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MAKER

Hillary Swain to be featured on show
INSIDE, 2A

Tri-meet

Blue Streak lifters take win
SPORTS, 1B



Friday-Saturday, March 1-2, 2013

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Volume 94/Number 26 | 50 cents

Forecast



Cool with times of clouds and sun

High **68** Low **44**

Complete Forecast PAGE 12A

Online



Question: Will a local Vet Center be a benefit to Highlands County veterans?



Total votes: 80

Next question:

Would you be in favor of a one year probation period for the proposed Swamp Hammock?

Make your voice heard at www.newssun.com

Obituaries

- Deonta Blackmon**
Age 46, of Avon Park
- Curtis Jones Jr.**
Age 74, of Avon Park
- Merle Vashbinder**
of Sebring
- Mrs. Robert Ward**
Age 89, of Long Beach, Calif.

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Community debates Swamp Hammock: Is it a benefit or a curse

By CHRISTOPHER TUFFLEY
christopher.tuffley@newssun.com

SEBRING — Although no action was taken at the county commission's quasi-judicial public hearing Tuesday night, the meeting provided supporters and critics of the proposed Swamp Hammock Outdoor Recreation Club an opportunity to directly address expected benefits and problems of the project one last time. There were approximately five hours of debate.

The issue of whether or not to allow Swamp Hammock to go forward in an area where livestock are raised and the environment is sensitive has been going on for about a year.

The commissioners' task Tuesday was to make the final decision, amending the county's official zoning atlas to include a Planned Development District for the club's property, allowing

owners to provide a venue for off-road vehicle racing and mud bogging, along with 42 other suggested activities.

A sign of the interest in Swamp Hammock was the size of the audience, which filled the commission chamber and spilled out into the lobby. Despite its size, the audience was generally respectful, although there were muted waves of sarcas-

See PROS, page 3A



News-Sun photo by CHRISTOPHER TUFFLEY
Jan Grove is one of many individuals speaking in favor of Swamp Hammock, because of the safe, supervised opportunity it provides teenagers to play outdoors.

Local professional dancer offers free classes to youth

By SAMANTHA GHOLAR
sgholar@newssun.com

AVON PARK — Brandee Shattenberg's love of dance came about at a very early age. Since Shattenberg was just a toddler, the Avon Park native has made dance the center of her life over the past 28 years.

The 31-year-old dance instructor previously taught lessons in Wauchula, but with a new year came a new mission and Shattenberg discovered the need for her skills right here at home.

For the past six weeks, Shattenberg has been giving free dance lessons to local youth ages 4 and older. Shattenberg has made Union Church her new studio where she offers lessons to her students in four different genres every week, but unlike many other dance instructors in the area, Shattenberg offers her services for free.

"She decided to start a non-profit organization where kids can get free dances from a professionally trained instructor," friend Cynthia Berlin said.

Berlin went on to say what a big heart Shattenberg has and how the love of dance drives her to do great things.

"She's always had a passion for dance. She told me that my children were a big part of the reason she wanted to do this; that God called her to do this for parents who can't afford the lessons," Berlin said.

The thought was put into action and before she knew it Shattenberg's small studio of 40 students grew to 90 in just two short weeks.



News-Sun photo by KATARA SIMMONS
Jayla Drake (center) works with dance instructor Brandee Shattenberg (right) on Tuesday evening during Union's Rhythm dance class at The Rock at Union Church in Avon Park. The classes are free for girls ages 4-18 years old.

Shattenberg currently has 110 dancers enrolled in the Union's Rhythm dance studio.

"When I was growing up I had lessons, recitals, competitions so many things going on with dance. I sat down with my mom the other day and crunched the numbers and found out my parents were spending

See KIDS, page 7A



News-Sun photo by KATARA SIMMONS
Yareli Gonzalez practices dance Tuesday evening during Union's Rhythm in Avon Park.

SFSC presidential search narrowed to 12

Special to the News-Sun

AVON PARK — Members of the South Florida State College Presidential Search Screening Committee met Tuesday to narrow the list of 48 candidates to 12.

The candidates are:

- Keith J. Cotroneo, president, Mountwest Community and Technical College, Huntington, W.Va.;
- Dorothy J. Duran, vice president for Academic Affairs, Iowa Western Community College, Council Bluffs, Iowa;
- Gilbert L. Evans, vice president for Student Services/Assistant General Counsel, St. Johns River State College, Palatka;
- Marie F. Gnage, president, West Virginia University at Parkersburg, Parkersburg, W.Va.;
- John R. Holdnak, executive vice chancellor/vice chancellor for Financial Policy, Florida Department of Education-Division of Florida Colleges, Tallahassee;
- Thomas C. Leitzel, president, Technical College of the Lowcountry, Beaufort, S.C.;
- Thomas LoBasso, senior vice president, Student

See SOON, page 7A



News-Sun photo by KATARA SIMMONS
Whether at home or at work, 'I like to cook,' said Sebring Fire Department Lt. Dirk Riley recently at the main station in downtown Sebring. Riley has been with the department for almost 13 years and said he would much rather cook than go out to eat.

Feeding the fire(fighters): SFD enjoys the classics at meal time

Editor's note: This is the second in a three-part series.

By SAMANTHA GHOLAR
sgholar@newssun.com

SEBRING — Pasta, chili, burgers and more; there's nothing more traditional than a fire station and there's nothing more filling than comfort foods. Lt. Dirk Riley has 13 years of service under his belt and knows exactly what to do to keep the firefighters' minds off of everyday matters.

Cooking is a part of Riley's everyday routine. The A-shift supervisor is known for his famous Riley's Red Sauce, a unique spin on the classic

pasta sauce. He was careful not to reveal the ingredients to his sauce but knows that it is definitely a favorite among the house.

"I like the traditional meals that are kind of passed down. People take them and put their own spin on it. That's what makes them great," Riley said.

Though meal time is important in any profession, a fire station isn't always allowed the perfect opportunity to take a much needed lunch or dinner. Riley's system usually involves meals that take a total of 35 minutes or less to prep and

See EVERYONE, page 3A

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Truck driver charged with DUI, driver injured

By SAMANTHA GHOLAR
sgholar@newssun.com

SEBRING – A two-vehicle collision resulted in a serious injury for one of the drivers Monday evening. Charles Lisinberler, 26, of Avon Park was transported to a local hospital after he suffered injuries.

A Florida Highway Patrol press release stated that the driver of a semi freight truck, 52-year-old Jeffrey L. Danley, was under the influence of alcohol when his northbound truck and trailer stopped abruptly at the intersection of New Life Way and U.S. 27.

Linsinbigler's 2002 Lincoln LS collided with the trailer in the far lane of the highway front to rear. According to the report, Linsinbigler's vehicle was then pushed into the center lane due to the impact; the vehicle came to a stop facing east.

Both drivers were wearing seatbelts at the time of the incident; the collision caused traffic to slow and stop for several minutes.

Danley has been charged with driving under the influence (DUI) and careless driving.

No further information is available at this time.



Courtesy photo
Mary Grindey and her family have great comfort in knowing her late husband, Staff Sgt. Jesse Grindey, is right across the street.

Across the street

Staff Sgt. Jesse Grindey and his wife were walking down a Hazel Green, Wis., street when they noticed a beautiful house for sale.

"We were walking to the cemetery to visit his grandfather, and I told him 'I like this house,' and he said 'I like it too,'" Mary Grindey told The Unknown Soldiers. "But I said 'who would buy that house ... who would want to live by the cemetery?'"

Hazel Green, located near the Illinois border, is known as Wisconsin's "point of beginning," which is particularly appropriate for Mary. A native of the Philippines, she met her future husband seven years ago in South Korea. They were married in 2008, just before Staff Sgt. Grindey was transferred to Japan. In 2011, Jesse and Mary moved to the United States.

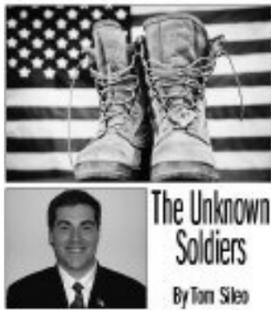
"When we found out we were coming here to the States, he said he would be deployed (to Afghanistan) no matter what," Mary said. "I told him 'don't volunteer.'"

Jesse had been volunteering his entire life. Not only had the Wisconsin native served in Iraq, but he was also a volunteer firefighter and EMT with the Hazel Green Fire Department and Rescue Squad.

"If there was a fire, he'd jump into a fire truck and then jump into the fire," Mary said.

But things were different now, as the Army couple was trying to settle down while raising two young children that Jesse adored. Still, the soldier remained steadfast in his commitment to serve.

"The night before he left, I told him 'can't you get out of the Army?'" Mary said. "He said 'no,



this is my job.'"

Jesse deployed to Kandahar, Afghanistan, on Dec. 30, 2011, with the 287th Military Police Company, based out of Fort Riley, Kan. With her husband thousands of miles away, Mary took on the responsibility of caring for two young children in an unfamiliar town and country.

"I talked to him two hours every day for the first month," the soldier's wife said. "He kept saying that he was doing good ... I really felt more comfortable, too."

Then, as Mary and the kids visited Jesse's grandmother on the morning of March 12, 2012, something didn't feel right.

"I had that really, really weird feeling in the morning," Mary said. "I was so sad ... I wanted to cry."

A few hours later, Jesse's tearful sister told Mary she needed to go home.

"I saw the Chaplain and (Army Sergeant First Class) waiting for me, and I could tell it wasn't good news," Mary said.

Jesse, 30, had succumbed to a medical problem of which no one, including Mary, was aware.

"I was shocked, because I had never seen him in pain," she said. "It just shocked everyone because he was such a healthy guy."

Support for Mary and

See COMFORT, page 7A

Swain named one of WGCU's 'MAKERS'

Special to the News-Sun

FORT MYERS – Hilary Swain, Ph.D., executive director of the Archbold Biological Station, has been named a "MAKERS: Women Who Make Southwest Florida" by WGCU Public Media. Swain is one of 21 women in Southwest Florida to be honored with the MAKER award.

As a child, Swain spent her days "outdoors in nature" in her native Aberdeen, Scotland and then in Northern England. So, it seemed natural for Swain to grow up and manage a world-renowned biological station. Archbold Biological Station, says Swain, "represents everything I believe in: great science, active conservation and education."

Since 1995, she has overseen the activities of Archbold, located in the northern headwaters of the Everglades near Lake Placid. She directs the activities of 50 scientists and staff and manages 20,000 acres of land including pristine scrub habitat and a 3,000-head cattle ranch. A powerful advocate for science-based conservation, Swain builds enduring relationships among scientists, environmentalists, local, state and federal agencies, and Florida landowners.

Armed with a doctorate degree from the University of Newcastle in England, Swain came to Florida and taught at the Florida Institute of Technology. While at Florida Tech, she was asked to take over as director of Archbold. "My life," she says "has been a series of opportunities that I've grabbed on to."

She describes herself as "passionate and energetic" and admits that she works at "warp speed."

As the mother of two children she says of balancing her personal and professional life, "Juggle is the right word.



Courtesy photo
It was standing room only when over 450 people attended a reception and premiere of 'Makers: Women Who Make Southwest Florida' on Feb. 25 at the Arcade Theatre in Fort Myers. Among the 21 women honored was Hilary Swain, Ph.D. from the Archbold Biological Station. Picture from left to right from the Archbold Biological Station are Barbara Stewart, Swain, Betsy Boughton, Ph.D., and Betsie Rothermel, Ph.D.

Balance is not. You are always out of balance."

Swain sees her legacy as a living legacy with "generations of students who have received training at Archbold and gone on to have great careers; land management that has been transformed, and environmental areas that been acquired and protected."

Passionate, determined, self-aware, creative, fearless, humble and focused are just a few of the adjectives that can be used to describe the 21 women selected as "MAKERS: Women Who Make Southwest Florida." WGCU Public Media received more than 200 online nominations of exceptional women in Southwest Florida. A committee of community leaders and WGCU staff members reviewed each nominee and selected the 21 Makers.

The nominees were rated on these criteria: leaving a legacy, building community, affecting lasting change, defying social norms, and serving as a "first" in her field.

WGCU will air four, 30-minute programs profiling each of the Southwest Florida MAKERS. The first in the series airs at 8:30 p.m. today on WGCU HDTV. Swain will be featured in episode 3 airing at 8:30 p.m. Tuesday, March 26.

The 21 women selected are leaving a legacy in the arts, business, education, the environment, community-building and/or politics or through activism in social justice issues.

Inspired by the PBS national project makers.com, WGCU's "MAKERS: Women Who Make Southwest Florida" will include video portraits pro-

duced by Chelle Koster Walton at wgcu.org, radio portraits on 90.1/91.7 FM produced by Jenny Bechtold, and a locally produced history documentary on WGCU TV produced by Janina Birtolo. Four television programs produced by Joan Wood, each featuring several of the video portraits, will also air on WGCU-TV.

WGCU's "MAKERS: Women Who Make Southwest Florida" is made possible by Clive Daniel Home, Chico's, Cypress Cove, Bank of America and the Corporation for Public Broadcasting, a private corporation funded by the American people, and in partnership with the Southwest Florida Community Foundation and the Women's Fund of Southwest Florida.

COMMUNITY BRIEFS

Ride the Racetrack tickets on sale

SEBRING — The Greater Sebring Chamber of Commerce Ride the Racetrack is almost here. Presented by Midflorida Credit Union, Sebring International Raceway and Skip Barber School of Racing, Ride the Racetrack is a twisting and turning ride for anyone who dares to go two laps around the entire 3.7-mile track.

The event takes place from 10 a.m. to 3 p.m. Sunday, March 10 at Sebring International Raceway. This is a huge event for the community each year, as local residents and visitors get an adrenaline rush as they ride on the internationally known Sebring International Raceway with one of Skip Barber's professional drivers.

Avoid the lines and purchase your ticket early at the Greater Sebring Chamber of Commerce, 227 U.S. 27 North, or at any local Midflorida Credit Union branch. Tickets are \$15 per person. This year there will be a Fast Pass option for an additional \$5 per ticket that allows participants to get in a separate line that will allow Fast Pass participants to move faster through the line.

Vehicles and drivers are provided by Skip Barber Racing School, who are graciously bringing in the cars from Georgia this year.

No car seats or pets. All seats are single occupancy with seat belts. Experience the race from the drivers' point of view. Rides are limited.

Caladium Co-op plans for big sale

LAKE PLACID —

Caladium Arts and Crafts Co-Op will have its annual Trash & Treasure Sale from 9 a.m. to 2 p.m. Saturday. Lunch will be served from 10 a.m. to 2 p.m. Sloppy Joes, potato chips and assorted goodies and drinks will be available.

Caladium Arts and Crafts

Co-Op is at 132 E. Interlake Blvd.

For more information, call 699-5940.

NU-HOPE has EHEAP funds

NU-HOPE Elder Care Services Inc. announces

availability of funds for assistance through the Emergency Home Energy Assistance for the Elderly Program. Through EHEAP, an applicant may receive assistance with paying past due energy bills, obtain adequate cooling or heating

Continued on page 5A

	<h2>Lottery Center</h2>	Feb. 27 15 28 34 40 48 50 x:2 <i>Next jackpot \$5 million</i>	
		Feb. 23 1 2 3 9 23 53 x:5 Feb. 20 18 23 28 36 43 45 x:4	
	Feb. 27 4 12 14 25 35 Feb. 26 9 19 27 29 32 Feb. 25 5 21 27 34 35 Feb. 24 3 19 24 32 35		Feb. 27 (n) 9 8 5 2 Feb. 27 (d) 5 3 0 8 Feb. 26 (n) 2 7 6 2 Feb. 26 (d) 1 8 0 9
	Feb. 26 7 12 22 35 10 Feb. 22 2 32 43 44 22 Feb. 19 3 9 17 36 20 Feb. 15 6 14 34 35 17		Feb. 27 (n) 8 9 5 Feb. 27 (d) 4 0 0 Feb. 26 (n) 1 4 7 Feb. 26 (d) 5 2 3
	Feb. 27 3 14 20 34 48 <i>Next jackpot \$103 million</i>	PB: 21 Feb. 23 2 5 31 39 41 Feb. 20 3 17 19 25 32 PB: 17	<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>

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Deadlines for subscription changes are noon on Tuesday for the Wednesday editions, noon Friday for the Friday and Sunday editions. Changes received after the times stated will be processed on the following publication date.

Romona Washington – Publisher and Executive Editor
(863) 385-6155, ext. 515

Everyone pitches in to help at dinner time

Continued from page 1A

cook. The set amount of time allows the fire house the opportunity to get a meal done quickly so that it doesn't have to be interrupted in the event of the inevitable emergency.

"It (interruptions) happens, but we just deal with it," Riley said.

The firehouse chef is also a stickler for creating meals without spending the big bucks. The cook isn't one to make stops at fancy restaurants, or cheap restaurants, and prefers the comfort of his own stove.

"I really don't like eating out. At all," Riley stressed. "I usually pout a little bit if the crew decides to stop to eat while we are out after a call."

The Sebring firehouse takes turn with the cooking, though Riley is usually first up at the stove. The firehouse has one rule: "If you don't like it, then you can cook next time."

"It works. The people who don't like to cook don't ever



News-Sun photo by KATARA SIMMONS
Sebring Fire Department firefighter/EMT Brandon Albritton, firefighter/EMT Danny Lobozzo and Lt. Dirk Riley work together recently preparing tacos for lunch at the main station in Sebring.

complain," Riley said with a laugh.

Traditional holidays such as Christmas and Thanksgiving can bring extra mouths to the station, which

Riley has no problem with. Each member of the shift working just pitches in to make the day and meal go more smoothly by bringing in a side dish to go along with

the turkey, ham and holiday staples. Riley always tries to keep the meals at around \$5 per person. He's even been able to create meals throughout the day for a whopping



News-Sun photo by KATARA SIMMONS
Sebring Fire Department Lt. Dirk Riley makes tacos recently for himself and his colleagues.

\$1.75 per person.

"Cooking is something you just learn. I happen to enjoy it. The meals are more than

just meals you know. It give us all a chance to sit down and blow off a little bit of steam," Riley said.



News-Sun Photo by CHRISTOPHER TUFFELY
All those who spoke at Tuesday's county commission public hearing on Swamp Hammock had to be sworn in. The audience spilled out into the lobby.

Pros, cons debated by crowd

Continued from page 1A

tic laughter from time to time. Only one individual jumped to his feet shouting.

Benefits for businesses and families

In general, proponents of Swamp Hammock focused on two points — the economic benefit to the county and the need to provide a safe space for families, especially teenagers, to play in the outdoors.

For example, Melissa Cloud, a student at Avon Park High School, said, "There was nothing so exciting as the first time I went camping with my family. It was real quality family time. By adding the Swamp Hammock, families will have an inexpensive campground instead of having to go elsewhere."

Will Bennett, another supporter of the project, said, "We talk about how we grew up and how we're getting away from our core values. When I grew up (in Highlands County) we had a swamp buggy that was built in the '40s. I drove out in the pastures. I have a son and today I can't take him riding or camping."

Bennett added that research shows consumers spending on outdoor recreation is only passed by spending on medicines and motor vehicles and parts. The nation, he said, spends about \$646 billion a year on outdoor recreation.

"This is a good project," Bennett said. "It's great for the kids and good for the county."

Problems and headaches for neighbors

Critics focused on the impact a motor sport venue would have on the surrounding environment and whether the local neighborhood roads leading to Swamp Hammock

could sustain the added traffic.

Carl Cool, who had conducted an unofficial noise test at the request of his old friend Donald Skipper, said one of the problems was the shape of the Swamp Hammock property, which is long and narrow — three miles by 3/4's of a mile. Even placing noisy events in the middle of the property would not stop the noise from traveling.

"The noise crosses to other properties," Cool said. "Going across the prairie, there's nothing to soak up the sound."

Cool said he measured the noise of a tractor and loud car. At 742 feet he registered 87 decibels; 84 at 861 feet. Sixty-five decibels is the typical daytime maximum in noise ordinances; 60 decibels at night.

As important, speakers representing the Audubon Society and Save Our Creeks said, was protecting the headwaters of the near-by Fish Eating Creek, the wet lands on the property and the migrating and local wild life traveling through the area.

Inconsistencies and details

Paula House and Bart Allen, both attorneys, although working for different parties opposed to Swamp Hammock, said the main problem with altering the zoning designation is that the county zoning atlas would no longer be consistent with the county's comprehensive plan, something that is mandated by the state.

Specific zoning problems were cited.

For example, critics say that proposed car and tractor shows, auto displays and sales are expressly prohibited in agriculture districts; a raceway or outdoor shooting range requires a special exemption in an Industrial 2 zone; and four of the proposed activities — go-cart-

ing, lawn mower racing, a swimming beach and the sale of alcohol — require Business 3 zoning.

"This is commercial activity and therefore not consistent with the comprehensive plan. It could be turned over at circuit court.

"The point," Allen added, "is this activity needs a better location."

Snarled traffic

There were sharp divisions regarding the traffic issue, with local residents refusing to believe the results of a traffic survey conducted by the Swamp Hammock owners.

The traffic engineer, employed by GMB Engineers and Planners, told the commission and audience that in order to not underestimate the traffic load, he tripled the number of peak hour vehicles, and increased background traffic by 50 percent.

He said that even with these increased numbers his study showed the roads and intersections would handle the flow easily.

Neighbors remained disbelieving and suspicious. The local roads, several people said, are narrow and winding. The last stretch is shell with no shoulders. Every immediate neighbor speaking Tuesday night predicted traffic jams, frustration and danger.

Commissioner James Brooks summed up the conflict. "It's about property rights," he said. "The right to do what you want on your own property and the right to the peace and quiet of agricultural land."

No vote was taken due to a technical legal matter, but Commissioner Ron Handley floated the idea of a temporary compromise, allowing Swamp Hammock a year's probation to see if the expected problems arise.

The matter will appear again before the commission on March 26 at 5 p.m.

Schwarzkopf to be buried at West Point

Associated Press

WEST POINT, N.Y. — Gen. Norman Schwarzkopf, the no-nonsense Desert Storm commander famously nicknamed "Stormin' Norman," will be buried at the U.S. Military Academy at West Point.

His family and friends joined Kuwaiti officials, U.S. dignitaries, gray clad cadets and a detail of New Jersey state troopers for a memorial service in the academy's gothic chapel Thursday afternoon. His remains were to be buried afterward at the cemetery on the grounds of the storied military institution.

Schwarzkopf commanded the U.S.-led international coalition that drove Saddam Hussein's forces out of Kuwait in 1991. He was 78 when he died in Tampa on Dec. 27 of complications from pneumonia.

Schwarzkopf graduated from West Point in 1956 and later served two tours in Vietnam, first as an adviser to South Vietnamese paratroops and later as a battalion commander in the U.S. Army's Americal Division. While many disillusioned career officers left the military after the war, Schwarzkopf stayed to help usher in institutional reforms. He was named commander in chief of U.S. Central Command at Tampa's MacDill Air Force Base in 1988.

The general's "Stormin' Norman" nickname became popular in the lead-up to Operation Desert Storm, the six-week aerial campaign that climaxed with a massive ground offensive Feb. 24-28, 1991. Iraqis were routed from Kuwait in 100 hours before U.S. officials called a halt.

Official Notice

Glades Electric Cooperative Inc.
Annual Meeting

March 16, 2013

Glades Electric Cooperative Inc.'s 2013 Annual Meeting will be Saturday, March 16, 2013, at Lake Placid Middle School, 201 S. Tangerine Ave., in Lake Placid, Florida. The purpose of the meeting is to elect trustees, vote on a proposed by-law change and hear officers' annual reports. Registration, entertainment and voting will begin at 8 a.m. The business meeting will begin at 10 a.m.

Join us for great entertainment, fun and prizes, including a 2003 Ford F150, 4x4 Extended Cab for one lucky member.

Plan now to attend!



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EDITORIAL & OPINION

TODAY'S EDITORIAL

Fan safety is priority for all racetracks

A harrowing crash at the finish of the Nationwide Series race Feb. 23 nearly overshadowed the Daytona 500, but the stars aligned for NASCAR and the Daytona International Speedway the following day as Jimmie Johnson won a last-lap showdown and Danica Patrick turned in a history-making performance.

On Feb. 23, EMS vehicles became the focus of attention at DIS after a car driven by Kyle Larson went airborne, slammed into the catch fence and began breaking apart, sending debris, including a tire, into the stands. At least 28 spectators were injured. The carnage in the stands cast a pall over the conclusion

of the DRIVE4COPD 300 and left track officials scrambling to repair the damaged safety fence before the start of the 500.

But a prompt emergency response aided by fans who assisted the injured may have helped prevent a tragic outcome. ...

Now DIS officials will take a new look at fan safety. The catch fence prevented a catastrophic incident, but the rain of debris unleashed by the violent crash should prompt a full safety review. That's what happened following a spectacular crash at Talladega Superspeedway in 2009. In the wake of that review new fencing was installed at Talladega before the 2010 season...

It's not clear yet whether the fencing at DIS will need to be replaced or reinforced. But even a freakish accident in which fans are injured requires track officials to rethink safety precautions. Fan safety obviously is the top priority for all racetracks. ...

Online: <http://www.news-journalonline.com>

STAR TRIBUNE CagleCartoons.com



TODAY'S LETTERS

Carlisle is a different voice for council

Editor:

I'd like to take a moment to speak to the citizens of the city of Sebring. I have just received my absentee ballot to vote in the upcoming March election of two city council seats. What some of you might not be aware of is that for the past five years now I and my family have been fighting against the city of Sebring (and the county) for my home and property rights, my material rights and my due process and civil rights. This case is still in the courts as I write this letter.

The current and past sitting Sebring council voted unanimously to take away my real property, my material property, without just compensation when both federal and state laws say just compensation is what is supposed to happen when road widening or sidewalks that need to conform to ADA requirements are involved. In our little community, a corrupt Sebring government is not allowing this to happen and prefer to fill the city's lawyers pockets over its citizens. They are never addressing the actual wrongs they are creating, hoping it will disappear and be forgotten. Well, it won't by me and I hope others who can clearly see the wrongs being pressed upon the citizenry here will act.

There is a Sebring citizen throwing in his hat to the election ring, as he has stated to me that he does not like what he has been seeing going on. He has sat on a local board as a volunteer for the city of Sebring and felt it time for a council

change.

His name is Lenard B. Carlisle Jr. and his name is on the ballot. I suggest to the citizens to come out in mass and cast your vote this March 12 election from 7 a.m. to 7 p.m. (early voting is from 8 a.m. to 5 p.m., Monday through Friday, March 4-8). I also would like to ask that you make a strong statement to the current sitting Sebring council members seeking re-election and only marking the box next to Lenard B. Carlisle Jr.'s name.

We need to show our local government that we will not stand for any wrong doing to the people by using our vote and it's powers. Your one vote does and can make a difference here in Sebring and in the coming year's election. The same action should be taken until all current city council members who do not put its citizens first are removed from their positions. The only terrorists I've ever had to face in my life was my own current local corrupt government.

Gingerlee Mitchellindo
Sebring

Is it in the double barred cross?

Editor:

I want to write some real history for you. But how and where to start? Let us start with President Jefferson, when he got \$2,500 together for the Clark and Lewis expedition. The reason he sent them was not to find a way to the Pacific, it was to see if there was any Welch settlements along the way.

As you may know, Lewis and Clark met in Ohio to begin their journey down the Ohio river to the Mississippi

then up the Mississippi to the Missouri River. Along the way they found a land marker that was from the Welch.

In the 6th century there was a group that used the cross of Lorraine, which is a doubled barred cross, in France. Then the muslims ran them out and persecuted them. Then they used the colors of red and white. Then the blue, red and white was their colors and the blue came from crossing the ocean. They followed the same route as Lewis and Clark.

They met a tribe of natives called the Mandan Indians and when Lewis and Clark met them they were confounded that they spoke Welch.

In 1929 two men dug up relics of lead with the date of 800 AD. That proved the Welch had long since been here. They were called the Knights Templure, aka Masons.

When Thomas Jefferson bought the Louisiana territory for \$15 million, the Welch had all ready staked the land. So when Lewis and Clark came back with the news, Lewis was a drunk. He was summoned to Washington or Virginia to see the president, but 70 miles south of Nashville, Tenn. on the Naches Trace he was shot twice. They said it was a suicide - one shot was to his head and through his brain and skull, the second to the body. If he committed suicide why did he shoot himself in the body?

There was pages missing from his journal. What were they? Proof that people had all ready staked the land?

Then in Kentucky a stone was found that side of a hill

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with the same markings. It is called a stone and on show there.

Now if there was Welch people that came here first, what does that do to Colonialism?

