

Diamond days

Streaks, SFSC fall, but AP gets needed win

SPORTS, B1



www.newssun.com

NEWS-SUN

Highlands County's Hometown Newspaper Since 1927

Easter party to go on

Organizers hoping for safe, quiet event in Highway Park

PAGE A2

Fact or fiction?

Get the scoop on 10 common health beliefs

LIVING, B14



Friday-Saturday, March 29-30, 2013

www.newssun.com

Volume 94/Number 38 | 50 cents

Forecast



Mostly sunny and warming back up

High **77** Low **49**

Complete Forecast PAGE B14

Online



Question: Should gay marriage be legal in all of the United States?

Yes **37.6%**

No **62.4%**

Total votes: 173

Next question:

Do you think the County Commission has handled the Swamp Hammock issue correctly?

Make your voice heard at www.newssun.com

Obituaries

Floyd Dierdorff

Age 81, of Sebring

Elizabeth Norman

Age 88, of Sebring

Obituaries, Page A5

Index

Classifieds	A11
Community Briefs	A2
Dear Abby	B11
Editorial & Opinion	A4
Healthy Living	B7
Lottery Numbers	A2
Movie Review/Times	B11
Religion	B8
Sports On TV	B2
Sudoku Puzzle	B11

Follow the News-Sun on



www.twitter.com/thenewssun

and



www.facebook.com/newssun

Swamp Hammock plan still alive

By BARRY FOSTER

News-Sun correspondent

SEBRING — As expected, it was another marathon night meeting for Highlands County commissioners Tuesday evening but at the end of better than four hours of discussion, there still seems to be confusion as to exactly what motion was

But still some confusion about what's next

passed in regard to the Swamp Hammock Outdoor Recreation Club.

"I am going to have to review it again," said Jeff Kennedy of Swamp Hammock.

It appeared that commis-

sioners moved to deny a requested zoning change and instead allow the Swamp Hammock group to apply for a special event permit, something which does not exist in Highlands County. However, in making the motion,

Commissioner Ron Handley also mentioned a temporary use permit.

"There is a huge difference between a special events and a temporary use permit," Kennedy said.

Following three hours of

testimony from lawyers and citizens representing both proponents and opponents of the recreational facility off Margurite Road, commissioners took a break to work on a 38th condition for approval — insurance indemnification for the

See SWAMP, A5



Captain Kristine Ratliff departs with other medical and military staff for the Air Base MASH unit in Balad, Iraq, Jan. 13, 2007.

Courtesy photo

A new face of war

◆ Editor's note: This is the first in a series of articles by Carol Kline about her daughter, retired Air Force Major Kristine Ratliff, who was seriously injured in a car accident after serving her second tour in Afghanistan.

By CAROL KLINE

News-Sun correspondent

There is definitely a new face of war as women become more involved in combat. While women have served non-militarily as nurses and in other supportive roles for hundreds of years, young mothers are now going into harm's way along with their male counterparts. More than 40,000 women have served in the Gulf Wars alone. These women are serving proud-

Wounded women soldiers don't always get treatment they deserve

ly, with dedication and courage and they are serving voluntarily. However, when they return home, they're doing so with severe injuries, such as missing limbs, head trauma, and disfigurement in many forms, just like many of their male counterparts.

The Veterans Administration has long been a highly recognized source of care, providing the very

best hospitalization for the wounded service men and women. Highly skilled doctors, nurses, and surgeons, as well as neurological, physiological and psychological specialists make up the outstanding care teams in this country's VA system.

The Poly Trauma Center, which opened in February 2012, is a new and extremely high tech facility attached to the present Audie Murphy Veterans Hospital in San Antonio. The PTC is a shining example of VA upgrading and determination to provide hospital care for our younger generation of veterans today.

Beyond that initial hospital stay, however, there is an ever increas-

See WOMEN, A5

Window suspects identified

News-Sun staff

Investigators have identified the three people they say shot out windows at more than 70 locations around the county over the weekend.

Arrests were imminent Thursday afternoon, but had not been made by press time. Check www.newssun.com for updates.

"As a result of excellent teamwork between the Lake Placid and Sebring Police Departments and the Highlands County Sheriff's Office, three persons have been identified in connection with

See WINDOW, A5

Deleon goes on offensive

Says Anderson lied

By CHRISTOPHER TUFFLEY

christopher.tuffley@newssun.com

AVON PARK — City Manager Julian Deleon claimed at a press conference Thursday morning that City Councilman Garrett Anderson "recklessly and maliciously" attacked him in an ethics complaint filed by Anderson.

"I have indisputable evidence he lied (about intimidating the inspectors in an effort to close Anderson's business). I want my name cleared," Deleon said, adding he is particularly upset that the city was drawn into what began as private business dispute.

Deleon provided copies of emails and witness accounts of the events

See Deleon, A5

LP prepares to paint the town purple

Special to the News-Sun

LAKE PLACID — Get ready to see purple, think purple, and wear purple. The American Cancer Society's Relay For Life event will take place this year in Lake Placid on April 6 at the Lake Placid High School football field beginning at noon. Many enthusiastic local teams will set up campsites to prepare for the 18 hours of fun.

Since the signature color for Relay For Life is purple, local

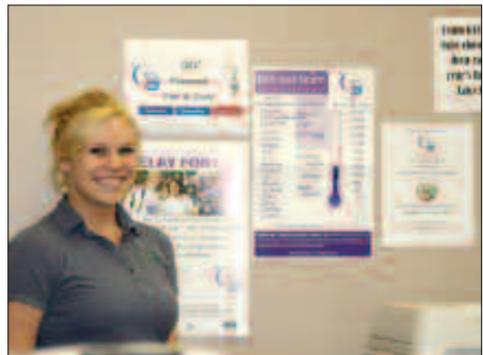
Relay for Life event April 6

merchants and individuals are encouraged to display this color in any way possible for the entire week preceding the event. Purple bows, purple clothing, purple banners and other creative ideas will remind everyone of the purpose for Relay For Life.

Many businesses are already

displaying their purple. Florida Hospital in Lake Placid has an actual tree in the lobby sporting purple ribbons and remembrance medallions, and folks are encouraged to "hang one on" in honor or memory of a loved one. Glades Electric has decorated its lobby with medallions, posters, crepe paper and other purple items to remind customers about the Relay for Life event. The

See RELAY, A7



Courtesy photo

Chelsea Levine, team captain for Glades Electric Co.'s Relay for Life team in Lake Placid, shows the thermometer flyer indicating the event's goal.

Phone ... 385-6155

Fax ... 385-2453

Online: www.newssun.com

Concerned About Reaching Your Financial Goals?

Call Denise Tomlinson today - (863) 386-6205



Wauchula State Financial Services

Securities offered through: Infinex Investments, Inc. Member FINRA/SIPC

Wauchula State Financial Services is a subsidiary of the bank. Infinex and the bank are not affiliated.

Easter party planners hope for safe, quiet weekend event

By SAMANTHA GHOLAR
sgholar@newssun.com

HIGHWAY PARK – The upcoming Easter holiday has traditionally brought together a large group of residents and visitors in the Highway Park community, however this year's event may or may not be a walk in the park.

Organizers and concerned citizens sat down with Highlands County Sheriff's Office Chief Deputy Mark Schrader and County Code Enforcement approximately three weeks ago to discuss the event and procedures.

Schrader revealed that discussion was held between the parties but did not give much details regarding what went on at the meeting.

"The sheriff's office can not give them approval for this event, that's up to the county. Code enforcement is who you would need to talk to; we did sit down with the organizers three weeks ago down there. I can't comment on whether or not the sheriff's office will be there if the event goes on," Schrader said.

Zoning Supervisor Linda Conrad was unable to be reached for comment Thursday morning and no other individuals in the Code Enforcement Office could give any further information.

Onterial Clark, organizer and concerned Highway Park Citizen, spoke about the plans to continue the 10-year tradition of the Easter celebration.

"We still plan on going out, this is rooted in tradition and we'd hate to see it go away, but we are warning everyone that they need to comply with the rules...We sat down with Chief Deputy (Schrader) and two people from the County, but since then there has been no dialog. That was about a month ago," Clark stated.

The annual event poses difficulties in a number of safety areas according to last year's statements by Sheriff Susan Benton. Loud, obscene music, traffic flow, and safety issues are the biggest concern for the HCSO; Clark feels those same issues are of most importance to him and a great majority of the Highway Park residents.

"This year we are minus a lot of vendors. We will be keeping the music to a minimum and we plan to follow any codes. We just hope (law and code enforcement) don't do what they did last year. It was overkill and we have it in our mind-frame that it's going to be the norm from now on," Clark said.

Clark admitted that the event itself is difficult to organize due to the residential area in which the block party and celebration is held. Residents normally open up their yards to neighbors and visitors and provide everything from parking to vending spots for the event. Clark even

'We want it to be a family fun event ... We want people to come and enjoy themselves in a respectful manner. If you can't do that, then it's best that you keep on going.'

ONTERIAL CLARK
event organizer

See EASTER, A7



News-Sun file photo

Arlene Tuck's last day as town clerk in Lake Placid was Thursday.

Tuck bids farewell

By SAMANTHA GHOLAR
samantha.gholar@newssun.com

LAKE PLACID — Thursday was Town Clerk Arlene Tuck's last day in office. She is now retired, her time her own after 25 years working at Town Hall. Tuck took the town from typewriters and carbon paper to computers and printers; from ledgers to Excel.

She sent a message Thursday to her colleagues and friends: "Today is my last day with the Town of Lake Placid. Retirement Date is here. I have greatly enjoyed working with all of you. I appreciate all the support you have given me and all the friendship. I wish all good things for you in the future and look forward to our community and county prospering."

"Again, thank you so much for your kindness and to all of you who have stopped by, sent cards, emails, etc. thank you so very much."

Tuck spent her last day at Lake Placid City Hall in a bittersweet way, enjoying visits and calls from local dignitaries and many people she's grown to call friends.

Tuck revealed that she doesn't have any major plans but just looks forward to enjoying her time not working.

"I'm going to do what I want, when I want, as I want," Tuck said with a laugh. "When I woke up this morning the first thing I thought when I heard my alarm go off was 'I'm turning this alarm off for good

tomorrow.'"

Besides waking up in her own good time, Tuck has decided to take a week to herself before going on a spring cleaning spree in her home.

Tuck, who has called Lake Placid home since 1958, has roots in Tampa but knows that Lake Placid is where she has made her life and her living and has no plans to leave it.

"I'm going to miss my co-workers the most and just the people in the town. Lake Placid isn't big, so I will still see them out but I will miss the interaction," Tuck said.

Co-workers feel the same and have made it clear that Tuck is a huge part of their everyday lives.

Utilities Department employee Pam Pelletier has known Tuck for eight years and is saddened to see her friend leave.

"Her leaving is hard. The friendship we've developed and her vast knowledge of the town and this county are going to be missed. She is not going to be able to be replaced and it's going to be a lot different. It doesn't make it a bad thing or a good thing, but she is going to be sorely, sorely missed," said Pelletier.

"Her professionalism, her calmness, her personality, she's just got all these great qualities all rolled up into one person."

News-Sun staff writer Christopher Tuffley contributed to this report.

'I'm going to do what I want, when I want, as I want.'

ARLENE TUCK

Design begins on Verona runoff system

By CHRISTOPHER TUFFLEY
christopher.tuffley@newssun.com

AVON PARK — City staff are at work on a grant-funded project to protect Lake Verona from run-off storm water. Eighty percent of the funding comes from the Southwest Florida Water Management District. The city matches with 20 percent.

According to Maria Sutherland, director of administrative services, the surrounding basin area empties all of its water into Lake Verona. The basin extends from North Lake Avenue east to Highlands Avenue; and from East Pleasant Street north to Winthrop Street, a total of 73 acres. Lake Verona covers 41 acres, and is an estimated 80 feet deep at its deepest.

"Several inlets collect untreated run-off and discharge through various outfalls directly into the lake," Sutherland said. This puts the lake's health at risk.

The project, through swales, flumes and re-signed curbing, redirects the raw run-off to areas where it can be filtered through the ground instead of directly into the lake.

Preliminary design was begun Feb. 1 and should be complete May 1. Construction is scheduled to begin Dec. 1 and completed by October 2014.

The total cost of the project is about \$602,000. Of the total, the district pays just more than \$450,000 and the city just over \$150,000.

City to discuss fire union issues April 4

By SAMANTHA GHOLAR
sgholar@newssun.com

SEBRING — City Administrator Scott Noethlich has requested an executive session at 5 p.m. on April 4 at City Hall to discuss the issues between the city and the fire union.

"The City's Collective Bargaining Team is requesting an Executive Session with the Council to discuss collective bargaining issues with the Firefighters' Union," an agenda item read.

The City and Fire Union received Special Magistrate Leonard Telfand's recommendations last Thursday; the session is a direct result of Telfand's findings.

City officials will likely discuss the findings and their stance again before approaching the union with their final decision on the six impasse points which were discussed during the special meeting in late January.

COMMUNITY BRIEFS

Florida birth certificates to be available at Tax Collector's office

SEBRING – Florida birth certificates will soon be issued at all three Tax Collector's offices in Avon Park, Sebring and Lake Placid. This increase in service is being accomplished through collaboration between the Highlands County Health Department and the Highlands County Tax Collector's Office and should start mid-April of this year.

"I am very excited to partner with the Highlands County Health Department by providing Florida birth certificates in our three office locations" said Eric Zwayer, Tax Collector for Highlands County. "This improved convenience will be a tremendous benefit to the citizens we jointly serve."

Florida birth certificates will still continue to be issued at the Sebring site of the Highlands County Health Department as in the past.

For more information, call Kim Pollard at (863) 382-7215

Easter egg hunt at Avon Park Library

AVON PARK — The Avon Park Public Library will host

an Easter egg hunt at 11 a.m. Saturday. While the kids are hunting for eggs, check out some great books. An Easter movie will be shown at 11:30 a.m. with free popcorn and juice for the children.

The Avon Park Public Library is at 100 N. Museum Ave. For more information, contact the library at 452-3803 or visit the library's website at www.myhlc.org.

DeSoto City hosts egg hunt

DESOTO CITY — DeSoto City is having its annual Easter egg hunt on Saturday. The fun begins at 9 a.m. and the hunt will begin after the Easter bunny shows up and visits.

'Welcome Home Vietnam Veterans Day' is Saturday

SEBRING — Florida legislation declared March 30 and thereafter as "Welcome Home Vietnam Veterans Day." AmVets Post 21 is inviting everyone to the first celebration at 4 p.m. (16:00, military time) Saturday at AmVets Post 21, 623 U.S. 27 South.

This event will be a potluck (bring a dish to pass), food only. Hamburgers and hotdogs will be provided, plus hugs.

For more information, call

Larry Roberts, AmVets Post 21 service officer, at 471-0176.

Dance Club hosts the Skylarks

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

Snacks and sandwiches available. BYOB (bring your own beverage). Admission is \$5 for members and \$7 for non-members. Dress is smart casual.

Everyone is welcome, including singles. For more information, call 386-0855.

Heartland Horses plans egg hunt

AVON PARK — An Easter egg hunt will be held from 11 a.m. to 3 p.m. Saturday. There will be pony rides, bounce house, music, three hunts, three grand prizes, food available for \$5 donation, all at Heartland Horses & Handicapped, 118 W. College Drive. For more information, call 452-0006 or 202-6307.

Legion plans trip

Continued on A5

	Lottery Center	March 27 19 24 25 26 28 44 x:2 <i>Next jackpot \$16 million</i>	
		March 23 6 11 13 24 35 53 x:5 March 16 1 6 24 27 33 53 x:5	
		March 27 (n) 7 9 3 3 March 27 (d) 5 0 2 6 March 26 (n) 8 5 9 0 March 26 (d) 4 7 4 3	
	March 26 1 13 14 36 14 March 22 4 7 13 38 2 March 19 1 21 22 34 20 March 15 1 3 5 26 15		March 27 (n) 0 4 7 March 27 (d) 6 7 5 March 26 (n) 2 3 2 March 26 (d) 5 3 7
	March 27 7 37 43 48 52 <i>Next jackpot \$50 million</i>	PB: 16	<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>
March 23 17 29 31 52 53 March 20 13 14 17 43 54	PB: 31 PB: 15		

Highlands County's Hometown Newspaper Since 1927

Published every Sunday, Wednesday & Friday at 2227 U.S. 27 South, Sebring, FL 33870

A HarborPoint Media Company

Office: 2227 US 27 S, Sebring, FL 33870 Office Hours: 8 a.m. – 5p.m., Mon-Fri Phone: (863) 385-6155 Main Fax: (863) 385-1954 Newsroom Fax: (863) 385-2453	Postmaster: Send address change to: News-Sun, 2227 U.S. 27 S., Sebring, FL 33870 USPS - ISSN 0163-3988 Periodical postage paid at Sebring, FL and additional entry office(s)																
Circulation, Sunday, Wednesday & Friday Editions: If you do not receive your home delivered newspaper by 6 a.m., please phone the circulation department before 10 a.m. on Wednesday and Friday publications days, and before 11 a.m. on Sunday publication days. A replacement copy will be delivered to you. Subscribers who notify us after said times will be issued credit to their account.	<table border="1"> <tr> <th>SUBSCRIPTION RATES</th> <th>12MO.</th> <th>7% FL TAX</th> <th>TOTAL</th> </tr> <tr> <td>HOME DELIVERY</td> <td>\$66.78</td> <td>\$4.81</td> <td>\$73.59</td> </tr> <tr> <td>IN FLORIDA MAIL</td> <td>\$102.13</td> <td>\$7.15</td> <td>\$109.28</td> </tr> <tr> <td>OUT OF FLORIDA MAIL</td> <td>\$116.58</td> <td>\$8.16</td> <td>\$124.74</td> </tr> </table>	SUBSCRIPTION RATES	12MO.	7% FL TAX	TOTAL	HOME DELIVERY	\$66.78	\$4.81	\$73.59	IN FLORIDA MAIL	\$102.13	\$7.15	\$109.28	OUT OF FLORIDA MAIL	\$116.58	\$8.16	\$124.74
SUBSCRIPTION RATES	12MO.	7% FL TAX	TOTAL														
HOME DELIVERY	\$66.78	\$4.81	\$73.59														
IN FLORIDA MAIL	\$102.13	\$7.15	\$109.28														
OUT OF FLORIDA MAIL	\$116.58	\$8.16	\$124.74														
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																	



*For God so
loved the
world, that He
gave His only
begotten Son,
that whosoever
believes in
Him,
shall not perish,
but have
everlasting
life.
John 3:16*

WELLS
MOTOR COMPANY

DODGE
Jeep



EDITORIAL & OPINION

TODAY'S EDITORIAL

Floundering in the swamp

Why is it so rare to find straightforward politicians working to solve problems? Either they think they know what's best, making decisions regardless of public opinion; or they become overwhelmed by public opinion and can't make a decision.

Take the case of whether to allow the Swamp Hammock outdoor recreation club to open for business. It is not as if the commissioners had not done their homework. They sat through hours of public discussion, consulted county staff, went on field trips to the proposed site and the cattle ranch next door, talked to all of the interested parties and researched county codes and zoning regulations.

But, despite their diligence, at the county meeting Tuesday afternoon the commissioners ended up right back where they started, voting to allow Swamp Hammock to operate on a special exception.

In other words, it took the commission a year to approve

the first recommended course of action.

Swamp Hammock was proposed in the fall of 2011. In the spring of 2012 county staff recommended the county approve the outdoor club through a special use exception in agricultural zoning. A few weeks later, in April, the staff withdrew that recommendation because one of the club's managers said he would open the business even if the county ruled against him.

In the time since there have been public hearings, zoning reports, endless discussions, numerous delays and shifting decisions.

You'd think after all that the commissioners would

have been clear and confident Tuesday night. Unfortunately, that turned out to be expecting too much.

The commissioners at times looked like a row of children passing a hot potato, ultimately tossing it in Linda Conrad's lap. Conrad is the county's supervisor of zoning. It will be up to her to go over the 38 conditions imposed on the club by the commission with the Swamp Hammock management team. It will be her decision whether or not to grant the special exception.

When we think of the time and tax dollars spent this past year on this issue, the number of equally pressing problems that are being put off because of the issue, and the delays both the applicants and local residents endured, it is disappointing commissioners didn't rise to the occasion.

Recently one of the commissioners quipped that no matter how the vote went, half of the people were going to be upset. Turns out he was wrong. With this wishy-washy decision, closer to 100

NEWS-SUN

2227 U.S. 27 South
Sebring, FL 33870
863-385-6155

NEWSROOM

ROMONA WASHINGTON
Publisher/Executive Editor
Ext. 515
publisher@newssun.com

SCOTT DRESSEL
Editor
Ext. 516
editor@newssun.com

DAN HOEHNE
Sports Editor
Ext. 528
daniel.hoehne@newssun.com

ADVERTISING

VICKIE WATSON
Ext. 518
vickie.jones@newssun.com

MITCH COLLINS
Ext. 507
mcollins@newssun.com

BUSINESS OFFICE

JANET EMERSON
Ext. 596
legals@newssun.com

April fools

The calendar says Monday is April first, but lately it seems that foolishness occurs year-round.

As one who devoted much of his life to the family business of pranking people, I'm often asked if folks are more difficult to trick today than six decades ago when my dad, Allen Funt, invented "Candid Camera." After all, we're now so dialed in and media savvy, certainly we're less susceptible to jokes—practical or otherwise.

Fact is, people are more easily tricked than ever. Multi-tasking has a lot to do with it; hardly any moments remain when we focus our complete attention on just one thing. We're easily distracted, and any magician will tell you that distraction is the key to fooling people. Also, technology has made such incredible leaps that almost anything seems possible, and thus believable.

But the perfect storm for chicanery is in media. Ease of access via the Internet, coupled with speedy distribution that leaves fact-checkers in the dust, is creating a robust market for fake news—if you like that sort of thing. How difficult can it be to fool Americans at a time when an alarming percentage of them tell pollsters they use Jon Stewart's "Daily Show" as a primary source for news?

Among the latest gems: a report that Paul Krugman, the New York Times columnist and Nobel winner in economics, had filed for bankruptcy. The item was written by a satirical website called The Daily Currant and then transmitted as real news by the financial blog Prudent Investor via Boston.com (owned by The Times) and picked up by the conservative site Breitbart.com.

The Currant struck a few weeks earlier with a bogus story that Sarah Palin was joining the Middle Eastern news service Al Jazeera. The Washington Post's Suzi Parker reported it as fact, prompting Palin to tweet, "Hey @washingtonpost, I'm having coffee with Elvis this week."

This might be fun, except for what it says about our politics and our news. We increasingly rely on the Internet to reinforce our beliefs, so we naturally



Candid Thoughts
Peter Funt

grab at things that appear to do that. We're so enamored of click-and-share gossip that we pass things along without much question. Even the largest media outlets seem eager to link to the juiciest items that are "trending."

Media were so hungry for tidbits about Pope Francis that not one but several phony Twitter accounts were cited at various times as being the new pope's true messages, until the Vatican cleared things up.

The public may be as gullible as ever, but it's also media professionals who are falling for the phony news stories. That's nothing new—it's just that hoaxsters now have better tools.

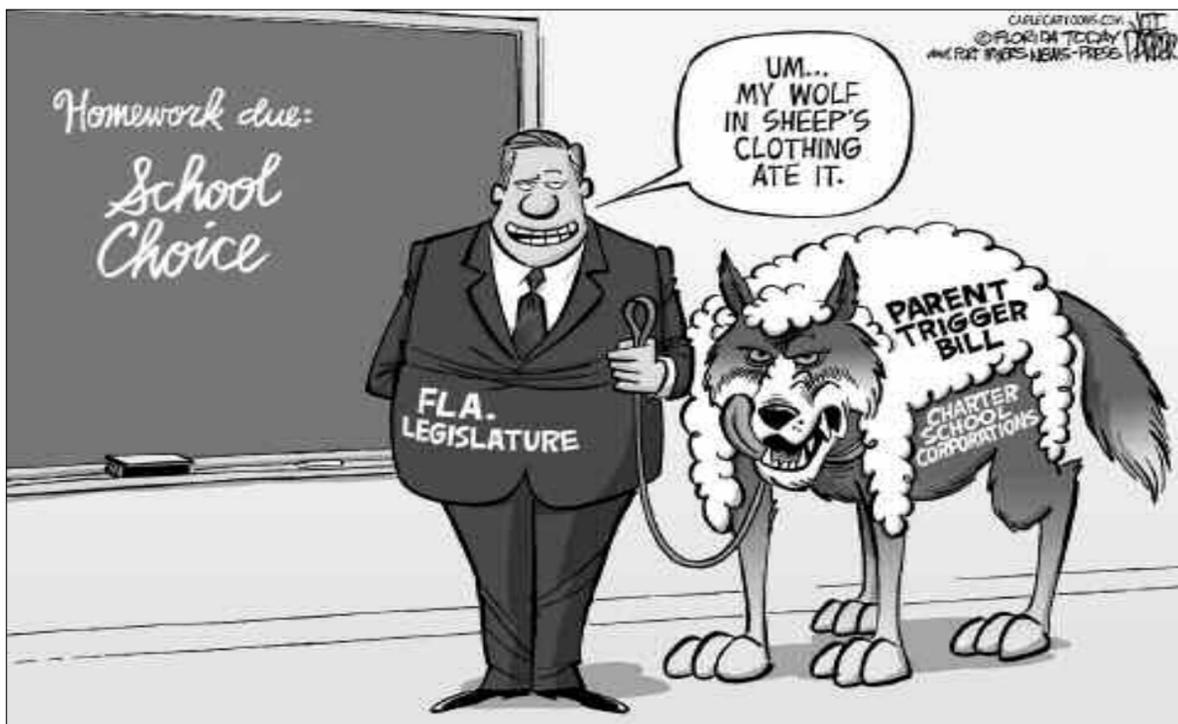
Back in the early '80s I wrote an annual April Fools column in which I sought to fool media with fake news about media. One year, shortly after singer Michael Jackson accidentally burned some of his hair during a pyrotechnic stunt, I wrote that Paramount was making a movie about it called "Tingle," and that MTV had paid millions for the video, while USA Network was preparing a "Tingle" workout show and Parker Bros. was selling a "Tingle" board game. I even said Allstate was handling fire insurance for the entire "Tingle" enterprise.

Richard Hack, a writer for the trade publication Hollywood Reporter, went on national TV to break the "news." To his discredit, he didn't even name his source for the story, claiming the reporting to be his own.

I finally gave up writing April Fools columns after concluding that media types were so easily gulled it just wasn't fun to mess with them.

Now websites like The Daily Currant and The Onion do this sort of thing as a business. The public is occasionally tricked, but it's media that increasingly play the fools.

Peter Funt is a writer and speaker and can be reached at www.CandidCamera.com/. His new book, "Cautiously Optimistic," will be published in May. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.



TODAY'S LETTERS

Washington student wants Florida memorabilia

Editor:

My name is Rosie D. I am from Washington State and am a fifth-grader. I am doing a report on your state so I was wondering if you could maybe send me some supplies. Like: a mini state flag, seeds from state flower, pictures of state gem, stamps, candy, a coconut, a license plate, and last a stuffed animal of the state bird.

If you could do this I would be very thankful. I really like your state because I thought it was a beautiful state. I like it because there is Disney World and Miami. Also, if you were in Disney World please grab a brochure, you would be awesome.

Thank you so much. I really am thankful.

Rosie D.

Editor's note: The email address for Rosie D. is ktalbert@conway.k12.wa.us. The school's address is Conway School, 19710 State Route 534, Mount Vernon, WA 98274.

A couple of thoughts to ponder

Editor:

In World War II, both parents were not allowed to serve in the military at the same time. It is a shame that parents leave their children with grandparents or others, both going off to a killing war. What a burden to place on little shoulders trying to learn at school, homework, school activities, fear of never seeing, hugging mom or dad again or perhaps losing them both.

How can these little ones escape not being traumatized for life? If the unattached want to go, more power to them.

One parent, preferably mother, needs to be with her children. The cartoon in the paper says it all.

Another thought, the FDA is supposed to protect our life, health and

well-being. I am interested in knowing the benefits the FDA gained for our health and life by trading sugar for aspartame in drinks and food prepared for consumers. Sugar, we know, is a major reason for obesity; now an epidemic in this country. There are also suspicions of secret additives hidden in foods and drinks making it much harder to resist over-indulging.

Aspartame is dangerous to consumers because of scarring the inside walls of arteries. When blood passes through the cardiovascular system, cholesterol sticks to the damaged arteries. It continues to add on to the clump of cholesterol each time the blood passes through until arteries are completely occluded, resulting in a heart attack. How has the FDA helped us?

Pharmaceuticals, huge corporations, our officials in the highest positions in government have fell prey to the temptation of large gifts of money, luxurious vacations and other sweet deals, even doctors have been and are, lured into pushing medicines they know are insufficiently tested. Some medicines have been tested only on animals and are approved by the FDA.

Lobbies, buying votes from our lawmakers and favors from others in "high places" have all but taken over our government. Our governmental finances were stolen, ravaged with billions of dollars missing under the auspices of eight years of George W. Bush and Dick Cheney. This is the way lobbies put their chosen "point men" (candidates) in office.

I believe these are the reasons President Obama has been blocked time and again. He did not sell out to the mob in Washington, so they hate him.

From the Supreme Court downward to city and town officials, votes have been garnered for money and gifts. Our judicial system in this country, around the world for that matter, is as frayed and weakened by the influence of money. Our law officials are as tempted

by the gifts of money and favors paliced by themselves, like the fox in the henhouse.

