



Are recent droughts, storms and fires signs of things to come?

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District victory

Blue Streaks shut out Winter Haven, 3-0

SPORTS, 1B



Asking questions

Parke Sutherland wants to survey AP residents

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Friday-Saturday, November 16-17, 2012

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Volume 93/Number 141 | 50 cents

Forecast



A shower, clouds and then some sun

High **77** Low **59**
Complete Forecast
PAGE 12A

Online



Question:

Was this year's early voting period too short to give voters adequate chances to cast their ballots?



Total votes: 93

Next question:

Do you think this Christmas shopping season will be better for businesses than last year's?

Make your voice heard at
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Obituaries

Mary Anticoli
Age 97, of Sebring

Simon McFadden
Age 75, of Sebring

Edna Washington
Age 87, of Avon Park

Philip Weber
Age 88, of Avon Park

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Detectives arrest bank robbery suspect

DNA links man to Sept. 19 robbery of Highlands Independent Bank in AP

Special to the News-Sun

AVON PARK – At approximately 2 p.m. Wednesday, detectives with the Highlands County Sheriff's Office Criminal Investigations Unit arrested Gopaul Narain, 35, of Avon Park, and charged him with robbery with a firearm and tampering with physical evidence. These charges stem from the robbery of Highlands

Independent Bank, 400 U.S. 27 North in Avon Park, on Sept. 19.

Narain was in the Highlands County Jail on other charges when he was arrested on the robbery. He was in jail on previous charges stemming from a traffic stop on Sept. 28. During the traffic stop he was charged with driving while license suspended or revoked and giving a



Narain

investigation.

The Florida Department of Law Enforcement laboratory matched the suspect's DNA with evidence gathered during the investigation of the robbery.

"Detectives have been patiently

false name to a law enforcement officer.

Detectives were able to link Narain to the robbery through evidence collected at the scene and evaluated during the course of the active criminal investigation.

awaiting the lab results while following other leads. When the lab confirmed the match, detectives were able to make the arrest," Sheriff Susan Benton said.

This investigation remains open. Anyone with information is requested to call Detective Roger St. Laurent of the Highlands County Sheriff's Office Criminal Investigations Unit at 402-7447 or 402-7250 or Heartland Crime Stoppers at 1-800-226-TIPS(8477), or visit on the Internet at www.heartlandcrimestoppers.com. Anonymity is guaranteed.

A sister for Christmas



Courtesy photo

The Altman family anxiously awaits the arrival of their newest daughter and sibling Jaelynn, pictured in the framed photo. (From left) Matt, Teresa, Abby, David and Katie will soon get to meet the former Chinese orphan when she arrives in their home on Dec. 1.

Altman family journeys to Far East to bring its newest member home

By SAMANTHA GHOLAR
sgholar@newssun.com

SEBRING – It will certainly be a Christmas to remember for the Altman family this year when parents Teresa and David return to Florida from a whole world away.

The family of five will be getting a little bigger. After a lengthy waiting game, the Altmans have started their journey to bring their new daughter, Jaelynn, home since being approved for the adoption of

the young Chinese orphan.

The Altman family's story begins a year ago when oldest daughter Katie, 19, traveled to China on a short-term mission trip with the Show Hope organization. Katie arrived in China in June 2011. For the next week and a half, Katie met a number of interesting and special needs orphans who all were unique, but one in particular caught her full attention.

See ALTMAN, page 8A



Courtesy photo

Jaelynn, who was once a Chinese orphan, will soon be the newest member of the Altman family.

County adopts Housing Program

By BARRY FOSTER
News-Sun correspondent

SEBRING – With few changes, Highlands County commissioners Tuesday adopted recommendations to the county's Local Housing Assistance Program. A sometimes terse discussion was capped by a unanimous vote to accept the plan.

Even so, the new regulations will be short-lived, with a full re-write of the three-year LHAP plan slated for May.

Before that occurs, commission chairman Jack Richie wants spelled out exactly what the county would be mandated to do if it participates in the program and what rules the county will enact upon itself.

"I want to see that on hard paper," Richie said.

In her final meeting as a commissioner, Barbara Stewart explained that the plan had been assembled in a three-member committee, including herself, County Administrator June Fisher and housing specialist Lucy Castillo.

Stewart said the recommendations had been distilled from comments made

See COUNTY, page 6A

LPPD's Williams, HCSO's Fennell acquire certifications

By SAMANTHA GHOLAR
sgholar@newssun.com

SEBRING — Two of Highlands County's law enforcement officers have recently been awarded as certified crime scene investigators by the world's leading forensic science and identification association, the

International Association for Identification.

Lake Placid Police Chief Phil Williams and Highlands County Sheriff's Office Detective Jeff Fennell obtained their certification in crime scene investigation on Nov. 1. Williams and Fennell have long been acquaintances

and enrolled in the course together, which required a minimum of one year of "crime scene-related activities."

Williams, who has more than 30 years of law enforcement experience, has always

See PAIR, page 3A



News-Sun photo by KATARA SIMMONS
Lake Placid Police Chief Phil Williams obtained his certification in crime scene investigation on Nov. 1

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Hancock's last hurrah

Tuesday was last school board meeting for long time member

By CHRISTOPHER TUFFLEY
christopher.tuffley@newssun.com

SEBRING — J. Ned Hancock attended his last school board meeting as an elected official Tuesday night. After completing four terms of office — he was first elected in 1996 — Hancock retired this year. Jan Shoop was elected to the District 3 seat.

Shoop attended the reception in Hancock's honor, as did Pete Pollard, who preceded Hancock in office.

In fact, a great many people turned out to say farewell and good luck including, former board members Wally Randall, Richard Norris, Margaret Turnbull and Ruth Handley, a former superintendent of schools. Elected officials like Ray Royce of Lake Placid, Scott Stanley of Sebring, County Commissioner Ron Handley, Jim Brooks, who was just elected to the county commission, and Sebring Mayor George Hensley also paid their respects.

Norris read a letter from former superintendent Robert Fitzgerald, who praised Hancock for his "compassion, outspokenness, clarity and honor."

Randall said Hancock "tackled any issue and was patient — when required," a point that met with genuine laughter. Randall added that when Hancock asked questions he expected answers. "He was an equal opportunity foot roaster," Randall said.

Superintendent Wally Cox, a man of true emotions, couldn't fight tears as he stepped next to Hancock to formally say good-bye. They've known each other all their lives and worked closely over the years.

"This is always a disaster," Cox said,



News-Sun photo by CHRISTOPHER TUFFLEY
J. Ned Hancock attended his last school board meeting as a member Tuesday night. In addition to his wife and three daughters, former board members, superintendents and local elected officials turned out to say farewell.

'You start running with all kinds of ideas, but schools are people plain and simple. We have good people. We need to attract more.'

NED HANCOCK
outgoing school board member

meaning his struggle to not cry. "That's just how I'm wired." Gathering himself, Cox added, "I grew up with his sisters. Ned was the little brother, spoiled much of the time. I've known him a long time. I remember when he was very active at Woodlawn Elementary School, well before he thought of running for the school board. "I will miss

you," Cox said. "You are a true servant leader."

In his turn Hancock talked about how a journey doesn't always work out the way you imagine it will. "You start running with all kinds of ideas, but schools are people, plain and simple. We have good people. We need to attract more."

Bringing new teachers into the county, he said, should be a priority in the future, adding that it won't easy — salaries are low and young people look for the excitement of a city.

Hancock asked the board to "please stay diligent. I'm biased. I'm old. I'm all those things, but guys, we are not getting what we need. Go to Tallahassee. We need more opportunities, more money and more classrooms.

"The only chance these young kids have is their education."



Courtesy photo

South Florida State College Foundation Director Don Appelquist was awarded the Campus Impact Award for Outstanding Private Fundraising Professional from the Council for Resource Development earlier this month.

SFSC's Appelquist gets national award

Special to the News-Sun

AVON PARK — Don Appelquist, director of South Florida State College Foundation Inc., was recently awarded the Campus Impact Award for Outstanding Private Fundraising Professional from the Council for Resource Development, during an award ceremony held in Washington D.C. on Nov. 10. Each year, the award is given to one person in the United States who has had the greatest impact on their campus.

Dr. Norm Stephens, SFSC president, nominated Appelquist for the award for the impact his work has had on SFSC's students, campus, and community.

"Throughout his 42 years at SFSC, Don Appelquist has been an extraordinary benefit to the college and the community in extraordinarily meaningful ways," Stephens said. "As the first and only executive director of the SFSC Foundation, Don has established and directed an exemplary Take Stock in Children (TSIC) program, mentoring at-risk students. More than 95 percent of our TSIC students graduate high school and attend and graduate from college with the support of pre-paid scholarships.

"Recently, the TSIC program was selected as an exemplary program in the

state of Florida and is now part of a pilot effort funded by a U.S. Department of Education Investing in Innovation (i3) grant to demonstrate how SFSC practices could be used by other colleges and entities with TSIC programs.

"Don has also directed successful capital campaigns for the SFSC Theatre for the Performing Arts and the women's softball complex," Stephens said. "He implemented and secured funding for a planned giving initiative, has pursued funding for faculty endowed chairs in nursing, dental education, and mathematics, and has facilitated the establishment of more than 120 separate scholarship endowments within the SFSC Foundation, Inc. Under his direction, the grants development office is among the most successful in the state, bringing in funds for new programs, including Title III, Student Support Services Trio, i3, National Science Foundation, and more."

"This recognition means a lot to me," Appelquist said. "I enjoy what I do because it gives me a sense of personal satisfaction that I'm doing something important to impact the lives of our students as well as our college and community."

Christmas Expo set for this weekend at Sebring Christian

By CHRISTOPHER TUFFLEY
christopher.tuffley@newssun.com

SEBRING — Saturday and Sunday a special Christmas shopping venue called "All I Want for Christmas Expo" will take place at Sebring Christian Church at 4514 Hammock Road.

Diana Walker, one of the organizers, said it is an opportunity to do early Christmas gift shopping.

There will be 25 vendors selling everything from chocolate, cosmetics (Avon and Mary Kay), jewelry, purses, home scented items, food dips, to sunglasses and beads. One-of-a-kind home crafts also will be for sale.

A photographer will be on hand to take family photos that can be made into a charm.

Walker said shoppers should feel free to bring children. Teachers from My School Academy of Early Learning will have a crafts table set up so children are kept busy.

Drinks, loaded nachos, hot dogs, kettle corn and cotton candy will be for sale. For a small fee five minute massages will be available for the stressed out.

Walker said there also will be a dollar room with new and gently used items will be for sale at \$1 a piece.

Visalus, a company that makes weight loss shakes, will hand out samples of their product.

Every shopper will be

given a raffle ticket for a chance at door prizes.

There is no admission fee, but Walker asks that everyone bring a non-perishable food item or an unwrapped toy. These items will be donated to a local charity.

The Expo will be open from 10 a.m. to 4 p.m. on Saturday; and from 1-4 p.m. on Sunday.

COMMUNITY BRIEFS

VA Outpatient Clinic opens today

SEBRING — The Bay Pines VA Healthcare System will hold a ribbon cutting ceremony for the Sebring VA Community Outpatient Clinic (COC) at 11 a.m. today. The new clinic will be in the Beverly Center Plaza at 5901 U.S. 27 South.

When entering the facility, park in any available parking spot, as there will be no reserved parking for this event. There is parking available behind the Heartland Workforce.

The ceremony will be held outside, near the clinic's main entrance. As this program will be held rain or shine, please dress appropriately. All guests will have the opportunity to participate in a short reception and tour of the building directly following the ceremony.

According to Jason Dangle, public information officer for the Bay Pines VA Healthcare System, the new office will open Monday.

Donate items for Humane Society sale

SEBRING — Can't pull your car into the garage? No room to put stuff in your house? It's time to clear out the clutter and help benefit the Humane Society of Highlands County.

Organizers are collecting excess, clean household items for the Humane Society's third annual Paw Prints Sale-a-thon on Saturday, Jan. 12, at the Bert J. Harris Jr. Agri Civic Center.

Furniture, jewelry, small electric appliances, tools, cookware/dishes, electronics, lamps, pictures and frames, collectibles/antiques, toys/baby items, pet products and any other great stuff will be appreciated. No clothes or White Elephant electronics.

Call Pat Hoffer at 835-1491 or the shelter at 655-1522 with any questions. Smaller items may be dropped off to the shelter

office from 11 a.m. to 4 p.m. Wednesday through Saturday. Donations will aid in helping give shelter and care to unwanted, abused and sick animals until they find new forever homes. Donations are tax-deductible.

The Humane Society is at 7321 Haywood Taylor Blvd., Sebring; phone number is 655-1522.

SFSC offers Basic Law Enforcement Course

AVON PARK — South Florida State College's Public Service Academy is offering a Basic Law Enforcement course beginning Jan. 28. The 770 contact-hour course will meet from 8 a.m. to 5 p.m. or 1-10 p.m. Monday-Friday, including some Saturdays and Sundays at the SFSC Public Service Academy, Highlands Campus.

This course is required to become a state of Florida certified law enforcement officer. Enrollment is limited and application packets can be picked up by appointment only.

"Law enforcement officers are jacks of all trades," said Richard Morey, coordinator, Law Enforcement Officer Training. "The course covers a variety of topics including weapons training, driving, first aid, defensive tactics and crime scene investigation to help students build a strong foundation toward a life-long and lasting career in law enforcement."

For more information or to register, contact Morey at 784-7285.

YMCA starts bicycling safety class, cheerleading

SEBRING — The Highlands County Family YMCA is starting a bicycle safety class for children 5-12 years old. They need bikes in good working condition and bicycle helmets. If you have one to donate, drop it by the YMCA. If unable to drop it off, call 382-9622.

The YMCA is also con-
Continued on page 5A

	Lottery Center	Nov. 14 10 12 19 48 49 53 x:4 <i>Next jackpot \$4 million</i>	
		Nov. 10 8 15 18 42 45 59 x:2 Nov. 7 7 11 15 18 24 43 x:5	
	Nov. 14 6 7 21 26 36 Nov. 13 17 20 21 24 36 Nov. 12 4 11 13 18 35 Nov. 11 5 19 22 29 32		Nov. 14 (n) 7 4 2 2 Nov. 14 (d) 5 9 4 3 Nov. 13 (n) 9 2 8 2 Nov. 13 (d) 7 2 7 1
	Nov. 13 6 11 18 26 16 Nov. 9 13 20 27 35 18 Nov. 6 7 13 16 23 16 Nov. 2 3 4 11 37 8		Nov. 14 (n) 6 7 1 Nov. 14 (d) 7 0 2 Nov. 13 (n) 5 9 0 Nov. 13 (d) 6 1 0
	Nov. 14 8 10 30 44 58 <i>Next jackpot \$214 million</i>	PB: 13	<i>Note: Cash 3 and Play 4 drawings are twice per day: (d) is the daytime drawing, (n) is the nighttime drawing. PB: Power Ball</i>
Nov. 10 32 42 50 54 55 Nov. 7 32 34 45 52 58	PB: 32 PB: 20		

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The Unknown Soldiers
By Tom Sileo

Unknown Soldiers will appear in Sunday's edition



Courtesy photo
Detective Jeff Fennell, standing next to his Highlands County Sheriff's Office Crime Scene vehicle, attained the Certified Crime Scene Investigator designation earlier this month.

Pair of LEOs earn crime scene investigation certifications

Continued from page 1A

found the area of crime scene investigation one of his favorite parts of law enforcement.

"My entire career, I've sort of leaned toward crime scene," said Williams. "I always find myself coming back to it and in a small department like ours you have to be hands on and wear a lot of hats."

Williams is the only LPPD officer certified in crime scene investigation. The seven full-time employees at the department each play a vital role in the day-to-day running of the department.

Fennell has worked with the HCSO for the past 14 years in a number of fields. He has served both as a road patrol deputy and an evidence technician. Fennell became a part of the crime scene unit several years ago and remains there today.

The certification will enhance the abilities of the officers providing more credibility and expertise to any

crime scene. Both Fennell and Williams spent several days in St. Petersburg preparing for the lengthy examination, which covered topics ranging from bloodstain patterns to fingerprinting.

"It wasn't a fun time," said Williams with a laugh. "We were there for four days and it was some intensive studying."

The hard work paid off when both Fennell and Williams passed the exam with flying colors and were awarded their certifications as crime scene investigators.

"It is imperative that our members stay current on all matters related to their profession," Sheriff Susan Bebtib said "Crime scene investigation is such a specific element in crime solving and our members are so dedicated to this community that they take seriously their training and certifications."

"Thank you Detective Fennell for your willingness to serve our community at this advanced level."

Chief Deputy Mark Schrader added, "Jeff's expe-

rience, training, expertise, education and certifications in the area of crime scene investigations makes him a valuable and respected resource within the Sheriff's Office, in assisting our deputies and in particular our detectives in solving crimes."

With the enhancement of their skills already in place, the two officers learned a number of other skills during their certification courses, including analysis and reconstruction, photography, video, footwear, forensic art, fingerprinting, bloodstain patterns and more.

"Both he (Fennell) and I have learned a lot of skills. We've added a lot of additional skills to the tool box, as we call it. Now when we need those skills at a crime scene or during a possible testimony we can just reach in and pull them out. In this field, you are always staying educated and up to date on things."

"This is just another enhancement to everything we already know and do."

Sutherland wants to survey AP residents

By BARRY FOSTER

News-Sun correspondent

AVON PARK – Residents in the City of Charm soon may get asked their opinion on a wide range of topics.

Then again, maybe not.

Saying he has been "discontented about citizen input," Councilman Parke Sutherland has suggested the council look into a city-wide canvass of residents to find out what they really think. Sutherland got the idea after speaking with Fort Lauderdale representatives at a recent League of Cities meeting.

"They do it twice a year," he told fellow council members at a Tuesday night session. The council's regular Monday night session was pushed back a day due to Veterans Day.

Fort Lauderdale's semi-annual poll is conducted by the National Citizen Survey – held out as "the premier citizen survey service" of the International City/County Managers Association, the National Research Center and the National League of Cities. Not only will the firm administer a survey of residents, they also analyze and report results. Moreover, the company will customize each survey, if that's what the customer desires, then compare the results with other jurisdictions.

The firm touts "the country's largest and most current database of survey results," so that the customer will get the most precise and useful comparisons.

Sutherland did have some reservations about his brain-

\$10,000 cost is an issue, however

child, the primary one was financial. The company wants \$10,300 to do the work with \$6,300 of the money up front as a down payment.

"The idea is good, but the cost concerns me," he said,

When asked by Mayor Sharon Shuler if the city



Sutherland

could do such a survey in house, Sutherland agreed that could be a possibility but noted that senior staff is very busy with city business. Sutherland also hearkened back to the distillation of information as a key service by NCS. However, Sutherland allowed that there might be other vendors that could do the work at a lower price.

But the bottom line was input.

"I want more than just the vocal minority," he said.

When asked what percentage of returns the city could expect, Sutherland could not remember an exact figure.

He suggested that it could be as much as 25-30 percent of the total surveys mailed out. He said that as part of the program, postage free envelopes would be provided to encourage participation.

Sutherland suggested another key would be how much council members listened to the results of the survey.

A sample form from the NCS shows the firm uses a standard Likert scale of 1-10, asking respondents to rate such things as quality of life, sense of community, overall appearance, growth and safety issues of the city, there also is a section on the number and quality of municipal services. The final section tries to find out more about the citizens responding to the survey asking about length of residency, economic status, age, sex, race and even voting habits.

Over the past decade there have been numerous visioning sessions, including an extensive effort by the Avon Park Chamber of Commerce to determine the needs and desires of citizens and respond to them in a positive way. Several similar efforts have been mounted by Highlands County commissioners and the Highlands County Economic Development Commission, which included Avon Park as part of the study. To date it has been difficult to tell how many of the recommendations have reached fruition.

After suggesting that city council members could each approach officials of NCS to get a better understanding of the program, council members agreed to let Sutherland research other vendors independently.

SBHC adapting rules in the Student Code of Conduct handbook

By CHRISTOPHER TUFFLEY
christopher.tuffley@newssun.com

SEBRING — Members of the school board voted to approve several school board rule changes Tuesday night. A third and final public hearing is needed before they are incorporated.

Most of the changes are merely formalities. For example, school meal and nutrition policies used to be overseen by the U.S. Department of Agriculture and the state Board of Education. The state shifted that responsibility to Florida's Department of Agriculture and Consumer Services.

The change in the rules simply reflects that adjustment.

Two new rules deal with possible concussions to student athletes.

Rule 5.60 regarding student injuries adds the paragraph, "A student who is suspected of sustaining a concussion or head injury shall be immediately removed from physical activity." The Health Services Manual guidelines are to be followed.

Rule 5.80 requires students suspected of sustaining a concussion will be immediately removed from a game or practice session.

The athlete will not be allowed to return to the field without a clearance from appropriate medical personnel. Parents will have to file a informed consent regarding concussions annually.

Rule 4.71 expands to include virtual school students in extracurricular activities.

It states a "full-time Florida Virtual School student is eligible to participate in extracurricular activities at

the school he/she would be assigned, or could choose to attend under District enrollment policies. The student must meet all Florida Statutes and academic and conduct requirements of the District."

The rule already provided for students attending private school.

Rule 4.11 deals with the student progression plan. A new sentence states, "The plan shall include options for academic acceleration and early high school graduation."

New rule 4.117 follows up on Rule 4.11. It states, "A student who completes a minimum of 24 credits and meets the graduation requirements stated in the Florida statutes, in less than eight semesters or the equivalent, may elect early graduation." The District shall notify the parent, and the student who qualifies.

Procedures for the implementation of this policy are to be established.

Rule 5.00, which applies to attending athletic events and practices, states, "If a student is convicted of an on-or-off campus felony or a delinquent act which would have been a felony if committed by an adult, regardless of whether adjudication is withheld, the student's participation in interscholastic extracurricular activities will be suspended for the balance of the school year."

The school principal or designee must be notified of alleged violations and conduct an investigation.

The principal determines if a violation has occurred. The student and his/her parent shall be notified in writing of a suspension.

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EDITORIAL & OPINION

ANOTHER VIEWPOINT

Not all education news is bad

There actually are a number of unemployment rates. The official one most often cited, it can be argued, is not sufficient.

Actually, there are six different ones. The problem is that a general change from the unemployment rate would mean that comparisons would be difficult if not impossible.

The usual unemployment rate is U-3, which includes a percent of the civilian labor force. The most recent figure was 7.9 percent.

The alternative unemployment rate that is most often mentioned is U-6.

This includes the total number of unemployed, plus all those marginally attached to the labor force, plus those working part-time jobs who would like to be working full-time. It's 14.6 percent. ...

The percentage of prime workers, those ages 25 to 54, working or even looking for work, has fallen to a 26-year low.

It may not be a depression,

but this recovery doesn't feel all that great. ...

Low-wage jobs have grown three times faster than mid-wage and high-wage jobs. ...

Americans like to beat ourselves up over our various shortfalls. When it comes to education, it's not as bad as it seems.

As described in The Wall Street Journal, 81 percent of U.S. engineering graduations are "immediately employable."

That compares to just 25 percent of Indian grads and 10 percent of Chinese grads.

American graduates are more creative and innovative while the Asian students have been trained in rote learning and memorization.

Another good sign: One-third of the nation's 25- to 29-year-olds have at least a bachelor's degree. It was less than

20 percent in the early 1970s.

The share of high school graduates in that age group has surged, too, reaching 90 percent, up from 78 percent in 1971.

College graduates still are more likely to earn significantly higher wages.

The premium for those with college degrees has increased by 40 percent since 1983, reports The New York Times.

The degree means more to an employer than the education.

It means the ability to learn on the job, it means the ability to persist through the frustrations of college life, it means learning to delay gratification, it allows for more time to mature during the crucial young adult years.

America still has the greatest college system in the world by far.

An editorial from the Florida Times-Union in Jacksonville.

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No, Virginia, 2012's hyperpartisanship will not last forever

Dear Columnist: I am 13 years old and in the 8th grade.

Some of my friends say America will never be able to put back together after the highly divisive Presidential election and that due to hyperpartisanship people will never work together to solve our problems. They say it's getting almost impossible. Papa says if you hear people say it on TV, in newspapers and on blogs then it must be so. Please tell me the truth: can America truly get together after this election? Can there ever be a change that takes place that could move our country towards real problem-solving, or is this as "good" as it can get?

Virginia Genericperson
285 Quintessential Ave.,
Any City, USA

Virginia, your friends are wrong. As someone who writes this column, loved political science at Colgate, monitors political shows on radio and TV, and who spends hours surfing the internet to edit and write my centrist blog The Moderate Voice, I know how easy it is to get swept up by the early 21st century's rages, passions and melodrama.

You and your friends are picking up the fact that our politics no longer resemble the kind of politics that made America great — where consensus and compromise were virtues and where politicians perhaps begrudgingly acknowledged the importance of truth and could not blatantly and intentionally ignore it. You're picking up on the tone of our political culture where rudeness, boorishness and aggressiveness are perceived by some as being intelligent. Our political culture has shifted, but just as things shift, they can re-shift — and it is in the power of you and other young people to do it.

Go back into American history and you'll find many examples of times when compromise — two principled parties or politicians giving a little, then taking a little to come up with something for the common good that's supported by more than a power-play faction of people — was a virtue. Legislator and former Secretary of State Henry Clay, Sr. (April 12, 1777-June 29, 1852) was even called "The Great Compromiser" for his role in the 1820 Missouri Compromise. Partisans known for compromise today face primaries and are replaced by hyperpartisans.

You see, Virginia, much of American political culture is now set up to define compromise as a "caving" or weakness, and consensus as being in the inaccurately defined "mushy middle." It shows those who are the loudest, most outrageous, and most insulting with attention and riches. Some of today's leaders in both parties do seek compromise and cooperation



Independent's Eye

Joe Gandelman

(note New Jersey Gov. Chris Christie and President Barack Obama during Hurricane Sandy) and some may seek consensus, but there are forces that eschew the notion that real political nirvana is when a policy garners the maximum number of populace's participants to buy into it.

American history is filled with figures that cherished the idea of consensus, even while assertively promoting strong ideological ideals: Abraham Lincoln, Teddy Roosevelt, Franklin Roosevelt, Dwight Eisenhower, JFK, LBJ and many more. Gil Troy, in his superb book, "Leading from the Center: Why Moderates Make the Best Presidents," classifies Ronald Reagan as a "moderate" because he successfully used compromise and consensus.