Now I wish to speak of people asking why the gas is so high? Well touch on this. The Free masons and Knight Tempelureor used the red and white colors, right? Then when they crossed the sea, they used the blue. So let us now look at the EXXon sign. If you look at it, it has the cross of Lorraine on it - a double barred cross - then it is red and white with the blue bottom so does that mean that BP and oil is controlled by the free masons? It sure makes sense to me.

Clarence Neeley
Sebring

Facebook fatigue

(Editor Note: A prior version of this column was distributed by Cagle Cartoons in 2009. It is an excerpt from Tom Purcell's new book, 'Comical Sense: A Lone Humorist Takes on a World Gone Nutty!' available at amazon.com)



Guest Column

Tom Purcell

I'm turning into my father.

My father was born in 1933. He was a paperboy in the days when paperboys stood on city corners and shouted "Extra!"

In my father's home, the newspaper still is king. He has two delivered daily. He reads every inch of both. He does the crossword puzzles in both, too — with a pencil.

(Note to people under 25: A pencil is a small, yellow stick that leaves a mark when its tip is pressed against paper.)

My father knows that people can do crossword puzzles on their computers, tablets and smart phones but the idea is nutty to him. Only an idiot would bring electronic equipment into the bathroom.

To be sure, my father has shunned the communications marvels of modern times. He uses my mother's cell phone — but only to avoid long-distance charges.

He has never sent or received e-mail.

He never searches the Web. He uses the White Pages or Yellow Pages.

(Note to people under 35: The White and Yellow Pages are thick directories of people and businesses that are left at your door once a year.)

And there are two other things my father will never do: use Facebook or Twitter.

Facebook.com is a social-networking Web site where people post important updates for their electronic "friends," such as detailed descriptions of what they had for breakfast.

Twitter.com is similar to Facebook, except the descriptions are brief (140 characters or less): "Ate oatmeal today. Was good."

There certainly are upsides to these technologies.

The Wall Street Journal reports that Twitter — with its ability to rapid fire messages to millions — can be a powerful communications tool. Sure, celebrities use it to update fans on their latest banalities, but emergency organizations are also using it to alert people during disasters.

As for Facebook, it is surely helpful to stay-at-home parents who are isolated from other adults. There is an upside to swapping personal information, even if it is over the Internet.

Facebook has helped me locate — and be located by — friends I haven't talked to for years. Some 300 million are using the tool; there is a good chance people from your past are using the site, too.

Which brings us to the

downside.

Maybe there is a reason your old friends and old girlfriends are old friends and old girlfriends. Maybe you've already told them everything you had to say — with the exception of what you just ate for breakfast.

I was at a party recently where I was accused of being "old" — I'm 50 — because I have never "drunk texted" friends (or old friends or girlfriends).

(Note to people over 50: texting is when you press both thumbs against a miniature cell-phone keypad to bastardize the English language.)

My generation preferred to "drunk e-mail" old friends and girlfriends. The generation before mine preferred to "drunk phone call." My father's generation would "drunk walk to the person's house and knock on the door."

In any event, recent reports suggest that people are tiring of technology-enabled social networking.

Craig Kinsley, a professor of neuroscience at the University of Richmond, told the Associated Press why: humans crave contact and human interaction, but interaction over the Internet is without substance.

Which brings us to my father.

He hasn't wasted a moment on superficial online communications. He is doing just great in the real world of the White Pages, printed newspapers and books.

(Note to people under 25: A book is a compact device in which words are printed on several pieces of paper; the paper is glued to a spine.)

When my father wants to communicate, he approaches other human beings, usually my mother, and uses his voice. Sometimes he uses facial expressions to emphasize a point.

I think he's on to something.

Though I'm beginning to use Twitter for useful and interesting updates — and LinkedIn.com for business networking — I don't use Facebook much anymore.

I prefer to meet people for breakfast (and see firsthand what they're eating).

©2013 Tom Purcell. Tom Purcell, author of 'Misadventures of a 1970's Childhood' and 'Comical Sense: A Lone Humorist Takes on a World Gone Nutty!' is a Pittsburgh Tribune-Review humor columnist and is nationally syndicated. Send comments to Tom at Purcell@caglecartoons.com.

Letters policy

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

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

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

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

Opinions expressed in letters or columns, as well as any other opinion piece are solely the opinion of that author and not necessarily the opinion of the staff or editors of the News-Sun.

COMMUNITY BRIEFS

Continued from page 2A
equipment or resolve other energy crises.

To qualify for this program, the household must:

- Contain a person aged 60 years of age or older;
- Be responsible for paying their cooling/heating costs;
- Have an income not exceeding 150 percent of the federal poverty guidelines; and
- Have a past due energy bill or lack of access to adequate means of heating or cooling.

For assistance, contact NU-HOPE Elder Care Services Inc. at 382-2134.

Elder Helpline offers support for many

The West Central Florida Area Agency on Aging's Elder Helpline offers support for the growing numbers of caregivers and their aging parents.

The Elder Helpline provides information for older adults and their caregivers by helping callers make informed decisions about available assistance. It is the starting point in getting connected with programs or services that can meet the needs of the older adult or caregiver. For more information, call (800) 96Elder or (800) 963-5337 or visit www.AgingFlorida.com on the Internet.

Lake Placid Mural Society needs volunteers

If you like to meet new people, want to learn about the history of Lake Placid and can offer 3.5 hours per week, the Lake Placid Mural Society could use some help. Greeters are need to work in the Greater Lake Placid Chamber of Commerce Mural Gallery. Winter volunteers are welcome.

For more information, call 699-0743.

Recreation Club plans events

SEBRING — The Sebring Recreation Club, 333 Pomegranate Ave., will have a yard sale from 8 a.m. to 4 p.m. today and from 8 a.m. to 1 p.m. Saturday. Also Saturday, at 1:15 p.m. is Ice Cream Shuffleboard.

For more information, call 385-2966.

VFW Post 4300 plans fun bus trip

SEBRING — The Sebring VFW Post 4300 is planning a bus trip on Saturday. The bus will leave at 10 a.m. headed for Madeira Beach VFW where one can enjoy leisure shopping at John's

Pass and lunch at the Post. Then head for The Matinee Dog Races. Admission and program will be included.

The final stop in Largo will be Dee's Den for an evening meal before returning home around 7 p.m.

Lots of fun and games and prizes on the bus, both coming and going, and lots of good camaraderie to be had by all who attend. The proceeds from the trip will go to help Veterans In Need Fund.

All for only \$30 a person on a first come first serve basis. See the lounge managers at the Post Home to sign up. Call Darlene Watkin at 314-9107 with questions.

Fashion show benefits scholarship fund

LAKE PLACID — "Kick Up Your Heels" Fashion Show will benefit the GFWC Lake Placid Woman's Club Scholarship Fund. The show will be at 11 a.m. Saturday at the Lake Placid High School auditorium. Tickets are available. Call 633-8077.

Ibanez Gardens hosts bridal fair

LAKE PLACID — Ibanez Gardens, 412 Interlake Blvd., is hosting a bridal fair and fashion show from 10 a.m. to 2 p.m. Saturday. This event is free to the public. Local businesses will showcase fashions, florists, caterers, champagne and chocolate fountains, D.J. and more. See cruise wear and evening wear modeled by local young ladies.

Fly-in breakfast moved

AVON PARK — The Avon Park Fly-in - Drive-in breakfast has moved to Christ Lutheran Church, 1320 State Road 64 East (Main Street), one-half mile past Avon Park High School, past the four-way stop sign. It is a new location, but the same menu and price.

Breakfast will be served from 8-10:30 a.m. Saturday. Fresh pancakes, scrambled eggs, hash browns and sausage. Homemade breakfast casseroles and sticky buns as long as they last, \$5 for one serving.

Ballroom Dancers plan 'Saturday Night Live'

LAKE PLACID — The Lake Placid Ballroom Dancers will have a "Saturday Night Live" dance from 6:30-9 p.m. Saturday at the fellowship hall, Eastside Christian Church. Music will be by Pete Ruano.

Intermission will be a special event with a group of

eighth-graders from Heartland Christian School showcasing their six-week ballroom dance learning experience, accompanied by their ballroom dance etiquette instructor, Debbie Cwalinski.

Refreshments and door prizes; all are welcome. Soda and water available; admission is a \$5 donation at the door. Fellowship hall is two miles east on County Road 621 off U.S. 27 at CVS.

Project Graduation benefits from sale

LAKE PLACID — Lake Placid High School Project Graduation 2013 will hold its annual rummage sale from 8 a.m. to 2 p.m. Saturday at the Masonic Lodge, 1102 N. Main Ave.

Project Graduation is a celebration honoring the graduates the night of their graduation with a night of fun in a drug and alcohol free environment.

Also in March the group will have baked goodies and coffee for sale during the March 9 Morning Market at Stuart Park. Chili's Restaurant in Sebring is doing a Give Back Day from 11 a.m. to 11 p.m. Monday, March 10. Present a flyer or let the server know you are there for LPHS Project Graduation Give Back.

A Golf Tournament Four-Man Scramble is set for Saturday, March 23 at Placid Lakes Country Club. Golfers and sponsors are needed. Team Sponsor at \$325 gives you a four-person team and a hole sponsorship sign. Hole Sponsorship is \$100. Golfers pay \$65 each and includes green fees, cart and lunch. To register call Vicki Divietro at 441-0480 or e-mail lphsprojectgraduation2013@gmail.com.

YMCA offers 'Good Dog' course

SEBRING — Highlands County YMCA (100 YMCA Lane) will offer a winter dog obedience and behavioral modification course "Good Dog." The course is being offered to all citizens and visitors of Highlands County. You do not have to be a member of the YMCA to partake. This will be the last class until the fall.

This is a six-week course that will begin at 4 p.m. Saturday. The class meets each Saturday for approximately one hour. The classes are held under cover and fully fenced to keep the owner and dog comfortable along with protection from nature's elements.

"Good Dog" is geared towards dogs of all ages and levels. The course will focus

on good manners, obedience and behavioral modifications. Upon completion of this course, you will have learned how to communicate better with your dog and have fun doing it. Many techniques are utilized including positive reinforcement to help motivate both you and your dog.

Some of the exercises to be instructed include: sit, down, stand, stay, come, heel/walking on a loose lead and more. Topics to be addressed are geared towards each individual student, i.e., calm greetings, jumping, barking, biting and other problem-solving techniques. The AKC Canine Good Citizen Test will be available for those wishing to obtain said certification at the end of the course. GSD (God's Special Dog), "Good Dog" mascot, will visit the class and help with their socialization training.

The instructor has 30-plus years of experience in dog training and behavior modifications. She has titled dogs in AKC, Search and Rescue, Cadaver Dogs, Narcotics, Tracking and Evidence Indication, Personal Protection, Therapy Dogs and Registered Service Dogs.

Puppies and dogs must be current on their vaccinations. Cost is \$50. Space is limited. To pre-register, call 655-9080.

Heartland Harmonizers have show Saturday

AVON PARK — The 11th annual Heartland Harmonizers Barbershop Chorus and Quartet Show will be at 2 p.m. and 7 p.m. Saturday at Florida State College Auditorium.

Tickets are \$15 and may be purchased at the door by calling 471-0706.

The Heartland Harmonizers, a chorus of 50 men under the direction of Bob Thiel, will sing a collection of four-part harmony tunes in a show titled "Through the Years," with many memorable tunes.

The show will feature an encore performance from the guest quartet "Spanglish," plus several local chapter quartets and special musical performances.

The Sebring Chapter of Barbershop Harmony Society was formed in 2001, primarily through the efforts of Sounds of Sebring. It began with a core group of 12 men and has grown steadily to its present size.

Any man who likes to sing is invited to join them at 7 p.m. Tuesdays in the Chorus Room of Sebring High School on Kenilworth Boulevard.

Each year a portion of the proceeds from the annual show are donated to a designated charity.

Maryland Day is Saturday

SEBRING — The annual Maryland Day will be from 2-5 p.m. Saturday at Homer's Smorgasbord, 1000 Sebring Square. Meet old friends, make new ones. Very informal. No charge except for the meal.

Elder Affairs SHINE Program seeks volunteers

TAMPA — The Florida Department of Elder Affairs, along with the West Central Florida Area Agency on Aging, invites you to join the award-winning SHINE team of volunteers. This program helps elders make informed decisions about Medicare, health insurance and prescription drug plans.

SHINE volunteers provide individual counseling and assistance to elders and their caregivers about Medicare, Medicaid, Medicare plan choices, long-term care planning and prescription discount drug programs. Volunteers may also make educational presentations to community groups and participate in local health fairs, senior fairs and other outreach and educational events.

For additional information about this exciting opportunity to become a SHINE volunteer in Highlands, Hardee Hillsborough, Manatee and Polk counties, call the West Central Florida Area Agency on Aging at (813) 740-3888, ext. 5593.

Skylarks Band plays at dance club

SEBRING — The Highlands Social Club will host the music of the Skylarks 10-piece band from 7-9:30 p.m. today at the Senior Center, 3400 Sebring Parkway. Dance to the music from the '40s, '50s, '60s and '70s.

Snacks and sandwiches are available. Bring your own beverage.

Admission is \$5 for members and \$7 for non-members. Dress is smart casual. Everyone is welcome.

For more information, call 386-0855.

Team Lykes Relay plans sale

LAKE PLACID — Team Lykes will be holding a yard sale from 8 a.m. to 2 p.m. Saturday at the Lake Placid office, 7 Lykes Road.

Team Lykes is also selling raffle tickets for a half-day,

two-person hog hunt. Tickets are \$5 each or \$20 for five tickets. Contact Wendy Gervais at 465-4127 or Cheryl Henderson at (863) 763-3041 for tickets.

All proceeds will benefit the American Cancer Society - Relay for Life.

Relay for Life-Lake Placid begins at 12 p.m. on April 6 at the Lake Placid High School football field. Each team will be selling food items, carnival games and cancer education materials.

AmVets plans weekend events

SEBRING — AmVets Post 21, 623 U.S. 27 South, will play Road Kill at 1 p.m. and Mega Soundz will do Karaoke from 6-9 p.m. Saturday.

Library shows 'Harry Potter' movie

The Sebring Public Library, 319 W. Center Ave., celebrates Downtown Sebring's Need for Speed month with a free Saturday afternoon movie showing of "Harry Potter and the Sorcerer's Stone" at 2 p.m. Saturday.

For information, call 402-6716.

12 Hours of Sebring Race Blood Drive set

SEBRING — March is race time in Sebring and blood donors can be involved by saving lives and being entered into a chance to win race tickets. All blood donors at two blood drives today and Saturday will be entered into a chance to win two one-day super tickets to the 61st 12 Hours of Sebring March 13-16 at the Sebring International Speedway. All blood donors will also receive a free movie ticket.

The blood mobile will be at Alan Jay Chevrolet, 441 U.S. 27 North, from noon to 6 p.m. today and at Chateau Élan Hotel, 150 Midway Drive, from noon to 6 p.m. Saturday.

For more information about the 12 Hours of Sebring race go to http://www.sebringraceway.com/12hr_tickets.lasso.

Blood donations profoundly affect the lives of people in our community. In many cases, one donation could impact or even save the lives of three patients. Generally, healthy people age 16 or older who weigh at least 110 pounds can donate blood. Go to www.floridabloodcenters.org for more information and eligibility questions or call (888) 9-DONATE (936-6283).

Florida to add Mega Millions game

By GARY FINEOUT
Associated Press

TALLAHASSEE — Florida Lottery officials told The Associated Press on Thursday that the state would join 42 others later this year in selling tickets to the Mega Millions game. Tickets will go on sale on May 15. The state already sells tickets to Powerball, another multi-state game. It also has its own game called Florida Lotto.

Lottery Secretary Cynthia O'Connell contends that adding Mega Millions is a "winning decision" because it will generate more money for education.

"The Florida Lottery prides itself on being

responsive to our players and retailers," O'Connell said in a statement. "The addition of Mega Millions to our product mix is something they have requested for many years."

A Mega Millions drawing last March, when three ticket buyers shared a \$656 million jackpot, remains the largest lottery payout of all time. Players choose six numbers in the game.

In the past, lottery officials have resisted adding games because of fears it would erode the sales of existing games.

Last summer the Florida Lottery wrapped up the most financially successful year in its history. The state-created lottery boosted its sales to \$4.45 billion.

Mrs. ROBERT WARD

A memorial service was held Feb. 23, 2013, in Long Beach, Calif. for Mrs. Robert Lee Ward who died Nov. 29, 2012 at the age of 89 after a



Ward

Sanders.

Robert Lee had been a resident of Sebring, Fla. for more than 45 years, before moving to Long Beach, Calif.

She is survived by two daughters, Catherine (Harvesta) Dickerson of Long Beach, Calif., who was devoted and lovingly cared for her up until the time of her death, and Mary Alice (Thomas Sr.) Hulen of Avon Park, Fla.; three sons,

OBITUARIES

Waymon (Pete) Spradley of Sebring, Vander Burgess of Moultrie, Ga., and Nathaniel Sanders of South Carolina; nine grandchildren, 14 great-grandchildren, her beloved four-legged companion "Kickit" and a host of friends and family.

Death notices

Deonta Sheneeta Blackmon, 46, of Avon Park died Feb. 26, 2013. Marion's Community Funeral Chapel is in charge of arrangements.

Curtis "Charlie Moe" Jones Jr., 74, of Avon Park died Feb. 22, 2013. Marion's Community Funeral Chapel is in charge of arrangements.

Merle Vashbinder of Sebring died Feb. 15, 2013. The body was flown to Ohio for burial.

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Military Ball held at Island View

By MARY MARGARET STAIK

Special to the News-Sun

SEBRING — Island View Restaurant in Sun 'N Lake, Sebring, was the site of the seventh annual Military Ball. Doors opened at 5 p.m. with a social hour followed by a full evening of military ceremonies. The event was co-sponsored by the Veterans Council of Highlands County Inc. and the Veterans Advisory Board.

Rick Ingler, president of the Veterans Council, conducted the opening ceremony by first explaining the mission of the Veterans Council, a 501c not-for-profit organization. The proceeds from the evening enabled the Veterans Assistance Committee to add to their fund to support those veterans in need. The program offers a one-time hand-up to a veteran who has suffered a financial crisis. The council also manages a small food pantry.

Barry Foster, Cohan Radio Group, gave the blessing of the meal, while Fred Arbelo, commander of the Military Order of the Purple Heart, led the pledge. The menu included a choice of prime rib, cornish hen, or vegetarian lasagna. As the guests were greeted, they were provided an opportunity to memorialize the event with a photo, courtesy of Darrell Marsh.

Ingler recognized the corporate sponsors for the evening: Alan Jay Automotive Network, Cohan Radio Group, Delaney Family Investments, Shaner Family and Friends, Lykes Brothers, and Champion for Children Foundation of Highlands County.

Two retired Marines, Master Gunnery Sergeants Gerry Harvey and Brenda Walton, volunteers for the Veteran Services Office, conducted the ceremonial toasts. The Marines toasted to the fighting men and women, the constitution and country, and freedom. Harvey is the president of the Veterans Advisory Board, of which Walton is a member.

The cake cutting ceremony was explained by Walton, as a tradition with the marines. When the Military Ball was first introduced in Highlands County seven years ago, it was decided to bend tradition, and recognize all of the branches of the military, along with the all the soldiers and sailors — air, land, and sea. The sword is used to slice the cake as a reminder that the veterans are a band of warriors, committed to carrying the sword, so that the nation may live free and in peace.

Symbolically, the first piece of cake is given to the eldest veteran present, Robert Pio, a World War II veteran. Pio is a member of the Military Order of Purple Heart. The second slice of



Courtesy photo

Danielle Jordan, a recent veteran of the Gulf War, accepts a piece of cake from Robert Pio, a World War II veteran, during the cake cutting ceremony at the seventh annual Military Ball. Jordan was the youngest veteran present at the event; Pio, the oldest.

cake was given to Pio to pass to the youngest veteran present, representing the passing of knowledge and experience. The youngest veteran present was Danielle Jordan, 28, a recent veteran of the Gulf War.

Several recognitions were presented during the evening. Mike Hurley and Howard Umphress, Sun 'N Lakes Men's Golf Association, were presented with a certificate for the hard work and efforts in sponsoring a veterans-golf tournament. They donated the proceeds to the Veterans Assistance Fund.

Kathy Rapp, Highlands Republican Woman Network, was recognized for her Veterans Appreciation Program, whose proceeds were also donated to the Veterans Council. Jo Adamson, WAVES National president, also presented Rapp as the Non-Veteran of the Year Award. She chaired the Veterans Appreciation Program the last two years, and commissioned two oil paintings that were auctioned to benefit the Veterans Council and its programs.

Ida Jackson received a certificate of thanks on behalf of her husband, Andy Jackson. Andy Jackson, who passed away in January, was a veteran, served as attorney for the Veterans Council, and was guest speaker at many of the veteran programs.

Gerry Harvey presented the coveted Veteran of the Year Award to Bert Marple, chair of the Veterans Assistance Fund. Marple and his wife Evelyn head up the Veterans Committee for the Sebring Elks. Together they visit the veterans of the assisted living facilities and nursing homes each week, as well as arranging for a Christmas party for them each year, held at the Sebring Elks — complete with gifts and Santa.

Harry Marsh, last year's Veteran of the Year, presented

the smallest unit on the Veterans Council the Unit of the Year Award. Accepting for the unit was Elizabeth Waddell, president of the WAVES Highlanders Unit 88. This small band of women veterans visits both Bay Pines and West Palm VA Hospitals, and the Fisher Houses, delivering lap robes, personal hygiene items, and gifts for the holidays. They also support the Guide Dogs for Heroes, Athena House for homeless women veterans in Tampa, and the newer Homeless Shelter for Veteran Women with Children, located in Palm Beach County.

The band, Groovus, began its portion of the program by performing a patriotic medley that included recognizing the POW/MIA table. The veterans were encouraged to stand as the song for their branch of the military was played. Following the patriotic introduction, the band continued to play tunes from the '50s, '60s, and '70s throughout the evening.

Istokpoga Marsh Watershed project receives \$6 million

Special to the News-Sun

SEBRING — The 19,262-acre Istokpoga Marsh Watershed Improvement District (IMWID) is located south and east of Lake Istokpoga and lies in the Northern Everglades Indian Prairie Basin, ultimately draining to Lake Okeechobee. The Marsh District, a non-independent special benefit district of the Highlands County Board of County Commission, consists mainly of improved pastures, citrus groves, calcium fields, sod farms, nursery operations, winter vegetables and unimproved pastures.

Irrigation for these crops originates in canals from Lake Istokpoga, and groundwater wells. The existing drainage system was constructed in the 1960s, and the limited water quality treatment and flood attenuation within IMWID is no longer sufficient to meet current water quality regulations for Lake Okeechobee. State water quality guidelines have led to the development of Total Maximum Daily Loads to reduce the levels of the nutrient phosphorus in surface water that flows to Lake Okeechobee.

For years, IMWID has worked with the South Florida Water Management District (SFWMD), the Florida Department of Environmental Protection (DEP), Highlands Soil and

Water Conservation District, the Highlands County Board of County Commission (HCBCC) and the Florida Department of Agriculture and Consumer Services (FDACS) in an effort to address the problem of phosphorus levels in water that is discharged from the Marsh District. Property was purchased in 2009 and 2010 to house above ground impoundments. Once the project's full 1,200-acre compliment of surface water storage is complete, it is designed to capture excess stormwater that will result in reducing water discharge by an expected 60 percent, and in reducing phosphorus loads to Lake Okeechobee by 70 percent.

On Feb. 22, the DEP and SFWMD, at a kick-off meeting to initiate the Basin Management Action Plan for the Lake Okeechobee watershed, committed a total of \$6 million to the Istokpoga Marsh Watershed Water Quality Improvement Project. Permitting and construction design have begun on the first phase of the project, involving construction of an above ground impoundment to collect stormwater on a 308-acre parcel; this water will then be released back to the Marsh District's system of canals for irrigation. Reusing the water will satisfy irrigation demands while reducing the amount of

phosphorus that ends up in Lake Okeechobee.

Many agencies have worked together to make this project a reality. SFWMD and FDACS, through a cooperative agreement with the IMWID, funded the purchase of two parcels of land totaling about 700 acres for location of two above ground impoundments. IMWID and the HCBCC's Parks and Natural Resources staff worked with local landowners and the agencies to identify and acquire these parcels. With this commitment, the process of permitting, design and construction of the first impoundment can be completed, helping to improve water quality in Lake Okeechobee.

Drew Bartlett, director of DEP's Division of Environmental Assessment and Restoration, stated, "Lake Okeechobee is a state treasure. We will do everything we can, working with the many dedicated local stakeholders, to promote innovative thinking and creative solutions that expedite restoration. I am particularly pleased to continue our partnership with the Istokpoga Marsh Water Improvement District and Highlands County, which continue to invest time and money toward the success of the Istokpoga project and the rest of the hard work ahead."

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Florida baseball players punished for Harlem Shake

Associated Press

TITUSVILLE — Eight members of the Titusville High School baseball team must perform community service before they can play again after making an after-hours version of the "Harlem Shake" dance on campus.

Florida Today (http://on.flatoday.com/13owk3d) reported Thursday a video of the baseball players' version of the dance sensation got nearly 700 views on YouTube before it was taken down.

Brevard Public Schools spokeswoman Michelle Irwin says the students were

engaged in inappropriate gestures while wearing portions of their baseball uniforms.

Some students who learned of the suspensions took to Twitter and other social media, demanding the players be allowed to return to the team.

The coach later told parents the players could return after completing a round of community service. They'll also have cleanup duty after games and additional physical training.

Information from: Florida Today (Melbourne), <http://www.flatoday.com>

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New nuclear plant in Georgia over budget

By RAY HENRY
Associated Press

ATLANTA — A utility says a first-of-its-kind nuclear plant under construction in eastern Georgia will go over budget.

Atlanta-based Southern Co. said Thursday that finishing Plant Vogtle (VOH'-gohl) will now cost an estimated \$6.85 billion, up from \$6.11 billion.

The firm also moved back the completion dates for the massive project. While the two reactors at the plant were supposed to start producing power in April 2016 and April 2017, those dates have now shifted to late 2017 and late 2018.

Utility officials say completing the nuclear plant remains cheaper than the alternatives.

Georgia's Public Service Commission must ultimately decide whether to approve the new budget.

Kids learn art of dance

Continued from page 1A

between \$1,000 and \$1,500 a month on dance. It is impossible for most of the parents to do that nowadays, so I decided that I wanted to do something here to give the kids a chance to dance and the opportunity to learn," Shattenberg said.

The petite instructor's passion for dance is so fierce that she does not charge a weekly or monthly fee for the students to participate. Parents are asked, however, to purchase dance shoes for students. Shattenberg continues to hold fundraisers to offset the costs of dance shoes and allows those who can not afford shoes to participate without them.

"I try to do as much as I can to help out ... Dance has

always been a big, positive part of my life. Growing up, when something bad was going on or when I was stressed I'd just dance and I would feel better. Kids today don't always have the confidence like I did growing up; it's something a lot of them are lacking. I'm trying to build that confidence and this gives them something to look forward to and something to do every week," Shattenberg said.

Shattenberg knows that running a non-profit is real work and has heard a tiny amount of skepticism about having a no-charge dance instruction, but she pays it no mind. Shattenberg enjoys the freedom of dance and the hassle-free method of a no-cost studio.

"I love to dance. I'm not in it for the money,"

Shattenberg said.

Union's Rhythm dance instruction is held from 5-8:30 p.m. each Tuesday. Dancers aged 4-17 are given hands-on instruction in the genres of tap, jazz, ballet and hip-hop.

Currently, due to the high volume of students, there is a waiting list for the classes.

"I didn't want to have to close the doors on anyone, it just became so overwhelming, but the kids love it. It has been 100 percent positive feedback and I get more and more girls coming to sign up every week," Shattenberg said.

For more information or to be placed on the Union Church Union's Rhythm dance instruction waiting list contact Berlin at 443-6267 or Shattenberg at 873-1912.



News-Sun photo by KATARA SIMMONS
Gabriella Martens and little sister Chloe Martens are all smiles Tuesday evening during Union's Rhythm dance class in Avon Park.

Comfort comes from being close

Continued from page 2A

the couple's children poured in from all over the world.

"I can't ask for a better community than Hazel Green," Mary said. "Jesse's family gave me a lot of support, as well as friends from Kansas, Kentucky, New Hampshire, Japan, Korea and the community here ... I can't even say enough words."

The last time Mary spoke to her husband was three days before he died. It was also her mother's birthday, and Jesse wanted to know if she was enjoying her new house in the Philippines,

which the soldier helped pay for with a portion of his salary.