Una V. McLaughlin
Sebring

Bouquet

People still care about each other

Editor:

The Children's Museum of the Highlands was one of the unlucky buildings that got hit by recent vandalism. One of our beautiful front windows was shattered in the early morning hours this past Sunday.

As we surveyed the damage Sunday morning and tried to figure out what to do, it was heartening to have people stop by and tell us how sorry they were that it had happened. Not knowing how to proceed, we were lucky to have Darren and Meri from Darren Thomas Glass stop by and explain the art of boarding up a window without ruining the metal frame. Then, a gentleman walking down the street stopped and offered his help. He went back to his house, got some tools and spent several hours helping us clean the glass and board the window. There is no way to adequately thank John (John-Boy) Payne of Tolar Automotive for his help and expertise.

As frustrating as it was to have this happen to so many buildings in the area, the outcome still proved why the Children's Museum exists after 22 years. People in this community still care about each other and reach out to help.

Thank you to all that expressed their good wishes and especially to John Payne, a good friend to the Children's Museum.

Linda Crowder
Director
The Children's Museum of the Highlands



EDITORIAL PAGE POLICY

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

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

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

Deleon says Anderson lied

Continued from A1

leading up to Anderson's filing a complaint against him, charging misuse of power with a goal of putting him out of business.

In a letter dated Nov. 26, 2012 to Kenny Long, owner of Long's Air Conditioning Inc., Anderson wrote he faced a bill of \$58,000 to \$162,000 to repair or replace equipment lost during a power surge. Anderson writes, "Due to the fact the damage was directly caused by negligent workmanship ... I would like to pursue compensation ..."

Long replied in a letter dated Nov. 29 that his electrician had found a loose wire, not one improperly installed. "Garrett, Long's Air Conditioning Inc. is not responsible for your problems; we did not perform negligent workmanship. You owe me an apology. If you are man enough to do so."

On Jan. 22, Long wrote to Deleon requesting "an investigation of Garrett Anderson for using his public office position unethically, for purely personal reasons and/or private gain" and said Anderson was "harassing" him to get insurance information in order to file a claim.

At one point, Long said, Anderson used his office of city councilor to obtain insurance information Long repeatedly refused to hand over.

Long also warned Deleon

about deficient, unpermitted wiring at Anderson Arms. Because of the dangerous nature of the ammunition-making business, this information caused concern.

At the press conference, Deleon told the media it was at this time the city became involved.

Having learned from earlier experiences regarding city staff and elected officials, the city decided to keep out of the situation, asking outside agencies to step in instead.

Deleon produced correspondence between himself and City Attorney Gerald Buhr consulting on how to handle the situation.

It was decided it should be up to Long to carry the complaint to the Highlands County Sheriff's Office or the state ethics committee.

Around this time street gossip circulated that Anderson had said if his building blew, it would take out three city blocks. The News-Sun made numerous unsuccessful attempts to identify anyone who actually heard Anderson make that comment. Anderson was given an opportunity to respond to the rumor during the city council meeting Monday. He avoided addressing the issue.

As the gossip spread the city became concerned it might have a serious safety issue at hand.

Deleon reached out to the county in a Jan. 25 letter,

asking building inspector S.Y. Mosley to inspect Anderson Arms to see if the business posed a danger to the neighborhood.

In his inspection Mosley found a "extensive", unpermitted wiring throughout the building.

In his complaint against Deleon to the state ethics committee, filed March 12, Anderson wrote, "He (Deleon) threatened Mr. Mosley and Mr. (David) Cloud (Avon Park fire captain and fire inspector) that their jobs would be in jeopardy if they did not comply with his demands and a complaint with Anderson Arms."

Thursday, Deleon produced a memo from Public Safety Director Jason Lister to Cloud dated Feb. 5. It says, "As a matter of policy City of Avon Park Public Safety staff will not investigate complaints against city elected officials."

Deleon added that as a county employee, Mosley has nothing to do with him, so there was no way Deleon could have threatened him with his job.

The News-Sun reaching Anderson in person Wednesday. Anderson refused to comment, saying he was preparing a release and only wanted to have to tell his side of the story one time. As of press time Thursday, the News-Sun had not heard from him.

Window suspects identified

Continued from A1

over 75 incidents of criminal mischief that occurred last weekend throughout Highlands County," a press release from the HCSO said Thursday. "These persons used BB guns to shoot glass windows out at numerous locations causing significant damage.

Sheriff (Susan) Benton expressed the gratitude of the community as the agencies worked together on this case.

She said, "Thank you, team, for utilizing all of your resources to find these bad guys."

Of the 75 cases, many will be felony charges due to the damage inflicted on the businesses, the HCSO release said.

Additional charges that may be levied include firing a deadly missile into a building and grand theft.

"This joint investigation exhibited the great working relationship of the Highlands County Sheriff's Office, Sebring Police Department and the Lake Placid Police Department. Investigators from each agency spent many hours working very hard for the businesses throughout Highlands County," Lake Placid Police Chief James Fansler said in the press release.

"That hard work resulted in giving some closure to many businesses owners who face the financial burden of replacing the glass in their businesses."

When detectives from all three agencies met on Tuesday to compile their findings in these cases, a silver minivan emerged as a likely suspect vehicle. Other information led the detectives to believe there were three white male subjects in

connection with this vehicle.

The information gathered by detectives was provided to the Sheriff's Office Safe Neighborhood Unit (SNU) to be on the lookout for this particular vehicle and subjects. Tuesday evening, SNU member Deputy Sheriff Jason Mulligan observed a vehicle matching the description of the potential suspect vehicle and was able to conduct a traffic stop.

The occupants of this vehicle also matched the description of the subjects provided by the detectives.

Information garnered through that traffic stop was provided to detectives from all three agencies who took the investigation from there and interviewed the subjects. Information from the interviews led detectives to believe they had the right persons in this case, the release said.

Women soldiers not served well by some parts of VA health system

Continued from 1A

ing need for facilities providing longer convalescent or rehabilitative care.

In many states across the United States, Veterans Administration Homes offer such care, but they are geared toward older veterans. Neither the type of care, nor the dignity of young women returning home with injuries requiring long term care, is met in these types of facilities.

Such is the situation with our daughter, Major Kristine Ratliff, RN, USAF Retired. Kris's life changed completely in the blink of an eye on April 21, 2010 as she traveled home from Wilford Hall Medical Center at Lackland Air Force Base where she served as a pediatric intensive care unit (PICU) nurse. She suffered an extensive traumatic brain injury when the right side of her head was crushed as a result of being hit broadly by an F-350 pickup truck.

After spending almost

two years in outstanding rehab facilities, Kris was sent to a nursing home for a few weeks until another "approved" facility was available. A few weeks became eight months, and our daughter deteriorated measurably. It was deplorable.

Some organizations have seen the need, have stepped up to the plate, and are already answering the call by providing one-to-one care along with rigorous daily therapy from highly skilled therapists. One such organization is CORE (Center Of Rehabilitation Excellence), which has several small facilities in the state of Texas.

Our daughter was sent to a CORE home in July 2012, and she is excelling. The months of struggling and often demeaning care she received prior to going to CORE is but one part of the poignant story that cries out for change. Dignity is key.

A deployment of 550 of

Highlands County's National Guard left in mid-February. Many were young mothers as well as young fathers. While our heartfelt prayers and hopes go with them that none will come to harm, unfortunately, some may return with wounds that may take years to heal.

The State of Florida is already home to one of the largest older veteran populations. We are in a new era of veterans and a new kind of home is what's needed for those brave men and women who put themselves in harm's way to defend this country's freedoms. Freedom is not free.

Carol Kline is a professional entertainer with a 25-year background in health care, public relations, promotional design and development work, and is a certified activities director. Kline has recently joined the News-Sun as a correspondent. Look for this series of stories based on her book "Home Of The Brave."

OBITUARIES

FLOYD DIERDORFF

Floyd N. Dierdorff, 81, of Sebring, Fla., formally of Knoxville, Ill., passed away on Monday, March 25, 2013 at Sunny Hills of Sebring.

He was born Oct. 30, 1931 in Pike County, Ind. to Elsie Dorothy and Harvey Wesley Dierdorff. He married Anna Mae Schwarz on July 29, 2004 in Sebring, Fla.

Surviving is his wife of Sebring, Fla.; a daughter, Vicki (Gregg) Worrell of Mapleton, Ill.; a son, Rick (Marsha) Dierdorff of Somonauk, Ill.; a step-daughter, Pam (Steve) King of Kewanee, Ill.; four stepsons, Jim, John (Wendy), Jeff (Sandra) Schwarz of Chilton, Wis., and Joe (Anna Marie) Schwarz of Rota, Spain; a brother, Leon (Charlena) Dierdorff of Sebring, Fla.; two sisters-in-law, Eunice Dierdorff of Sebring, Fla. and Dorothy Dierdorff of Chillicothe, Ill.; five grandchildren, Christy (Christopher) Lee, Heather (Travis) Laffey, Chad (Karla) Dierdorff, Joshua Dierdorff, and Brooke (Christopher) Millbrook; eight step-grandchildren, Conner King, Olivia King, Jessica, Rebecca, Christine, Elizabeth, Matthew, Andrew, Trevor, and Connor Schwarz.

He was preceded in death by his parents; two brothers, Melvin Dierdorff and Donald Dierdorff; previous wife, JoAnn Halsall-Dierdorff; and a step-son, Jay Halsall.

Floyd was a barber in Fairview, Ill. for a number of years and retired from Asarco Coal Company in 1987. After retirement he moved to Sebring, Fla. where he served on the

Francis 2 Mobile Park Board of Directors for many years. He loved spending time with his family and friends. Floyd also enjoyed working in his yard and doing remodeling jobs. In his earlier years he enjoyed boating and had a talent for making beautiful woodworking projects. The Dierdorff brothers were known for their basketball talent when they played on the Fairview Independent league. At one time they even played against the Harlem Globetrotters. Floyd had a heart for helping others and was always available to help residents in the retirement park with lawn mowing and other needs. He will be greatly missed by his family and friends.

A Celebration of Life will be held at Francis II Club House on Saturday, March 30, 2013 from noon till 2 p.m. Please join us and share your memories with the family. On-line condolences may be shared by visiting www.banksapagetheus.com. Arrangements are entrusted to Banks/Page-Theus Funerals and Cremations, Wildwood.

ELIZABETH NORMAN

Elizabeth Ann Norman, better known as 'The Hat Lady', passed peacefully on Sunday, March 17, 2013 after a long hospital stay. "Beth", a fifth generation Floridian, was born in Miami, Fla. on March 14, 1925, went to Miami High, married in 1943, and moved from Hialeah with her late husband, Claude S. Norman, to Lake Placid. After his passing, she moved to Sebring, making it her permanent home. She stayed active in both Sebring and Lake

Placid, being a member of numerous organizations, i.e., Highlands Little Theater, garden clubs and historical societies of both Sebring and Lake Placid, and too many others to mention. Beth was a familiar voice on local radio station with Barry Foster, and well known for her generosity and the joy she shared with her 'hat skits' for many organizations, churches and residential facilities.

She is survived by her daughter, Claudia N. Baldwin; her son-in-law, Dennis O. Mead (widower of her youngest daughter, Faustina Mead); grandson, Thomas J. Hyle Jr.; grand-daughter, Justine H. Maver;



Norman

granddaughter, Julia K. Ardino; and granddaughter, Jennifer S. Deyarmin (Indiana); grandson, Dr. Russell E. Mead (Michigan); and grandson, Curtis R. Mead; five great-grandchildren in Florida, three great-grandchildren in Michigan, two great-grandchildren in Indiana, numerous nieces and nephews, and her 'adopted daughters', Sandra D. Hyle and Diane E. Mason, all in Florida.

The family requests that in lieu of flowers, donations be made in her name to New Hope Elder Care Services in Sebring, or the March of Dimes. She will be missed by many, especially by her family, which she adored. Her 'Celebration of Life' will be held on April 13, 2013 at 2 p.m. at the Church of the Brethren, 700 S. Pine St., Sebring.

COMMUNITY BRIEFS

Continued from A2 Legion plans trip

American Legion Placid Post 25 is sponsoring an all inclusive trip to Punta Cana in the Dominican Republic. This seven-day trip departs Oct. 28. One does not need to be a Legion member to go on this trip.

Mark the calendar for 11 a.m. Saturday, April 6 to attend a live presentation at the Lake Placid American Legion. Call 414-8773 for additional details.

Big Game Safari Dinner is April 13

SEBRING — TLC Therapy Hooves and Highlands County Cattlewomen present Big Game Safari Dinner and Tours on Saturday, April 13 on Payne Road. From 5-6:30 p.m. tour Triple C Stables. At 7 p.m. a steak dinner will be served and big game. Cost of the evening is \$75 per person.

Every ticket has a chance to win a 2013 Ford Escape, sponsored by Bill Jarrett Ford. For ticket information, call Happiness Farms at 465-2313 or TLC Therapy Hooves at 381-1380.

Make checks payable to Highlands County Cattlewomen, mail to Terri Crutchfield - Highlands County Cattlewomen, P.O. Box 7277, Sebring, FL 33872. Include an address.

For ticket information, call Crutchfield at 699-0777.

All proceeds remain in Highlands County and support graduating high school seniors and animal therapy visits to senior care centers. Last year, the Cattlewomen's organization awarded 19 \$500 scholarships.

'Tangled' showing at library

SEBRING — The Sebring Public Library (319 W. Center Ave.) celebrates Downtown Sebring's Need for Speed month with a free

Saturday afternoon movie showing of "Tangled," a computer-animated musical fantasy-comedy movie at 2 p.m.. Kids enjoy the movie; parents browse the library. For information, call 402-6716.

LIFE SKILLS with a POSITIVE ATTITUDE!
(Best After School Program in Sebring)

- Get In Shape
- Learn Self Defense
- Make Better Grades
- Improve Self Esteem

5 DAYS OF \$30*
A WEEK

ENROLL NOW
(Located on Hartworm Blvd., Sebring)
863.471.2467

ICS CREMATION
SERVING HIGHLANDS COUNTY & ALL OF FLORIDA

\$895.00 | \$795.00
(Special Rates for Joint Burial)

Plus Cost of Death Certificates
"No Additional Costs"

Contact:
Linda O'Neal
Lake Placid:
863-441-2514

Get the paper

delivered to you!

NEWS-SUN • 385-6155

Central Florida
Casket Store
Funeral Chapel

The Least Expensive
Funeral Home in Polk
County is expanding to
Highlands County.

Natural Cremation
(No Fire)
\$800.00
Includes:
Removal, Cremation,
Professional Services,
Urn, and Death Certificate.

We will come to your home
to make arrangements!

Pay your Respects!
Not your Life Savings!

Crematory on premises.

Phone 24 Hours Daily
(863) 669-1617

www.casketstore.net

2090 East Edgewood Dr.
Lakeland, Florida

Lock in cost with
Prearrangments!

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

Cornerstone
HOSPICE & PALLIATIVE CARE

888-728-6234 Cornerstonehospice.org

Without you it's just a tool.

Compassion, encouragement and inspiration
are all reflexes of a physicians heart.



We thank you for your devoted service and the guidance you provide to our community.
Your knowledge and skill is an inspiration to the countless lives you touch and
a model for future generations of physicians to follow.

Happy Doctor's Day

Abanilla, Fernando, MD	Choudary, Zahid, MD	Hall, Kendra, DO	Mannaa, Raaid, MD	Rodriguez, Regino, MD
Abellon, Juan, MD	Claar, Julie, MD	Hamilton, Carlton, MD	Martinez, Edwin, MD	Roquiza, Placido, MD
Adler, Vlad, MD	Conklu, Emre, DO	Harr, David, MD	Maxwell, Marvin, MD	Rubin, Mitchell, MD
Ahmadi, Bahram, MD	Cooper Mercado, Rachel, MD	Harwood, Mary, DO	Mayer, Jonathan, DO	Ruiz, Jose, MD
Ahmed, Syed, MD	Corpus, Juanito, MD	Hearn, James, MD	McDonald, Philip, MD	Samuels, Todd, MD
Allen, Evan, MD	Corredera, Wilfredo, MD	High, Nancy, MD	Meek, Esther, MD	Sankar, Deo Prakash, MD
Altieri, John, MD	Cosic, Sanja, MD	Holland, Wesley, MD	Miah, Bahar, MD	Santana Jimenez, Sarah, MD
Alvarez, Juan, MD	Costa, Adalgiza, MD	Holman, Patrice, MD	Michael, Albert, MD	Santos, Roberto, MD
Alvarez-Farinetti, Alvaro, MD	Dalba, Jill, DO	Hrehorovich, Peter, MD	Montanez, Pedro, MD	Saunders, Eric, MD
Anderson, Carmen, MD	DaSilva, Leonard, MD	Hsu, Chia-En, MD	Montero, Daniel, MD	Schneider, Jean-Raphael, MD
Anderson, Dale, DPM	Daum, Richard, MD	Janeczek, Lukasz, MD	Munir, Muhammad, MD	Seralde, Victor, MD
Arciola, Anthony, MD	Dawkins, Donald, DO	Janoff, Larry, DO	Murphy, Vernon, MD	Shah, Amit, MD
Arias Howard, Guillermo, MD	Descalso, Reynaldo, MD	Jasimuddin, Sheikh, MD	Nabong, Mariano, MD	Sharma, Priti, MD
Asad, Syed, MD	Deshpande, Navin, MD	Jativa, Marcela, MD	Nelson, Audwin, MD	Shechtman, Neil, MD
Ashby, Mark, MD	Dewan, Vail, MD	Jones, Phillip, MD	Nelson, Eustus, MD	Shydohub, Anthony, MD
Asis, Maria, MD	Diamond, David, MD	Joshi, Shailesh, MD	Newsom, Thomas, MD	Siracuse, Joan, MD
Atalla, Sameh, MD	Dill, Steven, MD	Kabbani, M. Samer, MD	Obregon, Alan, MD	Skipper, S. Allen, MD
Avalos, Martin, MD	Dolber, Pamela, DPM	Kachroo, Arun, MD	Oliveros, Fabio, MD	Sollaccio, Robert, MD
Bassetti, Dennis, MD	Duharte, Luis, MD	Kaldas, Magdy, MD	Ortiz, Gustavo, MD	Sombeck, Michael, MD
Begleiter, David, MD	Ebanks, Paul, DPM	Katsnelson, Michael, MD	Orwitz, Jonathan, MD	Sonni, Ashok, MD
Beissinger, Stephen, MD	Ekici, Sedat, MD	Khan, Summer, MD	Pallares, Juan, MD	Sonni, Rajeswari, MD
Beltre, Miguel, MD	Epstein, David, MD	Khan, Wajahat, MD	Palomado, Raul, MD	Soto, Zatchel, MD
Bennett, Jennifer, MD	Erbaugh, Duane, MD	Khurana, Sunaina, MD	Palosky, Eric, DO	St. Louis, Myron, MD
Bennie, Alan, MD	Espallat, L. Francisco, MD	Kiriluk, Randy, MD	Panthulu, Vedashree, MD	Strathy, Kevin, MD
Bhatt, Bipin, MD	Fallon, Diego, MD	Kleinman, Dana, DO	Parnassa, Daniel, MD	Tamayo, Percival, MD
Bhatt, Mina, MD	Febre, Elena, MD	Kouchezadeh, Behjat, MD	Patel, Chandrakant, MD	Tanganan, Ray, MD
Bhutiani, Inder, MD	Feldman, Marc, DPM	Kraus, Evan, MD	Patel, Deepak, MD	Tecson-Miguel, Amelia, MD
Birkhahn, Gertrude, MD	Ferretti, Francesco, MD	Krishnadas, Praveen, MD	Patel, Pankaj, MD	Thakkar, Vinod, MD
Blignaut, Lukas, MD	Fisher, Maury, MD	Krochak, Ronald, MD	Patterson, Arthur, PhD	Timken, Mark, MD
Bobkova, Elina, MD	Friedman, Scott, MD	Kulatunga, Sudhira, MD	Pazo, Adner, MD	Torres, Alexander, MD
Bolaram, Jayanth, MD	Fronza, Ronald, MD	Kumar, Krishna, DO	Pearce, Gary, MD	Torres, Ramon, MD
Bouffard, Amada, MD	Ganthier, Jr., Rulx, MD	Labinger, Seth, MD	Pena, Luis, MD	Toulouse, Joseph, MD
Brabham, Jeffrey, MD	Garcia, Jorge, MD	Lackey, Thomas, DO	Perez, Maria, MD	Travis, Jonathan, MD
Bradley, Cynthia, MD	Garcia-Prieto, Carlos, MD	Lacson, Juan, MD	Pigman, Edwin, MD	Trindade, Antonio, MD
Brandon, Robert, DO	Gardner, Mary, MD	LaFave, Kelly, MD	Pinzon, Ernesto, MD	Upadhyaya, Dipakkumar, MD
Brinsko, Ronald, MD	Gasper, Mason, DO	Lally, Arleen, DO	Pobi, Kwabena, MD	Vanterpool, Clyde, MD
Bristol, Maria, MD	Geldart, Donald, MD	Lao, Eladio, MD	Prati, Ronald, MD	Villa, John, MD
Bullard, Guinevere, MD	Gensolin, Estrellita, MD	Larkin, Stephen, MD	Price, Elaine, DO	Villar, Carlos, MD
Callahan, Robert, MD	Gensolin, Norman, MD	Leb, Robert, MD	Purdon, Robert, MD	Weaver, James, MD
Camilo, Raisa, MD	Gill, Parmjit, MD	Lee, Ike, MD	Rada, Dini, MD	Welch-Wilson, Kathleen, MD
Campbell, Richard, MD	Gleicher, Herman, MD	Lee, Kathy, MD	Raghuveera, Anavatti, MD	White, Gregory, MD
Cardoso, Ted, MD	Goddard, Donald, MD	Leisch, Leah, MD	Ramkissoon, Bridglal, MD	Windham, Wayne, MD
Carducci, Bryan, MD	Goehlert, Uwe, MD	Lim, Carmelita, MD	Ramos, Agustin, MD	Witkop, Philip, MD
Carr, Diana, MD	Gonzalez, Carlos, MD	Linn, Heather, MD	Rapke, Stephanie, MD	Wittum, Roger, MD
Castano, Francis, MD	Gonzalez, Jorge, MD	Lipsius, Bruce, MD	Rasul, Iftikhar, MD	Wong, Philip, MD
Castillo, Sergio, MD	Graham, Gary, MD	Lopez-Tuarez, Juan, MD	Rasul, Imtiaz, MD	Zechow, Allen, MD
Celestina, Leslie, DDS	Green, Adam, MD	Lopez-Diaz, Manuel, MD	Reddy, Ponnayalu, MD	Zeledon, Jorge, MD
Chams, David, MD	Greene, Hinda, DO	Luedeman, Gerald, MD	Rees, John, MD	Zide, Kenneth, MD
Chan, Timothy, DPM	Greenidge, Enzo, MD	Luepschen, Olga, DPM	Rippe, David, MD	
Chen, Tony, MD	Guerra, David, MD	Malpeso, James, MD	Rivero, Evaristo, DPM	
Chockalingam, P., MD	Haider, Kamal, MD	Manik, Apurba, MD	Roa, Antonio, MD	



FLORIDA HOSPITAL
HEARTLAND MEDICAL CENTER



FLORIDA HOSPITAL
WAUCHULA

Relay for Life kicks off in Lake Placid next weekend

Continued from A1

the Relay for Life event. The local SweetBay store also has medallions on display.

Relay For Life raises money to help local families dealing with cancer. There are programs to help with recovery and support, plus transportation to and from doctors, and also research. The Hope Lodges throughout the country offer a home away from home for patients undergoing treatment, and the R.O.C.K. camps (Reaching Out to Cancer Kids) offer family camping activities for childhood cancer patients.

All Relay For Life events are open to the public at no charge, and this provides a wonderful way to support a good cause while having fun. Although the opening ceremonies begin promptly at noon, all cancer survivors are encouraged to arrive shortly

after 11 a.m. in order to register for the survivor reception, along with their caregivers. The survivors and their caregivers will lead (walk) the opening lap around the track before attending their reception inside a special tent.

A very special time at every Relay event is the luminaria ceremony at sundown. As the lights in the stadium go off, the luminaria bags are lit, and it is a time to reflect on cancer survivors and those who have lost their battles. It is a reminder that until cancer is wiped out, we still have a battle to fight.

Help those working hard to create a world with more birthdays by wearing purple and attending the Relay For Life event on Saturday, April 6. For more information, contact Emma Reynolds, the event chair, at 441-3985, or Ginger Keimel at 465-7930.



Courtesy photo

Florida Hospital - Lake Placid's Star Tree shows the commitment of the staff, its vendors and patients for the upcoming Relay for Life.

Highway Park Easter event to go on despite issues

Continued from A2

stated that he made efforts to cancel the 2013 Easter Celebration, but the backlash from the community made it difficult to do so.

"I tried canceling it, not that I have the power to really even do that because people are going to come anyway, but they said that we aren't doing anything wrong. I'm just a voice for the people. I understand it's a safety issue and we don't want to jeopardize the safety of anyone, but I don't think they (HCSO) are giving us a sincere effort in helping us,"

According to Clark, the county will issue no road closures for the event and any deputies placed in the area will have to be paid for.

Clark stated that those looking to come for drugs, drinking and irresponsible behavior should not show

'I understand it's a safety issue and we don't want to jeopardize anyone, but I don't think they (HCSO) are giving us a sincere effort in helping us.'

ONTERIAL CLARK
event organizer

up to the event.

"We want it to be a family fun event, even though there probably is going to be a huge police presence we want people to come and enjoy themselves in a respectful manner. If you can't do that, then it's best that you keep on going," Clark said.

Swamp Hammock now needs to pursue special permit

Continued from A1

neighboring landowners. County Attorney Ross MacBeth began to formulate the provision and continued with the project as the meeting continued.

As discussion ensued about that and other conditions, Commissioner Jim Brooks made a motion to deny the request altogether. Commission Chairman Jack Richie passed the gavel to Vice-Chairman Greg Harris and offered a second, launching into a long, sometimes disjointed explanation of his vote against the facility, citing television reports about a similar facility in Charlotte County known as the Redneck Yacht Club.

The story that Richie cited outlined such things as stripper poles, fights, drugs and underage drinking.

"We will have the same problems here and I will not be a part of it," said Richie.

Brooks' motion failed on a 3-2 vote.

That was followed by remarks from Harris, who gave an impassioned defense of the Swamp Hammock project and the hoops that developers had jumped through to please opponents and county staff. He then moved for approval the staff recommendation on the issue.

Commissioner Don Elwell seconded that motion for discussion purposes, using the opportunity to outline a number of concerns he wanted addressed in regard to the facility. Those ranged from suggested hours of operation to the numbers of events and even the suggested means of fencing on the property.

It was during those deliberations that MacBeth informed commissioners Harris' motion would do little more than approve the staff report. The board attorney said much more would be

needed in terms of specifics included in a resolution that could be passed to permit the zoning change for the group.

"You will actually approve nothing by your vote," he said.

"How can we get this far and nobody catch this?" Harris asked.

"You've been taking public input," MacBeth replied.

Highlands County Zoning Supervisor Linda Conrad countered that the staff's report indeed contained a

'There is a huge difference between a special events permit and a temporary use permit.'

JEFF KENNEDY

Swamp Hammock organizer

recommended action, including the resolution with conditions as well as a site plan,

Harris then moved to amend his motion to include the resolution and site plan, but that died for lack of a second as other commissioners

As the board began working on modifications and variations of proposed conditions, Handley made a motion that commissioners deny the zoning change request and, instead, pass a special events permit, mentioning Brooks' point about the permanent nature of a zoning change.

Elwell then asked if this motion didn't just take the commission back to the exact same place they were over a year ago when he'd proposed

a temporary use permit in a county commission meeting on the facility. But after further discussion, Handley's motion was passed by a 4-1 margin, with Harris dissenting.

At the end of the meeting, chairman Jack Richie told county staff to get to work on formulating a special events ordinance, and return that language to the commission as quickly as possible. No exact time frame was set for that next step.

EMBRACE THE CHALLENGE THAT WILL CHANGE YOUR LIFE!



Bachelor of Applied Science Degree in Supervision and Management

South Florida State College's new Bachelor of Applied Science Degree in Supervision and Management (BAS-SM) program prepares you to work as a supervisor or manager in any number of industries.

The program is available to students who have completed an associate degree. It includes upper-level course work in applied management practices, leadership development, finance, and basic human relations practice.

Classes meet conveniently at the SFSC Highlands Campus.

Register Today!

SFSC's BAS-SM degree classes begin every eight weeks. Next classes begin March 4.



ACCESS BAS-SM DEGREE WEB PAGES FROM YOUR SMART PHONE.



600 West College Drive | Avon Park, FL 33825-9356

For information about the BAS-SM degree program or to discuss your eligibility, call SFSC's Advising and Counseling Center at

863-784-7131
or visit the website

www.southflorida.edu

South Florida State College is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award the associate and baccalaureate degree. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of South Florida State College. Inquiries about SFSC, such as admission requirements, financial aid, or educational programs, should be directed to the college and not the Commission on Colleges.

64 WEST COLLISION REPAIR
COMPLETE AUTO BODY REPAIR AND PAINT
FREE ESTIMATES
863-453-5445
All Insurance Companies Welcome
Avon Park • 2215 SR 64W
www.64westcollisionrepair.com
[facebook.com/64westcollision](https://www.facebook.com/64westcollision)

Get Noticed
Advertise Today!