Strong work to sandbag compromise and consensus. Ideological movements that demonize opponents and seek to shrink once-big political tents. Corporations selling and broadcasting popular talk shows and cable shows that rake in big bucks by harnessing, communicating, and enlarging resentment and anger to build audience share that's then sold to advertisers. The ideological cable channels increasingly celebrate political incivility.

Still, there courageous politicians and media types and America has a strong center. Many young people in their teens and 20s that I talked to and emailed these past two years make it clear they look with revulsion on hyperpartisanship, and the verbal and written screaming and insulting associated with it. Many wish there was a strong third party movement.

The fact you and others ask this question means you may — and can — make it different. Other generations made it different in positive (the Greatest Generation) and negative (Baby Boomers) ways. Your generation can do it in a positive way again.

Joe Gandelman is Editor-in-Chief of The Moderate Voice, an Internet hub for independents, centrists and moderates. CNN's John Avlon named him as one of the top 25 Centrists Columnists and Commentators. He can be reached at jgandelman@themoderatevoice.com/. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.

TODAY'S LETTERS

Bad actions were not legally criminal

Editor:

There is one concept that appeared during the presidential campaign that calls for comment: The TV ad paid by Mr. Peterffy, who fled a "socialist" government.

Mr. Peterffy may need to research the concept of socialism. He did not escape a socialist government. He escaped a communist dictator government. The name does not identify a government; policy and actions identify government.

Of course, he may disapprove of the "socialist" elements, as this is his constitutional right to do. However, those "socialist" elements are integral parts of this great country. He hasn't given up his social security nor his IRS checks; he is a little ill now, but I doubt he will refuse Medicare when he is really sick. Without a car, he may use the public transportation available to him. He may not like to fly, but if he does, he'll fly on the safest planes in the world. And feel safe because of his U.S. citizenship.

There is no bureaucracy in government, a lot of red tape, but as a small business entrepreneur, he should realize that many of the disastrous events of the last 12 years resulted from his big business associates who influenced government to eliminate the rules and regulations that allowed those associates to create the most horrific catastrophe since the Great Depression. Those unholly mortgages and ("un" criminal) actions drastically affected 100 million middle class citizens who were working people trying to survive the crisis created by his associates. Those associates made billions because their actions were not legally criminal.

Gabriel Read
Avon Park

If VA can't help, maybe attorneys can

Editor:

An open letter to the President, the Senate and House and the VA: The exposure to dangerous chemicals such as Agent Orange and the many health-care problems it creates has been acknowledged by the federal government and the Veterans' Administration. The exposure of asbestos and the many health problems that they cause has been acknowledged when it comes to the comparing the Twin Towers attack, but the federal government and the VA has not compared the asbestos damage to World War II and Korea veterans.

The veterans were exposed for several years compared to those who were in the Twin Towers. They have been dying at the rate of 740 a day. There are more than 100,000 claims that the VA is sitting on. The Republican Congress and ex-Republican past vice-president, who has been the CEO of Halliburton, the HO bid contract company that stole millions of taxpayers' dollars in Iraq, created a ploy to deny asbestos claims to millions of veterans by setting up a fund for asbestos claims. They require that "the veterans die of lung cancer";



they ignore all of the many other health problems that kill that are related to asbestos. They are not ignored when it comes to Agent Orange or to the many thousands who were exposed to asbestos in the Twin Towers attack.

Asbestos kills many more veterans than Agent Orange due to the numbers of veterans in World War II and Korea. They are dying at the rate of 740 a day from the many health problems they create. Many veterans are dying from illnesses other than lung cancer that the exposure to asbestos creates.

Limiting the veterans claims to lung cancer only is criminal. They do not limit Agent Orange to any one health problem. They also do not limit those in the Twin Towers with asbestos exposure to any one health problem. The President, the Senate and the House, and the VA are ignoring the forgotten veterans of World War II and Korea. To ignore those who came first to serve in World War II and Korea is criminal.

My claim of asbestos damage to the VA is more than 10 years old. I am 83 years young and I am still waiting.

To all you lawyers who believe in the justice system and fair play for all of Americans, I would ask that you step up to the plate and sue Halliburton, if not for the millions of tax dollars stolen in the Iraq war, then for the millions of your brother veterans' claims that have been denied for asbestos damage, remembering that asbestos destroys not only the lungs, but the entire body. The Halliburton Fund set up by Congress is a scam to disallow all veterans their claims; as all the medical profession will attest that asbestos exposure causes the breakdown of all body parts, not just the lungs as they would have you believe.

Politics has played a huge part in denying veterans' claims.

Are there any lawyers out there willing to fight for our veterans?

They fought for you.

Billie E. Jewett
Sebring

The aftermath

Editor:

The election is over but the effects of it still linger. Many are not happy with the outcome.

As Christians, we cannot be comfort-

able with a leader who embraces abortion, homosexuality, same-sex marriage, lack of free speech, taking our guns away, allowing the influx of immigration with all kinds of promises of handouts, which we are not prepared to honor, removing all traces of our Heavenly Father and His beloved Son, who gave His life for our salvation. The children are the ones affected the most; but remember, the children of today will be the adults of tomorrow.

When these things are removed from our schools and institutions of higher learning are controlled by professors who have no place for anything or anybody that even references the Almighty, we are in serious trouble. No consideration for our Constitution, a complete disregard for those who try to enforce the law, more consideration for leaders of countries who have no respect or belief in our Lord. These are a few concerns of many Christians today.

We might ask, if he's not the one God wanted, how did he get elected? As we read His Word, in Kings and Chronicles, we find God destroyed many for just such. We are all responsible for allowing these things. When judgment comes, the innocent will suffer with the guilty. God is a loving, patient God, but there is a limit. When He calls us to repent and trust Him and we continue the same path, His patience will exhaust and judgment will come. Our nation is headed for a one-world government with foreign law enacted with the removal of our laws. Control of our lives will be in the doctors' hands.

The greatest thing we have is our freedom. Why do you think so many want to come? There is no other country in the world like ours, where you make your own choice. These who are so willing to live on the goat will one day realize where all the money comes from. We have to learn to live within our means. The answer is simple; live II Chronicles 7:14. Humble ourselves, pray, seek God's will, turn from our wicked ways and He will hear our prayers, forgive our sins and heal our land.

May He give us the courage to be obedient to His Holy Will. May He shed his mercy on this great nation.

Willie Clyde Cloud
Sebring

EDITORIAL PAGE POLICY

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

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

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

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

COMMUNITY BRIEFS

Continued from page 2A

ducting a sign up for their Winter Cheerleading Program for ages 4-16. Cost is \$45 for members and \$65 for non-members. Any questions, call 382-9622.

Golden Era plays for Dance Club

SEBRING — Highlands Social Dance Club will dance to American classics from 7-9:30 p.m. today with Golden Era. Visitors are welcome; members bring a friend.

Lessons from 6:30-7 p.m. by Ringo and Hall are included in admission.

The dance is at Sebring Senior Center, 3400 Sebring Pkwy. Bring your own beverage. For more information, call 659-4442.

Good Shepherd Lutheran Church has sale

SEBRING — A large rummage sale will be held from 8 a.m. to 2 p.m. today at Good Shepherd Lutheran Church, 3240 Grand Prix Drive (by Walmart). Items including furniture from three households, office furniture, etc. Auction at 11 a.m.

Change of Pace offers support groups

Are you caring for someone with Alzheimer's disease or another form of dementia and need help to understand that others are going through the same things as you are? Change of Pace has started two new caregiver support groups.

The Avon Park support group meets weekly from 1-2 p.m. Wednesdays at First Christian Church, 1016 W. Camphor St., and the Lake Placid support group meets from 10-11 a.m. Tuesdays at Memorial United Methodist Church, 500 Kent Ave.

Lisa Rodriguez will facilitate both of these weekly meetings.

The Sebring caregivers support group continues to meet at Sebring Christian Church, 4514 Hammock

Road, from 1-2 p.m. Thursdays and is facilitated by Jean Maas and Ellen McKissock.

For information, contact Change of Pace at 382-1188.

'Welcome Back' dance planned at Reflections

AVON PARK — The Reflections on Silver Lake "Welcome Back" dance with Larry Musgrave is from 7:30-10:30 p.m. today. Cost is \$2.50 for residents and \$5 for non-residents. Bring your own drinks and snacks; ice will be provided.

For more information, call 452-5037.

Military Sea and Services Museum plans sale

SEBRING — The Military Sea and Services Museum will hold its second garage sale from 8 a.m. to 4 p.m. today and Saturday at 1402 Roseland Ave.

AFC Fall Mega Sale is Saturday

AVON PARK — South Florida State College's chapter of the Association of Florida Colleges will hold its annual Fall Mega Yard Sale from 8 a.m. to 1 p.m. Saturday in the SFSC Citrus Center parking lot, Highlands Campus.

Items will be on sale from SFSC employees, students and campus organizations. The public is invited to enjoy plenty of fun, food, and treasure hunting. For more information, call Lena Phelps at 784-7303.

Rich to speak at Democratic Women's meeting

SEBRING — Gubernatorial candidate and Florida Senator Nan Rich will speak at the Democratic Women's Club of Highlands County on Saturday. Refreshments will be served at 9:45 a.m. After the club's general meeting, Rich will be speaking.

The Democratic Women's Club of Highlands County meets at Democratic Party Headquarters, 4216 Sebring Parkway, next to Ruby Tuesday's. Like-minded men and women are welcome to attend. For additional information, call 214-4680.

Rich currently serves on numerous committees including Health and Human Services Appropriations, vice chair; Children, Families, and Elder Affairs, vice chair; Policy and Steering Committee on Energy, Environment and Land Use, vice chair; Policy and Steering Committee on Ways and Means; Commerce; Environmental Preservation and Conservation; Ethics and Elections; and Joint Legislative Sunset Committee.

Masons plan spaghetti dinner

LAKE PLACID — A spaghetti dinner will be held at the Lake Placid Masonic Lodge, 102 N. Main St., from 4-7 p.m. Saturday. The cost is \$7, eat-in or carry-out. For information, call 465-8185.

Sale and Farmers Market are downtown

SEBRING — Bargain shoppers and browsers, stop by Downtown Sebring from 7a.m. to 1 p.m. Saturday for the local monthly garage sale. For space or more information, call 382-2649 or visit www.DestinationDowntownSebring.com.

Masons do child ID's

LAKE PLACID — Masonic District 25 will do child ID's for children up through 18 years of age from 3-8 p.m. Saturday at Str8 Up Ministries, 113 S. Main St.

This is free of charge. Get a CD with your child's pictures, voice, fingerprints, emergency information and DNA.

For information, call Ross Canright at 452-0346.

OBITUARIES

MARY H. ANTICOLI
Mary H. Anicoli, 97, died Friday, Nov. 2, 2012 at Litchfield Woods Health Care Center in Torrington, Conn.

Mary was born Dec. 17, 1914 in Patterson, N.Y., (one of seven children, fourth daughter) of the late George and Barbara (Tomcik) Hresko of Austria-Hungary. She was raised in Towners, N.Y., and Watertown, Conn., on the family dairy farm. She graduated from Watertown High School and the Post School of Business.

Mary was the wife of the late Florenzo "Larry" Anticoli for 63 years. They lived together in Thomaston, Conn. for more than 40 years before retiring to Sebring, Fla.

After the death of her husband in 2006, she returned to Connecticut to be with her family.

She is survived by her son, George M. Anticoli and his wife, Karen of Torrington, Conn., and her daughter, Cara B. Anticoli and her husband, Dr. Barry Resnick of Martha's Vineyard, Md.

She was the proud grandmother of three grandchildren and five great-grandchildren. She also leaves a brother, William Kenneth Hresko of Crossville, Tenn.; a nephew and several nieces, including Maryanne Bouton of Warren, Conn., Donna Valentino of Plainville, Conn., and Barbara Devoe of Fort Pierce, Fla.

A memorial service will be held in the spring for family and friends. Specifics will be published at a later date.

As well as giving a lifetime of loving and devoted service to her entire family, she was an avid reader.

In lieu of flowers, memorial donations can be made to the Thomaston Public Library in care of the Hickcox Funeral Home, 195 Main St., Watertown, CT 06795.

For additional information or to leave an online message of condolence for Mary's family, visit www.hickcoxfuneralhome.com.

SIMON McFADDEN
Simmon Walter McFadden, 75, of Sebring died Nov. 8, 2012. Born in Cades, S.C., he moved to Sebring from Cades more than 50 years ago.

Visitation will be from 5-7 p.m. Friday, Nov. 16 at Mt. Zion AME Church on MLK Boulevard in Sebring. Service will be at 11 a.m. Saturday, Nov. 17 at Mt. Zion AME Church.

Interment will be in Pinecrest Cemetery in Sebring. Swann's Mortuary, Sebring, FL (382-0737) is in charge of arrangements.

EDNA WASHINGTON
Edna H. Washington, 87, of Avon Park, died Thursday, Nov. 8, 2012. Born May 14, 1925, in Sundance, Wyo., she was the daughter of Herbert and Anna Kathrina (Deckelman) Hutchins. She

was preceded in death by her parents and all of her siblings — three sisters and four brothers.

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She was a Christian and a strong woman of faith. She moved from Wyoming to Los Angeles where she worked as a model. She then moved to Washington, DC and worked at the National Archives building. She moved from Washington DC to Lake Wales, where she met the man that she would spend the rest of her life with. She married John Washington in 1974 and lived in Avon Park. She retired in 1987 as a legal secretary for attorney Mary Jane Metheny. She was a loving wife, mother and friend.

She is survived by her husband, John; son, Daniel C. of Winter Haven; and grandchildren, Briana and Daniel S. Washington, both of Avon Park.

A memorial service will be held at 11 a.m. Saturday, Nov. 17 at Calvary Baptist Church in Avon Park. In lieu of flowers, donations can be made to The Oaks at Avon.

PHILIP F. WEBER
Philip F. Weber, 88, born to Philip L. and Mary Weber in

Pittsburgh, Pa. on Aug. 5, 1924 passed away on Nov. 11, 2012 at his home in Avon Park, Fla.

A resident of Avon Park since 1956, Phil graduated from Fordham University in New York, N.Y. with a bachelor's degree in Pharmacy.

Over a span of 63 years he was employed by Touchton Drugs, Walker Memorial Hospital, Walmart Pharmacy and Central Florida Health Care Inc.

He was a consultant pharmacist at Florida Alcoholism Treatment Center and Tri-County Human Services Inc...

Phil was a World War II veteran. He was a member of the Emmanuel United Church

of Christ at Sebring, Fla., a member of the Avon Park Breakfast Rotary Club and the Avon Park Historical

Society. He loved his family, electronics, music and computers.

He is survived by his wife of 55 years, Nancy Pickens Weber; sons, Steven Weber (Nancy) of Atlanta, Ga. Orion Weber (Charo) of Shanghai, China; daughters, Reggie Conley (Wendell) from Davenport, Fla. and Laura Hamm (William) from Key West, Fla.; 11 grandchildren and 10 great-grandchildren.

A Celebration of Life will be held on Dec. 12, 2012 at 11 a.m. in the Emmanuel United Church of Christ at Sebring, Fla. In lieu of flowers please give to your favorite charity.

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Lakewatch volunteers honored

Special to the News-Sun

LAKE PLACID — The University of Florida Lakewatch volunteers were recognized with a picnic held at Windy Point Park on Lake Istokpoga on Nov. 4.

Lakewatch coordinators recognized local volunteers for their role in protecting water bodies in Highlands County. Some of the volunteers have been sampling local lakes for up to 20 years. Also on hand were representatives from Highlands County Lakes Association, Highlands Soil and Water District, Highlands County County Board of Commission, Highlands County Natural Resources, city of Lake Placid and the UF IFAS Extension Office in Highlands County.

"There are close to 60 Lakewatch volunteers in Highlands County sampling approximately 40 water bodies," said Mike Jensen, county extension director. "Fourteen new volunteers received the training this last year.

"Each monthly sample from Highlands County water bodies provides important information about local lakes and canals that is used to monitor the lakes and help make more informed decisions on future management. Also, for each sample taken, the



Courtesy photo

The University of Florida Lakewatch volunteers were recognized with a picnic held at Windy Point Park on Lake Istokpoga on Nov. 4.

volunteers save the county more than \$60.

"Considering that each volunteer commits to take monthly samples (three samples per lake for 12 months and approximately 40 lakes in the program) this saves the county from investing approximately \$86,400 in water sampling costs."

Jensen said that Lakewatch is a University of Florida project that is offered in Highlands County as part of the partnership between the Highlands County Board of Commission and the University of Florida IFAS Extension.

"We could not accomplish this important work without the dedicated Lakewatch volunteers," Jensen said.

For more than 25 years, Lakewatch has put much of

its energy into recruiting and training volunteers and facilitating the collection of data on hundreds of Florida water bodies.

Lakewatch data can be used to establish a baseline — long-term record — that provides a basis for comparison with future data. In nature, change is the rule. Water bodies will change naturally over the course of its lifetime. It may even change with the seasons or in response to natural environmental conditions. Only by knowing what changes have been normal in the past can you determine those that are abnormal and possible cause for concern.

In lieu of flowers, consider a gift to support Hospice care.

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Istokpoga fall hydrilla treatment scheduled

Special to the News-Sun
 LORIDA – Between Nov. 26-30 Lake Istokpoga will undergo a three-day aquatic herbicide treatment for the invasive exotic aquatic plant, hydrilla.

Helicopters will be flying over and spraying pre-mapped areas with Aquathol K liquid, which is an EPA and FDEP approved aquatic herbicide for use in lakes and other waters.

Approximately 2,300 acres will be treated this month and another 3,100 acres in February at a date to be announced.

There are no restrictions on recreational activities such as fishing, swimming or irrigation.

A variety of professionals and agencies including Highlands County Aquatic Weed Control, Florida Fish and Wildlife Conservation Commission, Helena Chemical and United Phosphorus Inc. will be at the staging areas and on the lake to make sure the project progresses smoothly and safely.

According to Kelle Sullivan, regional biologist for Florida Fish and Wildlife Conservation Commission, "The Istokpoga management team has been working diligently to expand outreach and improve communications with stakeholders." Several meetings have taken place over the past year to formulate the 2012-13 Istokpoga hydrilla management plan.

Currently, there are approximately 8,000 to 10,000 acres of hydrilla in the lake. Many factors must be considered when planning



these treatments such as snail kite nesting, water fowl habitat, fish spawning, and available funds and resources, just to name a few.

Hydrilla verticillata is a federally listed noxious weed. It was brought to the United States as an aquarium plant in the 1950s.

It was discovered growing in natural areas in the '60s and has spread rapidly since then. When hydrilla invades a water body, many important native plants may be displaced.

Native plants are often outcompeted for space and light and may be shaded out by hydrilla's thick surface mats. Hydrilla may also slow water flow and can clog irri-

gation and flood control canals.

It may hamper navigation and can prevent swimming and fishing in areas where it is particularly thick.

If the plant is abundant enough, it can even deplete oxygen levels in the water, which can cause fish to die.

If you have questions or concerns about this treatment, or the 2012-13 Istokpoga Hydrilla Management Plan, contact Kelle Sullivan, regional biologist for the Florida Fish and Wildlife Conservation Commission, at (863) 534-7074 or Chris Mayhew, weed control supervisor for Highlands County Parks and Natural Resources Department, at 402-6812.

County approves housing assistance plan ... for now

Continued from page 1A

by the county commission, housing committee members, housing consultants and citizens – cobbled together with the "hands-on experience" of Castillo and Fisher.

Stewart noted that in the last three years of housing assistance in the county, fueled by the State Housing Initiative Program, "kept changing" due to state-ordered mandates in terms of how the program was funded and how the money could be used.

When it came to the actual figures, Stewart urged commissioners to overlook specifics.

"I wouldn't focus so much on the numbers as focus on the categories and the changes in the program leading up to where we are today," she said.

Money for the local SHIP program originates in the Florida Housing Trust Fund. That money comes from documentary stamps, which are part of real estate transactions. Other funding comes from the local SHIP program itself, where percentages are kicked back from SHIP loans.

Ten percent is taken from housing loan totals for administration, with another 5 percent taken out of money repaid to the program. That also is used for administration fees.

From 2010 through 2011, Highlands County received no SHIP money – instead it was given \$350,000 from the American Recovery and Reinvestment Act – better known as stimulus. Those

dollars were funneled to the county through the Florida Homebuyers Opportunity Program.

Only seven clients were serviced through the program that year. The balance subsequently was transferred to the SHIP account for the following year.

"That really wasn't very successful," Stewart admitted.

Several commissioners expressed concern about "over qualifying" purchasers – that is, allowing people to buy homes that they ultimately could not afford. That discussion ensued after Castillo revealed new provisions showing the limit of \$189,000 for a qualifying

home had been raised to "90 percent of the average area purchase price".

"The statistical purchase area, how wide an area is that really?" asked Commissioner Don Elwell.

The statistical area transcends Highlands County, and includes areas as far away as Orlando. When asked, Castillo said the 90 percent number is based on an average purchase price of \$247,000 – significantly higher than Highlands County's median home value.

Stewart reiterated that for the county to participate, local government officials would have no choice in how those numbers would be determined.

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19.99 Captain Morgan Spiced Rum Original, Silver, or Limited Edition, 1.75 L	33.99 Jack Daniel's Tennessee Whiskey Or Tennessee Honey, 1.75 L
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48.99 Blanton's Single Barrel Bourbon 750 ml	29.99 Glenlivet Scotch 12 Year, 750 ml
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Liquor items are only available at Publix Liquors. Visit publix.com/store to find the store nearest you. Must be 21 years of age or older to purchase alcoholic beverages. Quantity limits per customer apply.

FDA probing if deaths were linked to energy shots

By MARY CLARE JALONICK
 Associated Press

WASHINGTON — The Food and Drug Administration is investigating reports of 13 deaths possibly linked to so-called "energy shots" and cautioning consumers to talk to their doctors before they take them or other energy drinks.

The agency has received 92 reports that cite illnesses, hospitalizations and deaths after consumption of a product marketed as 5-Hour Energy. The FDA has also received reports that cited the highly caffeinated Monster Energy Drink in five deaths and one non-fatal heart attack.

Agency officials said the reports to the FDA from consumers, doctors and others don't necessarily prove that the drinks caused the deaths or injuries, but said they are investigating each one. In a statement, FDA officials said they will take action if they can link the deaths to consumption of the energy drink. Such action could include forcing the company to take the drinks, often found at convenience store checkout counters, off the market.

FDA spokeswoman Shelly Burgess said the agency is cautioning consumers that these "energy shots" or "energy drinks" are not alternatives to rest or sleep.

The agency doesn't individually regulate caffeinated drinks or supplements such as the energy shots but can take action if they are proven to do harm.

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November 17, 2012 (Saturday) 10 am – 4 pm
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One Gift to the Community

Special STARS have a special day



News-Sun photo by KATARA SIMMONS

Woodlawn Elementary School student Corey Braswell (from left) finishes just inches behind Lake Placid High School student Sommer Cunti on Thursday morning during the annual Special STARS Day in Sebring. Volunteers and fellow students cheer with delight as participants cross the finish line. The day began indoors at the Highlands County Fair Convention Center and concluded outdoors with track and field contests. The event was hosted by the Student Support Services department of the Highlands County School Board.



News-Sun photo by
KATARA SIMMONS

'You can do it, keep going,' Coach Buddy Hunter speaks words of encouragement to Memorial Elementary School second grader Alyana Rodriguez on Thursday morning during the Seventh Annual Special STARS Day at the Highlands County Fair Convention Center in Sebring. More than 180 special needs students from throughout the county participated in the event.

Tri-County, Drug Free Highlands join forces

By CHRISTOPHER
TUFFLEY

christopher.tuffley@newssun.com

SEBRING — Young people face a world filled with temptations. This is why Tri-County Human Services and Drug Free Highlands have combined and reorganized in their effort to help teens fight peer pressure regarding alcohol, tobacco and other drug use. Among other activities, these organizations do community assessments and develop strategies for change.

The goal is to look at and assess the data, then individualize plans.

In addition, Tri-County and Drug Free Highlands are meshing with other agencies, like Healthy Start and the Teen Pregnancy Prevention Alliance.

Jacqueline Rawlings, with Tri-County, is overseeing the use of three grants awarded to the county for drug prevention programs. Drug Free Highlands provides those programs and now has two co-coordinators to make sure everything goes smoothly — Veronica Resendiz Awei and Aisha Alayande.

Their focus is on educating and advocacy.

The most important point that citizens should remember, Rawlings said, is most youth do not use alcohol, tobacco or marijuana. "Please emphasize the positive," she said.

According to Drug Free Highlands, 68 percent of Highlands County teens choose not to drink alcohol; 87 percent choose to not smoke tobacco; and 89 per-

cent choose not to smoke marijuana. Between 2010 and 2011 Vicodan use by 10th-graders dropped from 7.7 percent to 5.9 percent, meaning that 94.1 percent of our young people do not use Vicodan at all.

In fact, in only three "take back" medication days, law enforcement collected more than a ton of pills here in Highlands County. Nationally, 1.5 million pounds of pills have been collected in similar programs.

Drug Free Highlands has been in existence since 2003.

The school board and the sheriff's office have acted as fiscal agents in the past.

In 2010, the Rural Health Network won a federal Drug Free Communities grant of \$125,000 annually for a five-year period, and now acts as the fiscal agent.

Florida once allotted money for drug use prevention, but then the state cut all funding.

Since then, local agencies have had to scramble for federal grant dollars.

With the grants just won, Drug Free Highlands plans several educational campaigns and has plans early in 2013 to launch a Positive Action Club in every middle school.

The clubs, open to students eligible for extra-curricular activities, will meet weekly — peers listening to peers. They will do their own assessments of their community, report what they see and propose solutions, Resendiz Awei explained.

"It's about growing up a

new generation of leaders."

But the coalition's most important goal, Alayande said, is to emphasize the positive, letting young people know they are far from alone when fighting peer pressure. In fact, the majority of adolescents in Highlands County are successfully doing the same.

To educate and provide support, public service campaigns are already running on television. There is a Facebook page, Twitter account and a youth texting program with 24/7 access.

