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Low 68
High 90

Details, A12

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GRADUATION

GIFTS

Top Picks

for the

Class of

2013



LIVING, B12



Last one in's a rotten egg!

After 5 years,
you can swim
at City Pier
Beach again

By SAMANTHA GHOLAR

sgholar@newssun.com

SEBRING — You mother may have told you to wait an hour after you eat before you go swimming.

The City of Sebring proved to be even more cautious than even the most protective of moms, waiting much longer than that — four years, 11 months and 27 days longer — to re-open City Pier Beach on Lake Jackson for swimming after a man drowned in the dredge hole off shore.

"The safety inspection results came back in today and everything passed," City Administrator Scott Noethlich said Wednesday. "City Pier is now open for swimming."

It was on June 6, 2008 that 23-year-old Bobby Clark drowned while trying to swim across the dredge hole. The beach has been officially

See BEACH, A2

Like a surgeon

Kids put video game skills to use with demo of surgery robot

By CHRISTOPHER TUFFLEY

christopher.tuffley@newssun.com

SEBRING — Fred Wild Elementary School teacher Krytsal Griffin took her advanced academics fifth-grade students on a field trip to South Florida State College and the Highlands Regional Medical Center Wednesday.

Their goal was to learn about future opportunities in the areas of science, technology, engineering and math. The visits are part of Florida's techPATH initiative to cultivate tomorrow's workforce.

"This program provides a valuable experience for students to see first hand how this knowledge will open doors to exciting career opportunities like robotics and medical fields," said Dorothea Strickland, K-12 science content specialist with Highlands County schools.

While at the hospital, students were



Photos by CHRISTOPHER TUFFLEY
Missy Leal, a surgical technician at Highlands Regional Medical Center, shows Isabella Knott how to operate the hospital's robot console. Knott was one of the students who took quickly to the techniques.

each given time to manipulate the Da Vinci operating robot.

The machine has three arms and a camera that are manipulated from a separate console.

Lego pieces were set out where a

See STUDENTS, A8

CITY AXES FIREFIGHTER PENSIONS

Those not vested to be switched to 401(a) plan

By SAMANTHA GHOLAR

sgholar@newssun.com

SEBRING — After two years of negotiations, city council members voted unanimously Tuesday evening to do away with the City of Sebring Fire Department's pension plan.

The current seven non-vested employees will all be moving over a 401(a) defined contribution plan should they remain at the fire department. The eight vested employees will retain their pension plans.

The votes came after nearly two hours of discussions from the city's labor attorney, Brian Koji, Local 3210 Fire Union President Ross Edmonds, city council members and concerned members of the public.

The full details of the city and fire's negotiations were laid out for Mayor George Hensley and the council, minus Bud Whitlock, who was absent.

City officials have argued that the pension plans could easily bankrupt the city long before the last firefighter enters retirement and begins drawing on his pension.

They rolled the dice and they lost. That's what happens in negotiations.

John Clark
city councilman

side of the issue, pleading for the council to let the current members of the fire department keep their pensions.

"We are not asking for new-hire pension," Edmonds said, adding that despite what

See CITY, A8



Mowers that can motor

Shrine Club to host mower races on Saturday

A5

Officials urge early storm prep

By BARRY FOSTER

News-Sun correspondent

The hurricane season in Florida does not start until June 1. Nevertheless, officials of the National Hurricane Center are urging residents to begin their preparations now in the event a big storm slams into their area.

Many people in Highlands County well remember when a trio of hurricanes crisscrossed the state in 2004. Charley, Frances and Jeanne came roaring

See STORM, A5



Hurricane Season

June 1-Nov. 30

NOAA 2013 predictions

18 named storms

9 hurricanes

4 major hurricanes



News-Sun photo by CHRISTOPHER TUFFLEY
Law enforcement officers and the community gathered to pay respects to fallen peace officers at the government center Thursday morning. In 2012, 127 men and women died across the nation. Fifty were killed in traffic related incidents, 49 by gunfire and 28 by other means.

Remembering those who paid ultimate price

Peace Officers Memorial Day ceremony held

By CHRISTOPHER TUFFLEY

christopher.tuffley@newssun.com

SEBRING — Crime is at historic lows, Highlands Chief Deputy Mark Schrader told a respectful audience Thursday morning, but the gain was won with hard sacrifice.

While fewer officers were killed in the line of duty in 2012 than in 2011, 120 men and women across the nation gave their lives keeping their communities safe.

By a presidential decree, a Peace Officers' Memorial Day is held annually on or near May 15 since 1961 to remember and honor their ultimate sacrifice.

Schrader said that nationally there were more than 58,000 assaults on police officers, resulting

See PEACE, A4

Moving on up

AP's Gentry earns national ranking

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Twenty-nine of the 65 individuals retiring from the school board this year. Together they share 1,486 years of experience. Top row (from left): Vicki Hackett, Bob Lundy, Gerard Dewind, Becky Fleck, Thomas Libby, Christine Gregory, Helen Harris, Brenda Wilkes, Jimmy Hoffer, Jerry Stowell and Noretta Spencer. Middle row: Patricia Aherns, Lottie Brown, Deborah McGuire, Helen Wilson, Pearl Williams, Beverly House, Nancy Whalen, Karen Smith, JoAnn Taylor, Ruthella Mullins and Patricia Roberts. Bottom row: Connie Scobey, Betty Ford-Smith, Katherine Robinson, Mary Pat Sheehan, Charlotte Shiplett, Judith Reed and Judy Dyer.

Farewell ... and thank you

School Board honors retiring employees

By CHRISTOPHER TUFFLEY
christopher.tuffley@newssun.com

SEBRING — Members of The School Board of Highlands County, district administrators including Superintendent of Schools Wally Cox, and assorted well-wishers toasted 29 retiring teachers Tuesday afternoon.

The retirees talked and laughed non-stop. "This is the happiest

meeting that's ever been held in this room," said Beverly House, a reading teacher at Lake Placid Middle School for 23 years.

A total of 65 school and district employees are leaving. Collectively, they have

1,486 years of experience. **Driving is the easy part. Keeping order, that's what's hard. Everybody can drive, not everybody can handle kids.**

Jerry Stowell retiring after 26 years driving a school bus

Rebecca Fleck (31 years) are headed to cooler mountains, too.

Jerry Stowell is retiring after a driving a school bus for 26 years. "Driving is the easy part," Stowell said, talking about his job. "Keeping order, that's what's hard. Everybody can drive, not everybody can handle kids."

Turns out, this retirement is Stowell's second. He retired to Florida after serving 26 years as a police officer up north. Asked if he was going for a third career, he said, "I'm 81. I think I've earned a rest."

Not everyone is retiring completely.

Patricia

Roberts is

leaving the public school system after 21 years of teaching, but she is not ready to leave the classroom.

Her future plans include teaching at the soon-to-open Cornerstone Academy at the Avon Park Lakes Baptist Church.

Leroy Taylor, whose wife JoAnn retired after six years as a Media Center Paraprofessional at Sebring

Middle School, presented one spouse's perspective on retirement.

Now that his wife is going to be home all day, "I'm (coming out of retirement and) going back to work," he grinned.

stopped at a red light at the Sanibel Boulevard.

Burger's Mazda slammed into the back of a tow truck, which pushed it into the vehicle in front of it. In all, four vehicles reportedly were involved in the chain reaction.

Reports by the FHP indicate none of the other drivers were seriously hurt.

A passenger in Burger's car, 21-year-old Nicholas Lindeberg of Fort Myers, also was critically injured.

Both he and Burger were transported to Lee Memorial Hospital.

Reports say he was buckled up, she was not.

Charges in the incident are pending further investigation.

Sebring woman critically injured in Ft. Myers crash

By BARRY FOSTER

News-Sun correspondent

FORT MYERS — A Sebring woman was critically injured Wednesday evening in a multi-vehicle accident in Lee County.

Florida Highway Patrol reports indicate 20-year-old Kara Burger was southbound on U.S. 41 and apparently failed to see a line of cars

closed to swimming since, although many people ignored the warnings and took a dip anyway, most notable Heartland Triathlon participants.

City officials mulled over whether filling the hole or placing warning signs around it was the best solution for four years. The city council voted in the fall to finally fill the dredge hole at a cost of \$114,000.

The dredge project began in late February and was completed around the first of April.

Water and bacteria levels at City Pier were tested two weeks ago by the Department of Health and all the results came back within safe levels.

Plans are in the works for a re-opening celebration event at City Pier in the coming weeks.

But while one access point to the lake has re-opened, another will be temporarily closed again starting next week.

Noethlich advised boaters and Veterans Beach visitors that the boat ramp will once again be shut down for about two weeks beginning Monday for a sheet piling project to improve the boat ramp. No boats, skis or other watercraft will be permitted on the ramp until the project is complete.

"It could be sooner than two weeks to complete. We hope that it doesn't take that much time," Noethlich said.

Beach opens to swimmers again

Continued from A1

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Community Briefs

Walker students have car wash

AVON PARK — Bring out the cars and trucks to be washed from 1-3 p.m. today and again Friday, May 17 at Walker Memorial Academy, 1525 W. Avon Blvd.

The students are receiving pledges for the number of cars washed during that time frame. The more cars washed, the more money to be raised by the yearbook class.

Masons do child ID's Saturday

AVON PARK — Masonic District 25 will be doing child IDs for children up through 18 years of age from 10 a.m. to 2 p.m. Saturday at Bill Jarrett Ford, 1305 U.S. 27 N.

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

For more information, call Ross Canright at 452-0346.

Academy hosts Spring Musical Concert

AVON PARK — A free concert will feature the Walker Memorial Academy

elementary students. The program will begin with a sacred concert featuring grades kindergarten through second chorus, grades fourth through sixth chorus, third grade recorders, junior band and fifth- and sixth-grade steel drums at 7:30 p.m. Saturday in the WMA gym, 1525 W. Avon Blvd.

Amy's School of Dance plans recital

AVON PARK — Amy's School of Dance will have its 17th annual dance recital at South Florida State College in the Performing Arts Center beginning at 7 p.m. Saturday. Tickets will be on sale at the door for \$7. Enjoy a night of entertainment performed by 140 young people.

Stamp Out Hunger Postal Food Drive is Saturday

Saturday, the country's largest one-day food will

take place as the National Association of Letter Carriers and other postal service employees join together in an effort to "Stamp Out Hunger."

Since its inception in 1993, this one-day event has collected more than 1.2

Continued on A5

Online

This week's question:
Should the county raise the tourism tax from 2 percent to 3 percent?



Yes
30.8%

No
69.2%

Total votes: 169

Poll open through Friday. www.newssun.com
Make your voice heard at

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Lottery Center

May 8

May 4

May 1

May 8 (n)

May 8 (d)

May 7 (n)

May 7 (d)

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Editorial & Opinion

ANOTHER VIEWPOINT

Gov. Scott uses his pen wisely

Gov. Rick Scott pretty much got it right last week.

The governor signed into law ethics legislation that should make it easier for the state to enforce penalties against public officials who cross the line. He also enacted a campaign finance law that increases campaign contributions.

He took a dim view, however, of lawmakers' attempt at alimony reform and vetoed it. Though an override is unlikely, the veto shouldn't be the end of the story.

Applaud the governor for moving ahead with ethics reforms ...

The new law makes the commission less of a joke, more of an enforcer. It also bans former legislators from lobbying any state agency for two years after they leave office. Usually, term-limited legislators — or those who've lost their shot at re-election — hang out their lobbying shingles so quickly their leather seats in the House or Senate chamber haven't yet cooled. The new provision puts a little space between former legislators hitting up the colleagues left

behind for special favors on behalf of special interests that count on laws to work for them, not for the public.

In certain cases, legislators will be prohibited from taking second jobs on public payrolls, which could help tamp down on those no-show positions. And officials will be able to put their assets in blind trusts, which some critics say will allow them to hide wealth.

Another new law enacted this week will impose more frequent reporting deadlines on candidates for political office and raises maximum contribution limits ...

As for hard-fought legislation that would have ended permanent alimony and presumed that divorcing parents would share custody of their children, it was a no-go for Gov. Scott. He vetoed the bill, concerned that it contained a retroactive provision that could reopen thousands of divorce cases and upset many families' financial stability. Good point. Still, permanent alimony can hurt families' ability to move on. Lawmakers should give this one another try — to get it right.

An editorial from the Miami Herald.

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NEWSROOM

ROMONA WASHINGTON <i>Publisher/Executive Editor</i> Ext. 515 <i>publisher@newssun.com</i>	SCOTT DRESSEL <i>Editor</i> Ext. 516 <i>editor@newssun.com</i>	DAN HOEHNE <i>Sports Editor</i> Ext. 528 <i>daniel.hoehne@newssun.com</i>
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ADVERTISING

VICKIE WATSON <i>Ext. 518</i> <i>vickie.jones@newssun.com</i>	MITCH COLLINS <i>Ext. 507</i> <i>mcollins@newssun.com</i>
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BUSINESS OFFICE

JANET EMERSON <i>Ext. 596</i> <i>legals@newssun.com</i>
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Too many missed viewing of 'Bully'

Editor:

Ho-hum - it was a lovely Sunday in May. A perfect day for swimming, boating, golf, or having a lazy swing in a hammock. What else would a person do?

Certainly not waste an afternoon on a dull movie called "Bully," being shown at Sebring Church of the Brethren and co-sponsored by Peace of Highlands County. Why bother seeing children beaten up on buses, tackled on playgrounds and harassed in halls and lunchrooms? Kids will be kids — they'll outgrow it.

But how about the ones who are physically and emotionally handicapped for life? And what about the ones who commit suicide and have no more life?

Shame on you, administrators, members of Highlands County Commission and parents and grandparents. You were all given the opportunity to attend this movie through the newspaper, library and county officials.

Where were you?

Marilyn Jacobs
Sebring

Misuse of political power is our greatest threat

Editor:

The Chicago gang style takeover of America, The Rev. Wright of "6.0. America," should be proud of his "star pupil protégé."

EDITORIAL PAGE POLICY

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

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

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

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

Opinions expressed in letters or columns are solely the opinion of that author and not necessarily the opinion of the staff or editors of the News-Sun.

Secure America's borders first, not last!

The American people should demand that our Marine Corps should secure America's borders first.

The President and the gang of eight should all be impeached for the overthrow of America attempt, at bypassing the control of America's borders and the bypassing of our Constitution and our immigration laws. All behind closed doors. The United States Marine

Corps should take over from Homeland Security who has failed America for more than 50 years. Our immigration laws and the protection of our Constitution that has been under attack by our present executive branch of government.

The United States Coast Guard should have control of points of entry by sea.

Our Congress and Senate have lost complete control of the representation of the American people.

Any law or laws adopted by the President, the gang of eight that do not represent the will of we, the people, should be ignored by the people. This attempt by the gang of eight and the executive branch is an attempt to overthrow our nation. This attempt should be dealt with to the fullest extent of our laws. All involved should be charged with treason against all Americans.

The misuse of political power is the greatest threat to America in more than 200 years and should not be ignored by we, the people.

An example should be made for future elected officials to see. To do nothing is to lose our nation. Act now. Write and let those Congressmen and women and those in the Senate who still believe in the Constitution and immigration laws and due process. If we, the people, have to take back by force our nation, it will not be a pretty sight. The deaths, by far, out number the Civil War. Act before it is too late.

Billie E. Jewett

Sebring

Mothers just want children to do their best

Guest Column

Millie Richmond

In the early 1900's Anna Jarvis accomplished something that, today, might be considered quite a feat. She brought both sides of the Congressional aisle together with the signing of a joint resolution.

It began when she promised to do whatever she could to establish a special day honoring mothers. To that end, she and others who felt the same began a letter-writing campaign aimed at anyone in a position to help. Hundreds of letters went out and she spoke from any platform that was available.

By 1909 those efforts paid off and 45 states were observing a special day honoring mothers with public tributes. Included in that, a tradition of wearing carnations began — white to honor a deceased mother and red to honor a living one.