NEWS-SUN

EASTER SERVICES GUIDE



Holy Week Service Schedule
 Maundy-Thursday at 7 PM
 Good Friday at Noon
 Children's Easter Festival
 Saturday 10 AM
 Saturday Night Worship at 6:30 pm
 Easter Sunrise Service at 6:30 am
 Easter Services 7:45, 9, & 10:45 AM

Children's Easter Festival
 (For Toddlers through 5th Grade)

Saturday, March 30th, 2013
 10:00 am—1:00 pm
 Union Congregational Church
 108 N. Butler Ave., Avon Park, FL

Free! Free! Free!
 Food, Games,
 Easter Eggs,
 Inflatables, & More!
*Bring Your Own Baskets

For more information call 863-453-3345

“THE GREATEST STORY EVER TOLD”

Drive Thru - Easter Pageant
 Friday, March 29, 2013
 Saturday, March 30, 2013
 8-9pm

First Assembly of God

4301 Kenilworth Blvd. • Sebring

Eight scenes from the life of Christ portrayed by live actors.

You remain in your vehicle and drive past the scenes.

Appropriate music for each scene.

No charge.

Phone: 863-385-6431

Hallelujah, what a savior!

BETHANY BAPTIST CHURCH

invites you to attend

Easter Sunday Services!
 on Sunday, March 31st, 2013

Sunrise Service 8:00 am
 Breakfast 8:30am
 Sunday School..... 9:30am
 Worship Service:..... 10:30am

For more information call:

863-452-1136

798 C17A South • Avon Park, FL 33825



FIRST PRESBYTERIAN CHURCH
 Associate Reformed Synod
 319 Poinsettia Avenue • Sebring, Florida
 385-0107
 Pastor: Darrell A. Peer
 Rev. Don Davis - Pastor of Visitation

EASTER SERVICES

MAUNDY THURSDAY COMMUNION SERVICE

Thursday, March 28th, 7:00 p.m., in our sanctuary

GOOD FRIDAY COMMUNITY SERVICE

Friday, March 29th, 1:30pm at First United Methodist Church

EASTER MORNING WORSHIP SERVICE

Sunday, March 31st, 11:00 a.m., in our sanctuary

Everyone is invited to join us.



He Is Risen

St. John United Methodist Church
 3214 Grand Prix. Dr. • Sebring, FL

Family Easter Celebration

Sat. March 30, 2013 - 10am-11:30am

Egg Hunt & Crafts, Popcorn, Face Painting, Cake Walk,
 Cookie Decorating, Sno-cones, Prizes, & Fun

Hear the Easter Story

Children 12 & under must be accompanied by an adult
 All Ages Welcome (Moms, Dads, & Grandparents)

Maundy Thursday Service
March 28 at 7:00PM

“In the Garden with Jesus” Luke 22:39-48

Easter Sunday

8:00 AM, 9:30 AM,
 and 11:00 AM (Blended Service)

“The Lamb Wins” Luke 24:1-12

For more information: 863-382-1736

Lutheran Churches of the Heartland Circuit

Christ Lutheran Church
 1320 Country Road 64 E. Avon Park, FL

Holy Week Services

Palm Sunday.....10:00AM
 Maundy Thursday.....7:00PM
 Good Friday.....7:00PM
 Easter Sunday.....10:00AM

863-471-2663

Faith Lutheran Church
 2740 Lakeview Drive, Sebring, FL

Holy Week Services

Palm Sunday.....8:00 & 10:30AM
 Holy Thursday.....6:30PM
 Good Friday.....6:30PM
 Easter Sunrise Service.....7:00AM
 Easter Breakfast.....8:15AM
 Feast of the Resurrection..10:00AM

863-385-7848

Good Shepherd Lutheran Church
 3240 Grand Prix Drive, Sebring, FL
(Sebring County Events Meeting Hall)

Holy Week Services

Palm Sunday.....10:30AM
 Maundy Thursday.....7:00PM
 Good Friday.....7:00PM
 Easter Sunday.....10:30AM

863-414-6346

Trinity Lutheran Church
 25 Lakeview Street, Lake Placid, FL

Holy Week Services

Palm Sunday.....8:30 & 11AM
 Maundy Thursday.....7:00PM
 Good Friday.....7:00PM
 Easter Sunday.....7:00 & 10AM

863-465-5253

Easter Evening Prayer:

O God, whose blessed Son made himself known to his disciples in the breaking of bread, open the eyes of our faith, that we may behold him in all his redeeming work, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Winter is over! Spring into color at *Mild to Wild Hair & Boutique*



New spring fashion jewelry, purses, make-up, and nail polish now in stock.



Mild to Wild is a **Paul Mitchell Focus Salon** with a complete Paul Mitchell retail center including Paul Mitchell's newest products Forever Blonde, Curls and Awapuhi Wild Ginger. We even have the full line of JP Pet products for your dog!

We will meet any chain salon price or deal on Paul Mitchell products. **Bring in a chain salon ad and we will match it!**



The Wet Brush is now available in a variety of colors. **It is the most amazing hair brush you will ever use!**

Mild to Wild Hair & Boutique and the Pro Stylist Store

Suite #10 at Signature Salon Suites

3034 US 27 South • Avon Park.

One mile north of Sun 'n Lake Boulevard on the Frontage Road in the Preserve-Professional Plaza.

863-402-1633

Open M-F 9am-7pm, Saturday: 9am-3pm.



While supplies last get 33% more spray **FREE!** Paul Mitchell Extra-Body, Extra-Body Firm, Super Clean Spray & Super Clean Extra Hair Sprays have 33% more spray **FREE!**

THE PRO STYLIST STORE PROFESSIONAL BEAUTY SUPPLY



The Pro Stylist Store Professional Beauty Supply is **Highlands County's only locally owned beauty supply store** with top national salon brands. Professional use products sold at wholesale prices and *sold only to licensed cosmetologists*. If you have not shopped with us before please bring your license.

- Full line distribution of Paul Mitchell products including The Color and PM Shines
- All-Nutrient Organic Hair Color
- Malibu C Hair Care
- Product Club Color Accessories
- The Wet Brush
- DeFabulous Keratin Straightening System

The Pro Stylist Store Professional Beauty Supply has no store up charge like the big national beauty supply stores. Free salon delivery saves you on shipping and COD charges.



Spring into Action



The Name You Can Trust!

We Specialize In:

- Remodels
- Additions
- Kitchens & Baths
- Windows & Doors
- Roofing
- Painting
- Screen Rooms
- Docks & Seawalls
- New Construction
- Handyman Projects



Call Today: 863-385-9403 www.stewart-construction.net

Steering you in the right direction for all your spring savings!




America First
Air Conditioning & Heating
Residential • Commercial

**Factory Trained Technicians
We Service All Brands**

- Repairs/Sales
- Service
- Heat Pumps
- Replacement
- Preventative Maintenance
- Free Replacement Estimates
- Licensed/Insured
- Over 20 Years Experience

No Overtime Charges
Se Habla Español



863-453-4741
863-446-1958

 www.americafirstac.com
1730 N US HWY 27 Avon Park
Drug Free Workplace

License & Insured
License #CAC 058656



**SPRING IS JUST A STEP AWAY...
START PLANNING NOW!**

WE'RE EXPANDING!
NEW LOCATION IN METRO ORLANDO
COME CELEBRATE WITH US!
PICK FROM OUR BEST PLANTS BEFORE THEY SHIP OUT!



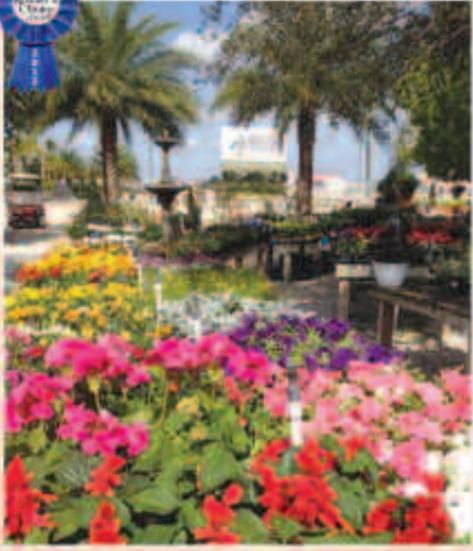
PALM TREES, FRUIT TREES, SHADE TREES & MORE!
FREE DELIVERY AND INSTALLATION AVAILABLE



3 LOCATIONS TO SERVE YOU

SEBRING	LAKE PLACID	METRO ORLANDO
(863) 314-0022	(863) 531-0256	NOW OPEN!
1993 US 27 South (Across from Lake Jackson)	157 St. Lucie St. (Production Facility)	1900 South HWY 17-92 (Greater Orlando Area in Longwood)

0003267615-01

There's always a smiling face to greet you here at Robbins! Our customers have made us the biggest retail/wholesale nursery in the county!

Plants • Trees • Mulch
Rock • Stone • Pottery
Landscaping & More!

RETAIL OR WHOLESALE!
Give us a call!
863-385-1111
4803 US 27 S. Sebring

LAWN POWER

OUTDOOR POWER EQUIPMENT
Sales • Service • Parts
We service all brands.





Royce Supply: 863-465-2160
830 US 27 S. Lake Placid, FL 33852



VISIT OUR WEBSITE AT: newssun.com 863-314-9876

Classified

Free ad is limited to a 4-line ad that runs for 3 consecutive issues. Must be a non-commercial item. Asking price is \$100 or less. We offer 2 ads per month and can rerun the same ad 2 times in 30 days, only if it's the same ad. The price is allowed to change. All ads placed under the "Bargain Buys" discount rate must have 1 item with 1 asking price. The customer can list a set for 1 price, i.e. Bedroom set ... \$100 is allowed; Chairs (2) ... \$20 each is NOT allowed. The customer can list the ads as Chairs (2) ... \$40 for both. To list an ad stating "Each," the ad must be charged at the non-discounted rate, using the "Open Rate" pricing. No commercial items are allowed to be placed under our "Bargain Buys" specials. Items must be common household items. Ads for Pets, stating "Free to Good Home," are allowed to be placed under the "Bargain Buy" category.

AD RATES

GARAGE SALE
6 lines - 2 days
\$1150
3 days
\$14
(additional lines \$1 each)

MISCELLANEOUS merchandise over \$100
5 lines - 6 pubs
\$1750
(additional lines \$3 each)

REAL ESTATE EMPLOYMENT TRANSPORTATION
5 lines - 6 pubs
\$3150
6 lines - 14 pubs
\$71

- Index**
- 1000 Announcements
 - 2000 Employment
 - 3000 Financial
 - 4000 Real Estate
 - 5000 Mobile Homes
 - 6000 Rentals
 - 7000 Merchandise
 - 8000 Recreation
 - 9000 Transportation

ADD A BORDER - ATTENTION GETTER - LOGO
For Just A Little More And Make Your Ad Pop!

DEADLINES

Publication Place by:
Wednesday 4 p.m. Monday
Friday 4 p.m. Wednesday
Sunday 4 p.m. Friday
All fax deadlines are 1 hour earlier.

ADJUSTMENTS

- Please check your ad for errors the first day it appears since the News-Sun will not be responsible for incorrect ads after the first day of publication. If you find an error, call the classified department immediately at 314-9876.
- The publisher assumes no financial responsibility for errors or for omission of copy. Liability shall not exceed the cost of that portion of space occupied by such error.

Cancellations: When a cancellation is called in, a KILL number will be given to you. This number is very important and must be used if ad failed to cancel. All ads cancelled prior to scheduled expiration date will be billed for complete run unless a KILL number can be provided.

Important: The publisher reserves the right to censor, reclassify, revise, edit or reject any classified advertisement not meeting our standards. We accept only standard abbreviations and required proper punctuation.

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT, IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 12-CA-813-GCS
WESTSTAR MORTGAGE CORPORATION, Plaintiff,
vs.
JOHN D. EDWARDS, et al., Defendants.

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated March 18, 2013 and entered in Case No. 12-CA-813-GCS of the Circuit Court of the Tenth Judicial Circuit, in and for Highlands County, Florida wherein WESTSTAR MORTGAGE CORPORATION, is the Plaintiff and JOHN D. EDWARDS, JR. is the Defendant the Clerk, Robert W. Germaine will sell to the highest and best bidder for cash. Bidding begins at 11:00 a.m. Eastern Time in the Jury Assembly Room at Highlands County Courthouse, 430 South Commerce Avenue, Sebring, Florida 33870, on April 16, 2013, the following described property as set forth in said Final Judgment:

Lots 6 and 23, Block B, Silver Fox Ranch, according to the plat thereof as recorded in Plat Book 10, Page 41, of the Public Records of Highlands County, Florida.

Together with a 2010 Jacobsen 28 X 60 ID#JACFL 29522 & A&B double wide manufactured home located on the premises.
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.

/s/ Priscilla Michalak
Deputy Clerk

NOTICE TO PERSONS WITH DISABILITIES
If you are a person with a disability who needs assistance in order to participate in a program or service of the State Courts System, you should contact the Office of the Court Administrator at (863) 534-4686 (voice), (863) 534-7777 (TDD) or (800) 955-8770 (Florida Relay Service), as much in advance of your court appearance or visit to the courthouse as possible. Please be prepared to explain your functional limitations and suggest an auxiliary aid or service that you believe will enable you to effectively participate in the court program or service.

March 29; April 5, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT, IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2009-CA-001941
DIVISION:
BANK OF AMERICA, NATIONAL ASSOCIATION, SUCCESSOR IN INTEREST TO BARNETT BANK OF HIGHLANDS COUNTY, Plaintiff,
vs.
GRISELDA ZEPEDA, et al, Defendants(s).

NOTICE OF SALE PURSUANT TO CHAPTER 45
NOTICE IS HEREBY GIVEN Pursuant to a Final Judgment of Foreclosure dated March 19, 2013, and entered in Case No. 28-2009-CA-001941 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida in which Bank of America, National Association, successor in interest to Barnett Bank of Highlands County, is the Plaintiff and Griselda Zepeda, Manuel Zepeda Jr., Midflorida Federal Credit Union, are defendants, I will sell to the highest and best bidder for cash in/on the Jury Assembly Room in the basement, Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870, Highlands County, Florida at 11:00AM on the 19th day of April, 2013, the following described property as set forth in said Final Judgment of Foreclosure:

LOT 458, OF SYLVAN SHORES ESTATES SECTION D, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 7, PAGE 13, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA
A/K/A 1525 PINETOP TERRACE, LAKE PLACID, FL 33852
Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within 60 days after the sale.

Dated in Highlands County, Florida this 22nd day of March, 2013.

Clerk of the Circuit Court
Highlands County, Florida
By: /s/ Priscilla Michalak
Deputy Clerk

Albertelli Law
Attorney for Plaintiff
P.O. Box 23028
Tampa, FL 33623
(813) 221-4743
(813) 221-9171 facsimile
EService: servealaw@albertellilaw.com
AO-09-30000

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863) 534-4690, within two (2) working days of your receipt of this (describe notice); if you are hearing or voice impaired, call TDD (863) 534-7777 of Florida Relay Service 711. To file response please contact Highlands County Clerk of Court, 590 S. Commerce Ave., Sebring, FL 33870-3867. Tel: (863) 402-6591; Fax: (863) 402-6664.

March 29; April 5, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 2012-CA-000007
Bank of America, National Association Plaintiff,
vs.
Kathleen D. Diamond, Surviving Spouse of Kenneth J. Diamond, Deceased; et al. Defendant(s).

NOTICE OF ACTION
FORECLOSURE PROCEEDINGS-PROPERTY
TO: Kathleen D. Diamond, Surviving Spouse of Kenneth J. Diamond, Deceased; ADDRESS UNKNOWN BUT WHOSE LAST KNOWN ADDRESS IS: 1066 Hyacinth Avenue, Sebring, FL 33875
Residence unknown, if living, including any unknown spouse of the said Defendants, if either has remarried and if either or both of said Defendants are dead, their respective unknown heirs, devisees, grantees, assignees, creditors, lienors, and trustees, and all other persons claiming by, through, under or against the named Defendant(s); and the aforementioned named Defendant(s) and such of the aforementioned unknown Defendants and such of the aforementioned unknown Defendants as may be in infants, incompetents or otherwise not sui juris.

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

LOT 6, BLOCK 5, OF ORANGE BLOSSOM ESTATES, UNIT NO. 7, ACCORDING TO THE PLAT THEREOF, RECORDED IN PLAT BOOK 6, PAGE 26, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
This action has been filed against you and you are required to serve a copy of your written defense, if any, upon SHAPIRO, FISHMAN & GACHE, LLP, Attorneys for Plaintiff, whose address is 4630 Woodland Corporate Blvd., Suite 100, Tampa, FL 33614, within thirty (30) days after the first publication of this notice 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.

WITNESS my hand and seal of this Court on the 21st day of March, 2013.

ROBERT W. GERMAINE
Circuit and County Courts
By: /s/ Priscilla Michalak
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 Court Administration at 430 S. Commerce Avenue, Sebring, Florida 33870, telephone (863)534-4690, within two (2) working days of receipt of this Notice; if you are hearing or voice impaired, call 1-800-955-8771.

March 29; April 5, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT OF FLORIDA IN AND FOR HIGHLANDS COUNTY CIVIL ACTION
CASE NO. 2012CA732
UNITED STATES OF AMERICA, acting through the United States Department of Agriculture, Rural Development, f/k/a Farmers Home Administration, a/k/a Rural Housing Service, Plaintiff,
vs.
NANCI WEAVER WIMPEY, et al., Defendants.

NOTICE OF SALE
NOTICE IS HEREBY GIVEN that pursuant to a Summary Final Judgment of Foreclosure entered on March 19, 2013, by the above entitled Court in the above styled cause, the Clerk of Court or any of his duly authorized deputies, will sell the property situated in Highlands County, Florida, described as:

Lot 7, Block 1, SEBRING VILLAS FIRST ADDITION, according to the map or plat thereof as recorded in Plat Book 4, Page 83, Public Records of Highlands County, Florida,
at public outcry to the highest and best bidder for cash on April 18, 2013, at 11:00 A.M., in the jury assembly room, located in the basement of the Highlands County Courthouse, 430 S. Commerce Avenue, Sebring, FL 33870, subject to all valorem taxes and assessments for the real property described above.

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.
DATED ON MARCH 20, 2013.

ROBERT W. GERMAINE
Clerk of Court
430 S. Commerce Avenue
Sebring, FL 33870
BY: /s/ Priscilla Michalak
Deputy Clerk
March 29; April 5, 2013

Albertelli Law
Attorney for Plaintiff
P.O. Box 23028
Tampa, FL 33623
(813) 221-4743
(813) 221-9171 facsimile
EService: servealaw@albertellilaw.com
AO-09-30000

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863) 534-4690, within two (2) working days of your receipt of this (describe notice); if you are hearing or voice impaired, call TDD (863) 534-7777 of Florida Relay Service 711. To file response please contact Highlands County Clerk of Court, 590 S. Commerce Ave., Sebring, FL 33870-3867. Tel: (863) 402-6591; Fax: (863) 402-6664.

March 29; April 5, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2011-CA-000494
DIVISION:
ONEWEST BANK, FSB, Plaintiff,
vs.
HARRYNARINE MAHARAJ A/K/A HARRY NARINE MAHARAJ, et al, Defendant(s).

NOTICE OF SALE PURSUANT TO CHAPTER 45
NOTICE IS HEREBY GIVEN Pursuant to a Final Judgment of Foreclosure dated March 19, 2013, and entered in Case No. 28-2011-CA-000494 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida in which OneWest Bank, FSB, is the Plaintiff and Harrynarine Maharaj a/k/a Harry Narine Maharaj, Natalie Maharaj, Tenant #1 n/k/a Arlene Mcardie, Vantage Pointe Homeowner's Association, Inc., are defendants, I will sell to the highest and best bidder for cash in/on the Jury Assembly Room in the basement, Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870, Highlands County, Florida at 11:00AM on the 19th day of April, 2013, the following described property as set forth in said Final Judgment of Foreclosure:

LOT 66-A, VANTAGE POINTE SUBDIVISION PHASE II, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 15, PAGE 86, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA
A/K/A 4518 VANTAGE CIRCLE, SEBRING, FL 33872-3497
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 in Highlands County, Florida this 22nd day of March, 2013.

Clerk of the Circuit Court
Highlands County, Florida
By: /s/ Priscilla Michalak
Deputy Clerk

Albertelli Law
Attorney for Plaintiff
P.O. Box 23028
Tampa, FL 33623
(813) 221-4743
(813) 221-9171 facsimile
EService: servealaw@albertellilaw.com
AO-11-79925

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863) 534-4690, within two (2) working days of your receipt of this (describe notice); if you are hearing or voice impaired, call TDD (863) 534-7777 of Florida Relay Service 711. To file response please contact Highlands County Clerk of Court, 590 S. Commerce Ave., Sebring, FL 33870-3867. Tel: (863) 402-6591; Fax: (863) 402-6664.

March 29; April 5, 2013

1050 Legals

IN THE CIRCUIT CIVIL COURT OF THE TENTH JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR HIGHLANDS COUNTY CIVIL DIVISION
CASE NO.: 28-2012-CA-000466
Division
WELLS FARGO BANK, N.A. Plaintiff,
vs.
JUDIE ANN POIRIER, PRAIRIE OAKS COMMUNITY ASSOCIATION, INC., AND UNKNOWN TENANTS/OWNERS, Defendants.

NOTICE OF SALE
Notice is hereby given, pursuant to a Final Judgment of Foreclosure for Plaintiff entered in this cause on February 4, 2013, in the Circuit Court of HIGHLANDS County, Florida, I will sell the property situated in Highlands County, Florida described as:

LOT 22, PRAIRIE OAKS VILLAGE, ACCORDING TO THE MAP OR PLAT THEREOF AS RECORDED IN PLAT BOOK 15, PAGE 88, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
and commonly known as: 3800 RODEO DR, SEBRING, FL 33875; including the building, appurtenances, and fixtures located therein, at public sale, to the highest and best bidder, for cash. Sales are held in the Jury Assembly Room in the basement of the Highlands County Courthouse located at 430 S. Commerce Avenue, Sebring, Florida 33870, on April 18, 2013 at 11 a.m.

Any persons claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis pendens must file a claim within 60 days after the sale.
Dated this 22nd day of March, 2013.

Clerk of the Circuit Court
By: /s/ Priscilla Michalak
Deputy Clerk
March 29; April 5, 2013

Albertelli Law
Attorney for Plaintiff
P.O. Box 23028
Tampa, FL 33623
(813) 221-4743
(813) 221-9171 facsimile
EService: servealaw@albertellilaw.com
AO-11-72001

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863) 534-4690, within two (2) working days of your receipt of this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

March 22, 29; April 5, 12, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2010-CA-000468
SEC.:
CITIMORTGAGE, INC., Plaintiff,
v.
KELLY CONNER; AND ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, UNDER, AND AGAINST THE HEREIN NAMED INDIVIDUAL DEFENDANT(S)
WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEES, OR OTHER CLAIMANTS; UNKNOWN SPOUSE OF KELLY CONNER NKA KYLA ELLERBEE; Defendant(s).

NOTICE OF ACTION - CONSTRUCTIVE SERVICE TO: JARELIE AIMEE ALGARIN A/K/A JARELIE MITL & THE UNKNOWN SPOUSE OF JARELIE AIMEE ALGARIN A/K/A JARELIE A. ALGARIN A/K/A JARELIE MITL & THE UNKNOWN SPOUSE OF JARELIE AIMEE ALGARIN A/K/A JARELIE MITL, et al. Defendant(s).

NOTICE OF ACTION - CONSTRUCTIVE SERVICE TO: JARELIE AIMEE ALGARIN A/K/A JARELIE MITL & THE UNKNOWN SPOUSE OF JARELIE AIMEE ALGARIN A/K/A JARELIE A. ALGARIN A/K/A JARELIE MITL & THE UNKNOWN SPOUSE OF JARELIE AIMEE ALGARIN A/K/A JARELIE MITL, et al. Defendant(s).

NOTICE OF SALE
NOTICE IS HEREBY GIVEN pursuant to an Order of Final Summary Judgment of Foreclosure dated October 3, 2012, entered in Civil Case No. 28-2010-CA-000468 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein the Clerk of the Circuit Court will sell to the highest bidder for cash on 16th day of April, 2013, at 11:00 a.m. in the Jury Assembly Room, Courthouse Basement, 430 South Commerce Avenue, Sebring, Florida 33870, relative to the following described property as set forth in the Final Judgment, to wit:

LOT 22 AND THE SOUTH 1/2 OF LOT 21, BLOCK 145, LAKEWOOD TERRACES, SHEET 3, ACCORDING TO THE MAP OR PLAT THEREOF AS RECORDED IN PLAT BOOK 2, PAGE 94, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
Commonly Known As: 4225 SEBRING AVENUE, SEBRING, FL 33872

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.

ATTENTION: PERSONS WITH DISABILITIES
If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled at no cost to you, to the provision of certain assistance. Please contact: Office of the Court Administrator
Phone: (863) 534-4686
TDD: (863) 534-7777
Or (800) 955-8770 (Florida Relay Service), as much in advance of your court appearance or visit to the courthouse as possible. Please be prepared to explain your functional limitations and suggest an auxiliary aid or service that you believe will enable you to effectively participate in the court program or service.

DATED AT SEBRING, FLORIDA THIS 18th DAY OF March, 2013.

/s/ Priscilla Michalak
Deputy Clerk
ROBERT W. GERMAINE
CLERK OF THE CIRCUIT COURT
HIGHLANDS COUNTY, FLORIDA
March 22, 29, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2012-CA-000038
DIVISION:
NATIONSTAR MORTGAGE LLC, Plaintiff,
vs.
RITA A. RULEY, et al, Defendant(s).

NOTICE OF SALE PURSUANT TO CHAPTER 45
NOTICE IS HEREBY GIVEN Pursuant to a Final Judgment of Foreclosure dated March 19, 2013, and entered in Case No. 28-2012-CA-000038 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida in which Nationstar Mortgage LLC, is the Plaintiff and Rita A. Ruley, City of Sebring, are defendants, I will sell to the highest and best bidder for cash in/on the Jury Assembly Room in the basement, Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870, Highlands County, Florida at 11:00AM on the 19th day of April, 2013, the following described property as set forth in said Final Judgment of Foreclosure:

LOT 24, BLOCK B, THE GROVE, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 12, PAGE 63, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA
A/K/A 2902 ORANGE GROVE DR, SEBRING, FL 33870-2338
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 in Highlands County, Florida this 22nd day of March, 2013.

Clerk of the Circuit Court
Highlands County, Florida
By: /s/ Priscilla Michalak
Deputy Clerk

Albertelli Law
Attorney for Plaintiff
P.O. Box 23028
Tampa, FL 33623
(813) 221-4743
(813) 221-9171 facsimile
EService: servealaw@albertellilaw.com
AO-11-72001

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863) 534-4690, within two (2) working days of your receipt of this (describe notice); if you are hearing or voice impaired, call TDD (863) 534-7777 of Florida Relay Service 711. To file response please contact Highlands County Clerk of Court, 590 S. Commerce Ave., Sebring, FL 33870-3867. Tel: (863) 402-6591; Fax: (863) 402-6664.

March 29; April 5, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2011-CA-000789
DIVISION:
PNC BANK, NATIONAL ASSOCIATION, Plaintiff,
vs.
MICHAEL E. GREGORY, et al, Defendant(s).

NOTICE OF SALE PURSUANT TO CHAPTER 45
NOTICE IS HEREBY GIVEN Pursuant to a Final Judgment of Foreclosure dated March 19, 2013, and entered in Case No. 28-2011-CA-000789 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida in which PNC Bank, National Association, is the Plaintiff and Michael E. Gregory, is the defendant, I will sell to the highest and best bidder for cash in/on the Jury Assembly Room in the basement, Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870, Highlands County, Florida at 11:00AM on the 19th day of April, 2013, the following described property as set forth in said Final Judgment of Foreclosure:

LOT 20, BLOCK 62, SEBRING COUNTRY ESTATES SECTION THREE, ACCORDING TO THE MAP OR PLAT THEREOF AS RECORDED IN PLAT BOOK 9, PAGE(S) 6, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA
A/K/A 4308 FERRARI DR, SEBRING, FL 33872-2874
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 in Highlands County, Florida this 22nd day of March, 2013.

Clerk of the Circuit Court
Highlands County, Florida
By: /s/ Priscilla Michalak
Deputy Clerk

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2012-CA-000038
DIVISION:
NATIONSTAR MORTGAGE LLC, Plaintiff,
vs.
RITA A. RULEY, et al, Defendant(s).

NOTICE OF SALE PURSUANT TO CHAPTER 45
NOTICE IS HEREBY GIVEN Pursuant to a Final Judgment of Foreclosure dated March 19, 2013, and entered in Case No. 28-2012-CA-000038 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida in which Nationstar Mortgage LLC, is the Plaintiff and Rita A. Ruley, City of Sebring, are defendants, I will sell to the highest and best bidder for cash in/on the Jury Assembly Room in the basement, Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870, Highlands County, Florida at 11:00AM on the 19th day of April, 2013, the following described property as set forth in said Final Judgment of Foreclosure:

LOT 24, BLOCK B, THE GROVE, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 12, PAGE 63, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA
A/K/A 2902 ORANGE GROVE DR, SEBRING, FL 33870-2338
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 in Highlands County, Florida this 22nd day of March, 2013.

Clerk of the Circuit Court
Highlands County, Florida
By: /s/ Priscilla Michalak
Deputy Clerk

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2012-CA-000823
DIVISION:
JPMORGAN CHASE BANK, NATIONAL ASSOCIATION, Plaintiff,
vs.
ADRIANA AGOSTO-BONILLA A/K/A ADRIANA A. BONILLA, et al., Defendant(s).

