



Rod Lewis/News-Sun



NEWS-SUN

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Flushing for Jade



Samantha Gholar/News-Sun

Chrissie Huckins and Taryn Todd paint their way through a row of toilets Saturday. The purple toilets will be used for the "Flushing for Jade" fundraiser beginning on Aug. 5.

Fundraiser for Avon Park teen battling cancer begins Aug. 5

By SAMANTHA GHOLAR
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AVON PARK — Danielle Jackson, Missy Sperry, Ashley Rowe, Taryn Todd and Chrissie Huckins were busy painting away Saturday at Sperry's home in Wauchula, but it wasn't a home improvement project.

The group spent their weekend doing an unconventional task for a very good reason.

A fundraiser called "Flushing for Jade" is in the works in Avon Park to help support a local young girl who is currently battling cancer. Flushing for Jade will run Aug. 5-19.

Jade Jackson, the 14-year-old daughter of Greg and Jackie Jackson,

was recently diagnosed with brain cancer and suffers from an ependy-moma tumor. Following her surgery two weeks ago, Jackson has begun undergoing chemotherapy and radiation treatments.

According to Danielle Jackson, the pill form of the treatment makes Jackson sick, but she is pushing through the treatments.

Saturday, the five ladies gathered to paint nine toilets that will be used for the Flushing for Jade fundraiser. The fundraiser is modeled after the American Cancer Society's flamingo and toilet fundraisers, Sperry said.

See FLUSHING, A5



Facebook
 Jade Jackson, the 14-year-old daughter of Greg and Jackie Jackson, is battling cancer

Neighbors team up to save LP home

Sandbags, pump help keep flood water out

By ROD LEWIS
 News-Sun correspondent

LAKE PLACID — When more heavy rains caused flood water to advance to within a half inch of a home on Washington Boulevard, a team of neighbors, friends and volunteer firemen moved in and saved the house from major damage.

"If it wasn't for those four kids, the water would have been in the house," homeowner Lorraine Russell said Monday.

The four "kids" Russell was talking about

See HOME, A4

AP slashes property tax rate

By CHRISTOPHER TUFFLEY
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AVON PARK — In a unanimous vote at its regular meeting Monday night, the city council quickly approved a proposed millage rate of \$.30 per \$1,000 in property value for the 2013-2014 fiscal year.

This means, for example, a home valued at \$70,000 would pay \$21 in ad-valorem taxes to the city.

There was no discussion, but City Manager Julian Deleon told the council members this was the second year in a row that the millage rate has been lowered.

In 2012, the rate was \$5.89 per \$1,000, bringing in \$1.3 million in tax revenues, he said.

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Boys are battling

Sebring, Avon Park fighting for Dixie Boys state title at Max Long Complex
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Grill makeover

Become a master of Mediterranean flavors
 PAGE B12



More T-storms in the afternoon
 High 90
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AP city council passes proposed charter on to the voters

By CHRISTOPHER TUFFLEY
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AVON PARK — Members of the city council voted 4-1, Garrett Anderson dissenting, to put the new city charter on the ballot in the next election.

Mayor Sharon Schuler was angry as the discussion

began Monday night. She said there are rumors accusing the council of rewriting the charter in order to serve their own personal interests.

"That is a bald-faced lie," Schuler said.

City Attorney Gerald Buhr said the charter revision was his call. He asked the city to



Schuler

rewrite its charter in 2012. It had not been revised in decades, Buhr said. Portions of the charter are obsolete due to changes in state statutes, and much of

the language is archaic. It is normal for charters to be rewritten at regular intervals for those reasons, he said, adding, "It was time."

Jim Barnard, who served on the voluntary citizen committee that drafted the document, told the council, "Our main focus was to

make the charter shorter and easier to read, to be clear and decisive."

Anderson's concerns have to do with certain provisions he believes are illegal. He said according to the charter, members and city employees

See CITY, A4

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Member FDIC

Man claiming to be victim is arrested

Reportedly told deputy he drinks beer 'all day, every day'

News-Sun staff

AVON PARK — A man who reported that he had been beaten and robbed by two teen girls was instead himself arrested on Friday after an investigation determined that he had actually been the attacker.

According to a Highlands County Sheriff's Office report, Deputy Jorge Martinez responded to the Church of God in Christ at 1320 South Carolina Ave. at 9:04 p.m. Friday, where 54-year-old Eddie Evans told him he had been jumped by two teen girls on South Carolina Avenue near West Cornell Street and robbed of his money and a plastic bag containing canned Natural Ice beer he had just bought.

When asked about the smell of alcohol on his breath, Evans reportedly told Martinez that he drank beer "all day, every day."