Eventually her efforts reached high political places. President Woodrow Wilson joined in with his request asking Americans to give a "thank you" to all mothers. And our political leaders signed that joint resolution "recommending that Congress and the executive departments of the government observe Mother's Day." And so it was that 99 years ago, the first American Mother's Day was celebrated.

It's a pretty safe bet this celebration has changed a lot over the decades. I don't suppose there are many

surrey-with-the-fringe-on-top rides these days or fried chicken picnics with linen tablecloths spread across fresh spring grass. And since it's also a safe bet I won't be here 99 years from now, I thought, for posterity, I'd share some of the smiles my friends have enjoyed on their recent Mother's Days.

Marsha has an 8- and a 10-year-old. They decided to make breakfast in bed for her last year. So what if the toast was charbroiled and the eggs rubbery? She even endured the dark liquid in the theme park mug, which was made with hot tap water because her kids know of no greater wrath than hers if they dare to touch the stove. And the finishing touch? All was served on a tray boasting a bud vase filled with dollar weed straight from their front lawn. But true to motherhood, Marsha ooh-ed and ahh-ed over every munchy morsel and unsavory sip.

Sari's daughter took advantage of her home economics class by sewing a blouse for her mom and earning academic credit at the same time. Granted, the blouse had double the amount of buttons needed, meaning Sari had to allow an extra 10 minutes to get dressed. And truth be told,

the overly bright zoo pattern didn't exactly blend with anything in Sari's closet. But her ooh's and aah's were just as sincere.

All Wendy wanted was a quiet day with no household chores. Her daughter knows her well so was happy to accommodate. She decided last Mother's Day was the perfect time to do a load of laundry on her own — for the first time. When she announced with a Cheshire grin that she'd just started a load of dark clothes in hot water, her close-to-manic mother bounced out of bed and down the stairs, tripped over the dog, pounded the stop knob on the machine, wrung out each piece of clothing, then reset the machine for a cold cycle and started it all over. Not one word of criticism left her lips during the interruption as she hustled right back upstairs and slid under the still-warm covers.

My friend Janice said her son surprised her by detailing her car one Mother's Day afternoon. Now that's my kind of gift. And what a perfect gift it was since he borrowed said car that morning, returning hours later from the beach. Hmm, sand-filled shoes? Wet towels? Well, you get the picture.

On to quiet, easy-going Caren. "A family bike ride followed by a swim would be perfect, thank you very much," she said. "And later, some wings on the grill." Just a quiet day with her husband and son, who even gave up watching his favorite baseball team on TV. Well, OK, when he snuck inside to catch an inning or two Caren looked the other way, sighing and smiling as moms often do.

Now, it isn't difficult to see that caring came through in the coffee and consideration in the car wash. Love left its mark in the laundry while appreciation anchored itself in the almost-abandoned baseball game. As moms we plant those seeds, along with kindness, fairness, patience and more. We nurture them with a hope they'll take firm and permanent root in our offspring. So how better to spend Mother's Day — and every day — than to watch these traits flourish in our children?

What is it moms want on Mother's Day — and every day? It's to see their children do their best so they can be their best. That's what Mothers really want.

Millie Richmond is a Sebring resident. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.

MOM:

STAYED UP ALL NIGHT WITH YOU WHEN YOU WERE SICK.
PRAYED FOR YOU. KISSED YOUR BOO-BOOS. MADE YOUR DINNERS. BECAME YOUR PERSONAL VALET AND TAXI DRIVER. WENT TO YOUR PERFORMANCES AND PHOTOGRAPHED YOU. EVERY MOVE, CHEERED YOU. CHAMPIONED YOU.

AND ALL YOU NEED TO DO IS THANK HER. EVERY SO OFTEN.

PRETTY GOOD TRADE



Peace officers memorialized

Continued from A1

in more than 15,500 injuries last year. Of the five officers killed in Florida in 2012, two died in motorcycle accidents, two died by gunfire and one was stabbed to death.

Orange County Deputy Sheriff First Class Nick Sottile Jr. spoke at the ceremony. Sottile's father, Sgt. Nicholas Sottile of the Florida Highway Patrol, was shot to death during a traffic stop on U.S. 27 north of Lake Placid in January 2007. He was 48 years old.

Sottile Jr. spoke from the heart, putting a human face to cold statistics. He was a trooper like his father and on duty that day. It was his mother who told him the terrible news over the phone.

He said, "... when my dad died, it wasn't just my dad who was gone. A wife lost her husband. A father lost a son. Siblings lost their brother. Coworkers lost a mentor. Friends lost their friend. A community lost a protector ... I could talk to you about how it felt to have the most influential person in my life ripped away from me in an instant, about how overwhelming the idea of healing seemed to be at the time, and how friends, family, the community, and even strangers helped me through to the other side. Or, about how I began questioning the very core of my being; my prin-

ciples, my relationships and my faith. It's interesting how simple and clear-cut the idea of forgiveness seemed to be before Dad was killed. Now, this seemingly simple idea of forgiveness is probably the longest and hardest struggle I've found myself battling," Sottile told the rapt audience.

He added, however, "I want to focus on something that while in the pits of despair and struggle seems so elusive, and that is hope ... Hope can easily get overshadowed and lost in the shuffle. Through reflection and prayer I've tried conditioning myself to celebrate the future that my relationship with Dad has allowed me ... (his) lessons about honesty, respect, principles, fairness, hard work and faith. If it were not for the time with Dad — time cut much, much too short — my future would be as bleak and bottomless as it was the first months and years after his death.

"Remember the sacrifice while recognizing and celebrating what that sacrifice means in the grand scheme of things ... Remember that as God's creations we are naturally and innately hard-wired to be resilient and we will not let the evil of this world rob us of that which may be so elusive at times, but also so beautifully ubiquitous and available if we choose to pursue it — and that's hope."



Courtesy photo
Julie Swift helps her husband, Don, adjust his mortarboard before commencement. Julie received her occupational certificate in Food Management, Production, and Services, and Don received his occupational certificate from the Air Conditioning, Refrigeration, and Heating program.

SFSC graduates celebrate milestone, look to future

Special to the News-Sun

AVON PARK — The joy was infectious among the nearly 260 South Florida State College graduates who celebrated their accomplishments in the SFSC Theatre for the Performing Arts Monday evening with pomp, humor and high spirits, and looked to the next phase of their lives with anticipation and hope.

The annual commencement exercises marked one significant milestone as the Class of 2013 became the first to graduate from the institution since it became a state college almost one year ago. The new alumni also joined the college and the community in honoring Dr. Norman L. Stephens Jr., who presided over his 11th and final commencement as president of SFSC. He retires in June.

This year, 837 students met SFSC graduation requirements by commencement. Of these, 555 received associate in arts degrees, associate in science degrees, or associate in applied science degrees; 166 received occupational or college credit certificates and 116 graduated from SFSC's Adult Education program.

Stephens commended the new graduates for their achievements and encouraged them to make use of the opportunities that will come their way.

"As we all know, opportunities are too often missed and potential is of little value unless developed. Your future is yet to be realized," Stephens said. "Tonight, you commence on the next part of your journey. Along the way, we expect you will face many of life's blessings as well as the unanticipated challenges that often deepen life's experiences. Whatever your path, we encourage you to take the advantage that you have earned, and we hope that you will find fulfillment in all your future endeavors."

Stephens recognized 12 Honors Program graduates: Lakeidra Baker, John Beard, Star Centeno, Brooke Dale, Joshua Doane, Eric Harrigan, Brian Jiménez, Jake Jordan, Kevin LaDue, Ivanna Mahabir, Erik Price, and Mc Harry Ramos.

In return, Stephens was recognized by Kody Kindrick, vice president of juris prudence for the Student Government Association (SGA), and Tami Cullens, chair, SFSC Arrangements provided by:

Stephenson-Nelson Funeral Home, Sebring, Fla. 33870 stephensonnelsonfh.com



As we all know, opportunities are too often missed and potential is of little value unless developed. Your future is yet to be realized. Tonight, you commence on the next part of your journey.

Dr. Norman Stephens
to the SFSC graduates during his last address as president of the college

leader. Dr. Stephens is highly respected among his peers and by his faculty and staff."

"Time for Us" was performed by Wayne Boda, an SFSC alum who sings professionally, and Erin Sena, an SFSC student who recently survived three auditions for the "American Idol" competition. The piece was written especially for the occasion by lyricist David Hale, SFSC registration specialist, and composer Douglas M. Andrews, dean, Cultural Programs. Andrews provided accompaniment on the piano.



News-Sun photo by CHRISTOPHER TUFFLEY
Orange County Deputy Sheriff First Class Nick Sottile Jr. speaks Thursday about the death of his father, Florida Highway Patrol Sgt. Nick Sottile, who was killed during a 2007 traffic stop north of Lake Placid.

Obituaries

JONNY TANNER

Jonny F. Tanner, born April 4, 1971, was lifted to Heaven on angels' wings on May 5, 2013. He was preceded in death by his parents, John and Doris Tanner, sister Denise Williams, and brother Marcus Tanner.

Jonny was a devoted and loving husband to Candace Day and proud daddy of two beautiful daughters, Kalea Tanner and Kelsey Day of Sebring. He is also survived by a son, Miguel Gonzalez of Avon Park; beloved sister Maria and husband Sean Szoka; nephews, Gavin Szoka and James Wolfhope, all of Sebring. Jonny was very proud of his nephew, Michael James Tanner and family, serving in the U.S. Air Force in Ramstein, Germany.

Jonny was employed with Highlands County Traffic Operations as a sign and signal technician and a member of First Baptist Church of Sebring where he coached Upwards basketball and softball. Jonny was a volunteer fire-

man for DeSoto City Volunteer Fire Department, his most cherished volunteering was for Ridge Area Arc Special Stars. Jonny could often be seen at many local youth sporting events cheering and encouraging each athlete. Jonny was an avid softball player and coach.

Jonny was loved and will be missed by many. Jonny has left a lasting legacy of giving. A celebration of Life will be held Saturday, May 11, 2013 at 10 a.m. at First Baptist Church Sebring with Pastor Joe Delph officiating.

The family is requesting those attending to wear their favorite collegiate, professional or local sports team apparel. In lieu of flowers memorial donations can be made to Ridge Area Arc Special Stars, DeSoto City Volunteer Fire Department or Good Shepherd Hospice.

Arrangements provided by: Stephenson-Nelson Funeral Home, Sebring, Fla. 33870 stephensonnelsonfh.com

District Board of Trustees. Kindrick gave him a commemorative vase on behalf of the student body, while Cullens presented him with a president emeritus medallion.

In her commencement address, Cullens acknowledged the contributions Dr. Stephens made to education over the course of his 45-year career. She specifically praised his leadership to the college, in which he promoted excellence in all areas of education, launched new and expanded programs and services, embraced technology in learning and business interactions, exercised fiscal responsibility, and developed new facilities that serve the diverse needs of the community.

Cullens noted a few of the accomplishments that occurred during Stephens' tenure. SFSC initiated its first baccalaureate degree program, added four health care-related training programs, was approved for reaccreditation by the Southern Association of Colleges and Schools (SACS) with no recommendations, constructed the state-of-the-art Dr. Norman L. Stephens Jr. Health and Science Education Center and, through extensive remodeling, transformed the college's auditorium into the SFSC Theatre for the Performing Arts.

Colleges and Schools (SACS) with no recommendations, constructed the state-of-the-art Dr. Norman L. Stephens Jr. Health and Science Education Center and, through extensive remodeling, transformed the college's auditorium into the SFSC Theatre for the Performing Arts.

"Dr. Stephens has served our district with distinction throughout his presidency," Cullens said. "He is a family man, a loving husband and father, and a tireless servant.

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File photo

The Florida Lawnracing Association will put on an exhibition race Saturday at the Highlands Shrine Club.

Shriners to host lawn mower races Saturday

By BARRY FOSTER

Special to the News-Sun

AVON PARK — Their season is nearly over, but members of the Florida Lawnracing Association will gather Saturday at the Shrine Club at 2604 S.R. 17 south between Avon Park and Sebring for a lawn mower exhibition race and open house.

Although the Avon Park Mower-Plex on the western end of the Avon Park Municipal Airport has become a Mecca for lawn mower racers from across Florida, the Shriners have developed a 550-foot racing oval at the back of their property behind the big yellow meeting hall.

As always, there will be the Shriner's flea market all morning long, but officials of the FLA will open the gates at the Shrine track at 11:30 a.m. so competitors can come in, register, set up their paddock areas and perhaps take some test and tune laps.

The racing will commence at 1:30 Saturday afternoon

with four classes to run exhibition contests.

"We'll have four classes on display — there will be the open twin, open single, IMOW and GP divisions," said FLA President Wes Pyburn.

Following the races, plans are to open the pits so people can see the racers, meet the drivers and learn about lawn mower racing.

"They'll be able to come in and look at the mowers, sit on them and get their questions answered," Pyburn said.

He estimated that would start no later than 3:30 Saturday afternoon.

Because it is the end of the season, Pyburn said there would be a number of mowers for sale in the event there happened to be some budding racers who wanted a machine that already had been prepared to FLA specifications.

For serious buyers, Pyburn said there could be an opportunity arranged for short, on-track test drives after the racing has concluded.

Shriners will be charging a \$5 admission fee for Saturday's exhibition races, with the FLA charging \$10 for pit admission.

However, after the race card is completed, the pits will be opened at no additional charge.

"That will be our 'open house,' so to speak," Pyburn said.

The Florida Lawnracing Association was established in 2002 by a group of local men and women who wanted to create a for-purpose lawn mower racing facility in Highlands County.

A lease was drafted with the city of Avon Park and the group set out to develop what proved to be the first dedicated lawn mower racing complex in the United States.

The last official points race for the season will be June 1 at the Mower-Plex in Avon Park.

They then will take a summer hiatus and hold the first race of the new season on the first Saturday of this coming September.

Storm preparations should be done before season begins

Continued from A1

across central Florida within a matter of weeks, leaving a path of devastation and reminding area citizens what it takes to be prepared.

At the 27th Annual Governor's Hurricane Conference being held this week in Fort Lauderdale, Gov. Rick Scott told an audience that federal sequestration could hurt Florida's ability to recover in the aftermath of a hurricane as there would be less money available to prepare the National Guard.

Scott said he mix of new residents within Florida's 19 million residents coupled with the forecast of a busy hurricane season could make 2013 a nightmare for emergency managers and first responders.

Next year will mark a decade since the trifecta of storms raked Highlands County and there is a fear that many do not remember the long lines waiting for water or other recovery supplies.

The memory of astronomical prices for generators and other equipment to mitigate the impact of weeks without electrical service also may have faded.

In his address, Director of the National Hurricane Center Rick Knabb echoed those sentiments, saying that in addition to the 250,000 new residents who moved to the Sunshine State last year, many people who have lived in Florida for decades "might not be as prepared as they should be. They don't even know basic information, like whether they live in an evacuation zone."

Highlands is not in an evacuation zone, but generally plays the role of a host county. That means in the



File photo

The waters on Lake Jackson looked more like a raging sea during the hurricane season of 2004.

event of a tropical cyclone, residents from coastal areas will (and have) flock here, adding to the burden on available supplies as well as safety services.

But experience has shown that in the aftermath of a big storm residents cannot wait on the slow and sometimes inadequate response from state and federal officials. They need to be able to survive on their own. This means having personal stockpiles of food, water and other good to provide for immediate family.

The general suggestion has been a preparedness level of at least 72 hours, but 2004 showed the time frame could be much longer. Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even weeks. Supply kits should contain items to help residents manage during these outages.

To some people, being prepared for two weeks of no electricity, limited phone service, cooking on the family grill and generally camping out at the house might sound very unlikely.

Then again, ask folks who were here for the visits of Charley, Frances and Jeanne.