NOTICE OF ACTION
TO: Unknown Spouse of Adriana Agosto-Bonilla A/K/A Adriana A. Bonilla
Last Known Residence: 1804 Destiny Blvd., #11-101, Kissimmee, FL 34741
Current residence unknown, and all persons claiming by, through, under or against the named Defendants.
YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following property located in Highlands County, Florida:

LOT 9, BLOCK B, OF PINE HILL SUBDIVISION, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 4, PAGE 66, 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 Aldridge Connors, LLP, plaintiff's attorney, at 7000 West Palmetto Park Road, Suite 307, Boca Raton, Florida 33433, (Phone Number: 561-392-6391) within 30 days of the first date of publication of this notice, and file the original with the clerk of this court either before April 30, 2013 on Plaintiff's attorney or immediately thereafter; otherwise a default will be entered against you for the relief demanded in the complaint or petition.

Dated on March 21, 2013.
Robert Germaine
As Clerk of the Court
By: /s/ Toni Kopp
As Deputy Clerk

Albertelli Law
Attorney for Plaintiff
P.O. Box 23028
Tampa, FL 33623
(813) 221-4743
(813) 221-9171 facsimile
EService: servealaw@albertellilaw.com
AO-11-72001

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863) 534-4690, within two (2) working days of your receipt of this (describe notice); if you are hearing or voice impaired, call TDD (863) 534-7777 of Florida Relay Service 711. To file response please contact Highlands County Clerk of Court, 590 S. Commerce Ave., Sebring, FL 33870-3867. Tel: (

1050

Legals

Subscribe to the News-Sun Call 385-6155

PROFESSIONAL SERVICE DIRECTORY

MIKE'S PAINTING Interior & Exterior Residential & Mobile Homes Also Pressure Washing Over 25 Years Experience Free Estimates • Lic. & Ins. 863-453-3606

MONARCH PLUMBING INC. 4060 Commercial Dr. • Sebring, FL 33870 SERVICE DIVISION (863) 385-0517 MONARCHPLUMB.COM EST. 1981

Diabetic Footwear • Custom Orthotics Work Shoes • Comfortable Shoes SAS • New Balance Shoe Box CELEBRATING 25 Years 1138 S. Parrot Ave • Okeechobee, FL 34974 863-763-4401 • Fax 863-763-6335 shoeboxlady@hotmail.com

New Central Air. Still in Box. \$1490 References and installation available. Free delivery and financing available. CALL JOHN @ 863-658-4707 Licensed • Insured • Senior Discounts LIC# CCA 44874

Joe Johnson's ALL AMERICAN TREE SERVICE, INC. TRIMMING • REMOVAL SOD INSTALLATION • STUMP GRINDING LOT CLEARING • PRESSURE CLEANING Will Beat Any Written Estimate! Peoples Choice Award 863-465-7491 Free Estimates Licensed & Insured

American Roofing Central, Inc. Residential • Commercial Roofing & Repairs • Quality Workmanship Jeff Rentz - 863.381.1453 Sebring, Florida Licensed & Insured #RC29027134 Free Estimates

ICS CREMATION SERVING HIGHLANDS COUNTY & ALL OF FLORIDA \$895.00 | \$795.00 (Special House Buyer Price) Plus Cost of Death Certificates "No Additional Costs" Contact: Linda O'Neal Lake Placid: 863-441-2514

Bell Fisheries Inc. Farm Raised Catfish. We sell by the pound or you can come & catch yourself in our 3 acre pond! We have two large docks you can fish from. We also have large trophy Bass and Bream that we feed twice a day. Great fun for everyone, call or come by and see us! James L Bell, Jr., Owner 120 Sandspur Lane, Lake Placid, FL 33852 863-465-7112 Florida Aquaculture Certification A05138017

HANDYMAN BOB Install doors, windows, flooring, plumbing & more! Licensed & Insured Lic# HM0096 Call 863-452-5201 or 863-449-1744

Roger's Handyman Services Roger McCartney JR licensed and insured No job is too small. We can take care of all your home repairs and maintenance needs. • Small Flooring Jobs • License #HM01711 863-381-8677 Free Estimates

Miss Rachel's Services Assistance in Care Giving Caregiving • Housekeeping Cleaning • Cooking Rachel Hicks, Owner 863-453-4755 Day • Week • Hour Honesty • Integrity • Professional References

Advertise Your Business Here! News-Sun Call 385-6155

Bell Cleaning Services For all jobs. Large or small, done right! Homes, Business, Construction Paints and Etc! Diane Bell Bonded and Insured Free Estimates 863-465-7112 863-833-8760 120 Sandspur Lane, Lake Placid FL 33852

WILLIAMS JANITORIAL CARPET CLEANING \$10.95 Per Room 3 Rooms Minimum • Upholstery Cleaning • All Types of Flooring • Free Estimates. Lic • Bonded • Ins (863) 214-1940

MOVING • HAULING CLEANUP • FURNITURE BRANCHES • MISC. NO JOB TOO SMALL FREE ESTIMATES JAIME: 863-202-0469

Computer Repair \$45 Flat Rate No Hidden Charges Banyan Bay 2121 Lakeview Dr., Sebring 863-202-0152

A Precise Cut • YARD CLEAN UP • FULL LAWN CARE • HEDGE TRIMMING & MORE Commercial & Residential FOR ALL YOUR LAWN NEEDS, CALL LARRY 863-381-0584 FREE ESTIMATES & GREAT SERVICE!!

Advertise Your Business Here! News-Sun Call 385-6155

Chair Seat Weaving & Repair • Pressed or natural cane • Rush seats • Splint seats Call the Chairman Free Estimates 863-471-8250

IN THE CIRCUIT COURT IN AND FOR HIGHLANDS COUNTY, FLORIDA CASE NO.: GC-12-000684 JPMORGAN CHASE BANK, NATIONAL ASSOCIATION Plaintiff, vs. ERIBERTO GARCIA; DENISE A. GARICA A/K/A DENISE ANN SMITH; UNKNOWN TENANT I; UNKNOWN TENANT II; HIGHLANDS COUNTY, A POLITICAL SUBDIVISION OF THE STATE OF FLORIDA, ACTING THROUGH THE BOARD OF COUNTY COMMISSIONERS, and any unknown heirs, devisees, grantees, creditors, and other unknown persons or unknown spouses claiming by, through and under any of the above-named Defendants, Defendants.

NOTICE OF FORECLOSURE SALE NOTICE is hereby given that the undersigned Clerk of the Circuit Court of Highlands County, Florida, will on the 11th day of April, 2013, at 11:00 o'clock A.M. at the in the Jury Assembly Room in the basement of the Highlands County Courthouse located at 430 South Commerce Avenue, Sebring, Florida at 11:00 A.M., offer for sale and sell at public outcry to the highest and best bidder for cash, the following-described property situate in Highlands County, Florida:

LOT 222, SEBRING RIDGE, SECTION "B", ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 7, PAGE 46, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA, pursuant to the Final Judgment entered in a case pending in said Court, the style of which is indicated above.

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

WITNESS my hand and official seal of said Court this 12th day of March, 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, (941)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 CLERK OF THE CIRCUIT COURT By: /s/ Toni Kopp Deputy Clerk March 22, 29, 2013

IN THE CIRCUIT COURT IN AND FOR HIGHLANDS COUNTY, FLORIDA CASE NO.: GC-12-000957 JPMORGAN CHASE BANK, NATIONAL ASSOCIATION Plaintiff,

vs. GEORGE LAROSA A/K/A GEORGE THOMAS LAROSA A/K/A GEORGE T. LAROSA; DEBORAH COSENTINO; UNKNOWN TENANT I; UNKNOWN TENANT II; CHASE BANK USA, NATIONAL ASSOCIATION SUCCESSOR BY MERGER TO CHASE MANHATTAN BANK USA, NATIONAL ASSOCIATION; DODGE ENTERPRISES, INC.; CAPITAL ONE BANK (USA), NATIONAL ASSOCIATION, 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.

AMENDED NOTICE OF FORECLOSURE SALE NOTICE is hereby given that the undersigned Clerk of the Circuit Court of Highlands County, Florida, will on the 18th day of April, 2013, at 11:00 o'clock A.M. at the in the Jury Assembly Room in the basement of the Highlands County Courthouse located at 430 South Commerce Avenue, Sebring, Florida at 11:00 A.M., offer for sale and sell at public outcry to the highest and best bidder for cash, the following-described property situate in Highlands County, Florida:

THE SOUTHEAST QUARTER OF THE SOUTHEAST QUARTER OF THE NORTHEAST QUARTER OF THE SOUTHEAST QUARTER OF SECTION 12, TOWNSHIP 36 SOUTH, RANGE 28 EAST, LESS THE SOUTH 25 FEET THEREOF AND LESS THE EAST 50 FEET FOR ROAD RIGHT OF WAY, pursuant to the Final Judgment entered in a case pending in said Court, the style of which is indicated above.

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

WITNESS my hand and official seal of said Court this 21st day of March, 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.

CLERK OF THE CIRCUIT COURT By: /s/ Priscilla Michalak Deputy Clerk March 29; April 5, 2013

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CIVIL ACTION CASE NO.: 28-2012-CA-000235 DIVISION:

BANK OF AMERICA, N.A., Plaintiff, vs. GREGG S. FOSTER, et al, Defendant(s).

NOTICE OF RESCHEDULED FORECLOSURE SALE NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated March 13, 2013 and entered in Case No. 28-2012-CA-000235 of the Circuit Court of the TENTH Judicial Circuit in and for HIGHLANDS County, Florida wherein BANK OF AMERICA, N.A., is the Plaintiff and GREGG S. FOSTER; BRENDA M. FOSTER A/K/A BRENDA MARIE FOSTER; GSF ENTERPRISE, INC.; are the Defendants, The Clerk of the Court will sell to the highest and best bidder for cash at JURY ASSEMBLY ROOM IN THE BASEMENT OF THE HIGHLANDS COUNTY COURTHOUSE, 430 SOUTH COMMERCE AVENUE at 11:00 AM, on the 11th day of April, 2013, the following described property as set forth in said Final Judgment:

LOT 62 AND LOT 63, SYLVAN SHORES ESTATES, SECTION E, ACCORDING TO PLAT

ADVERTISE ON THIS PAGE TODAY!

Call Anita at: 863-385-6155 or Email: amarsella@newssun.com

1050 Legals

THEREOF AS RECORDED IN PLAT BOOK 7, PAGE 33, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA

AK/A 1558 CAMELLIA COURT, LAKE PLACID, FL 33852

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

WITNESS MY HAND and the seal of the Court on March 14, 2013.

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

Ronald R Wolfe & Associates, P.L.
P.O. Box 25018
Tampa, Florida 33622-5018

F11028292 COUNTRY-CONV
B/C-R-dpuhalla-Team 2 - F11028292

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

March 22, 29, 2013

IN THE CIRCUIT COURT
HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
FILE NO. PC 13-108
Division Probate

IN RE: ESTATE OF
DONALD DEAN DAMMANN,
Deceased.

NOTICE TO CREDITORS

The administration of the estate of DONALD DEAN DAMMANN, deceased, whose date of death was December 23, 2012, and whose social security number is XXX-XX-5667, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH ABOVE, 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 29, 2013.

Personal Representative:
/s/ Kalvin Dammann
608 Rand Avenue
Perryville, MO 63775

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

March 29; April 5, 2013

IN THE CIRCUIT COURT
HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
FILE NO. PC 13-114
Division Probate

IN RE: ESTATE OF
WILLIAM P. WALTER,
Deceased.

NOTICE TO CREDITORS

The administration of the estate of WILLIAM P. WALTER, deceased, whose date of death was March 8, 2013, and whose social security number is XXX-XX-5263, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH ABOVE, 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 29, 2013.

Personal Representative:
/s/ John D. Walter
16617 Old Emmitsburg Rd.
Emmitsburg, MD 21727

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

March 29; April 5, 2013

NOTICE UNDER FICTITIOUS NAME STATUTE TO WHOM IT MAY CONCERN

Notice is hereby given that the undersigned, pursuant to the "Fictitious Name Statute", Chapter 865.09, Florida Statutes will register with the Division of Corporations, Department of State of Florida, upon receipt of proof of the publication of this notice, the fictitious name to-wit:

FLORIDA HOSPITAL HEARTLAND MEDICAL CENTER UROLOGY SPECIALISTS

Under which the below named party/parties will engage in business at
**4215 Sun N' Lake Blvd., Suite 103
Sebring, Florida 33872**

That the party/parties interested in said business enterprise is/are as follows:

Florida Hospital Heartland Medical Center (dba of Adventist Health System/Sunbelt, Inc.)

Dated at Orlando, Seminole County, Florida, March 26, 2013

March 29, 2013

NOTICE OF SALE

The following vehicle will be sold at public sale or auction to satisfy lien pursuant to Chapter 713.78(2) of the Florida Statutes at 10:00 a.m. on at 1118 WEIGLE AVE., Sebring, Florida 33870.

SALE DATE 4/24/2013
1998 KIA KNDJA7237W5665195
SALE DATE 5/8/2013
2012 CHEVY 1GCKYCB1CF227231

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT,
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO. 2012 CA 000989

BANK OF AMERICA, N.A.,
Plaintiff,
vs.
TIRA CRUMITY, ET AL.
Defendants

NOTICE OF FORECLOSURE SALE
(Please publish in THE NEWS SUN)

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated March 7, 2013, and entered in Case No. 2012 CA 000989, of the Circuit Court of the Tenth Judicial Circuit in and for HIGHLANDS County, Florida. BANK OF AMERICA, N.A. (hereafter "Plaintiff"), is Plaintiff and TIRA CRUMITY; STATE OF FLORIDA, COUNTY OF HIGHLANDS, ACTING THROUGH THE BOARD OF COUNTY COMMISSIONERS, are defendants. I will sell to the highest and best bidder for cash in the MAIN ENTRANCE of the Courthouse; 430 SOUTH COMMERCER AVENUE, SEBRING, at 11:00 a.m., on the 19th day of April, 2013, the following described property as set forth in said Final Judgment, to-wit:

LOT 13, 14, AND 15, BLOCK 1021, OF HIGH-LAND VIEW SUBDIVISION, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 2, PAGE 91, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

If you are a person with a disability who needs any accommodation in order to participate in an court proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of Court Administrator, (863)534-4690, within two (2) working days of your receipt of this Foreclosure Complaint; if you are hearing or voice impaired, call TDD (863)534-7777 or Florida Relay Service 711.

Dated this 22nd day of March, 2013.

(SEAL) ROBERT W. GERMAINE
CLERK OF THE CIRCUIT COURT
By: /s/ Priscilla Michalak
As Deputy Clerk

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.

Subscribe
to the
News-Sun
Call
385-6155

1100 Announcements

CHECK YOUR AD

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

If We can assist you,
please call us:

314-9876 News-Sun Classified

1200 Lost & Found

FOUND ORANGE TABBY Kitten, 3 to 4 months old. Very friendly. Hyacinth Ave & Lakewood Road Area. Call 863-385-6630

2000 Employment

2100 Help Wanted

THRIFT STORE MANAGER
Lake Placid Store, (30) hours a week, responsible for the sale and processing of donated items to the NU-HOPE Elder Care Services Thrift Store. Apply in person at NU-HOPE Elder Care Services, Inc. 6414 U.S. 27 South, Sebring, FL. EOE DFWP.

DIRECTOR, CRIMINAL JUSTICE PROGRAM (FT)
Application deadline: 4/23/13. Please visit <http://interview.exchange.com> for detailed position posting. 863-784-7132 EAVEO.



EXPERIENCE THE JOYS AND REWARDS OF Being A Comfort Keeper! If you have a passion for improving the quality of life for others while helping people live independently and happily in their own homes, you could be a Comfort Keeper! We are now hiring CNA, HHA and Home-maker Companion Positions in the Highlands County area. We offer flexible full-time or part-time hours. Contact us to learn more about how you can develop a rewarding career enriching the lives of others with Comfort Keepers. Apply online today at: <http://ck381.ersp.biz/employment> 863-385-9100

PARTS PERSON

Lykes Citrus Division has an opening for a full time Parts Person at their Basinger Grove Shop. Duties include answering phones, parts ordering, inventory control, distribution/stocking, invoicing of incoming/outgoing parts, ability to lift 25 lbs. Successful applicants should possess 1 year experience in parts inventory or related field and have computer skills.

Lykes Citrus Division offers competitive wages and benefit package including Medical, Dental, Vision, Life, AD&D and LTD insurance plus paid vacation and holidays.

Interested applicants should apply in person at:

Lykes Citrus Division
7 Lykes Road
Lake Placid, FL 33852

Lykes Citrus Division is an Equal Employment Opportunity Employer/ Affirmative Action/ Drug and Tobacco Free Workplace/ M/F/D/V.

PICK UP & DELIVERY DRIVER for Lake Placid Store - part time, primarily for pick up and delivery of donated items for resale at the Lake Placid Store. Must have a clean driving record. Apply in person at NU-HOPE Elder Care Services, Inc. 6414 U.S. 27 South, Sebring, FL. EOE DFWP.

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

SWEETBAY - Now taking applications for FT Meat cutters, and PT Meat clerks in both Highlands County stores: FT Market Mgr. for Lake Placid. Apply in person to Lake Placid store 1519 Hwy 27 South, ask for Ron or Sebring store 3250 Hwy 27 South, ask for Paul.

TREE SERVICE IS SEEKING
Exp. Tree Worker.
Drivers License required
Leave detailed message at 863-465-7491

Classified ads get fast results

3000 Financial

4000 Real Estate

4060 Homes for Sale Avon Park

AVON PARK * SELL / LEASE OPTION * 3BR, 2BA. Just Remodeled! Large Corner Lot. Lake View. \$137,500. Owner Will Finance if needed. 954-270-5242

4080 Homes for Sale Sebring

SEBRING - 1505 Hyde St., Water Front CBS, 2BR, 2BA, 12' X 20' screened porch, carport, W/D. Nice, located on canal directly into Lake Charlotte, dock, covered boat house. \$80,000 - C. Wesley Ward, Broker 863-385-7606 Cell 863-202-6515. Extra lot available.

4100 Homes for Sale Lake Placid

LAKE PLACID 8 homes for sale. 108 Anderson St., 190 Crestmore Dr., 142 Vision St., 147 Zion St., 106 E. Smith Ave., 134 E. Smith Ave., 161 E. Smith Ave., 172 E. Smith Ave. All Properties for \$60,000. Call David at 917-952-3348.

5000 Mobile Homes

5050 Mobile Homes For Sale

PALM HARBOR RETIREMENT COMMUNITY HOMES
\$8500 off, 2/2 & 3/2 from \$39,900
Call John Lyons 800-622-2832
EXT 210 for details
<http://www.palmharbor.com/model-center/plantcity/>

SEBRING - DOUBLE WIDE 55 plus Sebring Village 2BR, 2BA, 12' X 20' screened porch, carport, W/D. Sears appl., new water heater, irrigation sys, new galvanized roof. Pets 25lb. max. \$10,000. obo 863-655-0876

5050 Mobile Homes For Sale

SEBRING - REMODELED SINGLE WIDE MOBILE HOME 12' X 60' with Land. 2BR 1 1/2 BA, 12' X 24' Screened Porch. Call for more info 863-382-9203

6000 Rentals

6050 Duplexes for Rent

LAKE PLACID * TOMOKA HEIGHTS * Gated 55+ Community, Lg. 1 Br, 1BA, Furn. / Unfurn., Screened Lanai, W/D. Clubhouse, heated pool. No Pets - No smoke \$500/mo. annual 863-840-1337

SEBRING * 2BR, 2BA, 1Car Garage * 2000 sq. feet, Swimming Pool. No Pets. No Smoke. \$800 / Monthly. 863-402-1142

6150 Furnished Apartments

SEBRING FURNISHED/UNFURNISHED 1BR or Studios, on the circle. Some Utilities incl. \$450 - 600. Attn: Vets. Special programs for veterans, subsidize payments, call to see if you qualify. 863-386-9100.

6200 Unfurnished Apartments

AVON PARK * LEMONTREE APTS * 1BR \$520 mo. + \$350 Sec. Deposit, available immediately. Washer/Dryer & WSG included. Pets OK! Call Alan 386-503-8953

AVON PARK - NW - APARTMENTS 2BR/2BA \$450 mo. New 1BR/1BA \$395 mo. Plus 1st & Sec. Central Heat & Air. No Dogs or Cats. 863-449-0195

LAKE PLACID - APARTMENTS & HOMES for rent from \$350 / mo. Call Sara Rios @ CENTURY 21 Compton Realty 863-465-1458

AVON PARK RENT SUBSIDIZED

1, 2, 3, & 4 BR Apts in a Central Location, Separate Family & Elderly/Disabled properties; Ridgedale Apts, Lakeside Park & Delaney Hgts. Based on household income.

No Application Fee!

Please Call 863-452-4432
TTY 800-955-8771
On-Line Applications!
www.AvonParkHA.org

SEBRING * SUN 'N LAKE * 1BR, 1BA. Includes TV, Wi Fi internet, cable, elec. No Pets or Smoker. Single \$500/mo. or Couple \$550/mo. \$500 Sec. Deposit. 863-214-6027

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 * LEASE OPTION / SELL * 3BR, 2BA, Large Corner Lot with Lake View. Just Remodeled! Owner Will Finance if Needed. \$137,500. 954-270-5242

LAKE PLACID 3/2 131 Loquat Rd.

Screened patio. \$700/mo. + \$1,000. security. Call 305-804-5464

\$100.00 OFF FIRST MONTH'S RENT!

AVON PARK

North Central Heights Homes, a new "Rent Restricted" single family home development in Avon Park. Rents average in the low to mid 500's & 600's! 2, 3 and 4 BR Available!

DON'T DELAY APPLY TODAY! NO APPLICATION FEE!

EQUAL HOUSING OPPORTUNITY

CALL:
TTY 800-955-8771
863-452-4432
On-line Applications
www.avonparkha.org

SEBRING * NICE * 2BR, 2BA, 1CG, Cathedral Ceiling. 6530 Mattee Road. \$700 Monthly, Plus \$750 Security Deposit. Call 863-385-3101

SEBRING * NICE * 2BR, 2BA, Freshly Painted, Blinds, Screened rear porch w/ utility rm., back yard storage shed. YMCA / Lakewood Rd. \$600/mo. / Sec. deposit. w/1 yr. lease. 863-835-1196

6400 Rooms for Rent

SEBRING- FEMALE 42 / 55 yrs to share House, Garage, W/D & Kitchen. 1Br, 1Ba, Split Plan, TV & I-net hookup, elec. & water included. \$500/mo. w/ \$200 deposit. 863-991-3878

6550 Warehouses for Rent

LAKE PLACID - WAREHOUSES for rent from \$47 / mo. & Commercial space for rent from \$428 / mo. Contact Sara Rios, Compton Rental Properties. 863-465-4158

6600 Business & Offices For Rent

PROFESSIONAL OFFICE space avail., 600 sq.ft., Golf View Plaza, Sebring, 1251 US Hwy 27 S., across from Lake Jackson. Exceptional location, great parking. 863-385-5510, 863-414-3829.

6750 Commercial Rental

SEBRING AVAILABLE. 3922 Kenilworth Blvd, 3000 sq ft, \$1100/mo: (Will split in half) BA, lg overhead doors, near Sebring High School. Call Chp Boring 863-385-0077 or Cell 863-381-1298

7000 Merchandise

7040 Appliances

RANGE TOP Surface unit, digital. 1 yr. old. Paid \$1000. Asking \$200. Call 863-532-0354

7180 Furniture

2 MATCHING TWIN beds on casters, steel frame, box springs, mattresses, full set of linens, decorator bed covers, pillows, \$299/both. 6-drawer dresser 22"x62", lg. attached mirror, \$125, 863-382-6378.

OAK PIECES China hutch w/ lead glass \$350 - Entertainment center / \$350 Dining table, leaf, 4 chairs & 2 arm chairs / \$650 - 3 Bar stools / \$50. PINE PIECES Dresser w/ mirror / \$275 3 drawer chest / \$75 - 6 drawer chest / \$125 - Gun cabinet (needs one side glass replaced) / \$75. LAZY BOY leather burgundy recliner (hardly used) / \$150. Call 863-840-5179

7310 Bargain Buys

ALL TO HAUL Motorcycle or Scooter, Chrome front wheel chocks, handbar harness, 4 ratchet tie down straps. All for \$40. 863-453-7027

CHANNEL MASTER ROTOR DIGITAL Good Condition. \$100 obo 863-273-4191

GAS CAN / 5 GALLON. LIKE NEW! \$10. 863-453-7027

GOLF BAG - R J BRAND Ladies Used Twice. \$20 863-382-8745

PATIO DINING SET / 4 CHAIRS WITH CUSHIONS / STURDY METAL FRAME TABLE in WHITE. \$100 OBO 863-658-4240

PROM DRESSES 2 FOR \$100. 1 White & 1 blue. Call 863-532-0354

REFRIGERATOR 4FOOT Tall. Separate Freezer, 2 Door Stainless Steel Front. \$95. obo. 863-414-8412

TV MITSUBISHI 52" Semi Flat Screen. Great Condition. \$95. obo 863-414-8412

WATER DISTILLER / Stainless steel by Moyer Diebel in Canada. \$10. Call 863-382-4137

WINE REFRIGERATOR - 7 Racks, Danby Designer, 7 Racks, Black, 33" X 18" D X 17" W. \$75. 863-382-8745

YAGI ANTENNA LONG RANGE \$100 obo 863-273-4191

7320 Garage & Yard Sales

LAKE PLACID * MOVING SALE * 119 Danbar Dr. Thur-Fri-Sat. Mar 28-29-30, 9am - 4pm. Diving equip, Furn., Tools, Delux King Mattress/box springs/frame, Massage table. Everything Must Go! All reasonable offers will be considered.

LAKE PLACID * Sun 'N Lakes * Annual Rummage Sale 440 Sun 'N Lakes Blvd. Sat, Mar 30, 8am - 1pm, Household items, Furn., Buy bag \$1 at noon. Breakfast & Lunch available!

SEBRING - Colossal Warehouse Sale Fri 3/29, 7am-2pm & Sat 3/30, 7am-3pm. 181 Saber Dr at Sebring Regional Airport. Take Airport Rd to Hairpin R. Just before Main Airport sign, make left onto Webster Turn. Make 1st. right onto Boeing Dr. Sale on left side, warehouse with 5 bays across the back. Baby Items, tools furn., & Much More!

SEBRING FLRI - Sat. 8 - ?. 1803 Palm St. Lake Jackson Heights. Lots Household Items.

SEBRING HUGE MULTI FAMILY SALE 5505 Lake Haven Blvd., Fri & Sat Mar 29 & 30, 9am - 4pm. Unbelievable mix of items. Stop by, take some time to browse; you won't be disappointed!

SEBRING * MULTI FAMILY SALE * 314 Robin Ave., Fri & Sat Mar 29 & 30. LOTS OF MISCELLANEOUS!

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.

7560 Medical Supplies & Equipment

HOSPITAL BED - LIKE NEW! ELEC. CONTROL. NEW MATTRESS. \$495. Call 863-465-7345

8000 Recreation

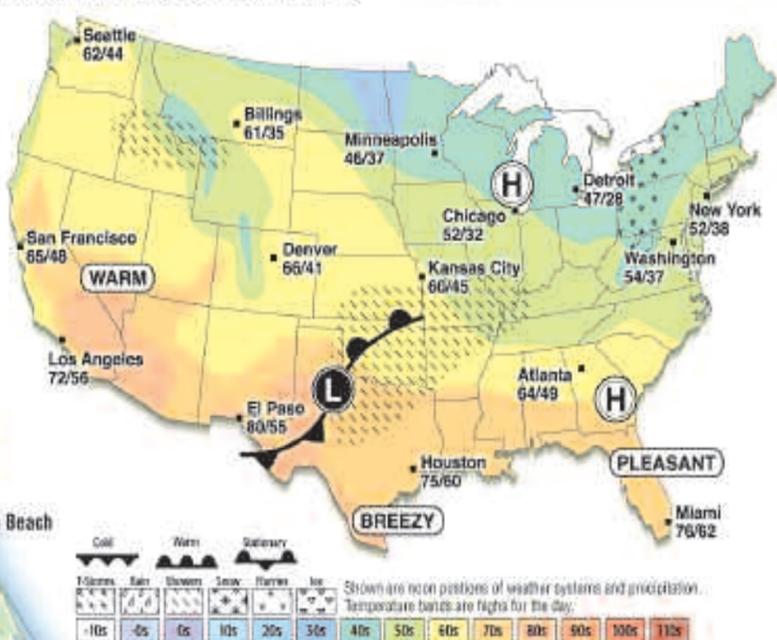
8400 Recreational Vehicles

2001 SEADOO Jetski GTS 3- pass., w/ performance gal. trailer. \$2000 Dockside lil' lifter manual hoist (jetski

Five-Day forecast for Highlands County

TODAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Mostly sunny and pleasant	Sunny to partly cloudy	Partly sunny with a shower or two	Some sun with a shower or 1-storm	Times of clouds and sun
77° / 49°	80° / 55°	83° / 60°	85° / 64°	87° / 65°
Winds: NE at 6-12 mph	Winds: ESE at 4-8 mph	Winds: SSE at 6-12 mph	Winds: S at 6-12 mph	Winds: SW at 6-12 mph

National Forecast for March 29



Almanac

Temperature
Readings at Archbold Biological Station in Lake Placid

High Sunday	87°
Low Sunday	61°
High Monday	78°
Low Monday	38°
High Tuesday	65°
Low Tuesday	33°
High Wednesday	67°
Low Wednesday	29°

Heat Index
For 3 p.m. today

Relative humidity	24%
Expected air temperature	75°
Makes it feel like	72°

Barometer

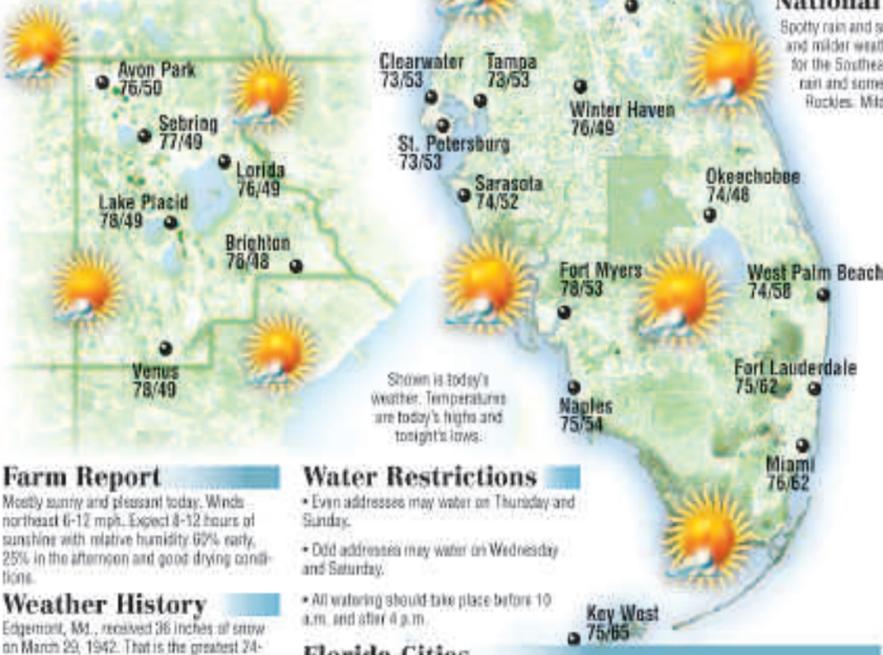
Monday	30.09
Tuesday	30.22
Wednesday	30.22

Precipitation

Monday	0.00"
Tuesday	0.00"
Wednesday	0.00"
Month to date	1.67"
Year to date	2.91"

Regional Summary

Mostly sunny and pleasant today. Clear tonight. Sunny to partly cloudy tomorrow. Sunday: partly sunny with a passing shower or two. Monday: times of sun and clouds with a shower or thunderstorm.