"The last words (he said to) me were 'hey honey, tell your mom happy birthday for me,'" Mary said.

When Mary visited Jesse's grave in the same cemetery where his grandfather is buried, she noticed a "for sale" sign in the window of the house the couple once admired. She decided to buy it.

"We get a lot of snow in the winter, but in summertime, the fall, or the spring, my kids drive their little smart cars and go visit,"

Mary said. "I can even hear them yelling ... 'Daddy, we're here.'"

As Mary Grindey and her children mark a new point of beginning, they are comforted to know that Staff Sgt. Jesse Grindey, who spent many years putting out fires at home and abroad, is always right across the street.

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

Soon there will be five

Continued from page 1A

Development and Institutional Effectiveness, Daytona State College, Daytona Beach;

■ Paul D. Nagy, special assistant to the president, Strategic Planning and Analysis, Hillsborough Community College, Tampa;

■ Carlisle B. Rathburn III, president, Texas A&M University-Texarkana, Texarkana, Texas;

■ Cheryl L. Thompson-Stacy, president, Lord Fairfax Community College, Middletown, Va.;

■ Rhonda Richards Tracy, senior vice president for Academic Affairs, West Virginia University at Parkersburg, Parkersburg, W.Va.; and

■ Allen A. Witt, campus president, Hillsborough Community College, Ruskin.

Each of the 12 candidates will be asked to submit a 10-minute video addressing at least three questions pertinent to the presidential position and to SFSC's future. The videos will be made available to Screening Committee members on Friday, March 8. At its meeting on March 19, the committee will narrow candidates to four or five finalists and present their names to the SFSC District Board of Trustees, who will choose the next president of SFSC.

President Norman L. Stephens Jr., who has served SFSC since 2002, retires from the college on June 30, 2013.

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1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR HIGHLANDS COUNTY
 Case #: GCS 13-13
 Judge: Langford
PEAVY FAMILY INVESTMENTS, LLC
 Plaintiff(s),
 -vs.-
PATSIJE DENTON, FREDRICK ALLEN, JACOBSON AUCTION COMPANY, INC. a Florida Corporation and **CARLSON FAMILY, LLC**
 Defendant(s)

NOTICE OF ACTION - PROPERTY

TO: Patsije Denton
 Residence and Address Unknown
 Last Known Address
 141 Falon Ave
 Elmont, NY 11003

Fredrick Allen
 Residence and Address Unknown
 Last Known Address
 141 Falon Ave
 Elmont, NY 11003

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

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

A portion of Section 17, Township 39 South, Range 30 East, Highlands County, Florida, more particularly described as follows: Commence at the Northwest corner of said Section 17; thence South 00 degrees 05'41" East along the West line of said Section 17 a distance of 1306.55 feet; thence North 89 degrees 12'20" East a distance of 585.52 feet to the Point of Beginning; thence continue North 89 degrees 12'20" East a distance of 335.50 feet; thence South 00 degrees 28'29" East a distance of 1308.63 feet to a point on the South line of the North half of said Section 17; thence South 89 degrees 31'01" West along the South line of the North half of said Section 17 a distance of 335.50 feet; thence North 00 degrees 28'59" West a distance of 1306.81 feet to the Point of Beginning Also known as Lot 10, Sunset Acres Unrecorded.

Together with a 50 foot wide easement for ingress and egress being more particularly described as follows: Commence at the Northwest corner of said Section 17; thence South 00 degrees 05'41" East along the West line of said Section 17, a distance of 1256.55 feet to the point of beginning; thence North 89 degrees 12'20" East a distance of 4865.27 feet to a point on the Westerly right-of-way of U.S. Highway No. 27; thence South 05 degrees 09'31" West along the Westerly right-of-way of U.S. Highway No. 27 a distance of 50.27 feet; thence South 89 degrees 12'20" West a distance of 4860.66 feet; thence North 00 degrees 05'41" West a distance of 50.00 feet to Point of Beginning.

has been filed against you and you are required to serve a copy of your written defenses, if any to it, on the Plaintiff(s) attorney, whose name and address is: David F. Lanier, Esq., P.O. Box 400, Avon Park, Florida 33826-0400, and file the original with the Clerk of the above styled Court on or before April 3, 2013, otherwise a judgment may be entered against you for the relief demanded in the Complaint.

WITNESS my hand and the seal of said Court on February 21, 2013.

ROBERT W. GERMAINE
 Clerk of said Circuit Court
 By: /s/ Priscilla Michalak
 Deputy Clerk
 March 1, 8, 15, 22, 2013

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT, IN AND FOR HIGHLANDS COUNTY, FLORIDA.
 CASE NO. 28-2012-CA-001145
BANK OF AMERICA, N.A., SUCCESSOR BY MERGER TO BAC HOME LOANS SERVING, LP, FKA COUNTRYWIDE HOME LOANS SERVING, LP,
 PLAINTIFF,
 VS.
DENISE R. BENOIT, ET AL.,
 DEFENDANT(S).

NOTICE OF ACTION

TO: Denise R. Benoit
 RESIDENCE: UNKNOWN
 LAST KNOWN ADDRESS: 4602 Del Rio Ln, Bonita Springs, FL 34134

YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following described property located in Highlands County, Florida:

LOT 28 AND THE SOUTH 1/2 OF LOT 29, BLOCK 30, OF LEISURE LAKES, SECTION FOUR, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 6, PAGE 29, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

1050 Legals

has been filed against you, and you are required to serve a copy of your written defenses, if any, to this action, on Gladstone Law Group, P.A., attorneys for plaintiff, whose address is 1499 W. Palmetto Park Rd., Suite 300, Boca Raton, FL 33486, and file the original with the Clerk of the Court, within 30 days after the first publication of this notice, either before March 26, 2013 or immediately thereafter, otherwise a default may be entered against you for the relief demanded in the Complaint.

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

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

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact Office of the Court Administrator at 863-534-4686, 255 North Broadway Avenue, Bartow, FL 33830 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.

February 22; March 1, 2013

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CASE NO. 12-1151-GCS
 SECTION NO. 10
MIDFLORIDA CREDIT UNION FKA/ MIDFLORIDA FEDERAL CREDIT UNION,
 Plaintiff,
 v.
EDMUND L. RISCH; LUITA M. RISCH; REINHARD H. STADELBAUER; UNKNOWN SPOUSE OF REINHARD H. STADELBAUER; JENNIFER RISCH F/K/A JENNIFER L. STADELBAUER; UNKNOWN SPOUSE OF JENNIFER RISCH F/K/A JENNIFER L. STADELBAUER; TENANT #1; TENANT #2; and ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, AND UNDER, AND AGAINST THE HEREIN-NAMED DEFENDANTS WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEES, OR OTHER CLAIMANTS,
 Defendants.

NOTICE OF ACTION

TO: REINHARD H. STADELBAUER; UNKNOWN SPOUSE OF REINHARD H. STADELBAUER; JENNIFER RISCH F/K/A JENNIFER L. STADELBAUER; UNKNOWN SPOUSE OF JENNIFER RISCH F/K/A JENNIFER L. STADELBAUER; TENANT #1; TENANT #2; and ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, AND UNDER, AND AGAINST THE HEREIN-NAMED DEFENDANTS WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEES, OR OTHER CLAIMANTS

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

Lot 18, Block 17, OAK BEACH COLONY, FIRST ADDITION, a subdivision according to the plat thereof recorded at Plat Book 7, Page 26, in the Public Records of Highlands County, Florida.
 ADDRESS: 2350 Preston Ave., Sebring, FL 33875-6478

has been filed against you and you are required to serve a copy of your written defenses, if any, to Gregory A. Sanoba, Esq., 422 South Florida Avenue, Lakeland, Florida 33801, on or before April 2, 2013, and file the original with the Clerk of this Court either before service on Plaintiff's attorney or immediately thereafter; otherwise, a default will be entered against you for the relief demanded in the Complaint.

DATE: February 18, 2013.

BOB GERMAINE
 Clerk of the Court
 By: /s/ Toni Kopp
 Deputy Clerk

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863) 534-4690 at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

March 1, 8, 2013

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IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 GENERAL JURISDICTION DIVISION
 CASE NO. 2012-CA-000826
FLAGSTAR BANK, FSB,
 Plaintiff,
 vs.
JOANNE MAPLES, et al.
 Defendant.

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated November 9, 2012, and entered in Case No. 2012-CA-000826 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein FLAGSTAR BANK, FSB, is the Plaintiff and JOANNE MAPLES; UNKNOWN TENANT #1 N/K/A CPREY LEAL are the Defendant(s). Robert Germaine as The Clerk of the Circuit Court will sell to the highest and best bidder for cash at 430 S. COMMERCE AVENUE, SEBRING, FL 33870 AT 11:00 A.M. on June 28, 2013, the following described property as set forth in said Final Judgment, to wit:

LOT 32, BLOCK 10, ORANGE BLOSSOM ESTATES UNIT NO. 6, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 6, PAGE 35, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

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

Dated this 15th day of February, 2013.

Robert Germaine
 As Clerk of the Court
 By: /s/ Priscilla Michalak
 As Deputy Clerk

IMPORTANT

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863) 534-4690, at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; Notice of Foreclosure Sale; if you are hearing or voice impaired, call TDD (863) 534-7777 or Florida Relay Service 711.

IN THE CIRCUIT COURT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CASE NO. GC-12-000936
JPMORGAN CHASE BANK, NATIONAL ASSOCIATION
 Plaintiff,
 vs.
WALTON PEART; SHEENA PEART; UNKNOWN TENANT 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 ACTION

TO: SHEENA PEART
 704 W. OAK LANE STREET
 AVON PARK, FL 33825
 OR
 1404 N. TROPICAL AVENUE
 AVON PARK, FL 33825

LAST KNOWN ADDRESS STATED, CURRENT RESIDENCE UNKNOWN

And any unknown heirs, devisees, grantees, creditors and other unknown person or unknown spouses claiming by, through and under the above-named Defendant(s), if deceased or whose last known addresses are unknown.

YOU ARE HEREBY NOTIFIED that an action to foreclose Mortgage covering the following real and personal property described as follows, to-wit:

LOT 7, OF OAK LANE SUBDIVISION, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 6, PAGE 38, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

has been filed against you and you are required to serve a copy of your written defenses, if any, to it on Sujata J. Patel, Butler & Hosch, P.A., 3185 South Conway Road, Suite E, Orlando, Florida 32812 and file the original with the Clerk of the above-styled Court on or before 30 days from the first publication, otherwise a Judgment may be entered against you for the relief demanded in the Complaint.

WITNESS my hand and seal of said Court on the 20th day of February, 2013.

AMERICANS WITH DISABILITIES ACT. If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, 255 N. Broadway Avenue, Bartow, Florida 33830, (863)534-4686, 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.

ROBERT W. GERMAINE, CLERK
 Highlands County Clerk of Court
 CLERK OF THE COURT
 By: /s/ Toni Kopp
 Deputy Clerk

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CIVIL DIVISION
 Case No.: 11-886-GCS
HIGHLANDS INDEPENDENT BANK,
 Plaintiff,
 vs.
JOSEPH E. CALHOUN, JR., CHRISTINE R. CALHOUN, BILLY JOE CALHOUN, and MIDLAND FUNDING, LLC,
 Defendants.

NOTICE OF ACTION AS TO BILLY JOE CALHOUN

PLEASE TAKE NOTICE That Highlands Independent Bank, (the "Plaintiff"), by and through its undersigned attorneys, filed a complaint (the "Complaint") in the Tenth Judicial Circuit in and for Highlands County, Florida.

1. In the Complaint, the Plaintiff seeks relief against defendants, Billy Joe Calhoun, (collectively, the "Defendant").

2. This is an action for damages in excess of \$15,000.00. The Complaint alleges damages resulting from the default of certain Loan Documents, as more fully described in the Complaint, including, but not limited to, a Promissory Note and a Mortgage, and seeks foreclosure of real property, as more fully described below.

3. This action is pending in the Tenth Judicial Circuit in and for Highlands County, Florida.

4. The real property is located at 1874 Washington Boulevard NW, Lake Placid, FL 33852, and is more fully described as:

A portion of the NE 1/4 of the SE 1/4 of Section 17, Township 35 South, Range 29 East, Highlands County, Florida and being also a Portion of Government Lot 9, being more particularly described as follows: Begin at the NW Corner of the NE 1/4 of the SE 1/4 of said Section 17; thence North 89 degrees 19'19" East along the North Line of the NE 1/4 of the SE 1/4 of said Section 17 a distance of 220.95 feet. Thence South 0 degrees 27'14" East a distance of 678.04 feet to a point on the South Line of the NW 1/4 of the NE 1/4 of the SE 1/4 of said Section 17, thence South 89 degrees 14'32" West along the South Line of the NW 1/4 of the NE 1/4 of the SE 1/4 of said Section 17 a distance of 221.10 feet to the SW corner of the NW 1/4 of the NE 1/4 of the SE 1/4 of said Section 17, thence North 0 degrees 26'29" West along the West line of the NE 1/4 of the SE 1/4 of said Section 17 a distance of 678.35" to the Point of Beginning.

5. The Defendant is required to file written defenses with the Clerk of the Court and to serve a copy within thirty (30) days after the first publication of this Notice on John A. Anthony, Esq., Anthony & Partners, LLC, 201 N. Franklin Street, Suite 2800, Tampa, Florida 33602, attorney for the Plaintiff, Highlands Independent Bank.

DATED on February 20, 2013.

ROBERT GERMAINE
 As Clerk of the Court
 By: /s/ Toni Kopp
 As Deputy Clerk

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR HIGHLANDS COUNTY
 Case #: GCS 13-163
 Judge: Langford
GUARANTEED HOME REPAIRS, INC., a Florida Corporation
 Plaintiff(s),
 -vs.-
JOSEPH THOMAS JANKOVIC
 Defendant(s)

NOTICE OF ACTION - PROPERTY

TO: Joseph Thomas Jankovic, and unknown spouse if married
 Residence and Address Unknown
 Last Known Address
 124 Spring Garden Rd.
 Sebring, FL 33872

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

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

A Portion of replat per Plat Book 4, Page 3, also known as: Lot 29, and Northerly 2 of Lot 30, abutting Lot 20, Block 291, LAKE SEBRING SUBDIVISION, according to the plat thereof recorded in Plat Book 2, Page 24 of the Public Records of Highlands County, Florida.

has been filed against you and you are required to serve a copy of your written defenses, if any to it, on the Plaintiff(s) attorney, whose name and address is: David F. Lanier, Esq., P.O. Box 400, Avon Park, Florida 33826-0400, and file the original with the Clerk of the above styled Court on or before April 3, 2013, otherwise a judgment may be entered against you for the relief demanded in the Complaint.

WITNESS my hand and the seal of said Court on February 21, 2013.

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

In accordance with the Americans With Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact Court Administration at Highlands County Courthouse, 430 South Commerce Avenue, Sebring, Florida 33870; telephone (863)402-6591, 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.

February 22; March 1, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
 CASE NO.: GC 12-1182
HIGHLANDS INDEPENDENT BANK,
 Plaintiff,
 vs.
JAI K. BAHADUR and GAYATRI D. BAHADUR,
 Husband and Wife, if alive and if not, their unknown spouse, heirs, devisees, grantees, creditors, or other parties claiming by, through, under or against JAI K. BAHADUR and GAYATRI D. BAHADUR, and all claimants under any of such party,
 Defendants.

NOTICE OF SUIT-PROPERTY

TO: JAI K. BAHADUR, if alive and if not, their unknown spouse, heirs, devisees, grantees, creditors, or other parties claiming by, through, under or against JAI K. BAHADUR, and all claimants under any of such party;

216 Jet Way NW, Lake Placid, FL 33852

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

The Property: 3015 Brunns Road, Sebring, FL 33872

That portion of the East Half of the Southwest Quarter of the Southeast Quarter of Section 35, Township 34 South, Range 28 East, Highlands County, Florida described as follows: Beginning at the Southeast corner of the said East Half of the Southwest Quarter of the Southeast Quarter of said Section 35; run thence North along the East line of said East Half of the Southwest Quarter of the Southeast Quarter of said Section 35, a distance of 138.00 feet; run thence West and parallel to the south line of said East Half of the Southwest Quarter of the Southeast Quarter of said Section 35, a distance of 230.00 feet; run thence South and parallel to the aforesaid East line a distance of 138.00 feet to the south line of the said East Half of the Southwest Quarter of the Southeast Quarter of said Section 35; run thence East and long the aforesaid south line a distance of 230.00 feet to the POINT OF BEGINNING. LESS AND EXCEPT Brunns Road and State Road No. 634 a/k/a Highlands Hammock Road. Also known as: Tract 1 of WALLACE STEVENS UNRECORDED.

Together with: 1973 Mana Mobile Home, ID#0639689386DT, Title #6129543.

Parcel Identification Number: C-35-34-28-030-0000-0010

has been filed against you and you are required to serve a copy of your written defenses, if any, to John K. McClure, Esquire, JOHN K. MCCLURE, P.A., 211 South Ridgewood Drive, Sebring, FL 33870, the Plaintiff's attorney, and file the original with the Clerk of the above styled court on or before March 19, 2013; otherwise a default may be entered against you for the relief demanded in the Complaint.

WITNESS my hand and seal of said Court on the 7th day of February, 2013.

ROBERT W. GERMAINE
 CLERK OF THE CIRCUIT COURT
 By: /s/ Toni Kopp
 Deputy Clerk

In accordance with the Americans With Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact Court Administration at Highlands County Courthouse, 430 South Commerce Avenue, Sebring, Florida 33870; telephone (863)402-6591, 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.

February 22; March 1, 2013

Subscribe to the News-Sun Call 385-6155

1050 Legals

NOTICE OF PROPOSED RULE DEVELOPMENT OF THE SCHOOL BOARD OF HIGHLANDS COUNTY, FLORIDA TO CONSIDER DEVELOPMENT OF SCHOOL DISTRICT JOB DESCRIPTION FOR A CLASSROOM TEACHING ASSISTANT (CTA) AND NOTICE OF POTENTIAL PUBLIC HEARING

NOTICE is hereby given that the School Board of Highlands County is amending the job description for a Classroom Teaching Assistant (CTA). The Board will discuss/approve future plans to develop the rule at a regular meeting of the Board on Monday, March 25, 2013, at 5:30 p.m. in the Board Meeting Room, George Douglass Administration Building, 426 School Street, Sebring, Florida. If requested by an affected person in writing within 14 days of the date of this notice, a rule development workshop will be noticed in a local newspaper. The request must be submitted to Wally Cox, Superintendent, 426 School Street, Sebring, FL 33870. The purpose and effect of this notice is to amend the job description for a Classroom Teaching Assistant. A summary of the amendment to the minimum qualifications of the job description is as follows: Valid State of Florida Educator's certificate or Florida Department of Education Statement of Status of Eligibility. The specific legal authority includes Article IX Section 4(b), Constitution of the State of Florida; Sections 1012.22 and 1001.41, Florida Statutes. The School District believes that the proposed rule or amendment will have no effect on small business. The School District believes that the proposed rule or amendment will not result in substantial increase in costs or prices paid by consumers, individual industries or state or local government agencies, and will not result in significant adverse effects on competition, employment, investment, productivity, innovation or international trade and/or alternative approaches to the regulatory objective either do not exist and/or are precluded by law. The cost to the School District of promulgating the proposed rule or amendment is estimated to be \$200. The estimated annual cost of implementing and enforcing the proposed rule or amendment is \$0. The text of the proposed rule or amendment can be obtained at the Superintendent's office, George Douglass Administration Building (Attn. Connie Scobey), 426 School Street, Sebring, Florida between the hours of 8:00 a.m. and 4:30 p.m., Monday through Friday.

THE SCHOOL BOARD OF HIGHLANDS COUNTY, BY: Wally Cox
 Superintendent & ex officio secretary

February 24, 2013

NOTICE OF PROPOSED RULE DEVELOPMENT OF THE SCHOOL BOARD OF HIGHLANDS COUNTY, FLORIDA TO CONSIDER DEVELOPMENT OF SCHOOL DISTRICT JOB DESCRIPTION FOR A MANAGER - FIRE AND ENVIRONMENTAL SAFETY AND NOTICE OF POTENTIAL PUBLIC HEARING

NOTICE is hereby given that the School Board of Highlands County is amending the job description for a Manager - Fire and Environmental Safety. The Board will discuss/approve future plans to develop the rule at a regular meeting of the Board on Monday, March 25, 2013, at 5:30 p.m. in the Board Meeting Room, George Douglass Administration Building, 426 School Street, Sebring, Florida. If requested by an affected person in writing within 14 days of the date of this notice, a rule development workshop will be noticed in a local newspaper. The request must be submitted to Wally Cox, Superintendent, 426 School Street, Sebring, FL 33870. The purpose and effect of the proposed new job description is to amend the minimum qualifications in the job description for a Manager - Fire and Environmental Safety. A summary of the proposed amendment is as follows: The minimum qualifications for a Manager - Fire and Environmental Safety are amended as follows: (1) Associate's degree or two years of college credit/equivalent from an accredited educational institution; or five (5) years of satisfactory performance in the appropriate/relevant area of experience. The following shall be removed from additional desired qualifications: Verification of training or experience in interpreting construction drawings and design specifications. The specific legal authority includes Article IX Section 4(b), Constitution of the State of Florida; Sections 1012.22 and 1001.41, Florida Statutes. The School District believes that the proposed rule or amendment will have no effect on small business. The School District believes that the proposed rule or amendment will not result in substantial increase in costs or prices paid by consumers, individual industries or state or local government agencies, and will not result in significant adverse effects on competition, employment, investment, productivity, innovation or international trade and/or alternative approaches to the regulatory objective either do not exist and/or are precluded by law. The cost to the School District of promulgating the proposed rule or amendment is estimated to be \$200. The estimated annual cost of implementing and enforcing the proposed rule or amendment is \$0. The text of the proposed rule or amendment can be obtained at the Superintendent's office, George Douglass Administration Building (Attn. Connie Scobey), 426 School Street, Sebring, Florida between the hours of 8:00 a.m. and 4:30 p.m., Monday through Friday.

THE SCHOOL BOARD OF HIGHLANDS COUNTY, BY: Wally Cox
 Superintendent & ex officio secretary

February 24, 2013

1050

Legals

PROFESSIONAL SERVICE DIRECTORY

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CASE NUMBER: 11-275 GCS

JAMES E. TOMPKINS & LOUISE B. TOMPKINS, Plaintiffs, -vs- RICHARD A. GILLMOR, ET AL., Defendants.

NOTICE OF SALE

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

PARCEL 1: Lot 843, SEBRING RIDGE SECTION D, according to the map or plat thereof recorded in Plat Book 8, Page 14, of the Public Records of Highlands County, Florida.

PARCEL 2: Lots 8, 9, 10 and 11, in Block 13, of HIGHLANDS PARK ESTATES, SECTION F, according to the Plat thereof as recorded in Plat Book 4, Page 95, of the Public Records of Highlands County, Florida.

PARCEL 3: Lot 2, Block A, Clearview Terrace, according to the plat thereof as recorded in Plat Book 10, Page 42, of the Public Records of Highlands County, Florida.

at public sale, to the highest and best bidder for cash, in the Jury Assembly Room located in the basement of the Highlands County Courthouse located at 430 South Commerce Avenue, Sebring, Florida 33870, in accordance with Section 45.031, Florida Statutes (2008), at 11:00 o'clock A.M. on the 25th day of March, 2013.

NOTICE: 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. SIGNED this 26th day of February, 2013.

ROBERT GERMAINE CLERK OF THE CIRCUIT COURT By: /s/ Priscilla Michalak Deputy Clerk March 1, 8, 2013

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. PC 12-223

IN RE: ESTATE OF LOIS ADKINS Deceased.

NOTICE TO CREDITORS

The administration of the estate of LOIS ADKINS, deceased, whose date of death was January 28, 2012, is pending in the Circuit Court of HIGHLANDS County, Florida, Probate Division, the address of which is 590 S. Commerce Ave., 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 March 1, 2013.

Personal Representative: /s/ Kenneth Adkins, Jr. 9318 Hilgard Las Vegas, NV 89178

Attorney for Personal Representatives:

/s/ William J. Nielander WILLIAM J. NIELANDER Florida Bar Number: 0386014 172 E. Interlake Boulevard Lake Placid, FL 33852 Telephone: (863) 465-8181 Fax: (863) 465-5614 E-Mail: wjn@nielander.com

March 1, 8, 2013

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. PC 12-503

IN RE: ESTATE OF ROSA SIMMONS Deceased.

NOTICE TO CREDITORS

The administration of the estate of ROSA SIMMONS, deceased, whose date of death was June 2, 2012, is pending in the Circuit Court of HIGHLANDS County, Florida, Probate Division, the address of which is 590 S. Commerce Ave., Sebring, FL 33870. The names and addresses of the personal representatives 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 March 1, 2013.

Personal Representatives: /s/ Margaret Simmons 400 Hill Street Mahopac, New York 10541 /s/ Everlena Simmons 112 Compass Avenue Lake Placid, Florida 33852

Attorney for Personal Representatives:

/s/ William J. Nielander WILLIAM J. NIELANDER Florida Bar Number: 0386014 172 E. Interlake Boulevard Lake Placid, FL 33852 Telephone: (863) 465-8181 Fax: (863) 465-5614 E-Mail: wjn@nielander.com

March 1, 8, 2013

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. PC 13-43

IN RE: ESTATE OF ESTHER M. BROWN Deceased.

NOTICE TO CREDITORS

The administration of the estate of ESTHER M. BROWN, deceased, whose date of death was September 4, 2012, and whose Probate File Number PC-13-43, is pending in the Circuit Court for HIGHLANDS County, Florida, Probate Division, the mailing address of which is 590 S. Commerce Avenue, Sebring, Florida 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 THREE MONTHS AFTER THE TIME OF FIRST PUBLICATION OF THIS NOTICE OR THIRTY 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 the decedent's estate must file their claims with this



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1050 Legals

court WITHIN THREE 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 FORFEVER 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 March 1, 2013.

Personal Representative:
CYPRESS TRUST COMPANY
BY: /s/ Mary Lou Kalisz
MARY LOU KALISZ, Vice President
Post Office Box 1611
Winter Haven, Florida 33882-1611

Attorney for Personal Representative:
/s/ Charles R. Chilton
Florida Bar No. 117861
Sharit, Bunn & Chilton, P.A.
99 Sixth Street, S.W.
Winter Haven, Florida 33880
Telephone: (863)293-5000

March 1, 8, 2013

2000 Employment

2100 Help Wanted

B & L Farms-2 months experience needed- 32 Temporary workers needed in Vardaman, MS from approximately April 23, 2013 - Nov 3, 2012. Following Supervisors instructions the worker will be clearing ground of rocks sticks & roots by hand. General irrigation, field & fence maintenance. Preparing the ground for planting. Covering potatoes with use of bedding machine & covering with plastic. Cut slips by hand with knife, place in boxes to load & unload onto trucks. Riding mechanical transplanter and loading slips in planting cups. Manually weeding fields by hand or using hand tools. Diving plants by hand. Use of mechanical digging equipment to dig potatoes. May also harvest potatoes by hand with use of buckets. Must be able to sort, grade & pack potatoes by size, quality or type. Load & unload boxes on trucks or trailers. Clean all hand tools and mechanical equipment (All tools will be provided at no cost to worker) Will also plant, cultivate & harvest purple hull peas. Will also plant, cultivate & harvest watermelons. Work in extreme weather conditions. Must be able to work with minimum supervision. Two months experience needed for hand cutting slips and use of mechanical transplanter & mechanical diggers.. Workers will be paid the highest of \$9.50 per hr or applicable piece rates depending on crop activity, 3/4 guarantee, 35 hrs per week, housing, equipment and transportation provided at no cost to workers who cannot reasonably return to their permanent residence at the end of each work day, must be 18 years or older. Transportation and subsistence expenses to the worksite will be reimbursed upon completion of 50% of the work contract or earlier if appropriate. We participate in the E-Verify program and workers must have valid identification for I-9 preparation when they report to begin work. Apply for this job at the State Workforce/Job Center office in your area, please call for the nearest office in your area MS 662-842-2175, AL 256-259-1835, LA 318-676-7705, FL 863-385-3672, using job order MS 67996.

1100 Announcements

CHECK YOUR AD

Please check your ad on the first day it runs to make sure it is correct. Sometimes instructions over the phone are misunderstood and an error can occur. If this happens to you, please call us the first day your ad appears and we will be happy to fix it as soon as we can.