The coalition is working with law enforcement to find funding for more convenience store alcohol and tobacco checks, as well as providing training for convenience store clerks.

It takes the entire community to help young people make healthy decisions, Rawlings said.

Teens need safe alternatives to occupy their free time and more information about the dangers of drugs.

One way to help is to attend the coalition's open monthly meetings at Florida Hospital Heartland Division. It meets at 9:30 a.m. on the second Wednesday of every month in conference room 2, on the second floor.

For more information, call Drug Free Highlands at 382-2138.

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Altman family ready for new member

Continued from page 1A

"I spent 10 days at the orphanage and I met Jaelynn," Katie said.

Katie was almost instantly drawn to the now 5-year-old and quickly learned of her ailments. Though Jaelynn suffers from spina bifida and bilateral club feet, her personality and intelligence shined through bright as ever.

After Katie's return and the many stories of young Jaelynn, Katie's hope for a family for the young girl grew immensely.

"I wanted to find her a family and I prayed for her to find one. I didn't really think right away about adoption but after a while I said to my parents 'Well, why don't we just adopt her?'" Katie said.

While the decision to adopt Jaelynn was easy, the actual process was everything but.

"They thought about it and prayed about it for a while. My parents made the phone call to China in September," Katie said.

Following the initial contact with the CCAI (Chinese Children Adoption International), the Altmans were somewhat discouraged.

"We were totally overwhelmed with the costs of everything. We learned it would take about \$26,000 to do this adoption," Katie said.

"I knew it would take a miracle to bring Jaelynn to our home," Teresa said.

The family continued to pray for God's will to be done and for Jaelynn to find a home. Eventually, Teresa and the Altmans felt that they were the family for Jaelynn and began making efforts to work towards her adoption.

The Altmans first applied for a grant through the Show Hope organization. They continued to raise money through fundraisers in the meantime, all while keeping the hope that their miracle would happen.

"It's a long process," Katie said. "You

normally have to wait to be matched with a kid. They sort of see what type of family you are and what child would fit best with you according to their needs. But we went in already knowing what child we wanted so the process was a little different."

Several months later, after much hard work and a lot of help, the Altmans had raised the funds it takes to complete the adoption. The funds would cover a number of things, including transportation to and from China, passports, and administrative purposes.

"One of the big things that took up a big part of the cost was the fingerprinting. For an international adoption, everyone in the family 18 and older have to be fingerprinted for security reasons ... that part alone cost a few thousand dollars," Katie explained.

By March of this year, the family was taking the next steps in the adoption process. The initial adoption plan had revealed that Jaelynn would be adopted by late June, however there was a brief hold up in the process that cost the Altmans several more months of waiting.

As the family waited for China to clear things on its end, the Altmans became more and more excited about adding another person to their loving family.

"Abby was really excited ... she's really looking forward to having someone closer to her age to play with," Katie said.

Katie, the eldest of the Altman children, has seen the excitement of her 17-year-old brother Matt and 10-year-old Abby. Each of the kids are anxious to met their new sister.

"We are all really excited," Katie said.

Wednesday morning, David and Teresa were anxiously awaiting the departure of the flight to Beijing when they spoke briefly about the next two weeks.

"Once we get there we have to wait a day or so. We will get Jaelynn on Sunday, Florida time; Monday, China time. We have to stay a couple weeks in Beijing; we will be back on Dec. 1," Teresa said.

The biggest part of the wait is the passport for Jaelynn as an American citizen, which takes two weeks to process. David and Teresa will also have a consulate appointment, which is similar to a court appearance that will officially classify the Altmans as Jaelynn's parents.

Upon their return to the United States, Jaelynn will be showered with love from all of her siblings and other family members. The Altman parents will attend special training courses that will help them deal with the transition as well as better prepare them as adoptive parents.

The family plans to teach English to Jaelynn, though she already speaks the language a little.

"We've been told to be careful what we say," Katie said with a laugh. "She may not speak it (English) that well, but she can definitely understand it."

As for the upcoming holiday season, the Altmans plan to downscale their normal routines and traditions to ensure that Jaelynn is comfortable and secure during her first weeks with the family.

"She has a play room and everything ready and we are all excited. We are probably going to be having a lot smaller Christmas than normal this year. We don't want to overwhelm her," Katie said.

Neighborhood Watch helps nab suspect

Special to the News-Sun
SEBRING – Members of the Fairmount Mobile Estates Neighborhood Watch were on the lookout Tuesday morning and their information assisted deputies in apprehending a suspicious person with an active warrant.

At approximately 8 a.m. Tuesday, a resident of Fairmount Mobile Estates called the Highlands County Sheriff's Office Central Dispatch to report a suspicious person in the vicinity of a vehicle parked at an unoccupied home.

As deputies were en route to the area, numerous other calls came in essentially detailing the path of the subject.

When the suspect ran, deputies set up a perimeter, however the subject continued eluding deputies. Undeterred, residents continued to call Dispatch and relay information regarding the subject's location.

After tracking the subject for approximately 45 minutes, deputies took the subject, Donald Black Jr., into custody at the Publix Shopping Plaza at the corner of U.S. 27 and Schumacher Road/Sebring Parkway.

Black, who lists his address as 3623 New York Ave., within Fairmount Mobile Estates, had an active warrant for his arrest stemming from a vehicle

theft, which occurred at a Alan Jay dealership in October.

He was arrested on that warrant and transported to the Highlands County Jail where additional charges are expected from Tuesday morning's incident.

It should also be noted that there were two burglaries reported that morning in Fairmount Mobile Estates that evidence supports to be connected to this suspect.

If anyone in the area has experienced other such incidents and have not yet reported them, call Central Dispatch and have a deputy come out and take a report as soon as possible.

Sgt. Jamie Davidson credits the alert and continuous response from the Fairmount Mobile Estates Neighborhood Watch participants for the timely apprehension of Black.

"If it wasn't for these calls, we might not have been able to find this person," Davidson said. They certainly helped us today."

Sheriff Susan Benton emphasized the value of the community in this situation.

"As stated by Sir Walter Peel, the founder of modern policing, the police are the public and the public are the police."

"It is imperative that we operate together; thank you Fairmount Mobile Estates Neighborhood Watch."

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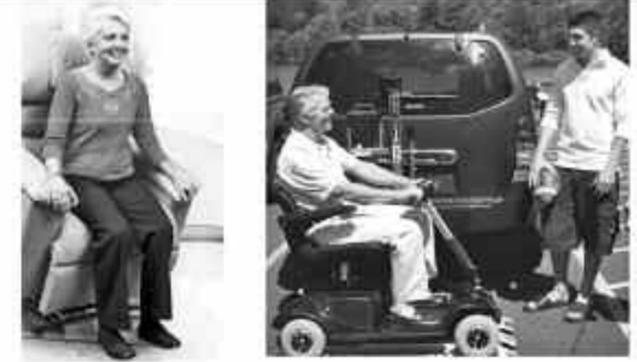


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1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CIVIL DIVISION
CASE NO.: 2009-CA-000634
DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE FOR WAMU SERIES 2007-HE1 TRUST Plaintiff,
vs.
JOSE A. DOMINGUEZ AND DENISE L. DOMINGUEZ, HUSBAND AND WIFE; EVELYN RAPER, GARY C. MUSICK; PNC BANK, NATIONAL ASSOCIATION AS SUCCESSOR IN INTEREST TO NATIONAL CITY BANK; MID FLORIDA PORTABLE TOILET SERVICES, INC.; UNKNOWN PARTIES IN POSSESSION #1 AS TO UNIT 1 A/K/A MAIN HOUSE; UNKNOWN PARTIES IN POSSESSION #2 AS TO UNIT 1 A/K/A MAIN HOUSE; UNKNOWN PARTIES IN POSSESSION #1 AS TO UNIT 2 A/K/A MOBILE HOME; UNKNOWN PARTIES IN POSSESSION #2 S TO UNIT 2 A/K/A MOBILE HOME; IF LIVING, AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, UNDER AND AGAINST THE ABOVE NAMED DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSE, HEIRS, DEVISEES, GRANTEEES, OR OTHER CLAIMANTS
Defendants.

NOTICE OF SALE
NOTICE IS HEREBY GIVEN pursuant to an Order of Final Judgment of Foreclosure dated November 8, 2012 entered in Civil Case No. 2009-CA-000634 of the Circuit Court of the 10th Judicial Circuit in and for Highlands County, Florida, wherein DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE FOR WAMU SERIES 2007-HE1 TRUST Plaintiff and JOSE A. DOMINGUEZ AND DENISE L. DOMINGUEZ, HUSBAND AND WIFE are defendant(s), I, Clerk of Court, ROBERT W. GERMAINE, will sell to the highest and best bidder for cash AT THE JURY ASSEMBLY ROOM IN THE BASEMENT OF THE HIGHLANDS COUNTY COURTHOUSE LOCATED AT 430 SOUTH COMMERCE AVENUE, SEBRING, FLORIDA AT 11:00 A.M., on December 6, 2012, the following described property as set forth in said Final Judgment, to-wit:

THE NORTH HALF OF THE NORTH 434.91 FEET OF THE SOUTHWEST ONE-QUARTER OF THE NORTHWEST ONE-QUARTER, LESS THE WESTERLY 33 FEET FOR ROAD RIGHT-OF-WAY, AND THE NORTH HALF OF THE NORTH 434.91 FEET OF THE NORTHWEST ONE-QUARTER OF THE SOUTHEAST ONE-QUARTER OF THE NORTHWEST ONE-QUARTER OF SECTION 9, TOWNSHIP 35 SOUTH, RANGE 31 EAST, IN HIGHLANDS COUNTY, FLORIDA.

TOGETHER WITH THAT CERTAIN YEAR 1971 MANUFACTURED HOME, VIN# FT35724FL1849A AND VIN# FT35724FL1849B, WHICH IS PERMANENTLY AFFIXED TO THE ABOVE DESCRIBED LANDS AND AS SUCH IT IS DEEMED TO BE A FIXTURE AND A PART OF THE REAL ESTATE.
ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE SALE, IF ANY, OTHER THAN THE PROPERTY OWNER AS OF THE DATE OF THE LIS PENDENS MUST FILE A CLAIM WITHIN 60 DAYS AFTER THE SALE.
If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact Court Administration at 430 S. Commerce Avenue, Sebring, Florida 33870, telephone (863) 534-4690, within two (2) working days of receipt of this Notice; if you are hearing or voice impaired, call 1-800-955-8771.

ROBERT W. GERMAINE
CLERK OF THE CIRCUIT COURT
Highlands County, Florida
By: /s/ Priscilla Michalak
Deputy Clerk of Court

ATTORNEY FOR PLAINTIFF:
SHAPIRO, FISHMAN & GACHE', LLP
2424 North Federal Highway, Suite 360
Boca Raton, Florida 33431
(561) 998-6700
(561) 998-6707

November 16, 23, 2012

1050 Legals

IN THE CIRCUIT CIVIL COURT OF THE TENTH JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR HIGHLANDS COUNTY CIVIL DIVISION
CASE NO.: 2010-CA-000022
Division
EMC MORTGAGE CORPORATION Plaintiff,
vs.
HOWARD LOWRY, DIANE LOWRY, AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, UNDER, AND AGAINST THE HEREIN NAMED INDIVIDUAL DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEEES OR OTHER CLAIMANTS, COUNTRY CLUB VILLAS 1 OF SPRING LAKE HOMEOWNERS' ASSOCIATION, INC., JOHN DOE N/A/K/A JOHN LITTLE, JANE DOE N/A/K/A ELISKA LITTLE, AND UNKNOWN TENANTS/OWNERS,
Defendants.

NOTICE OF SALE
Notice is hereby given, pursuant to a Final Judgment of Foreclosure for Plaintiff entered in this cause on October 30, 2012, in the Circuit Court of HIGHLANDS COUNTY, Florida, I will sell the property situated in Highlands County, Florida described as:

DUPLEX 1, UNIT B, COUNTRY CLUB VILLAS 1 OF SPRING LAKE, BEING A REPLAT OF PARCEL K OF SPRING LAKE VILLAGE VII, AS PER PLAT RECORDED IN PLAT BOOK 11, PAGE 7, LYING IN SECTIONS 15 AND 16, TOWNSHIP 35 SOUTH, RANGE 30 EAST, HIGHLANDS COUNTY, FLORIDA, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 15, PAGE 74, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA, BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: COMMENCE AT THE MOST NORTHERLY CORNER OF SAID SUBDIVISION; THENCE SOUTH 78 DEGREES 53'21" WEST AND ALONG THE MOST NORTHERLY LINE OF SAID SUBDIVISION A DISTANCE OF 75.04 FEET; THENCE SOUTH 11 DEGREES 06'39" EAST A DISTANCE OF 24.50 FEET; THENCE SOUTH 57 DEGREES 44'23" EAST A DISTANCE OF 29.80 FEET; THENCE SOUTH 32 DEGREES 57'37" WEST A DISTANCE OF 36.00 FEET FOR THE POINT OF BEGINNING; THENCE CONTINUE SOUTH 32 DEGREES 57'37" WEST A DISTANCE OF 36.0 FEET; THENCE NORTH 57 DEGREES 44'23" WEST A DISTANCE OF 29.80 FEET; THENCE NORTH 32 DEGREES 57'37" EAST A DISTANCE OF 26.00 FEET; THENCE NORTH 57 DEGREES 44'23" WEST A DISTANCE OF 10.00 FEET, THENCE NORTH 32 DEGREES 57'37" EAST A DISTANCE OF 10.00 FEET; THENCE SOUTH 57 DEGREES 44'23" EAST A DISTANCE OF 39.80 FEET TO THE POINT OF BEGINNING. TOGETHER WITH THAT PORTION OF THE COMMON AREA BEING DESCRIBED AS FOLLOWS: BEGIN AT THE NORTHEASTERLY CORNER OF SAID DUPLEX 1, UNIT B; THENCE NORTH 17 DEGREES 19'16" WEST A DISTANCE OF 10.00 FEET; THENCE SOUTH 72 DEGREES 40'44" WEST A DISTANCE OF 10.00 FEET; THENCE SOUTH 17 DEGREES 19'16" EAST A DISTANCE OF 10.00 FEET; THENCE NORTH 72 DEGREES 40'44" EAST A DISTANCE OF 10.00 FEET TO THE POINT OF BEGINNING.

and commonly known as: 766 DUANE PALMER BLVD, SEBRING, FL 33876; including the building, appurtenances, and fixtures located therein, at public sale, to the highest and best bidder, for cash, Sales are held in the Jury Assembly Room in the basement of the Highlands County Courthouse located at 430 S. Commerce Avenue, Sebring, Florida 33870, on November 27, 2012 at 11 a.m.

Any persons claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the lis pendens must file a claim within 60 days after the sale.
DATED this 31st day of October, 2012.

Clerk of the Circuit Court
By: /s/ Priscilla Michalak
Deputy Clerk
November 9, 16, 2012

1050 Legals

IN THE CIRCUIT COURT OF THE 10TH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO. 28-2012-CA000134
PNC BANK, NATIONAL ASSOCIATION, AS SUCCESSOR BY MERGER TO NATIONAL CITY BANK SUCCESSOR IN INTEREST TO NATIONAL CITY MORTGAGE CO. Plaintiff,
vs.
COREY LOVE; UNKNOWN SPOUSE OF COREY LOVE, IF ANY; UNKNOWN SPOUSE OF YASHEKIMA DANIELS, IF ANY; BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, A POLITICAL SUBDIVISION OF THE STATE OF FLORIDA; SEBRING COUNTRY ESTATES CIVIC ASSOCIATION, INC.; FLORIDA DEPARTMENT OF LAW ENFORCEMENT; ASSET ACCEPTANCE LLC; UNKNOWN TENANT(S); PREMIUM ASSET RECOVERY CORPORATION; YASHEKIMA DANIELS
Defendant(s)

NOTICE OF SALE
PURSUANT TO CHAPTER 45

NOTICE IS HEREBY given pursuant to an Order or Final Judgment of Foreclosure dated November 6, 2012, and entered in Case No. 28-2012-CA-000134 of the Circuit Court of the 10th Judicial Circuit in and for Highlands County, Florida, wherein PNC BANK, NATIONAL ASSOCIATION, AS SUCCESSOR BY MERGER TO NATIONAL CITY BANK SUCCESSOR IN INTEREST TO NATIONAL CITY MORTGAGE CO. is the Plaintiff and COREY LOVE; BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, A POLITICAL SUBDIVISION OF THE STATE OF FLORIDA; SEBRING COUNTRY ESTATES CIVIC ASSOCIATION, INC.; FLORIDA DEPARTMENT OF LAW ENFORCEMENT; ASSET ACCEPTANCE LLC; UNKNOWN TENANT(S); PREMIUM ASSET RECOVERY CORPORATION AND YASHEKIMA DANIELS, are the Defendants, the Clerk of Court will sell to the highest and best bidder for cash in the Jury Assembly Room, Basement, of the Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870, at 11:00 a.m. Eastern Time, on December 6, 2012, the following described property set forth in said Order of Final Judgment, to-wit:
LOT 23, IN BLOCK 62, OF SEBRING COUNTRY ESTATES SECTION 3, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 9, PAGE 6, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

IF YOU ARE A PERSON CLAIMING A RIGHT TO FUNDS REMAINING AFTER THE SALE, YOU MUST FILE A CLAIM WITH THE CLERK OF COURT NO LATER THAN 60 DAYS AFTER THE SALE. IF YOU FAIL TO FILE A CLAIM, YOU WILL NOT BE ENTITLED TO ANY REMAINING FUNDS. AFTER 60 DAYS, ONLY THE OWNER OF RECORD AS OF THE DATE OF THE LIS PENDENS MAY CLAIM THE SURPLUS.

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 at (863) 534-4686 (Voice) or (863) 534-7777 (TDD) or (800) 955-8770 (Florida Relay Service), at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.
DATED at Highlands County, Florida, this 7th day of November, 2012.

Robert W. Germaine, Clerk
Highlands County, Florida
By: /s/ Priscilla Michalak
Deputy Clerk
November 16, 23, 2012

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1050 Legals

IN THE CIRCUIT COURT HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION
FILE NO. PC 12-456

IN RE: ESTATE OF CHARLINE O'STEEN, a/k/a CHARLINE OSTEEN, Deceased.

NOTICE TO CREDITORS
The administration of the estate of CHARLINE O'STEEN a/k/a CHARLINE OSTEEN, deceased, whose date of death was October 20, 2012, and whose social security number is 428-56-5192, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

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

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

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

The date of first publication of this Notice is November 9, 2012.

Personal Representative:
/s/ Sonny O'Steen
160 Pinewood Drive
Senoia, GA 30276

Attorney for Personal Representative:
/s/ Robert E. Livingston
Florida Bar No. 0031259
445 S. Commerce Avenue
Sebring, FL 33870
Telephone: (863)385-5156
Facsimile: (863)385-1161
November 9, 16, 2012

IN THE CIRCUIT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CIVIL DIVISION
CASE NO. 11000441GCS

DIVISION NO. Section.
THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK, AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF THE CWABS, INC., ASSET-BACKED CERTIFICATES, SERIES 2006-15 Plaintiff(s),
vs.
BRYAN JOHNSON, et al.,
Defendant(s)

RE-NOTICE OF SALE
PURSUANT TO CHAPTER 45

NOTICE IS HEREBY GIVEN pursuant to an Order or Final Judgment of Foreclosure dated March 7th, 2012, and entered in Case No. 11000441GCS of the Circuit Court of the 10th Judicial Circuit in and for HIGHLANDS COUNTY, Florida, wherein THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK, AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF THE CWABS, INC., ASSET-BACKED CERTIFICATES, SERIES 2006-15 is the Plaintiff and BRYAN JOHNSON are the Defendants, I will sell to the highest and best bidder for cash at the main entrance of the Highlands County Courthouse, 430 South Commerce Avenue, Sebring, Florida, at 11:00 a.m. on the 6th day of December, 2012, the following described property as set forth in said Order of Final Judgment, to-wit:
LOT 12, BLOCK "D", TULANE SUBDIVISION, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 1, PAGE 61, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA, and commonly known as: 512 W LACY STREET, AVON PARK, FL 33825

IF YOU ARE A PERSON CLAIMING A RIGHTS TO FUNDS REMAINING AFTER THE SALE, YOU MUST FILE A CLAIM WITH THE CLERK OF COURT NO LATER THAN 60 DAYS AFTER THE SALE. IF YOU FAIL TO FILE A CLAIM, YOU WILL NOT BE ENTITLED TO ANY REMAINING FUNDS. AFTER 60 DAYS, ONLY THE OWNER OF RECORDS OF THE DATE OF THE LIS PENDENS MAY CLAIM THE SURPLUS.
DATED at HIGHLANDS County, Florida, this 7th day of November, 2012.

ROBERT W. GERMAINE, Clerk
HIGHLANDS County, Florida
By: /s/ Priscilla Michalak
Deputy Clerk
November 16, 23, 2012

IN THE CIRCUIT COURT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: GC-12-000404

Plaintiff,
vs.
RAYMOND H. RAMSAY; MERNA V. RAMSAY A/K/A MERNA RAMSAY; UNKNOWN TENTANT I; UNKNOWN TENANT II, and any unknown heirs, devisees, grantees, creditors, and other unknown persons or unknown spouses claiming by, through and under any of the above-named Defendants, Defendants.

NOTICE OF FORECLOSURE SALE

NOTICE is hereby given that the undersigned Clerk of the Circuit Court of Highlands County, Florida, will on the 27th day of November, 2012, at 11:00 o'clock A.M. at the in the Jury Assembly Room in the basement of the Highlands County Courthouse located at 430 South Commerce Avenue, Sebring, Florida at 11:00 A.M., offer for sale and sell at public outcry to the highest and best bidder for cash, the following-described property situate in Highlands County, Florida:

LOT 274, OF BLUE HERON GOLF AND COUNTRY CLUB, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 15, PAGE 78, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

pursuant to the Final Judgment entered in a case pending in said Court, the style of which is indicated above.

Any person or entity claiming an interest in the surplus, if any, resulting from the foreclosure sale, other than the property owner as of the date of the Lis Pendens, must file a claim on same with the Clerk of Court within 60 days after the foreclosure sale.

WITNESS my hand and official seal of said Court this 31st day of October, 2012.
If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (941)534-4690, within seven (7) working days of your receipt of this notice; if you are hearing or voice impaired, call (TDD) (941) 534-7777, or Florida Relay Service 800-955-8770.

CLERK OF THE CIRCUIT COURT
By: /s/ Priscilla Michalak
Deputy Clerk
November 9, 16, 2012

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CIVIL ACTION
CASE NO.: 28-2010-CA-000303
DIVISION:

SUNTRUST BANK, N.A., Plaintiff,
HOSSAIN JABBAR, et al, Defendant(s).

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Mortgage Foreclosure dated October 30, 2012 and entered in Case No. 28-2010-CA-000303 of the Circuit Court of the TENTH Judicial Circuit in and for HIGHLANDS County, Florida wherein SUNTRUST BANK, N.A. is the Plaintiff and HOSSAIN JABBAR; THE UNKNOWN SPOUSE OF HOSSAIN JABBAR N/A/A REFUSED NAME OF SPOUSE; TENANT #1 N/A/A TERI PAYNE N/A/A TERI PAYNE, and TENANT #2 N/A/A BEN PAYNE are the Defendants, I will sell to the highest and best bidder for cash at JURY ASSEMBLY ROOM IN THE BASEMENT OF THE HIGHLANDS COUNTY COURTHOUSE, 430 SOUTH COMMERCE AVENUE AT 11:00 AM, on the 27th day of November, 2012, the following described property as set forth in said Final Judgment:

LOT 17, BLOCK 4, OF HARDER HALL COUNTRY CLUB II, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 13, PAGE 46, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

A/K/A 509 MAC LANE, SEBRING, FL 33875
Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within sixty (60) days after the sale
WITNESS MY HAND and the seal of the Court on November 1, 2012.

ROBERT W. GERMAINE
Clerk of the Circuit Court
By: /s/ Priscilla Michalak
Deputy Clerk

Ronald R. Wolfe & Associates, P.L.
P.O. Box 25018
Tampa, Florida 33622-5018
F10010851 SUNTRUST-CONV--Team
4-F10010851
**See Americans with Disabilities Act
In accordance with the Americans Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact the individual or agency sending the notice at Echevarria & Associates, P.A., P.O. Box 25018, Tampa, FL 33622-5018, telephone (813) 251-4766, not later than seven (7) days prior to the proceeding. If hearing impaired, (TDD) 1-800-955-8771, or voice (V) 1-800-955-8770, via Florida Relay Service.
November 9, 16, 2012

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CIVIL ACTION
CASE NO.: 28-2011-CA-000734
DIVISION:

WELLS FARGO BANK, NA, Plaintiff,
vs.
JACQUELINE DILLON A/K/A JACQUELINE C. DILLON A/K/A JACQUELINE DILLION, et al, Defendant(s).

NOTICE OF RESCHEDULED FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated November 7, 2012 and entered in Case No. 28-2011-CA-000734 of the Circuit Court of the TENTH Judicial Circuit in and for HIGHLANDS County, Florida wherein WELLS FARGO BANK, NA is the Plaintiff and JACQUELINE DILLON A/K/A JACQUELINE C. DILLON A/K/A JACQUELINE DILLION; ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, UNDER, AND AGAINST THE HEREIN NAMED INDIVIDUAL DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEEES, OR OTHER CLAIMANTS; AMERICAN GENERAL HOME EQUITY, INC., F/K/A SPRINGLEAF HOME EQUITY, INC.; SPRING LAKE PROPERTY ASSOCIATION, INC.; are the Defendants, The Clerk of the Court will sell to the highest and best bidder for cash at JURY ASSEMBLY ROOM IN THE BASEMENT OF THE HIGHLANDS COUNTY COURTHOUSE, 430 SOUTH COMMERCE AVENUE AT 11:00 AM, on the 6th day of December, 2012, the following described property as set forth in said Final Judgment:
LOT 12, BLOCK X, SPRING LAKE VILLAGE V, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 10, PAGE 23, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
A/K/A 833 WINSTON DRIVE, SEBRING, FL 33870

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within sixty (60) days after the sale
WITNESS MY HAND and the seal of the Court on November 7, 2012.

