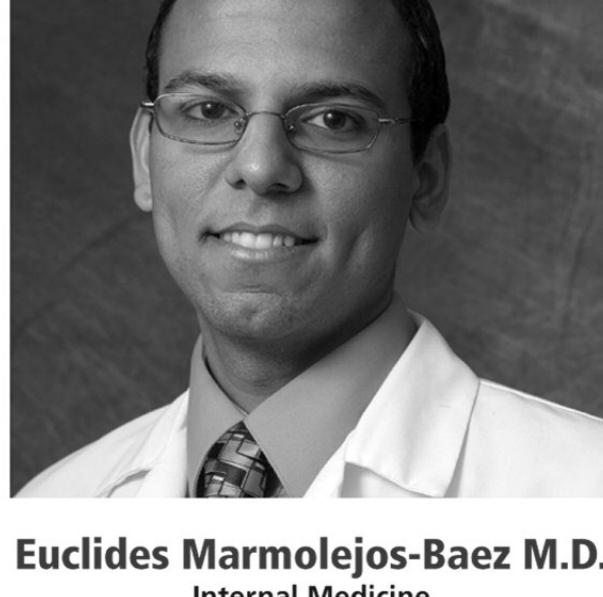
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HEALTHY LIVING

How to use diet to supplement your workout routine



Metro Services

A healthy breakfast is a great way to supplement your workout routine.

Going to the gym isn't enough if you don't eat right

Metro Services

Men and women who have successfully adopted healthy lifestyles know full well that combining exercise with a healthy diet is the key to getting and staying healthy. Simply visiting the gym won't work if it's not coupled with a healthy diet.

But many people incorrectly assume that a healthy diet is one devoid of taste.

That simply isn't true.

In fact, a healthy diet does not necessarily restrict foods, but how frequently some of those riskier foods can be consumed.

The following are some of the steps men and women can take to ensure their workouts aren't losing their effectiveness due to unhealthy eating habits.

Start off with a healthy breakfast

Many foods make healthy breakfast options, including fruit and whole-grain cereals.

Unfortunately, on-the-go men and women often reach for what's readily available, and what's readily available isn't necessarily healthy.

Avoid breakfast sandwiches that are high in fat and calories, and avoid eating fried foods for breakfast.

For those men and women who prefer to workout first thing in the morning, keep in mind it's important to eat before working out, even if those workouts are in the wee hours of the morning. Working out on an empty stomach can cause feelings of lightheadedness.

In addition, many people are sluggish if they exercise on an empty stomach, which can make workouts less effective.

If eating before a morning workout isn't your thing, consider going with a small snack before beginning your routine.

If even that is not ideal, then consider a snack before bedtime.

However, this option won't necessarily prove effective, as your body might just consume all of the energy this snack provides while you're asleep.

Reassess your snacking habits

If greasy potato chips or sleep-inducing baked goods like brownies are your idea of the perfect snack, then it's time to reassess your snacking habits.

Snacks should not induce sleep, but provide a little extra energy and reduce any hunger pangs.

Fresh fruit, yogurt, energy bars, and even whole-grain crackers with a little peanut butter each make for a healthy snack that won't zap you of valuable energy during the day.

Let food help your muscles recover

Some people feel they might negate the positive effects of their workout if they eat immediately after exercising. That's not necessarily true.

In fact, foods that contain protein and carbohydrates can actually help your mus-

cles recover after a workout.

Yogurt (Greek yogurt is packed with protein), fruit, dried fruit, and nuts make great post-workout food options, and none will negate the effect of that grueling workout you just finished.

In general, the longer you wait to eat after exercising, the longer it will take your muscles to recover.

Stay hydrated

Water is an essential part of a healthy diet, and it's even more essential before, during and after a workout. When exercising, your body will lose a significant amount of water, which can cause the body to dehydrate. Drink water before and after your workout, and don't forget to focus on staying hydrated during your work-

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Simple remedies to heal sun fungus



Dear Pharmacist

Suzy Cohen

Blue) and applying it to your skin. You can try this by applying it twice daily for a week or two and re-evaluate after that.

Although topical creams and ointments are usually quite effective and safe, the fungus grows from the inside of the body out. Because of this, there are major factors in your diet and lifestyle that must be addressed to keep the skin condition from recurring.