If We can assist you, please call us:

Subscribe to the News-Sun Call 385-6155

2100 Help Wanted

2100 Help Wanted

LIL WIZARDS ACADEMY Is Looking for F/T & P/T Teachers. Please call 863-381-9676 or email jamesbox_3408@yahoo.com

SEEKING WELL Exp. Medical office help. Exc. billing/collection, communication, typing, computer skills & medical terminology are a MUST. Part-time. Fax resume to: 866-593-0635 or email to: medicalofficebilling@yahoo.com

SUNSHINE PAYDAY LOANS Full time clerk needed Must be organized and Have excellent Customer Service skills Fax resumes to: 863-678-2170

TEACHER NEEDED For 2/3 year old class at Christian Preschool, F/T. Call 863-443-2344 and leave message.

2100 Help Wanted

2100 Help Wanted

BROWER FARMS-2 months experience needed- 20 Temporary workers needed in Water Valley, MS from approximately April 23, 2013 - Nov 3, 2013. Following Supervisors instructions the worker will be clearing ground of rocks sticks & roots by hand. General irrigation, field & fence maintenance. Preparing the ground for planting. Covering potatoes with use of bedding machine & covering with plastic. Cut slips by hand with knife, place in boxes to load & unload onto trucks. Riding mechanical transplanter and loading slips in planting cups. Manually weeding fields by hand or using hand tools. Diving plants by hand. Use of mechanical digging equipment to dig potatoes. May also harvest potatoes by hand with use of buckets. Must be able to sort, grade & pack potatoes by size, quality or type. Load & unload boxes on trucks or trailers. Repair, maintain and clean all hand tools, farm equipment and mechanical equipment prior to and after crops are planted and harvested and as needed during the season. (All tools will be provided at no cost to worker) Will also plant, cultivate & harvest purple hull peas. Will also plant, cultivate & harvest watermelons. Perform manual tasks in the planting, cultivating, and harvesting of cotton. Operate tractor, cotton pickers, combine, and any other normal equipment related to the planting, cultivation and harvesting of crops. Adjust cotton picker for efficiency and deep spindles and picker head clean. Machine harvest, chop and defoliate cotton. Wrap ties around cotton bales, banding/unbanding, moving bales with dolly, loosening bales, and loading bales on tractor. Weed and thin out young cotton. Keep turn rows firm, smooth and free of tall grass. Workers will keep wet cotton separate from dry cotton, load and unload cotton, Set up, operate and repair irrigation systems. Repair and maintain farm equip Work in extreme weather conditions. Must be able to work with minimum supervision. Two months experience needed for hand cutting slips and use of mechanical trans planter & mechanical diggers. Workers will be paid the highest of \$9.50 per hr or applicable piece rates depending on crop activity, 3/4 guarantee, 35 hrs per week, housing, equipment and transportation provided at no cost to workers who cannot reasonably return to their permanent residence at the end of each work day, must be 18 years or older. Transportation and subsistence expenses to the worksite will be reimbursed upon completion of 50% of the work contract or earlier if appropriate. We participate in the E-Verify program and workers must have valid identification for I-9 preparation when they report to begin work. Apply for this job at the State Workforce/Job Center office in your area, please call for the nearest office in your area MS 662-842-2175, AL 256-259-1835, LA 318-676-7705, FL 863-385-3672, using job order MS 68007.

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2100 Help Wanted

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LIL WIZARDS ACADEMY Is Looking for F/T & P/T Teachers. Please call 863-381-9676 or email jamesbox_3408@yahoo.com

SEEKING WELL Exp. Medical office help. Exc. billing/collection, communication, typing, computer skills & medical terminology are a MUST. Part-time. Fax resume to: 866-593-0635 or email to: medicalofficebilling@yahoo.com

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TEACHER NEEDED For 2/3 year old class at Christian Preschool, F/T. Call 863-443-2344 and leave message.

3000 Financial

4000 Real Estate

4080 Homes for Sale Sebring

SEBRING 4BR/1BA. New carpet & tile throughout. New Cabinets, Dishwasher, double pain windows & doors. Screen porch. Fenced yard. NICE! REDUCED \$55,000. 863-202-0697

4100 Homes for Sale Lake Placid

OPEN HOUSE * Waterfront Homes * Leisure Lakes Area, (1) 1076 Lake Carrie Drive, (2) 3028 Brooklands Avenue, & (3) 770 Lake June Road. All on March 1st., 1pm. to 4pm. (863) 465-4158

5000 Mobile Homes

5050 Mobile Homes For Sale

AVON PARK 55+. 12 x 48 Mobile Home, 1BR/1BA w/Florida Room, Front porch, Carport. Sewer/Water & Garbage incl. \$5500. 863-221-2447

DOUBLEWIDE, 2 BR/2 BA, Partly furn. New Dishwasher & Hot Water Heater w/ new water pipes, Lg. Shed. Clean! 2236 Whispering Pines Dr., Sebring. Asking \$22,000. 863-402-2449.

5150 Mobile Homes For Rent

LAKE PLACID / Sebring DW Mobile Home 2BR/ 2BA, Central A/C/Heat. Screened porch, Carport. W/D hook up. Large lawn, quiet area. No pets. 863-840-0494 or 863-465-1451

SEBRING RENT TO OWN 2/2 All Appliances, D/W, Washer/Dryer & Carport. 4526 Ferdinand. \$1000 damage deposit, \$600/mo. 863-446-2414

6000 Rentals

6050 Duplexes for Rent

AVON PARK Beautiful Lake View. 2BR/1BA. Includes Water & Garbage. Washer & Dryer connection. Safe neighborhood. Dead End St. Pets allowed. No Pitt Bulls. \$450 + Deposit. 863-453-4914 or 863-414-2871

6150 Furnished Apartments

PLACID LAKES Very Nice Studio Apartment at 109 Golf Villas CT NW right next to the Country Club. Furnished, full size bed, microwave, toaster oven, tile floors, shared coin laundry, pool, no smoke, no pets. Incl. elec. & water. Only \$425/mo. + \$350 sec. Call or email Chuck. 863-840-1002 chuckmiele@embarqmail.com

6200 Unfurnished Apartments

AVON PARK - BIG SALE! 2-Family, 416 W. State St. (between Waldron & Central) Fri-Sat. Mar. 1st & 2nd, 8am-3pm. Lots of misc. items!

AVON PARK Fri. 8 - 3pm & Sat. 8 - ?. 29 E. Walnut St. Antiques, collectibles, depression glass, furn., dolls & more.

AVON PARK LAKES Fri. & Sun. 9 - 4pm. 2760 N. Tyler Rd. Lots of misc. Something for Everyone!

6200 Unfurnished Apartments

LAKE PLACID - Near Lake Placid Boat Ramp, with Lake Access, Very Nice 2BR,1BA, Appliances, A/C. \$550/mo. plus \$50 water. 863-465-1354.

6250 Furnished Houses

LAKE PLACID - Near Lake Placid Boat Ramp, with Lake Access, Very Nice 2BR,1BA, Appliances, A/C. \$550/mo. plus \$50 water. 863-465-1354.

6300 Unfurnished Houses

AVON PARK Nice 2BR/2BA House. No pets. \$700/mo. Deposit required. Sorry Rented!

6600 Unfurnished Houses

AVON PARK - BIG SALE! 2-Family, 416 W. State St. (between Waldron & Central) Fri-Sat. Mar. 1st & 2nd, 8am-3pm. Lots of misc. items!

6200 Unfurnished Apartments

NORTH AVON PARK 1BR, 1BA, G/W/S paid, you pay electric. No pets, 1 yr. lease. Deposit \$300. \$380 Monthly. Call 863-873-5433

6250 Furnished Houses

LAKE PLACID - Near Lake Placid Boat Ramp, with Lake Access, Very Nice 2BR,1BA, Appliances, A/C. \$550/mo. plus \$50 water. 863-465-1354.

6300 Unfurnished Houses

AVON PARK Nice 2BR/2BA House. No pets. \$700/mo. Deposit required. Sorry Rented!

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6600 Unfurnished Houses

AVON PARK - BIG SALE! 2-Family, 416 W. State St. (between Waldron & Central) Fri-Sat. Mar. 1st & 2nd, 8am-3pm. Lots of misc. items!

6550 Warehouses for Rent

LAKE PLACID Commercial Building Available for Rent. Lg. units w/16' ceilings, power & water avail. Located on 621 South. Call 863-243-2685

7000 Merchandise

7030 Estate Sales

ESTATE SALE: March 1st, 2nd & 3rd from 8 - 4, 2310 Puffin Street. Direct: Hammock to Heron to Condor; Furn., baby items, clothes for children/adults, military apparel/ items, tools, household items, toys and much more! Everything must go, great deals OBO!

7260 Musical Merchandise

PIANO - ELBRIDGE WITH BENCH \$450 OBO. CALL 863-658-2673

7300 Miscellaneous

WAGON * AGRI - FAB H.D.2000 * (4 wheeled) Capacity up to 2,000 lbs. max., 61" long X 37" wide w/ 14" high sides. Removable taigate. Very Nice! \$225.00. Phone 863-453-7027

7310 Bargain Buys

SWEEPER / Dirt Devil / Dynamite Bagless / Quick Vac / Adjustable Handle / Used 3 times. Like New! \$22. 863-453-7027

7300 Miscellaneous

BICYCLE MEN'S Roadmaster, chromo edition. Shimano index system. Teal. Road once, 15 peed. \$15. 313-819-4212

7320 Garage & Yard Sales

KITCHEN TABLE (Round) & 2 Chairs. Good Condition. \$20. 863-458-2047

7320 Garage & Yard Sales

LEATHER OTTOMANS (2) Good Condition. \$100.

7320 Garage & Yard Sales

LOUNGE CHAIRS (2) Good Condition. \$40. 863-458-2047

7320 Garage & Yard Sales

GIANT YARD SALE AT Storage Facility, Sat. 3/2 8-4pm. Household,Furn.,Tools, Appliances, New & Vintage Jewelry, 1866 South Wilburn Dr. Located off US 27, Across from College, Towards Reflections.

7320 Garage & Yard Sales

LORIDA - Church of God of Prophecy 1808 US HWY 98 Fri & Sat, Mar. 1 & 2 . 8am-? Sat. 11am serving BBQ Ribs & chicken plus swamp cabbage. Dinners \$7. Baked goods, homemade jellies, Knick Knacks & misc. More!

7320 Garage & Yard Sales

SEBRING 1529 Pasadena Ave., Fri - Sat - Sun., Mar 1-2-3, 9am - 1pm. TV's, Household items, Clothing, Toys. Too Much To List!

7320 Garage & Yard Sales

SEBRING * Community Treasure Sale * Whisper Lake Mobile Home Park at Clubhouse, 1429 Whisper Lk. Blvd., Mar. 2nd, 8am - 12pm., Bake Sale, Also available, Coffee / Sweet Tea Lemonade & Goodies

7320 Garage & Yard Sales

SEBRING * HUGE WAREHOUSE SALE* Outside at 4470 US Hwy. 27 S., Sat. Mar. 2nd, 9am - 4pm. Lots of Misc. household items, Too Much To List / Something For Everyone!

7320 Garage & Yard Sales

SEBRING * MULTI FAMILY SALE * 1 Day only 1720 Dahlia Ter.,(off Lake-wood Rd.,-colorful signs) Mar. 2, 8am-? Household items, Sm. appliances, Baby Stuff. Something For Everyone!!

7320 Garage & Yard Sales

SEBRING * MULTI FAMILY SALE * 1109 Lake Sebring Dr., Fri & Sat, Mar. 1 & 2, 7am - 3pm. Kitchen ware, Knick Knacks, Toys, Clothing (a adult thru children's). Too Much To List!

7320 Garage & Yard Sales

SEBRING * WOMAN'S CLUB FLEA MARKET * Mar. 1st. & 2nd.. 8 - 12pm. Furn., Small appliances, Clothing, Jewelry, Electronics, Decorations & Bake Sale. 4260 Lakeview Dr., across from Veterans Beach.

7320 Garage & Yard Sales

SEBRING 1 Day Storage Unit Sale, AAA Storage! All items must go! Sat. 3/2 8 - 12 ONLY! 11011 Twitty Rd.

7320 Garage & Yard Sales

SEBRING FALLS Annual Garage/Bake Sale "Sebring Falls" MHP Sat. Mar. 2nd, 8AM till noon. All kinds of items, electrical, linens, furniture, books, puzzles, glassware. Bake sale and concessions. Everyone welcome!

7320 Garage & Yard Sales

SEBRING FRI. - SAT. 7 - 4pm. 234 Swan Dr. Buttonwood Bay. No Early Birds Please!

7320 Garage & Yard Sales

SEBRING GARDENS RV PARK 1920 Brunns Rd. off Hammock Rd. Annual Yard & Bake Sale. Fri Mar. 1, 8-1 at Clubhouse & Other locations in park. Misc. Household items. Coffee/Donuts Hotdogs/ Sloppy-Joe's/ Drinks. Homemade Baked Goods 4 sale!

7320 Garage & Yard Sales

SEBRING HILLS * ESTATE SALE * 318 Loon Ave., 33872, Mar. 1-2-3, Fri-Sat-Sun, 8AM-4PM. Hand-made, vintage quilts and rugs w/ very fine workmanship. Early American tables, matched bookcases, clean sleep sofa, recliners. Patio set, bar stools, round card table & 2 chairs, dbl. bed in good cond., desks, tall lingerie chest, 5 drawer chest, generator, gas hedge trimmer, weed eater, gas & elec. chain saws, pressure washer, bench saw w/ stand, power tools, lots of hand tools, elec. plane, ext. cords, portable Bernina sewing machine, Oreck XL Vacuum, portable Oreck, working slide projector /screen, one Hull Art vase, amberina glasses, ruby berry set, vintage photos, books, cookbooks, Corelle, stone ware & china, Corning bake ware, Reverse ware, vintage cut & etched, crystal stemware, new coffee pot, Silverplate for eight, small Magic Chef chest freezer. Nice, clean griddle & elec. fry pan, microwave, roasters, bread box, juicers, tumblers, blankets, linens, 2 sets new Egypt. cotton sheets (one still in pkg.), HP F4135 printer, shop vac, pocket knives, grill, wheel barrow, red bricks. Sunday 1/2 price day. No early sales please. Donna Collins Estate Sales www.estatesales.net <http://www.estatesales.net>

7320 Garage & Yard Sales

SEBRING RECREATION CLUB HUGE ANNUAL YARD SALE. 333 Pomegranate Ave, behind Sebring Police station. Fri-Sat, Mar 1-2, Fri 8am-5pm, Sat 9am-1pm. Clothing, decor, furniture, hardware, electronics. This is an exceptional sale! Something for Everyone!

7320 Garage & Yard Sales

SEBRING SAT. - Sun. 7 - ?. 3704 King Dr. Multi-Family Sale! Modern living room furn., toddler bed, baby & toddler clothes & toys, JR. size dresses, jeans, tops. TV & surround system, microwave & much more!

7320 Garage & Yard Sales

SEBRING WOODHAVEN ESTATES SPRING FAIR. Fri, March 1st. 8 - 12. 2122 Jacaranda Way off Bruns Rd. Crafts, Rummage sale, raffle, bake sale & misc.

7520 Pets & Supplies

NOTICE

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

NOTICE

THREE FEMALE puppies ready to go to a new home today! Each have already had their shots and their first well check-up and will come with a health certificate. The mother is a purebred Boston Terrier and the father a purebred Dachshund. Both parents are in the process of becoming CKC registered. These puppies are one of a kind! We have one tan and white, one brindle, and one black and white remaining. The last picture is of the parents. \$200.00 863-253-9407

8000 Recreation

EXERCISE BIKE New, used 1 hr. Cost \$296. Will sell for \$175. Also a 3 wheel Bicycle \$150. 1-877-243-2823-863-385-6007.

9000 Transportation

2000 FORD EXPLORER V-8 5.0 XLP White, Sunroof, Stock Tint, Leather Interior, Top Package, Good A/C & Heat, CD/AM/FM. \$2500 obo. 863-212-2413

9450 Automotive for Sale

2000 NISSAN ALTIMA GLE, 4DR., Cold A/C. Power seats & steering, Sunroof, Leather, Alloy Wheels & New Tires. Very Clean & Reliable. Asking \$4300 obo. 863-465-1713 of 863-465-9100

CITY OF SEBRING EMPLOYMENT OPPORTUNITY

The City of Sebring is recruiting for the following position(s):

CRA Groundskeeper Closes: 3/4/13

For an application contact the City of Sebring, (863) 471-5100 or visit us on our website at www.mysebring.com

Drug Free Work place, EOE, Vet Pref.

CIRCULATION MANAGER

The News-Sun is seeking an experienced, FT circulation manager. This position is responsible for growing circulation of the News-Sun, for executing face-to-face outside sales, circulation reporting, budgeting and managing relationships with delivery vendor(s) and two direct reports. Candidates should have a minimum of 2 years of high-level circulation managing experience including experience in outside sales and retention programs. Must have familiarity with circulation audit bureau regulations as well as periodic postal regulations. Strong computer skills including Word and Excel, experience in MediaSpan a plus. Excellent benefits, salary + bonus.

Send resume to: circjobs@newssun.com

We are equal opportunity employer M/F/D/V.

NEWS EDITOR

The News-Sun of Sebring, FL, has an immediate opening for a NEWS EDITOR to lead our local and digital content efforts. We are a tri-weekly newspaper in sunny central Florida. We are looking for a hands-on editor with a positive attitude who can bring the best out of a team of reporters. We want a team builder who can direct, shape and coordinate coverage; who can help reporters balance and prioritize their daily workloads while working on long-term projects; and who can edit with precision. The position requires directing newsroom employees, overseeing all content efforts, editing copy, meeting deadlines, managing the website, utilizing social media, paginating pages and serving as a face of the paper in the community. The successful candidate will be a self-motivator who is enthusiastic and energetic, has good leadership skills and a strong work ethic, has a flair for designing award-winning pages and a desire to interact with the public. Skills in QuarkXPress and Photoshop are required. The ideal candidate would have two years experience with solid clips. If you're at a weekly or smaller daily, we want to hear from you. We offer paid time off, along with a competitive benefits package.

If this is an opportunity that interests you, send resume to: editorialjobs@newssun.com

No phone calls please. We are an equal opportunity employer M/F/D/V.

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108 ARRON DRIVE, LAKE PLACID, FL 33852

Office 863-465-6676 or T.D.D. 800-955-8771 8am-1pm, M-F

Now accepting applications for 1-2-3 BR apts. Outside storage units, water, sewer, garbage incl.

Rent starts at: 1 br - \$518, 2 br - \$570, 3 br - \$621

This institution is an equal opportunity provider and employer.

Five-Day forecast for Highlands County

TODAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Cool with times of clouds and sun	Clouds and sun, a shower, breezy	Breezy and cool with periods of sun	Plenty of sun	Mostly sunny and pleasant
68° / 44°	66° / 39°	60° / 38°	67° / 42°	73° / 51°
Winds: NW at 7-14 mph	Winds: WNW at 10-20 mph	Winds: WNW at 10-20 mph	Winds: NNW at 6-12 mph	Winds: NW at 3-6 mph

Almanac

Temperature
 Readings at Archbold Biological Station in Lake Placid
 High Sunday 89°
 Low Sunday 60°
 High Monday 87°
 Low Monday 62°
 High Tuesday 88°
 Low Tuesday 52°
 High Wednesday 77°
 Low Wednesday 51°

Heat Index
 For 3 a.m. today
 Relative humidity 34%
 Expected air temperature 63°
 Makes it feel like 66°

Barometer
 Monday 29.78
 Tuesday 29.94
 Wednesday 29.90

Precipitation
 Monday 0.00"
 Tuesday 0.00"
 Wednesday 0.00"
 Month to date 1.43"
 Year to date 1.84"

Tides
 Readings at St. Petersburg
 High 4:07 a.m.
 Low 9:40 a.m.
 High 3:46 p.m.
 Low 10:54 p.m.

Lake Levels
 Readings as of 7 a.m. yesterday
 Lake Jackson 78.36'
 Lake Okechobee 14.40'
 Normal 14.51'

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

5 7 5 1

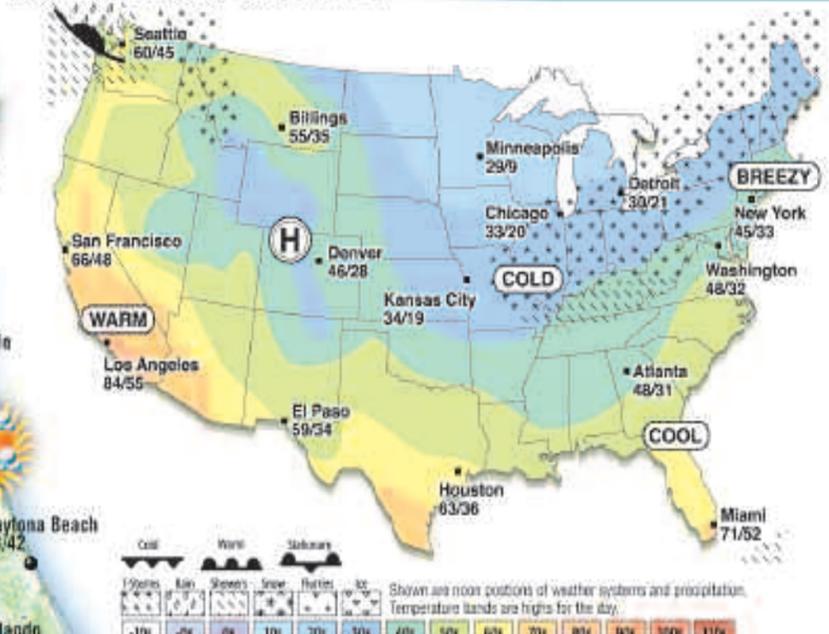
10 a.m. Noon 2 p.m. 4 p.m.

0-2 Low; 3-5 Moderate; 6-7 High; 8-10 Very High; 11+ Extreme

Forecasts and graphics provided by AccuWeather, Inc. ©2013

AccuWeather.com

National Forecast for March 1



National Summary
 The storm that brought significant snow accumulations from the Plains to the Northeast this week will finally move offshore and into the Atlantic Ocean today. However, snow showers will trail behind the storm from Maine to the Appalachian Mountains of western Virginia. Farther west, a wave of energy will allow for snow flurries and spotty rain showers through the Ohio and Tennessee River valleys. High pressures will continue to have a hold over the Canadian Rockies.

U.S. Cities

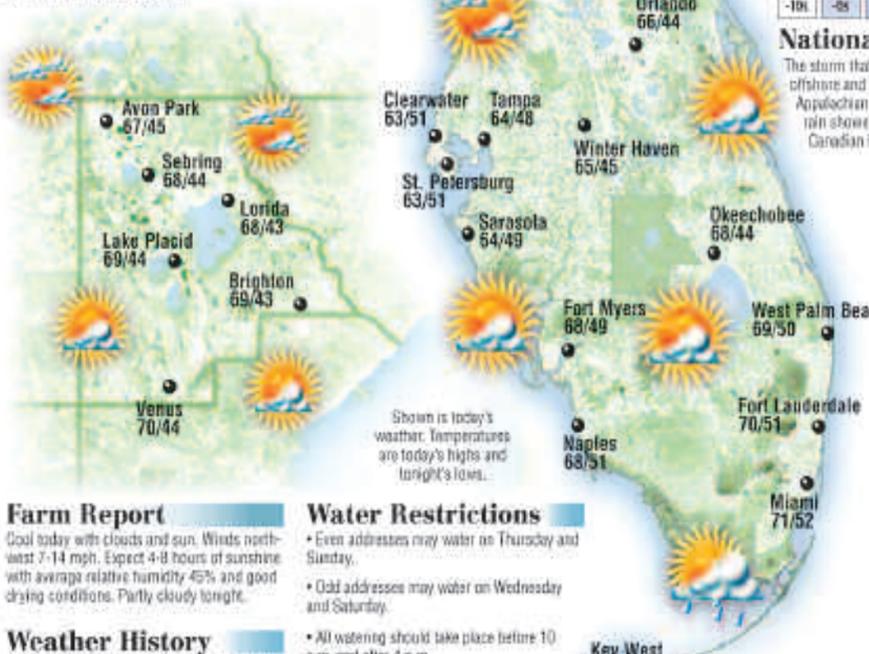
City	Today	Sat	Sun	City	Today	Sat	Sun
Albuquerque	52/31a	58/32a	66/37a	Los Angeles	84/55a	85/54a	74/52a
Atlanta	48/11p	46/28a	46/29a	Louisville	44/29a	38/25a	40/24a
Baltimore	47/30p	44/27p	40/28p	Memphis	44/30a	39/27a	45/31a
Birmingham	48/11p	45/25a	48/20a	Minneapolis	29/9a	27/18a	33/19a
Boston	40/31a	42/33a	40/33p	Missoula	44/31a	38/27a	40/23a
Charlotte	64/27p	47/27a	48/25a	Nashville	44/31a	38/27a	40/23a
Cheyenne	42/26p	48/31a	50/27p	New Orleans	56/38a	53/35a	55/38a
Chicago	33/28a	30/17a	30/15p	New York City	45/33a	43/28a	41/27p
Cleveland	32/22a	27/19a	27/19a	Norfolk	50/35a	48/33a	44/32p
Columbus	30/23a	32/21a	33/19p	Oklahoma City	40/20p	53/21a	50/41a
Dallas	56/32p	51/26a	60/50a	Philadelphia	46/29p	44/28a	40/27p
Denver	46/28p	54/23a	61/29a	Pittsburgh	77/55a	82/55a	81/54a
Detroit	30/21a	28/16a	28/15p	Pittsburgh	35/21a	32/20a	32/20a
Harrisburg	46/27p	42/27p	38/24a	Portland, ME	38/29a	41/30a	41/31p
Houston	60/69a	60/58a	60/68p	Portland, OR	64/44a	59/48a	51/53a
Indianapolis	36/23a	34/22a	36/28p	Raleigh	51/30p	48/28a	40/28a
Jackson, MS	56/31p	44/25p	52/28a	Rochester	35/21a	27/18a	28/18a
Kansas City	34/19a	38/25p	47/31p	St. Louis	38/23a	35/21p	40/27p
Lexington	40/26a	35/22a	37/25p	San Francisco	65/48a	65/48a	61/45a
Little Rock	47/29p	40/28p	48/36a	Seattle	60/45a	56/36a	50/33a
				West, DC	48/32p	46/31p	43/29p

World Cities

City	Today	Sat	Sun	City	Today	Sat	Sun
Acapulco	88/72p	87/72p	80/88a	London	45/37p	47/34p	51/32p
Athens	58/44a	58/33a	58/41a	Montreal	34/23a	32/23a	32/21a
Bahia	63/52p	68/51a	61/61p	Moscow	37/14a	17-38a	19/16a
Bangkok	43/27p	42/21a	41/28p	Nice	55/44a	64/44a	60/44a
Buenos Aires	67/61p	65/61a	66/61p	Osaka	39/14a	28/12a	29/12a
Calgary	51/34a	50/25p	32/30a	Quebec	34/23a	32/23a	34/27a
Chicago	46/33p	40/25p	40/47p	Rio de Janeiro	83/73a	84/74a	86/75a
Edmonton	41/23a	37/19a	31/23a	Rosario	31/23a	29/27a	43/28a
Frankfurt	76/60p	60/58a	60/51a	Singapore	67/78a	67/78a	66/78a
Geneva	40/33a	50/31a	55/31a	Sydney	72/62a	75/64a	77/65a
Havana	71/58a	68/66a	69/63a	Toronto	38/14a	34/13a	34/15a
Hong Kong	74/61p	68/58a	65/67a	Vancouver	51/46a	52/41a	47/36a
Jerusalem	57/43a	66/58a	79/47p	Venice	46/32p	44/24p	51/34a
Johannesburg	76/53a	75/56a	78/56p	Warsaw	37/27a	32/24a	38/24a
Kiy	37/28a	36/23a	36/23a	Winnipeg	23/8p	28/14a	28/14a

Regional Summary

Cool today with times of clouds and sun. Partly cloudy and chilly tonight, intervals of clouds and sunshine tomorrow with a passing shower, breezy and cool. Sunday, breezy and cool with clouds and sun.



Farm Report

Cool today with clouds and sun. Winds north-west 7-14 mph. Expect 4-8 hours of sunshine with average relative humidity 45% and good drying conditions. Partly cloudy tonight.

Water Restrictions

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

Weather History

On March 1, 1963, the temperature dropped to 59 in Honolulu while heavy rain hit California. When the jet stream dips far south, Hawaii is cool while California is wet.

Sun and Moon

	Today	Saturday
Sunrise	6:49 a.m.	6:48 a.m.
Sunset	6:28 p.m.	6:28 p.m.
Moonrise	10:28 p.m.	11:30 p.m.
Moonset	9:04 a.m.	8:50 a.m.