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Community Briefs

Continued from A2

billion pounds of canned goods, cereals, rice and other non-perishable items to help stock the shelves of food banks and charities for summer months when the need is often the greatest.

According to Sebring food drive coordinators Frank Glinski and Wanda Brote, between 60,000 to 70,000 pounds of food on average are collected in Highlands County during this one-day food drive.

"Thanks to the generosity of local donors, every year we are able to fill the shelves of Salvation Army, New Testament Mission and other area food banks," Glinski said.

To help, you may drop off food at the post office or place non-perishable food items like canned meats, soups, juices, rice, cereals and canned vegetables in a bag by your mailbox early on Saturday.

A postal employee or a charity volunteer will pick up your donation.

Girl's Night Out tonight

SEBRING — Held the second Friday of each month, Sebring's Downtown will come alive with the unique and enjoyable monthly Destination Downtown event.

Celebrate the beginning of Mother's Day weekend with a fun and festive Girls Night Out with Wine Walk, music, shopping, dining and strolling around the historic Downtown area.

Nearly 20 participating galleries and stores will feature one-of-a-kind art and gifts available for purchase as well as entertainment,

gallery exhibits, and special drawings from 4-9 p.m.

For information, visit www.DestinationDowntownSebring.com.

Student Art Show is tonight

SEBRING — Mothers love to show off their child's artwork, and Highlands Art League is taking it beyond the refrigerator as Highlands County high school seniors will display their art at the Yellow House Gallery and compete for \$500 scholarship.

Opening reception is from 5-8 p.m. Saturday. Call 385-5312 or visit www.HighlandsArtLeague.org.

Art Uncorked is 'Kissing Fish'

SEBRING — Art Uncorked is an art experience in a social setting with wine and friends. On Saturday, artist Linda Kegley leads the class through her "Kissing Fish" painting during this 6 p.m. class. Grab mom, have fun at this step-by-step painting process and leave with one complete project.

Call 385-5312 or visit www.HighlandsArtLeague.org.

Saturday Night Cruise With Mom

SEBRING — Held the second Saturday of each month from 5-8 p.m., cruisers come to Sebring's Downtown Circle to see classic cars, listen to live entertainment and enjoy delicious food.

For more information, visit www.SebringCruise.com.



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City of Sebring to drop firefighter pensions

Continued from A1

the city was claiming, he wasn't aware of non-vested employees being dropped from the pension program in other cities.

"They sign on to become firemen and work for 10 bucks an hour because they have a pension plan waiting for them at the end," Jim Lobozzo, business owner in the city of Sebring and father to firefighter Dan Lobozzo, said.

"What you're doing is removing a portion of that compensation package without increasing the other end of it," Lobozzo said. "Negotiations usually involve give and take. There doesn't seem to be any give in these negotiations. All I see is that these benefits were available to these employees and now they are not going to be available to these employees."

Lobozzo said the city should adjust the compensation plan to balance the loss of the pension in order to

attract quality firefighters.

"You're going to have guys who have one eye on doing their job and one eye on their iPad or their iPhone looking to see what else is available out there. You're going to get what you pay for," Lobozzo said. "Fiscal conservatism is great, except when it adversely affects you."

Lobozzo suggested leaving current employees under the pension plan, regardless if they are vested or not, and moving new hires to the new 401(a) plan.

Hensley — who doesn't have a vote — has served on the fire pension board for many years and was more vocal than usual during Tuesday's meeting. He agreed with Lobozzo and said he wasn't aware of any other municipalities removing employees who are already in the pension system.

"There's numbers and then there's, for me personally, the right thing to do. I don't think that it is fair. I don't think that the city of Sebring,

You're going to have guys who have one eye on doing their job and one eye on their iPad or their iPhone looking to see what else is available out there. You're going to get what you pay for. Fiscal conservatism is great, except when it adversely affects you.

Jim Lobozzo
father of Sebring firefighter

the taxpayers, would think that it is the right thing to do," Hensley said.

Council member John Clark strongly disagreed.

"It is not fair to shoulder the taxpayers with an unlimited potential liability, and that's what a defined benefit plan is. It's a liability until the last person drawing out of that plan expires. We all live in the same world, we all take the same risks and that's what it is, passing risks back and forth. I've just had enough; it's a big fib and it's time we all, at least here in this little tiny community,

recognize it and we want to have a plan where there is money there," Clark said.

Clark reminded everyone of what had taken place two years ago at the start of the negotiations.

At the start of the city and fire negotiations in fall 2011, city management offered the fire department, as well as the police department, the proposal of allowing all current members of the department, vested and non-vested, to retain their pension plans.

All new hires and incoming employees would have been given the defined con-

tribution plan.

The Sebring Police Department accepted the new contract deal with no objection two years ago. Fire union members refused the proposal, which the City then took completely off the table and the union opted to continue negotiations, which led to an impasse hearing and finally to Tuesday's decision.

"Reality is every single firefighter is going to draw Social Security benefits, too. Everybody keeps glossing over this stuff. I understand the mayor's sentiments. Unfortunately for whatever reason, the union population rejected the deal that I believe in hindsight was a terrible mistake on their part," Clark said. "They rolled the dice and they lost. That's what happens in negotiations."

The city's decision for the other bone of contention in the negotiations — the promotion process — was to provide greater flexibility and give the fire chief more

discretion and flexibility.

Items such as education, experience as a firefighter, experience with the city of Sebring, supervisory experience, work performance and disciplinary background are all points that will now be used, along with test results, to determine which firefighters would be promoted.

Edmonds and the fire union members felt that the new proposed changes do not specify well enough what educational courses and certifications would be needed for promotion and that leaving the final say of hiring and promotional process solely to Chief Brad Batz was unfair.

"We've got no problem with flexibility, but we want some type of accountability outside the chief," Edmonds said.

The council members disagreed with Edmonds and stated that Batz should have the final say on the employees that he feels are best qualified for the supervisor positions in the fire department.

Students try hand at robotic surgery

Continued from A1

patient would be lying down. The student's task was to lift the very small Lego man's even smaller hat from beside him and place it on his head.

It was harder than it looked, although the first student, Kenneth Palmerton, made it look easy.

Trevor Taveniere talked his way through his turn. "Way to go," he said when he made a good move. "Come back," he cried whenever he dropped a piece. "It was awesome," he said after he was done. "I felt like I was a robot."

Abraham Carrasquillo, the registered nurse who oversees the surgical staff during a procedure, told the News-Sun children today are uniquely able to handle advanced robots because of their experience with video games. "It's actually easier for them," Carrasquillo said.

Dr. Thomas Lackey, a surgeon who uses the

robot and did a demonstration, agreed.

"The key to learn how to operate a robot," he said, "is to play a lot of video games."

The robot, of course, is no toy. It cost \$1.2 million, and that did not include operating instruments, which typically cost \$2,500 apiece.

But its advantages are many, said Mary Fergusen, director of surgery services. The arms and attached instruments can work in very small places with 360 degrees of rotation. Incisions are small, there is less bleeding, and the healing time is much shorter. The robot is ideal for procedures like gall bladder removal and hernia or colon repair.

The long-term goal is to create a system that will allow doctors in one place to operate on patients somewhere else.



News-Sun photo by CHRISTOPHER TUFFLEY

Fifth grade students from Fred Wild Elementary School advanced academic program were given surgical caps and masks when they visited Highlands Regional Medical Center.

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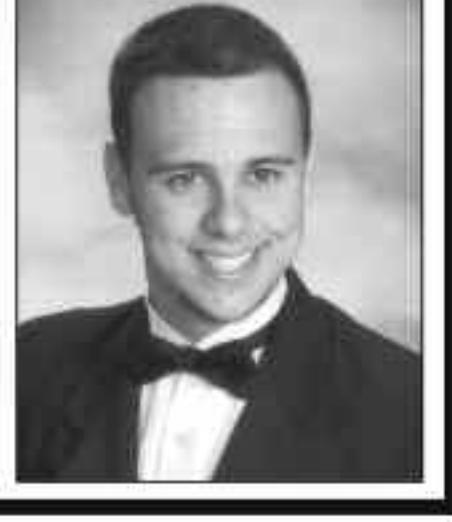
2013 Graduation Edition

For over 78 years, the News-Sun has recognized the achievements of our graduating Seniors. This year is no exception, we will publish our "Salute" to the Seniors Friday, May 31st in the full-run of the News-Sun. And we've made it affordable to congratulate "your" special senior.



James,
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1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT, IN AND FOR HIGHLANDS COUNTY, FLORIDA CASE NO. 09000566GCS WELLS FARGO BANK, N.A. AS TRUSTEE ON BEHALF OF THE HARBORVIEW 2006-12 TRUST FUND, PLAINTIFF, VS. GILMA CANCINO, ET AL. DEFENDANTS.

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to the Final Judgment of Foreclosure dated May 2, 2013, in the above action, I will sell to the highest bidder for cash at Highlands, Florida, on May 30, 2013, at 11:00 AM, at Basement of courthouse in Jury Assembly Room - 430 S. Commerce Ave., Sebring, FL 33870 for the following described property:

Lot 36, of SUNSET POINTE ON DINNER LAKE SUBDIVISION, according to the plat thereof, recorded in Plat Book 16, at Page 55, of the Public Records of Highlands County, Florida.

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the lis pendens must file a claim within sixty (60) days after the sale. The Court, in its discretion, may enlarge the time of the sale. Notice of the changed time of sale shall be published as provided herein.

DATED: May 2, 2013.

ROBERT W. GERMAINE, CLERK

By: /s/ Toni Kopp

Deputy Clerk of the Court

Prepared by:

Gladstone Law Group, P.A.

1499 W. Palmetto Park Rd., Suite 300

Boca Raton, FL 33486

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, 255 North Broadway Avenue, Bartow, FL 33830 at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

May 10, 2013

1050 Legals

IN THE CIRUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA Case No.: 13-259-GC

FEATHER CLUB INVESTMENTS, LLC, a Limited Liability Company Plaintiff, vs. ISABEL DER KASPAR DE DEGUERMANDJIAN Defendant

NOTICE OF ACTION

TO: Isabel Deir Kaspar De Deguermandjian, Defendant, and to all parties claiming interest by, through, under or against Defendant, and all parties having or claiming to have any right, title or interest in the property herein described.

YOU ARE NOTIFIED that you have been designated as defendant in legal proceeding filed against you for an Action to Quiet Title. The action involves real property in Highlands County, Florida, more fully described as follows:

Lot 8, Block 346, Sun 'n Lake Estates of Sebring, Unit 16, according to the plat thereof as recorded in Plat Book 10, Page 4 of the Public Records of Highlands County, Florida.

The action was instituted in the Tenth Judicial Circuit Court, Highlands County, Florida, and is styled FEATHER CLUB INVESTMENTS, LLC, a Limited Liability Company vs. ISABEL DER KASPAR DE DEGUERMANDJIAN.

You are required to serve a copy of your written defenses, if any, to the action on Spiro J. Verraz, Esq., Plaintiff's attorney, whose address is 31640 US Highway 19 N, Suite 4, Palm Harbor, Florida 34684, not less than 28 nor more than 60 days after the first publication of the notice, and file the original with the clerk of this court either before service on Spiro J. Verraz, Esq. or immediately after service; otherwise, a default will be entered against you for the relief demanded in the complaint or petition.

The Court has authority in this suit to enter a judgment or decree in the Plaintiff's interest, which will be binding upon you.

DATED: April 10, 2013.

ROBERT W. GERMAINE, CLERK

Bob Germaine

Clerk of the Tenth Judicial Circuit Court

Highlands County, Florida

By: /s/ Priscilla Michalak

Deputy Clerk

May 3, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CIVIL ACTION CASE NO.: 2009-001624

HSBC MORTGAGE SERVICES, INC., Plaintiff, vs. CRAIG COUCH, et al., Defendants.

NOTICE OF SALE PURSUANT TO CHAPTER 45

NOTICE IS HEREBY GIVEN Pursuant to a Final Judgment of Foreclosure dated May 1st, 2013, and entered in Case No. 2009-001624 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida in which HSBC Mortgage Services, Inc., is the Plaintiff and Craig Couch, Kimberly Couch, Accredited Home Lenders, Inc., American General Financial Services, Inc., Carmel Financial Corporation, Inc., Highlands County, Mortgage Electronic Registration Systems, Inc., as nominee for Accredited Home Lenders, Inc., are defendants. I will sell to the highest and best bidder for cash in 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 30th day of May, 2013, the following described property as set forth in said Final Judgment of Foreclosure:

LOTS 17 AND 18, BLOCK 3, LAKE JOSEPHINE HEIGHTS 2ND ADDITION, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 7, PAGE 2, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

A/K/A 128 ROSEMARY AVENUE, SEBRING, FL 33875

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

Dated in Highlands County, Florida this 2nd day of May, 2013.

Clerk of the Circuit Court

Highlands County, Florida

By: /s/ Toni Kopp

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-09-26623

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 or Florida Relay Service 711. To file response please contact Highlands County Clerk of Court, 590 S. Commerce Ave., Sebring, FL 33870-3867, Tel: (863) 402-6591; Fax: (863) 402-6664.

May 10, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CASE NO. 28-2009-CA-001527

U.S. BANK NATIONAL ASSOCIATION, AS SUCCESSOR TRUSTEE TO WACHOVIA BANK, NATIONAL ASSOCIATION, AS TRUSTEE FOR GSMPs 2004-4 Plaintiff,

v.

HENRY T. WILLIAMS; TERRY S. WILLIAMS; UNKNOWN SPOUSE OF HENRY T. WILLIAMS; UNKNOWN SPOUSE OF TERRY S. WILLIAMS;

UNKNOWN TENANT 1; UNKNOWN TENANT 2; AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, OR AGAINST THE ABOVE NAMED DEFENDANT(S), WHO IS(ARE) NOT KNOWN TO BE DEAD OR ALIVE; WHETHER SAID UNKNOWN PARTIES CLAIM AS HEIRS, DEVISEES, GRANTEES, ASSESSORS, LIENORS, CREDITORS, TRUSTEES, SPOUSES, OR OTHER CLAIMANTS, THE BLUFFS OF SEBRING CONDOMINIUM ASSOCIATION, CITIFINANCIAL EQUITY SERVICES, INC.; EAST COAST RECOVERY, INC.; LVN FUNDING LLC, AS ASSIGNEE OF HOUSEHOLD - ROOMS TO GO; UNITED STATES OF AMERICA, INTERNAL REVENUE SERVICE Defendants.

NOTICE OF SALE

Notice is hereby given that, pursuant to the Final Judgment of Foreclosure dated June 24, 2010, in this cause, I will sell the property situated in HIGHLANDS County, Florida, described as:

LOTS 13392 TO 13396, BOTH INCLUSIVE, AVON PARK LAKES, UNIT 42, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 5, PAGE 89, PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA

a/k/a 1731 W BATAVIA RD, AVON PARK, FL 33825-8348

at public sale on May 23, 2013, at eleven o'clock a.m., in the Jury Assembly Room in the basement of the Highlands County Courthouse located at 430 South Commerce Avenue, Sebring, FL 33870-3867, to the highest bidder for cash, except as prescribed in paragraph 4, in accordance with section 45.031, Florida Statutes.

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 at Sebring, Florida, this 24th day of April, 2013.

ROBERT W. GERMAINE, CLERK

Clerk of the Circuit Court

By: /s/ Toni Kopp

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-09-26623

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. Within two (2) working days of your receipt of this notice, please contact the Court Administration Office at (863)

534-4690. If you are hearing or voice impaired, call TDD 1-800-955-8771 or 1-800-955-8770 (V), via Florida Relay Service.

May 10, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CIVIL DIVISION CASE NO.: 28-2010-CA-000399

U.S. BANK NATIONAL ASSOCIATION, AS TRUSTEE FOR CSMC MORTGAGE-BACKED PASS-THROUGH CERTIFICATES, SERIES 2006-8 Plaintiff,

v.