ROBERT W. GERMAINE
Clerk of the Circuit Court
By: /s/ Priscilla Michalak
Deputy Clerk

Ronald R Wolfe & Associates, P.L.
P.O. Box 25018
Tampa, Florida 33622-5018
F11034035 WELLSPLS-FHA-R/farbman-Team 1
- F11034035
**See Americans with Disabilities Act
In accordance with the Americans Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact the individual or agency sending the notice at Echevarria & Associates, P.A., P.O. Box 25018, Tampa, FL 33622-5018, telephone (813) 251-4766, not later than seven (7) days prior to the proceeding. If hearing impaired, (TDD) 1-800-955-8771, or voice (V) 1-800-955-8770, via Florida Relay Service.
November 16, 23, 2012

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1050

Legals

NOTICE OF SHERIFF'S SALE
 NOTICE IS HEREBY GIVEN that Pursuant to a WRIT OF EXECUTION issued out of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, on the 5th day of July, 2012, in the cause wherein L.W.T., INC. is Plaintiff, and FRED W. CUNNINGHAM is Defendant, being Case No. 11-606-GCS in the said Court, I, Susan Benton, Sheriff of Highlands County, Florida, have levied upon all of the Defendant's right, title and interest in and to the following described PERSONAL property in Highlands County, Florida, to-wit:

2007 F-150
 VIN # 1FTRF12287NA35764
 and on the 18th day of December, 2012, at Ducks Body Shop, 1153 Hawthorne Drive, in the City of Sebring, Highlands County, Florida, at the hour of 11:00 a.m., or as soon thereafter as possible, I will offer for sale all of the said defendant, FRED W. CUNNINGHAM's, right, title and interest in the aforesaid property at public outcry and will sell the same, subject to all prior liens, encumbrances and judgments, if any, to the highest and best bidder or bidders for CASH, the proceeds to be applied as far as may be to the payment of costs and the satisfaction of the above-described execution.

Dated this, October 13th, 2012
 SUSAN BENTON, SHERIFF OF
 HIGHLANDS COUNTY, FLORIDA
 By: /s/ Lt. Jack Bailey, Jr.,
 Lt. Jack Bailey, Jr.,
 DEPUTY SHERIFF

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

November 16, 23, 30; December 7, 2012

IN THE CIRCUIT COURT
 FOR HIGHLANDS COUNTY, FLORIDA
 PROBATE DIVISION
 FILE NO. PC 12-452
 Division: Probate

IN RE: ESTATE OF
 ELWOOD L. SINGLES
 Deceased.

NOTICE TO CREDITORS
 The administration of the estate of Elwood L. Singles, deceased, whose date of death was June 1, 2012, and whose social security number is XXX-XX-7829, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 430 South Commerce Avenue, Sebring, Florida 33870. The names of the Personal Representative and the Personal Representative's attorney are set forth below.

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

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

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

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

The date of first publication of this Notice is November 16, 2012.

Personal Representative:
 Barbara A. Laviolette
 14194 Stratsview Drive
 Cheboygan, MI 49721

Attorney for Personal Representative:
 Tanya Bell
 Florida Bar No. 0052924
 UAW Legal Services Plan
 2454 McMullen Booth Road
 Bldg. B-Suite 425
 Clearwater, FL 33759
 (727)669-5319 or (877)309-1787
 tanyabe@uawisp.com

November 16, 23, 2012

IN THE CIRCUIT COURT
 OF THE TENTH JUDICIAL CIRCUIT
 IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CIVIL ACTION
 CASE NO.: 28-2010-CA-000406
 DIVISION:

SUNTRUST MORTGAGE, INC.,
 Plaintiff,
 MICHAEL KURUVILLA, et al,
 Defendant(s).

NOTICE OF FORECLOSURE SALE
 NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Mortgage Foreclosure dated October 30, 2012 and entered in Case No. 28-2010-CA-000406 of the Circuit Court of the TENTH Judicial Circuit in and for HIGHLANDS COUNTY, Florida wherein SUNTRUST MORTGAGE, INC. is the Plaintiff and MICHAEL KURUVILLA; SHEELA KURUVILLA; are the Defendants, I will sell to the highest and best bidder for cash at JURY ASSEMBLY ROOM IN THE BASEMENT OF THE HIGHLANDS COUNTY COURTHOUSE, 430 SOUTH COMMERCE AVENUE at 11:00 AM, on the 27th day of November, 2012, the following described property as set forth in said Final Judgment:

LOT 27, IN BLOCK 65, OF PLACID LAKES SECTION EIGHT, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 7, PAGE 70, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

A/K/A 271 NW LOQUIAT ROAD, LAKE PLACID, FL 33852

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

WITNESS MY HAND and the seal of the Court on October 31, 2012.

ROBERT W. GERMAINE
 Clerk of the Circuit Court
 By: /s/ Priscilla Michalak
 Deputy Clerk

Ronald R. Wolfe & Associates, P.L.
 P.O. Box 25018
 Tampa, Florida 33622-5018
 F10018493 SUNTRUST-CONV--Team
 4-F10018493

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

November 9, 16, 2012

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SEBRING - 2BR, 1BA. Newly Remodeled. \$425/mo. incl. water. 1648 Penny Ave. Sebring 2/1 Nice, large Duplex, screen porch, \$500/mo. 2206 Whiteman Ave. Call for details. 863-381-0357 or 863-446-2838.

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SPRING LAKE 2/2 House w/single car garage. New A/C and all appliances. \$675/mo. 863-381-8069.

7000 Merchandise

7180 Furniture

LIVING ROOM SET Includes, Sofa, Love seat, Chair & Ottoman. Bari Leather. Camel color. Excel cond. \$750. Call 863-414-0358

7300 Miscellaneous
 KING SIZE BED / Sealy Mattress / Bedguard / Supreme Mattress Pad / Beautiful Headboard (off white) / Sheet Set & Bed Spread. \$500. 863-382-9289 After 3 PM.

7310 Bargain Buys
 REFRIGERATOR GE Almond Color. Good Condition. \$100 615-444-5224

2 1LB. ROLLS / SILVER SOLDER / Lead - Free \$20. 863-402-2285

ANTIQU - Brass Lamp w/ mother of pearl shade, round base, small. \$15. 863-402-2285

BICYCLE / BOYS / 16 Inch / Has painted flames. Like New. \$15. 863-471-3456

CUSTOM NECKLACES (10) FOR \$20. 863-382-9022

EMMERSON 9 inch Color Television. (White) \$25. 2699637817

FOOTSTOOLS (2) Mushroom Style. Both for \$20. 863-471-3456

GEORGE FOREMAN GRILL. \$15. 863-382-9022

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HESS FIRE / EMERGENCY Truck 1996 w/ box. Excellent condition. \$50. 863-402-2285

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NEW FACTORY bed extender for Ford F-150 Pickup. \$45 863-453-7027

PLAYPEN - Excellent Condition with Good Padding. \$15. 863-873-3801

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RYOBI 4 pc. 18V Combo Kit w/accessory. \$40. Call 863-441-4418

SPORT COAT - size 40 short. \$5. 863-699-0352

TABLE 36 inch - Round - Pedestal w/ 2 Drop leaves. \$20. 863-382-9022

TOOL BOX w/keys for PU 54"-L, 19"H, 21"-D. \$100. Call 863-441-4418

WEEDEATER ONE riding mower, needs chain drive replaced. 2 yr. old. \$100. Call 863-453-5016

WET/DRY VAC 2.25 HP. \$20. Call 863-441-4418

WOODEN CHRISTMAS Ornaments. (10) For \$2.50 863-382-9022

7320 Garage & Yard Sales
 AVON PARK - HUGE SALE!!! South Florida State College, Citrus Center parking lot, Sat. Nov. 17th, 8am-1pm. lots of Misc, a wide variety of items. Shop for Christmas.

AVON PARK - MULTI-FAMILY SALE Fri.-Sat., 11/16 & 17, 8am-2pm, 222 E. Camphor St. All types of brand new misc. items NEVER USED! Mens/womens (plus sizes)/kids clothes, some tools. Something for everyone!

AVON PARK - Multi-Family Sale! 409 S. Christy Jo Dr., Fri-Sat, 7 - 2pm. Tools, Baby Items, Toys, & MUCH MORE!

7320 Garage & Yard Sales
AVON PARK ESTATE SALE
 Thurs. Nov. 15th & Sunday Nov 18th "Very Clean Sale"
 Dining table, chairs & hutch couch & love seat, king size bedroom occasional tables, entertainment center lawn mower, ladders, patio set, swing Sale starts @ 7:30 am on Thursday & Sunday
 1925 Fantasy Dr. U.S 27 to Stryker Rd. to Valencia follow paved road to Fantasy. Sale being conducted by **TRANSITIONS NOW LLC** "Assisting with life's changes"

AVON PARK Fri. - SAT. 7 - 3pm. 1201 Seaman St. Saddles, much tack, (incl. whips), big Men's 46-58 jeans, 2 Harley long sleeve shirts size 5x, antique walnut hutch, tools, misc.

AVON PARK Sat. 8 - 1pm. 1027 W. Lake Damon Dr., Rivergreens. Craft supplies, wood, pom poms, porcelain doll parts, large bird stand, collectibles & more. No Early Birds!

GIANT YARD SALE At Storage Facility. SAT - SUN. 8-4PM. Household, furn., appliances, tools & some really nice jewelry. 1866 South Wilburn Dr. Located off US 27, across from College, towards Reflections.

LAKE PLACID * MULTI FAMILY SALE * 533 N Lakeview Rd (Lake Blue Area) Fri & Sat, Nov 16 & 17, 8am - 2pm. Something For Everyone / Too Much To List!!

LAKE PLACID - SAT. - SUN. 6 - ? 93 Elkcam Rd. Antiques, furn., clothes & much more!

LAKE PLACID Fri. - Sat. 8 -2pm. 620 CR 29, Pier 1 TV console, microwave, toaster oven, elec. stove, misc household.

LAKE PLACID Tue. - Fri. 7 - 5pm. 667 Lake August Dr. Estate/Yard Sale! Woodworking tools, fishing equip., odd-n-ends, paintings, sculptures, etc. Make us an offer.

LAKE PLACID * HUGE SALE* 432 Michigan St. (off W Interlake Blvd) Fri & Sat Nov 16 & 17, 7am-2pm. Vintage items, Electronics, Household items, Baby stuff, tools, furn., Brick-A-Brack.

LAKE PLACID ** Multi Family Sale ** 125 Vera Lane, Fri & Sat Nov. 16 & 17, 7:30am - 2pm. RV Equipment, Tools, Mens clothing, Household items, misc.

SEBRING * Multi Family / Carport Sale * 1441 Whisper Lake Blvd. (off Memorial Pkwy) Whisper Lake Mobile Home Pk. Sat. Nov. 17, 9am - 3:30 pm. Vacuum cleaner, Carpet cleaner, Household items, Table Grill & Lots More!

SEBRING * MULTI FAMILY SALE * 1720 Dahlia Ter. (off Lakewood Rd. - colorful signs) Fri & Sat Nov. 16 & 17, 8am-? Furn., Sm. appliances, Baby Stuff. Something For Everyone!!

SEBRING ** 5 FAMILY SALE ** Fri & Sat, Nov. 16 & 17, 8am - 12 Noon, 4212 / 524 / 4230 Leaf Rd. Household items, Clothes ladies-14, Carpet shampooer, Western books, VHS movies, Furn., Baked Goods & Noodles.

SEBRING ** HUGE SALE ** Sat. Nov. 17, 7am - ? Busy Kids parking lot at 922 Persimmon Ave. 33870. Furn., Sm. appliances, Household items, Lots of clothing. Too Much To List!

SEBRING ** Multi Family Sale ** 4650 Sebring Lakes Blvd., (4 mi. S of 98 on US27). Fri & Sat, Nov. 16 & 17, 8am - 3pm. Everything from Harley parts to Household Items!

7320 Garage & Yard Sales
 SEBRING - 5349 Oak Rd. (Behind Harder Hall) Fri & Sat Nov 16 & 17, 8am-3pm. Furn., Antiq., Jewelry, Music items, Boat, Dog kennel & igloo, House hold items. Something For Everyone!!

SEBRING - ESTATE/GARAGE SALE Friday & Saturday, Nov. 16 & 17, 7:00 AM - 1:00 PM, 789 Golfside Lane

SEBRING - GARAGE / SIDEWALK SALE! DOWNTOWN at the CIRCLE. OVER 20 VENDORS November 17, 7am - 1pm.

SEBRING - ** LAWN SALE ** 1703 ROBERTS AVE., Thur. & Fri., Nov. 15 & 16, 8am - 4pm. LOTS OF MISCELLANEOUS!!

SEBRING FRI. & Sat. 7 - 4pm. 610 SR 66. Collectibles, Estate Sale!

SEBRING FRI. - SAT. 8 - 1pm. 2706 Rodney St. Hammock Estates. Christmas items, Ladies Alfred Dunner size Lg., like new, housewares, elec., misc., Multi-Family Sale.

SEBRING FRI. - Sat. 8 - ?. 3417 Lake-wood. Big Yard Sale! Lawn furn., microwave, new shoes-s. New jeans & Western tops-s. Movies, books, nice towels & rugs, comforters & much more!

SEBRING HUGE Multi Family Sale! 2710 Grand Concourse (corner of Henscratch & Grand Concourse) Fri. 11/16, Sat. 11/17, 8am. Childrens's clothing, toys, household items. Too Much To List!

SEBRING SAT 8 - 2pm. 4510 Sebring Ave.

SEBRING SAT. ONLY! 8 - 2:30pm. 305 Vireo Ave. Clothing, household & much more!

SEBRING THUR. - SAT. 8 - 2pm. 2905 Paradise Path. Francis 2 MHP. Household items, glassware, Holiday items, clothes & more.

SEBRING THUR. - Sat. 8 - 2pm. 2627 King Dr. Furniture, glass top stove, lawn mowers, clothes, toys, cargo carrier, refrigerator & more!

SEBRING WOODHAVEN Estates Park-wide Sale. Fri. - Sat. Nov. 16th & 17th. 8 - 1pm. Off Brunns Rd.

SEBRING * LARGE RUMMAGE SALE * 3240 Grand Prix Dr. by Wal-Mart. Thur. & Fri., Nov 15 & 16, 8AM - 2PM. Furn., 3 Households, Office furn., etc. Auction on Fri. (16), at 11 AM. Good Shepherd Lutheran

SEBRING ** ESTATE SALE ** Rain or Shine! 3509 Dolphin Dr. 33870. US 27 to Valerie Blvd, Starfish to Dolphin. 8Am-4PM, Fri-Sat-Sun, Nov 16-17-18. Pedestal DR table & chairs, Singer commercial sewing machine w/ lg. table, china cabinet, 100yr. old inlaid setee, display case, antique cabinet w/ drawers, dark wood bedroom set. Lg. computer desk, mantle clock, Ideal antique cooker, white table & chairs, metal patio couch w/ glass table top, microwave, antique Erector set, lg. collection costumer jewelry, Japanese, English and old Royal Doulton china, stemware, cut Glass, plated flaware, deer mounts, vintage linens, includes holiday tableclothes, needlework kits, old books, vintage & military buttons, Precious Moments, Boyd Bears, beads, stocking stuffers, china painting blanks, vintage Hot Wheels, kitchen stuff, oil paints, juicers, sewing, tons of craft supplies and Much, Much More! See pics at www.estatesales.net Donna Collins Estate Sales No Early Sales!!

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NEWS-SUN
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Five-Day forecast for Highlands County

TODAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
A shower; cloudy, then some sun	Periods of sun with a shower	Mostly sunny	Pleasant with plenty of sunshine	Partly sunny and pleasant
77° / 59°	79° / 59°	79° / 59°	80° / 61°	80° / 60°
Winds: NNE at 6-12 mph	Winds: NE at 6-12 mph	Winds: NNE at 7-14 mph	Winds: NNE at 6-12 mph	Winds: NE at 6-12 mph



Almanac

Temperature
Readings at Archbold Biological Station in Lake Placid

High Sunday	82°
Low Sunday	57°
High Monday	83°
Low Monday	56°
High Tuesday	82°
Low Tuesday	57°
High Wednesday	82°
Low Wednesday	61°

Heat Index
For 3 p.m. today

Relative humidity	54%
Expected air temperature	76°
Makes it feel like	77°

Barometer

Monday	30.11
Tuesday	30.10
Wednesday	30.08

Precipitation

Monday	0.00"
Tuesday	0.00"
Wednesday	0.00"
Month to date	0.00"
Year to date	55.37"

Regional Summary

A shower in places today, cloudy in the morning, then times of clouds and sun in the afternoon. Partly cloudy tonight with a passing shower. Times of sun and clouds tomorrow with a shower in spots.



Farm Report

A shower today, cloudy, then some sun during the afternoon. Winds northeast 6-12 mph. Expect 2-4 hours of sunshine with a 40% chance of precipitation and average humidity 70%.

Water Restrictions

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

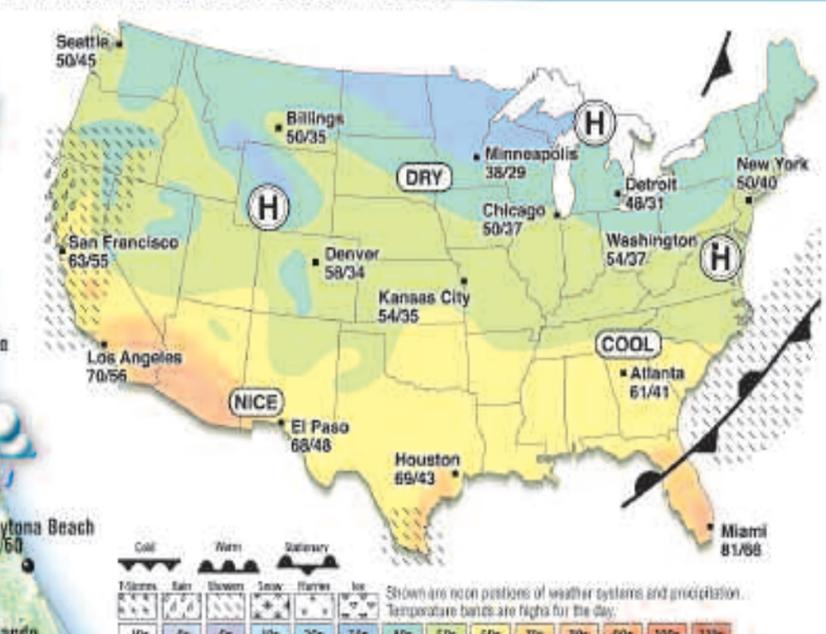
Weather History

On Nov. 16, 1933, arctic air invaded the Northeast, dropping the temperature to 19 in Washington, D.C., the coldest it has ever been there so early in the season.

Sun and Moon

	Today	Saturday
Sunrise	6:45 a.m.	6:46 a.m.
Sunset	5:36 p.m.	5:38 p.m.
Moonrise	8:34 a.m.	10:29 a.m.
Moonset	8:36 p.m.	9:41 p.m.

National Forecast for November 16



National Summary

The weather around the eastern half of the nation today will be dry and tranquil due to a large dome of high pressure centered over the Great Lakes. Sunny weather will be common from northeastern Texas into the Ohio Valley and the Northeast. An old cold front will struggle to make it through Florida, and this will spark afternoon clouds and perhaps a brief downpour and rumble of thunder. Elsewhere, clouds and showers will linger across southern Texas thanks to persistent east winds off the Gulf of Mexico.

U.S. Cities

City	Today	Sat.	Sun.
Albuquerque	58/30pc	61/37s	63/38pc
Atlanta	61/41pc	60/41pc	60/40s
Baltimore	53/34pc	53/37pc	53/30s
Birmingham	62/38s	64/37pc	63/45s
Boston	48/33pc	49/35s	50/37pc
Charlotte	58/34pc	59/35pc	58/43s
Chicago	55/37s	61/35s	63/40pc
Cleveland	48/33pc	49/35s	51/37s
Colorado Springs	58/33pc	54/33s	55/35s
Dallas	68/41s	67/44pc	68/32pc
Denver	58/34pc	60/35s	58/35s
Detroit	48/31pc	50/34s	51/35s
Harrisburg	52/32pc	52/33pc	56/39s
Honolulu	84/72pc	82/72pc	85/71pc
Houston	69/43s	71/47pc	71/55pc
Indianapolis	58/22pc	59/29s	64/27s
Jackson, MS	63/25s	63/38s	64/40s
Kansas City	54/25s	58/37s	58/44pc
Lexington	54/30pc	55/33s	58/35s
Little Rock	63/35s	62/35s	65/42pc
Los Angeles	70/50s	68/50s	69/54pc
Las Vegas	64/33s	60/35s	60/40s
Memphis	60/36s	61/41s	65/43s
Minneapolis	46/34pc	50/37s	51/37pc
Mississippi	58/29s	57/30pc	58/38pc
Nashville	57/32s	60/33s	65/37s
New Orleans	63/49s	67/51s	68/51s
New York City	58/40pc	57/40pc	58/44s
Northwest	53/43s	55/48pc	58/52s
Oklahoma City	62/37s	61/38pc	57/45pc
Phoenix	52/36pc	54/38pc	53/44s
Philadelphia	58/36pc	54/38pc	53/44s
Portland, ME	47/30pc	47/31s	46/29s
Portland, OR	56/47s	53/44s	53/47s
Raleigh	57/35pc	57/41pc	54/41s
Rochester	48/31pc	48/34s	51/35s
St. Louis	56/36s	58/38s	59/41pc
San Francisco	63/55s	63/53s	62/52s
Seattle	50/45s	53/43s	49/43pc
Wash. DC	54/37pc	54/37pc	53/45s

World Cities

City	Today	Sat.	Sun.
Acapulco	90/74s	90/74s	90/74s
Athens	65/38s	67/58s	67/57s
Bahia	77/67pc	78/67pc	76/61s
Berlin	45/23pc	45/26s	45/28pc
Bermuda	78/57s	78/70s	75/68s
Calgary	32/23pc	44/32pc	38/28s
Dublin	48/38pc	45/37pc	48/43s
Edmonton	31/3s	32/20s	36/14pc
Freeport	78/67pc	77/68pc	78/68pc
Geneva	55/38s	58/40pc	55/37pc
Havana	81/57s	81/62pc	80/62s
Hong Kong	77/68pc	77/65s	75/72pc
Jakarta	71/68pc	71/68pc	69/55s
Johannesburg	81/51s	85/62pc	81/61s
Kiev	44/28s	40/28pc	40/31s
London	52/43pc	53/41s	50/43s
Montreal	42/28pc	38/29s	42/28s
Moscow	43/30pc	37/29s	39/25s
Mexico	69/50pc	63/51pc	64/53s
Ottawa	42/28pc	41/23s	38/24s
Quebec	41/21pc	36/23s	37/24s
Rio de Janeiro	76/67s	76/66s	76/68pc
Seoul	46/34pc	46/32s	50/37pc
Singapore	90/78s	90/78s	88/77s
Sydney	63/54s	63/51pc	75/54s
Toronto	48/35pc	45/23s	43/23s
Vancouver	48/47s	52/42s	49/42s
Vladivostok	52/38s	48/38s	48/38pc
Warsaw	49/32s	49/37s	48/37s
Winnipeg	39/16pc	37/32pc	35/29pc

Tides

Readings at St. Petersburg

High	1:53 a.m.
Low	10:03 a.m.
High	5:37 p.m.
Low	8:02 p.m.

Readings at Palm Beach

High	10:17 a.m.
Low	3:31 a.m.
High	10:30 p.m.
Low	4:04 p.m.

Lake Levels

Readings as of 7 a.m. yesterday

Lake Jackson	78.36'
Lake Okechobee	15.48'
Normal	14.51'

UV Index Today

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



Forecasts and graphics provided by AccuWeather, Inc. ©2012

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News-Sun photo by DAN HOEHNE

Austin Westergom couldn't quite beat the Winter Haven goalkeeper to the ball on this play, but the Blue Streaks made good on three other scoring chances in Tuesday's win.

Streaks step up, down Devils

By TAYLOR TUBBS

News-Sun correspondent

SEBRING – The cleats were thundering on Tuesday night at Firemen's Field as the Blue Streaks struck down the visiting Winter Haven Devils 3-0.

"This was a really good district win," said head coach Keith Bowyer. "This puts us at 3-0 in district."

Sebring got things going fairly early as Riley Watson got them on the board in the sixth minute of the game with a goal.

The winds were relatively calm for the rest of the first half as the teams banded back and fourth without another goal being allotted.

However, the Streaks still had many close shots.

A corner kick by captain Jared Lang connected with a header by Watson for a near miss to the left of the goal.

With the addition of cross country runners just now beginning their soccer season, Sebring saw some fresh players on the field.

But it was one of those cross country runners, Eric Foster, who had a cross on goal near the 30 minute mark, and fellow runner Wesley Koning took a long range shot on goal less than two minutes later.

Going into the second half all the Streaks had to do was maintain their lead over the

Devils, but they did much more than that.

It looked like they would add to the lead when Brian Dixon had a cross to Riley Watson.

It was a bit overshot, however, and Watson had multiple goal attempts as well.

The attempts would finally deliver in the final two minutes of the game, with back-to-back scores.

Watson was in close proximity to the goal at the right time, and simply had to tap the ball in as the goalie was further out on the field defending.

Less than a minute later Damian Foster, another cross country runner, would con-

nect for the final goal of the night.

Sebring defense also had a strong night.

Keeper Ethan Smith had an easier night compared to Monday night's game against LaBelle where he had a number of hustling saves.

Tuesday night, however, the defense allowed him to relax a bit more with fewer shots on goal.

And when there were shots on goal, often times it was a defender knocking it away.

Such as a shot attempt that Damian Foster leapt and headed out of the goal.

Getting the win over a

See SEBRING, Page 4B

Eagles JV headed to Super Bowl

Special to the News-Sun
HAINES CITY – Four teams from the Highlands Youth Football organization played in the NFC Championship game in Haines City on Saturday, Nov. 10.

It was a tough day of competitive championship games for the Eagles with all teams facing the Auburndale Bulls.

Coach Steve Remes' third-seeded Flag team took on the top-seed Bulls in a very physical game.

The Eagles struggled defensively, but the offense produced three scores by Fred Hankerson and John Alexander.