Tides

Readings at St. Petersburg

High	4:27 a.m.
Low	9:31 a.m.
High	3:31 p.m.
Low	10:52 p.m.

Readings at Palm Beach

High	10:51 a.m.
Low	4:23 a.m.
High	11:29 p.m.
Low	4:42 p.m.

Lake Levels

Readings as of 7 a.m. yesterday

Lake Jackson	78.36'
Lake Okechobee	73.92'
Normal	74.51'

UV Index Today

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



Farm Report

Mostly sunny and pleasant today. Winds northeast 6-12 mph. Expect 8-12 hours of sunshine with relative humidity 65% early, 25% in the afternoon and good drying conditions.

Water Restrictions

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

Weather History

Edgemont, Md., received 36 inches of snow on March 29, 1942. That is the greatest 24-hour snowfall in Maryland's history. On that date in 1945, temperatures were in the 90s.

Sun and Moon

	Today	Saturday
Sunrise	7:20 a.m.	7:19 a.m.
Sunset	7:41 p.m.	7:42 p.m.
Moonrise	10:21 p.m.	11:25 p.m.
Moonset	6:46 a.m.	9:36 a.m.

Florida Cities

City	Today	Sat.	Sun.
Cape Coral	78/52h	81/59h	84/62pc
Clearwater	73/53h	77/59h	79/65pc
Orlando	74/53h	77/62h	79/67pc
Daytona Beach	70/47h	74/53h	80/60pc
St. Petersburg	73/53h	77/59h	79/65pc
Fort Myers	78/53h	81/59h	84/63pc
Gainesville	72/42h	78/49h	80/59pc
Hollywood	76/53h	78/62h	82/66pc
Homestead AFB	75/59h	78/64h	79/67pc
Jacksonville	70/44h	76/51h	80/58pc
Key West	75/55h	78/70h	81/73pc

World Cities

City	Today	Sat.	Sun.
Acapulco	90/71h	90/71h	90/72h
Athens	64/53pc	71/58pc	72/56pc
Bahia	72/58h	75/64h	83/69h
Beijing	37/27h	40/29h	42/26h
Buenos Aires	82/57h	83/56h	84/55h
Calgary	48/23pc	46/23h	35/17h
Dublin	41/23pc	40/23h	40/23h
Edmonton	39/21h	37/15h	31/10h
Freeport	71/51h	73/55h	76/60pc
Geneva	48/43h	54/40h	45/25h
Havana	78/58h	82/52h	87/55h
Hong Kong	80/70h	77/72h	76/69h
Jakarta	71/52h	75/53h	82/64pc
Johannesburg	77/59pc	74/54h	74/53h
Kiev	37/29pc	38/30h	45/44h

**FOOD • FUN • LIVE MUSIC • STEAKS
SEAFOOD • BAR • KARAOKE & MORE!**

MUSIC SCHEDULE AT THE HOLE

FRIDAY & SATURDAY
MARCH 29 & 30
RANDY MCNEELY

SUNDAY: MARCH 31
JIMMIE DUKE

Open for Easter!!!

WEDNESDAY: APRIL 3
UPTOWN COUNTRY

EARLY BIRD SPECIALS

MON-THURS 4-6pm
ALL DAY SUNDAY!

NEW SUNDAY SPECIALS

**\$2 OFF ALL APPETIZERS
\$2 OFF ALL SANDWICHES
\$4 6-PIECE WINGS**

Mon-Thurs: 11am-9pm
Fri-Sat: 11am-2am
Sunday: 12pm-8pm

Plan ahead! Reservations please.
6813 US 27 S. SEBRING
PHONE: 863-314-9459

Accepting All Major Credit Cards

Anthony Jones, Conductor
"the Premier Concert Band in the Heartlands"

**Invites you to enjoy the
Premier Concert Band
in the Heartlands**

--As We Present--

**"Magic Under
The Stars"**

**April 4th
Thursday 7:30pm**

**South Florida State College
Theatre for the Performing Arts**

Donation \$8
Students through high school free

Tickets available at the door
or call 863-314-8877 for information



News-Sun photo by DAN HOEHNE

Jimmy Peck had a pair of doubles Tuesday night, but it wasn't enough as Sebring fell to visiting Oviedo.

Blue Streaks can't overcome Oviedo

By TAYLOR TUBBS
News-Sun correspondent
"There's always a positive we can take from a loss," said Sebring head coach Buck Rapp.

A loss provides an opportunity for learning, and on Tuesday night the Streaks were given this opportunity when they took on the Oviedo High School Lions.

"Oviedo is a good team," said Rapp. "And it's tough to have two games in a row like we did."

On Monday night the Streaks walked away with a huge, 12-0 victory over coun-

ty rival Avon Park at Fireman's Field, but in their repeat home game on Tuesday night Sebring fell short of the victory with a 7-3 loss.

Jonathon Struck pitched a quality first five innings and was able to keep the score a close 3-1.

C.J. Payne stepped in to cover the final two innings, and heading into the top of the seventh the score became an even more closely contested 3-2.

But in the bottom of the frame, Oviedo opened things

See STREAKS, Page B4

Oviedo
7
Sebring
2



Courtesy photo

Don Norton shows off two bass caught on Lake Glenada and shares his top five baits for Spring bass fishing.

Top five bass baits for Spring

Wednesday, March 20 marked the first official day of spring, and it seems only fitting to offer up my suggestions for the top five best bass fishing lures and techniques to use during this time of the year.

Every year, along with other fishermen, I complain that the weather is screwed up – too hot, too cold, too much rain, not enough rain, too much wind, etc.

The truth is, seasonally speaking; the weather is very much the same, year after year.

What most fishermen don't take into account is that our temperature highs and lows, amount of rainfall and even wind conditions are all based on averages.

Taking into account what's happened over the past years creates a wide range of possibilities that are then "averaged" to give us what the conditions should be on any given day.

Exceptions to these averages are rare.

The seasonality of weather provides different fishing opportunities and spring is one of my favorites.

Unlike any other time of the year, largemouth bass are actively seeking shallow, warmer water for their annual spawn.

That, combined with more aggressive feeding, makes them extremely vulnerable to being caught by a knowledgeable fisherman.

I'm sure anybody that fishes could rank what they consider to be the top five lures to use during this time of the year, and for many of you, they may be different than those that I recommend.

1. Suspended Jerk Baits: These long, slender baits, often made of balsa wood or plastic are an extremely versatile bait for early spring bass fishing when the water is at its cold and warming gradually.

Most are designed to run no deeper than 6 feet, but unlike other lures, the key to their success is that when you stop retrieving the lure, it will "suspend" at the depth it's at, allowing an interested bass to move in for the kill.

Long, painstakingly slow retrieves, combined with a stop and go action will provide the best results.



Fishin' Around...

Don Norton

My personal favorite is the Mega bass VISION One Ten, 4 1/3-inch GP Pro Blue II.

2. Tube Baits: Nothing compares to the effectiveness of tube baits for spawning bass.

Tubes are nothing new, but in the past, as effective as they were, one strike and the bait was typically torn to shreds.

I recommend the Zoom Salty Super Tube in either the 3 1/2-inch or 4 1/2-inch size.

These baits are hand dipped for a thicker, tougher body and will take a number of strikes without tearing.

The tantalizing plastic tentacles make this bait irresistible to bass.

3. Plastic Worms: Plastic worms are one of the best bass baits year round, but early in the Spring, when the water is around 60 degree's, smaller plastic worms work best.

I've always been under the impression the smaller worms work better because they mimic food sources that are typically smaller at this time of the year.

As the water temperatures warm, the length of the worm should increase.

My personal favorite, a blue/black Yum Dinger.

These worms come in various sizes, 4-, 5-, 6- and 7-inches.

Similar to the tube bait, the smaller Yum Dingers will drive a bass mad coming across their beds in full sunlight.

4. Spinnerbaits: Although effective throughout the year, spinnerbaits worked slow with a stop and go retrieve can be extremely deadly early in the fishing year.

My favorite is the HART X2 Spinner bait, available in 3/8, 1/2 and 3/4 ounce.

Unlike conventional spinnerbaits, the X2 has dual "arms," each with its own blades.

Color selections are great, although at this time

See BAIT, Page B4

Devils get back on track

By DAN HOEHNE

daniel.hoehne@newsun.com

While the temperatures remained frigid Tuesday night, the Avon Park bats heated things up and got the Red Devils back on the winning track with a 10-4 battering of visiting Booker.

Tyrone Perry sparked the offense with three hits, falling just a triple short of hitting for the cycle, two runs scored and three RBI, while Gio Gomez threw six strong innings, scattering six hits and striking out four to halt a four-game losing streak.

After the Tornadoes scratched for a run in the top of the first, Avon Park answered back with a Perry double, Josh Gomez getting hit by a pitch and a Steven Flowers walk to load the bases.

A triple steal then took place, with Perry sliding in safely to even the game at 1-1.

After a scoreless top of the second, the Devils again proved daring as a Colton Brock suicide squeeze scored Mason Jahna from third for a 2-1 lead.

A walk, single and pair of errors allowed Booker to tie it up in the third, but Avon Park was about to explode and put the game away in the fourth.

Kyle Kelley got it started by reaching second on an error and moving to third on a bunt



News-Sun file photo by DAN HOEHNE

Tyrone Perry belted a home run among his three hits Tuesday night in helping Avon Park end its' four-game losing streak.

single by Jahna.

A Cody Pearlman base knock scored Kelley and another squeeze bunt by Brock brought Jahna in for a 4-2 lead.

Alfred Brown then singled to bring Pearlman in and after a couple of stolen bases, Brown also came in to score on an error.

Perry then unloaded on a pitch for a towering homer over the right-field wall for a 7-2 lead.

And they kept things going when Flowers was hit by a pitch and moved to third on a Torri Pringle single.

Flowers would soon come in to score on an error and the lead stood at 8-2.

A pair of errors allowed for a Tornado run in the top of the fifth, but the Devils got that run, plus another, back in the bottom of the frame.

With Jahna and Brock on second and third, Perry singled

to center to score them both and the lead stood at 10-3.

A pair of singles and a sacrifice fly got Booker one more run, but that would be it as Kenny McGrath came on in relief and worked a perfect seventh to secure the win.

Now 12-6 on the season, Avon Park hosted Bradenton's Bayshore High School Thursday night at Head Field.

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

Panthers mauled by Manatees

Lady Panthers sweep St. Pete

By DAN HOEHNE

daniel.hoehne@newsun.com

AVON PARK – South Florida head coach Rick Hitt knows what it takes for his baseball squad to be competitive, having stated "we need good pitching and to keep games close. We're not going to hit a lot of three-run homers, so we need to limit our mistakes."

That is certainly not what the Panthers did Wednesday, in dropping a 14-3 Suncoast Conference contest to the visiting State College of Florida.

The first-place Manatees got their first run on the board without the benefit of a hit, as two walks and two errors got them on the board.

Two singles and a sacrifice fly in the top of the second

extended the lead to 2-0 before the visitors all but put it away in the third.

With the bases loaded and nobody out, Hitt brought the infield in, but saw a bouncer up the middle score two.

One out later, a walk reloaded the bases and a potential double-play was thrown away to score two more.

This was followed by another two-run single and the lead now stood at 8-0.

The Panthers finally scratched for one in the fourth on a Lane Crosson RBI grounder, and another in the fifth when Lucas Bagnara brought Carlos Matamoros in.

But the Manatees added three more in their half of the fifth to make it an 11-2 mar-

SCF
14
SFSC
3



News-Sun photo by DAN HOEHNE

Seth Abeln connects for an infield single on this pitch, and would add a double later. But a six-run Manatee third would pave the way to a 14-3 State College of Florida win over the Panthers of South Florida State Wednesday night.

See SFSC, Page B4

THE SCOREBOARD



LIVE SPORTS ON TV

NBA

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
x-New York	44	26	.629	—
x-Brooklyn	42	29	.592	2.5
Boston	37	34	.521	7.5
Philadelphia	28	43	.394	16.5
Toronto	26	45	.366	18.5

Southeast Division

	W	L	Pct	GB
y-Miami	56	15	.789	—
x-Atlanta	40	32	.556	16.5
Washington	26	45	.366	30
Orlando	18	54	.250	38.5
Charlotte	17	54	.239	39

Central Division

	W	L	Pct	GB
x-Indiana	45	27	.625	—
x-Chicago	39	31	.557	5
Milwaukee	34	36	.486	10
Detroit	24	48	.333	21
Cleveland	22	48	.314	22

WESTERN CONFERENCE

Southwest Division

	W	L	Pct	GB
x-San Antonio	54	17	.761	—
x-Memphis	47	24	.662	7
Houston	39	32	.549	15
Dallas	35	36	.493	19
New Orleans	25	47	.347	29.5

Northwest Division

	W	L	Pct	GB
x-Oklahoma City	53	19	.736	—
x-Denver	49	24	.671	4.5
Utah	36	36	.500	17
Portland	33	38	.465	19.5
Minnesota	25	45	.357	27

Pacific Division

	W	L	Pct	GB
x-L.A. Clippers	49	23	.681	—
Golden State	41	32	.562	8.5
L.A. Lakers	37	35	.514	12
Sacramento	26	46	.361	23
Phoenix	23	49	.319	26

x-clinched playoff spot
y-clinched division

Tuesday's Games

New York 100, Boston 85
Minnesota 105, Detroit 82
Dallas 109, L.A. Clippers 102, OT

Wednesday's Games

Boston 93, Cleveland 92
Charlotte 114, Orlando 108
Philadelphia 100, Milwaukee 92
Atlanta 107, Toronto 88
New York 108, Memphis 101
Chicago 101, Miami 97
Indiana 100, Houston 91
L.A. Lakers 120, Minnesota 117
L.A. Clippers 105, New Orleans 91
Oklahoma City 103, Washington 80
San Antonio 100, Denver 99
Utah 103, Phoenix 88
Sacramento 105, Golden State 98
Brooklyn 111, Portland 93

Thursday's Games

L.A. Lakers at Milwaukee, late
Indiana at Dallas, late
Sacramento at Phoenix, late

Friday's Games

Washington at Orlando, 7 p.m.
Atlanta at Boston, 7:30 p.m.
Charlotte at New York, 7:30 p.m.
Philadelphia at Cleveland, 7:30 p.m.
Toronto at Detroit, 7:30 p.m.
Houston at Memphis, 8 p.m.
Oklahoma City at Minnesota, 8 p.m.
Miami at New Orleans, 8 p.m.
L.A. Clippers at San Antonio, 8:30 p.m.
Brooklyn at Denver, 9 p.m.
Utah at Portland, 10 p.m.

NHL

EASTERN CONFERENCE

Atlantic Division

	W	L	OT	Pts	GF	GA
Pittsburgh	26	8	0	52	117	84
New Jersey	15	11	7	37	82	89
N.Y. Rangers	16	13	3	35	78	78
N.Y. Islanders	15	15	3	33	96	107
Philadelphia	13	17	2	28	84	99

Northwest Division

	W	L	OT	Pts	GF	GA
Montreal	21	7	5	47	104	83
Boston	21	7	4	46	94	72
Ottawa	18	9	6	42	86	72
Toronto	18	12	4	40	102	97
Buffalo	13	16	4	30	87	102

Southeast Division

	W	L	OT	Pts	GF	GA
Winnipeg	18	14	2	38	88	99
Carolina	15	14	2	32	86	90
Washington	15	17	1	31	94	93
Tampa Bay	14	18	1	29	105	99
Florida	9	19	6	24	80	119

WESTERN CONFERENCE

Central Division

	W	L	OT	Pts	GF	GA
Chicago	25	4	3	53	108	71
Detroit	17	11	5	39	90	83
St. Louis	17	13	2	36	92	89
Nashville	14	13	6	34	83	88
Columbus	13	13	7	33	75	86

Northwest Division

	W	L	OT	Pts	GF	GA
Minnesota	20	10	2	42	90	78
Vancouver	18	9	6	42	88	85
Edmonton	12	13	7	31	77	91
Calgary	13	15	4	30	89	108
Colorado	11	17	4	26	82	104

Pacific Division

	W	L	OT	Pts	GF	GA
Anaheim	22	7	4	48	104	87
Los Angeles	18	12	2	38	93	80
San Jose	15	11	6	36	80	82
Dallas	15	14	3	33	87	97
Phoenix	13	15	5	31	85	94

NOTE: Two points for a win, one point for overtime loss.

Tuesday's Games

Vancouver 1, Columbus 0, SO
Toronto 3, Florida 2
Pittsburgh 1, Montreal 0
N.Y. Islanders 3, Washington 2
Winnipeg 4, Carolina 1
N.Y. Rangers 5, Philadelphia 2
Tampa Bay 2, Buffalo 1
Edmonton 3, St. Louis 0
Chicago 2, Calgary 0

Wednesday's Games

Montreal 6, Boston 5, SO
Minnesota 4, Phoenix 3, OT
Calgary 4, Colorado 3
San Jose 4, Anaheim 0

Thursday's Games

Carolina at Toronto, late
Winnipeg at Pittsburgh, late
N.Y. Islanders at Philadelphia, late
Buffalo at Florida, late
N.Y. Rangers at Ottawa, late
Phoenix at Nashville, late
Los Angeles at St. Louis, late
Columbus at Edmonton, late
Colorado at Vancouver, late
Detroit at San Jose, late

Friday's Games

New Jersey at Tampa Bay, 7:30 p.m.

BOXING

FRIDAY

9 p.m. Donatas Bondoravus vs. Brian Vera... ESPN2
10:15 p.m. Mike Alvarado vs. Brandon Rios... HBO

COLLEGE BASEBALL

SATURDAY

2 p.m. LSU at Missouri... SUN

COLLEGE BASKETBALL

FRIDAY

7 p.m. NCAA Tournament... CBS
7:30 p.m. NCAA Tournament... TBS
9:30 p.m. NCAA Tournament... CBS
10 p.m. NCAA Tournament... TBS

SATURDAY

4:20 p.m. NCAA Tournament... CBS
6:55 p.m. NCAA Tournament... CBS

COLLEGE SOFTBALL

SATURDAY

Noon Central Florida at Tulsa... SUN

GOLF

FRIDAY

9:30 a.m. EuroPGA - Trophée Hassan II... GOLF
4 p.m. PGA - Shell Houston Open... GOLF

SATURDAY

9 a.m. EuroPGA - Trophée Hassan II... GOLF
1 p.m. PGA - Shell Houston Open... GOLF
3 p.m. PGA - Shell Houston Open... NBC

NHL

FRIDAY

7:30 p.m. New Jersey at Tampa Bay... SUN

TENNIS

FRIDAY

3 p.m. ATP - Sony Open, Men's Semifinal... ESPN2
7 p.m. ATP - Sony Open, Men's Semifinal... ESPN2

SATURDAY

Noon ATP - Sony Open, Women's Final... ESPN2

WOMEN'S COLLEGE BASKETBALL

SATURDAY

Noon NCAA Tournament... ESPN
2:30 p.m. NCAA Tournament... ESPN
9 p.m. NCAA Tournament... ESPN
11 p.m. NCAA Tournament... ESPN2

WOMEN'S COLLEGE GYMNASTICS

SATURDAY

7 p.m. SEC Championship... ESPN

Times, games, channels all subject to change

MLB Preseason

AMERICAN LEAGUE

	W	L	Pct
Kansas City	23	7	.767
Baltimore	18	9	.667
Seattle	20	11	.645
Detroit	18	13	.581
Oakland	15	12	.556
Cleveland	16	14	.533
Minnesota	16	14	.533
Chicago	13	13	.500
Boston	15	16	.484
Tampa Bay	15	16	.484
Texas	15	16	.484
Toronto	14	16	.467
Houston	13	15	.464
New York	13	17	.433
Los Angeles	9	18	.333

NATIONAL LEAGUE

	W	L	Pct
Atlanta	19	15	.559
Colorado	16	13	.552
San Francisco	15	13	.536
New York	14	13	.519
St. Louis	15	14	.517
Arizona	15	15	.500
Philadelphia	15	15	.500
Chicago	16	17	.485
Miami	13	15	.464
San Diego	15	18	.455
Washington	13	17	.433
Pittsburgh	12	18	.400
Milwaukee	11	17	.393
Cincinnati	11	18	.379
Los Angeles	11	19	.367

Transactions

Tuesday's Games

Minnesota 9, Baltimore 5
Miami 8, Washington 3
Toronto 6, Pittsburgh 3
Philadelphia 10, Tampa Bay 1
Atlanta 6, Detroit 5
St. Louis 11, N.Y. Mets 4
Chicago White Sox 11, Texas 3
Oakland 7, Cleveland 6, 10 innings
San Francisco 4, San Diego 2
Kansas City 11, Seattle 6
N.Y. Yankees 4, Houston 4, 10 ings
Colorado 7, L.A. Dodgers 6
Cincinnati 11, Chicago Cubs 1
Arizona 7, L.A. Angels 1

Wednesday's Games

Washington (ss) 11, Atlanta 2
Minnesota 7, Pittsburgh 4
Philadelphia 4, Detroit 1
Toronto 6, Tampa Bay 1
St. Louis 10, Washington (ss) 1

Miami 5, Boston 1
Chicago White Sox 5, Cleveland 4
L.A. Angels 6, Texas 3
Oakland 6, Colorado 5
Milwaukee 9, Kansas City (ss) 1
Cincinnati 7, San Diego 3
Seattle 10, L.A. Dodgers 7
San Francisco 8, Arizona 6
N.Y. Mets 6, Houston 2
N.Y. Yankees 11, Baltimore 8
Kansas City (ss) 9, Chi. Cubs 9, 10 ings

Thursday's Games
Detroit vs. Houston (ss), late
Toronto vs. Philadelphia, late
Houston (ss) vs. Atlanta, late
Miami vs. St. Louis, late
N.Y. Mets vs. Washington, late
Pittsburgh vs. N.Y. Yankees, late
Seattle vs. Chicago Cubs, late
Cleveland vs. San Diego, late
Arizona vs. Texas, late
Kansas City vs. Cincinnati, late
Milwaukee vs. Colorado, late
Minnesota vs. Boston, late
Tampa Bay vs. Baltimore, late
L.A. Dodgers at L.A. Angels, late
Oakland at San Francisco, late

Friday's Games
Boston vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Tampa Bay vs. Detroit at Lakeland, Fla., 1:05 p.m.
N.Y. Yankees at Washington, 2:05 p.m.
Cleveland vs. Kansas City at Surprise, Ariz., 3:05 p.m.
Toronto at Philadelphia, 7:05 p.m.
San Diego vs. Texas at San Antonio, Texas, 8:05 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Chicago White Sox at Milwaukee, 8:10 p.m.
Cincinnati vs. Arizona at Scottsdale, Ariz., 9:40 p.m.
L.A. Angels at L.A. Dodgers, 10:10 p.m.
Oakland at San Francisco, 10:15 p.m.

Friday's Games
Boston vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Tampa Bay vs. Detroit at Lakeland, Fla., 1:05 p.m.
N.Y. Yankees at Washington, 2:05 p.m.
Cleveland vs. Kansas City at Surprise, Ariz., 3:05 p.m.
Toronto at Philadelphia, 7:05 p.m.
San Diego vs. Texas at San Antonio, Texas, 8:05 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Chicago White Sox at Milwaukee, 8:10 p.m.
Cincinnati vs. Arizona at Scottsdale, Ariz., 9:40 p.m.
L.A. Angels at L.A. Dodgers, 10:10 p.m.
Oakland at San Francisco, 10:15 p.m.

Friday's Games
Boston vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Tampa Bay vs. Detroit at Lakeland, Fla., 1:05 p.m.
N.Y. Yankees at Washington, 2:05 p.m.
Cleveland vs. Kansas City at Surprise, Ariz., 3:05 p.m.
Toronto at Philadelphia, 7:05 p.m.
San Diego vs. Texas at San Antonio, Texas, 8:05 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Chicago White Sox at Milwaukee, 8:10 p.m.
Cincinnati vs. Arizona at Scottsdale, Ariz., 9:40 p.m.
L.A. Angels at L.A. Dodgers, 10:10 p.m.
Oakland at San Francisco, 10:15 p.m.

Friday's Games
Boston vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Tampa Bay vs. Detroit at Lakeland, Fla., 1:05 p.m.
N.Y. Yankees at Washington, 2:05 p.m.
Cleveland vs. Kansas City at Surprise, Ariz., 3:05 p.m.
Toronto at Philadelphia, 7:05 p.m.
San Diego vs. Texas at San Antonio, Texas, 8:05 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Chicago White Sox at Milwaukee, 8:10 p.m.
Cincinnati vs. Arizona at Scottsdale, Ariz., 9:40 p.m.
L.A. Angels at L.A. Dodgers, 10:10 p.m.
Oakland at San Francisco, 10:15 p.m.

Friday's Games
Boston vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Tampa Bay vs. Detroit at Lakeland, Fla., 1:05 p.m.
N.Y. Yankees at Washington, 2:05 p.m.
Cleveland vs. Kansas City at Surprise, Ariz., 3:05 p.m.
Toronto at Philadelphia, 7:05 p.m.
San Diego vs. Texas at San Antonio, Texas, 8:05 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Chicago White Sox at Milwaukee, 8:10 p.m.
Cincinnati vs. Arizona at Scottsdale, Ariz., 9:40 p.m.
L.A. Angels at L.A. Dodgers, 10:10 p.m.
Oakland at San Francisco, 10:15 p.m.

Friday's Games
Boston vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Tampa Bay vs. Detroit at Lakeland, Fla., 1:05 p.m.
N.Y. Yankees at Washington, 2:05 p.m.
Cleveland vs. Kansas City at Surprise, Ariz., 3:05 p.m.
Toronto at Philadelphia, 7:05 p.m.
San Diego vs. Texas at San Antonio, Texas, 8:05 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Chicago White Sox at Milwaukee, 8:10 p.m.
Cincinnati vs. Arizona at Scottsdale, Ariz., 9:40 p.m.
L.A. Angels at L.A. Dodgers, 10:10 p.m.
Oakland at San Francisco, 10:15 p.m.

Friday's Games
Boston vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Tampa Bay vs. Detroit at Lakeland, Fla., 1:05 p.m.
N.Y. Yankees at Washington, 2:05 p.m.
Cleveland vs. Kansas City at Surprise, Ariz., 3:05 p.m.
Toronto at Philadelphia, 7:05 p.m.
San Diego vs. Texas at San Antonio, Texas, 8:05 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Chicago White Sox at Milwaukee, 8:10 p.m.
Cincinnati vs. Arizona at Scottsdale, Ariz., 9:40 p.m.
L.A. Angels at L.A. Dodgers, 10:10 p.m.
Oakland at San Francisco, 10:15 p.m.

Friday's Games
Boston vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
Tampa Bay vs. Detroit at Lakeland, Fla., 1:05 p.m.
N

Protect Second Amendment Gun Rights from Attack!

Boom BOOM's GUNS & AMMO

330 US 27 N

SEBRING, FLORIDA

863.402.2112

WWW.BOOMBOOMSGUNS.COM

MON-FRI: 10AM-6PM • SAT: 10AM-4PM



AR-15's
Starting at

\$899!



IN STOCK NOW: RANGE BAGS, RIFLE CASES, BOWS &
ARROWS, SURVIVAL FOOD...
INVENTORY PRICED BELOW RETAIL!

Derringers
starting at

\$139



Revolvers
starting at

\$219



Used Guns
as low as

\$120



Judge/
Public Defender

\$449



Large Selection
of Holsters
Starting at

\$11⁹⁹



Low Priced Hearing
& Vision Protection



WE HAVE AMMO!