JEFFREY W. CHUDOBIA, AS PERSONAL REPRESENTATIVE OF THE ESTATE OF STELLA D. LUNDBERG, DECEASED, ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, UNDER, AND AGAINST THE HEREIN NAMED INDIVIDUAL DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEEES, OR OTHER CLAIMANTS; TENANT #1; TENANT #2; Defendants.

NOTICE OF SALE

Notice is hereby given, pursuant to Final Judgment of Foreclosure for Plaintiff entered in this cause on April 30, 2013, in the Circuit Court of Highlands County, Florida, I will sell the property situated in Highlands County, Florida described as:

LOT 96, OF THE PLAT OF HIGHLAND LAKES RESERVE, AS RECORDED IN PLAT BOOK 16, AT PAGE 96, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

and commonly known as: 2017 Overlook Bay Drive, Avon Park, FL 33825 at public sale, for cash, in the basement of the courthouse in the Jury Assembly Room, 430 S. Commerce Ave., Sebring, FL 33870, on May 30, 2013, at 11:00 A.M.

ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE SALE, IF ANY, OTHER THAN THE PROPERTY OWNER AS OF THE DATE OF THE LIS PENDENS MUST FILE A CLAIM WITHIN 60 DAYS AFTER THE SALE.

If you are a person with a disability who needs any accommodation to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator at (863) 534-4686 at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

Dated this May 2, 2013.

ROBERT W. GERMAINE

Clerk of the Circuit Court

By: /s/ Toni Kopp

Deputy Clerk

1050**Legals**

DEGREES 14°07' WEST A DISTANCE OF 193.59 FEET; THENCE NORTH 41 DEGREES 10'30" WEST A DISTANCE OF 71.42 FEET; THENCE NORTH 66 DEGREES 03'25" EAST A DISTANCE OF 21.00 FEET TO THE POINT OF BEGINNING.

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

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled at no cost to you, to the provision of certain assistance. Please contact:

Office of the Court Administrator Phone:

(863) 534-4686

TDD (863) 534-7777

or (800) 955-8770 (Florida Relay Service), as much in advance of your court appearance or visit to the courthouse as possible. Please be prepared to explain your functional limitations and suggest an auxiliary aid of service that you believe will enable you to effectively participate in the court program or service.

DATED AT SEBRING, FLORIDA THIS 26TH DAY

OF APRIL, 2013.

By: /s/ Toni Kopp
ROBERT W. GERMAINE
CLERK OF THE CIRCUIT COURT
HIGHLANDS COUNTY, FLORIDA

May 3, 2013

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT,
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO. 28-2013-CA-000094

NATIONSTAR MORTGAGE, LLC,

PLAINTIFF,

VS.

JUSTIN L. BEUKELMAN A/K/A JUSTIN LANE

BEUKELMAN, ET AL.

DEFENDANTS).

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to the Final Judgment of Foreclosure dated May 2, 2013, in the above action, I will sell to the highest bidder for cash at Highlands Florida, on May 30, 2013, at 11:00 AM, at Basement of courthouse in Jury Assembly Room - 430 S. Commerce Ave., Sebring, FL 33870 for the following described property:

Condominium Unit No. 12, of Lakeview Villas Condominium, a Condominium, according to the Declaration thereof, as recorded in Official Records Book 649, a Page 732, of the Public Records of Highlands County, Florida.

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the lis pendens must file a claim within sixty (60) days after the sale. The Court, in its discretion, may enlarge the time of the sale. Notice of the changed time of sale shall be published as provided herein.

DATED: MAY 2, 2013.

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

Prepared by:
Gladstone Law Group, P.A.
1499 W. Palmetto Park Rd., Suite 300

Boca Raton, FL 33486

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, 255 North Broadway Avenue, Bartow, FL 33830 at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

May 10, 2013

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT,
IN AND FOR HIGHLANDS COUNTY, FLORIDA
Case No. 280213CA000168GCAXM

Division:

Bank of America, N.A.

Plaintiff

Vs.

CAROL SHAWER A/K/A CAROL L. SHAWER;

DANIEL SHAWER A/K/A DANIEL M.

SHAWER.

Defendants.

NOTICE OF ACTION

To the following Defendant:
UNKNOWN SPOUSE OF DANIEL SHAWER A/K/A
DANIEL M. SHAWER

851 TED A CROZIER SR BLVD

APT 1308

CLARKSVILLE, TN 37043

UNKNOWN SPOUSE OF DANIEL SHAWER A/K/A
DANIEL M. SHAWER

3212 MONZA DRIVE

SEBRING, FL 33872

DANIEL SHAWER A/K/A DANIEL M. SHAWER

851 TED A CROZIER SR BLVD

APT 1308

CLARKSVILLE, TN 37043

DANIEL SHAWER A/K/A DANIEL M. SHAWER

3212 MONZA DRIVE

SEBRING, FL 33872

YOU ARE NOTIFIED THAT an action for Foreclosure of Mortgage on the following described property:

LOT 36, BLOCK 261, SUN 'N LAKE ESTATES OF SEBRING UNIT 13, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 9, AT PAGE 71, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

A/K/A 3212 Monza Drive, Sebring, FL 33872

Has been filed against you and you are required to serve a copy of your written defenses, if any, to it, on Uden Law Offices, P.C., Attorney for Plaintiff, whose address is 4651 Sheridan Street Suite 460, Hollywood, FL 33021 on or before June 5, 2013, a date which is within thirty (30) days after the first publication of this Notice in The News-Sun 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.

You have 30 calendar days after the first publication of this Notice to file a written response to the attached complaint with the clerk of this court. A phone call will not protect you. Your written response, including the case number given above and the names of the parties, must be filed if you want the court to hear your side of the case. If you do not file your response on time, you may lose the case, and your wages, money, and property may thereafter be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may call an attorney referral service or a legal aid office (listed in the phone book).

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

In accordance with the Americans with Disabilities Act, if you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator at (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 impaired call 711.

WITNESS my hand and the seal of this Court this 26th day of April, 2013.

CLERK OF THE CIRCUIT COURT

As Clerk of the Court by:

By: /s/ Toni Kopp

As Deputy Clerk

May 3, 2013

IN THE CIRCUIT COURT
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: GC-12-000678

JPMORGAN CHASE BANK, NATIONAL

ASSOCIATION

Plaintiff,

vs.

LORETTA GEORGE; UNKNOWN SPOUSE OF

LORETTA GEORGE; UNKNOWN TENANT;

UNKNOWN TENANT II; and any unknown heirs,

devisees, grantees, creditors, and other unknown

persons or unknown spouses claiming by, through

and under any of the above-named Defendants,

Defendants.

AMENDED NOTICE OF FORECLOSURE SALE

NOTICE is hereby given that the undersigned Clerk of the Circuit Court of Highlands County, Florida, will on the 22nd day of May, 2013, at

PROFESSIONAL SERVICE DIRECTORY



Diabetic Footwear • Custom Orthotics
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CELEBRATING
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yourself in our 3 acre pond! We
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from. We also have large trophy
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Lakeview Dr., Sebring
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Lake Placid: 863-441-2514

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ADVERTISE ON THIS PAGE TODAY!
Call Anita at: 863-385-6155 or
Email: amarsella@newssun.com

1050**Legals**

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:

LOTS 6547 AND 6548, AVON PARK LAKES UNIT 20, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 5, PAGE 15, 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 19th 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; of you are hearing or voice impaired, call 711.

CLERK OF THE CIRCUIT COURT
By: /s/ Priscilla Michalak
Deputy Clerk
May 3, 2013

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL ACTION
CASE NO.: 28-2012-CA-000846
DIVISION:

HSBC BANK USA, N.A.,
Plaintiff,
vs.
ROBERT K. HARBAUGH, et al,
Defendants.

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Mortgage Foreclosure dated May 02, 2013 and entered in Case No. 28-2012-CA-000846 of the Circuit Court of the Tenth Judicial Circuit in and for HIGHLANDS County, Florida wherein HSBC BANK USA, N.A. is the Plaintiff and ROBERT K. HARBAUGH, JALENE J. HARBAUGH; 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 3rd day of June, 2013, the following described property as set forth in said Final Judgment:

LOT 33, BLOCK 231, OF SUN N LAKES ESTATES, SECTION 19, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 8, PAGE 88, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

A/K/A 866 LAKE BETTY DRIVE, 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 May 2, 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
F11003586
HSBCFIDEAL-SPECFNMA-R-pschrisber-Team 4 -
F11003586

**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.

May 10, 2013

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL ACTION
CASE NO.: 28-2011-CA-000614
DIVISION:

JPMORGAN CHASE BANK, N.A.,
Plaintiff,
vs.
SUTHIDA L. KENNEDY, et al,
Defendants.

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Mortgage Foreclosure dated May 02, 2013 and entered in Case No. 28-2011-CA-000614 of the Circuit Court of the Tenth Judicial Circuit in and for HIGHLANDS County, Florida wherein JPMORGAN CHASE BANK, N.A. is the Plaintiff and SUTHIDA L. KENNEDY; DERRICK C. KENNEDY; 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 30th day of May, 2013, the following described property as set forth in said Final Judgment:

LOT 4, BLOCK 4, SEBRING SHORES DEVELOPMENT SECTION 2, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 7, PAGE 30, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

A/K/A 108 SPRINGDALE ROAD, SEBRING, FL 33870

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

WITNESS MY HAND and the seal of the Court on May 2, 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
F11006050
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F11006050

**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.

May 10, 2013

IN THE CIRCUIT COURT
FOR HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
FILE NO. PC 13-169
Division

IN RE: ESTATE OF
DOROTHY KENT DYAL
a/k/a DOROTHY K. DYAL
Deceased.

NOTICE TO CREDITORS

The administration of the estate of Dorothy Kent Dyal a/k/a Dorothy K. Dyal, deceased, whose date of death was March 18, 2013, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 South Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to

1050**Legals**

be served must file their claims with this court WITHIN THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

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

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

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

The date of first publication of this Notice is May 10, 2013.

Personal Representative:
Margaret L. Scholtz
4209 W Virginia Avenue
Tampa, FL 33614

BREED & NUNNALLE, P.A.

Attorneys for Personal Representative
325 NORTH COMMERCE AVENUE

SEBRING, FL 33870

Telephone: (863) 382-3154

By: /s/ Mark Breed III

Florida Bar No. 338702

E-mail Address: service@bnpalaw.com

May 10, 2013

NOTICE OF POLICY AMENDMENT

SOUTH FLORIDA STATE COLLEGE

DISTRICT BOARD OF TRUSTEES

The following policies will be considered at the regular Board meeting to be held Wednesday, May 22, 2013 at 6:00 p.m. at the Highlands Campus at 600 West College Drive, Avon Park, FL. The general public is invited.

Policy Development: Proposed amendments to the following policies.

Policy 1.10 Equal Opportunity

Policy 5.04 Performance Review

Policy 5.07 Employment Agreements

Policy 5.23 Prohibition Against Discrimination

For additional information, interested parties may visit the college website at www.southflorida.edu/trustees, or contact the Office of the President, South Florida State College at 600 West College Drive, Avon Park, FL 33825.

IF A PERSON DECIDES TO APPEAL ANY DECISION MADE BY THE DISTRICT BOARD OF TRUSTEES WITH RESPECT TO ANY MATTER CONSIDERED AT THIS MEETING, THAT PERSON WILL NEED A RECORD OF THE PROCEEDINGS, AND MAY NEED TO ENSURE THAT A VERBATIM RECORD OF THE PROCEEDINGS IS MADE, WHICH RECORD INCLUDES THE TESTIMONY AND EVIDENCE UPON WHICH THE APPEAL IS TO BE BASED.

600 West College Drive,

Avon Park, Florida 33825-9356

863-453-6661

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May 10, 12, 2013

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SURPLUS PUBLIC AUCTION – Vehicle, Equip, Misc

For the City of Avon park

Saturday, May 11, 2013

FL Lic # AB1898-AU2567

April 26: May 3, 2013

STATE OF FLORIDA

DEPARTMENT OF ENVIRONMENTAL PROTECTION

NOTICE OF INTENT TO ISSUE PERMIT

The Department of Environmental Protection (Department) give notice of its intent to issue an Environmental Resource (ERP) Permit (File No. 0310930-002) to the U.S. Army Corps of Engineers for the construction and operation of the Kissimmee River Restoration, MacArthur Ditch Backfill, Contract 108 (Project), in accordance with Part IV of Chapter 373, Florida Statutes, and Title 62, Florida Administrative Code. The application is available for public inspection during normal business hours, 8:00 a.m. to 5:00 p.m., Monday through Friday, except legal holidays, at the Department's Office of Ecosystem Projects, 3900 Commonwealth Blvd., MS 24, Tallahassee, Florida 32399-3000, telephone number (850) 245-3166.

This permit authorizes the Corps to backfill the MacArthur Ditch (approximately 18,000 linear feet) located in the C-3 Canal of the Kissimmee River Basin. The MacArthur Ditch is located to the west of, and parallel to, the completed Reach 1 Backfill segment of the C-38 Canal, and joins the C-38 Canal at the point of the Reach 2 Backfill segment. The proposed activities are located in Okeechobee County and Highlands County Sections 6, 7, 8, 16, 17, 18, 20, 21, Township 35 South, Range 32 East and Sections 1, 12 Township 35 South Range 31 East.

The proposed agency action shall become final unless a timely petition for an administrative hearing is filed pursuant to sections 120.569 and 120.57 of the Florida Statutes before the deadline for filing a petition. The procedures for petitioning for a hearing are set forth below.

A person whose substantial interests are affected by the Department's proposed permitting decision may petition for an administrative proceeding (hearing) in accordance with Sections 120.569 and 120.57, F.S. The petition must contain the information set forth below and must be filed (received) in the Office of General Counsel of the Department at 3900 Commonwealth Boulevard, Mail Station 35, Tallahassee, Florida 32399-3000.

Petitions filed by persons other than those entitled to written notice under Section 120.60(3) of the Florida Statutes must be filed within twenty-one days of publication of the notice or receipt of the written notice, whichever occurs first. The petitioner shall mail a copy of the petition to the applicant at the address indicated above at the time of filing. The failure of any person to file a petition within the appropriate time period shall constitute a waiver of that person's right to request an administrative determination (hearing) under sections 120.569 and 120.57 of the Florida Statutes, or to intervene in this proceeding and participate as a party to it. Any subsequent intervention (in a proceeding initiated by another party) will be only at the discretion of the presiding officer upon the filing of a motion of a motion in compliance with rule 28-106.205 of the Florida Administrative Code.

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.

1050**Legals**

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT
IN AND FOR HIGHLANDS COUNTY, FLORIDA

CIVIL ACTION

CASE NO.: 28-2012-CA-000815

DIVISION:

WELLS FARGO BANK, NA,

Plaintiff,

vs.

JOSE PRADO, et al,

Defendants).

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Mortgage Foreclosure dated May 02, 2013 and entered in Case No. 28-2012-CA-000815 of the Circuit Court of the Tenth Judicial Circuit in and for HIGHLANDS County, Florida wherein WELLS FARGO BANK, NA, is the Plaintiff and JOSE PRADO; SHERRI PRADO; WELLS FARGO BANK, NATIONAL ASSOCIATION, AS SUCCESSOR, BY MERGER TO WACHOVIA BANK, NATIONAL ASSOCIATION; 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 3rd day of June, 2013, the following described property as set forth in said Final Judgment:

LOTS 1 AND 2, BLOCK 2, AVON PARK LAKES

RED HILL FARMS ADDITION UNIT L, ACCORDING

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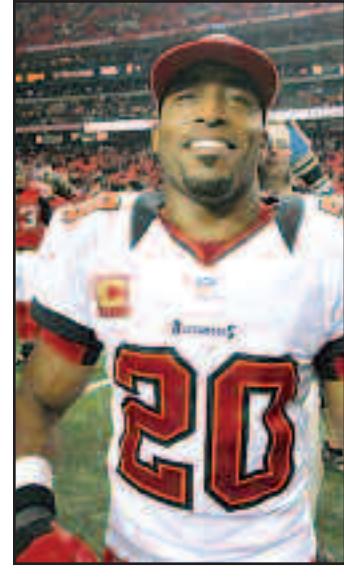
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FL 33825-9157

B SPORTS

News-Sun

Ronde Barber to retire after 16 seasons



MCT photo
After 16 seasons with the Tampa Bay Buccaneers, defensive back Ronde Barber announced on Wednesday that he is retiring from the NFL.