After a defensive battle with key plays by Willie King, Hankerson and Alexander, the Flag team just couldn't hold off the Bulls, resulting in a tough loss to end the season with a final score of 32-18.

Coach Tim Hooks' number four Pee Wee team took on the second-seeded Auburndale squad.

The Bulls quickly took control of the game, thwarting all the Eagles efforts to get the offense going.

The offense led by James Pearson, Christopher Cardoso, Kevin Rivera and Kasey Hawthorne rallied



Courtesy photo

The JV Highlands Eagles show off their NFC championship rings after a 6-0 win over Auburndale propelled them to this weekend's PAL Super Bowl.

together to get a drive going, but they met a strong Bulls defense to nullify their progress.

The Eagles defense, led by Austin Oppold, Jordan Rose and Devin Brubaker, made key tackles but ultimately costly mistakes and turnovers cost the Eagles another heartbreaking loss

with a final score of 27-0.

The defensive battle of the day came at the Junior Varsity level, with the top-seed Eagles facing the second-seeded Bulls.

Rafael Smith earned some key yardage early, but Auburndale's defense would soon stop the drive.

But the Highlands boys

returned the favor, shutting down the Bulls drive as the game settled into the knock-down, drag-out, defensive duel.

Scoreless, with less than one minute before the half and the Eagles on their own 15-yard line, the Bulls picked off an interception

See EAGLES, Page 4B

Lady Streaks stave off Dragon comeback

By BRITTANY WHITTINGTON

News-Sun correspondent

SEBRING – Winter is quickly approaching and temperatures are dropping – except for in high school gymnasiums.

The heat was turned up Tuesday night in Sebring High School's gym as the Lady Streaks beat county rivals Lake Placid 39-33.

It looked as though in the first half that Sebring was going to take the Lady Dragons with ease.

Going into halftime with a lead of 26-12 builds plenty of confidence for the team that is ahead.

The Blue Streaks had no problem putting up points in the first half.

The first quarter started off fairly slowly, with Sebring scoring just nine total points and Lake Placid scoring only five.

Frustration at the low scoring quarter caused a heated Sebring head coach Mike Lee to give a pep talk to get his team back up to the potential they are expected to be at.

Coach Lee must have done something right as his team almost doubling their point total from the first quarter with 17 points scored before the half was up.

The Lady Dragons went into the locker room knowing

it was crucial for them to make adjustments if they were going to have any chance of a comeback.

And come back they did as Lake Placid put the defensive clamps on and allowed the Streaks to score just 13 more points in the second half.

Eight of those came in an even third, making it a 34-20 lead, but in the fourth, the Dragon offense also got on track and made the comeback push.

With the defense holding Sebring to just five points over the final eight minutes, Lake Placid rallied and closed the gap.

But Sebring was able to hold on in the final minutes and come out with their second victory over Lake Placid in a week.

The top scorers for the Lady Streaks were Rondaja Williams with 10 points, Jamiese Wiley with nine and Allie Mann with seven.

The top scorers for Lake Placid were Alex Coyne with 17 points and Raveen Gobourne with eight.

Sebring was back at it with another county rivalry game, at Avon Park Thursday, before returning home for a visit from DeSoto Friday.

The Dragons, meanwhile, hosted Ft. Meade Thursday and travel to Lake Wales tonight.

Green Dragons taking steps



News-Sun photo by DAN HOEHNE

Mary Grace Bates is about to unload on this kick for Lake Placid's opening goal in Tuesday's 2-1 win over visiting Mulberry.

By DAN HOEHNE

daniel.hoehne@newsun.com

LAKE PLACID – The Lake Placid ladies of the soccer pitch eked one out Tuesday, getting past tough district foe Mulberry at home by a 2-1 score.

Though things looked like they might have been a lot different as the Lady Wildcats wasted little time in getting on the board, with the opening goal of the contest coming from Jenteal Hudson just 38 seconds after the opening whistle.

But in the seventh minute, Lake Placid responded to even things up.

Mary Grace Bates raced past the defense toward a lofted pass, gathered it in just to the right front of the goal.

Her running kick found its mark, slipping into the upper right corner untouched to tie it at 1-1.

From there, for the remainder of the half, both defenses locked in, with

Lady Dragon keeper Tamija Douglas keeping busy turning away numerous shots on goal.

In a three-minute sequence, she turned away a trio of shots, making a nice grab in the eighth minute, a leaping deflection in the ninth minute and a drop-to-the-knees cover in the 11th.

On the night, the freshman Douglas would garner 18 saves.

Lake Placid then broke the tie on a Michelle Hunter goal in the second half to take the district win.

Up in Mulberry, the boys squad would also need to come from behind, but could only battle back so far, settling for a tie against the Wildcats.

The Dragons would hold a 7-4 shooting edge in the first half, but Mulberry was a bit more efficient in holding a 1-0 halftime lead.

Lake Placid kept up the attack in the second half

See LP, Page 3B



News-Sun photo by DAN HOEHNE

Allie Mann fires from the corner in Sebring's Tuesday win over Lake Placid.

THE SCOREBOARD

National Football League

AMERICAN CONFERENCE

East						
	W	L	T	Pct	PF	PA
New England	6	3	0	.667	299	201
Miami	4	5	0	.444	173	186
N.Y. Jets	3	6	0	.333	175	228
Buffalo	3	6	0	.333	211	285

South						
	W	L	T	Pct	PF	PA
Houston	8	1	0	.889	250	143
Indianapolis	6	3	0	.667	186	201
Tennessee	4	6	0	.400	219	311
Jacksonville	1	8	0	.111	127	246

North						
	W	L	T	Pct	PF	PA
Baltimore	7	2	0	.778	254	196
Pittsburgh	6	3	0	.667	207	177
Cincinnati	4	5	0	.444	220	231
Cleveland	2	7	0	.222	169	211

West						
	W	L	T	Pct	PF	PA
Denver	6	3	0	.667	271	189
San Diego	4	5	0	.444	209	191
Oakland	3	6	0	.333	191	284
Kansas City	1	8	0	.111	146	256

NATIONAL CONFERENCE

East						
	W	L	T	Pct	PF	PA
N.Y. Giants	6	4	0	.600	267	216
Dallas	4	5	0	.444	188	204
Philadelphia	3	6	0	.333	156	221
Washington	3	6	0	.333	226	248

South						
	W	L	T	Pct	PF	PA
Atlanta	8	1	0	.889	247	174
Tampa Bay	5	4	0	.562	260	209
New Orleans	4	5	0	.444	249	256
Carolina	2	7	0	.222	163	216

North						
	W	L	T	Pct	PF	PA
Chicago	7	2	0	.778	242	133
Green Bay	6	3	0	.667	239	187
Minnesota	6	4	0	.600	238	221
Detroit	4	5	0	.444	216	222

West						
	W	L	T	Pct	PF	PA
San Francisco	6	2	1	.722	213	127
Seattle	6	4	0	.600	198	161
Arizona	4	5	0	.444	144	173
St. Louis	3	5	1	.389	161	210

Thursday's Game

Miami at Buffalo, late

Sunday's Games

Cleveland at Dallas, 1 p.m.
 N.Y. Jets at St. Louis, 1 p.m.
 Jacksonville at Houston, 1 p.m.
 Cincinnati at Kansas City, 1 p.m.
 Philadelphia at Washington, 1 p.m.
 Green Bay at Detroit, 1 p.m.
 Arizona at Atlanta, 1 p.m.
 Tampa Bay at Carolina, 1 p.m.
 New Orleans at Oakland, 4:05 p.m.
 San Diego at Denver, 4:25 p.m.
 Indianapolis at New England, 4:25 p.m.
 Baltimore at Pittsburgh, 8:20 p.m.
Open: Minnesota, N.Y. Giants, Seattle, Tennessee

Monday's Game

Chicago at San Francisco, 8:30 p.m.

AFC LEADERS

Quarterbacks

	Att	Com	Yds	TD	Int
P. Manning, DEN	330	230	2705	21	6
A. Rodgers, PIT	298	200	2203	16	4
Brady, NWE	358	232	2645	18	3
Schaub, HOU	275	173	2013	13	6
Dalton, CIN	315	203	2329	18	11

Rushers

	Att	Yds	Avg	LG	TD
A. Foster, HOU	221	872	3.95	46	10
C. Johnson, TEN	170	862	5.07	83	4
Ridley, NWE	172	814	4.73	41	6
McGahee, DEN	160	676	4.23	31	4
R. Rice, BAL	144	657	4.56	43	7

Receivers

	No	Yds	Avg	LG	TD
Wayne, IND	69	931	13.5	30	3
Welker, NWE	66	810	12.3	59	2
A. Green, CIN	58	820	14.1	73	9
D. Thomas, DEN	54	891	16.5	71	4
Hartline, MIA	49	741	15.1	80	1

NFC LEADERS

Quarterbacks

	Att	Com	Yds	TD	Int
A. Rodgers, GB	327	219	2383	25	5
A. Smith, SF	217	152	1731	13	5
M. Ryan, ATL	351	240	2771	20	7
J. Freeman, TB	273	155	2257	18	5
Brees, NO	374	230	2847	25	9

Rushers

	Att	Yds	Avg	LG	TD
A. Pterson, MN	195	1128	5.78	74	7
M. Lynch, SEA	212	1005	4.74	77	5
D. Martin, TB	173	862	4.98	70	7
Morris, WAS	164	793	4.84	39	5
Gore, SF	140	753	5.38	37	5

Receivers

	No	Yds	Avg	LG	TD
B. Marshall, CH	67	904	13.5	45	7
Witten, DAL	66	585	8.9	35	1
Harvin, MIN	62	677	10.9	45	3
Gonzalez, ATL	61	617	10.1	25	6
C. Johnson, DET	60	974	16.2	51	2
Cruz, NYG	60	743	12.4	80	7

MLS Playoffs

EASTERN CONFERENCE

Semifinals

D.C. United vs. New York
 D.C. United 1, New York 1
 New York 0, D.C. United 1, D.C. United advances 2-1 on aggregate

Kansas City vs. Houston

Houston 2, Kansas City 0
 Kansas City 1, Houston 0, Houston advances 2-1 on aggregate

CHAMPIONSHIP

Sunday: Houston 3, D.C. United 1
 Sunday, Nov. 18: D.C. United vs. Houston, 4 p.m.

WESTERN CONFERENCE

Semifinals

San Jose vs. Los Angeles
 Los Angeles 0, San Jose 1
 San Jose 1, Los Angeles 3, Los Angeles advances 3-2 on aggregate

Seattle vs. Real Salt Lake

Seattle 0, Real Salt Lake 0
 Real Salt Lake 0, Seattle 1, Seattle advances 1-0 on aggregate

CHAMPIONSHIP

Sunday: Los Angeles 3, Seattle 0
 Sunday, Nov. 18: Los Angeles vs. Seattle, 9 p.m.

MLS CUP

Saturday, Dec. 1: Eastern champion vs. Western champion, 4:30 p.m.

NBA

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
New York	5	0	1.000	—
Brooklyn	4	2	.667	1.5
Boston	5	3	.625	1.5
Philadelphia	4	4	.500	2.5



LIVE SPORTS ON TV

AUTO RACING

FRIDAY

3 p.m. NASCAR – Eco-Boost 300, Practice . . . ESPN2

SATURDAY

4:30 p.m. NASCAR – Eco-Boost 300 ESPN2

BOXING

SATURDAY

10 p.m. Adrien Broner vs. Antonio DeMarco HBO

COLLEGE BASKETBALL

FRIDAY

5 p.m. 2K Sports Classic – Teams TBA ESPN2

7 p.m. 2K Sports Classic Final – Teams TBA. ESPN2

7 p.m. Jacksonville at Miami. SUN

9 p.m. Lafayette at Kentucky. SUN

COLLEGE FOOTBALL

FRIDAY

9:30 p.m. Hawaii at Air Force ESPN2

SATURDAY

Noon Iowa at Michigan ESPN

Noon Northwestern at Michigan State. ESPN2

12:21 p.m. Western Carolina at Alabama. 38

12:30 p.m. Virginia Tech at Boston College 44

1:30 p.m. Washington at Colorado FX

3 p.m. USC at UCLA FOX

3:30 p.m. Wake Forest at Notre Dame. NBC

3:30 p.m. Ole Miss at LSU. CBS

3:30 p.m. North Carolina State at Clemson ABC

3:30 p.m. Ohio State at Wisconsin ESPN2

7 p.m. Oklahoma at West Virginia. FOX

7 p.m. Tennessee at Vanderbilt ESPN2

8 p.m. Stanford at Oregon. ABC

8 p.m. Kansas State at Baylor. ESPN

10:30 p.m. BYU at San Jose State ESPN2

GOLF

FRIDAY

9 a.m. EuroPGA – South African Open GOLF

1:30 p.m. LPGA – CME Group Titleholders GOLF

4 p.m. EuroPGA – UBS Hong Kong Open GOLF

SATURDAY

9 a.m. EuroPGA – South African Open GOLF

1:30 p.m. LPGA – CME Group Titleholders GOLF

4 p.m. EuroPGA – UBS Hong Kong Open GOLF

NBA

FRIDAY

7 p.m. Utah at Philadelphia. ESPN

9:30 p.m. N.Y. Knicks at Memphis ESPN

Times, games, channels all subject to change

	W	L	Pct	GB
Toronto	2	6	.250	4.5

Southeast Division

	W	L	Pct	GB
Miami	6	3	.667	—
Charlotte	4	3	.571	1
Atlanta	3	4	.429	2
Orlando	2	5	.286	3
Washington	0	7	.000	5

Central Division

	W	L	Pct	GB
Milwaukee	5	2	.714	—
Chicago	5	3	.625	.5
Indiana	3	6	.333	3
Cleveland	2	6	.250	3.5
Detroit	1	8	.111	5

WESTERN CONFERENCE

Southwest Division

	W	L	Pct	GB
San Antonio	7	1	.875	—
Memphis	6	1	.857	.5
Dallas	5	4	.556	2.5
Houston	4	4	.500	3
New Orleans	3	3	.500	3

Northwest Division

	W	L	Pct	GB
Oklahoma City	6	3	.667	—
Minnesota	5	3	.625	.5
Utah	4	4	.500	1.5
Utah	4	5	.444	2
Portland	3	5	.375	2.5

Pacific Division

	W	L	Pct	GB
L.A. Clippers	6	2	.750	—
Golden State	4	4	.500	2
Phoenix	4	5	.444	2.5
L.A. Lakers	3	5	.375	3
Sacramento	2	6	.250	4

Tuesday's Games

Charlotte 92, Washington 76
 Toronto 74, Indiana 72
 New York 99, Orlando 89
 Brooklyn 114, Cleveland 101
 Portland 103, Sacramento 86
 San Antonio 84, L.A. Lakers 82

Wednesday's Games

Detroit 94, Philadelphia 76
 Boston 98, Utah 93
 Houston 100, New Orleans 96
 Charlotte 89, Minnesota 87
 Memphis 107, Oklahoma City 97
 Milwaukee 99, Indiana 85
 Dallas 107, Washington 101
 Chicago 112, Phoenix 106, OT
 Golden State 92, Atlanta 88
 L.A. Clippers 107, Miami 100

Thursday's Games

Boston at Brooklyn, late
 New York at San Antonio, late
 Miami at Denver, late

Friday's Games

Utah at Philadelphia, 7 p.m.
 Dallas at Indiana, 7 p.m.
 Orlando at Detroit, 7:30 p.m.
 Golden State at Minnesota, 8 p.m.
 Oklahoma City at New Orleans, 8 p.m.
 New York at Memphis, 9:30 p.m.
 Houston at Portland, 10 p.m.
 Atlanta at Sacramento, 10 p.m.
 Phoenix at L.A. Lakers, 10:30 p.m.

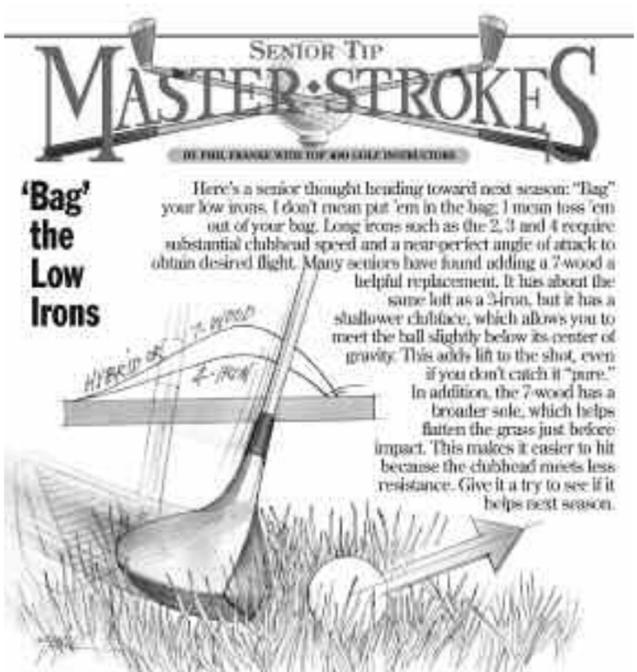
LEADERS

Scoring

	FG	FT	PTS	AVG
Anthony, NYK	48	29	134	26.8
Bryant, LAL	75	46	211	26.4
Harden, HOU	67	65	211	26.4
James, MIA	89	30	221	24.6
Irving, CLE	67	44	194	24.3

Rebounds

	OFF	DEF	TOT	AVG
Randolph, MEM	37	61	98	14.



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

Golf Hammock

The ladies at Golf Hammock played their first tournament of the season on Wednesday, Nov. 14.

The Play was a Step Aside Scramble.

First place winners were Joan Robillard, Betty Clarke, Carol Troupp and Alma Barefoot.

Second place winners were Jeanne Fivecoat, Joyce Stanley, Trudy Stowe and Eleanor Short.

Third place winners were Lorraine Friend, Wanda Hastie and Nancy Senior.

Fourth place winners were Laura Keberly, Jean Haig, Roxie McMillon and Audrey Walther

Last Monday, Nov. 12, the Mezza Group played Individual Pro-Am Points at Golf Hammock.

Gary Galle took first place in A group with a plus 4 and Jim Gulick was in second place with plus 1.

David Mulligan was at minus 2 which was good for first place and Bobby Culbert came in second place with minus 5 in B group.

Paul (Welsh Wizard) Brown scored a plus 3 that was good for first place in C group And Ned Bauer at even in second place.

There was a tie in D group for first place between Bob Hughes and Earl Bittaker at plus 1.

Jerry Edward was at plus 5 to take first place in E group and three way tie for second place between Bill Alesi, Jim Reed and Bob Morrison at minus 2.

There was a tie for first place in F group between Karl Mellor and John Pickup at plus 1.

There was also a tie in J Group between Janet Howland and Tom Nelligan with minus 3 for first place.

The Mezza Group would like to welcome back our Northern friends to sunny Florida.

Next Monday, Nov. 19, the Mezza Group will play at Golf Hammock starting at 7:45 a.m., please arrive early to register.

For more information, please call Pete Mezza at 382-1280.

Harder Hall

The Men's Interclub tournament was

played Monday, Nov. 11, with a Pro-Am Points format.

Sebring Municipal came away with the team with at +23, with Harder Hall second at +17 and Sun 'N Lake third at +9.

Individually, Jim Cozine won Flight A, with Bill Norcross second, Don Brewer third and Mike Lingenfelder fourth.

In Flight B, D. Smith was first, Don Ethun second, Jim Picket third and Jim Werner fourth.

Kye Pakh and Bob Topel finished in a tie for the lead in Flight C, with Jerry Geoque, Jack Stafford and Tim Thomas all tied for third.

Similarly, Flight D saw a tie for first between Walt Becker and Keith Kincer, while Randy Leone and Bill Taylor finished all square in third.

Jude Stewart accomplished the feat of a hole-in-one on Thursday, Oct. 25: Hole No. 16 from the Blue Tees, 130 yards, used an eight iron. Witnessed by Jude's husband, Danny.

River Greens

The Morrison Group played a game on Thursday, Nov. 8.

The winners were: First place, Tim Thomas and Jim Anderson with minus-8; second place, Gerry Page and Bill Mountford with minus-6; and third place, Jim Cercy and Romy Febre with minus-5.

The Ladies Association played a pro am tournament on Thursday, Nov. 8.

Winning first place was the team of Pat Gower, Fran Neil and Barb Plunkett with plus-4; and second place, Michele Koon, Laura Smutnick, Jody Ethun and Betty Wallace with plus-5.

Individual winners were: First place, Betty Wallace with plus-3; and second place, Fran Neil.

The Men's Association played a pro am tournament on Wednesday, Nov. 7.

Winning first place was the team of Larry Roy, Bill Mountford and Glen Nelson with plus-9; and second place, Lefty St. Pierre, John Smutnick, Tim Thomas and Neil Purcell with plus-7.5.

Individual winners were: A Flight - Larry Roy with plus-2.5. B Flight - Bill Mountford with plus-6. C Flight - Tim Thomas with plus-8. D Flight - Lefty St. Pierre with plus-5.

The Morrison Group played a game Tuesday, Nov. 6.

Winning first place was the team of Paul Johnson, Gil Heier, Ken Brunswick and Gerry Page with minus-18; and second place, Tim Thomas, Keith Kincer, Don McDonald and Lefty St. Pierre with minus-13.

The Golfettes played a game Tuesday, Nov. 6.

The winning teams were: First place, Laura Smutnick, Fran Neil and Karen Speaker with 71; and second place, Pauline Bridge, Donna Johnson, Betty Wallace and Dianne Stoddart with 73. Tying for third/fourth/fifth/sixth places

were Dee Paul, Jeannine Persails, Pat Graf and Amy Dixon; Betty Leblanc, Pat Kincer, Babe McDonald and Helen Ochala; Carol Roy, Jody Ethun, Jo Sherman and Barb Plunkett; Elaine Keppler, Carole McClay, Pat Gower and Bev Rudd with 77 each.

The Morrison Group played a game Monday, Nov. 5.

Winning first place was the team of John Smutnick, Tim Thomas, Joe Graf and Lefty St. Pierre; and second place, Jim Anderson, Ken Koon, Gerry Page and Bill Mountford.

The Men's Association played a Men's Day event Saturday, Nov. 3.

White Tee Flight - First place, Clay Dawd with 67; second place, Larry Roy with 70. Good Tag - First place, Ken Koon with 66; and second place, Cecil Lemons 68. Tying for third/fourth/fifth places were Gil Heier, Jim Cercy and Keith Kincer with 69 each. Green T Flight - First place, Harold Plagens with 64; second place, Al Farrell with 65; and third place, Bill Mountford with 66.

Closest to the pin: No. 3, Russ Rudd, 6-foot-4-inches; No. 5, Dick McClay, 7-foot-1.25-inches; No. 12, Tim Thomas, 6-foot-7-inches; and No. 17, Harold Plagens, 2-foot-8.5-inches.

SpringLake

On Tuesday, Nov. 13, the SpringLake Men's Golf Association held an Individual Net Points competition on the Cougar Trail course.

In this tournament, Bogeys = 1point, Par = 2 points, Birdie = 4 points, Eagle = 6 points and Double Eagles = 8 points. Triple bogey or worse = -1 point.

This tournament had four Flights,

with A being 0 to 16 stroke handicaps, B being 17 to 21 strokes, C being 22 to 25 strokes, and D being 26 and greater.

In the A Flight, Joe Austin took first place with 56 points, while Jon Brower came in second with 55 points.

In the B Flight, Will David won first place with 58 points, including 1 Eagle and 10 birdies.

There was a tie for second place at 44 points, between Bo Bohanon and Richie Eastep.

C Flight was won by Gene Hearn with 68 points and Bob Berg took second with 62 strokes.

The D Flight was won by Dan Porter with 66 points, while John Schroeder came in second with 63 points.

On Thursday, Nov. 8, the SpringLake Mens Golf Association completed a Two Day -Team Eclectic Tournament on the Panther Creek course.

In the A Flight, four teams tied for first place, then, three more teams tied for second place.

Tying for first, at 126 net strokes, were Jan Hard and Vern Hoffman, Joe Burgoyne and Kirby Gann, Gary Graves and Richie Eastep, and Edd Vowels and Gene Hearn.

Tying for second place, at 126 net strokes, were the teams of Bill Lawens and Bart Bartholomy, Ken Kirby and Bob Hinde, and Pat Jaskowski and Gordon Reid.

Third place went to Bill Brown and Jim Koperski at 131, fourth to Bo Bohanon and Bob Rogers at 132, and fifth to Jim Baker and Tom Bates at 135.

Under a very heavy mental burden, our new President, Gary Behrendt, along with Joe Austin, placed last in Flight A at 136.

The B Flight teams were led by John Delaney and John Bozynski, with 124 net strokes.

Second place went to Leon Van and Bob Frederick, who scored 128 strokes, while third place was awarded to Will David and Rick Nelson at 130 net strokes.

Fourth place in the B Flight - at 133 strokes - went to Joe Troia and Jay Payne.

There was a tie for fifth place, at 134 net strokes, between Dave Kamish and Bob Berg and the team of Ken Willey and Larry Colclasure.

SYS Streaks Super Bowl bound

By DAN HOEHNE

daniel.hoehne@newssun.com

The Sebring Youth Sports Blue Streak Flag Football team continued its' season-long run with a 19-14 win over the Osceola Panthers Saturday, Nov. 11, at Cook Field in Haines City in the third round of the Mid Florida Football playoffs.

The victory keeps the jun-

ior Streaks undefeated on the season and, more importantly, has them competing for all the marbles in the MFCC Super Bowl.

Sebring, now Eastern Conference champions, will square off with the Western Conference champion West Tampa Spartans, 27-19 winners over the Z-Pal Bulldawgs from Zephyr

Hills.

The teams face off Saturday, Nov. 17 at the DeSoto County High School varsity football field, beginning at 9 a.m.

Come support your Sebring junior Blue Streaks as they look to cap off a remarkable season.

LP Soccer making strides

Continued from 1B

and were finally rewarded with the tying goal.

Senior Wilfredy Moreno took a cross from senior Ivan Barajas, redirected it and found the back of the net.

And while the scoring stopped after that and the tie went in the books, Dragon head coach James Ashley was pleased with the effort and outcome.

"Mulberry has been the top team in our district every year since I started coaching here," he said. "To get a draw on the road against them is a step forward."