This type of infection (and all fungus-related ones) thrive by you eating sugar, starch and yeast-containing foods. Therefore, avoid eating anything like this, such as all sweeteners (including the artificial ones), fruits, jams, bread, alcohol, as well as other foods that don't necessarily have a high sugar content, but may make your condition worse. I'm thinking vinegar, baked goodies, and nuts.

Hey, for some of you, the skin condition gives you more incentive to start that new diet you've been itching to try.

Stick to the veggies, grass-fed meats, eggs, olive, and nuts.

coconut or grape seed oil and whole grain pastas (if you eat grains). Don't forget to supplement with high-quality probiotics and other anti-fungal foods and spices (garlic, turmeric, oregano and grapefruit.)

You can also take a skin-soothing bath. A great combination is Epsom salts combined with some baking soda, lemon juice, a few drops of tea tree and clary sage essential oil and some dandruff shampoo. The ratios don't matter much.

Keep your skin as clean and dry as possible, and wash your clothing and linens regularly in gentle detergents. No dryer sheets.

The best approach uses multiple treatments, with a strong focus on a good diet, free of refined or junk foods with probiotics, digestive enzymes and antioxidants.

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



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RELIGION

Atonement Lutheran Church - ELCA

SEBRING — This is the 13th Sunday after Pentecost. Worship service with (open) Holy Communion will be led by the Rev. Jefferson Cox. The sermon will be based on the gospel reading of John 6:56-69.

The Council meet will be at 6 p.m. Tuesday, Sept. 4 in fellowship hall.

Christ Lutheran Church - LCMS

AVON PARK — Pastor Scott McLean will preach Sunday morning's sermon titled "Marriages Restored by Love."

The church is at 1320 County Road 64, east of the Avon Park High School, past the four-way stop sign. For more information, call 471-2663 or search online at christlutheranavonpark.org.

Christian Science Church

SEBRING — The lesson sermon on Sunday morning is titled "Christ Jesus." The keynote is from John 14:15, "If ye love me, keep my

commandments."

The church is at 146 N. Franklin St.

Christian Training Church

SEBRING — Rev. Linda M. Downing will bring the message titled "The Enemy" at the Sunday morning service. The Wednesday night Bible study is studying the Gospel of John.

Emmanuel United Church of Christ

SEBRING — Rev. George Miller will deliver the Sunday morning sermon, "Every Day, a New Day," with the Scripture taken from Joshua 24:1-2a, 14-18.

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

First Christian Church - Avon Park

AVON PARK — Pastor Greg Ratliff will bring the message on Sunday.

First Christian Church of Avon Park is at 1016 W.

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.

Camphor (behind the Wachovia Bank). Call 453-5334 or e-mail firstchristianap@embarqmail.com with any questions or to request information. The church website is www.firstchristianap.com.

First Christian Church (Disciples of Christ)

SEBRING — At the Lord's Table this Sunday morning will be Dick and Sharron Campbell. Communion will be served by Carol Chandler, Chris Baker, Franny Goff and Catherine Baker.

Greeting the congregation will be Todd and Robin Martin. The acolyte for the day will be Nina Kunsak.

The pastor's sermon is

titled "Be Imitators of God" from Ephesians 5:1-2.

For any additional information, call the church office at 385-0352. The church is at 516 Poinsettia Ave.

First Presbyterian Church of Avon Park

AVON PARK — On Sunday morning, Rev. Bob Johnson's sermon will be titled "The Church's Victory" based on Matthew 16:13-20 (The gates of hell will not prevail).

The adult Sunday school class will continue its series, "Faith Lessons on the Life and Ministry of the Messiah" sponsored by Focus on the Family. The lessons are filmed on location in Israel and narrated by

historian/teacher Ray Vander Laan. Sunday's lesson is titled "Qumran."

Special music will be by guest pianist Nadine McNees playing a medley "No One Ever Cared for Me Like Jesus," "I Love to Tell the Story," "Does Jesus Care?" "He Hideth My Soul," "His Eye is on the Sparrow" and "Evening Prayer (If I Have Wounded Any Soul Today)." "God Knows the Heart" with the Scripture taken from Acts 15:6-21.

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

The church is downtown at 126 S. Pine St. Visit the website at www.sebringfirstumc.com. Call the church office for information at 385-5184.