Evans

While at the scene of the reported attack, the teenagers approached Martinez and told him Evans had followed them from the Best Food Mart store at 1303 Memorial Drive, making sexual advances, and that he had grabbed one of them by the arm, causing her to fall to the ground. The girls then defended themselves by punching Evans in the face and head.

When Evans walked away from the girls — carrying his bag of beer — he allegedly turned and pulled what appeared to be a knife out of his pocket and threatened to cut them. The girls ran away, one of them dropping a cell phone that Evans allegedly picked up and then smashed on the ground.

Martinez reported that he found the bag of beer outside of Evans' residence and that a search of Evans turned up a pair of scissors in his pocket, folded out and ready to be used as a weapon.

After being medically cleared from his complaints of shoulder pain, Evans was taken to the county jail and booked on charges of aggravated assault, battery, criminal mischief and petit theft.

News-Sun loses member of family

The News-Sun lost a family member Monday when we received word of the sudden passing of Janelle Dennison, our former news clerk.



At Random
Romona Washington

Janelle, who also wrote an occasional column called "A Heart's Journey," left the News-Sun only a few short months ago.

Janelle was always such a bright spot to the News-Sun. She made it part of her job to go around and make small talk with the staff, checking on their family members and making sure everyone was doing OK. She loved hearing stories about all of the children and made it a point to ask how they were doing if she found out any of them had been ill.

For me, she was someone with whom I shared a lot in common. She loved Elvis Presley, probably more so than myself if that's at all possible. She always remembered his birthday and the anniversary of his death.

More importantly, she loved Jesus Christ. She shared her faith anytime she was given an opportunity. She and I had numer-

ous talks about our faith. She helped remind me that I was not alone as I struggled with being a divorced woman, a single parent of two young children and then two young teens. She was excited when my daughter graduated from high school and know-

ing that she was about to graduate from college. She enjoyed hearing tales of what stunts my son was pulling next.

One former co-worker told of how Janelle met her future husband and said there were lights on over his head. She said Janelle called them his halo. It was like Janelle knew before Ann-Marie did how good he was going to be for her.

That's how Janelle was. She didn't hesitate to tell anyone the good she saw in them and she saw the good in everyone. Aside from the many talks we shared, I will miss Janelle's infectious laugh the most. Often she would get tickled with something she said herself and would laugh, which of course would make me laugh.

See STAFF, A4

Community Briefs

HLT offering special deal for 'Forum' tickets

SEBRING — Highlands Little Theatre's presentation of "A Funny Thing Happened on the Way to the Forum" continues through Sunday. Written by Burt Shevelove and Larry Gelbart (creator of M*A*S*H), with music and lyrics by Stephen Sondheim, "Forum" is about a crafty Roman slave trying to gain his freedom by helping the Hero win the hand of Philia. In classic farce tradition, there is mistaken identity, whacky mishaps and silly situations to entertain audiences of all ages.

Evening shows are Wednesday, Friday and Saturday at 7:30 p.m. Matinee performances are on Saturday and Sunday at 2:30 p.m. Adult tickets are \$20, youth tickets are \$10. The theatre is offering "bring a friend for 10" special pricing: buy one adult ticket at regular price, get a second adult ticket for \$10. The offer is subject to seat availability and valid while supplies last.

The box office is at 356 West Center Ave. and is open Monday-Friday, 10 a.m. until 2 p.m. and one hour before performances. Tickets may be purchased in person by calling 863-382-2525 or online at <http://www.highlandslittletheatre.org/>.

Cars, music at Dairy Queen

SEBRING — The Dairy Queen in front of Home Depot in Sebring will be the site of a car show and music from 6-9 p.m. on Saturday.

In addition to the car show, Sebring's Aggressive Eagle Racing team will be on hand with its racing trucks and the trophies. Music will be provided by Mr. A the DJ.

SFSC offers Child Care Classes

AVON PARK — South Florida State College's Corporate and Community Education Department will offer Introduction to Child Care classes in the fall.

The 40-hour class will cover child care facility rules and regulations, health, safety, and nutrition, identifying and reporting child abuse and neglect, child growth and development, behavioral observation and screening, and special needs appropriate practices.

Classes will be held on Mondays and

Continued on A5



Katara Simmons/News-Sun

The Champion for Children Circle Theatre held its grand opening on Thursday. The Highlands Tea Party has booked one of the first events to be held in the renovated space.

Tea Party books filmmaker to speak at Circle Theatre

By BARRY FOSTER
News-Sun correspondent

SEBRING — One of the first major engagements for the newly renovated and Circle Theatre has been booked by the Highlands County Tea Party.

The theatre on the historic Circle in downtown Sebring had its grand opening Thursday night with an invitation-only gala.