Associated Press

TAMPA — Three-time All-Pro Ronde Barber is retiring after a 16-year career with the Tampa Bay Buccaneers that included a Super Bowl title and five Pro Bowl appearances.

The Bucs announced Wednesday night that the 38-year-old twin brother of former New York Giants running back Tiki Barber will not return to play on a defense overhauled since the end of last season.

Tampa Bay acquired Darrelle Revis, Dashon Goldson and second-round draft pick Johnthan Banks for its secondary.

The retirement was first reported by Fox Sports.com, who quoted

Barber as saying: "I've had a better run than I ever could've dreamed of having."

Tiki Barber, who retired from the Giants after the 2006 season, had a post on his Twitter account that read: "Congrats & happy for my twin, Ronde, who's hanging up the cleats!"

Ronde Barber played cornerback for 15 seasons before moving to safety last year.

He played his entire career with the Bucs and is the franchise leader in interceptions with 47.

He also scored eight touchdowns and had 28 sacks in 241 games.

"Ronde is synonymous with the Tampa Bay

Buccaneers, establishing himself as one of our franchise's iconic players over a 16-year, Hall of Fame-worthy career," Bucs chairman Joel Glazer said in a statement. "When anyone thinks of Ronde, they think of a true professional and leader. He approached every day the same, giving everything he had to make himself and his teammates the best they could be. We will miss him."

Barber was a third-round pick out of Virginia in 1997 and struggled early in his career, appearing in just one game as a rookie.

He finished with a stretch of 215 consecutive starts, tied for the sixth-

See BARBER, Page B3

Gentry enters national rankings

By LAUREN WELBORN
News-Sun correspondent

Avon Park High School graduate Greg Gentry has always been known for his talent on the golf course.

Recently, NAIA standings reflected his efforts, as his 74.44 average put him as the 67th high individual in the nation.

"When I broke top 100 I was happy," shared Gentry. "I kept looking until they updated, then I was even more happy when I broke top 75."

In addition to his national standing, Gentry is currently ranked 11th in the Sun Coast Conference and plays as the number one seed for Webber International University's team.

"My season went well. I practiced harder this year, which showed as I had some low rounds and a few good finishes."

Gentry had three, third-place finishes for the season as well as two fifth-place finishes, one of which was during the Sun Coast Conference tournament.

He also added an 8th place finish under his belt in one of the conference majors.

These successes do not come as a total shock, however.

Countless Sertoma Junior Tour championships went to Gentry during his career and he saw similar success in his Red Devil years as well,



Courtesy photo
Former Red Devil Greg Gentry is making his mark at Webber, and moving up in the national, collegiate golf rankings.

including a trip to the state finals.

Gentry added that the transition to college-level competition came pretty smoothly for him.

"The hardest thing, I would have to say, is walking 36 holes the first day [of a tournament] and 18 the second."

He clarified that in high school students walk 9 holes for regular meets and 18 for tournaments.

"I remember my first time walking 36 was miserable, now it feels like a walk in the park."

As he has adjusted to life as a Webber Warrior, Gentry has seen improvements in

his game.

"My irons were the key to me playing better," he explained. "I was missing less and less greens and giving myself more birdie opportunities."

Gentry is a player who places high importance on

See GENTRY, Page B3

Differing views of 'great game'



And Another Thing...

Dan Hoehne

Lifelong Bulls fan bitter at the resounding defeat, but it's not.

Honestly, as they are currently constituted, I agree with many others that this team has no shot to take this series.

I'm a fan, but also a realist when it comes to my teams – I am also a Cub fan, after all.

But maybe it's just me, or my generation.

I appreciate the full-on, evenly-matched brawl that

takes us to the very end.

And yes, there were times that, having been whooped by the Lakers, Pistons and Celtics numerous times in the late 80s, early 90s, that I adored watching the Bulls then stomp them decisively.

But the point of it was, those teams from Boston, Los Angeles and Detroit were worthy foes, at the top of their games, which is what made the victories that much sweeter.

Of course I wanted my Bulls to beat those aforementioned teams, and beat them decisively.

But had the Pistons been missing Isiah Thomas, Sidney Green and Bill Laimbeer during such a win – it would have felt much less gratifying.

Had the Celtics been without Larry Bird, Kevin McHale and Dennis Johnson, same feeling.

Had the Lakers been without Magic Johnson, Byron Scott and Michael Cooper, again, same deal.

Such games would certainly never be on my list of "best I've ever seen."

If you're a true fan, a true competitor, you don't revel in your team beating the living crap out of a weak team.

You may like that it helped your team in the series, but you likely would have turned it off at some point, given that it was so non-competitive.

I read a Heat fan the other night whine that, "I'm so sick of Bulls fans bragging about beating us without three of their best players."

This was within an hour of the game having ended, when Chicago somehow had outlasted Miami.

See HEAT, Page B3



Page B3

Friday, May 10, 2013

Father and sons – birthday fishing trips



Fishin' Around...

Don Norton

of a challenge working her back out.

But Jason kept tension on the line and we soon netted a solid 7 pounder, re-setting his big fish mark.

The 7 pounder was the only fish taken off this reed island so we headed into some new territory looking for an even bigger bass.

By 11 a.m. the winds were getting stronger and it was getting tougher to find areas not impacted by the fierce north wind.

Saturday, I picked up Cliff Ables, an attorney in Sebring and his son Jason, for a day of fishing on Lake Istokpoga.

Jason owns a construction company in Ft. Lauderdale and the original plan was to include his 10-year old son and to do some good old, down-to-earth shiner fishing.

But the day before our scheduled trip, Cliff let me know the grandson would not be coming along, and that he and his son Jason wanted to learn how to flip and pitch.

We launched from the Windy Point boat ramp in Lake Placid, and by 7:30am., I gave a brief demonstration on the art of "flippin."

Both Cliff and Jason are experienced bass fishermen so the course was pretty quick as we approached our first target, a small area on the southwest corner of the lake with scattered reeds and other vegetation, both men were flipping like they'd been doing it for years.

Jason connected quickly with a feisty 2 pounder, followed by a beautiful 5 1/2 to 6 pounder which he expertly led to the landing net.

Jason had caught many bass in the past but this was a new big-fish record for him and after snapping a few pictures, he gently released the bass back into the water.

Continuing through the area, as the wind picked up, we caught and released a couple more bass, most in the 1-3 pound class.

Running over to the south end of Bumblebee Island, we fished a lone reed patch and Jason hooked up again with a big bass.

Unlike the first big fish he landed quickly, this bass decided to run back into the reeds and proved to be a bit

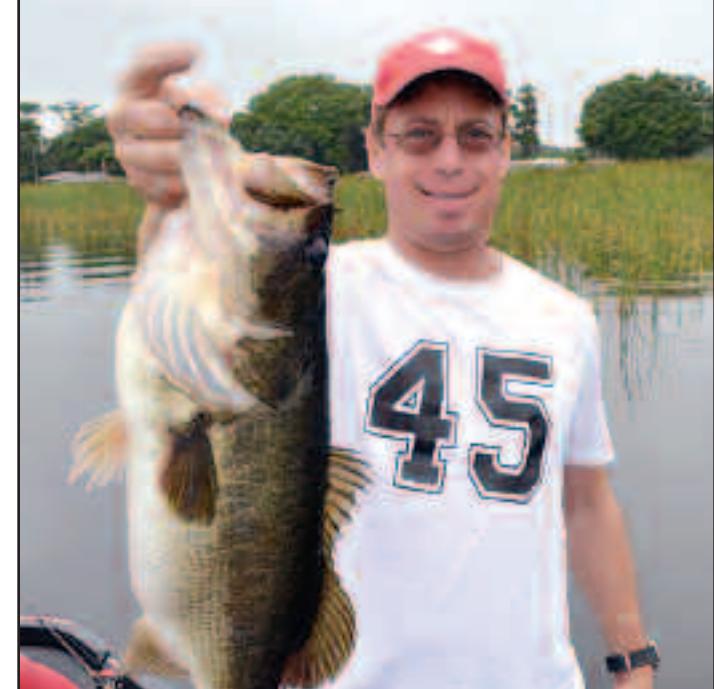
We met for dinner Saturday night, and as we previewed the weather channel, we could see we were in for some big winds early in the day Sunday.

We decided to get out as early as we could, but at 6:45 a.m., Lake Istokpoga

was already showing signs of rough water.

Sam connected first with a nice 3 pounder, followed minutes later by Colby who landed his first largemouth bass, a beautiful 2 1/2 pounds.

See FISH, Page B3



Courtesy photo

Jason Ables with his 7-pound bass caught during a day on

THE SCOREBOARD

NBA Playoffs

CONFERENCE SEMIFINALS (Best-of-7) (x-if necessary)

EASTERN CONFERENCE

Chicago 1, Miami 1

Monday: Chicago 93, Miami 86

Wednesday: Miami 115, Chicago 78

Friday: Miami at Chicago, 8 p.m.

Monday, May 13: Miami at Chicago, 7 p.m.

x-Wednesday, May 15: Chicago at

Miami, TBA

x-Friday, May 17: Miami at Chicago,

TBA

x-Sunday, May 19: Chicago at Miami,

TBA

Indiana 1, New York 1

Sunday: Indiana 102, New York 95

Tuesday: New York 105, Indiana 79

Saturday, May 11: New York at Indiana,

8 p.m.

Tuesday, May 14: New York at Indiana,

TBA

Thursday, May 16: Indiana at New York,

8 p.m.

x-Saturday, May 18: New York at

Indiana, TBA

x-Monday, May 20 Indiana at New York,

8 p.m.

WESTERN CONFERENCE

San Antonio 1, Golden State 1

Monday: San Antonio 129, Golden State

127, 20T

Wednesday: Golden State 100, San

Antonio 91

Friday: San Antonio at Golden State,

10:30 p.m.

Sunday, May 12 San Antonio at Golden

State, 3:30 p.m.

x-Tuesday, May 14: Golden State at San

Antonio, 9:30 p.m.

x-Thursday, May 16: San Antonio at

Golden State, TBA

x-Sunday, May 19: Golden State at San

Antonio, TBA

Oklahoma City 1, Memphis 1

Sunday: Oklahoma City 93, Memphis

91

Tuesday: Memphis 99, Oklahoma City

93

Saturday, May 11: Oklahoma City at

Memphis, 5 p.m.

Monday, May 13: Oklahoma City at

Memphis, 9:30 p.m.

Wednesday, May 15: Memphis at

Oklahoma City, TBA

x-Friday, May 17: Oklahoma City at

Memphis, TBA

x-Sunday, May 19: Memphis at

Oklahoma City, TBA

NHL Playoffs

FIRST ROUND (Best-of-7) (x-if necessary)

EASTERN CONFERENCE

Pittsburgh 2, New York Islanders 2

Pittsburgh 5, NY Islanders 0

NY Islanders 4, Pittsburgh 3

Sunday: Pittsburgh 5, N.Y. Islanders 4,

OT

Tuesday: N.Y. Islanders 6, Pittsburgh 4

Thursday: NY Islanders at Pittsburgh,

late

Saturday, May 11: Pittsburgh at NY

Islanders, TBD

x-Sunday, May 12: NY Islanders at

Pittsburgh, TBD

Ottawa 3, Montreal 1

Ottawa 4, Montreal 2

Montreal 3, Ottawa 1

Sunday: Ottawa 6, Montreal 1

Tuesday: Ottawa 3, Montreal 2, OT

Thursday: Ottawa at Montreal, late

x-Saturday, May 11: Montreal at

Ottawa, TBD

x-Sunday, May 12: Ottawa at Montreal,

TBD

Washington 2, New York Rangers 2

Washington 3, NY Rangers 1

Washington 1, N.Y. Rangers 0

Monday: N.Y. Rangers 4, Washington 3

Wednesday: N.Y. Rangers 4,

Washington 3

Friday, May 10: NY Rangers at

Washington, 7:30 p.m.

Sunday, May 12: Washington at NY

Rangers, TBD

x-Monday, May 13: NY Rangers at

Washington, TBD

Boston 3, Toronto 1

Boston 4, Toronto 1

Toronto 4, Boston 2

Monday: Boston 5, Toronto 2

Wednesday: Boston 4, Toronto 3, OT

Friday, May 10: Toronto at Boston, 7

p.m.

x-Sunday, May 12: Boston at Toronto,

TBD

x-Monday, May 13: Toronto at Boston,

TBD

Western Conference

Chicago 3, Minnesota 1

Chicago 2, Minnesota 1, OT

Chicago 5, Minnesota 2

Sunday: Minnesota 3, Chicago 2, OT

Tuesday: Chicago 3, Minnesota 0

Thursday: Minnesota at Chicago, late

x-Saturday, May 11: Chicago at

Minnesota, TBD

x-Sunday, May 12: Minnesota at Chicago, TBD

Anaheim 3, Detroit 2

Anaheim 3, Detroit 1

Detroit 5, Anaheim 4, OT

Anaheim 4, Detroit 0

Monday: Detroit 3, Anaheim 2, OT

Wednesday: Anaheim 3, Detroit 2, OT

Friday, May 10: Anaheim at Detroit, 7

OT

x-Sunday, May 12: Detroit at Anaheim,

TBD

Seattle 3, St. Louis 2

Seattle 4, St. Louis 1

St. Louis 2, Seattle 1

Los Angeles 1, St. Louis 0

Monday: Los Angeles 4, St. Louis 3

Wednesday: Los Angeles 3, St. Louis 2,

OT

Friday, May 10: St. Louis at Los

Angeles, TBD

x-Monday, May 13: Los Angeles at St.

Louis, TBD

MLB

AMERICAN LEAGUE

East Division

W L Pct GB

Baltimore 21 13 .618 —

Boston 21 13 .618 —

New York 19 13 .594 1

Tampa Bay 15 18 .455 5

Toronto 13 22 .371 8.5

Central Division

W L Pct GB

Detroit 19 12 .613 —



LIVE SPORTS ON TV

AUTO RACING

FRIDAY

3:30 p.m.	NASCAR – Darlington 200, Qual.	ESPN2
7 p.m.	NASCAR – Sports Clips 200	ESPN2
8 p.m.	NASCAR – Bojangles' Southern 500....	FOX

BOXING

FRIDAY

10 p.m.	Vernon Paris vs. Manuel Perez....	ESPN2
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COLLEGE BASEBALL

SATURDAY

1 p.m.	LSU at Texas A&M	ESPN
2 p.m.	Missouri at Alabama	SUN

COLLEGE SOFTBALL

SATURDAY

4 p.m.	Big East Tournament	ESPN2
6 p.m.	ACC Tournament	ESPN2
8 p.m.	SEC Tournament	ESPN2



Golf Hammock

On Monday, May 6, Eleanor Short had a hold-in-one on No. 7 with a seven iron.

Congratulations on her first hole-in-one at 85-years old.

Last Monday, May 6, the Mezza Group played Individual Pro-Am points at Golf Hammock Country Club.

Johnny McEachren scored plus 4 to take first place in A group and Mike Anselm came in second place with plus 1.

In B group Phil Raymond came in first place with plus 2 and Paul Brown in second place with a minus 1.

In C group Ken Porter was in first place with plus 6 and tied for second place was Jim Daigneault and Jack Stafford with plus 3.

Jimmy Black came in first place in D group with plus 7 and Joe Hamilton came in second place at plus 3.