Heartland Christian Church

SEBRING — Pastor Ted Moore's sermon this Sunday will be "Grabbing the Grapes" with Scripture from Numbers 13:1-3 and 17-33.

The service will include George Kelly singing "O What a Savior." Bible study resumes on Tuesday and Wednesday, Sept. 4 and 5.

The church is at 2705 Alternate Route 17 South (behind Publix); phone number is 314-9693.

Memorial United Methodist Church

LAKE PLACID — Rev. John Bryant, from Punta

Continued on page 7B

PLACES TO WORSHIP

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

ASSEMBLY OF GOD

■ **Christ Fellowship Church (Assembly of God),** 2935 New Life Way. Bearing His Name; Preaching His Doctrine; and Awaiting His Coming. "Worshiping 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 Catylist class (20s+) 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 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@afellowship.org; Web site, www.afellowship.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: 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 Batista 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. 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 Arkabutle 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@stcathe.com; website, www.stcathe.com. Very Rev. José González, V.F., frjose@stcathe.com; Parochial Vicar, Rev. Victor Caviedes, 385-3993; Assisting Priest (retired), Rev. J. Peter Sheehan; Deacons, 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. CONFESSION: First Friday 7:15-7:45 a.m.; Saturday 3:45-5 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:

■ **St. Catherine Catholic 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.

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.

RELIGION

Church News

Continued from page 6B

Gorda will preach at the Heritage Worship Service and the Celebration Worship Service.

Pastor Claude Burnett will preach at the New Song contemporary service in Rob Reynolds Hall.

The Worship Band will lead the service.

Combined Youth Group will meet at 5 p.m.

Men's Prayer Meeting convenes at 6 a.m.

Wednesdays in the men's Bible classroom.

The church is at 500 Kent Ave. Phone number is 465-2422 for information.

Parkway Free Will Baptist Church

SEBRING — The Sunday morning Bible lesson, "God's Promise To Be With Us," is taken from Ezekiel 34. Pastor Jim Scaggs will bring the Sunday morning message. The Sunday

evening worship service will be the end-of-the-month-sing, followed by fellowship time.

St. John United Methodist Church

SEBRING — On Sunday morning, the Rev. Ronald De Genaro's message will be "Gear Up For Battle?"

Biblical reference is from Ephesians 6:10-20.

Cub and Boy Scouts meet at 6 p.m. Monday. Pastor's Bible Study meets at 2 p.m. Tuesday. Men's prayer and fellowship breakfast meets at 7:45 a.m. Wednesday. Nursery is provided at all services.

Sebring Church of the Brethren

SEBRING — This Sunday morning, the pastor will preach on "Our Church's Bucket List."

Sunday school will study "New Life in the Home," looking at the Scripture from

Ephesians 5:1-6, 4. Call 385-1597.

Spring Lake United Methodist Church

SEBRING — Spring Lake United Methodist Church is at 8170 Cozumel Lane. The pastor's sermon on Sunday is "Disobedience Brings Rejection."

The Church of the Way - EFCA

SEBRING — Pastor Reinhold Buxbaum's message will be "So How Close Are We?" He will be talking about prophecies that are already fulfilled and those that are about to be fulfilled.

There will be a hymn sing Sunday evening.

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

Happy Feet ministry meets in Sebring

SEBRING — Happy Feet Dance Ministry, instructed by Kristen Onheiser, meets Mondays at Grace Bible Church at 5:30-6:30 p.m. for kindergarten through second grade and seventh grade through adult; followed by 6:30-7:30 p.m., for third through sixth grade. They also meet on Wednesdays at First Baptist Church at 3:30-4:10 p.m. for middle and high school; 4:10-4:50 p.m. for kindergarten through fifth grade; and 4:50-5:30 p.m. for 3- and 4-year-olds.

These classes are available at no charge. Contact Onheiser by calling 381-0961 or by email at happyfeet@gbc.connected.org.

Nunnallee teaches in new quarter

SEBRING — Covenant Presbyterian Church will begin a new Sunday school

Snapshots

quarter this Sunday. Tom Nunnallee will be teaching the lessons based on a book by Paul Stevens, "Job, Wrestling with God."

Singles Ministry meets Sunday

SEBRING — Grace Bible Church's next Singles Ministry get-together is at 6 p.m. Sunday at Zeno's Restaurant. Cost is \$5 for pizza, finger sandwiches and soda.