Ashley gave credit to the team overall, calling it a complete team effort, and rewarding the Dragon defense, anchored by Christian Resendiz, Jorge Godinez, Armando Calivillo and Jose Becerra, with play-

er of the game honors.

"They kept us in the game," Ashley said. "They worked hard to defend all over the field and they played a solid game."

Both Dragon squads squared off with Frostproof Thursday, continuing district play, with the girls on the road and the boys at home.

See Sunday's News-Sun for results.

AP Champions Club meeting

Special to the News-Sun

AVON PARK - The Avon Park Champions Club will be holding their annual meeting on Monday, Nov. 26, at 5

p.m.

The meeting will be held at the Devtech offices located at 24 S. Lake Avenue in Avon Park.

All Board members,

General members and any of the public are more than encouraged to attend.

Highlands Senior Softball League

Special to the News-Sun

SEBRING - The Highlands County Senior softball over 60 league will

be playing starting play on

Monday, Jan. 7, with games taking place each Monday and Wednesday.

To sign up, or for more

information, call John Kloet at 655-5241 or Steve Blazing at 382-6442.

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NEWS-SUN
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Coyne to take flight with Golden Eagles

By DAN HOEHNE
daniel.hoehne@newssun.com

Alex Coyne had a lot of options and a crucial decision to make.

But when it came down to it, the choice wasn't so tough after all as the Lake Placid senior signed on the dotted line Wednesday to attend the University of Southern Mississippi in Hattiesburg and be a member of the Golden Eagle basketball team.

"I was considering the Academies and other Division I colleges," Coyne said. "Cleveland State, Florida Southern, Air Force and West Point made offers. But after my official visit with Southern Mississippi, my decision was made."

This quick decision making is reminiscent of the point guard's game that paved the way to averaging 14.5 points, 7.2 assists and 5.5 steals per game as a Dragon junior, and certainly had her on the radar of many schools.

And much like eyeing an open teammate, or an open shot, Coyne just went with the instinctual feeling as to what to do.

"I immediately felt accepted by the players and the coaching staff," she said. "When I played with them at a little open gym, I felt team chemistry."

"The campus was absolutely gorgeous and the academics are awesome," Coyne continued. "And after I left, the team continued to keep in touch via Facebook, twitter and texting. It showed me that I wasn't just another recruit to them."

While undecided on a



News-Sun file photo by DAN HOEHNE
Lady Dragon standout Alex Coyne agreed to take her talents to Southern Mississippi on a basketball scholarship Wednesday.

field of study, she noted the many major and minor opportunities Southern Miss offers, which will give her the chance to find her academic calling.

"I'm so blessed to have this opportunity to be a student athlete, and student comes first," she said. "So this paying for my education is absolutely key. I can't wait to grow as a person on and off the court."

Which, as far as on the court goes, will be a bit of a process as the Eagles point guard duties currently reside in other hands.

"They have a point guard that will be a senior and lead Conference USA in steals last year," Coyne said. "She's an incredible player and I think I can learn a lot from her, which will help me develop into a true

Division I point guard."

And while she eagerly looks ahead, Coyne feels a great sense of relief and gratitude for what has made this opportunity possible.

"All the sacrifices I made as a child. All the blood, sweat and tears go to this," she said. "Without my parents pushing me every day, I wouldn't be the player I am."

The reminiscing done, it was again time to look ahead.

"Going off to college is learning to be independent, although I'm so family oriented," Coyne said. "But my two days (at Southern Mississippi) felt like a home away from home. It was such a family atmosphere and the team treated me like their baby sister. I couldn't ask for a better situation."

Sebring goes to 3-0 in District

Continued from 1B

tough rival like Winter Haven was one thing, being able to do it while remaining fresh was another key to the night.

"I did a lot of subbing tonight to keep our legs fresh," Bowyer said. "Thursday we travel to Auburndale, and they're the team to beat."

That key district contest, as Bowyer alluded to, was Thursday night, check Sunday's News-Sun for a recap.

The Lady Streaks weren't as fortunate Tuesday night at Winter Haven, suffering a 6-2 loss, and looked to regroup and get back on the winning track Thursday night at home against Auburndale.

Results of that match can also be seen in Sunday's News-Sun.



News-Sun photo by DAN HOEHNE
Niel Wilson redirects the ball with a leaping header in Tuesday's win over Winter Haven.

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Eagles to close stellar season in Super Bowl

Continued from 1B

and ran the ball down the sideline.

A saving tackle was made by Rodrigo Nolan and C.J. Harris just inside the 25-yard line.

The Eagles defense then stood strong and stopped the Bulls, going into halftime scoreless.

The second half of the game continued the defensive battle on both sides of the ball.

With two minutes left in the game and the Eagles on their own 10-yard line, Harris completed a short pass to JnPierre at the 16.

JnPierre broke through two tackles, gained momentum, and ran the remaining 74 yards untouched to score the only touchdown of the day.

With 1:36 left in the game, the Eagles defense was superb with DJ Taylor blocking two passes and Nolan, Smith, JnPierre and Nathan Leonardo providing a defensive wall to deny the Bulls any gain.

This lead to the first win of the day for the Eagles, with a score of 6-0 advancing the JV squad to compete in the Super Bowl.

Coach John Bishop's No 1

Varsity team took on the No 2 Auburndale team.

The offense worked diligently and was able to earn key yards with quarterback Donte Carpenter running the ball and completing passes to Malik Taylor.

But the Eagles met a strong Bulls defense.

The Eagles defense led by Allen Williams, Anthony Oppold and EJ JnPierre made some key tackles.

But they struggled to contain the Bulls, allowing them to take an early 7-0 lead.

The Eagles quickly responded on a long pass completion to Sammie Smith, and then Tremaine Hawthorne ran it in for the touchdown but the extra point was no good, making the score 7-6 at the half.

The second half produced more of the same offensive struggle for the Eagles.

And the Bulls offensive drives were successful, quickly taking control of the game and resulting in a devastating blow for the Eagles

undefeated Varsity team in the 20-6 loss.

Sadly this ended the season for the Flag, Pee Wee and Varsity teams, but the Junior Varsity Eagles will continue on to the 2012 Super Bowl.

The Eagles organization is very proud of these teams and their accomplishments and wishes to congratulate the coaches on a job well done.

Each team was awarded an NFC Championship ring as a reward for making it to the Championship round.

The Highlands Eagles will be proudly hosting the 2012 Sunshine Police Athletic League (PAL) Super Bowl which will be held Saturday, Nov. 17, at Firemen's Field.

Admission will be \$ 5 for Adults and \$ 4 for Children. Parking charges may apply so please be prepared.

Please come out to support your local youth sports program and cheer the JV Eagles team on, it will surely be a great day of championship football games.

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STANLEY STEEMER

HEALTHY LIVING

Gonzalez attains board certification in Medical Management

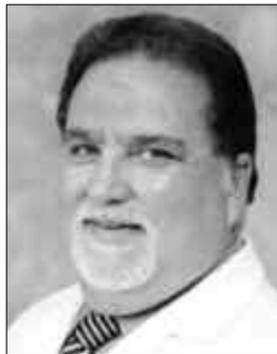
Special to the News-Sun
SEBRING — The Certifying Commission in Medical Management (CCMM) recently designated Jorge F. Gonzalez, M.D., MBA, CPE a Certified Physician Executive.

Currently Gonzalez is a board certified Internal Medicine physician and vice president / chief medical officer at Florida Hospital Heartland Medical Center and Florida Hospital Wauchula. CCMM awarded Gonzalez the status of Certified Physician Executive for educational achievements, demonstrated stature as a physician, and experience in the field of medical management.

The CPE designation, used in signatory, indicates that a physician has achieved superior levels of professional excellence and management education, while also demonstrating effective knowledge and leadership skills.

The Certifying Commission in Medical Management currently lists more than 1,000 Certified Physician Executives.

The national certifying body for physicians specializing in medical management, the Certifying Commission in Medical Management is a not-for-profit corporation chartered by the American College of Physician Executives (ACPE) to establish and maintain the



Gonzalez

high standards required for physician executive certification.

The ACPE is the nation's largest organization of physicians in health care leadership.

The College is recognized by the American Medical Association as the specialty society representing physicians in management and holds a seat in the AMA House of Delegates.

British medical journal slams Roche on Tamiflu

By MARIA CHENG
AP Medical Writer

LONDON — A leading British medical journal is asking the drug maker Roche to release all its data on Tamiflu, claiming there is no evidence the drug can actually stop the flu.

The drug has been stockpiled by dozens of governments worldwide in case of a global flu outbreak and was widely used during the 2009 swine flu pandemic.

On Monday, one of the researchers linked to the BMJ journal called for European governments to sue Roche.

"I suggest we boycott Roche's products until they publish missing Tamiflu data," wrote Peter Gotzsche, leader of the Nordic Cochrane Centre in Copenhagen. He said governments should take legal action against Roche to get the money back that was "needlessly" spent on stockpiling Tamiflu.

Last year, Tamiflu was included in a list of "essential medicines" by the World Health Organization, a list that often prompts governments or donor agencies to buy the drug.

Tamiflu is used to treat both seasonal flu and new flu viruses like bird flu or swine flu. WHO spokesman Gregory Hartl said the

'We do have substantive evidence it can stop or hinder progression to severe disease like pneumonia.'

PETER GOTZSCHE
leader, Nordic Cochrane Center

agency had enough proof to warrant its use for unusual influenza viruses, like bird flu.

"We do have substantive evidence it can stop or hinder progression to severe disease like pneumonia," he said.

In the U.S., the Centers for Disease Control and Prevention recommends Tamiflu as one of two medications for treating regular flu. The other is GlaxoSmithKline's Relenza. The CDC says such antivirals can shorten the duration of symptoms and reduce the risk of complications and hospitalization.

In 2009, the BMJ and researchers at the Nordic Cochrane Centre asked Roche to make all its Tamiflu data available. At the time, Cochrane Centre scientists were commis-

sioned by Britain to evaluate flu drugs. They found no proof that Tamiflu reduced the number of complications in people with influenza.

"Despite a public promise to release (internal company reports) for each (Tamiflu) trial...Roche has stonewalled," BMJ editor Fiona Godlee wrote in an editorial last month.

In a statement, Roche said it had complied with all legal requirements on publishing data and provided Gotzsche and his colleagues with 3,200 pages of information to answer their questions.

"Roche has made full clinical study data ... available to national health authorities according to their various requirements, so they can conduct their own analyses," the company said.

Roche says it doesn't usually release patient-level data available due to legal or confidentiality constraints. It said it did not provide the requested data to the scientists because they refused to sign a confidentiality agreement.

Roche is also being investigated by the European Medicines Agency for not properly reporting side effects, including possible deaths.

Report: FDA wanted to close Mass. pharmacy

WASHINGTON (AP) — Nearly a decade ago, federal health inspectors wanted to shut down the pharmacy linked to a recent deadly meningitis outbreak until it cleaned up its operations, according to congressional investigators.

About 440 people have been sickened by contaminated steroid shots distributed by New England Compounding Center, and more than 32 deaths have

been reported since the outbreak began in September, according to the Centers for Disease Control and Prevention. That has put the Framingham, Mass.-based pharmacy at the center of congressional scrutiny and calls for greater regulation of compounding pharmacies, which make individualized medications for patients and have long operated in a legal gray area between state and federal laws.

The House Energy and Commerce Committee released a detailed history of NECC's regulatory troubles on Monday, ahead of a meeting Wednesday meeting to examine how the outbreak could have been prevented. The 25-page report summarizes and quotes from FDA and state inspection reports and internal memos, though the committee declined to release the original documents.

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HEALTHY LIVING

Top 10 tech tips for a healthier heart

Family Features

The message that a healthy lifestyle helps protect your heart isn't new. If you'd like to do more to take care of your heart, here are 10 ways technology can make that easier.

1. Stop Smoking

Apps such as Smoke Reducer for Android, and iQuit for iPhone can help you wean off tobacco. You can also use the Firefox add-on Quitomzilla, which shows you how much money you save by not smoking, the number of cigarettes not smoked, and the overall time since your last smoke.

2. Stay Within a Healthy Weight Range

Make it easier to monitor your weight-loss progress with the iHealth Wireless Scale. You can track your weight over time, and see results in relation to daily activity, time of day, diet, exercise, and more.

The scale lets you set a milestone and share your results with doctors, fitness buddies and family.

The free companion iHealth Scale app works with

iPod touch, iPhone and iPad. Learn more at www.ihealth99.com.

3. Limit Alcohol and Caffeine

Keep track of how much you're drinking with the DrinkControl or Alcohol Monitor apps for iPhone, or the SoberApp for Android. They estimate your blood alcohol content and let you know whether or not you should drive. To monitor your caffeine intake, try the Caffeine Zone 2 for iPhone and iPad, or the Caffeine Monitor app for Android.

4. Take Care of Your Teeth

Research suggests that there may be a link between periodontal dis-

ease and heart disease. Go online and check the American Dental Association's database at www.ADA.org to find oral health care products that have the ADA seal of approval. At the ADA website, you can also watch videos on a variety of oral health care topics.

5. Keep Tabs on Your Blood Pressure

The Mayo Clinic recommends you monitor your blood pressure at home and visit your doctor regularly. With the iHealth Blood Pressure Dock, (www.ihealth99.com), you can accurately measure your blood pressure, track your readings over time, and share that information with health-care providers, friends and family members.

The Dock comes with a blood pressure arm cuff and doubles as a charging station for your iPod touch, iPhone and iPad. The companion iHealth app is available for free.

6. Reduce Stress

Try a portable biofeedback device, like the StressEraser, to help you relax by synchronizing your breathing and your heart rate. If having too much on your plate and too many interruptions causes you stress, try Quiet Hours.

It lets you shut down your computer's communication apps, like instant mes-

saging, for a specified period of time.

7. Exercise Regularly

The Online Activity Tracker from the American Heart Health Association lets you create a personalized walking plan, log time or distance traveled, plot and save walking routes, and more. Check it out at www.startwalkingnow.org. You can also use the AHA Walking Paths app for Android and iPhone.

8. Eat Right

Tracking the foods you consume helps you better understand your caloric and nutritional intake. The Lose It! app for the iPhone allows you to enter and track your meals and snacks, and keep track of your weight loss progress and goals via the app, as well as access your account online. Visit www.loseit.com for more information. Offering many of the same capabilities, Android phone users can use the Diet Assistant app at www.dietassistantapp.com.

9. Make Sleep a Priority

Not getting enough sleep can raise your blood pressure and make it more likely you'll have a stroke or heart attack. Learn more about your sleep patterns with a sleep monitor.

You can try a headband monitor, such as the Zeo, (www.myezo.com), or an armband monitor such as the SleepTracker, (www.sleeptracker.com). Each keeps track of your sleep cycle.

10. Know Your History

Knowing your family's medical history can help you identify patterns that might be relevant to your own heart health. There are a number of online tools such as My Family Health Portrait at <https://FamilyHistory.hhs.gov> to help you gather and store that information.

Outreach events planned

Special to the News-Sun

Ace Homecare Community outreach events for the next week include:

Today – 9 a.m., health fair, Avon Park Meal Site, Main Street, Avon Park; and 10:30 a.m., health fair, Highlands Village, Villa Road, Sebring.

Monday – 9 a.m., Coping with Transitions, Resthaven Assisted Living Facility, off State Road 64, Resthaven Road, Zolfo Springs; 10 a.m., health fair, Chatham Pointe, Stenstrom Road, Wauchula; and 1 p.m., caregivers support group, Crown Pointe Assisted Living Community, Sun 'N Lake Boulevard, Sebring.

Tuesday – 8 a.m., health fair, Sebring Bluffs, U.S. 27, Sebring; 10 a.m., health fair, Fair Haven Apartments, Spinks Road, Sebring; and 1 p.m., health fair, Groves, behind Sebring Diner, U.S. 27, Sebring.

Wednesday – 9 a.m., health fair, Avon Park Meal Site, Main Street, Avon Park; and 10:30 a.m., Coping with Transitions, Crown Pointe, Assisted Living Facility, Sun 'N Lake Boulevard, Sebring.

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November is National Hospice Month

Take comfort in the important work of hospice care.

HOSPICE CARE: MYTH VS. TRUTH

MYTH:

Hospice is for people who have "no hope."

TRUTH: With hospice, the miracle isn't in the cure... it's in the caring. Patients get pain and symptom relief – and their families are supported by a caring hospice team for a meaningful, dignified, peaceful end-of-life experience. Hospice encourages growth at the end-of-life by creating an environment where patients can express what's in their hearts and focus on love, forgiveness, and life's meaning and purpose.

MYTH:

Hospice is a place.

TRUTH: Hospice is a philosophy of care, not a place. Patients can receive hospice care wherever they live.

MYTH:

Hospice is only for people with cancer.

TRUTH: Though many patients do have cancer, hospice serves terminally ill people of all ages, with all types of progressive diseases.



Upon receiving the Highlands County Board of County Commissioners proclamation in observance of **National Hospice and Palliative Care Month**, the nonprofit Cornerstone Hospice team assembled earlier this week in Sebring. From left, Pastor Ken Geren; Lisa Mason, RN, Patient Care Supervisor Sara Taylor, Admissions Manager, Violet Argo RN; Mandy Carlisle, RN; Diana Perkins, RN; Clinical Liaison, Autumn Egan and Social Worker John Burd. Not pictured: Kathleen Border, Regional Development Director for Cornerstone Hospice Foundation.

MYTH:

Hospice is for people who have only a few days to live.

TRUTH: Hospice care can be provided when a cure is no longer possible and it is believed a patient has six months or less to live. Unfortunately, many people enter the program too late to fully benefit from the many services available to them and their families. Families often tell us: "We wish we'd entered the hospice program sooner."



Information
863-382-4563 or 800-503-5756
www.cornerstonehospice.org
www.SeriousIllness.org/Cornerstone

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HEALTHY LIVING

Take glutathione if you take acetaminophen

Dear Pharmacist: I recently read a magazine article that discussed the health benefits of glutathione, and I was shocked at how many there are.

Do you recommend this supplement for everyone?

— L.S. Orlando

Answer: Glutathione is fantastic for the human body. We make it actually and it supports liver function! It boosts your immune system, and helps you cleanse your system by grabbing heavy metals, like mercury and other poisons.

Because it's an antioxidant, it can neutralize oxidative damage from free radicals; those are the loose cannons in your body. Sounds too good to be true, right?

To answer your question, popping a little capsule of glutathione is less effective than other options, in terms of raising blood levels. The gut does not absorb glutathione well.

Glutathione is a nutrient

best made inside our cells or "intracellularly."

Luckily, virtually all of our organs contain cells that are able to cook up the recipe of glutathione using three natural amino acids: Glycine, glutamate and cysteine (a more stable form of cysteine).

To make it yourself, you could increase consumption of foods that contain these precursor amino acids, or you could pay for the direct injection, given by IV over about 5 or 10 minutes.

It's worth the needle stick, and if you're chronically ill, this will have a huge impact in your ability to clear toxins.

However, if working it into your diet is more appealing to you, then you're in luck because there is quite a variety of food that you can do this with! Some of the fresh foods known to be high in these amino acids are: avocados, asparagus, garlic, spinach, broccoli,

tomatoes, milk thistle, and unprocessed meats.

However, if you do decide that oral supplementation of glutathione is the best choice for you though, I recommend Liposomal Glutathione by Empirical Labs, or S-Acetyl Glutathione by Xmogen; both these products can be ordered for you by a physician, they are not at health food stores.

You can also buy a high-quality whey protein supplement at any health food store, and this will quickly raise levels by providing the essential amino acids you need as precursors.

Just be sure if you take whey protein, you are not allergic to dairy components.

If you have cancer, or take immunosuppressive drugs, or if you've had an organ transplant, I would avoid glutathione supplementation unless your doctor advises it. While glutathione is a great preventative measure to take, and I've tried it orally, and



Dear Pharmacist

Suzy Cohen

by injection, the studies are inconclusive as to whether it is helpful for every disease and disorder that exists.

Patients with AIDS or certain cancers do exhibit low levels of glutathione, but it's not clear whether the reduced levels are a result of the disease process, or whether they played a part in the manifestation of the disease. Finally, acetaminophen is a drug muggler of this nutrient so you will need to restore levels if you take that drug.

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

Family Home Health Services focuses on Highlands County

Special to the News-Sun
BRADENTON — Family Home Health Services, honored six straight years with the prestigious HomeCare Elite designation as one of the nation's top-performing agencies, announced that they will be focusing their attention in Highlands County.

Family Home Health Service's goal is to work with physicians, family members and the patient to develop the most efficient plan of care. The concept is designed to be cost-effective and for convenient to the patient, providing comprehensive healthcare services right in the home.

In home, Family Home Health Services will reduce the need of the patient for hospitalization, thereby reducing both the cost and inconvenience of recovery, the company said.

Family Home Health Services offers a wide range of services including registered nurses, physical, occupational and speech therapists and medical social workers and specialized programs including diabetic management, fall prevention, emotional wellness and transitional care.

Leading the charge in this market is Jacqueline Johnson, Family Home

Health Service's newest account executive, who has more than 15 years experience in the Highlands County market.

"Florida has been our strongest growth market for many years now," said Pamela Hopewell, president of Family Home Health Services. "And having a strong presence in Highlands and Hardee Counties is the next logical step."

Highlands County boasts the fifth-most senior population in America, so having a quality home healthcare company like Family Home Health Services who partners with campaigns like Hospital to Home (H2H), a quality improvement initiative designed to reduce cardiovascular and other chronic illness-related hospital readmissions, is an invaluable service that many in this growing community will only benefit from having, the company said.

"Family is heading into an exciting time," says James Szymanski. "We have a dedicated, skilled staff that is poised and ready for the next phase of Family's growth."

Call the office at (863) 877-0366 or e-mail JJohnson@fhhs.us.

Don't wait to get your child's eyes tested

Many children cause disruptions in class, do not pay attention during lessons and drop out of school early, leaving parents and teachers wondering why. The answer in some cases may be an undiagnosed vision problem, which can contribute to poor school performance and delinquency.

National studies show that 20-25 percent of more than 39 million children are at risk to suffer from undetected vision problems. Children's eyes are one of the most basic tools they use for learning. Impaired vision in children can seriously affect learning abilities and contribute to the development of behavior problems, such as attention deficit disorder.

Children with vision problems are often not even aware of their difficulty, nor do they complain or seek help. They have no point of reference when they're young, and assume everyone sees as they do. Early discovery and treatment can prevent many of these problems.

Parents are often unsure about when a child should have their first eye exam. Findings from a study conducted by the Southern College of Optometry in March of 2008 showed that of the 36 percent of children who had never had an eye exam by the age of 5, 91 percent of their parents stated that they had passed the vision screening conducted by the child's pediatrician.

Vision screenings are offered by many schools, and while they represent a positive effort to discover those students suffering from a vision problem, they also miss 30-40 percent of binocular vision disorders in children.

Binocular vision disorders



Focal Point

Dr. Valerie Moulds

represent problems with both eyes working together.

Children with these types of problems have no difficulty passing a vision screening. They can often see 20/20 at distance with each eye individually; however, when using both eyes at near distances (i.e. reading) they may have a problem converging (pulling their eyes in) or accommodating (keeping things in focus at near).

If a child cannot look at something up close without discomfort, they won't! Unfortunately, these children are all too often mislabeled as "problem" children because they can't seem to stay focused in the classroom. Between 60-80 percent of my pediatric patients taking attention deficit/hyperactivity disorder medications have been diagnosed with binocular vision disorders, all of which are successfully treated with either vision therapy or glasses.

If there is a family history of vision problems, the first

exam should occur around the age of 6 months. Not every eye doctor offers this type of pediatric examination, so be sure to check with the office when making the appointment to be sure that your doctor is comfortable with this.

If there is no family history of eye problems, the child's first eye exam should occur around the age of 3, and yearly thereafter.

A common visual disorder known as amblyopia (lazy eye) is an example of an ocular problem that can only be prevented if the underlying cause is diagnosed and treated early.

The two main causes of amblyopia are one eye being more farsighted than the other (the child will be unaware of this since they will see as well as the "good" eye sees) and one eye being turned in or out relative to the other eye. Family members will often notice this second cause of amblyopia, but there is no way for them to detect the first cause of amblyopia without taking the child for an eye examination.

Only one eye is affected in amblyopia, and sadly, these children are often not brought in to see the eye doctor until they become aware that they see poorly out of one eye.

If the child is older than 9 or 10, there is very little that can be done to improve their vision beyond what it

already is.

If a child with amblyopia is brought into the eye doctor's office by the age of 3 or 4, the central nervous system can be stimulated to improve their visual development until they are about 9 or 10 years old.

Just about every parent makes sure that their child has their first dental exam before entering kindergarten. Make sure to have their eyes examined by an optometrist as well. After all, this is how they learn.

Valerie Moulds is a board certified optometric physician practicing in Sebring and is Arizona and Florida certified in diagnostics and therapeutics. She is a member of the American Optometric Association, Arizona Optometric Association and Florida Optometric Association. This information is not intended to diagnose, treat or cure your condition.

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RELIGION

Atonement Lutheran Church - ELCA

SEBRING — Rev. Jefferson Cox's sermon on Sunday will be based on the gospel reading of Mark 13:1-8. Following worship service, members and guests will celebrate November birthdays in the fellowship hall with pie and ice cream.

Christian Science Church

SEBRING — The lesson sermon on Sunday morning is titled "Soul and Body." The keynote is from II Corinthians 6:16, "...ye are the temple of the living God;"

The church is at 146 N. Franklin St.

Christian Training Church

SEBRING — Rev. Linda M. Downing will bring the message titled "Two Roads" at the Sunday morning service. The Wednesday night Bible study is canceled.

Church of Buttonwood Bay

SEBRING — Thanksgiving Sunday will be observed with Communion being served. Pastor Cecil Hess is preaching on "Which

Sin is Most Common?"

The service is non-denominational and open to all.

The church is participating in the Sebring area community Thanksgiving service at 6 p.m. Sunday at Sebring Church of the Brethren. For information, call 382-1737.

Emmanuel United Church of Christ

SEBRING — Rev. George Miller will deliver the Sunday morning sermon, "Traveling Truth," with Scripture taken from Mark 13:1-8.