Jerry Patterson came in with plus 11 to take first place in E group and Ralph Pickering came in second place with plus 10.

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

For more information, call Pete at 382-1280 or e-mail me at piemez@hotmail.com.

Lake June West

A Scramble was played on Thursday, May 2.

Winning first place was the team of Ken Rowen, Norm Grubbs, Larry Heath and Chris Heath with 52; second place, Dick Denhart, Art Schmeltz, Betty Billau and Don Boulton with 54; and third place, John and Shelly Byron, Margaret Schultz and Joanne McGill with 56.

Closest to the pin: (Ladies), No. 8, Sue Ruffo, 10-feet-1. (Men), No. 2, Ken Rowen, 5-feet-5; and No. 4, Dick Denhart, 18-feet-3.

The Men's Association played a Men's League event Wednesday, May 1.

Tying for first/second places were the teams of Dick Denhart, Norm Grubbs and Jack Maginnis; Doyan

Eades, Bill Fowler, Don Boulton and Fred Neer with 44 each.

Closest to the pin: No. 2, Norm Grubbs, 10-feet-1; No. 4, Doyan Eades, 30-feet-3; and No. 8, Larry Heath, 6-feet-8.

A Scramble was played Thursday, April 25.

Winning first place was the team of Ken Rowen, Norm Grubbs, John and Gloria Huggett with 51. Tying for second/third places were the teams of Doyan and Donna Eades, Don Boulton, Joanne McGill and Margaret Schultz; Orville and Eva Huffman, Joe Swartz, John and Sue Ruffo with 54 each.

Closest to the pin: (Ladies), No. 8, Joanne McGill, 9-feet-2.5. (Men), No. 2, Art Schmeltz, 8-feet-6; and No. 4, Doyan Eades, 15-feet-6.

The Men's Association played a game Wednesday, April 24.

Winning first place was the team of Doyan Eades, Art Schmeltz, Jack Maginnis, Don Boulton and Bill Broule with 38. Tying for second/third places were the teams of Bill Hintz, Orville Huffman, Bill Fowler, Fred Neer and Al Welch; Dick Denhart, Norm Grubbs, Joe Swartz, Larry Heath and John Ruffo with 42 each.

Closest to the pin: No. 2, Bill Hintz, 21-feet-6; No. 4, Norm Grubbs, 16-feet-6; and No. 8, Norm Grubbs, 5-feet.

Placid Lakes

The Men's Association played a Best 9 Hole Net event Wednesday, May 1.

The winners were: Tying for first/second places were Jack Marceau and Howard Ticknor with 30 each. Third place, Russ Isaacs with 31.

Today's Tip

MASTER STROKES

Water In Bunker

Spring showers can you playing in wet conditions. What's the rule if you find your ball resting in standing water within a sand bunker?

You are allowed, with no penalty, to lift the ball from the water and drop it at the nearest point within the bunker that provides relief. But if the entire bunker is filled with water, you may drop the ball outside the bunker, keeping the point at which the ball entered the bunker between yourself and the hole. However, there is a penalty of one stroke. Keep in mind that you are allowed to play your ball from where it originally came to rest in the bunker if you're OK with making a splash.

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"

Closest to the pin: No. 2, John Goble, 4-feet-2.

River Greens

The Ladies Association played a pro am 9 holes tournament on Thursday, May 2.

Winning first place was the team of Linda Therrien, Donna Johnson, Jody Ethun and Fran Neil with plus-13; and second place, Michele Koon, Barb Plunkett and Pat Kincer with plus-6.5.

Individual winners were: First place, Linda Therrien with minus-8.5; and second place, Jody Ethun with minus-3.5. Tying for third/fourth/fifth places were Nancy Long, Barb Plunkett and MaryBeth Carby with plus-3 each.

The Men's Association played a pro am tournament on Wednesday, May 1.

Winning first place was the team of Ken Koon, Cecil Lemons, Jim Cercy and Peter March with plus-19.5; and second place, Don McDonald, Al Farrell and Russ Rudd with plus-16.5.

Individual winners were: A Flight (27-over): Russ Rudd with plus-6. B Flight (23-26): Ken Koon with plus-11. C Flight (22-under): Neil Purcell with plus-7.

The Morrison Group played a game Tuesday, April 30.

Winning first place was the team of Butch Smith, Jim Cercy, Keith Kincer and Ken Brunswick with minus-30.

Tying for second/third places were the teams of Harold Plagens, Tim Thomas, Cliff Aubin and Russ Rudd; Lefty St. Pierre, Don McDonald and Jim Anderson with minus-27 each.

The Gofettes played a game Tuesday, April 30.

Winning first place was the team of Laura Smutnick, Pat Gower, MaryBeth Carby and Jody Ethun with 50; second place, Fran Smith, Barb Plunkett, Carole McClay and Karen Speaker with 53; and third place, Betty Wallace, Fran Neil, Kay Conkle and Helen Ochala with 54.

The Morrison Group played a game Tuesday, April 30.

The winners were: First place, Fred Evans and Ken Brunswick with 26; second place, John Smutnick and Jim Cercy with 27; and third place, Lefty St. Pierre and Cliff Aubin with 29.

SpringLake

On Wednesday, May 8, the SpringLake Ladies Golf League played a flighted Individual Low Net event on the Cougar Trail course.

Flight One winners were Judy Dunn with a Net 57 followed by Debbie Delaney with a Net 63 and Linda Pfleger with a Net 64.

Flight Two winners were Sharon

Warner with a Net 62, Rita Jaskowski with a Net 64 and Jean Donahue with a Net 65.

On Tuesday, May 7, the SpringLake Men's Golf Association held Day 1 of a two day Pick Your Partner event on the Cougar Trail course which will be followed on Thursday with Day 2 on the tougher Panther Creek course.

On both days, winners will be those teams scoring the most net points – where a bogey counts 1, a par counts 2, birdies count 4, eagles count 6, and double eagles count 8 – all on a net of hole handicap basis.

Triple bogey or more counts 1 point negative.

Day 1 leaders in the A Flight were Bob Hinde (net 68) and Ed Vowels (net 62), who together scored 97 points.

Three points back in second were Jon Brower and Tom Bates with 94 net points.

In third place is Joe Austin and Gene Hearn with 86 points, followed by Gary Behrendt and Pat Jaskowski with 82 points.

The B Flight leaders were Rick Nelson and Joe Troia, both with hot rounds of net 63 and net 65 respectively, coming in with 104 points.

In second place, Don Cuning and Vern Hoffman shot good rounds of 70 and 63 that resulted in a net 95 points.

As usual, Mr. Cuning had flashes of brilliance with birdies on 3 and 16 but was carried to second with the solid play of Mr. Hoffman...

In third place on Day 1 in the B group were Charlie Keniston and Gale Monda with 81 points, followed by Will David and Richie Eastep with 78 points.

The C Flight was led by Jay Payne (net 69) and Ray McKenzie (net 65), who together scored net 90 points.

In second place was the caustic Ed Clay and partner Dan Porter with 85 points.

Third went to Jim Foote and Dave Docherty with 83 points, followed by Leon Van and Rob Frederick with 82 points.

Thursday's play on the much tougher Panther Course will really determine the winners, so stay tuned

Gentry on his way up

Continued from B1 determination and working hard to improve his game.

"I'm currently working hard on 100 yards and in. I just haven't been able to execute lately from those yardage's and those are usually the easy birdies for me."

"For next year, I plan on working hard all summer playing a few amateur events and winning some tournaments my upcoming year at Webber."

"Hopefully, I will bring my national rank down in the top 25."

Throughout his 15-year career on the links, Gentry has had the constant support of his parents and he credits them for his accomplishments.

"My mom has taught me from the very beginning," he explained.

Gentry also looks inward for the dedication he has to the sport and to improving himself now in his college years.

"I just want to do it on my own, similar to Bubba Watson – he never had a lesson in his life," he

said. "I like to be independent and not ask anyone for help unless I feel I need it."

Outside of his time on the course, Gentry also works hard on his studies as a Sports Business Management Major at Webber.

He left some wise words for younger aspiring golfers.

"Golf is so much harder than any other sport; rarely are you just naturally good at it," he said. "You do not get good quick with golf – it takes time, dedication, and hard work."

Gentry also advised that golfers be true to themselves and the scorecard as they improve their game.

Reflecting back on the time Gentry discovered he had made the top 75, he stated, "I just thought to myself, 'I can't wait until next year; I think it is my year.'"

Certainly, we can expect to see him continue to prosper and hopefully reach that goal as he continues to advance his game.

Barber all done

Continued from B1 longest streak in NFL history.

A team captain for the past nine years, Barber made the transition from cornerback to safety in 2012, Tampa Bay's first season under coach Greg Schiano.

Schiano's top priority this offseason was revamping a secondary that nearly set a league record for most yards passing allowed in a season.

The Bucs began reshaping the defense with the signing of Goldson, an All-Pro safety last season in San Francisco, to a five-year, \$41.25 million deal in free agency. Last month, the team traded the 13th overall pick in the draft to the New York Jets in exchange for Revis, a three-time All Pro cor-

nerback who also got a new six-year, \$96 million contract.

With veteran Eric Wright returning and last year's No. 1 draft pick Mark Barron entering his second season at safety, that left little room for Barber in Tampa Bay's plans — especially after Banks was selected in the second round of the draft to compete with Wright for a starting job.

Barber is the only player in NFL history with 40-plus interceptions and 25 or more sacks. He returned eight picks for regular-season touchdowns and clinched Tampa Bay's victory over Philadelphia in the 2002 NFC championship game with a 92-yard return for a TD off Donovan McNabb.

Heat rout expected, not a great game

Continued from B1

The Heat have been the presumptive favorite to win it all since the season began.

But when that team, with a week of rest, takes on an injury-laden team in the second round, and gets beat?

Well, it happens, and rather than worry about bragging from the other teams' fans, you should be worried, ticked off at your own team.

So many times, when the Pistons were clotheslining Jordan, bullying Scottie Pippen, sure I was ticked, hated the Pistons for it.

But at the same time was yelling at the TV, "Suck it up! Beat them

anyway!"

Apparently these Heat fans, or is it current day fans on the whole, who don't get that bravado?

You beat us? Dangit.

You beat us with a team worn down and riddled with injuries? Jeez, what is wrong with us?!

Then when your team regroups and does what it is expected to do, to beat down this injury-laden team on your home court, it's the best game you've ever seen?

Really?

Doesn't seem real proud to me.

Dan Hoehne is the Sports Editor of the News-Sun. He can be reached at dhoehne@newssun.com



Fish are connecting fathers and sons

Continued from B1

pounder.

We got a couple of pictures for posterity and before I could get the camera put away, Sam had tied into another nice bass.

By now the wind was kicking up white caps and we had no choice but to find a calmer location.

We moved around a couple of spots with no luck before venturing across the bottom half of the lake.

With winds crashing out of the north, this proved to be a bad decision.

Ranger bass boats are built to take rough water, and my Ranger is no exception, but the 3-5 foot waves

that we were running parallel to were not only coming over the boat, but the wind was picking up water and spraying it over all of us.

By the time we reached the eastern shore, we were soaked.

The air temperature was cooler than normal and it took us a good half hour to dry out to make the trip back across the lake.

I warned both Sam and Colby that it might be another wet trip, but as we donned our rainsuits, I knew if I ran at full throttle, we wouldn't get as wet, but it would be a rough ride.

It was a pretty rough, but riding on top of the waves kept us dry and we finally got

back to the boat ramp and loaded up the boat.

I had suggested that we try one of the smaller lakes, since they wouldn't be as impacted by the wind.

Lake Glenada, just off Rte. 27 in Sebring seemed like a good choice, particularly if we wanted to flip.

Healthy Living



Dear Pharmacist

Suzy Cohen

Dear Pharmacist: After years of hiking without many problems, I began experiencing pain near my ankle and heel. My doctor diagnosed "Achilles tendonitis" and prescribed medicine that did reduce pain and swelling. I'm still worried I'll not be able to hike again. What natural remedies keep this at bay?

— J.S. Boulder, Colo.

Answer: Ouch, I've had tendonitis myself from over-typing and exercising so I hear ya'. This condition is usually an overuse injury and causes pain or swelling in the wrists, knee caps, elbows or Achilles tendons. Actually, it can occur in any tendon and there are hundreds. Unfortunately, tendons don't have a rich blood supply and that hinders adequate delivery of oxygen and nutrients. Simply put, tendons are slow to heal.

The most important thing you can do to improve tendonitis pain

is to rest the area; that's hard to do when it's your foot. But tendons don't recover if you keep overusing them. The next consideration (and this one is also free) is to ice the area to reduce inflammation, but icing doesn't help much after the first few days.

Supplements or medications do help. Most of you will opt for medications like ibuprofen or naproxen (these are NSAIDs and are contraindicated in people with bleeding ulcers among other conditions).

My personal favorite anti-inflammatory supplements include astaxanthin, saffron, and curcumin because they have other tremendous health benefits.

Here are some more options that can help:

- **Boswellia:** A strong anti-inflammatory compound that works as effectively as NSAIDs. Sometimes called "Indian Frankincense", this herb can be combined with any of the three supplements I mentioned above.

- **Methylsulfonylmethane (MSM):** MSM supports healthy connective tissues like tendons and ligaments. It's used for arthritis too. This one is a must for prevention.

- **White willow (Salix alba):**



This is also known to increase fertility; willow bark may ease aches and pains. Aspirin comes from white willow, and you can trust the herb to reduce pain and inflammation, however it is a mild blood thinner.

- **Ginger:** Great for inflammation and pain, especially around the joints. You can buy fresh root at any grocery store and grate into your meals, or make tea. Ginger increases blood circulation (be careful with other blood thinners).

- **Ruta (Ruta graveolens):** This homeopathic remedy is used for tendon pain, especially in the Achilles, feet, hips, wrists, and areas near other joints. Boiron

makes this in pellet form.

- Arnica (Arnica montana):

Also a homeopathic, arnica has been used for centuries to treat general pain. It can be taken orally or applied topically. The topical cream Traumeel by Heel contains arnica and several other healing compounds targeted specifically to reduce pain and inflammation from strains and sprains. I'm never without Traumeel!

Tendonitis can sometimes be the result of arthritis, gout, Reiter syn-

drome or Ankylosing spondylitis, Lyme disease or other conditions. It's harder to treat or may recur frequently, so see your doctor for a correct diagnosis and to ask if these supplements are 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.

Don't let shin splints sideline you



Footprints

Dr. Olga Garcia-Luepschen

If you are a power walker, have started a new exercise routine or are an experienced runner, you may

get shin splints at one time or another. Shin splints or tibial stress syndrome refers to pain in the front or inner part of the lower leg. This is common in running sports such as basketball, tennis, soccer, and gymnastics and can occur at all ages. Also at risk are jumpers, dancers, military personnel.

Shin splints are the cause of 13-20 percent of all running injuries.

Shin splints aren't really a single medical ailment. They are actually a symptom of an underlying problem that may be caused by:

- Irritated and swollen muscles.

- Stress fractures, which are tiny, hairline breaks in the bones

- Over-pronation or "flat feet"

Shin splint pain usually develops gradually without a history of trauma, and can begin as a dull ache along the front or inside of the shin (tibia) after running or even walking. You may notice small bumps and tenderness along shin bone.

To prevent shin splints, you should:

- Regularly stretch and strengthen the leg muscles.

- Check if your running shoes are old or worn down and not properly absorbing shock.

- Avoid running on hard



Stretching is a good way to help prevent shin splints.

Metro

surfaces, be cautious with downhill running (your foot impacts the ground in a plantar-flexed position – toes pointed down) putting stress on the muscles on the front of your shin.

- Wear insoles or orthotics that offers arch support for over-pronation.