	Last	New	First	Full
	Mar 4	Mar 11	Mar 18	Mar 27

Florida Cities

City	Today	Sat	Sun	City	Today	Sat	Sun
Cape Coral	66/49p	67/45sh	61/42a	Miami	71/52p	70/52sh	65/68p
Clearwater	63/51p	60/47p	57/48p	Okeechobee	68/44p	67/45sh	60/27p
Doral Springs	70/47p	68/49sh	63/45p	Orlando	68/44p	64/38p	59/37p
Daytona Beach	63/42p	61/36p	57/30p	Panama City	70/49p	68/42sh	64/45p
Fl. Land. Bch	70/51p	69/50sh	65/47p	St. Augustine	60/48p	58/36p	50/34p
Fort Myers	68/49p	68/45sh	62/42a	St. Petersburg	63/51p	60/46p	57/44a
Gainesville	60/37p	58/33p	53/30p	Sarasota	64/48p	60/44p	58/43a
Hollywood	70/49p	69/49sh	64/45p	Tallahassee	58/35p	54/21p	54/27a
Homestead JFL	69/48p	69/48sh	66/44p	Tampa	64/48p	59/42p	56/37a
Jacksonville	62/35p	57/30p	54/30p	W. Palm Bch	69/50p	68/47sh	63/44p
Key West	71/62p	69/58sh	65/60p	Winter Haven	65/45p	61/37p	57/39p

Weather (W): s-sunny, so-partly cloudy, c-cloudy, sh-showers, T-thunderstorms, r-rain, sh-snow flurries, sn-snow, Hc.

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MUSIC SCHEDULE AT THE HOLE!
FRIDAY 3/1 & SATURDAY 3/2
THE DAMN OUTLAWS
SUNDAY 3/3 *NEW TIME* 3-6PM
LONGSHOT
WEDNESDAY 3/6
UPTOWN COUNTRY

News-Sun

Blue Streak lifters take tri-meet

By TAYLOR TUBBS

News-Sun correspondent

SEBRING — As the faces strained, the weights were pushed up on Tuesday night at the Sebring Fieldhouse.

The Lake Placid Dragons and the DeSoto Bulldogs took on Sebring on their home turf, which the Streaks were able to defend quite handily.

“We won eight out of the 10 weight classes,” said head coach Steve Berry.

In the Heavyweight class, Ezell Gammage of Sebring

took the with combined lifts of 595 pounds, with a 330-pound bench press and a 265-pound clean-and-jerk.

Connor Wrenn of Lake Placid was close behind with a combined total of 585 pounds, with 330 on bench as well and 255 on the jerk.

Devon Durham of Sebring took third with a 500-pound total.

In the 238-pound class, Malachi McLean of Lake Placid came away with the win, totaling 570 pounds,

See STREAKS, Page 4B



News-Sun photo by DAN HOEHNE
Sebring's Mark Miranda had an impressive total of 640 pounds, the most of any lifter in Tuesday's three-team meet.

Devils hang on, move to 7-0

By DAN HOEHNE

daniel.hoehne@newsun.com

The big, early lead has become somewhat the norm, though a determined Frostproof Bulldog team made it interesting late before Avon Park could wrap up Tuesday's 9-8 win at Head Field.

Starting pitcher Kenny McGrath got things going well with a one, two, three top of the first and the Devils soon rolled off one, two, three runs in the bottom of the frame.

After Alfred Brown lead off with a base on balls and Josh Gomez and Tyrone Perry pulled off a rare feat of back-to-back triples.

Gomez rocketed his to center to bring Brown in before Perry ripped his toward the right-field wall to bring Gomez in and make it a quick, 2-0 lead.

Torri Pringle later brought Perry in with a sacrifice fly to make it a 3-0 game.

Visiting Frostproof scratched for one in the top of the second on two singles, an error and a sac fly.

The Devils, though, seemed to blow it open in the bottom of the third with a five-run explosion.

Perry drew a walk to start it and one out later moved to second when Steven Flowers was hit by a pitch.



Courtesy file photo
Colton Brock came through with a big, two-run single in Avon Park's win Tuesday.

Pringle then added two more RBI to his total, cranking Avon Park's third triple of the day to bring both runners around.

Luis Martinez the brought Pringle home with a single to left, making it 6-

1. Mason Jahna then drew a walk and during Colton Brock's at bat, a passed ball moved the runners up to second and third.

This proved beneficial when Brock then shot one

through the right side to score two more and make it an 8-1 lead.

But the Bulldogs bit back in the top of the fourth with four runs of their own.

A hit-by-pitch, single and

See AP, Page 4B

2013 Bass-Master Classic

As a Life-Time member of the Bass Anglers of America, better known as B.A.S.S., I receive an invitation to the annual, BassMaster Classic every year.

And every year, I think about attending.

Sponsored by Dick's Sporting Goods and held in Tulsa, Oklahoma, the event is one of the largest held in the city and is expected to generate over \$25 million dollars to the local economy.

This year, the event was held on Grand Lake O' the Cherokee, a massive reservoir constructed in 1940, when the 5,145 foot-long Pensacola Dam permanently restricted the flow of the Grand River.

Covering four states and 742 feet above sea level, 45 miles from Belle Vista, AR, Bob Cobb, editor of Bassmaster magazine once called her “A recreational mecca for pleasure boaters and bass anglers alike.”

The “Grand” as she's known by the locals, covers 67 miles with 46,000 surface acres to fish, assuming this time of the year portions aren't iced over.

Grand Lake is far older at age 73 than any competitor in the 2013 Bassmaster Classic Field.

An opportunity for me to attend a business meeting in Oklahoma last week seemed like the perfect excuse to spend a few extra days attending the biggest fishing show of the year, but as luck would have it, I wasn't able to make the trip.

I'd forgotten I'd scheduled some out-patient surgery for the Thursday prior to the tournament, so, like many avid fans, I watched from my computer as the best of the best bass fishermen in the world battled the elements and each other for the \$500,000.00 first place check.

Leading up to the Classic, the scuttlebutt was all about the weather.

Although many tournaments have been held on the



Fishin' Around...

Don Norton

Grand, it has a history of creating weather conditions brutal enough to make a grown man cry.

This year was no exception.

Days before the tournament, I received a call from Oklahoma, letting me know the second day of our scheduled meeting was canceled due to snow.

Five to six inches of the white stuff pounded the area and moved steadily across the Grand.

Pre-fishing conditions were challenging, even for the pro's accustomed to the harsh weather conditions they often face in fishing tournaments around the country.

High winds, falling temperatures, snow and ice would drive most fishermen off the water, but not these professionals.

Interesting pictures on the internet aptly show the weather conditions — particularly one photograph where the word “classic” is spelled out in the snow covering the front deck of their boat.

Many of the top pros have described the Grand as the best nongrass lake in the country — meaning that while she may not have a sprig of bass-friendly aquatic vegetation, her rocky shores, boat docks and submerged brush piles hold as many 2 to 5 pound bass as any reservoir in America — or more.

Completing three extremely tough days of fishing, Mississippi's Cliff Pace won the event with 54 pounds, 12 ounces.

His first day limit of 21 pounds and 8 ounces tied

See BASS, Page 3B

Gardenhire, Girardi, Manuel all facing the pressure

By NOAH TRISTER

Associated Press

FORT MYERS — The Minnesota Twins have had all of two managers over the last quarter-century, so it's a bit startling to see Ron Gardenhire beginning the last year of his contract, his job seemingly on the line after back-to-back seasons of more than 95 losses.

Of course, Gardenhire isn't alone.

Four years after winning the World Series, Joe Girardi is in the final season of his deal with the New York Yankees.

Don Mattingly is in a similar situation with the Dodgers.

Every season, a handful of managers find themselves under increased pressure, and 2013 is no different.

Sometimes a struggling team wants to keep its options open, or perhaps a contender starts losing patience.

A manager facing the end of his contract isn't necessarily doomed, but these



MCT photo

Minnesota's Ron Gardenhire is one of several managers in the last years of their contract.

next few months will be crucial for some of baseball's biggest names.

“I've got a contract for this year. That's all I know. And I have a job to do, and I'm getting paid to do it,” Gardenhire said. “The Twins have been very, very good to me, so I'm not going to complain.”

There's actually a decent amount of managerial sta-

bility in baseball these days.

Coming into the 2013 season, the average manager has been with his team for 3.4 years, according to STATS, LLC.

That's up from 2.13 a decade ago — and 1.65 back in 1983.

Gardenhire took over in Minnesota before the 2002

See HOT, Page 4B

42 Entries for Sebring

Special to the News-Sun

SEBRING — For the 61st time in its history, a group of the world's best sports car manufacturers and teams are gearing up to tackle one of the toughest challenges in all of racing.

The Mobil 1 Twelve Hours of Sebring Fueled by Fresh from Florida runs on Saturday, March 16, and features a 42-car entry for the opening round of the 2013 American Le Mans Series presented by Tequila Patrón.

A few things to be aware of and look for when race day arrives:

A hybrid-powered race car will race at Sebring for the first time.

Audi brings two of its factory R18 e-tron quattro prototypes that feature reigning Le Mans 24 Hours winners Marcel Fassler and Benoit Treluyer in one car, and Tom Kristensen and Allan McNish — with 12 Sebring victories between them — in the other.

The first tussle between Muscle Milk Pickett Racing, Dyson Racing and Rebellion Racing in P1 will take place as the three teams will vie for



Courtesy photo

Less than two weeks remain before the gates open for the 61st running of the Mobil 1 Twelve Hours of Sebring Fueled by Fresh from Florida.

the 2013 class championship.

Extreme Speed Motorsports' debut in P2 with a pair of Honda Performance Development ARX-03b prototypes.

Level 5 Motorsports is the defending class and race champion, and is back at

Sebring.

Greaves Motorsport visits from Europe to challenge the American teams.

A battle-royale in GT as 12 entries from six manufacturers dot the class entry includ-

See SEBRING, Page 3B

THE SCOREBOARD



LIVE SPORTS ON TV

NBA

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
New York	34	20	.630	—
Brooklyn	34	24	.586	2
Boston	30	27	.526	5.5
Philadelphia	22	33	.400	12.5
Toronto	23	35	.397	13

Southeast Division

	W	L	Pct	GB
Miami	41	14	.745	—
Atlanta	33	23	.589	8.5
Washington	18	38	.321	23.5
Orlando	16	42	.276	26.5
Charlotte	13	44	.228	29

Central Division

	W	L	Pct	GB
Indiana	36	21	.632	—
Chicago	32	25	.561	4
Milwaukee	28	28	.500	7.5
Detroit	23	37	.383	14.5
Cleveland	20	38	.345	16.5

WESTERN CONFERENCE

Southwest Division

	W	L	Pct	GB
San Antonio	45	14	.763	—
Memphis	38	18	.679	5.5
Houston	31	28	.525	14
Dallas	25	32	.439	19
New Orleans	20	39	.339	25

Northwest Division

	W	L	Pct	GB
Oklahoma City	42	15	.737	—
Denver	37	22	.627	6
Utah	31	27	.534	11.5
Portland	26	31	.456	16
Minnesota	20	34	.370	20.5

Pacific Division

	W	L	Pct	GB
L.A. Clippers	41	18	.695	—
Golden State	33	25	.569	7.5
L.A. Lakers	28	30	.483	12.5
Phoenix	20	39	.339	21
Sacramento	20	39	.339	21

Tuesday's Games

Orlando 98, Philadelphia 84
 Indiana 108, Golden State 97
 Miami 141, Sacramento 129, 2OT
 Cleveland 101, Chicago 98
 Brooklyn 101, New Orleans 97
 Milwaukee 95, Dallas 90
 Phoenix 84, Minnesota 83, OT
 L.A. Clippers 106, Charlotte 84

Wednesday's Games

Cleveland 103, Toronto 92
 Sacramento 125, Orlando 101
 Detroit 96, Washington 95
 Milwaukee 110, Houston 107
 Memphis 90, Dallas 84
 Oklahoma City 119, New Orleans 74
 New York 109, Golden State 105
 Phoenix 105, San Antonio 101, OT
 Atlanta 102, Utah 91
 Denver 111, Portland 109

Thursday's Games

L.A. Clippers at Indiana, late
 Philadelphia at Chicago, late
 Minnesota at L.A. Lakers, late

Friday's Games

Indiana at Toronto, 7 p.m.
 Houston at Orlando, 7 p.m.
 New York at Washington, 7 p.m.
 Golden State at Boston, 7:30 p.m.
 L.A. Clippers at Cleveland, 7:30 p.m.
 Detroit at New Orleans, 8 p.m.
 Dallas at Brooklyn, 8 p.m.
 Memphis at Miami, 8 p.m.
 Sacramento at San Antonio, 8:30 p.m.
 Charlotte at Utah, 9 p.m.
 Atlanta at Phoenix, 9 p.m.
 Oklahoma City at Denver, 10:30 p.m.

LEADERS

SCORING

	FG	FT	PTS	AVG
Durant, OKC	522	477	1628	28.6
Anthony, NYK	460	298	1341	28.5
James, MIA	571	281	1499	27.3
Bryant, LAL	559	358	1572	27.1
Harden, HOU	451	481	1503	26.4

REBOUNDS

	OFF	DEF	TOT	AVG
Howard, LAL	174	446	620	11.9
Randolph, MEM	229	402	631	11.7
Asik, HOU	199	488	687	11.6
Chandler, NYK	245	370	615	11.4
Vucevic, ORL	197	463	660	11.4

ASSISTS

	G	AST	AVG
Rondo, BOS	38	420	11.1
Paul, LAC	47	445	9.5
Vasquez, NOR	59	555	9.4
Holiday, PHL	51	444	8.7
Westbrook, OKC	57	450	7.9

STEALS

	G	STL	AVG
Paul, LAC	47	117	2.49
Conley, MEM	54	122	2.26
Ellis, MIL	56	113	2.02
Lin, HOU	59	113	1.92
Harden, HOU	57	108	1.89

BLOCKED SHOTS

	G	BLK	AVG
Sanders, MIL	50	157	3.14
Ibaka, OKC	55	163	2.96
Duncan, SAN	49	130	2.65
Hibbert, IND	57	151	2.65
Howard, LAL	52	120	2.31

3-POINT FIELD GOAL PERCENTAGE

	3FG	3FGA	PCT
Korver, ATL	141	304	.464
Curry, GOL	177	385	.460
Webster, WAS	94	209	.450
Calderon, DET	102	229	.445
Novak, NYK	102	230	.443

FIELD GOAL PERCENTAGE

	FG	FGA	PCT
Chandler, NYK	227	345	.658
Jordan, LAC	221	364	.607
Splitter, SAN	229	387	.592
Howard, LAL	309	533	.580
Hickson, POR	297	518	.573

FREE THROW PERCENTAGE

	FT	FTA	PCT
Durant, OKC	477	524	.910
Curry, GOL	174	192	.906
Martin, OKC	170	188	.904
Redick, MIL	126	140	.900
Collison, DAL	168	187	.898

NHL

EASTERN CONFERENCE

Atlantic Division

	W	L	OT	Pts	GF	GA
Pittsburgh	13	7	0	26	69	54
New Jersey	10	5	4	24	48	49
Philadelphia	10	11	1	21	64	67
N.Y. Rangers	8	8	2	18	44	48
N.Y. Islanders	8	11	1	17	57	68

Northeast Division

	W	L	OT	Pts	GF	GA
Montreal	13	4	3	29	58	43
Boston	12	2	2	26	49	35
Ottawa	12	6	2	26	48	37
Toronto	12	9	0	24	59	51
Buffalo	7	12	1	15	50	64

Southwest Division

	W	L	OT	Pts	GF	GA
Carolina	9	8	1	19	50	54
Tampa Bay	9	9	1	19	70	60

AUTO RACING

SATURDAY

4:30 p.m. NASCAR – Bashas' Supermarkets 200. ESPN2

BOXING

FRIDAY

9 p.m. Billy Dib vs. Luis Franco ESPN2

SATURDAY

9 p.m. Sharif Bogere vs. Richard Abril SHOW

COLLEGE BASEBALL

FRIDAY

7 p.m. Miami at Florida SUN

SATURDAY

7:30 p.m. Miami at Florida SUN

COLLEGE BASKETBALL

FRIDAY

7 p.m. Loyola (Md.) at Iona ESPN2

SATURDAY

Noon Louisville at Syracuse CBS
 Noon Alabama at Florida ESPN
 Noon Butler at Virginia Commonwealth ESPN2
 2 p.m. West Virginia at Kansas CBS
 2 p.m. Notre Dame at Marquette ESPN
 2 p.m. Wichita State at Creighton ESPN2
 4 p.m. Kentucky at Arkansas CBS
 4 p.m. LSU at Missouri 38
 4 p.m. Texas at Oklahoma State ESPN
 6 p.m. Miami at Duke ESPN
 7 p.m. Kansas State at Baylor ESPN2
 9 p.m. Arizona at UCLA ESPN
 9 p.m. Vanderbilt at Auburn ESPN2

COLLEGE LACROSSE

SATURDAY

5 p.m. Florida vs. Syracuse SUN

GOLF

FRIDAY

9 a.m. EuroPGA – Tshwane Open GOLF
 12:30 p.m. LPGA – HSBC Women's Champions GOLF
 3 p.m. PGA – Honda Classic GOLF

SATURDAY

9 a.m. EuroPGA – Tshwane Open GOLF
 1 p.m. PGA – Honda Classic GOLF
 3 p.m. PGA – Honda Classic NBC
 6:30 p.m. LPGA – HSBC Women's Champions GOLF

NBA

FRIDAY

8 p.m. Memphis at Miami ESPN
 10:30 p.m. Oklahoma City at Denver ESPN

SATURDAY

8 p.m. Brooklyn at Chicago WGN

NHL

SATURDAY

1 p.m. Tampa Bay at Boston SUN

PREMIER LEAGUE SOCCER

SATURDAY

9:55 a.m. Manchester United vs. Norwich City ESPN2

SKIING

SATURDAY

2 p.m. American Ski Classic ABC-9

Times, games, channels all subject to change

WESTERN CONFERENCE

Central Division

	W	L	OT	Pts	GF	GA
Chicago	16	0	3	35	61	37
Nashville	9	7	5	23	45	52
St. Louis	10	6	2	22	55	52
Detroit	9	8	3	21	58	56
Columbus	5	12	3	13	44	61

Northwest Division

	W	L	OT	Pts	GF	GA
Vancouver	10	5	4	24	54	52
Minnesota	9	7	2	20	39	43
Calgary	7	7	4	18	49	61
Edmonton	7	7	4	18	42	49
Colorado	7	8	3	17	44	54

Pacific Division

	W	L	OT	Pts	GF	GA
Anaheim	14	3	1	29	64	48
Dallas	10	8	2	22	56	57
Los Angeles	10	6	2	22	47	42
Phoenix	9	7	3	21	54	51
San Jose	9	6	3	21	44	41

Friday's Games

Edmonton at St. Louis, 8 p.m.
 Columbus at Chicago, 8:30 p.m.
 Minnesota at Anaheim, 10 p.m.

SCORING LEADERS

	GP	G	A	PTS
Stamkos, TB	19	14	16	30
Crosby, Pit	20	9	21	30
Vanek, Buf	19	12	15	27
Tavares, NYI	20	13	12	25
Zetterberg, Det	20	6	19	25
Kane, Chi	19	10	14	24
Voracek, Phi	22	8	16	24
St. Louis, TB	19	4	20	24
Moulson, NYI	20	10	13	23
Kunitz, Pit	20	8	15	23
Datsyuk, Det	19	8	14	22
Giroux, Phi	22	7	15	22
Ribeiro, Was	19	6	16	22
Elias, NJ	19	5	17	22

Transactions

BASKETBALL

National Basketball Association

NBA—Suspended Indiana's Roy Hibbert and Golden State's David Lee each one game for instigating an altercation during a Feb. 26 game. Fined Golden State's Stephen Curry and Clay Thompson and Indiana's Lance Stephenson \$35,000 apiece for escalating the altercation.

Football

National Football League

BUFFALO BILLS—Announced the retirement of DE Chris Kelsay.
 JACKSONVILLE JAGUARS—Released OT Guy Whimper, QB John Parker Wilson and DB Brandon King.
 NEW YORK GIANTS—Re-signed OT Will Beatty to a five-year contract.

LOCAL SCHEDULE



Avon Park

TODAY: Baseball vs. Ridge, 7 p.m.; Softball vs. Mulberry, 7 p.m.
SATURDAY: Boys Weightlifting at Frostproof Invitational, 9 a.m.; JV Baseball vs. Fort Meade, 11 a.m.
TUESDAY: Baseball at DeSoto, 7 p.m.; JV Baseball vs. DeSoto, 6 p.m.; Softball at Lake Placid, 6 p.m.; Boys Tennis vs. Lake Placid, 4 p.m.; Girls Tennis at Lake Placid, 4 p.m.



Lake Placid

TODAY: Baseball vs. Mulberry, 7 p.m.; Softball at Frostproof, 6/7:30 p.m.
MONDAY: Baseball at Sebring, 7 p.m.; JV Baseball vs. Sebring, 6 p.m.; Softball vs. Clewiston, 5/7 p.m.; Girls Tennis vs. Clewiston, 4:15 p.m.
TUESDAY: Softball vs. Avon Park, 6 p.m.; Track at Sebring, 4:30 p.m.; Boys Tennis at Avon Park, 4 p.m.; Girls Tennis vs. Avon Park, 4 p.m.



Sebring

TODAY: Baseball at Lake



Today's Tip MASTER STROKES Back Off And Out



Have you ever muffed a putt after failing to ask another player to move out of view? Always practice good etiquette on the putting green by NOT standing along another player's line of putt – either behind the player or on the opposite side of the hole. Every golfer is different, but the vast majority don't want to see anyone standing or moving while putting. The focus should be on the hole, and nothing but the hole. Make it a rule to stand well away from the golfer who is putting, at a quartering angle to the line of putt.

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

Carol Rath and Marilyn Redenbarger. Low Net: Carolyn Irvine, Barbara Stevens and Patty Miller.

C Flight Low Gross: Sharon Warner, Carole Frederick and Rita Jaskowski. Low Net: Joann Gann, Roberta Briggs and Jean Donahue.

D Flight Low Gross: Joanne Koeller, Margaret Mazzola and Diana Ackling. Low Net: Ann Mc Williams, Joanne DeWeese and Ruth Ann Payne.

Golf Hammock Ladies played a two-day Scrub Jay Tournament Wednesday, Feb 20 and 27.

Laura Kebberly was the winner with a score of 74

First Flight, with handicaps 18-26, saw Helene Tremblay take

first with a score of 84.

Tied for second were Jeanne Fivecoat and Florence Towell with scores of 85.

Second Flight, with handicaps 27-34, had Joyce Stanley winning with a score of 89

Second place went to Judy Trier with a score of 90, while Ruth Kirk

came in third with a score of 92.

Third Flight, with handicaps 35-36, winner was Marge Pederson with a score of 92

Taking second place was Cinty Dall with a score of 94, and Nancy Porcari came in with a 97 for third. On Tuesday, Feb. 26, the SpringLake Men's Golf Association put on a Four Man Team event that counted One Best Ball on the Front 9 and Three Best Balls on the Back 9.

There were eight teams evenly matched and the match was held on Panther Creek golf course under cloudy and windy skies.

The team taking first place was Bob Hinde, Rick Nelson, Ken Willey and John Schroeder and they came in with 29 strokes on the front and 102 strokes on the back for a net 131.

In second place at 132 strokes (30 and 102) was the team of Bazz Van Willigen, John Starks, Bart Rath and Bill Schauwecker.

Third place was awarded to the team of Kirby Gann, Joe Troia, Charlie Keniston and George Thomas, who shot 29 / 106 for a total 135 strokes.

Steaming in to fourth place at 136 strokes was the team of Lanky Joe Austin, Wayne (the Loudmouth) Nelson, Leon Van and Gale Monda, who shot 28 on the Front and 108 on the Back.

Following those were the Bill Lawens team at 141, the Gary Behrendt and Jan Hard teams at 142 and Ken Kirby's team at 145.

Golf Hammock

Last Monday, Feb. 25, the Mezza Group played Individual Pro-Am Points at Golf Hammock Country Club.

In A group Mike Winchester came in first place with plus 3 and in second place was Frank Borgia at minus 1.

Les Campbell took first place in B group with plus 3 and Ken More was in second place with plus 1.

Jim Gulick scored plus 9 to take the lead in C group and Ike Richards was in second place with plus 3.

Harvey Kecskes scored plus 6 that was good for first place in D group and Pat Dell came in second place with plus 4.

Curt Matterson came in first place in E group with plus 2 in E group and Billy Parr in second place with minus 1.

In F group Steve Mayberry came in first place with plus 6 and Jack Bardelli came in second place at minus 1.

David Mulligan scored plus 7 in G group and Paul Brown came in second place with plus 3.

In H group Phil Raymond was in first place with plus 5 with Bob Hughes in second place at plus 2.

Bob Fidlin had plus 8 to take first place in I group and Howard Brown was in second place with plus 6.

Mark Flora came in first place in J group with plus 4 and Doc Thomas scored plus 1 for second place.

In K group there was a tie for first place between Jerry Linsley and Ozzie Bergroth at plus 3.

Bob Kecskes scored plus 6 that was

good for first place and Bob Morrison in second place with plus 2.

In M group Ken Granger scored a whopping plus 11 that was good for first place and Janet Regan in second place with plus 4.

In N group Bob Meitz had plus 2 for first place and Janet Howland came in second place with minus 1.

In O group Ron Geouque came in first place with plus 6 and Karl Mellor came in second place with plus 5.

Next Monday the Mezza Group will play at Golf Hammock beginning at 7:45 a.m.

Please arrive early to register. For more information, call Pete at 414-2110

The Mezza Golf Group will have its annual banquet on Monday, March 11, at Homers.

SpringLake

The Spring Lake Women's Golf League played a Low Gross, Low Net Club Championship on Wednesday, Feb. 27, on the Panther Creek Course.

The new Club Champion is Terri

Austin and the Super Senior Champion is Shirley Reeb.

The following are the low gross/net winners in each flight.

A Flight Low Gross: Pearl Bradford, Terri Swisher and Lou Cannon. Low Net: Debbie Delaney, Linda Pflieger and Judy Dunn.

B Flight Low Gross: Rosie Foote,

Bass total gives Pace the Classic

Continued from 1B

him for the lead with Mike Ianconelli, but on day two, his five fish limit provided him with a 7-pound lead over the pack.

The final day, with only four fish to weigh in, his lead was just too much for anyone to overcome and he was crowned the winner of bass-fishing's biggest event.

Five hundred thousand dollars for three days of bass-fishing!

Can you even imagine?

Granted, weather conditions may have been less than ideal, but for a half a million bucks, I think all of us might have been able to tolerate Mother Nature's wintry display.

Now don't get me wrong, to even qualify to fish in the Bassmaster Classic, you've got to be very, very good.

These guys typically spend the year, on the road, traveling from city to city, state to state, fishing a wide variety of waters, while eating at fast food joints and sleeping in motels that provide electrical outlets and security for their boats.

It's a tough life, and like all sports, many try and most fail.

There can only be one winner, and for 2013, it's Cliff Pace.

The winning purse most likely pales in comparison to the endorsement contracts that will come out of winning this event.

I'm sure over the next few months and over the next couple of years you'll see Cliff's name and face on new fishing products, and for many of you, you may even get a chance to meet Cliff at one of the many scheduled events he'll be required to attend.



Courtesy photo

After three grueling days of fishing, Cliff Pace of Mississippi came away as the 2013 Bassmaster Classic winner.

Oh, and don't feel sorry for the guys who didn't win.

Every qualifier for the 2013 Bassmaster Classic walks away with at least a five-figure check.

Things have changed a good deal since the early 70's when the founder of B.A.S.S., Ray Scott, held his first five Bassmaster Classics that were "winner-take-all" events.

Until 1976, second place just meant you were the first guy to get nothing.

Like many other "older" bass fishermen, I remember the early days of bass fishing tournaments.

Back when Bill Dance and Roland Martin dominated the field.

I even had the opportunity to fish in tournaments with many of the big names that have now been replaced with younger and perhaps even more talented bass fishermen.

Many college's are now offering bass fishing as part of their curriculum, and I can only envision that the sport I love so much will only continue to grow and

become even more popular than it is today.

But I can't help but imagine what it must be like to fish the biggest of all bass fishing tournaments and stand on a stage and receive a check for \$500,000.00 – a half a million bucks, for what I love to do anyway.

Congratulations Cliff Pace! You've earned the coveted title of Champion.