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

Faith Lutheran Church

SEBRING — Pastor Robert Reinhardt will deliver his sermon, "The Eternal Covenant," on Sunday. Points are: sacrifices of blood in the temple, blood of false sacrifices, blood of the everlasting covenant in Christ and the life in the new covenant in Christ.

Adult Sunday school class is studying I Corinthians. Children's and youth classes are studying Moses.

A Woman's Heart - Beth Moore

Church News

Bible Study is in week eight at 1 p.m. Wednesday.

The church will again be hosting a free Thanksgiving dinner on Thanksgiving Day. This meal is for those of any age group – singles, couples and families that are alone or in need. Meals can also be delivered to shut ins.

No monetary donations will be accepted on Thanksgiving Day from those who are eating; this is not a fundraiser.

There is only one requirement to qualify for the church dinner, make a reservation by Tuesday. Call the church, 385-7848, from 10 a.m. to 1 p.m. Monday through Thursday. Give a number of how many will be attending or how many meals need delivered. Dinner will be served from noon until 3 p.m.

First Christian Church of Avon Park

AVON PARK — Wednesday evening Bible study will be studying about the place to which all aspire, Heaven. The Thanksgiving dinner will be held at 5:30 p.m. Sunday. The monthly board meeting will be at 7 p.m. Monday. Church offices will be closed Wednesday through Friday, Nov. 21-23, for the Thanksgiving holi-

day.

First Christian Church of Avon Park is at 1016 W. Camphor (behind the Wells Fargo 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 Anna Coley and Linda Ellis. Communion will be served by Carol Chandler, Sandra Laufer, Fran Goff and Effie Simmonds.

Greeting the congregation will be Linda Johnson and working with the children in Children's church is Carol Graves.

The acolyte for the day is Allilah Kunsak.

The pastor's sermon is titled "How to be Grateful When You Don't Feel Great" taken from Matthew 14:13-21.

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

First Presbyterian Church of Avon Park

AVON PARK — Sunday school is available for all ages. In the

adult class, the pastor leads the class in a video series titled "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 film is titled "Garden Tomb - Roll Away the Stone." Matt Sboto teaches the youth class.

This Sunday morning, the pastor's sermon is titled "Forever Thankful", based on Psalm 30.

The choir's introit will be "As We Gather" and the anthem, "Sing a New Song to the Lord."

A town hall meeting will be held at 4 p.m. to discuss the 2013 budget. The Family Gathering meets at 6 p.m.

All participants in the upcoming Advent ceremony are asked to meet at 6 p.m. in the sanctuary for rehearsal.

Wednesday Bible study will be led by the pastor teaching "How Do We Glorify God?"

There will be no children's choir and ministry or adult choir practice.

On Thursday, the church office will be closed.

At 8 a.m. Saturday, Nov. 24, the "Hanging of the Greens" will take place.

The church is at 215 E. Circle

Continued on page 9B

PLACES TO WORSHIP

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

ANGLICAN

■ **New Life Anglican Fellowship**, 10 N. Main Ave. (Woman's Club), Lake Placid, FL 33852. Rev. Susan Rhodes, Deacon in Charge, (863) 243-3191; strhodes1020@yahoo.com. Sunday Worship, 10 a.m. Teaching, Holy Communion, Music, Fellowship, Healing Prayer. "Pastoral and Spiritual".

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 (20's+) begin at 6:30 PM. The adult Bible and Prayer Time begins at 7 p.m. For more information go to www.bethanybaptistap.com or call the church office at 863-452-1136.

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

■ **Fellowship Baptist Church**, 1000 Maxwell St., Avon Park, FL 33825. Sunday: Sunday School, 9:30 a.m.; Morning Worship, 10:45 a.m.; Wednesday: Evening Service, 7 p.m.; Children/Youth, 7 p.m. Telephone: 453-4256. Fax: 453-6986. E-mail: office@apfellowship.org; Web site, www.apfellowship.org.

■ **First Baptist Church of Avon Park**, 100 N. Lake Ave., Avon Park. Rev. Jon Beck, pastor; Charlie Parish, associate pastor/youth and families; Joy Loomis, music director; Rev. Johnnattan Soltero, Hispanic pastor. Sunday — Sunday school, 9:30 a.m.; Worship, 10:45 a.m.; Children's Church, 10:45 a.m.; Youth 445, 4:45 p.m.; Evening Worship, 6 p.m. Wednesday -

Wednesday Night Supper, 5:15 p.m.; Children's Choir, 6 p.m.; Youth Activities, 6:30 p.m.; Prayer Meeting/Bible Study, 6 p.m.; Worship Choir Practice, 6 p.m.; Mission Programs for Children, 6:45 p.m. Hispanic Services: Sunday school at 9:30 a.m., worship service at 11 a.m. Wednesday Bible study at 7 p.m. Sunday broadcast on Cable TV Channel 6. Call 453-6681 for details. "In the heart of Avon Park, for the hearts of Avon Park."

■ **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 Altvater 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., 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; and Rev. Nuno Norberto, associate pastor, minister of music and senior adults. Group Bible Studies, 9:15 a.m.; Blended Service, 10:30 a.m.; Mision Buatista Hispana, 2 p.m.; Sunday Evening Worship, 6 p.m. Wednesday night programs at the ROC begin 5:30 p.m., at church begin 6:30 p.m. Preschool and Mother's Day Out for children age 6 weeks to 5 years old. 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 Arbuckle Creek Road.) Sunday School, 9 a.m.; Morning Worship, 10:15 a.m.; Evening Service, 6 p.m. Mid-week service, Wednesday, 6 p.m. Daily Prayer and Bible Study, 8 a.m., Hamman Hall. Pastor Gerald Webber and Associate Pastors Don Messenger and Ted Ertle. Phone 382-4301.

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

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

■ **Southside Baptist Church (GARBC)**, 379 S. Commerce Ave., Sebring. David C. Altman, Pastor. 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@stcath.com; website, www.stcath.com. Very Rev. José González, V.F., frjose@stcath.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 3-3:45 p.m.; Or by

appointment with any priest. WEEKEND MASS SCHEDULE: Saturday Vigil: 4 p.m.; Sunday: 8 and 10 a.m.; Sunday Spanish Mass: noon; Last Sunday of the month: 2 p.m. (Creole/French); Sunday Family Mass 5 p.m. (Holy Family Youth Center). DAILY MASS SCHEDULE: Monday through Friday: 8 a.m. and noon; Saturday: 9 a.m.

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

CHRISTIAN

■ **Cornerstone Christian Church**, (Saxon Hall) 1850 US 27 South, Avon Park, FL 33825. Love Christ - Love People. Bill Raymond, Preaching Minister. Jon Carter, Music Minister. Sunday, 9 a.m. Bible Study; 10 a.m. Worship; Communion available each week. Wednesday, 7 p.m. Home Fellowship Group. For more information call 453-8929 or 449-0203.

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

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

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

CHRISTIAN & MISSIONARY ALLIANCE

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

CHRISTIAN SCIENCE

■ **Christian Science Church**, 146 N. Franklin St. Sunday: 10:30 a.m. morning worship and Sunday school. Testimonial meetings at 4 p.m. each second and fourth Wednesdays. A free public reading room/bookstore, located in the church, is open before and after church services. The Bible and the Christian Science textbook,

'Science and Health with Key to the Scriptures' by Mary Baker Eddy are our only preachers. All are welcome to come and partake of the comfort, guidance, support and healing found in the lesson-sermons.

CHURCH OF BRETHREN

■ **Church of the Brethren**, 700 S. Pine St., Sebring, FL 33870. Sunday: Church School, 9 a.m.; Morning Worship, 10:15 a.m. Wednesday: Temple Choir, 7:30 p.m. Phone 385-1597.

CHURCH OF CHRIST

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

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

■ **Sebring Parkway Church of Christ**, 3800 Sebring Parkway, Sebring, FL 33870; 385-7443. Minister: Kevin Patterson. Times of service are: Sunday Bible Class, 9 a.m.; Sunday Worship Service, 10 a.m.; Sunday Evening Service, 6 p.m.; Wednesday Bible Class, 7 p.m.

CHURCH OF NAZARENE

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

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

CHURCHES OF CHRIST IN CHRISTIAN UNION

■ **Community Bible Church - Churches of Christ in Christian Union**, (Orange Blossom Conference Center) 1400 C-17A North (truck route), Avon Park. Presenting Jesus Christ as the answer for time and eternity. Sunday morning worship service, 10:30 a.m. Nursery provided. Junior Church activities at same time for K-6 grade. Sunday School Bible hour (all ages), 9:30 a.m. (Transportation available.) Sunday evening praise and worship service, 6 p.m. Wednesday evening prayer service, 7 p.m. Children and youth activities at 7 p.m. Wednesday. Everyone is welcome, please come worship with us. Tom Schwankweiler, Pastor. Phone 453-6052.

RELIGION

Continued from page 8B

St. (with two entrances on Lagrande Street). For questions, call 453-3242.

First Presbyterian Church of Sebring

SEBRING — “God’s Love Compels Us” is the title of Sunday morning’s sermon, given by the Rev. Darrell A. Peer.

Heartland Christian Church

SEBRING — Pastor Ted Moore’s sermon this Sunday morning will be “Celebrating Thanksgiving” with Scripture from Ephesians 5:19-20 and II Thessalonians 2:15.

The service will include Roland Bates singing a special; Flossi Moore singing a special; and Heartland Singers singing “Learning to Lean.”

The church is at 2705 Alternate Route 17 South

(behind Publix); phone number is 314-9693.

Memorial United Methodist Church

LAKE PLACID — This Sunday is Brown Bag Sunday at Memorial. Everyone is encouraged to bring canned goods for Manna Ministries. The items will be placed at the altar to help replenish the shelves at Manna. Come and join in the collection.

The traditional and blended services will be led by Pastor John Bryant with a sermon title of “When the Stones Start Falling Down.”

Wes Powell will preach in the contemporary New Song service in Rob Reynolds Fellowship Hall.

The youth are encouraged to bring a bag of candy for the Manna Christmas gift bags.

The church is at 500 Kent Ave. behind the tower. For more information, call 465-2422.

Parkway Free Will Baptist Church

SEBRING — The Sunday morning lesson, “Ministering Through Faith,” is taken from Acts 28. Pastor Jim Scaggs will deliver the Sunday morning and evening worship service messages.

St. John United Methodist Church

SEBRING — Sunday, the Rev. Ronald De Genaro Jr.’s message will be “Thanksgiving.” Biblical reference is from Luke 17:11-19.

Sebring Church of the Brethren

SEBRING — This Sunday morning, the pastor will preach on “The Gift of Giving.”

Sunday school will study “God Delivers and Protects” looking at the Scripture from Psalm 91. For more information, call 385-1597.

Top bishop: We won’t give in on birth control rule

BALTIMORE (AP) — A top American bishop said Tuesday the Roman Catholic church will not comply with the Obama administration requirement that most employers provide health insurance covering birth control.

New York Cardinal Timothy Dolan, president of the U.S. Conference of Catholic Bishops, said church leaders are open to working toward a resolution with federal officials, but will meanwhile press ahead with challenges to the mandate in legislatures and in court.

“The only thing we’re certainly not prepared to do is give in. We’re not violating our consciences,” Dolan told reporters at a national bishops’ meeting. “I would say

no door is closed except for the door to capitulation.”

The bishops have been fighting the regulation since it was announced by President Barack Obama early this year. Houses of worship are exempt, but religiously affiliated hospitals, charities and colleges are not.

Obama promised to change the requirement so that insurance companies, not faith-affiliated employers, would pay for the coverage. But details have not been worked out. And not only the bishops, but Catholic hospitals and some other religious leaders generally supportive of Obama’s health care overhaul have said the compromise proposed so far appears to be unworkable.

Dozens of Catholic dioceses and charities have sued over the mandate, along with colleges, including the University of Notre Dame. The bishops have made the issue the centerpiece of a national campaign on preserving religious freedom, which they consider under assault on several fronts from an increasingly secular broader culture. The Department of Health and Human Services adopted the rule as a preventive service meant to protect women’s health by allowing them to space their pregnancies.

Many bishops spoke out sharply against Obama during the election. The bishops said they were protesting policies, not the candidate himself. Obama won the overall Catholic vote.

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.

INDEPENDENT

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

INTERDENOMINATIONAL

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

LUTHERAN

■ **Atonement Lutheran Church (ELCA)**, 1178 S.E. Lakeview Drive., Sebring. David Thoresen, Deacon, Spiritual Leader, on first, third and fifth Sunday each month, and Rev. Jefferson Cox on the second and fourth Sunday of each month. Jim Helwig, organist/choir director. Worship service at 9:30 a.m.; Holy Eucharist is every Sunday. Coffee hour on the first and third Sunday of each month. Council meeting on the first Tuesday of month; Ladies Group WELCA meets at noon second Tuesday of month with lunch. Bring a dish to pass. Labyrinth Prayer Garden open seven days a week to congregation and community. 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. 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. Sunday Traditional Worship Service, 8 a.m.; Sunday Praise Worship Service, 10:30 a.m. Communion is served the first, third and fifth Sunday of the month. Sunday school and Bible classes, 9:15 a.m. Worship service is broadcast at 8 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 9 a.m. to noon Saturday. All are warmly welcome in the Family of Faith.

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

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

■ **Resurrection Lutheran Church – ELCA**, 324 E. Main St., Avon Park. Pastor: Rev. John C. Grodzinski. Sunday school at 8:30 a.m., Sunday worship at 9:30 a.m.. Coffee and fellowship hour follow the service. Midweek Fragrance Free Wednesday worship, (year round) 7 p.m. Office phone number is 453-6858.

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: Children, ages 4 yrs through 5th grade, 6 p.m.; Youth, 6-7:30 p.m.; Prayer time, 6:15 p.m. Todd Patterson, pastor; Andy McQuaid, associate pastor. Web site www.bfcsebring.com. Church office 385-1024.

■ **Calvary Church**, 1825 Hammock Road, Sebring, FL 33872; 386-4900. An independent community church. Sunday morning worship, 10 a.m.; Bible study, 11:15 a.m.; 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.weare-union.org.

■ **Unity Life Enrichment Centre**, new location, 10417 Orange Blossom Blvd. S., Sebring, FL 33875; 471-1122; e-mail unity@vistanet.net. Web site, www.unityofsebring.org. 10:30 a.m. Sunday Celebration Service, Nursery and Children’s Church. Weekly Classes, Christian Bookstore and Cafe, Prayer Ministry, Life Enrichment Groups. Rev. Andrew C. Conyer, senior minister transforming lives from ordinary to extraordinary.

PRESBYTERIAN

■ **Covenant Presbyterian Church (PCA)**, 4500 Sun ‘N Lake Blvd., Sebring, 33872-2113. A Congregation of the Presbyterian Church in America. Sunday morning worship: Traditional service, 10:30 a.m.; Sunday school, 9:15 a.m. Wednesday evening Prayer Meeting, 6 p.m.; Children’s/Youth Group, 5:30-7 p.m.; choir practice, 7:15 p.m. Phone: 385-3234; Fax: 385-2759; e-mail: covpres@strato.net; Web site: www.cpcsebring.org. Office hours: 8:30-12:30 a.m. Monday-Friday.

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

■ **First Presbyterian Church, ARP**, 319 Poinsettia Ave., Sebring, FL 33870. 385-0107. Email: faith@htn.net, Rev. Darrell A. Peer, pastor. Sunday School, all ages, 9:30 a.m.; Worship Service, 11 a.m. 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.fpcp.com, 117 N. Oak Ave., Lake Placid, 465-2742. The Rev. Ray Cameron, senior pastor; the Rev. Drew Severance, associate pastor. Sunday - Traditional Worship, 8 and 9:30 a.m.; Contemporary Worship, 11 a.m.; Sunday School, 9:45 a.m. Wednesday evenings: Adult Bible Study 7 p.m. (Nursery available), Youth Group – (middle and high school) 7 p.m., RockSolid (kindergarten through fifth grade) 7 p.m. Family Biblical Counseling available by appointment.

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

SEVENTH-DAY ADVENTIST

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

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

THE CHURCH OF LATTER DAY SAINTS

■ **The Church of Jesus Christ of Latter Day Saints**, 3235 Grand Prix Dr., Sebring, FL 33872; (863) 382-9092 Steve Austin, Bishop; Mark Swift, 1st Counselor; Del Murphy, 2nd Counselor. Family History Center (863) 382-1822. Sunday Services: Sacrament Meeting, 10-11:10 a.m.; Gospel Doctrine, 11:20 a.m. to noon; Priesthood/Relief Society, 12:10-1p.m.; Primary for children, 11:15 a.m. to 1 p.m.; Youth Activities: Wednesdays, 7-8:20 p.m. Scouts: first and third Wednesday, 7-8:20 p.m. Activity Days: 8-11 yr old Boys and Girls, second and fourth Wednesdays, 7-8:20 p.m.

THE SALVATION ARMY

■ **The Salvation Army – Center**

for Worship. Sunday: Sunday School, 9:45 a.m.; Holiness meeting, 11 a.m.; and Praise meeting and lunch, noon. Tuesday: Bible study, 6:30 p.m.; and Women’s Ministries, 7 p.m. Wednesday: Youth Ministries, 4 p.m. All meetings are at 120 N. Ridgewood Ave., Sebring. For more information, visit the Web site www.salvationarmysebring.com or call Major Bruce Stefanik at 385-7548, ext. 110.

UNITED METHODIST

■ **First United Methodist Church**, 105 S. Pine St., Sebring, FL 33870. The Rev. A.C. Bryant, pastor. Traditional Worship Service at 8:10 and 10:50 a.m. in the sanctuary, Contemporary Worship in the FLC at 9:30 a.m. Sunday School at 9:30 a.m. and 10:30 a.m. Methodist Youth Fellowship at 5:30 p.m. Sundays with Rick Heilig, youth director. The 10:55 a.m. Sunday worship service is broadcast over WITS 1340 on AM dial. There is a nursery available at all services.

■ **First United Methodist Church**, 200 S. Lake Ave., Avon Park, FL 33825. (863) 453-3759, Devon Jarrett, Pastor. Sunday School - 9 a.m., Worship - 10:30 a.m. Bible study every Wednesday at 6 p.m. Visit us at our church website: www.fumcap.org.

■ **Memorial United Methodist Church**, 500 Kent Ave., (overlooking Lake Clay) Lake Placid, FL, 33852. The Rev. Fred Ball, pastor. Claude H.L. Burnett, pastoral assistant. Sunday schedule: Heritage Worship Service, 8:30 a.m.; Sunday School for all ages, 9:30 a.m.; Celebration Worship Service at 10:45 a.m.; New Song worship service at 10:45 a.m. Loving nursery care provided every Sunday morning. Middle School Youth, 4 p.m.; High School Youth, 5:30 p.m. We offer Christ-centered Sunday school classes, youth programs, Bible studies, book studies and Christian fellowship. Church office, 465-2422 or www.memorialumc.com. Lakeview Christian School, VPK to grade 5; 465-0313.

■ **St. John United Methodist Church**, 3214 Grand Prix Drive, Sebring, FL 33872. The Rev. Ronald De Genaro Jr., Pastor. Sunday School, 9:30 a.m.; Adult Sunday School, 11 a.m.; Sunday Morning Worship, 8 a.m., 9:30 a.m. and 11 a.m. Nursery provided for all services. Phone 382-1736. www.stjohnsebring.org

■ **Spring Lake United Methodist Church**, 8170 Cozumel Lane, (Hwy 98) Sebring. The Rev. Clyde Weaver Jr., Pastor. Worship service starts at 9:55 a.m. Bible Study meets at 10:00 a.m. on Tuesday. Choir Practice at 4:00 p.m. on Thursday. Church office phone: 655-0040.

UNITED CHURCH OF CHRIST

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

RELIGION

Faith Lutheran hosts Thanksgiving

SEBRING — Faith Lutheran Church will again host a free Thanksgiving dinner on Thanksgiving Day. This meal is for those of any age group – singles, couples and families that are alone or in need. Meals can also be delivered to shut ins.

No monetary donations will be accepted on Thanksgiving Day from those who are eating; this is not a fundraiser. There is only one requirement to qualify for the church dinner, make a reservation by Tuesday. Call the church, 385-7848, from 10 a.m. to 1 p.m. Monday through Thursday. Give a number of how many will be attending or how many meals need delivered. Dinner will be served from noon until 3 p.m.

Interfaith Thanksgiving Service scheduled

SEBRING — The annual Sebring community interfaith Thanksgiving service will be held at 6 p.m. Sunday at Church of the Brethren, across from The Palms of Sebring.

The service is titled “One Nation Under God” and will emphasize the unity of God’s people during these times. Highlights of the service include several musical groups: The Highlands Community Chorus, the Heartland Harmonizers barbershoppers, Groups of Faith choir, vocalists George and Carol Kline, and instrumentalists Frances Dixon Taylor and Carol Weise.

The Thanksgiving meditation will be brought by host pastor, Rev. David Smalley. Other participants include Rev. Cecil Hess from the Palms of Sebring and the Church of Buttonwood Bay; Chaplain James

Snapshots

Langham, Good Shepherd Hospice; Rev. Andrew Katsanis, Grace Bible Church; Howard Salles, Temple Israel; Rev. A.C. Bryant, First United Methodist Church; the Rev. Darrell A. Peer, First Presbyterian Church; Bishop Steve Austin, Church of Jesus Christ of Latter Day Saints; Major Vicki Stefanik, The Salvation Army; Rev. Ron DeGenero Jr., St. John United Methodist Church; Deacon James McGarry, St. James Catholic Church; Rev. George Miller, Emmanuel United Church of Christ; and Rev. Tim Cain, St. John United Methodist Church.

A freewill offering will benefit the Sebring Ministerial Fund for the needy. In addition, worshippers are encouraged to bring a non-perishable item to be shared with the Heartland Food Bank.

The public is cordially invited to attend this special event. For further information, contact Rev. Cecil Hess by calling 446-3695.

Community Thanksgiving Service is Sunday

LAKE PLACID — Community Thanksgiving Service will be at 7 p.m. Sunday at First Presbyterian Church, 117 N. Oak Ave.

The Lake Placid Christian Ministerial Association is sponsoring a Community Thanksgiving Service. There will be special music from the community churches under the direction of Joy Toll-Chandler and Joshua Klatt.

Bring non-perishable food for Manna Ministry. Also, a love offering will be taken up to benefit Samaritan’s Touch Care Center of Lake Placid.

For more information, call the church office at 465-2742.

Thanksgiving service presented by the Christian Science Church

SEBRING — The Christian Science Church will hold a Thanksgiving Day service to remind people of the wonderful blessings God is constantly bestowing on man. At this service, the Presidential Thanksgiving Proclamation will be read. Guests will also hear the 2012 edition of the Thanksgiving Lesson, which is read at all Christian Science Churches around the world.

The community is invited to join the congregation for this special service, with an opportunity to express individual gratitude. The service is at 10:30 a.m. Thanksgiving Day at 146 N. Franklin St. No collection will be taken.

First UMC hosts an ice cream social

SEBRING — First United Methodist Church, 126 S. Pine St., will host an ice cream social at 2 p.m. Saturday Dec. 8 in the Family Life Center. The Back Porch Revival will provide the toe-tapping music. An extensive display of First Church’s centennial memorable will be in the music suite.

At 10:30 a.m. Sunday, Dec. 9, in the sanctuary there will be a special service reminiscing 100 of First Church with a potluck luncheon in the Family Life Center to follow. Ruth Handley’s play titled “A Voice From The Past” will be produced by Toni and Clell Ford.

A tribute to teachers



Come To The River

Leslie Deese

As I began to reflect over my years of education, I saw how the hand of God placed me in each one my teacher’s lives. I am thankful for the academics, but most of all, I appreciate the time invested beyond the school day. The academics were important, but the nurturing I received ministered to my spirit and soul because of their Christian values.

What a privilege it was to attend a Christian school in my elementary, middle and high school years. Thank you, Mom, for sending me to this school, and I am very grateful now to have spent the majority of my education there. I also appreciate the teachers I had when I attended local public schools and colleges.

One particular teacher made an investment in my early life teaching me how to read in six weeks so I could go into first grade at the Christian school. Otherwise, I would have been forced to repeat kindergarten again. I would have missed the opportunity to have the neatest first- and second-grade teacher. They were so kind, and I appreciate how they always kept in touch with me as a student through their newsletters after they went to Niger as missionaries. What a special privilege it was that they have even stopped by my house on a couple of occasions while on break from the mission field.

One of my middle school English teachers went home to be with the Lord many years ago, but I will never forget how structured she was in the classroom. She was gentle; yet she gained the respect of all students in her class.

As a child, one of the best parts of the day for me was music class. I loved music, and I decided by the time I

was 10 that I wanted to be a music teacher. I wanted to be just like my music teachers. I’m not exactly like them, but I love them, and I’m thankful that I have the privilege of passing along the great music education that was provided to me by these outstanding teachers. And thank you, Mom, for supporting me by paying for all of my private lessons.

Many times I remembered how the Lord has blessed me with encouraging teachers. It reminds me of the song “Thank You for Giving to the Lord” by Ray Boltz. The lyrics are as follows:

“One by one they came, far as your eyes could see.

“Each life somehow touched by your generosity.

“Little things that you had done, sacrifices that you made,

“They were unnoticed on this earth

“In Heaven now proclaimed.”

I pray that all the teachers reading this article will not become discouraged or tired. Also, please be encouraged that you have not labored in vain. I Corinthians 15:58 says “Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.”

Leslie Deese is a Sebring resident. She can be reached at ljb_628@yahoo.com

Are we helping God answer prayers?

A man once planned a boat trip to Europe. When his friends found out, they all came asking him to buy something for them while he was there. When they had gone, he looked over their lists and found, to his dismay, that if he made all of their purchases, he would have no money left over to pay for the trip. In fact, of all his friends, only one had brought money to purchase what he wanted the man to buy.

When the man returned, his friends gathered around him, eager to see what he had brought them back from his trip. To their surprise, they found that he had made only one of the purchases he had been asked to make. The man explained, “One day, as I sat on the deck of the ship looking over your lists, a breeze came along and blew them all away, except for



Kevin’s Comments

Kevin Patterson

this one.”

“How could that have happened?” a frustrated friend asked.

“Well,” he replied, “this order was weighted down with the money needed to make the purchase wrapped up in it!”