- Don't violate the 10 percent rule (do not increase training routines by more than 10 percent a week)

For immediate relief:

- Rest (avoid activities that cause pain; cross-train

with low impact activities such as pool training, bicycling or elliptical machine training)

- Take an over-the-counter anti-inflammatory such as ibuprofen

- Compression (with an elastic wrap or wear a compression sleeve)

- Incorporate a stretching and strengthening program into your workout routine

- Use a foam roller to break up muscle adhesions and increase blood flow to your leg muscles.

If pain persists, your podiatrist may order x-rays, a bone scan or an MRI to check for a stress fracture.

Whether you are walking for fun or training for your first 5K, don't let shin splints sideline you.

Dr. Olga Garcia Luepschen can be reached at the Gentle Foot Care Center at 2 Ryant Blvd., on the corner of U.S. 27 and Ryant Boulevard in Sebring or call 314-9255. This information is not intended to diagnose, treat or cure your condition.

Coca-Cola takes anti-obesity campaign global

By CANDICE CHOI
AP Food Industry Writer

NEW YORK — Coca-Cola says it will work to make lower-calorie drinks and clear nutrition information more widely available around the world, intensifying a push against critics who say its drinks pack on the pounds.

The Atlanta-based company, which makes Sprite, Fanta and Minute Maid, already offers diet drinks in most markets. But they're not always as readily available in emerging markets such as China and India as they are in the U.S.

With sugary drinks coming under fire for fueling obesity rates, Coca-Cola Co. has been more aggressive in trying to convince customers its products can be part of a healthy lifestyle. That campaign has included the company touting its wide range of lower-calorie offerings. But Coca-Cola has also stood by its full-calorie drinks, saying that physical activity plays

an important role in fighting obesity.

"There is a place for all of our beverages in a healthy lifestyle," CEO Muhtar Kent said in a call with reporters Wednesday.

The announcement from Coca-Cola comes as packaged food companies across the industry look for growth in developing markets, where middle-class populations are growing rapidly.

As more people head to cities and earn more money, they're more prone to eating convenient packaged foods that critics say lead to obesity.

The shifting populations in such countries represent an enormous opportunity for U.S. companies. For example, Coca-Cola has noted that Americans on average drink 403 servings of its various beverages a year. That compares with just 12 servings per year in India and 38 in China. And the company's diet options aren't nearly as popular in such countries.

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NEWS-SUN

Healthy Living

Somers Hospice House receives family satisfaction award

Special to the News-Sun

SEBRING — The Good Shepherd Hospice Somers Hospice House in Sebring has been named a 2013 Hospice Honors recipient by Deyta, a satisfaction and quality measurement company.

"This is a very exciting recognition for the Somers Hospice House," said Don Evans, Good Shepherd Hospice executive director.

The Hospice Honors award is a result of exceptional family satisfaction survey scores and helps demonstrate that seriously ill patients and their loved ones value the care provided at the Somers Hospice House."

Established by Deyta, this prestigious annual honor recognizes the top 100 agencies that continuously provide the highest level of satisfaction through their care as measured from the caregivers' points of view. Deyta used the Family Evaluation of Hospice Care (FEHC) survey results from more than 1,200 partnering hospice agencies contained in its national FEHC database, with an evaluation period of January through December 2012.



Courtesy photo

The Somers Hospice House in Sebring received a 2013 Hospice Honors award for its high family satisfaction scores from Deyta, a satisfaction and quality measurement company. Good Shepherd Hospice opened the Somers Hospice House in 2011 for patients needing inpatient care to address pain and symptom issues.

Deyta used the five key drivers of caregiver satisfaction as the basis of the Hospice Honors calculations, which included:

— Overall care patient received while under care of hospice

— Family was kept informed of patient's condition

— Would you recommend this hospice to others

— Hospice team response to needs in the evenings and weekends

— Patient's personal needs were taken care of

Liz Silva, director of

Hospice at Deyta, says that Hospice Honors define a new standard of excellence in the patient/family experience for hospice agencies.

"Identifying these top performing hospices is our way of recognizing organizations that have demonstrated high quality of care to both patients and caregivers," she said.

"That positive family experience is a key driver of ongoing patient-focused care and overall agency success."

According to Evans, Good Shepherd Hospice scored higher than the

national averages in all five key drivers, and the Somers Hospice House exceeded the national averages and leader benchmarks in the overall care, recommendation and patient's personal needs categories.

"We know that Good Shepherd Hospice delivers exceptional care at the Somers Hospice House," he added.

This survey compared our end-of-life care against hospices across the nation, and we came out on top."

Good Shepherd Hospice opened the Somers Hospice

House at 1110 Hammock Rd. in early 2011.

The freestanding, 16-bed acute-care facility is a healthcare option for hospice patients that are experiencing pain and symptom management issues.

While Good Shepherd Hospice staff members address medical issues at the hospice house, patients can find relief, avoid unwanted hospitalizations and return to their homes as soon as possible.

The Somers Hospice House features private patient rooms and lanais, a

comfortable family room, a dining area, a chapel and a children's play area. All rooms include fold-out sofas so family members can spend the nights with patients.

The facility has around-the-clock visiting hours, and four-legged family members can also visit.

The Somers Hospice House is named in memory of Highlands County residents Bud and Donna Somers, who were strong supporters of Good Shepherd Hospice.

Becky McIntyre, Good Shepherd Hospice chief clinical officer, is based in Sebring and oversees the operation at the facility. "Families continually tell us that they are pleased with the support they and their loved ones receive at the Somers Hospice House," she said.

"Our Hospice Honor is a direct result of the compassionate care our staff and volunteers deliver, each and every day."

According to McIntyre, a framed Hospice Honor recognition will be prominently displayed at the Somers Hospice House.

New gene test may help guide prostate cancer treatment

Associated Press

A new genetic test to gauge the aggressiveness of prostate cancer may help tens of thousands of men each year decide whether they need to treat their cancer right away or can safely monitor it.

The new test, which goes on sale Wednesday, joins another one that recently came on the market. Both analyze multiple genes in a biopsy sample and give a score for aggressiveness,

similar to tests used now for certain breast and colon cancers.

Doctors say tests like these have the potential to curb a major problem in cancer care — overtreatment. Prostate tumors usually grow so slowly they will never threaten a

man's life, but some prove fatal and there is no reliable way now to tell which ones will.

Treatment with surgery, radiation or hormone blockers isn't needed in most cases and can cause impotence or incontinence, yet most men

are afraid to skip it.

"We're not giving patients enough information to make their decision," said Dr. Peter Carroll, chairman of urology at the University of California, San Francisco. "You can shop for a toaster" better than for prostate treat-

ment, he said.

A study he led of the newest test — the Oncotype DX Genomic Prostate Score — is set for discussion Wednesday at an American Urological Association meeting in San Diego.

The results suggest the test

could triple the number of men thought to be at such low risk for aggressive disease that monitoring is a clearly safe option. Conversely, the test also suggested some tumors were more aggressive than doctors had believed.

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- Today — 7 a.m., health fair at Arc residence, Pleasant Street, Avon Park; 9 a.m., health fair, Avon Park meal site, Main Street, Avon Park.

- Monday — 8 a.m., health fair at Hammock Estates, Hammock Road in Sebring; 10 a.m., Coping with Transitions at Resthaven Assisted Living facility, off State Road 64, Resthaven Road, Zolfo Springs; and 1 p.m., Caregivers' Support Group at Crown Pointe Assisted Living community, Sun 'N Lake Blvd., Sebring.

- Tuesday — 7:30 a.m., health fair at Lakeside Gardens, County Road 621, Lake Placid; 9 a.m., health fair at Heron's Landing, Heron's Landing Lane, Lake Placid; 10 a.m., health fair at Lake Placid meal site, Interlake Boulevard; and 12:30 p.m., health fair at Groves, behind Sebring Diner, U.S. 27.

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

- Thursday — 9 a.m., health fair at Maranatha Village, Arbuckle Creek Road, Sebring; and 10:30 a.m., caregivers support group at Balmoral Assisted Living facility, 93 Balmoral Road, County Road 621, Lake Placid.

- Friday, May 17 — 9 a.m., health fair at Highlands Village, Villa Road, Sebring.

Religion

'I felt new when I came up'

STR8 UP Ministry baptizes seven youth

By KIMBERLY LEATHERMAN
Special to the News-Sun

LAKE PLACID — On the white sand of Lake Clay, seven young ladies and men recently made a public declaration of obedience to follow the command of Jesus to be baptized.

STR8 UP was honored to have Pastor Jack Canady preside over the ceremony. Canady and STR8 UP president Sammy Telesco joined hands as the kids were lowered into the water and brought back up, symbolizing Christ's death, burial and resurrection.

During a recent trip to see "The Story of Jesus," several youth expressed their desire to be baptized.

"We made a decision to hold classes on what baptism means; we didn't want them to do it out of raw emotion," Telesco said.

Several local pastors came to educate the kids on baptism, after which all of the teens still wanted to follow through.

"We wanted to make it special for them and invite all of the families involved. The kids who were baptized received a Bible and a framed certificate," vice-president Dana Telesco said.

When Tamaya Hawthorne was asked why baptism was important to her, she replied, "I was leading by example for my brothers and sisters."

Jared Browning said, "Being baptized made me feel new, not outwardly, but



Courtesy photo

Pastor Jack Canady (left) and STR8 UP president Sammy Telesco baptize Tamaya Hawthorne. Tamaya was one of seven young people to be baptized at Lake Clay recently.

Being baptized made me feel new, not outwardly, but spiritually. I wanted to show my family and friends what it means to accept and obey Jesus Christ. There are no words to explain what it meant to me.

Jared Browning

spiritually. I wanted to show my family and friends what it means to accept and obey Jesus Christ. There are no words to explain what it meant to me."

Alexis Battles-Fryback said, "It meant showing

everyone that I accepted Jesus Christ and want to follow Him. It only took a few seconds, but felt like a lifetime. I felt like it was Jesus' arms putting me under and I felt new when I came up."

STR8 UP Youth Ministry

will continue its nightly Bible studies as well as small groups and baptism classes over the summer.

"Our goal is to open five days a week over the summer vacation and take many field trips. Of course, we are restricted to what our budget allows," Sammy Telesco said.

STR8 UP will hold many fundraisers over the next several months to achieve their goal; the first is a huge yard sale on May 10 and 11 from 8 a.m. to 1 p.m. today and Saturday. More information on upcoming events and fundraisers can be found on the website, www.str8up.org.

Atonement Lutheran Church - ELCA

SEBRING — This is the Seventh Sunday in Easter, and Happy Mother's Day to all. Deacon David Thoresen's sermon Sunday will be based on the gospel reading of John 17:20-26.

Sharon Palmer will be the Bible study leader Thursday.

Memorial Day salute to the Veterans picnic from 10 a.m. to 2 p.m. Monday, May 27. Bring family and friends to Atonement Lutheran Church. Memorial program and free food, fun and games for all ages. More details to follow.

Church of Buttonwood Bay

SEBRING — The Church of Buttonwood Bay meets in the recreation hall. In observance of Mother's Day, Pastor Cecil Hess will preach on "Mothers Who Left Their Marks." Special music by the Men's Chorus.

The service is non-denominational and open to all. The church is on U.S. 27, four miles south of Highlands Regional Medical Center. For information, call 382-1737.

Christ Lutheran Church - LCMS

AVON PARK — This Seventh Sunday in Easter, Pastor Scott McLean will preach a sermon titled "An Eagerly Anticipated Homecoming."

The church is at 1320 County Road 64, east of

Church News

the Avon Park High School past the four-way stop sign. For more information, call 471-2663 or search online at christ-lutheranavonpark.org.

Christian Training Church

SEBRING — Rev. Linda M. Downing will bring the message titled "The Fall of Babylon: Part 5" at the Sunday morning service. The Wednesday night Bible study is the Gospel of John.

Emmanuel United Church of Christ

SEBRING — Rev. George Miller will deliver the Sunday morning sermon, "That They All May Be One" taken from the Scripture John 17:20-26.

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

Faith Baptist Church of Lake Placid

LAKE PLACID — For Mother's Day, Pastor Bill Cole will preach "Mom, You're Not Alone." There will not be an evening service Sunday.

Coming soon will be the Red, White & Bluegrass Jamboree. The next gathering will be at 6 p.m. Friday, May 17 in the fellowship hall for an informal and enjoyable ole'

Continued on B8

Atheist group sues over prayer meeting

Associated Press

JACKSON, Miss. — A Mississippi high school forced students to attend on-campus programs where fellow students urged them to turn to Jesus for hope and eternal life, according to an atheist group that has sued.

The district has denied that assemblies were mandatory and says they were legal.

A lawsuit filed by the American Humanist Association asks a federal judge to bar the Rankin County School District from having religious assemblies.

The suit also seeks to hold Northwest Rankin High School Principal Charles Frazier personally liable.

Humanist Association attorney Bill Burgess said Frazier should have known better than to allow the gathering.

The district has yet to respond to the lawsuit filed April 24 in U.S. District Court in Jackson, and administrators could not be reached for comment Wednesday.

It's the latest in a series of school prayer struggles in Mississippi. But while many of the cases have occurred in small towns, this one centers on a 1,600-student school in fast-growing suburban area that includes visible religious minorities including a Hindu temple.

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Church News

Continued from B6

time gospel, country and bluegrass. This will be a free event with a love offering received for missions.

For further information about activities of the Faith Baptist ("A Family of Faith"), call the church office at 465-0060 or check out the website, www.faithbaptistchurchlp.com. The church is at 660 Holmes Ave.

First Baptist Church of Avon Park

AVON PARK — Associate Youth Pastor Rev. Charlie Parish will bring the morning message, "The New You in Christ" from Colossians 3. There will be no Sunday evening service this week.

The church is at 100 N. Lake Ave. For more information call 453-6681 or e-mail info@fbcap.net.

First Baptist Church of Placid Lakes

LAKE PLACID — On Sunday morning, Pastor Jeff Taylor will begin a series of messages compar-

ing Islam and Christianity. First Baptist Church of Placid Lakes is at the corner of Kemper and Cleveland avenues in Placid Lakes.

For more information, call 465-5126 from 8:30 a.m. to 1 p.m. Monday through Thursday.

First Christian Church

AVON PARK — Saturday, the church will host a breakfast with mothers in mind. Everyone is welcome.

First Christian Church of Avon Park is at 1016 W. Camphor (behind the Wachovia Bank). Call 453-5334 or email firstchristianap@embarqmail.com with any questions or to request information. The church website is www.firstchristianap.com.

First Christian Church (Disciples of Christ)

SEBRING — The pastor's sermon Sunday is titled "The Holy Family", taken from Luke 2:41-52. Assisting the pastor during the Communion service will be Elders Linda Ellis and Elder Emeritus Dick Asmussen.

Deacons for the day are Sandi Laufer, Franny Goff, Diane

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. Morning and evening services available at www.fbcap.net. Select Media, select Sermon Library, select Date. 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 Altvarter 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.

n First Baptist Church of Lake Placid, Knowing God's Heart and Sharing God's Hope, 119 E. Royal Palm St., Lake Placid, FL 33852 (863) 465-3721, Website: www.fbclp.com. Email: information@fbclp.com. Sunday services - Traditional Service 9 a.m., Contemporary Service 10:30 a.m. Link Groups at 9 and 10:30 a.m., Wednesday Activities: Family dinner at 5 p.m. (\$4 per person, reservations required). Prayer meeting, Youth Intersections, and MaxKidz Extreme meet at 6:15 p.m. The church is at 119 E. Royal Palm St., Lake Placid. For information, call 465-3721 or go to www.fbclp.com.

♦ First Baptist Church of Lorida located right on U.S. 98 in Lorida. Sunday School begins at 9:45 a.m. for all ages. Sunday worship services are at 11 a.m. and 6:30 p.m. Preschool care is provided at the 11 a.m. worship service. Wednesday evening Bible Study and Prayer meeting is at 6:30 p.m., followed by adult choir rehearsal. From September the AWANA groups meet. First Lorida is the "Place to discover God's love." For more information about the church or the ministries offered, call 655-1878.