WHILE SUPPLIES LAST. NO RAIN CHECKS. QUANTITY RESTRICTIONS APPLY. SEE STORE FOR DETAILS.

PRESERVING AMERICA'S RIGHTS!

www.smith-wesson.com



Golf Hammock

On consecutive Wednesdays, March 20 and 27, the Golf Hammock Ladies played for the Club Championship.

The Club Champion after the two-day tournament was Laura Kebberly with 137.

A tie for runner up was seen between Jeanne Fivecoat and Carol Troup, who both totaled 188.

First Flight, with handicaps 17-25, saw Lorraine Friend win Low Gross with 190, while Florence Towell was second at 199.

Finishing first in Low Net was Ruth Harris with 146.

In the Second Flight, with handicaps 26-30, Low Gross went to both Wanda Hastie and Anne Coffey, who came in with dueling 195s.

With handicaps from 31-36, the Third Flight Low Gross was captured by Nancy Senior with a 202, while Marge Pederson and Jo Thornburg tied for second at 213.

Low Net for the flight went to Cindy Dall with 135, with Gladys Zitelli taking second with 152.

The Mezza Group played Individual Pro-Am Points at Golf Hammock on Monday, March 25.

Gary Galle came in first place in A group with plus 1 and there was a three-way tie for second place between Rod Bently, Fred Latshaw and Dave Baker at minus 3.

Frank Borgia won first place with plus 4 in B group and a three-way tie for second place between Jim Gulick, Harvey Kecskes and Jack Schell at minus 3.

In C group Jerry Edwards came in first place with minus 1 and Jack Bardelli in second place with minus 2.

In D group Paul Brown was at even and came in first place and David Mulligan was in second place at minus 3.

Curt Matterson scored plus 4 to take first place in E group and Bobby Culbert in second place with plus 3.

Mark Flora was even in F group to take the lead and a tie for second place between Bob Fidlín and Danny Geier at minus 2.

There was a tie in G group for first place between Kathy Baker and Jerry

Linsley at plus 1. In H group ther was also a tie for first place between Terry Yandle and Ozzie Bergroth at plus 1.

There was a tie in I group for first place between Bill Alesi and Ginny McVey at plus 4 and a tie for second place between Doc Thomas and Bob Hughes at minus 3.

Paul Skidmore scored plus 9 for first place and a tie for second place between Harold Traxler and Greg Brewer at plus 6 in J group.

Ken Porter took first place in K group with plus 7 and a tie in second place between Janet Howland and Les Layton at minus 1.

Lim Freese took first place in L group with plus 3 with Karl Mellor in second place with plus 1 and in third place was Ken Granger at even.

Jay Shepard scored well to take the lead in M Group with a plus 8 with Don Meitz in second place with plus 7 and Dan Bartik came in third at even.

Next Monday, April 1, the Mezza Group will play at Golf Hammock beginning at 7:45 a.m.

For more information, call Pete at 382-1280.

Lake June West

The Ladies Association played a Monday League event March 25.

Tying for first/second places were the teams of Kim Fiers, Betty Bevard, Barbara Cash and Carol Cobert; Helene Mellon, Verna Knishka, Chris Heath and Mary Malone with 40 each. Third place, Jane Roush, Joann McGill and Charlotte Mathew with 43.

Closest to the pin: No. 2, Eva Huffman, 10-feet-7; No. 4, Jane Roush, 1-foot-2; and No. 8, Chris Heath, 7-feet-2.

A Scramble was played Thursday, March 21.

Today's Tip

MASTER STROKES

BY THE PROS. PRACTICE WITH THE BEST LOCAL INSTRUCTORS.

Work 'Weak After Weak'

Have a practice plan this new golf season instead of randomly jumping around with a few different clubs or, worse yet, just whaling away with your driver. Identify the weakest part of your game, whether it be driving, iron play, short game, putting or some other facet. Then put the greatest amount of practice time into that area. Over time, you will find a marked improvement in the weak spot. At that point, you should shift your focus to your next weakness. It may be more fun to hit your favorite clubs, but that won't lower your score. Lower scores are fun.

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

Winning first place was the team of Ron and Sylvia West, George and Barbara Dean and Charlotte Mathew with 50; second place, Andy and Karen Ames, Kim Fiers, Bob and Doris Weeks with 51; and third place, John and Shelly Byron, Bob and Verna Knishka and George Cloud with 52.

Closest to the pin: (Ladies), No. 2, Margaret Schultz, 1-foot-10; and No. 8, Betty Billau, 6-feet-8. (Men), No. 4, Ron West, 4-feet-8.

The Men's Association played a Men's League event Wednesday, March 20.

Winning first place was the team of Dick Denhart, Ward Shaw, Dick Reaney and John Ruffo with 44. Tying for second/third places were the teams of Ron West, Jack Maginnis, Bill Fowler and Larry Heath; Sonny Shelton, Howard Langston, Walt Nagel and Fred Neer with 45 each.

Closest to the pin: No. 2, Dick Reaney, 2-feet-7; No. 4, Roger Iterie, 5-feet-5; and No. 8, John Byron, 14-feet-5.

The Ladies Association played a

Best Ball Scramble Monday, March 18.

Winning first place was the team of Kim Fiers, Margaret Schultz and Clara Wisman with 56. Tying for second/third places were the teams of Helene Mellon, Verna Knishka and Chris Heath; Wanda Jones, Sylvia West and Betty Bevard with 57 each.

Closest to the pin: No. 2, Eva Huffman, 10-feet-3; No. 4, Margaret Schultz, 3-feet-9; and No. 8, Jane Roush, 11-feet-3.

River Greens

The Morrison Group played an event on Tuesday, March 26, and saw the team of Keith Kincer, Ken Brunswick, Tim Thomas and Dick Garceau take the win with a -19.

Three strokes back, at -16, was the trio of Butch Smith, John Smutnick and Cliff Aubin.

The Golfettes also took to the fairways Tuesday, March 26, with the team of Anne Kelly, Laura Smutnick, Jody Ethum and Fran Neil scoring a -36 for the win.

Karen Speaker, Dee Paul, Nancy Long and Caole McClay teamed up to score a -24 for second.

A Limited Member event was played on Monday, March 25, with a Pro-Am scoring format.

There was a two-way tie for the team lead as Bernie and Sharon Koster, Roy Bassett and Larry Frazhe totaled +3 1/2 points, only to see it matched by Dennis and Sherry DeLisle and Tom Shaver.

Individually, Ed Ward took top honors with a +7, Dennis DeLisle was second at +6 1/2 and Mike Lueth was third with +4.

The Morrison Group played on Monday, March 25, with the team of Bill Mountford, Ken Koon, Tim Thomas and Fred Evans coming away with the

win. A Men's Day event was played on Saturday, March 23.

Dave Kelly, Dick Garceau, Bob Wolf and Al Farrell scored a -29 for the win, while J.R. Messier, Tim Thomas, Jim Cercy and Keith Kincer were second at -25.

Just one more shot back, at -24, were Jim Anderson, Bob Streeter, Don McDonald and Paul Johnson.

Getting closest to the pin on the day were Harold Plagens getting to 10-feet, 5-inches from No. 3, Fred Evans who hit to within 8-feet, 6-inches on No. 5, Cecil Lemons knocking it to 7-feet, 3-inches from No. 12 and Johnny Wehnt getting to 5-feet, 3 1/2-inches from No. 17.

A 9-Hole Couples event was played on Thursday, March 21.

Don and Judy Ethun took first, Roy and Linda Bassett second and Jerry and Jackie MacGeorge third.

Russ and Bev Rudd and Tim Thomas and Janella Forcier tied for fourth.

Keith Kincer was closest to the pin on No. 5, while Pat Kincer was closest at No. 3.

SpringLake

On Tuesday, March 26, the SpringLake Men's Golf Association sponsored an Individual Net Points competition under cold and windy skies on the Panther Creek golf course.

Point values were 1 point for bogey, 2 for par, 4 for birdie, and 8 for eagles scored on a hole by hole handicap basis.

In the A Flight, there was a tie for first place between Bazz Van Willigen and Jan Hard at 38 points.

Joe Austin came in third with 36 points.

In B Flight, Gale Monda got first place with 38 points.

Dale Stevens placed second with 37 points, and Bo Bohanon took third place with 35 points.

In the C Flight, first place went to Mike Smith, who scored 43 points.

Ray McKenzie took second place with 39 points and Dave Docherty was awarded third place based on 37 points scored.

SFSC swings through Suncoast slate

Continued from B1

gin that there would be no coming back from.

Having won Monday's schedule game by forfeit, the Panthers played the rubber-game of the series Thursday in Bradenton.

At 4-9 in conference play, South Florida stays a game ahead of cellar-dwelling St. Petersburg and two behind Hillsborough for third.

The Lady Panthers, meanwhile, continued their strong start to the confer-

ence schedule with a two-game sweep at St. Petersburg Tuesday night.

Gennifer Raulerson pitched a 4-2 win in the opener, with Lexi Adams taking the mound for a 9-5 win in the nightcap.

The wins move South Florida to 3-1 and second place in the Suncoast Conference standings.

And the Lady Panthers had a chance to make a move Thursday when they visited the first-place Hillsborough Hawks, who stood at 5-1.

SFSC
4,9
SPC
2,5

Sebring corralled by Cowgirls



News-Sun photo by DAN HOEHNE
Carly Hoffner gave the Lady Streaks an early lead with this double, but visiting LaBelle would cool the home team off with a 7-3 win Tuesday night.

Streaks stopped by Lions

Continued from B1

up on a grand slam that gave the Lions an additional four runs.

Payne was able to recover from the blow and finish out the game by halting any further pounces by the Lions.

"I'm really happy with the way he (Payne) came back," said Rapp. "He stayed focused."

Sebring's three scores of the night were run home by Brad Doty, Dane Maddox, and Alex Forde.

The Streaks had a number of strong hits as well with Jimmy Peck and Maddox each hitting two doubles.

'We can take from the loss and look to improve next week.'

BUCK RAPP

Sebring head coach

Doty, Peck and Maddox had two hits each.

"We can take from the loss, and look to improve next week," said Rapp.

On Thursday night the Streaks looked to redeem their loss when they traveled to DeSoto.

Bait ideas to help you land the big ones this Spring

Continued from B1

of the year I prefer the X2 in white with gold Colorado blades.

I also use a split tail white plastic grub with a trailer hook for short strikes.

5. Rapala: No top five would be complete without the Rapala.

This lure comes in so many sizes and shapes it's no wonder that it holds more world record titles than any other lure ever created.

With the wide variety of sizes and shapes, I prefer the Rapala Scatter Rap Minnow, 4 3/8-ince, 3/16 ounce in silver.

This bait will catch fish when nothing else seems to work.

A slow, steady retrieve with occasional "stops" will create incredible strikes from bass in shallow water.

So there you have it, my top five baits for Spring Fishing.

I could have written about my top 10, or even my top 20 best lures for this time of the year, but space is limited.

The truth is, there are dozens of lures that work equally as well as the few that I've mentioned.

For flipping, the Medlock Jig, other jig and pig combinations, as well as imitation plastic worms, crayfish and other creature baits all work well this time of the year.

In addition, Swim baits have grown increasingly more popular over the past couple of years and with good reason.

These soft plastic, imitation fish, rigged properly with a weighted hook can provide some phenomenal fishing in areas with submerged vegetation.

Buck Perry often stated that color makes no difference to a fish, and although I agree that he's probably correct, I think color does make a difference to the fishermen.

So many times I've heard the fish are hitting on "watermelon" or "green pumpkin" or "junebug" colored worms and I always ask the same question.

Did you try any other color?

And the answer is typically "no".

Most fishermen look at me as though I'm crazy to even ask, but I remind them that if they caught their fish on a certain color and didn't try any other color, maybe the fish had just gotten active and it had nothing to do with the color. Who knows?

But fishing is all about confidence.

Confidence in the lake,

confidence in your equipment and confidence in your lure selection.

And confidence typically comes from experience.

It's hard to imagine arming yourself with a lure that you've never caught a fish on, using equipment you've never used before, and being on a lake you've never fished.

It's also all about getting' out on the water.

We are blessed to live in Highlands County where our biggest decisions are which lake to fish.

With more than 100 freshwater lakes and rivers, making that decision will ultimately determine our choice of lures.

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.

SPRING LAKE GOLF RESORT
SPRING RATES!

Cougar Trail Golf Course Specials
18 HOLES
Specials Include Tax & Cart

\$28⁰⁰ | \$24⁰⁰ | \$88⁰⁰
Before 11am | After 11am | 4-somes after 11am

PANTHER CREEK PLAYERS - ADD \$2 PER/PLAY
FOR TEE TIMES CALL 655-0101

HIGHWAY 98 • 5 MILES EAST OF US 27

Signature Salon Suites

Your Clients, Your Talent, Your Salon

Salon Suites Available Now

at the *Towne Square* location for talented, independent hair stylists, barbers, massage therapist, and facial specialist.

Suites Available Now!

- High traffic location with excellent walk-in potential.
- All new construction in a beautifully remodeled shopping center with plenty of parking for your guests.
- All utilities included, free WI-FI, common waiting areas, on site laundry, 24 hours a day, 7 days a week secure access.

This unique salon concept allows beauty and personal care professionals an opportunity to operate their own business. You set your own hours, you charge what you want, you use and retail the products of your choice and keep all of the profit all from a private lockable salon suite.

It's your salon. You can decorate to your tastes. Suites are move in ready. You can start your own business for as little as \$150!

Current Towne Square tenants include:



Suite #1

Nailz by Gloria Too

Gloria Haley
863-368-1386
April Stanley
352-255-4486



Suite #2

Beacon Ministries, Inc.

Salon Services
by Taragayle Mitchell
863-449-4444



Suite #4

Sara Giller Organics

The Healthier Way to Dye
863-414-2037

Locations

Sun 'n Lake

3034 US 27 South • Avon Park
in the Preserve Professional Plaza, one
mile North of Sun 'n Lake Boulevard.

NEW LOCATION!

Downtown Sebring

1548 Lakeview Drive • Sebring
at the corner of Lakeview Drive and
Kenilworth Boulevard in the Towne
Square Shopping Center

For more information on our
suite availability, call

863-446-2878

or email us at:

signaturesalonsuites@yahoo.com

For more information on
services offered visit
our website:

signaturesalonsuites.com

DEDICATED TO BRINGING A HIGHER LEVEL OF PATIENT SAFETY AND QUALITY CARE

Health Partners is a team of health care providers managed by Florida Hospital Heartland Medical Center



Florida Hospital Heartland Medical Center
CARE NOW

4421 Sun 'n Lake Blvd, Suite B, Sebring (863) 382-9600
Donald Geldart, MD • Dianna Chizmas, ARNP-C

Florida Hospital Heartland Medical Center
CARDIOLOGY ASSOCIATES

4638 Sun 'n Lake Blvd, Sebring (863) 386-0055
Ramon Torres, MD • John Altieri, MD
Richard Daum, MD

Florida Hospital Heartland Medical Center
CENTER FOR INFECTIOUS DISEASE

4409 Sun 'n Lake Blvd, Suite E, Sebring (863) 314-0004
Luis A. Duharte-Vidaurre, MD

Florida Hospital Heartland Medical Center
FAMILY PRACTICE CENTER

1006 West Pleasant Street, Avon Park (863) 453-3121
Donald Geldart, MD • Shailesh Joshi, MD, MAAC, FABD
Kathy Smehyl, PA-C • James Bessette, MSW, LCSW, CGP

Florida Hospital Heartland Medical Center
FAMILY MEDICINE SPECIALISTS

2315 US Hwy 27 North, Avon Park (863) 453-4040
Sunaina Khurana, MD

Florida Hospital Heartland Medical Center
GASTROENTEROLOGY CENTER

1352 US Hwy 27 North Lake Placid (863) 465-3462
4421 Sun 'n Lake Blvd, Suite B Sebring (863) 465-3462
Sedar Ekici, MD

Florida Hospital Wauchula
HARDEE FAMILY MEDICINE

522 West Carlton Street, Wauchula (863) 773-2425
Kathleen Welch-Wilson, MD

Florida Hospital Heartland Medical Center
HEARTLAND WOMEN'S HEALTH

37 Ryant Blvd, Sebring (863) 402-7555
Rachel L. Cooper-Mercado, MD
Amanda Lucero, ARNP-C

Florida Hospital Heartland Medical Center
HIGHLANDS SURGICAL ASSOCIATES

4301 Sun 'n Blvd, Suite 103, Sebring (863) 385-1900
S. Allen Skipper, MD • Sameh Atalla, MD, FACS
Myron St. Louis, MD

Florida Hospital Medical Center
INTEGRITY HEALTH CARE

1006 West Pleasant Street, Avon Park (863) 453-3121
Donald Geldart, MD • Keith Coker, PA-C
Justin Blalock, ARNP-BC • Wendi Conklin, ARNP-BC

Florida Hospital Heartland Medical Center
INTERNAL MEDICINE SPECIALISTS

6801 US Hwy 27 North, Suite B, Sebring (863) 385-2244
Percival Tamayo, MD • Elina Bobkova, MD

Florida Hospital Heartland Medical Center
INTERVENTIONAL CARDIOLOGY

4240 Sun 'n Lake Blvd, Suite 200, Sebring (863) 471-3926
Roger L. Wittum, MD • Phillip Jones, MD

Florida Hospital Heartland Medical Center
NEUROLOGY & STROKE CARE CENTER

4421 Sun 'n Lake Blvd, Suite B, Sebring (863) 382-0346
Zahid I. Choudary, MD

Florida Hospital Heartland Medical Center
PRIORITY HEALTH HOSPITALISTS

4200 Sun 'n Lake Blvd Sebring (863) 382-6183
1210 US Hwy 27 North Lake Placid (863) 382-6183
533 West Carlton Street, Wauchula (863) 382-6183
Juan Abellon, MD • Adalgiza Costa, MD • Evan Kraus, MD
Kathy Lee, MD • Leah Leisch, MD • Juan Looz-Tuarez, MD
Raaid Mannaa, MD • Dedashree Panthulu, MD
Sara Santana-Jimenez, MD • Rachyl Ireland, ARNP

Florida Hospital Wauchula
PIONEER MEDICAL

515 West Carlton Street, Wauchula (863) 773-6606
Donald Geldart, MD • Justin Blalock, ARNP-BC
John Gill, PA-C • Lauren Canary, PA-C • Keith Coker, PA-C

Florida Hospital Heartland Medical Center
PSYCHIATRIC SERVICES

4023 Sun 'n Lake Blvd, Sebring (863) 385-6374
Carlos Prieto, MD • Sherri Prieto, ARNP-C

Florida Hospital Heartland Medical Center
PULMONARY & CRITICAL CARE SPECIALISTS

4409 Sun 'n Lake Blvd, Suite E, Sebring (863) 314-0001
Dennis Bassetti, MD • Philip Wong, MD

Florida Hospital Heartland Medical Center
SEASCAPE INTERNAL MEDICINE

2950 Alt US Hwy 27 S, Ste. B, Sebring, FL (863) 471-9000
Vernon Murphy, MD

Florida Hospital Heartland Medical Center
WOMEN'S WELLNESS CENTER

4240 Sun 'n Lake Blvd Sebring (863) 402-2229
526 West Carlton St. Wauchula (863) 402-2229
Guinevere Bullard, MD • Vandy Mayworth, ARNP

HEALTHY LIVING

Free Diabetes classes set for April

SEBRING – The Highlands County Health Department is offering Diabetes Self-Management Education classes as part of its Wellness and Diabetes Education Program. This program serves Highlands County residents of all ages, especially those with diabetes or at risk for developing diabetes. Education is the key to success for diabetes control and for the prevention of complications. These classes are free of charge and provided by Margaret Pierce, RN and Aleyda Oliveros, nutritionist.

Classes in English are scheduled in Sebring from 8:30-11:30 a.m. April 8, 9, and 10, and from 5:30-8:30 p.m. April 15, 16, and 17 at the Highlands County Health Department, 7205 S. George Blvd. - conference room A. Enrollment is limited and registration is required.

To register and for more information, contact the Highlands County Health Department Wellness and Diabetes Education Program at 382-7294.

Outreach events planned

Ace Homecare community outreach events schedule for April is as follows:

- Monday – 8 a.m., Health Fair, Brookside Bluffs, Rte. 17, Zolfo Springs; 10 a.m., Health Fair, Chatham Pointe, Stensom Road, Wauchula; and 1 p.m., Caregivers Support Group, Crown Pointe Assisted Living Community, Sun 'n Lake Blvd., Sebring.

- Tuesday – 10 a.m., Health Fair, Fair Havens Apartments, Spinks Road, Sebring; and 12:30 p.m., Groves behind Sebring Diner, U.S. 27.

- Wednesday – 8 a.m., Health Fair, Villa Del Sol, behind Winn Dixie, U.S. 27, Avon Park; and 9 a.m., Avon Park Meal Site, Main Street; and 10:30 a.m., Coping with Transitions, Crown Pointe Assisted Living facility, Sun 'N Lake Blvd., Sebring.

- Thursday – 10:30 a.m., Caregivers Support Group, Balmoral Assisted Living Facility, 93 Balmoral Road, Rte. 621, Lake Placid.

- Friday – 8 a.m., Health Fair, Sebring Village, Schumacher Road, Sebring; and 10 a.m., Highlands Village, Villa Road, Sebring.



There are plenty of natural ways to help cure insomnia.

Metro

Natural ways to help you get some Zzzs

Dear Pharmacist: I've had a couple of years of bad insomnia. I've tried medications, but I want something natural. Suggestions?

– P.T., Denver, Colo.

Answer: There are many natural supplements that are known to help insomnia among them GABA, kava, valerian root, catnip, glycine, hops and melatonin. I'll discuss the last three in today's column.

Let me start with the simple amino acid, glycine, which helps people suffering with Huntington's, certain seizure disorders and memory loss.

Like a blanket of calm, it helps you achieve deeper stages of sleep.

Unlike most sleeping pills, glycine should not give you a groggy 'morning hangover' until noon, nor will it result in dry mouth (very common with diphenhydramine sleep aids).

Usually two to three grams taken an hour before bed time allows sleep to crawl into bed with you.

As an interesting aside, research points to glycine's use as an antibiotic, specifically against H. pylori, an organism associated with ulcers and stomach cancer.

Even though glycine is found in meat, you won't get enough of its sleep-inducing effects unless you supplement. Capsules are available, but powders may be better if you want to titrate



Dear Pharmacist
Suzy Cohen

your dose.

For those of you who love beer, one of the bittering ingredients is Humulus lupulus. Say that three times fast. We call it "Hops" herb for short. Without hops, beer would be sweet. (Hey, maybe I would like it then?!) Anyway, hops (as opposed to beer) helps people fall asleep faster, and is one of the best insomnia remedies I can think of. It's been used for centuries.

While Hops is safe for human consumption, it can be quite harmful for dogs, so keep away from Fido. The FDA gave hops GRAS status, which means it is "generally recognized as safe." There's an ingredient in hops called 8-prenylaringenin or 8-PN that reduces the incidence of hot flashes. Aside from helping with menopausal concerns and insomnia, hops is touted to ease anxiety, earaches and cramps. An ingredient in it works as a COX 2 inhibitor, similar to the drug Celebrex so if you are in pain, this may be useful.

For many night-time thrashers, it's a question of how much melatonin you secrete from your pineal gland.

Melatonin production can be augmented if you supplement, because the pills (or sublingual sprays) get absorbed into your bloodstream and trigger the same sleep reaction as if you had made the hormone yourself. For some, melatonin supplements are highly effective. For others, it must be combined with glycine, hops, valerian root or kava. I always suggest low dosages, about 0.2 to 0.3 mg per night, but you will find many supplements containing more.

Be very careful with yourself; this is a hormone. That said, melatonin has a widespread (wonderful) effect on the immune system and specifically awesome for people with auto-immune disorders and chronic infections.

All of the supplements discussed today are sold at health food stores and some pharmacies, but always ask your doctor what's right for you.

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.

Study: Health law to raise claims cost 32 percent

By RICARDO ALONSO-ZALDIVAR

Associated Press

WASHINGTON — A new study finds that insurance companies will have to pay out an average of 32 percent more for medical claims under President Barack Obama's health care overhaul.

What does that mean for you?

It could increase premiums for at least some Americans.

If you are uninsured, or you buy your policy directly from an insurance company, you should pay attention.

But if you have an employer plan, like most workers and their families, odds are you don't have much to worry about.

The estimates from the Society of Actuaries could turn into a political headache for the Obama administration at a time when much of the country remains skeptical of the Affordable Care Act.

The administration is questioning the study, saying it doesn't give a full picture — and costs will go down.

Actuaries are financial risk professionals who conduct long-range cost estimates for pension plans, insurance companies and government programs.

The study says claims costs will go up largely because sicker people will join the insurance pool. That's because the law forbids insurers from turning down those with pre-existing medical problems, effective Jan. 1. Everyone gets sick sooner or later, but sicker people also use more health care services.

"Claims cost is the most important driver of health care premiums," said Kristi Bohn, an actuary who worked on the study. Spending on sicker people and other high-cost groups will overwhelm an influx of younger, healthier people into the program, said the report.

The Obama administration challenged the design of the study, saying it focused only on one piece of the puzzle and ignored cost relief strategies in the law, such as tax credits to help people afford premiums and special payments to insurers who attract an

outside share of the sick.

The study also doesn't take into account the potential price-cutting effect of competition in new state insurance markets that will go live Oct. 1, administration officials said.

At a White House briefing Tuesday, Health and Human Services Secretary Kathleen Sebelius said some of what passes for health insurance today is so skimpy it can't be compared to the comprehensive coverage available under the law. "Some of these folks have very high catastrophic plans that don't pay for anything unless you get hit by a bus," she said. "They're really mortgage protection, not health insurance."

Sebelius said the picture on premiums won't start coming into focus until insurers submit their bids. Those results may not be publicly known until late summer.

Another striking finding of the report was a wide disparity in cost impact among the states.

While some states will see medical claims costs per person decline, the report concluded that the overwhelming majority will see double-digit increases in their individual health insurance markets, where people purchase coverage directly from insurers.

The differences are big. By 2017, the estimated increase would be 62 percent for California, about 80 percent for Ohio, more than 20 percent for Florida and 67 percent for Maryland. Much of the reason for the higher claims costs is that sicker people are expected to join the pool, the report said.

Part of the reason for the wide disparities is that states have different populations and insurance rules. In the relatively small number of states where insurers were already restricted from charging higher rates to older, sicker people, the cost impact is less.

The report did not make similar estimates for employer plans that most workers and families rely on.

That's because the primary impact of Obama's law is on people who don't have coverage through their jobs.

Free Low Vision classes offered in April-May

Special to the News-Sun

SEBRING – Are you having difficulty with daily activities because of vision loss? The Lighthouse of Manasota will offer a series of eight free weekly classes in Sebring about living with vision loss, beginning April 23.

Registration is required.

Participants will learn adaptive strategies for performing everyday tasks, such as dialing the telephone, writing a check, telling time, managing medications, preparing meals, and reading food labels.

For more information or to register, call Lee toll free at 1-877-770-1404. The Lighthouse of Manasota is a not-for-profit agency that provides vision rehabilitation training in skills that promote self-sufficiency and independence.

HIGHLANDS SHEDS INC
Weather King
PORTABLE BUILDINGS

WE SELL
WEATHER KING PORTABLE BUILDINGS
BUILT BY MENNONITE CRAFTSMEN
LEASE TO OWN • NO CREDIT CHECK
10 MODELS TO CHOOSE FROM!
2651 US 27 S. Sebring
863-314-0999

DERMATOLOGY

- Growths • Warts •
- Acne • Rashes •
- Skin Discoloration •
- Skin Cancer •

Most insurances accepted including Medicare, Aetna, BCBS Options, Cigna, United Healthcare

Appointments available now!
Call 863-386-0786

Darrin A. Rotman M.D.
Julie L. Iellimo P.A.-C.
Jennifer A. Wolf P.A.-C.

POSITIVE MEDICAL TRANSPORT

NOW HIRING
CONTINUING TO GROW
Apply online at www.pmtinc.us

Competitive Pay

Advanced Life Support • Long Distance Transport Including Out of State • Critical Care
Wheelchair Services • Event Stand By • Bariatric Transport • Continuing Education

863-655-0030 • 1-877-605-3204

MOBILITY EXPRESS
of Sebring Family Owned & Operated

Let us file your Medicare, Insurance, or VA claims for you

WHEELCHAIR ACCESSIBLE VANS

POWERCHAIRS **SCOOTERS**

CANES & CRUTCHES
WALKERS
HOSPITAL BEDS
BATH AIDS
REPAIRS
AND SO MUCH MORE...

LIFT CHAIRS **WHEELCHAIRS** **AUTO LIFTS**

215 US 27 S.
863-385-0123
(Located in the Lakeview Plaza)

RELIGION

Atonement Lutheran Church - ELCA

SEBRING — Worship service with (open) holy communion will be led by Rev. Jefferson Cox and Deacon David Thoresen at 9:30 a.m. Sermon will be based on the gospel reading of Luke 24:1-12. Everyone invited to Easter brunch following the service.

No Bible study on Tuesday. Rev. Cox will lead the study on April 11 and 18. Sharon Palmer will be the leader on April 25.

No quilting meeting until April 13 due to the Merle Vasbinder Estate Sale being held in fellowship hall April 3-6.

Christ Lutheran Church

AVON PARK — Pastor Scott McLean will be preaching a sermon entitled "Satisfaction Guaranteed." Worship is celebrated at 10 a.m.

The church is at 1320 C.R. 64, east of the Avon Park High School past the four-way stop sign. For more information, call 471-2663 or visit www.christlutheranavonpark.org/.