Do you see the point? When we go to God in prayer, do we give Him something with which to work, or do we go before Him empty-handed? In other words, when we ask Him to

help the poor, are we willing to help the poor? When we ask Him to comfort the sick, are we willing to comfort the sick? When we ask Him to help spread the good news of Jesus Christ to all the world, are we willing to help spread the good news of Jesus Christ to all the world? Are we willing?

Sometimes, God uses us to answer our own prayers. The question is this: Are we willing to do some of the work, or without lifting a finger, do we simply expect God to cater to our every demand? Matthew 7:7 teaches about prayer, “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.” Notice that in order for something to be given, found, or opened, we must first ask, seek, and knock. Yet, what role are we willing to play as God answers

those prayers? James 2:15, 16 reads, “If a brother or sister is without clothing and in need of daily food, and one of you says to them, ‘Go in peace, be warmed and be filled,’ and yet you do not give them what is necessary for their body, what use is that?”

The next time you ask God to answer a prayer, ask yourself this question first: “Am I willing to do whatever God needs for me to do in order for this prayer to be answered?” You might find some incredible results if you do!

Kevin’s Comments is presented by the Sebring Parkway church of Christ assembling at 3800 Sebring Parkway, Sebring, FL 33870. Visit on the Internet at www.sebringcoc.com, or e-mail sebringparkway@sebringcoc.com

Kentucky church offers drive-through prayers

LEXINGTON, Ky (AP). — You want that blessing to go? Not a problem. Centerpoint Christian Church at 865 Greendale Road has offered drive-through prayers to those who need them since Easter.

Church volunteers offer the prayers tailored to the concerns of each carload that comes through the two-lane prayer carrel at the church located off Leestown Road. Drive-through prayers are offered on the third Wednesday of each month. They will next be available from 5 to 7 p.m. on Nov. 21.

If the drive-through prayer ministry becomes really successful — and so far, church members say it has drawn a good response — the service might be offered on a weekly basis.

“We drive by unaware of what people carry daily,” said Rex Hughes, who is in charge of the church’s prayer ministry. “It’s eye-opening. It’s touching. It’s a simple way to reach out to our community and say, ‘We’re going to love you.’”

Volunteers stand by as

drivers stop. Driver and passengers are asked to relay concerns for which prayers are said. The information is written on a card, which is used for additional prayer later, organizers said.

If participants are willing to offer an email address, they will receive additional information from the church. Rex Hughes, who is in charge of the church’s prayer ministry, said the church is gaining some members from the ministry. The idea for the drive-through prayer min-

istry came from a church member who had heard of its operation at another church, he said. “It’s really taken off,” Hughes said.

During its two-hour session, the church has had between 15 and 26 people drive through seeking prayer.

Brian Bolton, pastor of the independent Christian church, which was founded in November 2004 and draws 230 to 250 worshippers each week, said the drive-through prayer ministry is part of its “vision and passion to con-

nect with those who are disconnected.”

“Our mission is to connect with our community,” Bolton said.



Highlands Social Dance Club

Free dance lessons starting this week!

Friday, Nov. 16th
7pm - 9:30pm
Lesson starts at 6:30pm

Senior Center
3400 Sebring Parkway
863-659-4442

Public Invited - \$7.00 • Admission (Members - \$5.00)




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SOUPS OF THE DAY

Cream of Turkey / Seafood Bisque / Beef Vegetable / Pumpkin Bisque / Greek Lemon Chicken Rice

TRY OUR CROCK OF FRENCH ONION SOUP - 2.99
with Croutons and Melted Provolone and Swiss Cheese

THANKSGIVING SPECIALS - 11AM-7PM

SPECIALS INCLUDE: Cup of Soup & Tossed Salad, Potato & Vegetable OR Side Pasta (UNLESS OTHERWISE NOTED) and Choice of Homemade Pumpkin Pie, Rice Pudding or Peach Cobbler

ROAST FRESH TURKEY with all Trimmings - 11

ROAST PRIME RIB OF BEEF - Au-jus Served with Horseradish Sauce - 15

LAND and SEA 10oz Char-broil Prime Cat Sirloin Steak topped w/ Onion Rings and two Broiled Stuffed Shrimp w/ Lump Crabmeat - 16

BROILED SEAFOOD COMBO Jumbo Shrimp - Sea Scallops - Filet of Tilapia Stuffed Mushrooms w/ Crabmeat - Stuffed Flounder Florentine - 17

COUNTRY STYLE HAM STEAK (bone in) with Brown Sugar & Pineapple Rings

BROILED FILET OF ATLANTIC SALMON - 13

STUFFED CHICKEN CHESAPEAKE Chicken Breast Stuffed with Jumbo Lump Crab Cake, Topped w/ Roasted Red Pepper Alfredo Basil Sauce

GROUPER and SHRIMP CANTONNAISE Filet of Florida Grouper and three Gulf Shrimp dipped in egg batter, then Sautéed in a White Wine, Butter Lemon Herb Sauce - 12

REGULAR MENU AVAILABLE

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OPEN FOR BREAKFAST AT 6:30AM

DIVERSIONS

Day-Lewis is tremendous in 'Lincoln'

By **CHRISTY LEMIRE**
AP Movie Critic

For anyone who cringed just a little while watching the trailer for "Lincoln" and worried that it might be a near-parody of a Steven Spielberg film, with its heartfelt proclamations, sentimental tones and inspiring John Williams score, fret not.

The movie itself is actually a lot more reserved than that — more a wonky, nuts-and-bolts lesson about the way political machinery operates than a sweeping historical epic that tries to encapsulate the entirety of the revered 16th president's life. That was a smart move on the part of Spielberg and screenwriter Tony Kushner, a Pulitzer prize-winner for the play "Angels in America" who also wrote the script for Spielberg's "Munich."

Talky and intimate but also surprisingly funny, "Lincoln" focuses on the final four months of Abraham Lincoln's life as he fought for the passage of the 13th Amendment to the Constitution, abolishing slavery, and strove to unite a nation torn apart by the Civil War. (It is based partly on Doris Kearns Goodwin's best-seller "Team of Rivals: The Political Genius of Abraham Lincoln.") This tumultuous period provides a crucible to display everything Lincoln was made of, both his folksiness and fortitude.

He tells long, winding anecdotes to enlighten and charm those around him but also forcefully hammers home his points to get what he wants.

Totally unsurprisingly, Daniel Day-Lewis inhabits the role fully. He disappears into it with small details and grand gestures, from his carriage to the cadence of his speech, and the Academy should probably just give him the best-actor Oscar now and get it over with. Although "Lincoln" itself often feels too conservative, stagey and safe, Day-Lewis' performances is full of so many clever choices that he keeps it compelling.

Of course, the film has all the top-notch technical hallmarks we've come to expect from Spielberg: It's handsomely staged and impeccable in its production design. But despite the dramatic streaks of misty white light streaming from the outdoors into these dark, solemn rooms of power — a signature of his longtime collaboration with Oscar-winning



Daniel Day-Lewis stars in 'Lincoln.'

MCT

cinematographer Janusz Kaminski — "Lincoln" is much more muted from an aesthetic standpoint than last year's equally old-fashioned "War Horse." This is a movie that's easier to admire than love; it's impressive but not exactly moving.

But it is unexpectedly humorous.

The process of cajoling and coercing members of Congress to vote for passage of the amendment provides several estimable character actors with wonderfully showy roles. Tommy Lee Jones does a spin on his cantankerous screen persona as the quick-witted, fiercely verbal Republican congressman from Pennsylvania, Thaddeus Stevens, a strong proponent of abolition. David Strathairn is the sharp-minded and condescending Secretary of State William Seward, who was Lincoln's foe before becoming a member of his cabinet.

There are almost too many great supporting players in juicy, tantalizingly small parts. You'd love to see more



Movie Review 'Lincoln'

Rating: PG-13 (intense scene of war violence, and some images of carnage and brief strong language)

Running time: 150 minutes

Review: ★★ (of 4)

from all of them, including Lee Pace as a grandstanding Democrat railing against the amendment on the House of Representatives floor, Michael Stuhlbarg as a conflicted congressman, Hal Holbrook as the powerful Lincoln ally Preston Blair and Jackie Earle Haley as the vice president of the Confederacy. And then there

are James Spader, John Hawkes and Tim Blake Nelson as the cynical, glad-handing trio hired to lobby the toughest Democrats and secure those final, crucial votes; their banter is a consistent source of laughs.

It gets to the point where major figures in Lincoln's life — Sally Field as his wife, Mary Todd Lincoln, and Joseph Gordon-Levitt as his elder son who's eager to see combat — don't register as powerfully as they should because the script is just so packed.

And that effort to contain so much history in one feature film especially extends to the ending. This is no spoiler — we all know what happened to Lincoln — but there's a beautifully photographed moment that occurs before his assassination that would have left the film on the most perfectly lovely, poignant note.

Instead, it keeps going — and becomes the movie you might have feared "Lincoln" would be.

Small, yipping dog is keeping woman's boyfriend away

Dear Abby: My boyfriend, "Richard," and I are a mature couple who have been seeing each other for three years. I love him. My dog is the issue.



Dear Abby

"Princess" is a 2-year-old rat terrier/mini-pinscher mix. She weighs 9 pounds and is spoiled. (I admit I'm a softy when it comes to discipline.) She barks at anyone and anything she sees. Her barks are shrill and can be annoying. But I live alone and feel she is protecting me.

Richard can no longer tolerate Princess' barking and has curbed his visits considerably. Except for this issue, he is my dream guy, and I feel lucky to have found him. I was married for more than 20 years to a controlling man, and I had to defer or compromise on everything. I will not compromise on this. I feel Richard should understand my attachment to Princess, especially when he's not around.

I miss him. Our dates are now only occasional. He thinks I prefer the dog over him, and that's not the case. Am I being selfish? Why can't I have them both? Is there a future for us, or have we reached an impasse?

— *Won't Give Up the Pup, Lafayette, La.*

Dear Won't Give Up: Loving one's dog is not being selfish. You could have them both if you would contact a dog trainer and start giving Princess a doggy education that includes boundaries. Incessant barking should not be allowed.

Perhaps once Richard sees that Princess no longer regards him as a hostile intruder, he will feel more welcome. But that could take some work on the part of all three of you, if he's still willing.

Dear Abby: My grandpa remarried when I was a child. He and Grandma "Ella" each have five children. She is a wonderful woman.

When the holidays roll around, especially Thanksgiving and Christmas, my grandparents always host at their

home. They spend all day fixing up the house and preparing the food. When it's time to eat, Grandma Ella's children think they should be first in the line. If someone else tries

(some of us on my grandfather's side of the family have small children), they grumble and complain.

When the dinner is over, it's always my mom, one of my two aunts and me doing the dishes and cleaning up. Grandma Ella's family never help. They just stroll back into the living room and watch TV or leave to go somewhere else. It would be nice to get some help once in a while so Mom, my aunts and I could also relax after the meal. Just leaving the mess is not an option. We tried it once, and Grandma and Grandpa ended up doing it. Any advice?

— *Stressed in Advance in Iowa*

Dear Stressed: Gladly! This Thanksgiving when everyone arrives, Grandma and Grandpa should cheerfully inform the happy revellers that small children will be fed first, regardless of whose side of the family they come from. At the same time, each of the adults should be assigned a cleanup chore so one side of the family isn't stuck with the entire burden.

Unless your grandparents assert themselves, nothing will change, so please suggest this to them in advance.

Dear Abby: When a man is married, who is supposed to come first in his life — his wife or his mother?

— *Tired of Being Second String*

Dear Tired: At the risk of sounding preachy, the Scripture says a man shall leave his father and his mother and hold fast to his wife. As much as a man may love his mother, in order to have a strong and healthy marriage, his wife should come first if he must make a choice.

Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Gorbachev issues new book, laments illnesses

Associated Press

MOSCOW — Mikhail Gorbachev says he's feeling the effects of old age, but aims to stay active as long as he can.

Speaking Tuesday at a presentation of his new book, the 81-year-old former Soviet leader said: "In the last few years I've begun to ail, and seriously. In the last five years I've had four operations."

"But I really will continue to work as long as I have the strength," he said, according to the Interfax news agency.

The book, titled "Alone With Myself," chronicles Gorbachev's life from his childhood to the 1991 demise of the Soviet Union.

The book, dedicated to his late wife Raisa, is full of previously undisclosed personal details, including the story of their romance.

Raisa Gorbachev died in 1999 of leukemia.

In the book, Gorbachev describes how they first saw each other at a dancing party: "

During the first meeting, she showed no interest in me. And I tried not to show that she made a huge impression on me."

During their next meeting, Raisa said she couldn't believe that Gorbachev was 20 and that he looked much older.

"I reacted stupidly: I ran for my passport and showed it to her.

"And then I felt badly about it, ashamed before the other boys."

There also was an element of jealousy.

Raisa was being courted by a young man whose affluent family was in sharp contrast with Gorbachev's peas-

ant roots.

But Raisa's romance with the man ended after a few months when his mother disliked her at their first meeting and demanded that he rupture the link.

She and Gorbachev started dating and married in 1953. Raisa borrowed shoes for their wedding from a friend.

He also chronicled Raisa's battle with leukemia, describing agonizing days at her bedside, and tells of the stroke she suffered when a group of hardliners briefly ousted Gorbachev during an August 1991 coup attempt.

"She lost her speech, and her right hand went numb. I remembered her eyes in these minutes, and I still see them.

"There was a fear and a pleading in them," he writes.

Raisa's health continued to deteriorate after that.

SUDOKU

2			6	8				
7				9			4	
	9			5			6	
				5				
3			7					
	7			6	8			
1	7					4		
	4			1				
8	5	3						

Fun By The Numbers

I like puzzles. Try your own sudoku. This time, boarding puzzles will have you hooked from the moment you start to solve it. So sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numbers clues already provided in the boxes. The more numbers you name, the easier it goes to solve the puzzle!

8	8	1	2	4	5	2	8	
5	8	7	1	8	2	3	4	9
2	7	6	8	5	9	5	1	1
8	2	9	6	1	6	7	1	9
1	8	4	9	7	4	2	8	3
6	7	5	7	1	8	1	9	6
3	8	7	1	2	8	7	8	4
4	1	6	3	2	6	9	7	7
4	1	6	3	2	6	9	7	7

ANSWER

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Matinee is by 6pm

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Paranormal Activity 4 R
(Katie Featherston, Brady Allen)
2:15 • 4:15 • 7:15 • 9:15

Cloud Atlas PG-13
(Tom Hanks, Halle Berry)
2:00 • 5:15 • 8:30

Alex Cross PG-13
(Tyler Perry, Matthew Fox)
2:00 • 4:30 • 7:00 • 9:30

Fun Size R
(Thomas Mann, Victoria Justice)
2:15 • 4:15 • 7:15 • 9:15

Chasing Mavericks PG
(Gerard Butler, Elisabeth Shue)
2:00 • 4:30 • 7:00 • 9:30

Arbitrage PG-13
(Richard Gere, Tim Roth)
2:00 • 4:30 • 7:00 • 9:30

Suick Cinemas
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EXTREME WEATHER

Severe drought conditions, rampant wildfires and destructive hurricanes:

Are these extreme events a forecast of things to come? Scientists point to climate change as the direct cause of increasingly destructive weather.

By Merrie Leininger
McClatchy-Tribune Information Services

Hurricane Sandy devastated coastal communities all along the Eastern Seaboard and killed more than 180 people in the United States and Caribbean, according to reports.

Sandy was the 18th tropical cyclone and named storm and 10th hurricane of the 2012 hurricane season. In August, Isaac delayed the 2012 Republican National Convention, killed 41 people and caused millions in damage. According to Reuters, disaster modeling company EQUCAT estimated Sandy caused up to \$20 billion in insured losses and \$50 billion in economic losses in the United States alone, ranking the storm as the fourth-costliest catastrophe ever in the U.S.

Michael Oppenheimer is the Albert G. Milbank Professor of Geosciences and International Affairs at Princeton University. He also is faculty associate of the Atmospheric and Ocean Sciences Program. In the wake of Sandy, Oppenheimer told CNN, "It's a foretaste of things to come." Bigger storms and higher sea levels will create a "growing threat" in the coming decades.

Steven Hamburg, chief scientist of the nonprofit organization the Environ-mental Defense Fund, agreed and said climate change is the direct cause of increasingly destructive storms:

"Yes. Without a doubt, the pattern of the new normal is very consistent with the changing climate. ... We can look at things like the increase in sea temperatures and know they are directly caused by climate change and increasing the power of a storm like Sandy. We can't predict a month from now, this is going to happen or

this storm will hit, but ... what we can anticipate with a high degree of confidence is we will expect to see more of this."

Hamburg said the consistent rise in global sea and air temperatures means increased melting of sea ice at the poles, which changes weather patterns and that water evaporates more rapidly, creating intense rainstorms.

According to a study by scientists at the University of Wisconsin-Madison as reported in the Milwaukee Journal-Sentinel, summer ice melt over the Arctic Ocean was more than all previous measurements and equaled an area larger than the state of Texas.

"This is not only a record low, but it easily broke the previous record, set in 2007," says Steve Vavrus, a senior scientist in the Nelson Institute Center for Climatic Research at the university, according to the school.

Hamburg said that the ice melt creates an effect like a boulder gaining steam as it rolls down a hill.

"We are losing the snow and ice because we're getting warmer, and then more snow and ice melts. Water absorbs more sunlight than ice, which reflects much of it back," Hamburg said. "The reason you'd make your roof white instead of black is because it reflects the light back. On a hot day, you don't go sit on black asphalt, because you'll scorch."

Hamburg said this also affects vegetation and agriculture. "The nights are getting warmer than the days are, and there are impacts on vegetation. A particular example is, in my own area in Rhode Island, it makes it hard to make maple syrup, because you need warm days and cold

nights." Combined with dense development in coastal areas, rising sea levels and more storms that make landfall, climate change is going to be very costly.

"It's not one uniform effect, but in Rhode Island, where I live, in the past 75 years, the water is 8 inches higher than 75 years ago, and it is going to rise at a faster rate," Hamburg said. "Development has assumed the geography is constant, so it created the conditions that are dangerous."

Ironically, the same process that creates heavy storms also can cause drought.

"That puzzles people, but we saw that this summer. If you get more of your rainfall in big events, you can still have longer periods of no rain. It's a double whammy. That's one of our challenges — managing water in all aspects. Ensuring water when we need it and for vegetation," Hamburg said.

In order to slow climate change, Hamburg said, people should focus on their energy usage.

"We need to reduce our emissions of greenhouse gases over the long term — that means carbon dioxide. We are affected by the carbon dioxide of our parents and grandparents, as well as our own," Hamburg said. "In the short term, we emit gasses such as methane and black carbon, which is different from carbon dioxide. They are much stronger trappers of energy in the atmosphere, but don't last as long."

Hamburg suggested reducing emissions of methane, which is in natural gas, can slow the rise of temperatures.

"We can't keep the train from getting faster, but we can slow the rate of increase," Hamburg said. "That allows us to build an economy that emits less carbon. That's going to take a while. We can move to more efficient buildings and focus on renewable energy, but it will take time."

Hamburg said anything that heats or cools your home or water uses the most energy. He has equipped his house with a programmable thermostat that allows the family to heat single rooms instead of the whole house and uses a timer to turn the heat or air on at certain times of the day when it's needed.

"When we go to bed, the heat is off. Before we get up, it comes back up. We're not here very long before we leave for school and work. Those kinds of simple things that don't affect us can make a big difference. It's sort of our down payment."

Hamburg said climate change is happening and well-documented.

"You have to prepare for (increased temperatures and more storms and drought). It will happen," Hamburg said. "It isn't coming as a shock. This is based on well-understood physical properties. We were talking about these patterns (seventeen years ago), and what we expect to see. That's happening today and will happen more quickly."

— SOURCES: NOAA, NBC NEWS, THE GUARDIAN, THE L.A. TIMES, THE MILWAUKEE JOURNAL-SENTINEL, UNIVERSITY OF WISCONSIN-MADISON

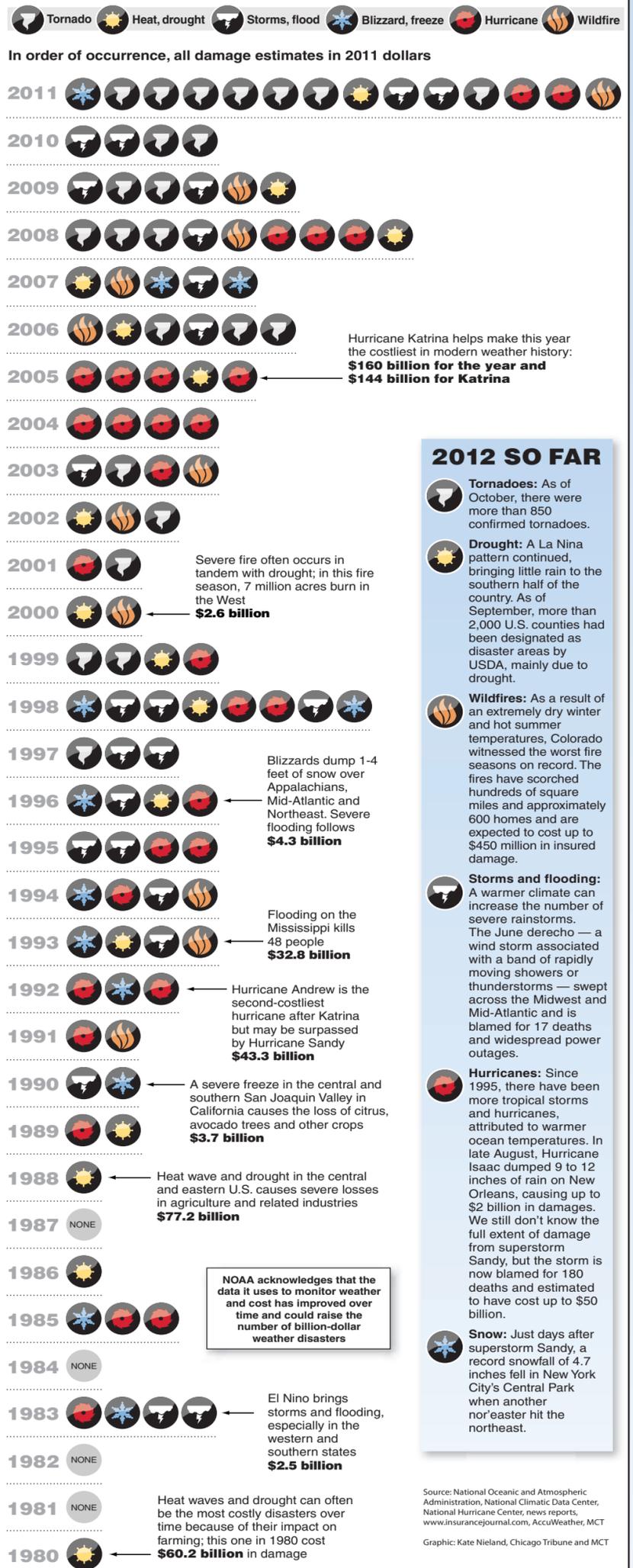


RICK NEASE/DETROIT FREE PRESS/MCT

Weather-related events on the rise

Unprecedented tornadoes, fires, storms, hurricanes and floods contributed to a record 14 U.S. weather and climate disasters that caused \$1 billion or more in damage in 2011. "There were just an inordinate number of extremely hazardous and deadly, destructive weather events," said Greg Carbin, a meteorologist for the National Oceanic and Atmospheric Administration. U.S. costs from severe drought conditions, wildfires, and now Sandy are expected to surpass those incurred in 2011.

Disasters with at least \$1 billion in damage



2012 SO FAR

- Tornadoes:** As of October, there were more than 850 confirmed tornadoes.
- Drought:** A La Nina pattern continued, bringing little rain to the southern half of the country. As of September, more than 2,000 U.S. counties had been designated as disaster areas by USDA, mainly due to drought.
- Wildfires:** As a result of an extremely dry winter and hot summer temperatures, Colorado witnessed the worst fire seasons on record. The fires have scorched hundreds of square miles and approximately 600 homes and are expected to cost up to \$450 million in insured damage.
- Storms and flooding:** A warmer climate can increase the number of severe rainstorms. The June derecho — a wind storm associated with a band of rapidly moving showers or thunderstorms — swept across the Midwest and Mid-Atlantic and is blamed for 17 deaths and widespread power outages.
- Hurricanes:** Since 1995, there have been more tropical storms and hurricanes, attributed to warmer ocean temperatures. In late August, Hurricane Isaac dumped 9 to 12 inches of rain on New Orleans, causing up to \$2 billion in damages. We still don't know the full extent of damage from superstorm Sandy, but the storm is now blamed for 180 deaths and estimated to have cost up to \$50 billion.
- Snow:** Just days after superstorm Sandy, a record snowfall of 4.7 inches fell in New York City's Central Park when another nor'easter hit the northeast.

Source: National Oceanic and Atmospheric Administration, National Climatic Data Center, National Hurricane Center, news reports, www.insurancejournal.com, AccuWeather, MCT
Graphic: Kate Nieland, Chicago Tribune and MCT

Melting ice

The amount of ice in the Arctic Ocean melted to an all-time low this year, shrinking 18 percent smaller than the previous record set in 2007.

The big problem

• When sea ice melts, more of the dark ocean surface is exposed; 90 percent of sunlight is absorbed, warming the Arctic ocean

Minimum ice extent

In millions of square miles (sq. km) and date measured

9/18/07	1.61	(4.17)
9/20/08	1.77	(4.59)
9/13/09	1.98	(5.13)
9/21/10	1.79	(4.63)
9/11/11	1.67	(4.33)
9/16/12	1.32	(3.41)

Source: Arctic Sea Ice News and Analysis Graphic: Melina Yingling



RISING TEMPERATURES

Global Highlights from the National Climatic Data Center, part of the National Oceanic and Atmospheric Administration

■ The Northern Hemisphere land surface temperature for June 2012 was the all-time warmest June on record, at 2.34 degrees Fahrenheit above average, based on temperatures recorded since 1880.

■ The globally averaged land surface temperature for June 2012 was also the all-time warmest June on record, at 1.93 F above average.

■ The June worldwide ocean surface temperatures ranked as the 10th warmest June on record.