♦ First Baptist Church, Sebring, 200 E. Center Ave., Sebring, FL 33870. Telephone: 385-5154. Dr. Allen Higginbotham, Interim Pastor; Rev. Nuno Norberto, associate pastor, minister of music and senior adults; and Dixie Kreulen, preschool director. Group Bible Studies, 9:15 a.m.; Blended Service, 10:30 a.m.; Mision Bautista Hispana, 2 p.m.; Sunday Evening Worship, 6 p.m.

Wednesday night programs at the ROC begin 5:30 p.m., at church begin 6:30 p.m. Preschool and Mother's Day Out for children age 6 weeks to 5 years old. Call 385-4704. Website www.fbsebring.com

♦ Florida Avenue Baptist Church, 401 S. Florida Ave., Avon Park. Mailing address is 710 W. Bell St., Avon Park, FL 33825. Telephone, 453-5339. Rev. John D. Girdley, pastor. Sunday School, 9:45 a.m.; Sunday Worship, 11 a.m.; 11 a.m. Children's Church; Sunday Evening Worship, 6 p.m. Wednesday night programs for children, youth and adults at 7 p.m.

♦ Independent Baptist Church, 5704 County Road 17 South, Sebring, FL 33876. Sunday School, 9:30 a.m. Sunday worship, 10:30 a.m. Sunday evening, 6 p.m. Wednesday service, 7 p.m. Fundamental, soul-winning, mission-minded, King James Bible Church. Larry Ruse, pastor. Phone 655-1899. Bus transportation.

♦ Leisure Lakes Baptist Church, 808 Gardenia St., Lake Placid (just off of Miller at the west end of Lake June) "Where the old fashioned 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.

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.

Thibodeau and Carol Chandler. Greeting the congregation will be Charles Henry and Mary Ann Thomas. The acolyte for the day will be one of the Thibodeau brothers.

First Presbyterian Church of Avon Park

AVON PARK — On Sunday morning, Pastor Bob Johnson's sermon is titled "Liberty", based on Psalm 119:41-48.

The choir's introit will be "We are Standing on Holy Ground"/"This is Holy Ground." The anthem is "I Trust in the Lord."

The adult class has been viewing a video series titled "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. This new series is titled "Fire on the Mountain - The Mountain of God" filmed in Jebel Katarina. Matt Sboto teaches the youth class and they are studying the book of Ephesians.

On Wednesday, Johnson will lead the Bible study group from the book "What is the Christian's Worldview?"

The church is at 215 E. Circle St. (with two entrances on Lagrange Street). For questions, call 453-3242 or check the website at avonparkapchurch.com.

First Presbyterian Church of Sebring

SEBRING — "The Mother Who Changed the World" is the title of Sunday morning's sermon given by the Rev. Darrell A. Peer.

Sunday, May 19 - A Prayer Vigil will be held in the sanctuary at 6 p.m. Sunday, May 19. Everyone is invited and encouraged to attend.

Grace Pointe Ministries

SEBRING — Grace Pointe Ministries meets at 200 Lark Ave., Sebring Hills Association Clubhouse.

Tuesday's home Bible study continues with "Messiah: Shadow To Image." Call 658-2534 for location and other sessions.

Sunday morning's sermon will be "What the Spirit Says" as Mother's Day is celebrated.

Heartland Christian Church

SEBRING — This Mother's Day, Pastor Ted Moore's sermon will be "Seven Ways to Love Your Mother" with Scripture from John 19:26-27.

The service will include Mother's Day Program led by Terry Little and Allen Warchak singing.

The North American Christian Convention is July 9-12. Vacation

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. 596.

ANGLICAN

♦ **New Life Anglican Fellowship**, 10 N. Main Ave. (Woman's Club), Lake Placid, FL 33852. Rev. Susan Rhodes, Deacon in Charge, (863) 243-3191; strhodes1020@yahoo.com. Sunday Worship, 10 a.m. Teaching, Holy Communion, Music, Fellowship, Healing Prayer. "Pastoral and Spiritual".

ASSEMBLY OF GOD

♦ **Christ Fellowship Church (Assembly of God)**, 2935 New Life Way. Bearing His Name; Preaching His Doctrine; and Awaiting His Coming. "Worshiping God in Spirit and in Truth." Sunday School, 9 a.m.; Morning Worship, 10 a.m.; Evening Worship, 6 p.m. Wednesday: Worship, 7 p.m. Pastor Eugene Haas. Phone 471-0924.

♦ **First Assembly of God**, 4301 Kenilworth Blvd., Sebring. The Rev. Wilmont McCrary, pastor. Sunday School, 10 a.m.; Morning Worship and KIDS Church, 11 a.m.; Evening Worship, 7 p.m. Wednesday Family Night, (Adult Bible Study), LIFE Youth Group, Royal Rangers, Missionettes, 7:30 p.m. Phone 385-6431.

BAPTIST

♦ **Avon Park Lakes Baptist Church**, 2600 N. Highlands Blvd., Avon Park, FL 33825. George Hall, Pastor. Christ centered and biblically based. Sunday worship services, 8:30 a.m., 11 a.m. and 6 p.m. Nursery facilities are available. Bible studies at 9:45 a.m. Sunday and 7 p.m. Wednesday. Prayer Time 6:30 p.m. on Wednesday. Bible classes at 9:45 a.m. are centered for all ages. Choir practice at 5 p.m. Sunday. Church phone: 452-6556.

♦ **Bethany Baptist Church (GARBC)** We are located at the corner of SR17 and C-17A (truck route) in Avon Park. Join us Sunday morning at 9:00 AM for coffee and doughnuts, followed with Sunday School for all ages at 9:30. Sunday morning worship service begins at 10:30 a.m., and evening worship service is at 6 p.m. On Wednesdays, the Word of Life teen ministry and the Catalyst 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, 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

4 p.m.; 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 9:45 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.

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Religion

Church News

Continued from B10

Bible School is July 29 through Aug. 2.

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

Memorial United Methodist Church

LAKE PLACID — Happy Mother's Day! Rev. John Bryant will preach "Up, Down, Or Around = Joy", with the Scripture lesson from Acts 16:16-34. Fellowship and refreshments in Rob Reynolds Hall from 9:15-10:40 a.m.

Lake Placid Health Care worship service will be led by Rev. Dale Schanely Sunday afternoon.

No Youth Group Sunday evening.

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

St. John United Methodist Church

SEBRING — On Sunday morning, the Rev. Ronald De Genaro Jr.'s message will be "The Real Lord's Prayer." Biblical reference is from John 17:20-26.

Sebring Church of the Brethren

SEBRING — This Sunday morning, the pastor will preach on "Call for Action."

For more information, call 385-1597.

Spring Lake United Methodist Church

SEBRING — Spring Lake United Methodist Church is at 8170 Cozumel Lane. The Rev. Clyde Weaver's Sunday sermon is titled "A Mother's Gift."

Prime Timers meet Monday for lunch

LAKE PLACID — The Prime Timers of First Baptist Church of Lake Placid (119 E. Royal Palm St.) will host a covered dish luncheon at noon Monday in the fellowship hall. Nell Hays from the Highlands County Sheriff's Office will present information on scams. Bring a covered dish and a friend.

Faith Lutheran hosts Charitable Giving workshop

SEBRING — How can you use your time, talents and treasures to make a profound impact on the organizations you care about most? Live out your values today and into the future. Find out how by attending Charitable Giving.

You'll gain a better understanding of the:

— Roles values play.

Snapshots

— Importance of a giving strategy.

— Financial tools that can enhance your giving and offer other advantages.

A complimentary lunch/refreshments will be served.

The workshop is being held at Faith Lutheran Church, 2740 Lakeview Drive. Call the church at 385-3232 or email faithlutheransebring@comcast.net and reserve a spot today for Thursday, May 16 from 11 a.m. until noon. This workshop will be presented by Michael Noel, MBA, FIC.

LDS Church offers class

SEBRING — The Missionaries of The Church of Jesus Christ of Latter-day Saints are conducting classes explaining the Book of Mormon to anyone interested in learning about it. The classes meet

at 7 p.m. Thursdays and last one hour. Meetings are held at the church at 3235 Grand Prix Drive, near Walmart.

Saturday, members who plan to "Walk for Babies", sponsored by The Red Cross, should meet at the church at 8 a.m. T-shirts are \$13.

Boy Scouts pancake breakfast planned

SEBRING — Boy Scout Troop 827 will hold a pancake breakfast and car wash on Saturday, May 18, at The Church of Jesus Christ of Latter-day Saints from 8-11 a.m. Enjoy pancakes while your car is being washed and vacuumed. Breakfast tickets are \$5 and car wash is donation only.

You may order your own from a variety of fruits and nuts, or cook them yourselves, topping them with blueberries or strawberries and whipped cream. The church address is 3235 Grand Prix Drive.

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.sebringgrace.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 Faily of

Faith.

♦ **Good Shepherd Lutheran**

Church (AALC) American

Association of Lutheran Churches,

3240 Grand Prix Drive, Sebring,

FL 33872. James Weed, pastor.

Worship Service, 10:30 a.m.

Sunday. Bible Study, 9 a.m.

Nursery provided. Social activities:

Choir, Missions, Evangelism.

Phone 385-2346.

♦ **New Life Evangelical Lutheran**

Church, 3725 Hammock Road,

a Congregation of the Evangelical

Lutheran Synod (ELS) in fellow-

ship 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.newlifespring.org.

♦ **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 ser-

vices. "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

NON-DENOMINATION-AL

♦ **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, linadowning@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. 863-659-1913. 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).

♦

Music

With pressure off, Lady A returns with ‘Golden’

Associated Press

NASHVILLE, Tenn. —
Lady Antebellum's last album
“Own the Night” opened on
top of the charts, spawned two
No. 1 hits and has sold more
than 1.8 million copies.

than 10 million copies.

By any measure the Grammy-winning trio's follow-up to its life-changing hit "Need You Now" was a success — except one: How the trio feels about it looking back. The difference between that record and Lady A's new release, "Golden," is profound and reflects a new self-awareness for Hillary Scott, Dave Haywood and Charles Kelley.

"We're happier with this record," Kelley said. "I think we're a lot more proud of it. We had more time. We had an album to separate us from ... "

"The craziness," Scott said.

... the craziness and pressure that 'Need You Now' kind of put on us going into that third record. It was there and now we feel just a little more confident about where we are."

Enter "Golden," a laidback album that feels like a ride in a convertible on a sunny day. If "Own the Night" was Lady A trying to recapture the magic of "Need You Now" — the song that spurred worldwide fame and five Grammy Awards — "Golden" is the band purposefully not. Gone are the strings and the

Gone are the strings and the heavy arrangements. They're replaced with simple songs built around the acoustic guitar, a forward-leaning groove and a '70s singer-songwriter feel.

If you look at that Grammy night, if you look at the timeline, how did we get



MC

there?" Haywood asked. "We just got there because we loved writing songs and we those early days again when things weren't quite so pressure-packed.

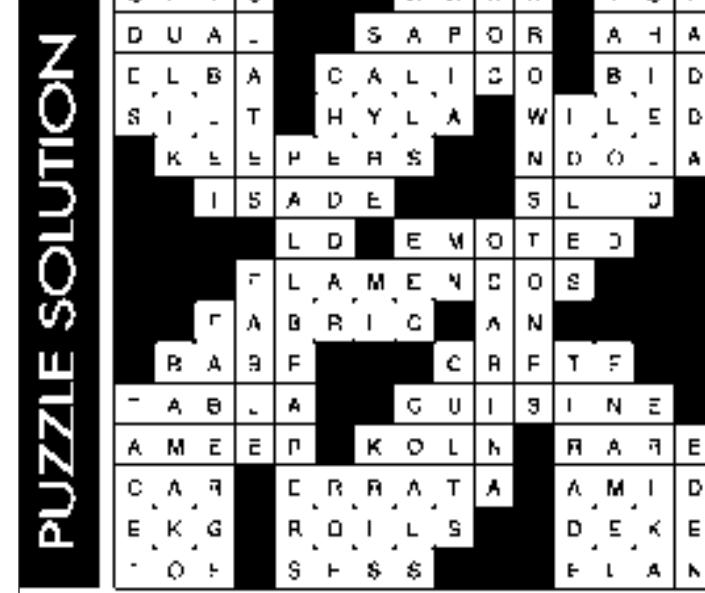
Haywood said they tried to recapture that feeling in the studio.

comfortably on a couch in a Nashville radio studio, the

“The trio engaged in a bit of self-analysis. They said there was no group meeting about changing the approach, but it was in everyone’s minds from the start. When they sat down to write the title track with Eric Paslay, Kelley said it felt like

“I’m going on because I think a lot of times you can overproduce and overdo this and try to add all these things and overdubs,” Haywood said. “And we really wanted to just pick the best songs and if it’s a great song it’s going to sound good when you play it.”

C P T S R A R R T S P



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Do you often feel

- Uncertain and Anxious? Tired? Stressed?
 - Do you neglect yourself...need “me” time?

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 - 24-hour assistance and advice.
 - Patient Bathing and Personal Care.
 - Caregiver personal time through volunteers & Respite Care.
 - Medicare, Medicaid, and most commercial insurances available.
 - And so much more for those facing serious illness.

A photograph of an elderly man with glasses and a blue and white checkered shirt, sitting on a light-colored couch. He is smiling broadly. Behind him, two women are standing: one on the left wearing a yellow top and a lanyard, and one on the right wearing a blue patterned top. They are also smiling. The background is a plain, light-colored wall.

Patient with caregiver wife and social worker

Information: 863-382-4563
Toll Free 866-742-6655
www.cornerstonehospice.org
www.SeriousIllness.org/cornerstone



Living

GRADUATION GIFTS

Top Picks for the Class of 2013

Keurig

The Keurig MINI Plus Brewing System brews a perfect cup of coffee, tea, hot cocoa or iced beverage in under two minutes at the touch of a button. With the choice of three cup sizes, the MINI Plus brewer offers a removable drip tray to accommodate short travel mugs. To operate, you simply add fresh water into the single-use reservoir, choose your favorite K-Cup pack, brew and enjoy. Find out more at www.keurig.com.



Roku 3

What do many new graduates do right after getting their diploma? They pack up and move away to a new job or college. Roku 3 allows them to take 750 channels of movies, television shows, sports, music and games with them. So, no more calling the cable company each time they move. Available at RadioShack, the device easily connects to a television and wireless network, then combines all of their streaming services in one place. Roku 3 makes it easy to find movies and shows quickly and the private listening mode is perfect for late-night streamers who don't want to wake up roommates. They can also watch or play on a smartphone, iPad or other device no matter where they are. Visit www.RadioShack.com for more details.



FAMILY FEATURES

After years of studying late into the night, cramming for tests and working hard, it's time to reward your favorite graduate with a really great gift. Here are a few ideas everyone on your list will love.

Photo courtesy of Getty Images



VSP Vision Benefits

Sometimes the most meaningful gifts for grads and other loved ones don't come in a box. With affordable individual and family vision benefits from VSP® Vision Care, you can enroll a family member or friend in a vision insurance plan for as little as 41 cents a day. Benefits include great coverage on eye exams, designer glasses or contacts, and access to the largest doctor network in the industry — all backed by a 100% satisfaction guarantee. Visit www.givevsp.com for more plan details.

Belkin Conserve Valet

Get a gift that allows your graduate to charge up to four electronic devices at once. The Belkin Conserve Valet features a sleek design that keeps cords neat and organized. Most chargers continue to use power as long as they're plugged into the wall — even after you unplug your device. The Conserve Valet Smart USB Charging Station lets you charge all of your mobile devices in one convenient place, and automatically shuts off power — including standby power — after devices are fully charged. It even senses when new devices are added so you always get a full charge, and has an innovative cord management system to keep things neat. Keep your devices ready to go, and save energy, too. For more information, see www.belkin.com.