Christian Science Church

SEBRING — The lesson sermon on Sunday morning is titled

"Reality." The keynote is from Colossians 2:17, "...Christ is real!"

The church is located at 154 N. Franklin St.

Christian Training Church

SEBRING — Rev. Linda M. Downing will bring the message titled "Many Enter; Few Stay: Part 2" at the Sunday morning service. The Wednesday night Bible study is the Gospel of John.

Church of Christ, Lake Placid

LAKE PLACID — Church of Christ in Lake Placid has worship service at 10 a.m. and 6 p.m. on Sunday.

Wednesday night Bible study is taught by with Frank Parker.

Emmanuel United Church of Christ

SEBRING — Rev. George Miller will deliver the sermon, "Remember," Sunday morning, with Scripture from Luke 24:1-12. Communion is offered during the 9:30 a.m. worship service the first Sunday of each month. All other Sundays, a smaller, more intimate Communion service is available at

Church News

8:45 a.m., in the chapel.

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

Faith Baptist Church of Lake Placid

LAKE PLACID — "Jesus Is Alive! How About You?" is Pastor Bill Coles' sermon for this Easter Sunday. At 6 p.m., Pastor Bill will be preaching "Dressed for Battle" from Ephesians 6. Following the evening service WMU will be hosting a cake and coffee fellowship as the church enters the Week of Prayer for North American Missions.

Call the church office at 465-0060 or visit www.faithbaptistchurchlp.com/. The church is at 660 Holmes Ave.

First Baptist Church Avon Park

AVON PARK — Rev. Jon Beck is senior pastor. Worship Service starts at 10:45 a.m., the Sunday morning message is "What The Cross Teaches Us About Hope." There will be no evening service.

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

First Baptist Church of Lake Placid

LAKE PLACID — First Baptist Church of Lake Placid, 119 E. Royal Palm St., will have the following services this Easter Sunday: At 8 a.m., traditional service; 9:15 a.m., contemporary service; and 10:45 a.m., contemporary service.

First Christian Church, Avon Park

AVON PARK — Contemporary Worship Service will resume at 6 p.m. on Saturday, April 6.

This week's Easter worship service will include "The Old Rugged Cross Easter Cantata" at 10 a.m.

Wednesday evening will begin a new Bible study with Pastor Greg Ratliff.

Tuesday evenings at 8 p.m., the AA Big Book Study Group meets.

Change of Pace Caregivers Group meet here weekly on Wednesday at 1 p.m. This Group meets to provide support for those who care for adults with Alzheimer's or related dementias who live at home but need constant supervision. If you would like

more information contact our church office.

First Christian Church of Avon Park's motto is at 1016 W. Camphor (behind the Wells Fargo Bank). Call 453-5334, e-mail firstchristianap@embarqmail.com or visit www.firstchristianap.com/.

First Christian Church (Disciples of Christ)

SEBRING — Easter Sunday service is at 10:30 a.m. The church looks special with all the beautiful memorial flowers decorating the church. These lilies and tulips may be taken home after the service or given to a shut-in to continue making someone else's day more beautiful.

The sermon is titled "Good News From the Graveyard" taken from Luke 24:1-8. The Elders are Linda Ellis and Juanita Roberts. The deacons serving are Sandi Laufer and Carol Chandler preparing. Assisting them serving the communion will be Frances Goff and Diane Thibodeau.

Greeting will be Gretchen Ames. Acolyte is David Thibodeau. The choir has chosen to sing for this Easter service the beautiful "Crown Him With Many Crowns" arranged

Continued on B9

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; sthrhodes1020@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 Catelyst class (20's+) begin at 6:30 PM. The adult Bible and Prayer Time begins at 7 p.m. For more information go to www.bethanybaptistap.com or call the church office at 863-452-1136.

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

■ **Fellowship Baptist Church**, 1000 Maxwell St., Avon Park, FL 33825. Sunday: Sunday School, 9:30 a.m.; Morning Worship, 10:45 a.m.; Wednesday: Evening Service, 7 p.m.; Children/Youth, 7 p.m. Telephone: 453-4256. Fax: 453-6986. E-mail: office@apfellowship.org; Web site, www.apfellowship.org.

■ **First Baptist Church of Avon Park**, 100 N. Lake Ave., Avon Park. Rev. Jon Beck, pastor; Charlie Parish, associate pastor/youth and families; Joy Loomis, music director; Rev. Johnattan Soltero, Hispanic pastor. Sunday — Sunday school, 9:30 a.m.; Worship, 10:45 a.m.; Children's Church, 10:45 a.m.; Youth 445, 4:45 p.m.; Evening Worship, 6 p.m. Wednesday - Wednesday Night Supper, 5:15 p.m.;

Children's Choir, 6 p.m.; Youth Activities, 6:7:30 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 Altwater leads the youth in their quest to become more like Christ. Sunday night worship at 6 p.m. Wednesday Bible Study and Prayer meeting at 7 p.m. along with youth worship in the youth facility, and missions training for all children. Call the church at 655-1524.

■ **First Baptist Church of Lake Placid**, Knowing God's Heart and Sharing God's Hope, 119 E. Royal Palm St., Lake Placid, FL 33852 (863) 465-3721, Website: www.fbcplp.com. Email: information@fbcplp.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.fbcplp.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.; Mision Buatista Hispana, 2 p.m.; Sunday Evening Worship, 6 p.m. Wednesday night programs at the ROC begin 5:30 p.m., at church begin 6:30 p.m. Preschool and Mother's Day Out for children age 6 weeks to 5 years old. Call 385-4704. 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 Gardena St., Lake Placid (just off of Miller at the west end of Lake June) "Where the old fashion gospel is preached." Sunday School begins at 9:30 a.m.; Sunday Worship service at 10:45 a.m.; Sunday Evening Service is at 6 p.m. Wednesday Prayer Meeting and Bible Study at 6 p.m.

Call the church at 699-0671 for more information.

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

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

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

■ **Southside Baptist Church (GARBC)**, 379 S. Commerce Ave., Sebring. David C. Altman, Pastor. Sunday School for all ages, 9:30 a.m.; Morning Worship Service, 10:45 a.m.; Evening Worship, 6 p.m. Wednesday: Student ministry, 6:30 p.m.; Awana kindergarten through fifth grade, 6:30 p.m.; Adult Midweek Prayer and Bible Study, 7 p.m. A nursery for under age 3 is available at all services. Provisions for handicapped and hard-of-hearing. Office phone, 385-0752.

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

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

CATHOLIC

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

■ **St. Catherine Catholic Church**, 820 Hickory St., Sebring. Parrish office/mailling address: 882 Bay St., Sebring, FL 33870, 385-0049, 385-6762 (Spanish); fax, 385-5169; email, office@stcath.com; website, www.stcath.com. School Office/Mailing, Principal Dr. Anna V. Adam, 747 S. Franklin St., Sebring, FL 33870; 385-7300; fax, 385-7310; email school@stcath.com. School office hours 7:30 a.m. to 3:30 p.m. Monday-Friday. *Cljose@stcath.com*. José González, V.F., frjose@stcath.com or 385-0049; Parochial Vicar, Rev. Victor Caviedes, 385-3993; Assisting Priest (retired), Rev. J. Peter Sheehan; Decons, Rev. Mr. James R.

McGarry and Rev. Mr. Max M. Severe. 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; Josh Knabel (812-618-7118), 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/lakeplacid-cofc/>.

■ **Sebring Parkway Church of Christ**, 3800 Sebring Parkway, Sebring, FL 33870; 385-7443. Minister: Kevin Patterson. Times of service are: Sunday Bible Class, 9 a.m.; Sunday Worship Service, 10 a.m.; Sunday Evening Service, 6 p.m.; Wednesday Bible Class, 7 p.m.

CHURCH OF NAZARENE

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

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

CHURCHES OF CHRIST IN CHRISTIAN UNION

■ **Community Bible Church - Churches of Christ in Christian Union**, (Orange Blossom Conference Center) 1400 C-17A North (truck route), Avon Park. Presenting Jesus Christ as the answer for time and eternity. Sunday morning worship service, 10:30 a.m. Nursery provided. Junior Church activities at same time for K-6 grade. Sunday School Bible hour (all ages), 9:30 a.m. (Transportation available.) Sunday evening praise and worship service, 6 p.m. Wednesday evening prayer service, 7 p.m. Children and youth activities at 7 p.m. Wednesday. Everyone is welcome, please come worship with us. Tom Schwankweiler, Pastor. Phone 453-6052.

RELIGION

Continued from B8

by Don Wyrzten.

The church is at 510 Poinsettia Ave.

First Presbyterian Church of Avon Park

AVON PARK — On Sunday, Pastor Bob Johnson's sermon is entitled "The Lord's Day."

The choir's introit will be "Thou Art Worthy" and three anthems will be interspersed with Scriptures: Isaiah 53 - "All We Like Sheep," I Corinthians 1:18-24 - The Power of the Cross" and Revelation 4:1-11 - "Crown Him with Many Crowns."

The adult class has been viewing a video series entitled "The Life and Ministry of the Messiah" sponsored by Focus on the Family. The lessons are filmed on location and narrated by Ray Vander Lann. Sunday's film is entitled "Finger of God: The Plagues" filmed in Ramesseum. Matt Sboto

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

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

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

teaches the youth class and they are studying the book of Ephesians.

The Family Gathering will not meet Sunday.

On Wednesday, Pastor Johnson will lead the Bible study on the book "What is the Christian Worldview?"

The church is at 215 E. Circle St. Call 453-3242.

First Presbyterian Church of Lake Placid

LAKE PLACID — First Presbyterian Church and Rev. Raymond W. Cameron Jr. will hold traditional worship 8 a.m. and 9:30 a.m.; and contemporary worship at 11 a.m. on Sunday.

There will be coffee and sweets in the garden between services.

First Presbyterian Church is at 117 N. Oak Ave. Call 465-2742 or visit www.fcplp.com/.

First Presbyterian Church of Sebring

SEBRING — "Why Did You Come Today?" is the title of Sunday morning's sermon by the Rev. Darrell A. Peer.

First United Methodist Church of Sebring

SEBRING — Easter Egg Hunt will be held for the

community Saturday from 9-11 a.m. Lunch will be served.

Rev. A.C. Bryant's Easter message will be "The Empty Tomb" with Scripture reference John 20:1-18.

The Braveheart Factor will be three nights, Monday through Wednesday, April 1-3, from 6:30-7:30 p.m., in the dining hall.

Dinner will be served at 5:45 p.m. nightly. Upside Down Kingdom will be held for the kids.

United Methodist Women visit the Potter House for lunch in Lake Placid on Tuesday, April 2. Meet at the church by 11:15 a.m.

The church is at 126 South Pine St. Visit

www.sebringfirstumc.com or call 385-5184.

Grace Pointe Ministries

SEBRING — Grace Pointe Ministries is at 200 Lark Ave. in the Sebring Hills Associations Clubhouse.

Tuesday Home Bible Study "Messiah: Shadow To Image" continues. Call (863) 658-2534 for directions and other church information.

At 10:30 a.m. Sunday, morning worship will be on "Resurrection Day."

Heartland Christian Church

SEBRING — This Easter Sunday service begins at 10 a.m. Pastor Ted Moore's sermon this week will be "Crowns of Our Lord," with Scripture from: Revelation 19:11-12. Communion is offered during the service weekly.

The service will include:

Heartland Singers singing "For all You've Done" and "I Wanna be There When They Crown Him King of Kings," George Kelly singing "The Day He Wore My Crown" and Mary VanHooreweghe and Flossi Moore singing "King of Kings."

The church is at 2705 Alternate Route 17 South in Sebring (behind Publix). Call 314-9693.

Memorial United Methodist Church

LAKE PLACID — Memorial will offer the usual 8:30 and 10:45 a.m. services with Rev. John Bryant leading a celebration of Resurrection Sunday. No evening activities are planned so families may celebrate together.

The church is at 500 Kent Ave. behind the tower in Lake Placid.

Parkway Free Will

Continued on B10

PLACES TO WORSHIP

EPISCOPAL

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

■ **St. Francis of Assisi Anglican Episcopal Church**, 43 Lake June Road, Lake Placid, FL 33852. Phone: 465-0051. Rev. Elizabeth L. Nelson, Rector. Sunday Worship, 8 a.m., 10:30 a.m. and 6 p.m. Wednesday evening: Holy Communion with Healing Service, 6 p.m. Thursday: Holy Communion with healing service, 9 a.m. Child care available at the 8 a.m. and 10:30 a.m. Sunday service.

EVANGELICAL FREE CHURCH OF AMERICA

■ **The Church of the Way EFCA**, 1005 N. Ridgewood Drive, Sebring. Sunday school and worship service at 9 a.m. and 10:30 a.m. Youth activities, 6:30 p.m. Wednesdays. The Way is a church family who gathers for contemporary worship, teaching of God's Word, prayer and fellowship. Come early and stay after for fellowship time. Child care and children's church are provided. Reinhold Buxbaum is pastor. The Way - A place for you. Office Phone: 471-6140, Church Cell Phone: 273-3674. Email: thewaychurch@hotmail.com. Web site: www.TheWayChurch.org

GRACE BRETHREN

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

INDEPENDENT

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

INTERDENOMINATIONAL

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

LUTHERAN

■ **Atonement Lutheran Church (ELCA)**, 1178 S.E. Lakeview Drive., Sebring. David Thoresen, Deacon, Spiritual Leader, on first, third and fifth Sunday each month, and Rev. Jefferson Cox on the second and fourth Sunday of each month. Jim Helwig, organist/choir director. Worship service at 9:30 a.m.; Holy Eucharist is every Sunday. Coffee hour on the first and third Sunday of each month. Council meeting on the first Tuesday of month; Ladies Group WELCA meets at noon second Tuesday of month with lunch. Bring a dish to pass. Labyrinth Prayer Garden open seven days a week to congregation and community. Come grow with us. Phone 385-0797.

■ **Christ Lutheran Church Avon Park - LCMS**, 1320 County Road 64, 1/2 mile east of Avon Park High School past the four-way stop sign. Sunday Divine Worship is at 10 a.m. Holy Communion is celebrated every week with traditional Lutheran Liturgy, hymns and songs of praise. Fellowship time with coffee and refreshments follows worship. Come worship and fellowship with us. For information call Pastor Scott McLean at (863) 471-2663 or see christlutheranavonpark.org.

■ **Faith Lutheran Church - LCMS**, 2740 Lakeview Drive, Sebring. Reverend Robert Reinhardt, Pastor. Church phone: 385-7848, Faith Child Development Center, 385-3232. Sunday Traditional Worship Service, 8 a.m.; Sunday Praise Worship Service, 10:30 a.m. Communion is served the first, third and fifth Sunday of the month. Sunday school and Bible classes, 9:15 a.m. Worship service is broadcast at 8 a.m. on WITS 1340 AM each Sunday. Educational opportunities include weekly adult Bible studies. Faith's Closet Thrift Store (385-2782) is open from 10 a.m. to 2 p.m. Tuesday through Friday and 9 a.m. to noon Saturday. All are warmly welcome in the Family of Faith.

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

■ **New Life Evangelical Lutheran Church**, 3725 Hammock Road, a Congregation of the Evangelical Lutheran Synod (ELS) in fellowship with the Wisconsin Evangelical Lutheran Synod (WELS). Sunday Worship at 10 a.m.; Bible Study, 9 a.m. For more information, call Pastor 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, lead pastor. Sunday worship, 6:30 p.m. Saturday, 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.

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.

■ **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 ages), 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.fcplp.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**

■ **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. 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

A dog, a stick, and God's wisdom

Several years ago, a radio program out of Michigan reported the following true story on the air. It involved a man who bought a brand new Jeep Grand Cherokee for \$30,000.

As a result of his purchase on credit, he ended up with monthly loan payments of \$400.

After his purchase, the owner and a friend decided to go duck hunting. Because it was winter, all of the lakes were frozen. The two men went to one of those lakes with their guns, a dog, and, of course, the new vehicle. They drove out onto the lake of ice, unpacked their gear, and got ready to hunt.

The two men wanted to make some kind of a natural landing area upon which the ducks and the decoys could float.

In order to make a hole large enough to look like something a wandering duck would fly down and land on, it was going to take a little more than a hand-held ice drill. So, out of the back of the new Jeep Grand Cherokee came a stick of dynamite with a short, 40-second fuse.

Now, these two "rocket scientists" actually did take into consideration not to place the stick of dynamite on the ice at a location where they were standing (or where the new Jeep Grand Cherokee was parked). They also certainly did not want to risk slipping on the ice when they ran from the burning fuse and possibly go up in



Kevin's Comments

Kevin Patterson

smoke from the resulting blast. So, they decided to light the forty-second fuse and throw the dynamite far away.

Remember the dog? Yes, the dog was a highly-trained black labrador used for retrieving (especially things thrown by his master). You guessed it! When the stick of dynamite was thrown, the dog took off at a high rate of doggy speed over the ice and captured it with 30 seconds left on the 40-second fuse.

The two men yelled, screamed, and waved their arms in the air. The dog, cheered on by his master and friend, kept coming.

One of the men grabbed a shotgun and shot the dog. The shotgun, which was loaded with No. 8 duck shot, was hardly enough to stop the big, black lab. The dog, however, did stop for a moment, slightly confused. With the burning fuse really short now and scared that he might be shot again, the dog took off to find cover — the only cover available — under the brand new Jeep Grand Cherokee.

BOOM!

Both dog and vehicle

were blown to bits and sank to the bottom of the lake through a very large hole, leaving the two men standing there with dumbfounded looks on their faces.

To add insult to injury, the insurance company told the owner of the Jeep Grand Cherokee that sinking a vehicle in a lake by illegal use of explosives was not covered under his insurance policy.

And, to top things off, the bank said that he still had to make those \$400 monthly loan payments!

We read in Ephesians 5:15-17, "Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is."

There may not be anything technically wrong with driving your new Jeep Grand Cherokee onto a lake of ice with your friend, a dog, and stick of dynamite, but it is not the WISE thing to do! Live your life for God in the same way.

Do not try to determine only what is technically right or wrong, but read the Bible and try to "understand what the will of the Lord is." That is wisdom.

Kevin's Comments is presented by the Sebring Parkway church of Christ assembling at 3800 Sebring Parkway, Sebring, FL 33870. Find us on the internet at www.sebringcoc.com, or e-mail us at sebringparkway@sebringcoc.com.

Continued from B9 Baptist Church

SEBRING — There will be a sunrise service at 7 a.m. Sunday at the church. The Sunday morning Bible lesson, "Hope Restored" is taken from Luke 24. Pastor Jim Scaggs will bring the message in the Sunday morning and evening worship services.

The Lord's Supper will be observed during the morning service and foot washing will be observed following the Sunday evening service.

St. Agnes

SEBRING — St. Agnes is having the following services for Holy Week and Easter Sunday:

Good Friday at 12 Noon.

Easter Sunrise on the lakefront at 6:30 a.m.

Rite I at 7:45 a.m. inside the sanctuary.

Rite II with music at 10 a.m. inside the sanctuary.

The church is at 3840 Lakeview Drive. Call the church office at 385-7649.

St. John United Methodist Church

SEBRING — On Sunday, the Rev. Ronald De Genaro Jr.'s message from the Lenten Series will be "Easter Sunday: The Lamb Wins." Biblical reference is from Luke 24:1-12.

A Family Easter Celebration will be held on Saturday from 10-11:30 a.m. In addition to the egg hunt and Easter story, there will be crafts, face painting,

cake walk, cookie decorating, popcorn, sno-cones, prizes, lots of fun. All ages are welcome. TChildren under 12 must be accompanied by an adult.

The church is at 3214 Grand Prix Drive (behind Walmart) in Sebring. Call the church at 382-1736.

Sebring Church of the Brethren

SEBRING — On Sunday morning, which is Easter Sunday, Pastor Dave will be preaching on "From Sacrifice Comes Salvation."

Sunday school will meet in the Fidelis Room. Pastor Wendell Bohrer will be preaching on "Envisioning New Life."

Sunday school No. 2 will be meeting in the conference room and studying articles from "The Messenger." That class will be led by Larry Weise.

Call 385-1597.

Spring Lake Presbyterian

SEBRING — Spring Lake Presbyterian Church (the church under the big white cross), at 5887 U.S. 98 in Sebring, will host the following services this week:

Community Good Friday service, March 29 at 3 p.m.

Easter worship service, March 31 at 10 a.m.

Spring Lake United Methodist Church

SEBRING — Spring Lake United Methodist

Church is at 8170 Cozumel Lane.

Sunrise service will be celebrated on the east lawn of the church (inside if weather is bad) at 7 a.m. Sunday, followed by breakfast. Regular Sunday service will be at 9:55 a.m.

Rev. Clyde Weaver's sermon will be: "Christianity Is An Easter Religion." No fellowship following this service.

Sunridge Baptist

SEBRING — Sunridge Baptist Church will sponsor a sunrise worship service on the paved parking lot on the east side of the church building on Easter Sunday morning beginning at approximately 7:15 a.m.

Following the sunrise service, there will be food and the regular Sunday morning schedule (worship at 10:45 a.m.)

The church is at 3704 Valerie Boulevard, Sebring. Call the church office for more details at 382-3695.

There will be no evening service on Easter Sunday evening.

Tanglewood Community Church

SEBRING — Tanglewood Community Church Worship Service is held every Sunday at 9 a.m. in the Tanglewood's Center Hall.

Rev. Ken Thoreson is the full time minister of the church. Easter Service is at 9 a.m.

Egg-stravaganza, community Easter service at Memorial United Methodist

LAKE PLACID — An Egg-stravaganza will take place in Rob Reynolds Hall at Memorial United Methodist Church at 10 a.m. Saturday. The children can come hear the story of the resurrection, sing songs, have snacks and hunt for eggs. Children should bring their baskets.

The Lake Placid Christian Ministerial Association is sponsoring a Community Easter Sunrise Service at Memorial United Methodist Church in Lake Placid at 6:30 a.m. Sunday. Rev. Johnny Bryant from First Assembly of God will preach a sermon entitled "Resurrection Power." Various Lake Placid pastors will assist him with prayer and Scripture.

Music will be provided by Bill Lewis and Skook Wright. Seating is limited so you are welcome to bring your favorite lawn chair to enjoy the beauty of God's creation as the sun rises over Lake Clay.

Sunrise service at Hammock

SEBRING — Sebring Christian Church will have an Easter Sunrise Service at 7:30 a.m. Easter Sunday at Highlands Hammock State Park, all the way to the back of the park in the amphitheater. Park fee for those attending the service is waived.

Bring a towel or a blanket for the benches.

Sunrise service on Circle

SEBRING — The Church of the Way, EFC, will be holding a Sunrise Service on the Circle in historic downtown Sebring, at 7

Snapshots

a.m. on Sunday. This is the very spot where early Sebring residents worshipped before the churches were built.

The service will be led by Pastor Reinhold Buxbaum. Breakfast will follow at the church. A video will be shown. The Resurrection Day Worship Service will be held at the normal worship time of 10:30 a.m., with Pastor Buxbaum preaching.

The Church of the Way is at 1005 N. Ridgewood Drive. Call 471-6140.

Aglow Christian meets April 6

SEBRING — Aglow Christian will be meeting at 9:30 a.m., Saturday, April 6. People of all denominations and races are welcome at the Fellowship Hall of the Assembly of God on Kenilworth Blvd.

Diane Ferguson will share wisdom gained from her 35-year Christian journey. She believes God wants us to participate and she has; in praise and worship as team member and leader, in children's ministry, and in working with "crack" babies.

Call Phyllis 655-1188 or Emma 465-5948 for further information.

Wacaster Family to perform April 6

SEBRING — The Wacaster Family will be holding a concert at the Sebring Church of the Nazarene at 6 p.m., Saturday, April 6. The church is at 420 S. Pine St. in Sebring. All of the community is welcome.

Feasting with Jesus in heaven and on earth

This Sunday is resurrection Sunday, but do you know that Jesus prophesied on Thursday about his future?

Hi, my name is Pastor Reinhold Buxbaum from "The Church of the Way" and I'd like a word with you.

It was Thursday night, when Jesus and his disciples were in the Upper Room, celebrating communion. It was then that Jesus told the disciples, "I tell you, I will not drink of this fruit of the vine from now on until that day when I drink it anew with you in my father's kingdom." (Matthew 26:29 NIV)

Many Bible scholars believe that Jesus was referring to the "Wedding Supper of the Lamb" from Revelation 19:9. It is a feast that Jesus will celebrate with all true believers from all tribes and nations in heaven while the seven years of tribulation is coming to an end. What an incredible wonderful event that will be!

Some time later that day, Jesus made a short-term prophecy about his resurrection. In John 16:16, Jesus tells his disciples: "In a little while you will not see me no more, and then after a little while you will see me." From Friday until Sunday



Guest Column

Reinhold Buxbaum

morning Jesus' body lay dead in the tomb. Then Jesus rose from the dead and that Sunday evening Jesus showed himself to his disciples.

It was earlier that same week that Jesus took his disciples up on the Mount of Olives and briefed them concerning the year 70 A.D., when the Romans would destroy Jerusalem and the temple, "When you see Jerusalem being surrounded by armies, you will know that it's desolation is near: Then let those who are in Judea flee to the mountains..." (Luke 20:20).

Jesus also warned about a coming time when a world leader will go into the future temple and desecrate it by proclaiming himself to be god (Matthew 24:15). Jesus was also referring to the prophet Daniel, who prophesied that this world leader will confirm a contract with

Israel for a seven-year period (Daniel 9:27).

This prophecy is still in the future, but since Israel is back in its land (1948) and since Jerusalem is back in the hands of the Jews (1967) and since voices for a third temple are getting stronger, Jesus' prophecy of the Passion Week might be just around the corner!

A Jewish group by the name of "Temple Institute" has already finished some 150 articles found in the Temple. They even re-discovered the crimson worm, needed to give the priest's 16-meter belt the biblical crimson color. The first harvest by the temple institute of the crimson worm happened on July 16, 2008.

Jesus' prophecies in the Passion Week were truly remarkable and are pointing to his soon return!

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., on Mondays at Homer's Smorgasbord in Sebring, next one is April 1. No purchase is necessary. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.

Forgiven IN CONCERT!

First Assembly of God
4301 Kenilworth Blvd.
Sebring, FL

March 31, 2013
Easter Sunday
11:00 AM

Phone: (863) 385-6431

WWW.FORGIVENTRIO.COM

CENTRAL FLORIDA WHEELS.COM
EVERYTHING AUTOMOTIVE

Need a Car, Truck or SUV?
Shop Fast, Shop Affordable, Shop Local.

Centralfloridawheels.com

RELIGION

An outcast at the feet of Jesus

Are you one of those kinds of women that are afraid to let people know who you are? Do you look different than the others? Are you ashamed because of things you have done or things that have been done to you? For some reason, it seems as though the other women are better than you.

If you can relate, you are not alone. There was a woman just like you and I from a land, called Samaria. I think you might know who I'm talking about. She has often been referred to as the Samaritan woman at the well found in John 4.

One evening in the hottest part of the day the woman went to draw some water from the well. It is apparent that no one else was around except for a man who had stopped to take a break because He was tired from walking for so long.

In verse 7, Jesus said to her, "Give Me a drink." Why would He have shown any interest or acknowledged her? After all, she was different. She questioned the man in verse 9, "How is it that You, being a Jew, ask me for a drink since I am a



Come To The River

Leslie Deese

Samaritan woman?" (For Jews have no dealings with Samaritans.)"

Can you relate to the way this woman must have been feeling? I wonder if she walked with her head down at the ground and had a hard time looking up at the man when He asked her for a drink. By the way, this man was not just any man. He was Jesus! Keep in mind, the woman did not know this yet. Verse 10 says, "Jesus answered and said to her, 'If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water.'" What was this gift and living water that Jesus was talking about?

The Samaritan woman asked the man if He was bet-

ter than the man who dug the well and who drank from it himself and his cattle. In verse 13, Jesus answered and said to her, "Everyone who drinks of this water shall thirst again; but whoever drinks of the water that I shall give him shall become in him a well of water springing up to eternal life." She instantly became very interested. Could you imagine what it would feel like to never feel thirsty? In verse 15, the Samaritan would said to Jesus, "'Sir, give me this water, so I will not be thirsty, nor come all the way here to draw'."

Besides telling this man that she was interested in this water that could quench her thirst for eternity, was more needed than simply telling Him she was interested? Verse 16 says that "He said to her, 'Go call your husband, and come here.'" Continuing on in verse 17 and 18, "the woman answered and said, 'I have no husband.' Jesus said to her, 'You have well said, 'I have not husband;' for you have had five husbands, and the one whom you now have is not your husband; this you

have said truly'."

At this point, the woman recognized that He was Jesus, the Messiah because He knew the truth about her and her sin. However, the difference between this particular man and the others was that He loved her unconditionally in a way that no else could or would. What was needed on her part was to see her need for Her Savior and recognize that she was a sinner. Romans 3:23 says, "For all have sinned and fall short of the glory of God."

From this point, the Samaritan woman became a true worshipper of God in spirit and truth at the feet of Jesus. If you can relate to the woman at the well, I pray that you will be able to lift your head up and see the love in your Father's eyes and know He loves your regardless of the mistakes you have made.

Leslie Deese is a Sebring resident.

Jesus stomping incident at FAU draws Gov. Scott's ire

Associated Press

TALLAHASSEE — Florida Gov. Rick Scott waded into a religious-infused campus controversy Tuesday, asking the state university system chancellor to look into a classroom lesson at Florida Atlantic University where students were instructed to stomp on sheets of paper that had "Jesus" written on them.

Scott said in a letter to State University System Chancellor Frank Brogan that he was "deeply disappointed" by the recent incident in an intercultural communications class and said it raised questions about "the lessons being taught in our classrooms." He said he wanted a report on the incident and how it was handled, as well as a statement of the university's policies to ensure such "lessons" don't occur again.