The group is now called "Heartland Christian Singles Fellowship" and will continue to meet the fourth Sunday of each month.

Saint James Parish invites all to an open house

LAKE PLACID — The Catholic Parish of St. James invites the public to attend its annual open house. This

event is sponsored by the RCIA and is commonly referred to as Catholic Inquiry.

Fr. Michael Cannon will be the main speaker and is always happy to address any questions new inquirers may have. For centuries, people have turned to the church to find the answers to the deepest and hardest questions of everyday life.

The open house is at 7 p.m. Wednesday, Sept. 12 in the parish social hall and kicks off the start of the Catholic Inquiry process.

In addition, this year RCIA will also host a new program for new Catholics to help keep them informed and refreshed on the teachings of the Catholic faith.

Parish members will also be present to welcome guests and share information. Refreshments will be served.

For additional information, call 699-0466 or call the parish office at 465-3215.

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 is the first

and third Sunday of each month. Council meeting on the first Monday of month; Ladies Group WELCA meets at noon second Monday of month with lunch. Bring a dish to pass. Church Vegetable Garden Club meets as needed. Labyrinth Prayer Garden open seven days a week to congregation and community. Like to sing? Come join the choir. Visitors always welcome. Come grow with us. Phone 385-0797.

■ Christ Lutheran Church Avon Park — LCMS, 1320 County Road 64, 1/2 mile east of Avon Park High School past the four-way stop sign. 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 (863) 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 Faily 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.newlifesebring.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 Pre-School 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, 6:30 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.ctmforme.com

■ Crossroads of Life, 148 E. Interlake Blvd., Lake Placid, FL 33852; Tel. 863-655-9163. The place of your Divine appointment.

We expect our supernatural God to transform our lives through His power and grace. Come, learn of His plan and destiny for you. With His plan we receive His provision along with His perfect timing and opportunity. What you have longed for, but have been missing, can now be received. The direction you have been thirsty for will suddenly quench your parched soul. Come to experience what you have been missing for so long — empowerment in every area of life. We teach, train and send forth to win souls. You don't speak English — no problem. We have a Spanish interpreter. We look forward to fellowship and worship with you at 7 p.m. every Wednesday. Pastors Gil and Rosa Benton (Faith Never Fails).

■ 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.weareunion.org.

■ Unity Life Enrichment Centre, new location, 10417 Orange Blossom Blvd. S., Sebring, FL 33875; 471-1122; e-mail: unityofsebring@visitanet.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: copres@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. Youth Group (middle school and high school age) 3:30-6:30 p.m. Tuesdays. 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.fpclp.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:

■ First Presbyterian Church, ARP, <

RELIGION

Fishing the inlet

Guest Column
Fred Jeans

expensive tackle in the rocks.

Some of them treated "outsiders" with contempt and sheer meanness.

After getting my boat, I found that some of the best fishing was in this inlet on the incoming tide. I soon discovered that the closer one got to high tide, the rougher the water got and, unfortunately, the biggest blues and stripers were found in the roughest water. The boaters fishing there would power against the tide toward the mouth of the inlet, turn back inland, put the motor in neutral and drift with the current.

The walls of the inlet were usually lined with fishermen who would cast as far out as they could, allow their rigs to fall to the bottom and bounce with the current. Most of them had enough sense to cast short of or behind the drifting boats.

One day, I was drifting the inlet with a friend. As we passed one group of anglers, a man cast his rig (with multiple hooks) right over the back of my boat, narrowly missing my friend, who looked over and shouted at the jerk to be more careful; telling him that what he had done was not only stupid, it was dangerous. The men on the shore with him also yelled at him. His response is not worth mentioning.

On the next drift the idiot did it again. This time, Hug (my friend) was a little more vocal, and using much less acceptable language was very critical of the man's intelligence (or lack thereof).

On the third drift, when the man repeated his actions, Hug grabbed the line, held

up a knife and cut the line as he yelled, "I told you not to do that again." The rig which the shore fisherman lost cost him at least \$5, maybe more. His stupidity, insensitivity and selfishness cost him our respect and the respect of his fishing buddies, some of whom moved away from him, refusing to fish with him.

Actions always have consequences, and when we act stupidly, or in a mean or insensitive manner, others will see our true character in those actions.