Don Norton is a professional tournament bass fisherman, bass fishing guide, and custom rod builder. He has also taught a few fishing classes at the South Florida Community College. He lives in the Golf Hammock area of Sebring with his wife Lexie, mother-in-law Ruth Charvat, Ranger, a huge black lab and Riley, a large golden retriever and is the owner of a custom rod building company appropriately named "The American Fisherman". He can be reached at 863-273-4998 or 216-339-6571 or by email at donorton13@gmail.com. His website address is theamericanfisherman.com.

Sebring set for stellar lineup

Continued from 1B

ing the racing debut of BMW Team RLL's two BMW Z4 GTE sports cars.

SRT Motorsports marks Viper's Sebring return with two SRT Viper GTS-Rs – the first Viper factory entry at the 12 Hours since 2000.

The first ALMS race for Tristan Nunez, the highly touted rookie for Performance Tech Motorsports in Prototype Challenge.

Nunez won the 2012 Cooper Tires Prototype Lights L1 championship, was part of the Team USA Scholarship program, and won the Walter Hayes Trophy grand finale in November.

HYF Garage Sale and Registration

Special to the News-Sun

As one of the first official fundraisers of the 2013 season, Highlands Youth Football and Cheer (HYF) is having a garage sale on Saturday, March 2, at Sebring Country Estates Clubhouse, 3240 Grand Prix Dr., (behind Wal-Mart) from 7:30 am to 3 pm.

All profits made will be used to purchase equipment and uniforms for the boys and girls.

If you have some items that you would like to get rid of and are interested in donating items for the garage sale, please call 214-1786 or 253-7070 to arrange a time to drop them off or have it picked up.

HYF is part of the Police Athletic League (PAL) Association - Sunshine Conference.

PAL offers five divisions of football ranging from ages 5 - 15 which include Flag, Mighty-Mite, Pee Wee, Junior Varsity and Varsity divisions that include weight limits with each division with the exception of the Flag and Varsity division which are unlimited weight.

PAL also includes a cheerleading program with the same divisions as football and cheerleading competitions at the end of the season.

HYF will be registering players and cheerleaders for these divisions on Saturday.

If you are interested in

Two high-profile entries into GT Challenge with Porsche 911 GT3 Cup cars – Flying Lizard Motorsports and Dempsey Del Piero Racing.

Flying Lizard moves into the class with a championship-winning history in the ALMS' GT class.

Dempsey Del Piero Racing – featuring team co-owner Patrick Dempsey – makes its debut at Sebring with a two-car lineup.

The revolutionary DeltaWing will compete in P1 class.

With half the weight, half the fuel and half the horsepower of a traditional prototype, the radical race car

competes for the first time at the 12 Hours.

The DeltaWing finished fifth overall at Petit Le Mans as an unclassified entry to close the 2012 season.

Stellar driver lineup for the two Level 5 LMP2 entries including Marino Franchitti, Ryan Briscoe, Ryan Hunter-Reay and Simon Pagenaud.

The 61st Mobil 1 Twelve Hours of Sebring Fueled by Fresh from Florida is set to start 10:45 a.m. ET on Saturday, March 16.

Gates open at 6 am on Wednesday, March 13.

Tickets are available online at sebringraceway.com or by calling 800-626.7223.

tion date to pay the registration fee.

Teams and squads will be filled on a first come basis.

As the season is quickly approaching us, HYF is always looking for volunteers to assist our organization.

Anyone interested in becoming a football or cheerleading coach or would like to volunteer for the Highlands Eagles, please visit our website at www.highlandseagles.com, click on the registration tab and submit your volunteer application.

HYF is looking forward to a rewarding and successful season.

For additional information regarding football, please call Cliff Howell at 253-7070, or Tim Hooks at 414-2873, or Becky Grippo at 214-2111 for Cheerleading.

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AP baseball stays unbeaten

Continued from 1B

walk loaded the bases with one out, but McGrath got the second out on a liner to center.

But an infield single by Flores would bring one in, with another coming across as runners and throws were flying around the infield.

Thomas then shot a single to right to bring in two more and it was suddenly an 8-5 game.

Avon Park added what would be an insurance run in the bottom of the fifth, with Pringle doubling and Jahna singling him home.

But Frostproof would make things interesting, with some Devil help.

With one out in the top of the sixth and Flowers on in relief, Bobb singled on a hard grounder through the left side, Flores was hit by a pitch and Thomas walked to load the bases.

A passed ball brought one run in and moved runners to second and third.

Both would come in when a hard grounder toward short couldn't be handled, and it was now a 9-8 contest.

Another walk put runners on first and second, and brought Gio Gomez in from



Courtesy file photo

Torri Pringle had two hits and three RBI in Tuesday's win over Frostproof.

the bullpen to get out of it on a pop-out to Martinez at third.

The Devils couldn't add any more in the bottom of the sixth and went into the Bulldog's final at bat with the slim lead.

And it would get dicey pretty quick as Baber lead off the seventh with an infield single.

The next two batters would hit into fielder's choice outs, but Flores was plunked, which brought Perry onto the

mound to try and finish it off.

But Thomas drew a walk to load the bases and put the tying run 90 feet away.

Perry, however, would settle in and induce a grounder to second that Jahna scooped up and flipped to first for the final out.

Now 7-0, the Devils squared off with McKeel Thursday and face Ridge today at home before taking their show on the road Tuesday at DeSoto, to face another team of Bulldogs.

Central Security drops two

Special to the News-Sun

LAKE PLACID – Chicago area native Dana Hurlbut decided after graduating from Miami (Ohio) University that cold weather was not for him.

He moved to Lake Placid and started, of all things, an ice cream business.

"The kind of cold I can handle," he quipped.

In 1988 he founded Central Security, specializing in security and fire alarms for residential and commercial buildings.

With advances in technology, he has moved into camera and music systems along with card access controls for hospitals and government.

Because of The Great Recession and the drop in homebuilding, Central Security is now almost 90-percent commercial.

It has 10 employees in a five-county area. Visit centralsec.com or call 465-3352 for details.

Dana also sponsors a team in the Lake Placid Senior Softball League.

On Wednesday, Feb. 27, however, Seminole Tire (6-

10) defeated his Central Security squad (6-10) 25-13.

Mike Kratt had five hits, while Howard Carney and Norm Grubbs hit round-trippers.

Gene Welbaum, Jim Hensley and Ross Anderson added triples in the win.

Harland Newby, hit by a liner on Monday, pitched the victory and aided his own cause with three hits.

For Central, Ray Wilson had a home run among his four hits.

Schooni's (9-7) rallied in the last two innings to upend Yates Insurance (11-5) 17-16.

John McCallum and Denis Cuillerier, the league's youngest player at 54, both homered.

Victor Rodriguez struck out the last Yates batter with the tying run on second to seal the win.

For Yates, both Dick Cook and Jeff Stanley doubled and homered, while Ed Engler doubled twice and tripled.

On Monday, Feb. 25, the Securitymen lost to Schooni's 28-27.

Home runs by Bill

Destefano and Joe Hedges put Central on top in the last inning, but shoddy defense allowed Schooni's to rally in the bottom half for the win.

Hedges had two doubles and another home run in the defeat.

For Schooni's, the Five Hit Club included Doran Quigg, Denis Cuillerier and Bob Fox.

At 82, Quigg is second in age in the league to Al Chipps – second by 13 years.

"Doran has potential," observed Chipps. "Just needs a little experience."

Yates Insurance toppled Seminole Tire 19-16.

Tallying four hits each for Yates were Larry Oser, Dick Cook (double) and Woody Hoffman.

Cook played stellar defense from his rover position.

For the 'Noles, Howard Carney slammed two home runs and Mike Kratt added three doubles.

For further league information, please visit lpssoftball.com.

Streaks nearly pull off sweep

Continued from 1B

with 315 on the bench and 255 on the jerk.

Gary Demarest and Jaquae Peart of Sebring took second and third, respectively, with 495-pound and 490-pound totals.

Moving onto the 219 class, Anthony Wiggins of Sebring took the win with 555-pound combined lifts.

Wiggins lifted 295 pounds on the bench and 260 on the jerk.

Fellow Blue Streak Jediel Torres took second behind Wiggins with a 460-pound total, while Christian Miller of DeSoto took third.

Some serious strength was shown in the 199 weight class by Blue Streak Mark Miranda.

Miranda has an impressive total of 640 pounds, the most of any lifter in the meet.

His bench press was 340 pounds, and his clean-and-jerk was 300 pounds.

DeSoto took the second and third place spots.

In the 183 class, Ty Johnson would once again take home the crown for Sebring with a 525-pound total, with a 270-pound bench and 255-pound jerk.

Sebring also captured second place with a 465-pound total by Larry Scott. Scott totaled 245 on bench and 220 on clean-and-jerk.

DeSoto was able to win the 169 class, but Paul Cribbs and Willie Allen of Sebring still picked up points for second and third, respectively.

Cribbs had a total of 440 pounds, and Allen's combined weight was 420.

Sebring picked up their first place pattern again with a win in the 154 class by JT Gaskins with a combined weight of 385.

Jonny Vega of Lake Placid took second with a 380-pound combined weight.

Although the 139 class was sparse with only three competitors, Joseph Mathis of Sebring was able to come away with a comfortable

margin of victory with a 365-pound total.

Keplet Charite of Lake Placid and Justin Felix of Sebring both had combined weights of 330 pounds.

Sebring had the only entry in the 129 weight class, where Desmond Edwards took the win with a 365-pound total.

In the final weight 119 class, Sebring once again took the win by the efforts of Edgar Tellez, who had a 295-pound combined weight.

Wayne Mercer of Lake Placid took second with a 250-pound total.

"We had a lot of guys win their class, which is great," said Berry. "But almost more exciting are the guys who lifted more than they ever have at this meet. We're all making progress."

The Sebring lifters next meet is Saturday when they head just across the county line for the Frostproof Invitational, where they will be looking to continue that progress.



News-Sun photo by DAN HOEHNE

Lake Placid's Keplet Charite showed some promise in his first-ever weightlifting meet Tuesday, with a two-lift total of 330 pounds.

Hot seat is waiting for several

Continued from 1B

season after Tom Kelly managed the Twins for over 15 years.

Gardenhire has won six division titles with Minnesota, but the bottom fell out when the Twins went 63-99 during a 2011 season wrecked by injuries.

They improved by only three games last year.

Gardenhire's challenge is to piece together a rebuilt pitching staff.

His contract status doesn't appear to be weighing on him.

"There's not much I can do about it, so why worry about it? I don't worry about it," he said. "Whatever happens, happens. I'm going to go out and do my job. Hopefully, I stay here forever. I like it here, my family loves Minnesota, but it's not something I too often worry about."

Jim Leyland was in the last year of his deal in 2011.

Two AL Central titles later, he's still in charge in Detroit.

The Tigers signed him to a

one-year extension after winning the American League pennant in 2012, and the 68-year-old skipper seems content with that arrangement, which allows Leyland and the team to re-evaluate things every 12 months or so.

Mattingly, on the other hand, has only been managing a couple years.

The Dodgers went 86-76 in 2012, but the team acquired Carl Crawford, Hanley Ramirez, Adrian Gonzalez, Josh Beckett and Zack Greinke in the last year.

"I'm not burying my head in the sand. I know people expect us to win, basically," Mattingly said. "All the expectations are just noise to me and the club, that we should win the Series and all that. My job and my staff's job is to prepare the club to play the best it possibly can, and I can't worry about the noise."

Girardi can probably relate to that after five years managing the Yankees.

New York won the World Series in 2009, but that

memory fades a bit more with each postseason flame-out.

The Yankees were swept by Detroit in last year's AL championship series, and instead of loading up with free agent stars, spent much of the offseason waiting to see how Derek Jeter, Mariano Rivera and Alex Rodriguez would recover from injuries.

But this is still the Yankees, so Girardi shouldn't expect much of a pass if it turns out to be a down year in the Bronx.

He's in the final season of a three-year deal.

"I don't worry about where I'm going to be next year," said Girardi, who got used to moving around during his playing career. "When I signed, I was called up in 1989 and thought I'd be a Cub the rest of my life. Lo and behold, I was with three other teams, back with the Cubs. I was all over the place. So you get used to not worrying about next year, and I'm not worried about it."

Angels build second-half lead in Highlands 60s

Special to the News-Sun

SEBRING – Wednesday, Feb. 27, action in the Highlands 60s Senior Softball League, had the now-leading the second half Fairmount Services Angels outlasting the Alan-Jay Red Sox 21-20.

The Angels were lead by Jim Radcliff's four hits, while Don Cunningham, John Miller, Bill Todd and Mel Gross all added three hits.

The Alan-Jay sluggers where JR Reed, four hits with a triple, Barry Hulbut with four hits, Dick Schultz four hits (double and triple).

Frank Lantz, Kyle Saunders, Rudy Pribble and Harry Bell all had three hits.

The other slugfest had the hot-hitting Independent White Sox beating the error prone VFW 4300 Cubs 24-18.

The White Sox led by Gary Steeves five hits, Moe Pier

with four hits (double), John Jeffries' four hits and Tom McNally's four hits (triple).

Winning pitcher Dick Ostrech, Woody Woodward, Chuck Fluharty and Craig Sutliff added three hits each to the attack.

The slumping Cubs had Don Dobbert with three hits (two doubles), the same for Gary Tankersley.

Gene Phillips and Dan Webb had three hits each and Brian Balcombe, Bill Scrase, Ray Trudell and Todd Martin had two hits each.

The Monday, Feb. 25, results had the hottest team, the Independent White Sox upending the Fairmount Angels 13-5.

Leading the White Sox batters where Tom McNally with four hits, Dick Ostrech, Gary Steeves and Gary Kindle all with three hits.

Charlie Quinn was the winning pitcher.

The Angels where lead by

Les Osbeck's three hits.

Don Cunningham, Curt Brown, Wayne McNett, Gallo Gonzalez and Ross McMinn all contributed with two hits each.

The other game had the Alan-Jay Red Sox beating the VFW 4300 Cubs 12-9.

Alan-Jay had Harry Bell with three hits (double), JR Reed three hits (triple), Frank Lantz, Dennis Mitchell and Rudy Pribble all with two hits each.

The Cubs Gene Phillips had three hits.

Ray Trudell and Don Dobbert had two hits each and Rudy Pribble was the winning pitcher.

The Fairmount Services lead the second half with a 5-2 record.

One game back sit the VFW 4300 Cubs at 4-3, with the White Sox at 3-4 and Alan-Jay 2-5.

Two games remain before playoffs.



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HEALTHY LIVING

Ahh ... CHOO! Echinacea wards off the common cold

Dear Pharmacist: I've got a cold, and I've sneezed about a hundred times today. Should I start taking echinacea, and will it help me with the sneezing?

— A.T., Sanibel

Answer: It's the season for the common cold with over one billion cases of it in the United States each year. Sneezing is perhaps the most annoying symptom of all. Most people don't realize sneezing is actually your neurological process.

Dust, a change in temperature, or even a bright light cause impulses to build up in the "sneezing center" of the brain. Signals are then transmitted to nerve endings and ah choo, the reflex of a sneeze occurs.

It's actually a protective mechanism for your body. Tell that to the person who gets wet from your spewing mucus right?! Most germs clock in around 35 miles per hour. And no, echinacea won't stop sneezing, but it does have other virtues.

Don't be terribly quick to cool a fever, it's your body's way of heating up the germs to kill them. Prevention is ideal. Stop touching germ objects such as doorknob, cell phone, or escalator and staircase handrails. Airports, subways, malls and pharmacies are loaded with germs because so many people frequent it. I recommend gloves when you frequent these places. Think of it as a fashion statement for your immune system.



Dear Pharmacist

Suzy Cohen

Medicine helps. If you have a stuffy nose, pseudoephedrine is helpful, or a nasal spray. For a non-productive cough, dextromethorphan can help. If you have a runny nose, diphenhydramine can be taken at bedtime, or loratadine for a non-drowsy option. Remember, over-the-counter drugs don't shorten duration, but they do ease symptoms.

Echinacea purpurea is a perennial flower native to eastern North America that wakes up the immune system to help you fight infections. We've just learned that daily consumption of echinacea may help stave off the common cold. A large study done by Cardiff University in the United Kingdom (UK) demonstrated that taking echinacea for four months significantly decreases your likelihood of catching cold; it may also shave time off your illness by 26 percent. The study also showed that these preventive effects continued to increase with regular echinacea consumption, something that is new to our thinking. You see, many clinicians think echinacea is best when cycled for a few weeks on, then a few weeks



off (as opposed to taking it routinely).

Ask your doctor if echinacea is right for you, and what your dose should be. For immune system maintenance, you might see doses around 300 mg twice per day. You can also drink echinacea tea for a lower dose. Keep in mind, some people are allergic to this botanical class, and also, echinacea is rarely recommended for people with auto-immune disorders as it can trigger flare-ups.

So, as flu and cold season

continues, consider echinacea as well as probiotics, which improve your body's own natural killer cells. Naturally, vitamin C and zinc should be part of your arsenal.

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.

Good Shepherd Hospice offers Highlands County free grief support groups

Special to the News-Sun
SEBRING — Good Shepherd Hospice, the area's longest-serving hospice organization, will hold free grief support groups for adults, teens and children in Highlands County in March. The support groups run 90 minutes and are open to the public but registration is required. Participants need not have used Good Shepherd Hospice services in the past.

Contact Angels Sanders at 402-1066 for more information or to register for one of the groups.

Tuesday, March 12, from 10:30 a.m. to 12 noon, Adult

Grief Support Group meets at Sunny Hills Assisted Living Facility, 3600 Commerce Center Drive in Sebring; from 6:30-8 p.m., Tuesday, March 12, Adult Grief Support Group meets at Good Shepherd Hospice Sun Room, 3003 Herring Avenue in Sebring.

From 10-11:30 a.m., Thursday, March 14, Adult Grief Support Group meets at Somers Hospice House, 1110 Hammock Road in Sebring; from 6-7:30 p.m., Thursday, March 14, Children and Teens Grief Support Group (ages 5 to 17) meets at Good Shepherd Hospice Sun Room, 3003

Herring Ave. in Sebring (at least one parent or guardian must also attend the Children and Teens Grief Support Group).

Good Shepherd Hospice, part of the Chapters Health System, is a community-based, not-for-profit organization that supports approximately 600 patients each day in Highlands, Hardee and Polk counties as they face the challenges of advancing age and illness. Healthcare professionals and trained volunteers embrace the Good Shepherd Hospice mission to make the most of life by relieving the suffering of patients and

their families affected by end-of-life issues. The organization has been a part of the community since 1979 and is a 2008 recipient of a Circle of Life Citation of Honor Award. Good Shepherd Hospice programs are accredited by the Joint Commission, the nation's premier healthcare accrediting body. The United Way of Central Florida partially funds the community programs offered by Good Shepherd Hospice.

For more information, visit the website at www.chaptershealth.org/hospice.

Ways COPD patients can take charge of their disease this flu season

Flu is nothing to sneeze about, especially for high-risk populations like the 12 million Americans with chronic obstructive pulmonary disease or COPD, a progressive, irreversible lung disease that includes the respiratory illnesses chronic bronchitis and emphysema.

"According to the Centers for Disease Control and Prevention (CDC), COPD patients need to be especially careful during flu season to avoid serious flu-related complications such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions that can lead to hospitalization," says Dr. Antonio Anzueto, a pulmonary specialist and professor of medicine at the University of Texas Health Science Center at San Antonio.

Anzueto suggests that COPD sufferers follow the CDC's recommendations to protect themselves and others from the flu — get a flu shot and practice

good hygiene, such as covering your mouth with a tissue when you cough or sneeze, washing hands frequently, and avoiding contact with sick people.

"While preventing the flu is important, getting your flu vaccine should be more than just a quick in-and-out doctor's visit," Anzueto says. "I urge COPD patients to take advantage of this time to discuss with their physician ways they can manage their disease and to discuss possible treatments such as DALIRESP (roflumilast)."

DALIRESP is a prescription medicine used in adults with severe COPD to decrease their number of exacerbations (flare-ups). DALIRESP is not a bronchodilator and should not be used for treating sudden breathing problems. In addition, DALIRESP should not be used in patients who have certain liver problems.

Exacerbations are acute worsening of symptoms that may require treat-

ment with steroids from a physician — or worse — lead to hospitalization. For many severe COPD sufferers who have chronic bronchitis and a history of exacerbations, these flare-ups can be challenging and last several weeks.

DALIRESP is a once-daily oral tablet. It is the only prescription medicine of its kind and works differently than other available COPD medications. There are serious risks associated with treatment, so patients should always talk with their doctor about potential side effects and if they experience any symptoms while taking DALIRESP.

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements.

— BPT

Parkinson's Support Group hosts renowned Miami neurologist

Special to the News-Sun
SEBRING — The Highlands County Parkinson's Support Group normally meets the second Monday monthly from September through May at this location. They urge all Parkinson's patients, families, friends and care team members to attend their meetings and learn more about the disease.

Gallo works closely with the National Parkinson Foundation and specializes in deep brain stimulation and post-operative programming to benefit patients suffering from Parkinson Disease, essential tremors and dystonia. He is currently the director of Intra-operative Monitoring for Jackson Memorial Hospital in Miami, assistant professor of Neurology with University of Miami and recipient of the Peritz Scheinberg Clinical Neurology Award.

The lunch will begin at noon and the lecture at 1 p.m. Monday, March 11 at Sebring's First Baptist Church fellowship hall, at the corner of Lemon and Pine streets. Reservations are required for lunch by calling

453-6589. The Highlands County Parkinson's Support Group normally meets the second Monday monthly from September through May at this location. They urge all Parkinson's patients, families, friends and care team members to attend their meetings and learn more about the disease.

Parkinson's Disease, known as PD, is a progressive brain disorder. PD occurs when certain nerve cells (neurons) in a part of the brain die or become impaired and leads to a loss of dopamine-providing nerve cells. The signs and symptoms of PD are: tremors, slowness of movement, rigidity and difficulty with balance. Other signs include: small cramped handwriting, stiff facial expressions, shuffling walk, muffled speech and depression. PD is not contagious and is not hereditary, but occurs more in some families.

To learn more, visit www.Parkinson.org.

Volunteer training by Cornerstone Hospice

Special to the News-Sun
SEBRING — Nonprofit Cornerstone Hospice www.cornerstonehospice.org will be conducting a two-day volunteer training towards the required certification to become a hospice volunteer for anyone residing in Highlands County who may be able to assist in community and special events, veteran recognition projects, visiting patients, sewing projects, reading a book or magazine, simply keeping a patient company, helping at the office and much more.

Volunteers find satisfaction and a sense of accomplishment in helping others and making an important difference in the lives of patients and families. Veterans of the U.S. armed forces with a little time on their hands are especially encouraged to contact us.

Volunteers become a friend and companion to patients and their families offering a source of strength, encouragement and support simply by visiting from time to time, reading a book or magazine to a patient or allowing the main caregiver

to tend to other obligations. The next volunteer training will be held in Sebring from 8:30 a.m. to 4:30 p.m. Fridays, March 15 and 22 each day. This is a 16-hour certification and interested participants should plan to attend both training days. The training will be at Grace Bible Church, 4453 Thunderbird Road, Sebring.

Pre-register by calling volunteer specialist Dorothy Harris at 253-1611 or volunteer manager Lisa Gray at (352) 742-6806 or call toll-free (888)728-6234.

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HEALTHY LIVING

Medicare paid \$5.1B for poor nursing home care

By GARANCE BURKE

Associated Press Writer

SAN FRANCISCO —

Medicare paid billions of dollars to nursing homes nationwide that were not meeting basic requirements to care for their residents, government investigators have found.

The report, released Thursday by the Department of Health and Human Services' inspector general, said Medicare paid about \$5.1 billion for patients to stay in skilled nursing facilities that failed to meet federal quality of care requirements in 2009, in some cases resulting in dangerous and neglectful conditions.

One out of every three times patients wound up in nursing homes that year, they landed in facilities that failed to follow basic care rules laid out by the federal agency that administers Medicare, investigators estimated.

By law, nursing homes must write up care plans specially tailored for each resident, so doctors, nurses, therapists and all other caregivers are on the same page about how to help residents reach the highest possible levels of physical, mental and psychological well-being.

Not only are residents often going without the crucial help they need, but the government could be spending taxpayer money on facilities that could be endangering people's health, the report concluded. The findings come as concerns about health care quality and cost are garnering heightened attention as the Obama administration implements the nation's sweeping health care overhaul.

"These findings raise concerns about what Medicare is paying for," the report said.

Investigators estimate that in one out of five stays, patients' health problems weren't addressed in the care plans, falling far short of government directives. For example, one home made no plans to monitor a patient's use of two anti-psychotic drugs and one depression medication, even though the drugs could have serious side effects.

In other cases, residents

The review raises questions about whether the system is allowing homes to pay for poor quality services that may be harming residents.

got therapy they didn't need, which the report said was in the nursing homes' financial interest because they would be reimbursed at a higher rate by Medicare.

In one example, a patient continued to get physical and occupational therapy even though the care plan said all the health goals had been met, the report said.

The Office of Inspector General's report was based on medical records from 190 patient visits to nursing homes in 42 states that lasted at least three weeks, which investigators said gave them a statistically valid sample of Medicare beneficiaries' experiences in skilled nursing facilities.

That sample represents about 1.1 million patient visits to nursing homes nationwide in 2009, the most recent year for which data was available, according to the review.

Overall, the review raises questions about whether the system is allowing homes to pay for poor quality services that may be harming residents, investigators said, and recommended that the Centers for Medicare & Medicaid Services tie payments to homes' abilities to meet basic requirements for care. The report also recommended that the agency strengthen its regulations and ramp up its oversight. The report did not name individual homes and did not estimate the number of patients who had been mistreated, but instead looked at the overall number of stays in which problems arose.

In response, the agency agreed in written comments that it should consider tying Medicare reimbursements to homes' provision of good care. CMS also said it is reviewing its own regulations and plans to improve enforcement at the homes.

CMS hires state-level agencies to survey the homes and make sure they are complying with federal law, and can require correction plans, deny payment or end a contract with a home if major deficiencies come

to light. The agency also said it would follow up on potential enforcement at the homes featured in the report.

Greg Crist, a Washington-based spokeswoman for the American Health Care Association, which represents the largest share of skilled nursing facilities nationwide, said overall nursing home operators are well regulated and follow federal guidelines but added that he could not fully comment on the report's conclusions without having had the chance to read it.

"Our members begin every treatment with the individual's personal health needs at the forefront. This is a hands-on process, involving doctors and even family members in an effort to enhance the health outcome of the patient," Crist said.

Virginia Fichera, who has relatives in two nursing homes in New York, said she would welcome a greater push for accountability at skilled nursing facilities.

"Once you're in a nursing home, if things don't go right, you're really a prisoner," said Fichera, a retired professor in Sterling, NY. "As a concerned relative, you just want to know the care is good, and if there are problems, why they are happening and when they'll be fixed."

Once residents are ready to go back home or transfer to another facility, federal law also requires that the homes write special plans to make sure patients are safely discharged.

Investigators found the homes didn't always do what was needed to ensure a smooth transition.

In nearly one-third of cases, facilities also did not provide enough information when the patient moved to another setting, the report found.

Follow Garance Burke on Twitter at — <http://twitter.com/garance-burke>.



Fact vs. fiction: Top 5 misconceptions about laser hair removal busted

For people considering laser hair removal for the summer, there's good news - now is the perfect time to start. Easily hidden under typical cool weather clothing like bulky sweaters and leggings, skin is shielded from the sun and thus in perfect condition for hair removal. However, many men and women are on the fence when it comes to investing in long term hair removal due to several common misconceptions.

Here are the top five laser hair removal myths busted by Dr. Paul Flashner, chief medical director for American Laser Skincare:

1. Doesn't treat all skin types

Today there are more advanced technologies, such as the GentleMax Pro system, which delivers a wide range of treatments for effective hair removal on all skin types. Each treatment focuses on the individual, and the system prompts a series of questions about the person's skin tone and overall makeup to help determine optimal settings for best results. It leverages two fast and powerful lasers: the Alexandrite and the Yag, for customized results on all skin types, light and dark. It is important to note that if you are considering laser hair removal, you should first work closely

with a skincare consultant to understand what treatment options work best for your individual skin.

2. Too painful
No pain no gain? The leading edge technology in laser hair removal has enabled a more comfortable experience for those nervous about the "ouch" factor. It delivers an intense but gentle burst of energy onto targeted areas of the skin, delivering a controlled amount of therapeutic heat to the area. In addition, many of our clients report that the system's cool pulse provides increased comfort during treatment.