"As we enter the week memorializing the events of Christ's passion, this incident gave me great concern

over the lessons we are teaching our students," Scott wrote in the letter.

State University System spokeswoman Kim Wilmath said officials would work closely with FAU in preparing a response to the governor's concerns.

"The State University System prides itself not only on its commitment to academic freedom, but at the same time, its awesome responsibility to the people it serves," she said in a written statement. "We are gratified to know that FAU has apologized for any offense the exercise has caused and has pledged never to use this exercise again."

Scott cited news reports indicating students were told by the class instructor to write "Jesus" in large letters on a sheet of paper and to place the paper on the floor in front of them. The students were given a brief time of reflection and then were told to step on the paper and tell how they felt.

Grammy nominated Taylor-Good returns to Unity

Make reservations before Tuesday

Special to the News-Sun
SEBRING — Reservations are being taken through Tuesday for Unity Life Enrichment Centre's "Mexican Cantina Nite." The evening begins at 5:30 p.m. Thursday with a dinner featuring a wide variety of Mexican and Tex-Mex entrees that will surely satisfy. At 7 p.m. the show begins with The 4 Singing Chica's in "You Will Never Be The Same". A soul-touching, musical cavalcade of fun, music, laughter and inspiration.

Karen Taylor-Good is a singer, songwriter, motivational speaker, and author. Nominated for a Grammy for her song "How Can I Help You Say Goodbye", Good brings with her a posse of some of the most talented positive music artist to grace the planet.

She is a two-time SESAC Songwriter of the Year and has sung on recordings and movie soundtracks with Dolly Parton, Willie Nelson, Elvis and many others. Her songs have been recorded by Melissa Manchester, Al Jarreau, Patty Loveless, Collin Raye, Laura Brannigan, Diamond Rio, etc. Many of her songs have been chosen to be "flagship" songs for organizations like The Compassionate Friends, Childhelp USA, and the National Hospice Foundation. Good's latest CD release is "Let The Light In".

Good brings with her Stowe Daily-Shockey, Sue K. Riley, and the incomparable Sloan Wainwright of the Wainwright family dynasty.

Stowe Dailey Shockey is a

singer/songwriter and best-selling author. Her first Top-10 hit came in 1993 when her song "Leavin's Been A Long Time Comin'" was recorded by the group Shenandoah. Her album, Angel Chants, was the inspirational sound track of Angel Stories, featured on T.L.C..

Sloan Wainwright is an amazingly talented and entertaining singer/songwriter and story teller. She hails from the very talented Wainwright clan. She is the aunt of Rufus and Martha Wainwright, and the sister of Loudon Wainwright.

Sloan is one of those singers whose performance is a force of nature. Her big alto voice wraps itself around the lyrics and then wraps the music around you. Her words reveal personal dramas and the stories of those within her field of view. Her songs poetically expose the inner workings of relationships using highly original metaphors and images.

Sloan is an independent artist making grown-up girl music in the truest sense — a rare, one-of-a-kind voice that speaks deeply to our humanity and leaves us forever changed.

Sue K. Riley is a prolific singer/songwriter and has created six CDs of original uplifting Posi music, along with numerous songbooks. Her newest CD, "Everything Changes, I Can Change Too", was produced by Daniel Nahmod and contains "Grandpa's Hands", a musical tribute to her grandfather that recently won a first place Gold Medal in the SAW song competition from Washington, DC.

Riley is vice president of emPower Music & Arts, with the mission of "Changing the World, One Song at a Time". Empower hosts the yearly Posi Awards, which recognizes excellence in songwriting for artists who create songs with messages

of peace, oneness, and joy-selling living.

Reservations are required for the dinner and show and are \$30 per person. Deadline for reservations is Tuesday. Show-only tickets are available at the door for \$20 each.

For reservations call 471-1122 or email Unity@vistanet.net.



E.O. Koch Construction

1417 Swank Avenue • Sebring, FL 33870

(863) 385-8649

COMMERCIAL & RESIDENTIAL CONSTRUCTION

Let our highly qualified staff develop your commercial property, build your dream home, or do your remodeling.

SEAMLESS GUTTERS — Specials

5 INCH GUTTERS
\$2.99 PER LINEAR FOOT6 INCH GUTTERS
\$3.99 PER LINEAR FOOT

Many Colors Available

"For all of your Aluminum, Steel, and Conventional construction needs"

Email: kochcon@strato.net

State Certified License #CGC1515338



A Beautiful Patio is just steps away

Choose from a huge selection of furniture designs in a wide variety of materials:

Aluminum
Cast Aluminum • Resin
Wicker • PVC
Umbrellas • Umbrellas
Fireplaces • and more!

SETS STARTING AT

\$299

WE OFFER A WIDE SELECTION OF BOTH ELECTRIC & GAS FIREPLACES



FIREPLACES STARTING AT

\$149

Family owned & operated since 1978

• Financing Available

Established 1974
Griffin's
CARPET MART, INC.

Chamber of Commerce Member

560 U.S. 27 North • Sebring • 385-4796 • www.CarpetPatioBlinds.com

Follow the News-Sun on

twitter

www.twitter.com/thenewssun

facebook

www.facebook.com/newssun

THE 20TH ANNUAL NEWS-SUN Reader's Choice Awards

“THE BEST OF HIGHLANDS COUNTY”

NEWS-SUN
Highlands County's Hometown Newspaper Since 1927

30 CATEGORIES MUST BE FILLED IN FOR BALLOT TO COUNT.

- | | | | |
|--|-------|---|-------|
| All-Around Restaurant (1) | _____ | Electronics Dealer (59) | _____ |
| Seafood Restaurant (2) | _____ | Pawn Shop (60) | _____ |
| Italian Restaurant (3) | _____ | Barber Shop (61) | _____ |
| Oriental Restaurant (4) | _____ | Frame Shop (62) | _____ |
| Steak in Town (5) | _____ | Print Shop (63) | _____ |
| Mexican Restaurant
(not fast food) (6) | _____ | Machine Shop (64) | _____ |
| Pizza (7) | _____ | Beauty Salon (65) | _____ |
| Pizza (delivered) (8) | _____ | Nail Salon (66) | _____ |
| Breakfast (9) | _____ | Tanning Salon (67) | _____ |
| Brunch (10) | _____ | Home builder (68) | _____ |
| Salad Bar (11) | _____ | Plumber (69) | _____ |
| Early Bird Special (12) | _____ | Electrician (70) | _____ |
| Cup of Coffee (13) | _____ | Roofer (71) | _____ |
| Chicken Wings (14) | _____ | Lumber Co. (72) | _____ |
| Burger in Town
(not fast food) (15) | _____ | Pool Builder (73) | _____ |
| Restaurant with a View (16) | _____ | Appliance Dealer (74) | _____ |
| Happy Hour (17) | _____ | Septic Company (75) | _____ |
| Sports Bar/Pub (18) | _____ | Remodeler (76) | _____ |
| Romantic Restaurant (19) | _____ | Heating & Air Company (77) | _____ |
| New Restaurant
(open less than 1 year) (20) | _____ | Home Security Company (78) | _____ |
| Dinner Under \$10 (21) | _____ | Pest Control Company (79) | _____ |
| Caterer (22) | _____ | Carpet Cleaner (80) | _____ |
| BBQ (23) | _____ | Appliance Service (81) | _____ |
| Tea Room (24) | _____ | Dry Cleaners (82) | _____ |
| Fast Food Restaurant (25) | _____ | Cellular Sales & Service (83) | _____ |
| Doctor (26) | _____ | Florist (84) | _____ |
| Pediatrician (27) | _____ | Self Storage (85) | _____ |
| Dentist (28) | _____ | Cabinetry
(kitchen, bathroom) (86) | _____ |
| Optometrist (29) | _____ | Tattoo Parlor (87) | _____ |
| Surgeon (30) | _____ | Real Estate Agent (88) | _____ |
| Chiropractor (31) | _____ | Real Estate Office (89) | _____ |
| Physical Therapist (32) | _____ | Mortgage Company (90) | _____ |
| Hearing Aid Center (33) | _____ | Accountant (91) | _____ |
| Pharmacy (34) | _____ | Stock Broker (92) | _____ |
| Medical Equipment Store (35) | _____ | Insurance Agency (93) | _____ |
| Nursing Home (36) | _____ | Bank (94) | _____ |
| Assisted Living Facility (37) | _____ | Investment Firm (95) | _____ |
| Retirement Community (38) | _____ | Fast Oil Change (96) | _____ |
| Veterinarian (39) | _____ | Auto Service (97) | _____ |
| Dog Grooming (40) | _____ | Car Wash (98) | _____ |
| Golf Course (41) | _____ | Auto Body Repair Shop (99) | _____ |
| Golf Pro (42) | _____ | Tire Store (100) | _____ |
| Tennis Courts (43) | _____ | Local Radio Station (101) | _____ |
| Health Club (44) | _____ | Place to Play Bingo (102) | _____ |
| Bowling Lanes (45) | _____ | Boss (103) | _____ |
| Martial Arts Studio (46) | _____ | Funeral Home (104) | _____ |
| Boat Dealer (47) | _____ | Photographer (105) | _____ |
| Weight Loss Center (48) | _____ | Disc Jockey (106) | _____ |
| Jewelry Store (49) | _____ | Customer Service (107) | _____ |
| Shoe Store (50) | _____ | Hotel/Motel (108) | _____ |
| Hardware Store (51) | _____ | Master of Ceremonies (109) | _____ |
| Furniture Store (52) | _____ | Used Car Dealer (110) | _____ |
| Garden Nursery (53) | _____ | New Car Dealer (111) | _____ |
| Computer Sales & Service (54) | _____ | | |
| Carpet/Floor-Covering Store (55) | _____ | | |
| Patio Furniture Store (56) | _____ | | |
| Rental Store (57) | _____ | | |
| Quilt Store (58) | _____ | | |

Print Legibly Please:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Must be 18 or older to participate.

Are you a current subscriber to the News-Sun?

Yes No (Check only one, please.)

A special section
announcing the winner of
each category will
run in the

NEWS-SUN
Highlands County's Hometown Newspaper Since 1927

on Friday, April 26, 2013

INSTRUCTIONS & OFFICIAL RULES

- Entries must be submitted on official entry ballot.
- Photocopies, carbon copies and illegible entries will not be accepted.
- At least 30 of the categories must be filled out.
- One entry per person.
- One entry per envelope.
- Ballots not meeting the criteria will not be counted.
- Entries must be received by April 3, 2013.
- Mail to Reader's Choice Contest, News-Sun, 2227 U.S. 27 South, Sebring, FL 33870.
- Entries may be dropped off at the News-Sun Office.

All judges decisions are final. All entries become property of the News-Sun. The News-Sun will not be responsible for entries lost or delayed in the mail for any reason. No purchase necessary.

If you do not have enough room to write, please attach an extra sheet & write the number & company and attach it to this form, and thank you for your participation this year!

Look for this ribbon!

An ad or company with this ribbon has won or has been a previous winner of this contest! They have been chosen worthy of this award by the voters of Highlands County.



DIVERSIONS



Courtesy DreamWorks Animation LLC./MCT

The Croods (from left) Eep (Emma Stone), Thunk (Clark Duke), Grug (Nicolas Cage), Sandy, Gran (Cloris Leachman) and Ugg (Catherine Keener) embark on the world's first family road trip.

Uninspired, annoying 'Croods' should have stayed in cave

By BOB GARVER

Special to the News-Sun

Longtime readers know that I have a soft spot for animated movies. Sometimes when I go on a streak of bad reviews, people will ask me if I ever praise anything. I'll point to some delightful animated films and then those people will roll their eyes and say, "Okay, besides them."

I keep hoping to see an animated Best Picture Oscar winner, and I consider it a grievous oversight that "Wreck-it Ralph" wasn't even nominated for the award for 2012. "The Croods" is the first major animated feature of 2013, and it is proof that animation can be just as boring as all manner of live-action junk.

The story follows a family of cave-dwellers, led by Grug (Nicolas Cage). Grug's main concern is the survival of his family, which he maintains by keeping everyone cooped up in a cave where nothing can harm them. This doesn't sit well with his daughter Eep (the aptly-named Emma Stone), who, like so many animated heroines, wants to go on adventures and see the world.

She sneaks out one night and meets a guy named Guy (Ryan Reynolds) who vague-



Movie Review

'The Croods'

Rating: PG (some scary action)

Running time: 98 minutes

Review: ★ (of 5)

ly warns her of an upcoming apocalypse. A symptomatic earthquake soon destroys the Croods' cave, and the family joins up with Guy to venture to a new home on a distant mountain. The whole situation drives Grug crazy because he hates leaving the cave and encountering new things. He also doesn't like the way the family (especially Eep) takes to the forward-thinking Guy. Grug is opposed to the very idea of ideas.

The human cast is extremely small. There's Grug, Eep, and Guy, then there's Grug's traitless wife Ugg (Catherine Keener), sassy mother-in-law Gran (Cloris Leachman), dimwit-

ted son Thunk (Clark Duke), and an infant daughter who just grunts instead of talking. Everything else is a prehistoric animal. The story could have used a villain, the closest we get are natural predators who want nothing more than a nosh. And even among them some of them turn out to be friendly.

The obligatory message of the film is that you shouldn't go through life hiding in a cave and playing it safe. I can't accuse the film of "tacking on" this message since it hits us over the head with it in almost every scene. There are also some agreeable messages about the importance of family and perseverance, and some muddier stuff about chasing the sun and its tomorrows or some nonsense.

The humor is uninspired. A lot of the jokes involve beating a single character trait into the ground. The film never lets you forget that Thunk is dumb, Gran is crazy, and Grug is overprotective (and also dumb). The worst gags are "Flintstones" knock-offs where the characters come up with modern technology using primitive materials. I cringed especially hard at the bits with conch shell cell phones. And while I can't get too mad at gags with cuddly animals, please

know that the film loves to have Guy's pet sloth dramatically yell "DUH-DUH-DUH-HHHHHH" in a squeaky voice.

This gag has been shoved down our throats in the film's advertising, and sounds exactly the same in the feature film. Kids are practically encouraged to repeat the phrase ad nauseam. You have been warned.

Actually, consider this your warning for "The Croods" as a whole. It's annoying and mostly uninteresting. The most involving thing about the film comes toward the end when a character decides to make a tremendous sacrifice. This is not to say that the film is inherently better in its bleakest moments, only that specific moments late in the film are more tender and powerful than the scenes leading up to them. But mostly the film is just unfunny and unmemorable. It's as if the writers were living in a cave while humor was evolving.

"The Croods" is rated PG for some scary action. Its running time is 98 minutes. One and a half stars out of five.

Contact Robert Garver at rrg251@nyu.edu/.

Moody 'Pines' is too self-serious

By CHRISTY LEMIRE

AP Movie Critic

The first image you see in "The Place Beyond the Pines" is of Ryan Gosling's shirtless torso, ripped and tatted atop a skin-tight pair of leather pants.

Don't get too excited. The long tracking shot that comes next is actually a better indication of where director and co-writer Derek Cianfrance is headed.

His camera follows Gosling's character from behind, Dardennes-style, through a garishly lighted traveling circus. Gosling's bleach-blond "Handsome Luke" lights a cigarette and strides calmly but purposefully through his depressing surroundings into a loud and crowded tent, where he confidently climbs onto a motorcycle before entering a ball-shaped cage with two other riders to perform a death-defying stunt.

Over the next two-plus hours and across three connected stories, it will become clear that everything is very dramatic and everyone is doomed. You can try to redeem yourself but it's no use; the past always catches up with us. Not a terribly novel concept but one that Cianfrance and co-writers Ben Coccio and Darius Marder hammer home with the utmost seriousness.

Gosling previously worked with the director on the 2010 drama "Blue Valentine," in which he played the husband in a young married couple (opposite an Oscar-nominated Michelle Williams) that was slowly, irreparably crumbling.

"The Place Beyond the Pines" aims admirably for an epic sense of Greek tragedy, and it does have some powerful individual moments, but the characters are all so underdeveloped that the whole effort feels like studied posturing. Rather than helping to create a recognizable sense of place, the artful grunginess with which Schenectady, N.Y., is depicted feels self-conscious and smothering. That's down to the face tattoo Luke sports: a dagger with a drop of blood under his left eye, which is meant to look like a teardrop. (Once again, he is doing the quietly brooding Brando thing.)

In this first section of Cianfrance's triptych, Luke



Movie Review

'The Place Beyond the Pines'

Rating: R (language, some violence, teen drug/alcohol use, sexual reference)

Running time: 140 minutes

Review: ★★ (of 4)

runs into Romina (Eva Mendes), a waitress he had a fling with when he was in town a year ago. (Schenectady, FYI, means "the place beyond the pines" in Iroquois.) Turns out her infant son is the child Luke was totally unaware he had. At the encouragement of a loner mechanic (an effectively creepy Ben Mendelsohn), Luke starts robbing banks to support the boy.

This brings us to Bradley Cooper, who anchors the second section. Cooper and Gosling's paths cross only briefly in one scene, but it is, of course, pivotal. Cooper plays rookie police officer Avery Cross, who finds himself caught up with a group of more seasoned cops (led by Ray Liotta) who want to take him under their wing and make him part of their corrupt little gang.

Finally, Cianfrance skips ahead 15 years for part three. Luke's son, Jason (now played by a wiry and intense Dane DeHaan), and Avery's son, AJ (a swaggering, trash-talking Emory Cohen), happen to cross paths themselves on AJ's first day at a new high school. Of all the tables in all the lunchrooms in all the world, he has to sit down at Jason's.

A palpable sense of danger permeates every moment they spend together but the coincidence is too clever, the parallel is too precious. Naturally, they are destined to have their legacies destroy them, too. Ultimately, none of this registers the way it should because it's so monotonously morose.

Pressure to have sex causes girl to feel angst

Dear Abby: My boyfriend and I have been dating for several months. He's fun and caring, and we spend a lot of time together. He's different from other boys I have dated. We can talk to each other about anything.

My only concern is our relationship physically. He makes it very clear that he wants to go all the way with me. He isn't rude or pushy about it. I don't want to rush into anything. We are both virgins (he does have more experience), and while I have known him for a long time, I don't know him as well as I'd like.

I want to wait until we have dated for at least six months. He says he respects my decision and says he doesn't want to pressure me. I still feel a little rushed. All of our friends have had sex, but I don't want it to be about our hormones in the heat of the moment.

I hate saying no to him. I know he won't leave me, but I feel bad for leaving him frustrated. Would it be wrong to agree to having sex with him — something we both want — even if I don't know if we're ready for the next step?

— *Unsure in Canada*

Dear Unsure: Yes, it would be wrong. The first time you have sex it should be because you are 100 percent sure you are ready, and



Dear Abby

And as for feeling guilty because you are leaving him frustrated — I have a solution. Socialize with him in group settings and spend less time alone together. \

Dear Abby: I am a single mother raising a 15-year-old son. For most of his life it has just been the two of us. I now regret that I put him in bed with me when he was a baby. As he grew older, I encouraged him to sleep in his own bed, but it would last only a few nights, and then he would sneak back into my room.

I was married for three years when he was around 11, and he'd sneak into my husband's and my bedroom after we were asleep and sleep on a couch in there.

His problem is he is terrified of the dark and believes in ghosts, monsters, etc. He says he has a phobia and I believe him. I tried getting a dog for him to sleep with and night-lights, but nothing worked.

If I lock him out, he lays awake all night, scared to

he is the right person. If that's not the case, you will be cheating yourself.

death.

I kept thinking he would grow out of this, but he hasn't. Please help. I can't really afford therapy, but if you think he needs it, I will try.

— *Troubled in Arizona*

Dear Troubled: Some sessions with a psychologist who specializes in phobias would be the quickest way to help your son overcome his problem. And when you consult with one, I am sure the therapist will recommend that your son stay away from violent video games, and movies or television shows that feature ghosts, monsters or anything else that goes "bump" in the dark because they could only increase his fears.

Dear Abby: I'm different from other girls. I don't wear girly clothes. I prefer dark clothes and makeup. My mom thinks I'm strange because I dress differently. Do you think I look like a freak for not conforming, or is there nothing wrong with being different?

— *Different in Washington*

Dear Different: I would never call you a "freak" because of your attire. It is common for young people to express their individuality by their dress, hairstyle and makeup. There is, however, a point when a person's style choices can be limiting.

My question for you would be, "Are you getting the kind

of attention you WANT from presenting yourself this way?" The answer should determine how you choose to dress.

Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

SUDOKU

	7	9				5	
			6			9	3
2	4						6
		7		1			
5				2			9
4			8			5	
3			6				
	6			8			2
		2		9		1	

Level: Advanced

Fun By The Numbers

Like puzzles? Then you've got sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you have, the easier it gets to solve the puzzle!

8	9	1	4	6	3	7	5	2
9	2	3	1	8	7	4	6	5
7	4	6	3	2	9	8	1	5
1	7	4	6	8	9	3	2	5
8	8	9	2	7	4	1	6	3
4	6	3	6	9	1	5	2	7
6	1	2	8	4	5	6	7	3
3	6	7	9	2	3	6	1	4
2	9	8	4	7	1	5	2	3

ANSWER

Fairmount Cinema 6

3750 US 27 N. Sebring

NEW DOLBY DIGITAL SOUND

\$8 ADULTS - \$6 MATINEE*

*Matinee is by 6pm

Now Showing

G.I. Joe: Retaliation PG-13

(Bruce Willis, Channing Tatum)

2:10 • 4:35 • 7:25 • 9:40

G.I. Joe: Retaliation 3D PG-13

(Bruce Willis, Channing Tatum)

1:40 • 4:20 • 7:10 • 9:55

The Incredible Burt Wonderstone PG-13

(Steve Carell, Steve Buscemi)

1:30 • 4:20 • 7:10 • 9:35

Oz The Great and Powerful PG

(Mila Kunis, James Franco)

1:40 • 4:30 • 7:20 • 10:10

Oz The Great and Powerful 3D PG

(Mila Kunis, James Franco)

1:20 • 4:15 • 7:00 • 9:50

Spring Breakers R

(Selena Gomez, James Franco)

2:00 • 4:00 • 7:15 • 9:35

Suick Cinemas

Information.....385-9980
Office.....385-9908

Fact or Fiction?

Get the scoop on 10 common health beliefs that may or may not be true

Ever wonder if an apple a day really keeps the doctor away, or if going out in the cold with wet hair will make you sick? Like family heirlooms, health beliefs tend to get passed from one generation to the next, even if they don't always make sense. A few, of course, are easy to discount once we put them to the test. For instance, my grandmother insisted that eating bread crusts would give me curly hair; it didn't. Others, however, are a lot harder to debunk through experience alone.

We decided to put 10 persistent health beliefs under the microscope to determine if they have any merit. Here's what we found.
— Leslie Garisto Pfaff, FamilyFun magazine



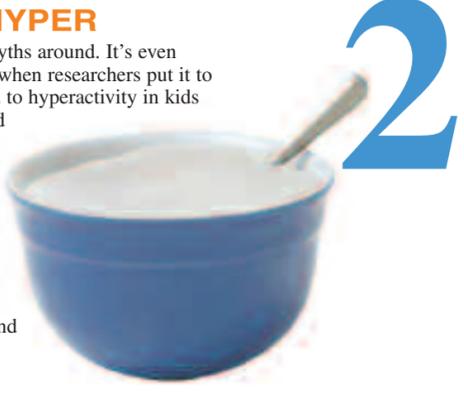
1

CARROTS ARE GOOD FOR YOUR EYES

Bugs Bunny didn't wear glasses, but his uncanny ability to spot a hunter at a hundred paces had nothing to do with his favorite food. While carrots do have a lot going for them, including fiber and vitamin A, eating them won't improve your vision. Truth is, the British Royal Air Force started this myth during World War II to explain its pilots' phenomenal success at locating enemy bombers in near-total darkness. In reality, it was the development of one of the first radar systems that gave the pilots "superior vision."
Bottom line: If you don't get enough vitamin A, your vision can suffer. "But vitamin A is stored in the body," says Dr. Clyde Kitchen, author of "Fact and Fiction of Healthy Vision," "so you'd have to be on a starvation diet for a long time before you'd run short of your natural reserves of it."

SUGAR MAKES KIDS HYPER

This is one of the most pervasive health myths around. It's even spawned a popular phrase: "sugar buzz." But when researchers put it to the test, they found no evidence that sugar led to hyperactivity in kids or adults. So what turns an otherwise calm kid into a human pinball after an encounter with a birthday cake? Blame it on the excitement of the party — or the caffeine in the soft drinks — but not on the sugar in the cake.
Bottom line: "Sugar may have an effect on kids with established hyperactivity, but it won't make a nonhyperactive child hyperactive," says professor Richard Surwit, Ph.D., vice chair of the Department of Psychology and Behavioral Science at Duke University.



2

DRINK AT LEAST EIGHT GLASSES OF WATER A DAY

Dr. Heinz Valtin, a retired Dartmouth Medical School professor who spent his career studying the mechanics of thirst, wondered where this rule got its start. His findings: "After 10 months of very careful searching, I couldn't find its exact origin or any scientific evidence for the number eight whatsoever." And a more recent study showed that it's difficult to upset the body's finely tuned hydrating mechanism, whether you drink gallons a day or just a cup or two.
Bottom line: Kids and adults need to stay hydrated, but if you live in a temperate climate and are not engaging in strenuous exercise, it's probably fine to let your thirst dictate how much you drink versus strictly adhering to eight glasses. And keep in mind that water comes from lots of sources: juice, soups, veggies, fruits, even bread (a slice of white bread, in fact, is one-third water!).

3



4

AN APPLE A DAY KEEPS THE DOCTOR AWAY

"I don't know if it would keep the doctor away, but your basic apple is a pretty good and healthful food," says Dr. Gerard Mullin, director of Integrative GI Nutrition Services at Johns Hopkins Hospital. Apples contain Vitamin C and are high in fiber, and they're particularly abundant in quercetin, an antioxidant that revs up the immune system and helps protect against various diseases, including heart disease.
Bottom line: Apples may help you stay healthy, but even an apple a day can't replace the benefits of a balanced diet.

PHOTOS BY PETER N. FOX/FAMILYFUN MAGAZINE

FEED A COLD, STARVE A FEVER

This one has been confounding folks for centuries. For one thing, half of us have it backward. Either way, "it's not good medicine," says Dr. David Donnersberger, a clinical instructor at Northwestern University's Feinberg School of Medicine. The saying may have arisen hundreds of years ago, when people believed illness was the result of the body's being chilled (bringing on a cold) or overheated (a fever), and food was considered a fuel that could add more heat. In fact, says Dr. Donnersberger, "during any infection, the body needs increased intake of calories and fluid."
Bottom line: Feed a cold. And feed that fever too.

7

GOING OUTSIDE IN THE COLD WITH WET HAIR WILL MAKE YOU SICK

If you'd asked your doctor about this one a few years ago, she would have laughed and told you there was no correlation between the two. But a recent study in which half of the volunteers stuck their feet in ice water indicated that some people may be more susceptible to colds if they become chilled after exposure to a virus.
Bottom line: Although it's not definitive, your mom may have been right to nag you about wet hair. "If you've run your immune system down — chilling might be one way of doing that — and you've been exposed to a virus, you could be more likely to come down with a cold," says Diana Noah, Ph.D., a research virologist at Southern Research Institute.

8

SWALLOWED GUM STAYS IN YOUR BODY FOR SEVEN YEARS

Despite what you may have heard, the Hubba Bubba you swallowed as a kid didn't stick around for long. Although the main ingredient in gum is an indigestible synthetic base, "it moves through the digestive tract at the same rate as any other food and isn't likely to get stuck in your intestines," says Dr. Mitchell Shub, a gastroenterologist at Phoenix Children's Hospital.
Bottom line: Always try to spit out your gum, but if you accidentally swallow it, just remember that it too shall pass.

5

CHICKEN SOUP CAN CURE A COLD

Grandma may have been on to something. "Chicken soup has long been esteemed as a traditional remedy for colds," says integrative medicine expert Dr. Andrew Weil, "And a growing body of evidence suggests there's more than folk wisdom at work here." A 1978 study, for example, found that sipping hot liquids, such as soup, helps temporarily clear clogged nasal passages. More recent research showed that chicken soup has the power to slow neutrophils, the white blood cells that cause many of your nastiest cold symptoms.
Bottom line: It won't cure your cold, but a nice bowl of chicken soup might help you get over it faster — and help you feel better while you've got it.

9

READING IN DIM LIGHT OR SITTING TOO CLOSE TO THE TV WILL HURT YOUR EYES

You can breathe easy: all those hours spent under the covers with a book and a flashlight or nose-to-nose with your favorite cartoon characters haven't hurt your vision, and they won't hurt your child's either. "The eyes are remarkably durable for reading, seeing and tracking," says Dr. John Hagan, an ophthalmologist and editor of Missouri Medicine. And kids' eyes are even better than adults' at adjusting to different levels of light.
Bottom line: Both practices could cause some minor — but strictly temporary — eyestrain.



6

DON'T SWIM FOR AT LEAST 30 MINUTES AFTER EATING

When you eat, your body moves oxygen-rich blood to your digestive system; when you exercise, blood is redirected to your muscles. So, the notion goes, if you swim after downing that PB&J, your gut could be deprived of oxygen, which might lead to cramping and trouble swimming. However, "I've never seen a patient who reported this problem, and I've never read about it in a medical journal," says Dr. Jonathan Schreiber, a gastroenterologist at Baltimore's Mercy Medical Center.
Bottom line: While there's no evidence that swimming after eating has resulted in even a single drowning, it makes sense to avoid strenuous exercise on a full stomach.



10