There is a law in physics which states, "to every action, there is an equal and opposite reaction," which is also true in life. The way others treat us, is often a reaction to the way we have treated them. There is a price to pay for what we do, for what we say and for the way we treat others.

Our credibility, acceptance and our happiness will always be intermingled with our actions and the reactions of others to us. What we put into life will determine what we get out of it. A smile, a kind word, a gentle touch cost us nothing, but will return great dividends. The saying "Do unto others as you would have others do unto you" is true.

When I was a pastor and did pre-marital counseling, I would ask the couple if they could identify that one, single element in any relationship which will determine the quality and longevity of that relationship.

The answer is simple. How your significant other feels about himself or herself when with you will determine whether or not they wish to continue in the relationship. Selah.

Fred Jeans is chaplain of the Kenilworth Care & Rehabilitation Center.

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DIVERSIONS

Shepard gives a good chase in fun, infectious 'Hit & Run'

By DAVID GERMAIN

AP Movie Writer

Dax Shepard puts his friends, fiance Kristen Bell, even his own vehicles to good use in "Hit & Run," a fun little car-chase comedy that's quite infectious — the good time clearly had by the filmmakers rubs off on the audience.

Done on a tiny budget, the movie's stunts and chases are nothing much, but the lack of resources steers the story away from action and toward the characters, who are wry, irreverent, even endearing.

Screenwriter Shepard, the "Parenthood" co-star who directed "Hit & Run" with David Palmer, tailors the roles to suit his pals, including Bradley Cooper, Tom Arnold, Kristin Chenoweth and "Parenthood" co-star Joy Bryant.

The result is like a student film made by pros, weirdly idiosyncratic but efficiently paced. It's well-scripted and well-acted, and if "Hit & Run" lingers too long on so-so gags and inside jokes Shepard and his friends found particularly funny, it compensates with a free-wheeling spirit that pulls viewers along for the ride.

Shepard stars as a guy in witness protection who took the name Charlie Bronson — just why is one of the subtly amusing bits of "Hit & Run." A former getaway driver for a gang of bank robbers, Charlie betrayed his pals for a sort-of noble reason, but Shepard's doesn't play him as a hoodlum with a halo. Charlie's a man who did wrong, is trying to make amends but offers no excuses for his misdeeds and is willing to pay the price should they come back to haunt him.

Of course, they do. Now living in rural California with academic Annie (Bell), Charlie decides to break cover and drive her back to his old stomping grounds in Los Angeles, where she's got an interview for her dream job running a campus program in conflict resolution.



Courtesy photos
Dax Shepard, Kristen Bell (above) and Bradley Cooper (right) star in 'Hit & Run.'

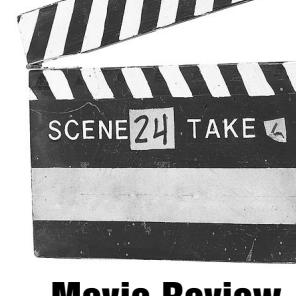
Through the scheming of her old beau, Gil (Michael Rosenbaum), Charlie and Annie wind up pursued by his old gang, including Alex Demitri (Cooper) and Charlie's ex-girlfriend, Neve (Bryant).

Arnold plays federal agent Randy, Charlie's witness-protection minder. A hapless blusterer, Randy's at the center of many of the movie's physical gags; some are mildly funny, but they're mostly repetitive and disposable, often putting the brakes on the action so Arnold can launch into another fit of bellowing.

Oddly for a road romp, the main charm of "Hit & Run" comes from the verbal exchanges, either when the characters are standing still or sharing strange intimacies during a high-speed chase.

Shepard and Bell make such a natural couple on screen that it's easy to imagine them, right or wrong, living out a blissfully perfect relationship in real life. They share low-key, tender moments and some tough, intelligent quarrels that feel genuine enough to have filtered up out of their own experiences together.

Cooper's an oddly engaging bad guy, his dreadlocks and gaudy red running pants setting him apart from the



Movie Review

'Hit & Run'

Rating: R (pervasive language, graphic nudity, violence and drug content)

Running time: 99 minutes

Review: ★★☆ (of 4)

usual Hollywood heavy. He blends viciousness with sensitivity, compassion with greed, making Alex all the more volatile, dangerous and entertaining for his unpre-

dictability.