3. Too expensive

While laser hair removal does require a more substantial upfront investment, long-term results significantly trump traditional routines such as shaving or waxing. Studies have shown that women spend, on average, \$10,000 on shaving over their lifetime, with waxing more than doubling the investment, especially when done by a professional. Laser hair removal can help save time and money over the course of a lifetime, and aesthetic service providers like American Laser Skincare offer a true personalized experience based on real, effective and achievable results.

4. Requires frequent clinic visits and treatments

GentleMax Pro treatments are separated by a window of four to 12 weeks depending on the treatment area and the individual's hair regrowth cycle, making long-term hair removal a much less tedious and time consuming task. In order to be ready for summer, now is the perfect time to start.

5. Need to let unsightly hair grow in between treatments

Laser treatments target the root of the hair rather than the surface hair so you are able to shave in between treatments and not worry about growing any unsightly hair.

"Anyone is who is thinking about getting laser hair removal wants to experience fast and effective results," says Dr. Flashner. "The technologies available now target faster results, fewer treatments and less discomfort. Now is the perfect time for people to make sure they'll be beach ready by summer."

Laser hair removal treatments are available at all 100+ American Laser Skincare clinics across the country. For more information or to book a free consultation, visit www.americanlaser.com for a full list of local clinics. For additional tips and useful information about hair removal, visit www.hairremovalforum.com.

Mayo officials tout strong 2012 fiscal performance

Associated Press

ROCHESTER, Minn. — Mayo Clinic said Wednesday it had a strong financial performance in 2012 as the health care provider added more employees and patients.

Mayo said it took in annual revenue of \$8.8 billion last year, with expenses of \$8.4 billion. According to the clinic's annual report, Mayo maintained an operating margin of 4.5 percent, which "aligns with the clinic's long-term objectives" of 4 percent to 6 percent.

As part of Mayo's operational plan in 2012, the clinic said it expected expenses to grow faster than revenues. Expenses rose 9.6 percent last year.

"Even in a challenging environment, our employees continue to deliver by putting patients first," Dr. John Noseworthy, Mayo Clinic president and CEO, said in a statement Wednesday.

Mayo added more than 1,000 workers to its payroll at its home base in Rochester, for a total of more than 34,000 people who work at Mayo in Rochester alone. The not-for-profit clinic has more than 61,000 employees and treats more than 1 million patients each

year from about 135 countries.

But the *Post-Bulletin* reports donations to Mayo dropped for the second year in a row. In 2010, Mayo received nearly \$400 million in donations. That dropped to about \$320 million in 2011 and about \$250 million in 2012.

Mayo is seeking more than \$585 million in state and city subsidies to defray public infrastructure costs associated with a multibillion-dollar private expansion. Mayo officials say the money wouldn't directly feed construction at the clinic itself. Mayo's vision is to make Rochester a destination city.

Information from: *Post-Bulletin*, <http://www.postbulletin.com>

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Darrin A. Rotman M.D.
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Atherosclerosis: What puts certain people at increased risk?

Do you consider yourself at increased risk for atherosclerosis? If you answered "no" - you're not alone. A recent survey conducted by AstraZeneca of more than 2000 American adults revealed that only 1 in 5 (20 percent) respondents consider themselves at increased risk for this potentially dangerous disease where plaque builds up in the arteries slowly over time.

The survey also revealed that only 21 percent of respondents could correctly identify all 6 atherosclerosis risk factors that were asked about in the survey (high cholesterol, high blood pressure, diabetes, family history of early heart disease, smoking and obesity).

So why is it important for people to know about atherosclerosis and the risk factors for plaque buildup in arteries? If people understand their risk for this disease, they can work with their health care provider to take steps to help manage that risk. This is particularly important for the approximately 14 percent of American adults living with high cholesterol, since adults with high cholesterol and one or more additional risk factors may be at increased risk for atherosclerosis.

A cholesterol management plan to help patients reach their cholesterol goals should begin with lifestyle changes, which can include quitting smoking, eating healthy



foods and exercising more often. However, for some people, diet and exercise alone may not be enough to lower high cholesterol, so it is important that they talk with their health care providers about their treatment options.

A doctor may recommend CRESTOR (rosuvastatin calcium) when diet and exercise alone are not enough. In a clinical trial versus Lipitor (atorvastatin calcium), CRESTOR got more high-risk patients' LDL (bad) cholesterol to a goal of under 100 mg. In adults, CRESTOR, along with diet, is FDA approved to lower high cholesterol and slow plaque buildup in arteries as part of a treatment plan to lower cholesterol to goal. CRESTOR is not right for everyone, including anyone who is nursing, pregnant or may become pregnant, has liver problems, or has had an allergic reaction to CRESTOR.

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RELIGION

Houghton will be at Maranatha Bible Conference

Special to the News-Sun

SEBRING — Dr. Myron Houghton is to be the guest speaker for the March Bible Conference at Maranatha Baptist Church from March 3-6. Meetings will be at 6 p.m. each evening and Sunday at 9 and 10:15 a.m.



Houghton is senior professor and chair of Systematic theology at Faith Baptist Theological Seminary in Ankeny, Iowa. He is an alumnus of Moody Bible Institute and Pillsbury College and holds graduate degrees from six other institutions, including a Ph.D. from Dallas Seminary. He has taught at Denver Baptist Bible College and Faith Baptist Bible College and Seminary.

Houghton recently authored the book "Law and Grace" and will focus on that topic during the conference sessions.

The Maranatha congregation extends a cordial welcome to friends from the community to share in this opportunity. The church is at Maranatha Village off Arbuckle Creek Road, two miles east of State Road 17 N. For more information, call 382-4301 or 253-7621.

SNAPSHOTS

'Taking Back Our Cities March' is Saturday

AVON PARK — "Taking Back Our Cities March", an initiative outreach meeting, will be from 4-6 p.m. Saturday at Donaldson Park (under the pavilion) on Main Street.

Join the Footmen from Miami, Riviera Beach, Fort Pierce, Avon Park, Sebring and Lake Placid.

From Donaldson Park the group will go to Beachfront in Avon Park, Lemon Street in Sebring and will end up at Highway Park in Lake Placid for a street service.

Refreshments will be served.

This march is sponsored by the faith-based community and McDonald's Restaurant. For more information, call 243-1054, (561) 767-1778 or (772) 940-4707.

First Assembly of God plans yard sale

LAKE PLACID — First Assembly of God Lake Placid will have a yard sale from 8 a.m. to 2 p.m. Saturday. The yard sale will be held in the gymnasium (Phoenix Street) behind the church at 327 Plumosa St. Proceeds will go to the children's ministry.

Author to discuss 'Let Me Fall'

SEBRING — Speaker and author Beth (Trucano) Pensinger will speak on "Let Me Fall" (falling in love with God) from 9:30-11:30 a.m. Saturday at Sunridge Baptist Church, Sebring.

Members of Sunridge Baptist will host this coffee event for men and women.

Pensinger has written a book, "Let Me Fall", and will be relating the first chapter of the book to the fact that everyone has a

Continued on page 10B

Woody Wright in concert at Community Church of God

Special to the News-Sun

LAKE PLACID — Bill Gaither "Homecoming Friends", Woody and his wife, Vonnie, will bring a country-style gospel concert at 10:45 a.m. Sunday that warms the heart and stirs the soul. The concert will be at Community Church of God, 735 S. Sun 'N Lakes Blvd.

"From my first note of 'Will the Circle Be Unbroken' at the Atlanta Homecoming to singing 'Because He Lives' at the empty tomb in Jerusalem to hearing the fans in Johannesburg, South Africa call us all by our first names, being a Homecoming Friend has been an honor and a rare blessing. Plus, all the ladies in my mother's Sunday school class get to say 'Betty, I saw Woody on TV last night!'," Wright said.

"We recently hosted Woody and Vonnie at our church for an all-church youth fund raiser. They communicated with the entire congregation warmly and genuinely. Their 'down home' style made us feel like we'd known them for years. It was clear, they



Woody Wright will be in concert Sunday at Community Church of God in Lake Placid.

were a blessing to everyone. We can't wait to have them come back!" Dr. Steven Darr, Minister of Music, of South Lake Wales Church of

God and Warner University. Pastor Joe DeHart and congregation extend a cordial invitation to all of Highlands County.

Pitts featured in Second Sunday Suites

Special to the News-Sun

LAKE PLACID — First Presbyterian Church will present its Second Sunday Suites with Dr. Paul Pitts at 4 p.m. Sunday, March 10. Pitts has now sung more than 5,000 performances worldwide on seven continents to over five billion people through television, radio, recordings, and personal appearances.

His solo performance at the festivities for the 60th Anniversary of the nation of Israel alone was broadcast to 200 countries and 300 million viewers worldwide. In the United States, Pitts has shared the stage with such motivational speakers as Zig Ziglar and John Maxwell. He has appeared on James Dobson's "Focus on the Family" and the "In Touch" television program with Charles Stanley. He has performed at the Crystal Cathedral, the Alamo Dome, the Amway Arena in Orlando, Cypress Gardens and Opryland, U.S.A.

Pitts has had a distinguished career as a tenor singing in numerous operas including the lead male roles in Carmen, La Boheme, Tosca and Madame Butterfly.

His one-man play, "The Scribe", also includes many songs that are familiar to churchgoers, including "The

Stranger of Galilee," "It Is Finished" and Bill Gaither's beloved, "I Believe in a Hill Called Mount Calvary."

According to Pitts, the vision for this one-man drama based on the Biblical accounts of Jesus' life first came to him 30 years



Pitts

ago. After several years, Pitts took his idea to a team of people, including the orchestrator Mark Siers. As Pitts explains, Siers has "been recognized by Disney as one of the most creative minds at putting something like this together."

"The Scribe" has already touched the lives of many people throughout the country. A member of the audience recently was quoted in the *Hernando Times* describing the event and Pitts' performance, "The music is made up of familiar songs that we love to sing ... Paul is not only a performer but a very compassionate person whose desire it is to touch the lives of others for Jesus."

Invite your friends and neighbors to listen as Pitts tells the "old, old story" in a way we have never seen it recounted before. Sweets will be served in the Gospel

Garden starting at 3 p.m. "The Scribe" will begin promptly at 4 p.m., and will last about 90 minutes, with a 10-minute intermission in the middle.

A love offering will be collected.

Pray and Meditate: Part 2

Are you going through a time of grieving or weariness? Are you praying about things, and it seems like God is not hearing, and nothing is happening? Does this mean that He may want us to just wait on Him? Psalm 46:10 says, "Be still, and know that I am God."

Habakkuk in the Old Testament felt identical to this, and He realized He could put His confidence in Christ no matter what. "Though the fig tree may not blossom, nor fruit be on the vines; though the labor of the olive may fail, and the fields yield no food; though the flock may be cut off from the fold, and there be no herd in the stalls-yet I will rejoice in the Lord, I will joy in the God of my salvation" (Habakkuk 3:17, 18).

Joshua, the warrior and leader of Israel, from the Old Testament faced many difficult battles throughout his life as a soldier. In order to know what direction he was to take on a regular basis, He sought the Lord. God commanded him in Joshua 1:8 to meditate on His law. "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have success."

David, king of Israel and slyer of Goliath, was a man who had made many mistakes and endured through



Come To The River

Leslie Deese

many trials. In Psalms, David repeatedly communicated with God and meditated on His truth. Psalm 119 stresses the importance of meditating on the word. David said in verse 11, "Your word I have hidden in my heart, that I might not sin against You." Similar to Joshua 1:8 and Psalm 119:11, Psalm 1:1-3 reminds us even more clearly that we are to meditate on God's law day and night. By doing this we will not wither and will stand strong and prosper in all that we do.

During your time of difficulty and battle, are you meditating on the love of the Shepherd? Can you picture a tree with a peaceful river and green pastures showing the Shepherd caring for you in a special way? What verse crosses through your mind as this scene is described? Is it Psalm 23:1-3 which says, "The Lord is my shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads

See HEAR, page 10B

HOUSE OF CHANGE PRESENTS

Sponsored by Campus Christian Club

CALL TO Awakening

YOUTH CONFERENCE

For anything that becomes visible is light. Therefore it says, "AWAKE, O sleeper, and arise from the dead, and Christ will shine on you." - Ephesians 5:14

SOUTH FLORIDA STATE COLLEGE

UNIVERSITY CENTER AUDITORIUM

MARCH 23 • 6:00 PM

FREE ADMISSION

FEATURING

- R.O.C. Revolutionaries of Christ Dance Team
- House of Change Worship
- Pastor George Sotolongo from Orlando House of Prayer



For more information: (863) 214-6743
contact@houseofchangesebring.com

What about Damascus?

Damascus is almost daily in the news. But do you know that God tells us what will happen to the city?

Hi, my name is Pastor Reinhold Buxbaum from "The Church of the Way" and I'd like a word with you.

Israel and Syria are at odds, ever since the Golan Heights was taken by force from Syria, after they attacked Israel. Now, Syria fights Israel through terrorism and threats of war.

There is a startling



Guest Column

Reinhold Buxbaum

prophecy in Isaiah 17 that tells us that Damascus will become a heap of ruin. The 5,000-year-old city was never totally destroyed, so we know it is yet future. To be sure God gives us another inside information that places the destruction of Syria in

the future. Isaiah 17:14 tells us that the destruction will happen in the evening and by morning the city is gone. There is but one way this can happen - a nuclear

See CAN, page 10B

RELIGION

Atonement Lutheran Church - ELCA

SEBRING — This Third Sunday in Lent, worship service will be led by Deacon David Thoresen. His sermon will be based on the gospel reading of Luke 13:1-9.

Thursday's Bible study will be led by Rev. Jefferson Cox on March 14 and 21. Sharon Palmer will lead study on other Thursdays.

Every Wednesday at 5 p.m. is Lenten Soup and Sandwich Suppers through March 20, followed by informal worship service. Visitors are welcome.

Council meeting is at 6 p.m. Tuesday. A memorial service will be held for Merle Vasbinder at 10:30 a.m. Wednesday. Birthday celebration will follow worship service March 10.

Winter Visitor Appreciation Sunday is March 17 with brunch following worship service. Palm Sunday is March 24 with worship service with Communion. Maundy Thursday worship service is at 7 p.m. March 28 led by Rev. Cox. Good

Friday service is at 7 p.m. March 29. Easter Sunday service March 31 with brunch following worship service.

Christ Lutheran Church - LCMS

AVON PARK — This Third Sunday in Lent, Pastor Scott McLean will preach a sermon titled "God Is Faithful."

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

Christian Training Church

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

Faith Baptist Church of Lake Placid

LAKE PLACID — Pastor

Bill Cole will continue Sunday morning in his series "The Believer's Unlimited Bank Account" with this week's message "The Missionary's Wardrobe" from Ephesians 4:17-23. In the evening he will preach "Every Battle is Different" from Joshua 8:1-29, which continues in his evening series "The Keys to Triumphant Living."

Revival services begin at 6 p.m. Saturday, March 9 through Wednesday, March 13. Dr. Joe McKeever will be the revival speaker. McKeever is a retired pastor and cartoonist. Robbie Gould, a gifted pianist and worship leader, will lead worship during the revival services.

For further information about activities of Faith Baptist, call the church office at 465-0060 or check the website at www.faithbaptistchurchlp.com. The church is at 660 Holmes Ave.

Faith Lutheran Church

SEBRING — This Sunday

morning, the church celebrates Third Sunday in Lent. District president Greg Walton will deliver the sermon Sunday. There will be one service at 10 a.m., with a potluck to follow.

Lenten Series is "Overheard Conversations by the Cross?" Pilate and His Wife.

Faith Child Development is taking enrollments for children who will be 4 years old prior to Sept. 1, 2013 for fall VPK. Classes begin Monday, Aug. 19, but registration is under way.

"The Luck of the Irish" mystery dinner with a St. Patrick's Day theme is at 6:30 p.m. Saturday, March 9. The cost is \$10 per person, with proceeds going for the youth to travel to a youth gathering. Call 385-7848 or e-mail faithlutheranbring@comcast.net for information.

First Christian Church

AVON PARK — Members will continue in the series of lessons at Sunday morning

Bible study on "The Glorious Second Coming of Jesus Christ." On Wednesday evening, a new Bible study on the Passion of the Christ will begin.

First Christian Church of Avon Park is at 1016 W. Camphor (behind the Wells Fargo Bank). Call 453-5334 or e-mail firstchristianap@embarq-mail.com with any questions or to request information. The church website is at www.firstchristianap.com.

First Christian Church (Disciples of Christ)

SEBRING — The pastor's sermon Sunday is "Jesus Stands Trial Before Pilate" with Scripture taken from Luke 23:1-5.

Assisting the pastor with the service will be Elders - Dick and Sharron Campbell; Deacons - Diane Beidler and Sandra Laufer, Fran Goff and Effie Simmonds; acolyte - David Thibodeau. Greeter will be Beth Calloway.

For more information, call the church office at 385-

0352. The church is at 510 Poinsettia Ave.

First Presbyterian Church - A. R. P.

AVON PARK — On Sunday morning, the pastor's sermon is titled "Live Wisely" based on Proverbs 4:1-9. The pastor leads the adult 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 Ray Vander Lann. Sunday's film is titled "Cappadocia - Why Christians Suffer: The Weight of Gethsemane."

Matt Sbotto teaches the youth class and they are studying the book of Ephesians.

The choir's introit will be "Thou Art Worthy" and the anthem will be "Seek the Lord."

Members are asked to bring non-perishable items for the Church Service Center. The Family Gathering will meet at 6 p.m.

Continued on page 9B

PLACES TO WORSHIP

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

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 supply; Children's Choir, 6 p.m.; Youth Activities, 6-7:30 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 Alvater 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. Allen Higginbotham, Interim Pastor; Rev. Nuno Norberto, associate pastor, minister of music and senior adults; and Dixie Kreulen, preschool director. Group Bible Studies, 9:15 a.m.; Blended Service, 10:30 a.m.; Mission 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. Website www.fbsebring.com

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

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

■ **Leisure Lakes Baptist Church**, 808 Gardenia St., Lake Placid (just off of Miller at the west end of Lake June) "Where the old fashion gospel is preached." Sunday School begins at 9:30 a.m.; Sunday Worship service at 10:45 a.m.; Sunday

Evening Service is at 6 p.m. Wednesday Prayer Meeting and Bible Study at 6 p.m. Call the church at 699-0671 for more information.

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

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

■ **Sparta Road Baptist Church, (SBC)** 4400 Sparta Road. 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. Parrish office/ mailing address: 882 Bay St., Sebring, FL 33870, 385-0049, 385-6762 (Spanish); fax, 385-5169; email, office@stcatho.com; website, www.stcatho.com. School Office/Mailing, Principal Dr. Anna V. Adam, 747 S. Franklin St., Sebring, FL 33870; 385-7300; fax, 385-7310; email school@stcatho.com. School office hours 7:30 a.m. to 3:30 p.m. Monday-Friday. Clergy: Very Rev. José González, V.F., frjose@stcatho.com or 385-0049;

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. WEEKEND MASS SCHEDULE: Saturday: - 3:30 and 5 p.m. (vigil); Sunday - 8 and 10 a.m., 12 p.m. (Spanish), 5 p.m. (Holy Family Youth Center), every third Sunday of the month at 2 p.m. (French Mass). Daily Mass: Monday-Friday, 8 a.m. and 12 p.m. Saturday at 9 a.m. Sacrament of Reconciliation: 7:15-7:45 a.m. first Friday, 2:30-3:15 p.m. Saturday and 9-9:45 a.m. Sunday. Office Hours: 8:30 a.m. to 1:30 p.m. Monday-Friday.

■ **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**, 154 N. Franklin St. Sunday: 10:30 a.m. morning

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

CHURCH OF BRETHREN

■ **Church of the Brethren**, 700 S. Pine St., Sebring, FL 33870. Sunday: Church School, 9 a.m.; Morning Worship, 10:15 a.m. Wednesday: Temple Choir, 7:30 p.m. Phone 385-1597.

CHURCH OF CHRIST

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

■ **Lake Placid Church of Christ**, 1069 Hwy 27 North, Lake Placid, FL 33852. Mailing address is P.O. Box 1440, Lake Placid, FL 33862. 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

On Monday, the Action Crew will meet at 7 p.m.

The pastor will lead Bible study Wednesday morning on the topic "How Do We Glorify God?" The children's choir and ministry will meet at 6 p.m. Adult choir will meet from 6:30-8 p.m.

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

First United Methodist Church of Sebring

SEBRING — Rev. A.C. Bryant's sermon will be "Repent or Perish" with Scripture reading from Luke 13:1-9.

New Lenten study will be "When God's Spirit Moves" at 6:30 p.m. Wednesdays in the Sanctuary and led by Bryant. Soup supper precedes at 5:45 p.m. in the FLC.

United Methodist Women will meet at 9:30 a.m. Tuesday.

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

Grace Pointe Ministries

SEBRING — Grace Pointe Ministries is at 200 Lark Ave., in Sebring Hills Association Clubhouse.

Tuesday home Bible study for the year is "Messiah: Shadow to Image"... seeing Jesus foretold in the Old Testament and revealed in the New Testament. Call (863) 658-2534 for directions and general information.

Heartland Christian Church

SEBRING — Pastor Ted Moore's Sunday sermon will be "Transplanted Heart," with Scripture from Psalms John 13:1-17. The service will include special music by Brian and Briana Richardson, and Heartland Singers singing "I Can See His Hand."

Heartland Singers practice at 4:30 p.m. Tuesdays.

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

Lake Placid Church of Christ

LAKE PLACID — The Sunday evening Bible study is a VHS, "So The World Might Know". Wednesday evening we are so fortunate to have Frank Parker teach us more about the Bible starting at 7 p.m.

Sunday morning Sunday school is taught by Creston Frezzell, who is like Elijah in many of his teaching ways. God said it (Elijah) believed it and that settled it.

Wednesday midweek Bible study is taught by Frank Parker. History is being studied now.

Memorial United Methodist Church

LAKE PLACID — Worship service with Pastor John Bryant preaching on the subject "T L T," with the Scripture lesson from the Gospel of Luke 13:1-9.

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

St. John United Methodist Church

SEBRING — Sunday morning, the Rev. Ronald De Genaro Jr.'s message from the Lenten Series will be "God Wants Us to Honor Christ." Biblical reference is from I Corinthians 10:1-13.

Sebring Church of the Brethren

SEBRING — This Sunday morning, the pastor will preach on "The History, Hunger and Hope."

At Sunday school, Pastor Wendell Bohrer will preach on "A New Spirit." Sunday school No. 2 will meet in the conference room and study articles from "The Messenger." That class will be led by Larry Weise.

For more information, call 385-1597.

Spring Lake United Methodist Church

SEBRING — Spring Lake United Methodist Church is at 8170 Cozumel Lane. The Rev. Clyde Weaver's Sunday morning sermon will be "The Restorer of Life, Must Die."

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 Faithful 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 Luke Willitz at 385-2293 or visit the Web site at www.newlife.sebring.com.

■ **Resurrection Lutheran Church - ELCA**, 324 E. Main St., at Memorial Drive, Avon Park. Pastor Rev. John C. Grodzinski. Sunday worship at 8 and 10:30 a.m.; Sunday School at 9:15 a.m. Fragrance Free Service Wednesdays at 7 p.m. Open Communion celebrated at all services. "God's Work, Our Hands."

■ **Trinity Lutheran Church - LCMS**, 25 Lakeview St., Lake Placid, FL 33852; 465-5253. The Rev. Richard A. Norris, pastor; Susan C. Norris, Trinity Tots Pre-School director; and Noel Johnson, minister of youth and family life. Worship schedule after Easter through December: Worship service 10 a.m., and Education Hour, 8:45 a.m. Worship schedule for

January through Easter: Worship service, 8:30 and 11 a.m., Education Hour 9:45 a.m. Traditional Service with Holy Communion each first and third Sunday. Non-Traditional Service each second, fourth and fifth Sunday. Seasonal mid-week services Wednesday evenings during Lent and Advent. Call church office for additional Worship times and special holiday services. Other activities and groups include: Choirs; Ladies Guild and LWML; Men's Fellowship Group, Small Group Bible Studies as scheduled; Trinity Tots Pre-school, Youth Group activities (call for meeting times and dates). Visit us online at: www.Trinitylutheranlp.com.

NON-DENOMINATIONAL

■ **Bible Fellowship Church**, 3750 Hammock Road, Sebring, FL 33872. Sunday: American Sign Language: First Worship sermon, songs signed first and second Worship services. First Worship service, 9 a.m.; Second Worship service, 10:45 a.m. Nursery (up to 2 years old) and Sunday school classes both hours. BFC Youth, 6 p.m.; Evening Service, 6 p.m. Wednesday: 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 problema. 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. Dustin Woods, interim lead 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@vistatnet.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.fpcip.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 Frank Gonzalez. Walker Memorial Academy Christian School offering education for kindergarten through 12th grades. ALL ARE WELCOME. Associate Pastor is Ryan Amos. 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

RELIGION NEWS

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

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

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

■ **The Salvation Army - Center for Worship**. Sunday: Sunday School, 9:45 a.m.; Holiness meeting, 11 a.m.; and Praise meeting and lunch, noon. Tuesday: Bible study, 6:30 p.m.; and Women's Ministries, 7 p.m. Wednesday: Youth Ministries, 4 p.m. All meetings are at 120 N. Ridgewood Ave., Sebring. For more information, visit the Web site www.salvationarmysebring.com or call Major Bruce Stefanik at 385-7548, ext. 110.

UNITED METHODIST

■ **First United Methodist Church**, 105 S. Pine St., Sebring, FL 33870. The Rev. A.C. Bryant, pastor. Traditional Worship Service at 8:10 and 10:50 a.m. in the sanctuary, Contemporary Worship in the FLC at 9:30 a.m. Sunday School at 9:30 and 10:30 a.m. Methodist Youth Fellowship at 5:30 p.m. Sundays with Rick Heilig, youth director. The 10:55 a.m. Sunday worship service is broadcast over WITS 1340 on AM dial. There is a nursery available at all services.

■ **First United Methodist Church**, 200 S. Lake Ave., Avon Park, FL 33825. (863) 453-3759, Devon Jarrett, Pastor. Sunday School - 9 a.m., Worship - 10:30 a.m. Bible study 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. Rev. John A. Bryant, pastor. Rev. Claude H.L. Burnett, pastoral assistant. Rev. Jerry McCauley, visitation pastor. Sunday worship services: Worship Service, 8:30 a.m. and 10:45 a.m. Sunday School, 9:30 a.m. Loving nursery care provided every Sunday morning. Youth Fellowship, 5 p.m.; Prayer Group, 6 p.m. We offer Christ-centered Sunday school classes, youth programs, Bible studies, book studies and Christian fellowship. We are a congregation that wants to know Christ and make Him known. Check out our church website at www.memorialumc.com or call the church office at 465-2422.

■ **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

SNAPSHOTS

Continued from page 7B
story. Journaling plays a key role in the development of her book.

The event will take place in the rear of the sanctuary at 3704 Valerie Blvd. Call the church office for more details at 382-3695, or call 471-3709 to leave a name and phone number for a return response. An approximate number of who will be attending is necessary. Information will be prepared as a hand-out for guests.

The church is at U.S. 27 and Valerie Boulevard, directly across the street from Florida Hospital Heartland Division.

Special Sunday event is Sunday

SEBRING — Sunday school offerings from Faith Missionary Baptist Church help support a 12-year-old deaf girl who lives in Lima, Peru. Contributions help to buy her room and board at a Christian deaf school run by EFATA Ministries.

Two people who have personally hugged her and spoken to her in sign language will be at the church on Sunday.

Joe and Lisa Kotvas serve under Macedonia World Baptist Missions and assigned to EFATA, an independent Baptist ministry based in Lima, Peru, reaching deaf and hearing people with the Gospel of Christ. The Kotvas' are also bringing a Peruvian couple with them.

Joe and Lisa will share with the deaf Sunday school class. The deaf are eager to "hear" about the ministry and all they can learn about Angie. This class requires

sign language to be able to understand, but any deaf or signers are welcome.

Later in the morning, the Kotvas' will share with the hearing and the deaf in the combined worship service. They will project pictures to see and members and guests will hear more about this ministry in Peru. Joe will also preach from the Word of God.

The public is welcome to attend Sunday. Faith Missionary Baptist Church is at 1708 LaGrange Ave. in Sebring. Pastor Ken Lambert can be reached at 446-2917.

Commissioning of new pastor

SEBRING — Covenant Presbyterian Church will have a Commissioning service for their new pastor, Tom Schneider, during the morning worship service Sunday. A luncheon reception will follow the service in the Covenant Life Center.

The men's Bible study will next meet at 6 p.m. Monday. They are studying the book "Ephesians" by John Stott.

The next Sunday school class for the Spring 2013 quarter will begin on March 10. Joel Urban will lead a study based on the book, "Great Words," by Jack L. Arnold.