Chenoweth has a couple of bawdy scenes as Annie's boss, and Beau Bridges pops up briefly as Charlie's dad. "Hit & Run" also features quick cameos from other buddies of Shepard and his crew. The goodwill among all these friends spills off the screen to make "Hit & Run," despite its bland title, more clever and distinctive than the average chase flick.

Shepard cast two of his own vehicles — a supercharged 1967 Lincoln Continental and his Tatum racing dune buggy — and he demands as much from them as he does of the actors. Our cars are extensions of our lives and temperaments. The fact that Shepard laid his wheels on the line puts an even more personal spin on the movie

Britons shrug off nude photos of UK's Prince Harry

Did Harry do anything wrong?

Jim Conlon, a 60-year-old construction worker: "The answer to that is categorically NO." Conlon, who was unloading bags of material from a car, seemed genuinely offended by the very question.

"I'd be proud of him if he were my son," he said.

Conlon's opinion was typical of a country where thousands of streets and pubs are named for the royal family. Polls published earlier

this year showed support for the monarchy at an all-time high, perhaps buoyed by the celebrations surrounding Queen Elizabeth II's Diamond Jubilee celebrations marking her 60 years on the throne.

Interviews with Londoners up and down the capital's Prince of Wales Road yielded few critics of Harry's antics.

Craig Martin, 38, another construction worker: "He's the prince. He can have any bird he wants!"

Down the road, caregiver

Shirley Ashard laughed at the news of Harry's naked adventure, dismissing questions about the propriety of running around a plush hotel room in the buff with a boys-will-be-boys shrug.

"I've got kids. They do things like that," the 59-year-old said. "He's a lad, for God's sake."

Will this harm the image of the prince or the royal family?

Hanad Darwish, a 19-year-old student from Birmingham, worried about what Harry's hijinks said about his judgment.

"It is a little immature and gives the royals a bad image," he said.

But Ingrid Seward, editor-in-chief of Majesty magazine, said it wasn't likely that Harry's reputation would suffer. Seward said his party-boy image was part of his approachable, normal persona.

"Of course it's stupid, but it doesn't make people dislike him — quite the opposite," she said.

"It shows that he is a guy who gets into trouble and he's the one people love to love. It could only happen to

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FRESHMAN 15

Healthy advice for campus living

What's scarier than the thought of failing a class your first semester in college or being paired with an incompatible roommate? That's right, the dreaded Freshman 15 — those pesky pounds you pack on when Mom stops cooking for you and you find yourself eating dining hall pizza three times a week and Chinese food for breakfast.

Staying healthy as you adjust to living on your own for the first time is simply a matter of making the right choices. To help freshmen make informed decisions, we've compiled some suggestions for how to eat right on a meal plan and in the dorm room, stay fit with easy activities, fend off germs and use campus health resources. After all, your mind can't perform at its peak until your body is in the best condition possible.

— Jamie Livengood, McClatchy-Tribune



GET MOVING

Exercising can be such a chore. Who wants to schlep all the way to the gym when you have a nice cozy bed and a new episode of "Lost" waiting for you?

The truth is exercise doesn't just keep you physically fit, said Anna Lutz, a registered dietitian at Duke University who works at the health center. "It's a way of dealing with stress as a first-year student."

The good news is you don't have to plan gym time every day to get in exercise. Simple things like walking to class instead of taking the bus and working out with a buddy to keep you motivated are great ways to sneak in exercise, Lutz said.

You should make exercise "just as important as going to class and doing your homework," she said. — Brianna Bond, McClatchy-Tribune

DETERMINE YOUR BMI:

Your body mass index (BMI) measures body fat based on your height and weight. Here's the formula to calculate your BMI:

weight in pounds \times 703
height in inches \times 2

BMI	Body type
Below 18.5	underweight
18.5-24.9	normal
25.0-29.9	overweight
30.0 or above	obese

SOURCE: CENTER FOR DISEASE CONTROL AND PREVENTION

BURN CALORIES:

Information for a 154-pound person (if your weight is higher, you will burn more calories; if lower, fewer):

Activity	Calories
Dancing for an hour	330
Walking for 15 minutes	70
Playing vigorous basketball for 30 minutes	220
Stretching for 15 minutes	45
Running/jogging (5 mph) for 30 minutes	295

PORTABLE EQUIPMENT

With term papers and tests to study for, sometimes your daily workout gets pushed to the last priority. But the benefits to your body and mind are so great it's worth it to fit it in.