The Missions Committee will meet at 5:30 p.m. Thursday in the conference room.

Ladies, mark your calendar for Saturday, March 9 from 8:30 a.m. to 2 p.m. for the annual Women's Spring Retreat. Featured speaker Sherry Benoit will speak on "Reflecting the Beauty of Christ." More information will be coming.

4M (Monthly Mercies Ministry Morning) will meet from 8 a.m. to 12 p.m. Saturday, March 9. Sign-up in the narthex.

The men's monthly fellowship breakfast will meet at 7:30 a.m. Tuesday, March 12 in the Covenant Life Center. Sign up in the narthex and make plans to attend.

There will be a Joint Officers' meeting at 4:30 p.m. Tuesday, March 12 in the conference room.

Prime Timers Holy Land Experience trip will be Friday, March 15. The price of \$38 includes the group entry fee, plus a gas allowance for the carpool drivers. Pick up information and sign up in the narthex.

St. John hosts Trash and Treasure Sale

SEBRING — St. John United Methodist Church will host its Big Spring Trash and Treasure Sale, as well as bake sale on Friday and Saturday, March 8-9. Friday hours are 8 a.m. to 3 p.m. and Saturday hours are 8 a.m. to noon. Lunch will be served on Friday.

The church is at 3214 Grand Prix Drive (just behind the Sebring Walmart). For information, call the church at 382-1736.

Pancakes galore on March 9

SEBRING — The second annual Great Pancake Cookoff will be from 8-10 a.m. Saturday, March 9 at Southside Baptist Church, 379 S. Commerce Ave. Bring a friend, enjoy the pancakes and some inspirational music with the pancake breakfast.

Can it get any more dangerous?

Continued from page 7B

attack by Israel. Instant devastation! The only thing left will be "disease and incurable pain" (verse 11).

We are even told about the reaction of the world: "Oh, the raging of many nations" (verse 12 NIV).

But what would bring Israel to such a desperate reaction? How about an attack with chemical weapons, including the highly lethal VX and Sarin gases?

Did you notice how dangerous the situation is between Syria and Israel? First, President Bashar al-Assad threatened Israel with a chemical retaliation if Turkey, Jordan or Israel gets involved in their civil war. Assad receives massive military equipment from both Russia and Iran to

fight off the rebels. But Saudi Arabia and other Muslim countries support the rebels with weapons.

Next, Israel's air-force takes out a weapons depot close to Damascus. Assad and Iran's Mahmoud Ahmadinejad promise revenge. And just when we think it cannot get any more dangerous, Assad pulls all military troops away from the Israeli border to defend Damascus against the rebels. This allows Al-Qaeda rebels to move to the Israeli border.

Here is why I think this is so dangerous: Although Al Qaeda fights against Assad, their number one enemy is Israel. They don't care about any losses of Syrians. In fact, they are more than willing to sacrifice any Syrians and even the entire city of Damascus,

if they only could fire a deadly blow upon Israel.

So here is my question. Does Al-Qaeda possess any chemical weapons? Or will they any time soon? Can it get any more dangerous? How close are we to an all-out Middle East war? (We find a description of it in Psalm 83).

In the meantime, God tells us to pray for the peace of Jerusalem (Psalm 122:6). Total peace will not come until the Prince of Peace, the Lord Jesus, arrives.

Yes, the stage is set for our rapture.

Reinhold Buxbaum is pastor of The Church of the Way. He teaches 'An Evening in Bible Prophecy' at 6:30 p.m. Monday, March 4 at Homer's Smorgasbord in Sebring. No purchase necessary.

'Crucifixion or Crucifiction?'

The above is the title of a book, dated 15/3/84, by Ahmed Deedat, a Muslim writer. The basis for his

book and belief is from the Koran/Qur'an, Surah IV, 157: "And because of their saying: We slew the Messiah Jesus son of Mary, Allah's messenger - They slew him not nor crucified, but it appeared so unto them; and lo! those who disagree concerning it are in doubt thereof; they have no knowledge thereof save pursuit of a conjecture; they slew him not for certain." Please note that this statement/claim made by Muhammad was some 600 years past the death and resurrection of Jesus, the Christ.

First, we must understand the position Deedat has placed himself in by defending Muhammad's statement quoted above from the Qur'an. As we will see in our study, he has to prove every eye witness of the events of Christ's death and resurrection false to substantiate the claim of Muhammad. Remember that the first pillar of Islam is "There is no god but Allah; Muhammad is the messenger of Allah." Therefore, Deedat must defend every statement/claim of his leader.

On page 78 of his book, author Deedat states, "Let me give you a quick summary of the points we have discussed so far, concluding that Jesus Christ was neither killed nor was he crucified, as alleged by the Christians and the Jews, but that he was alive!" He then listed 30 summary statements. We will review some of them here and in a following article and the number of each is his number.

"1. Jesus was reluctant to die! He had worked out a strategy of defense to repel the Jews. Because he wanted to remain alive!" It's interesting to observe that he uses a book, the Bible, he does not believe in to try to prove his point! He bases this conclusion on the prayer of Jesus in Gethsemane, Matthew 26:39-42. Deedat is like most critics of the gospel in that they have no understanding of the whole counsel of God, i.e. His eternal purpose. (John 1:14). Therefore, He was tempted as we are, yet without sin. (Hebrews 4:15). The Hebrew penman further proclaims that Jesus indeed died! (Hebrews 2:9).

"2. He beseeched God for help. With strong crying and tears for God Almighty to keep him alive." Jesus prayed for His Father's will to be done. According to the eternal purpose to redeem mankind, Jesus became the sin-offering/sacrifice willingly as proclaimed by the prophets, for example, Psalm 22 and Isaiah 52, 53.

"7. Supposed to be on the cross for only three hours. According to the system in vogue, no man could die by crucifixion in so short a time which means that even if he was fastened to the cross - he was alive." Deedat completely ignores the scourging

Guest Column

Frank Parker

that Jesus endured before the cross. (Matthew 27:26; Mark 15:15; Luke 23:16) ISBE states regarding

scourging: "So hideous was the punishment that the victim fainted and not rarely died under it." Of course, you noted the error in the hours on the cross.

"8. The other two - His 'crossmates' on their respective crosses were alive. So Jesus too, for the same period of time must be alive." Suppositions are now running wild. There is no evidence that the two thieves were scourged as Jesus or they endured a night's trial and other physical abuses. To compare the two to Jesus is like comparing apples and oranges.

"9. Encyclopedia Biblica under article "cross" - Column 960: says when the spear was thrust-Jesus was alive." Now we know where Deedat gets his authority. The Holy Spirit clearly declared that Jesus was dead when they came with the intent to break His legs. Then a soldier pierced His side. (John 19:33-35).

"12. Thunderstorm, earthquake, and darkening of the sun all within three hours. To disperse the sadistic mob to enable his "secret" disciples to help, keep him alive." Deedat then claims that Joseph of Arimathea came to take Jesus alive from the cross. A fellow Muslim writer Yahiya Emerick claims "So in their anger they plotted to crucify him on a Roman cross. But Jesus slipped from their grip at the last moment, and all the while they thought they had succeeded. They were sure they killed him but God answered Jesus' prayer and saved him from their scheme. Confusion overtook the mob and they might have killed the man who betrayed Jesus instead. In any case, Jesus escaped from their grasp." (quoted from a tract, Who Is Jesus? published by I.C.N.A.). All of this was supposed to have taken place during the darkening of the sun.

The tragedy of this discussion is that many who claim to be "Christian" hold the same doctrinal position as Muslim Deedat. The risen Messiah proclaimed through the pen of Paul boldly, "And if Christ is not risen, then our preaching is empty and your faith is also empty. Yes, and we are found false witnesses of God, because we have testified of God that He raised up Christ, whom He did not raise up - if in fact the dead do not rise. And if the dead do not rise, then Christ is not risen. And if Christ is not risen, your faith is futile; you are still in your sins. Then also those who have fallen asleep in Christ have perished. If in this life only we have hope in Christ, we are of all men the most pitiable" (First Corinthians 15:14-19). Amen.

(To be continued).

Frank Parker can be reach at frankparker27@gmail.com.

Hear and meditate on daily basis

Continued from page 7B

me in the paths of righteousness for His names sake." While meditating on the Shepherd, can you visualize a simple splash painting with white symbolizing Christ's purity and a large splash of green for how amazing He

is?

Regardless of where you are in your journey or what it looks like, I hope that you will hear from the Lord, and that you will begin to meditate on His word on a daily basis. Remember that the leaders of Israel and other

mighty warriors knew that the most important part of preparing for their battles was to spend time in prayer and meditating on God's word.

Leslie Deese is a Sebring resident. She can be reached at ljb_628@yahoo.com

Ohio court spars with lawyers in school Bible case

By JULIE CARR SMYTH and ANDREW WELSH-HUGGINS

Associated Press

COLUMBUS, Ohio — State Supreme Court justices sparred with lawyers on Wednesday in a heated hour of arguments over the extent to which a now-fired public school science teacher had the right to push his religious beliefs in class.

A lawyer for the school board that dismissed John Freshwater in 2011 said he waved a Bible at his students, handed out religious pamphlets and espoused creationism in his evolution lessons.

Freshwater violated the constitutional separation between church and state and was rightfully fired, said David Smith, an attorney for the Mount Vernon School Board.

Smith said Freshwater can't "teach evolution from a Christian perspective" without violating constitutional protections against government establishment of religion.

"There is no academic freedom of the teacher to do that," Smith argued. "This is not a case about industrial hemp. It's not a case about

the Iraqi war. Political sociological viewpoint is something completely different."

Freshwater's attorney, Rita Dunaway, said accounts of Freshwater's class conduct were exaggerated and he was exercising his academic freedom to explore controversial ideas.

She said the board's decision to dismiss Freshwater showed hostility toward religion.

"The board's position basically boils down to the proposition that simply offering students evidence of the gaps or flaws in evolutionary theory is equal to religious indoctrination," she said.

Dunaway said Freshwater had a laudable teaching record and his students scored well on standardized science tests.

Freshwater was dismissed after investigators reported he preached Christian beliefs in class when discussing topics such as evolution and homosexuality and was insubordinate in failing to remove the Bible from his classroom.

Justices appeared perplexed, at times irritated, about what lawyers believed

was the legal issue before them.

Justice Paul Pfeifer was incredulous when Smith argued that Freshwater's evolution class wouldn't have been covered under the school district's controversial-issues policy.

"So there's nothing controversial about evolution," he said. "It is a theory, isn't it?"

Freshwater also had been accused of using a science tool to burn students' arms with the image of a cross, but that allegation was resolved and was not a factor in his firing.

Justices nevertheless pursued the issue on Wednesday, asking what role it played in Freshwater being investigated. Smith speculated that attention surrounding that incident was what prompted the school board's investigation into Freshwater's 21-year career.

The board, in its review, concluded Freshwater had used a high-frequency generator, which other teachers have used to demonstrate electrical current, to burn a cross onto a student's arm. The cross lasted a few weeks.

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DIVERSIONS

'Snitch' is monotonous and uninteresting

By BOB GARVER
Film critic



Dwayne Johnson's role as a worrisome father is not enough to make 'Snitch' interesting. He shares this scene with Barry Pepper (left) and Susan Sarandon.



Movie Review

'Snitch'

Rating: PG-13

Running time: 112 minutes

Review: ★★ (of 5)

taking too many prison beatings in the present to worry much about the future. Naturally it's the bad guys who don't do a whole lot of worrying.

It was probably all the scenes of worry that attracted Johnson to the part. He's clearly trying to prove that he's more than just an action star and I imagine he saw the vulnerable character as an opportunity to stretch as an actor.

We see early on that he can handle emotional, dra-

matic scenes. And then we see him handle a similar emotional, dramatic scene. And another and another.

Yes he's good in these scenes and yes they're different from the types of scenes he usually plays, but there's very little variety in these scenes relative to each other.

I cannot stress how disappointed you will be if you go into "Snitch" expecting an action movie. Johnson loses the film's only fist-fight to a bunch of punks and drives away from a cartel shootout. All we really get is a crummy car chase at the end that was seemingly tacked in when somebody realized that the film was unforgivably short on car chases.

The release of "Snitch" coincides with Dwayne Johnson's return to pro wrestling as the ever-popular WWE Superstar known as The Rock. The Rock even won the WWE Championship back in January.

I'm writing this article on the night of the Oscars, and

it occurs to me how similar wrestling titles are to Academy Awards. Both are symbols that recognize the holder as the greatest in their field. But neither really, objectively means anything. Neither is actually earned by besting competition, but rather awarded by a tiny group of one's peers based on whatever criteria they choose. Both easily have the potential to be devalued; a wrestling title if it's put on a wimp, an Oscar if it's awarded to a ham or a hack.

Dwayne "The Rock" Johnson should be satisfied with his wrestling titles, because I don't see him winning an Oscar anytime soon. I know he means well with "Snitch", but the film is monotonous and uninteresting.

"Snitch" is rated PG-13 for drug content and sequences of violence. Its running time is 112 minutes. Contact Bob Garver at rrg251@nyu.edu.

Son suspects dad's death was an assisted suicide

Dear Abby:
I'm convinced my father's wife killed him and I don't know where to turn. He had fought complications from quadruple bypass surgery for a few years, and had been in hospice for months prior to his death. My siblings and I didn't put all the pieces together until afterward.



Dear Abby

Although I'm sure Dad was killed, based on facts and discussions with social workers, I'm pretty sure it was assisted suicide, which is illegal in most states, including the state where he lived. I feel cheated and angry at my father's wife for not having the guts to talk to us about his plans, and Dad for relying on her to tell us when she never had a good relationship with any of us. I'm also angry with myself for not stopping what I witnessed as it happened before my eyes. How could I have been so blind?

It has been several years now, and I still feel guilty for letting it happen, although I'm not sure how I could have stopped it. Your thoughts would be appreciated. — **Angry Son in Georgia**

Dear Angry Son: I'm sorry for your pain and anger, emotions that are not uncommon when a loved one dies. But for your own sake, accept that if your father had an advance health care directive, and trusted his wife to carry it out, then she was following his wishes. While today's medical interventions can prolong someone's life, they can also prolong death.

Hospice offers grief counseling for family members for a period of time after a death occurs, and you and your siblings should have received some. It would have helped you to stop blaming the wife, and let go of any negative feelings so you could go on with your life. And that, I assure you, is what your father would have wanted.

Dear Abby: My sister "Mary" was in a car accident when she was in her 20s that left her with some

brain damage. She appears normal, but has trouble with interpersonal relations, boundaries and impulse control. Overall, her behavior varies from acceptable to belligerent. When she was evaluated by professionals years ago, our family was advised to set standards for her behavior as near to normal as possible.

When we go to restaurants, Mary has a hard time deciding what to order, often engaging the server in an uncomfortable, long conversation about the alternatives. When her meal arrives, she is rarely satisfied with her choice and makes a scene over her dissatisfaction to the server. If we try to intervene, she becomes even more belligerent.

She looks forward to going out and we love her dearly. We would hate to exclude her from these family outings, but we don't know what to do. Can you help? — **Impossible to Digest in Washington State**

Dear Impossible to Digest: Because you were told to "set standards" for your sister as near to normal as possible, that's what you should be doing. Before you take her out for a meal, explain to her what the ground rules are. If she acts out, do as you would with an unruly child and leave the restaurant until she regains control of herself.

Because of her impairment, she may need extra help with her menu choices. Luckily, many restaurants now post their menus online. If you print one out and go over it with Mary, you might be able to make the process of ordering easier for her. I can't promise it will work, but it's certainly worth a try.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069. Abby shares more than 100 of her favorite recipes in two booklets: 'Abby's Favorite Recipes' and 'More Favorite Recipes by Dear Abby.' Send your name and mailing address, plus check or money order for \$14 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Toni Morrison talks to Google about creativity

By HILLEL ITALIE
AP National Writer

NEW YORK — Novelist Toni Morrison, speaking Wednesday to dozens of Google employees holding laptops and smartphones, shared her vision for how she would turn the search engine leader into a literary character.

"It's like a big, metal, claw-y machine in 'Transformers,'" she said, to much laughter, during a lunchtime gathering at Google's Manhattan offices. "When they're threatened, they turn into a little radio, they turn into a little car. And then after you pass them by they come up again.

"They can be anything and everything." The 82-year-old Nobel laureate was the latest, and most literary in memory, of a long line of famous guests from Stephen Colbert to Lady Gaga who since 2005 have dropped in on Google Inc. in New York and the home offices in Mountain View, Calif. After her talk, she stayed on to take questions online, part of Google's "Hangout" series.

Morrison, battling the flu and sniffing through much of the afternoon, was promoting the paperback edition of her novel "Home," published last year. But she also chatted about technology, teaching and creativity.

Most of the attendees were young enough to be her grandchildren, and she clearly enjoyed startling them with candid talk about what she likes in literature (please don't bore her with stories about dating) and about how to use sex in fic-

tion. The first lesson: Forget "boobs and butts."

"When you write about physical attraction, someone falling in love, or making love, it's just so relentlessly boring," she said.

"So why don't you do something different? When I wrote 'Beloved' I had these guys watching Sethe (the main character) in a cornfield making love to this guy. You can't see her, they can see the tops of the corn, and then the language goes on. ... It's all about corn. And I had a guy say I'll never see corn the same way."

Unlike Philip Roth, who announced recently he was done with fiction, Morrison has no plan to quit. She is working on a new novel but acknowledges she's having a hard time. The problem isn't the narrative itself but the time in which she's set the story — the present, an era she's still trying to understand.

Morrison, an early endorser of Amazon.com's Kindle reading device and the author of prize winners including "Song of Solomon," said she's not a Luddite and does keep up with the Internet, enough so that she much prefers the nonfiction she reads on blogs to fiction. And she credited the Internet as an information resource.

"It shortens research enormously, months of time you would normally spend in libraries, just trying to read books," she said.

She cited an example from her most recent novel, set in the 1950s. "I was looking for docu-

mentation for who could not rent or buy property in Seattle," she said. "And I knew black people couldn't, but I didn't have any real examples. But via Google I went through stuff and found these lease arrangements."

But the digital age can still catch her off guard.

When on-stage interviewer Torrence Boone, a Google managing director, casually mentioned that their discussion would be replayed on the Internet, Morrison sounded as if caught in the act.

"You heard me say all that stuff about corn and stuff?" she asked.

SUDOKU

	2			1			3	
		6						2
1		5		4				9
	7							6
			1	9				
		8					2	
4	9							7
5		1	9					
		3	5					

Fun By The Numbers
Like puzzles? Then you, too, love sudoku. This mind-bending puzzle will have you hooked from the moment you start to fill, so sharpen your pen 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 already provided in the boxes. The more numbers you have, the easier it gets to solve the puzzle!

1	9	8	4	5	2	0	0	7
4	2	7	8	1	6	1	9	5
5	7	1	3	8	2	6	4	9
6	2	1	5	7	3	8	6	1
7	8	6	8	8	1	7	5	2
9	9	1	9	2	4	6	7	3
8	6	9	7	7	5	6	1	1
2	1	7	6	8	5	9	4	8
3	8	1	5	1	8	2	7	6

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9:45 • 10:00
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(Dwayne Johnson, Susan Sarandon)
1:45 • 4:15 • 7:15 • 9:45
Beautiful Creatures PG-13
(Emma Thompson, Jeremy Irons)
1:35 • 4:20 • 7:05 • 9:50
Escape from Planet Earth PG
(Brendan Fraser, Rob Corddry)
1:40 • 4:10 • 6:50 • 9:10
Escape from Planet Earth 3D PG
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It's never too late to work for your heart

BY JAN JARVIS
Fort Worth Star-Telegram

Unless you live on another planet or under a rock, you probably know by now how important exercise is to overall fitness and heart health.

It is a message that is hard to escape these days. There is plenty of research to suggest that exercise can reduce the risk of heart disease, stroke and some cancers. It can also help lower high blood pressure and lift your mood. And it has been shown to improve self-esteem and help with weight loss.

No need to spend hours at the gym to get fit, 30 minutes of cardio exercise a day is all you need to improve your heart health

Yet despite the many studies backing the role exercise plays in heart health, a lot of adults aren't listening. Two-thirds of them are considered overweight and one-third fall into the obese category with a body mass index over 30.

For many, getting fit and healthy might seem like an unachievable goal, but experts say you don't have to spend hours at the gym to see the benefits of exercise.

A minimum of 30 minutes of cardio exercise can do the trick.

"It doesn't matter what type, as long as you do it," said Dr. Daniel Clearfield, Cowtown Medical director and a sports medicine and primary-care physician. "Ideally, you should do it five days a week, but even two is beneficial."

Casual exercising is not going to do the trick, said Dr. Benjamin Levine, director of the Institute of Exercise and Environmental Medicine at University of Texas Southwestern Medical Center and Texas Health Resources. It has to be something that you are committed to doing on a regular basis.

"Exercise should be part of hygiene, just like brushing your teeth," said Levine, who is also a professor of medicine and cardiology at UT Southwestern Medical Center.

Running and swimming are excellent. But cycling,

walking on a treadmill or working out on an elliptical can also be beneficial. Even yoga or tai chi can make a difference if the workout is strenuous enough to elevate your heart rate.

Any combination of endurance exercises that get the large muscle groups moving is going to get results.

Whatever exercise you choose, you should be moving enough to produce a sweat. Runners should be moving at a clip that is fast enough to make talking possible but not easy. A Zumba class can get you the same results, if you are moving fast enough.

"Anything that gets your heart rate up, makes you sweat a little and makes you short of breath," Levine said.

To improve your overall health, keep your ticker pumping effectively, add

strength and stretching exercises to a cardio routine one or two days a week. Yoga is great for stretching, and you can build strength with or without the use of weights.

Commit to exercising regularly and your body will respond.

The heart is a muscle, so you want to strengthen it, but you also want to tone the arteries around the heart, just like you would tone your arms, Clearfield said.

"When you work your biceps, you'll find it easier to lift things," he said. "It's the same thing with your heart."

With regular exercise, the heart starts pumping more efficiently and your stamina improves. That can pay off in big ways.

If someone is sedentary and one day has to run hard to catch a bus, he may end up having a heart attack, Levine says, as an example.

"But for someone who is fit, that's barely a blip," he said.

Although the younger you start exercising, the better, you are never too old to get into shape. Someone who is really committed to fitness when they are young could have a heart that is as youthful as a 30-year-old later in life.

If you start at 70, you won't be able to protect against arteriosclerosis, but you can protect your heart against sudden death and see the health benefits of regular exercise, such as lower blood pressure, Levine said.

It takes about six weeks to start seeing an improvement in physical fitness, but the payoff continues over a lifetime, Clearfield said.

"Exercise is great at combating obesity and keeping the heart healthy," he said. "In the long run that can mean more years of life."



Learn to measure your heart rate

Knowing your heart rate will help you know how hard to push yourself when working out. If you're just starting to exercise, you'll find your heart has to work hard to keep up with your body's needs for oxygen and blood. Then, the more you work out, the more efficient your aerobic system will get, and the more you will need to challenge yourself.

The easiest way to measure your heart rate is to wear a monitor. You can also go online and find a calculator at sites such as www.mayoclinic.org.

One easy method is to subtract your age from 220 (226 for women) to calculate your maximum heart rate. Then find your training zones based on that number.

Here is another option:

1. Find your heartbeat on the carotid artery in your neck by placing your index finger on the side of your neck, between the middle of your collarbone and your jaw line.
2. Count the beats for a full 60 seconds or count for six seconds and add a zero at the end.

Heartbeat 101

Many people do not measure their own pulse during exercise because they are unable to do it easily, effectively or accurately.

Two good pulse points

Feel with index and middle fingertips of right hand (left if you are left-handed) and press gently



Inner wrist toward thumb

Throat on left side of neck (right side if you are left-handed), just behind windpipe

MCT Source: "The Whartons' Cardio-Fitness Book" by Jim and Phil Wharton

3. The longer you count, the more accurate the reading.

TRAINING ZONES

- **Healthy heart zone (warm-up) — 50-60 percent of maximum heart rate:** This zone helps decrease body fat, blood pressure and cholesterol. The percent of fat calories burned is 85 percent.
- **Fitness zone (fat-burning) — 60-70 percent of maximum heart rate:** This zone is more intense and burns more total

calories. The percent of fat calories is still 85 percent.

■ **Aerobic zone (endurance training) — 70-80 percent of maximum heart rate:** This zone will improve your cardiovascular and respiratory system and increase the strength of your heart.

■ **Anaerobic zone (performance training) — 80-90 percent of maximum heart rate:** In this zone, your endurance improves and you will be able to fight fatigue. You'll burn more calories, 15 percent from fat.

Expert tips on starting a healthy, heart-wise exercise routine

We asked three fitness pros from a Fort Worth, Texas, YMCA to demonstrate three ways to kick off a healthy routine that includes cardio, strength and stretching.

STRETCHING

Yoga is one of the best ways to stretch the body, but a lot of people steer clear of this type of exercise because they are afraid it is just too hard to get into those pretzel-like poses.

But you don't have to be limber like a rubber band to benefit from yoga. Poses can be modified, and most teachers are more than willing to do what it takes to make yoga accessible.

Yoga is all about focusing on your mat and not worrying about how flexible your neighbor is. The best way to enjoy the many heart-healthy benefits of yoga, including stress reduction and lower blood

pressure, is to just do it.

"Yoga is how you get flexible," said Lisa Rodriguez, a trainer and instructor at the YMCA. "You don't have to start off flexible to do it."

Two to try at least twice a week:

1. Downward-facing dog

(Watch your dog stretch for hints on how to do this)

What it does: Strengthens shoulders and back. Stretches hamstrings and calves.

What to remember: Breathe through your nose. Keep your core muscles tight, your spine long and your shoulders down.

Kneel on all fours with your hands providing support and your fingers spread like starfish. Lift your hips so your tailbone is pointed toward the ceiling. Your body should be in an upside-down

V shape. Shoulders should be down. Your hands and feet should be your foundation. If your hamstrings are less flexible, you can bend your knees to lift your hips up and back. Listen to your body, and only stretch as far as you are comfortable.

2. Side gate

What it does: Increases strength, balance and flexibility. Opens hips.

What to remember: Maintain your alignment so you don't injure your rotator cuff.

From all fours, turn toward one side, bend one leg and use it for support. Raise the other leg, pushing the heel forward and keeping it flexed. Raise your arm to the ceiling, keeping your hand and shoulder aligned, fingers spread. Hold the position for a few seconds.

STRENGTH

3. Lunge

What it does: Strengthens glutes, thighs and calves.

What to remember: Keep your knee behind your toes when bending.

Standing tall, step forward with one leg, bending at the knee. Drop the other leg toward the floor, then slowly return to starting position. Repeat on the other side, working up to 12 reps. If this is too easy, try holding light weights in each hand.

4. Pushup

What it does: Strengthens chest, triceps and shoulders.

What to remember: Keep core muscles tight.

Start on all fours with your spine in a neutral position and hands spread wide apart. Drop

toward the floor, keeping your spine straight. Repeat.

CARDIO

5. Running

What it does: Improves endurance, stamina and heart health.

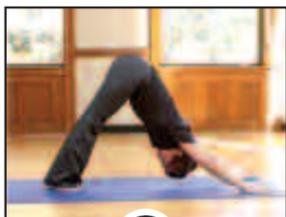
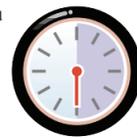
What to remember: Start off slowly and gradually build up.

You need to walk fast or run about 30 minutes five times a week for heart health.

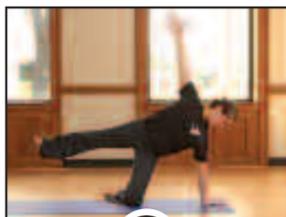
For fitness, you need to move fast enough to sweat for 30 minutes.

For interval training, alternate between 1 to 2 minutes of running at 85 percent of your maximum heart rate and 2 to 3 minutes at 65 percent of your maximum heart rate. Repeat for up to 30 minutes.

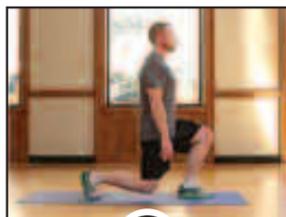
— Jan Jarvis



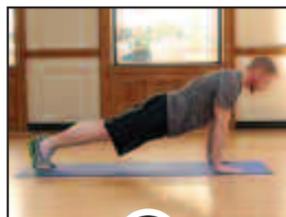
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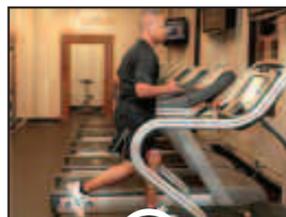
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