Martha Tillman, the director of the campus fitness center at Washington University in St. Louis, offered some simple suggestions for exercises and tools that can be used in a small space.

■ **Stability equipment** (such as balls, discs and a balancing board): These tools are versatile because they work a variety of muscle groups. For the board and disc, the workout is largely based on balance. You can add free weights or resistance bands to simple exercises like leg lifts for an additional challenge.

■ **Resistance band:** Perfect for toning trouble spots like underarms and quadriceps, this simple, effective tool will work wonders for your arms and legs. Because there are so many different ways to use it, Tillman suggests sticking with simple moves to ensure you're safely working your target area. Try placing the band underneath one foot then curl with one or both arms.

■ **Free weights:** You'll likely use these for endurance training because you can't change the weight, but it's still a great way to work the chest and upper body area. Feel free to get creative and take advantage of items you have lying around your room, like using soup cans to do bicep curls, Tillman said.

Tillman suggests making an appointment with a personal trainer at your university recreation center, a service most universities offer, to help customize your workout. Costs range depending on the school and type of trainer.

You should aim to get 30 minutes of exercise into your schedule every day, Tillman said, but it doesn't matter if you choose to do it all at once or split it up.

— Brianna Bond

GYM ETIQUETTE

Exercising at your campus gym is not the same as participating in your high school gym class or after-school basketball practice. Those who use a university's recreation facilities are serious about their workouts and will expect you to follow gym etiquette rules.

"Manners have everything to do with cleanliness and safety," said Mary Mitchell, author of "The Complete Idiot's Guide to Etiquette." "That's why they are especially important at the gym."

Many students use a trip to the gym as a way to relieve stress, so confronting a slob or a weight machine hog is the last thing anyone wants to do. But if you have to, Mitchell recommends keeping a neutral tone and not getting personal. "Offer your criticism in private," she said. Mitchell offers rules to help you:

■ **Don't leave the equipment sweaty.** Most gyms have towels and disinfectant handy; be sure to use them or bring your own to wipe down weight machines and spare others from sitting in a puddle of your sweat.

■ **Gyms are for exercising, not socializing.** If you run into friends, keep chatting to a minimum near machines and aisles.

■ **Keep the locker room neat and tidy.** Don't leave your belongings lying in a pile on the floor or in front of someone else's locker. Be sure to leave the sink and shower clean.

■ **Keep aisles clear.** While exercising, keep your water bottle, towel and anything else, out of the aisles; they are tripping hazards.

■ **Wait your turn.** You have to wait for equipment and so does everyone else. Don't use a weight bench or equipment to rest between reps. And put away the weights you add to a machine or bar — the next person may not be able to carry that 45-pound plate back to the stand as easily as you.

— Jamie Livengood

STAYING HEALTHY

A college dormitory, where up to 50 people share one bathroom and two or three people coexist in a cramped living space, is an ideal environment for germs to spread. Classes, exams and parties will go on without you, so learning how to keep yourself healthy is essential.

"For many students, it's the first time in their lives that they are responsible for their health," said Dr. Alan Glass, director of the health center at Washington University in St. Louis.

Practicing basic hygiene can prevent many common bugs.

"I always tell students that the best three things they can do is wash their hands, wash their hands and wash their hands," said Michael McNeil, coordinator of Temple University's Health Empowerment Office.

Glass and McNeil had more advice to help avoid an illness:

■ Get plenty of sleep, maintain a balanced diet and exercise. This helps keep the immune system healthy.

■ Your school may require certain vaccinations. Glass recommends that each student should be inoculated against meningitis. Also think about getting an influenza shot from the health center.

■ Stop your room from becoming an incubator for germs. Wash your clothes regularly, don't let dirty dishes pile up and ventilate the room once a while. — Jamie Livengood

DEALING WITH ILLNESS

If you do get sick during the semester, Mom won't be around to take your temperature, administer cough syrup and make sure you're getting enough fluids. Here are some tips on taking care of yourself:

■ Stock up on some basic over-the-counter medications and first aid supplies — fever reducer, pain reliever, decongestant, cough suppressant, antihistamine, band-aids and antiseptic. Some health centers have sample sizes of medications available in their offices. A thermometer is also useful, but not necessary.

■ Don't go to class if you feel too sick. You can't concentrate when you feel poorly anyway, plus you only risk making others sick.

■ If you don't get better on your own in five days, it's time to make an appointment at your campus clinic. "It's better to err on the side of seeking health," Glass said, so go as early as you feel you need to.

Health services vary from campus to campus, so check out your clinic's Web site or pamphlets — preferably before you catch a bug.

— Jamie Livengood

INSURANCE PLANS

As you make the final preparations to head off to college, you'll want to take a minute to sit down with your parents and discuss health insurance coverage.

While you may plan to continue to get coverage as a dependent on your parent's plan, you may not be eligible as a full-time student, as some employers are lowering the age of coverage to 21, or in some cases 19, according to Susan Barry, marketing director for Student Resources, a marketer of student health insurance.

Also, if you're going to school away from home, particularly outside your home state, your parent's plan may not cover you (PPOs and HMOs have a specific network within which university health centers are rarely recognized as providers).

The majority of four-year institutions offer health insurance plans. There are several advantages to purchasing a health care plan through your school, Barry said.

The health center can act as your place for primary care, which means you won't have to worry about finding doctors.

Also, you won't have to file any claims because most health centers process that information, Barry said.

Regardless of your decision, make sure to sort it out before you leave so you're not left without a safety net.

— Brianna Bond

THE DINING HALL

"College dining has changed dramatically over the years," said nutritionist Ann Selkowitz Litt, author of the book "The College Student's Guide to Eating Right." "The days of 'mystery meat' are over and have been replaced by sushi, stir-fry and brick-oven pizza."

Litt has some tips on how to eat right, even on a meal plan:

■ **Use salad bar smarts.** Go easy on extras like croutons, bacon bits and dressing. One ladle-full can add up to 360 calories to an otherwise nutritious salad. Side salads can be made into an entrée by adding eggs, chicken or tofu.

■ **Ask how food is prepared.** Go for steamed, baked, broiled, roasted or grilled foods rather than fried foods.

■ **Schedule your meals.** Leave time for breakfast; it will reduce the urge to graze later in the afternoon. Also, don't feel guilty about nighttime snacking. If you're going to be awake into the wee hours of the morning to cram for a test, a healthy snack like yogurt or cereal can help keep you going.

■ **Be aware of portion size.** Dining halls are a lot like restaurants; they might give you more food than you actually need to eat to have energy through the day. Eat until you're satisfied, and resist picking at your leftovers while you're socializing in the dining hall after a meal.

■ **It's all about options.** Opt for veggie burgers over beef, baked potatoes over fries, whole grains over white, water over soda, and skim milk over whole. Most dining halls have healthier options if you just ask.

■ **Don't drink your calories.** Alcohol, soda and even fruit juice add calories to your diet that you may forget to count.

Find more tips in Litt's book or at collegeeatingguide.com.

DORM FOOD

Hungry but don't want to walk to the dining hall? Why not whip up something healthy and delicious in your dorm room?

Yes, it's possible. Below is a quick and easy recipe for a vegetarian couscous salad that can be easily prepared in a dorm setting. It's a popular dish from in-dorm cooking demonstrations conducted by volunteers from the Davis Food Co-Op in Davis, Calif.

The program sends co-op volunteers to different dorms at the request of the residential advisers to hand out literature on budget shopping and talk about some of the health risks associated with certain foods like those with high levels of trans fats. The presentation is capped off with a cooking demonstration of a simple and healthy meal, right in the dorm.

This recipe is most popular with the college crowd, probably because it's versatile, healthy and delicious. Don't be afraid to get creative and supplement with a favorite ingredient like mushrooms, roasted red peppers or cilantro.

Couscous Salad Servings: 2

1 cup plus 1 Tbsp. water
1 tsp. salt

12 kalamata olives, pitted and chopped

2 Tbsp. crumbled feta cheese

2 Tbsp. vinegar and oil salad dressing

1 small cucumber, chopped

1 small cucumber, chopped

Bring water to a boil; add salt. Pour over couscous and let stand, covered, 10 minutes while you chop vegetables. Add other ingredients. Toss well. Serve warm or refrigerate to serve later.

— Brianna Bond



— Jamie Livengood