Filmmaker Dennis Michael Lynch will be appearing at the new Sebring landmark on Wednesday, Aug. 7.

"He probably is best known for his 'They Come to America' films," said Lester Lob, who arranged for Lynch to make the local appearance as part of his Never Forget Tour through Florida.

Lob said one enticement will be that in addition to his 90-minute presentation, those who ante up the \$10

ticket fee will receive a pair of DVDs of Lynch's films.

"That's about a \$30 value, so people really will be getting more back than they put out," he said.

Following his presentation, Lynch plans to hold a meet-and-greet with residents who wish to talk more about the subject of illegal immigration and to get their DVDs signed.

Well known in the conservative community, Lynch's appearance has already drawn interest from outside of Highlands County.

"We have already been asked for tickets by folks from Hardee and Polk counties," Lob said. "We really want to try and give our local residents first shot at it because there will only be 300 seats available."

That is the maximum seating for the renovated Circle Theatre, which will put their new chairs in a stadium-

style configuration to allow for the largest audience. For other functions, there is the ability to put in tables, but that cuts back on available seating.

Lob said a number of local VIPs have been invited in to talk to Lynch before his evening performance.

Those who want additional information may call the Circle Theatre at 382-1029.

FDA: Menthol cigarettes likely pose health risk

RICHMOND, Va. (AP) — A Food and Drug Administration review concludes that menthol cigarettes likely pose a greater public health risk than regular cigarettes but does not make a recommendation on whether to limit or ban the minty smokes — one of the few growth sectors of the shrinking cigarette business.

The federal agency released the independent review on Tuesday and is seeking input from the health community, the tobacco industry and others on possible restrictions on the mint-flavored cigarettes.

The FDA evaluation concluded that there is little evidence to suggest that menthol cigarettes are more or less toxic or contribute to more disease risk to smokers than regular cigarettes.

However, there is adequate data to suggest that menthol use is likely associated with increased smoking initiation

by younger people and that menthol smokers have a harder time quitting, the review said.

There's also evidence indicating that menthol's cooling properties can reduce the harshness of cigarette smoke and that menthol cigarettes are marketed as a smoother alternative, the review said.

"Menthol cigarettes raise critical public health questions," Mitch Zeller, director of the Center for Tobacco Products, said in a conference call with reporters.

Zeller said there's "no holdup" on the FDA proposing restrictions on menthol but that there are still "some important questions" that need to be answered. The agency is commissioning further research.

A 2011 FDA advisory panel report, which was mandated under the 2009 law giving the agency the authority to regulate tobacco, made many of the same findings.

Online

YOUR VOICE

This week's question: Should the county raise the millage to the rollback rate to help make up the budget shortfall?

Yes **43.8%** No **56.2%**

Total votes: **89**

Poll open through Friday. www.newssun.com
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FLORIDA LOTTO	July 20	8 21 22 27 40 44 x:3	Next jackpot \$40 million
	July 17	1 3 4 12 15 38 x:4	
	July 13	2 10 11 41 42 53 x:4	
Play4	July 22 (n)	4 6 7 0	
	July 22 (d)	6 7 4 0	
	July 21 (n)	0 7 9 2	
	July 21 (d)	7 8 4 6	
CASH 3	July 22 (n)	2 3 6	
	July 22 (d)	0 8 9	
	July 21 (n)	6 9 8	
	July 21 (d)	5 3 4	
FLORIDA POWERBALL	July 20	14 25 27 38 58 PB: 6	Next jackpot \$166 million
	July 17	1 22 34 38 42 PB: 17	
	July 13	2 8 22 35 37 PB: 6	
MEGA MILLIONS	July 19	16 20 24 39 42 MB: 46 x:3	Next jackpot \$13 million
	July 16	10 14 21 40 53 MB: 20 x:2	
	July 12	4 5 25 27 51 MB: 10 x:3	

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Editorial & Opinion

ANOTHER VIEWPOINT

License plate info latest risk to personal privacy

As one late-night talk show host observed, we didn't know whether to be surprised to learn that the government was invading our privacy by keeping track of our cellphone calls, email and Internet activity, or more surprised to learn that anyone actually believed they still had privacy on the Internet or their cellphones.

While the U.S. and Russia wrangle over the fate of the National Security Agency leaker, a move is underway in Congress to restructure the NSA so that the phone companies, rather than the spy agency itself, would retain consumers' phone records for a set amount of time.

Proponents of the 215 surveillance program note that it collects "metadata" — the numbers called and length of calls, not the calls themselves.

But civil libertarians worry about the risks of anyone storing any kind of data for longer than actually necessary.

We might not expect privacy on the Internet — which was invented by the government, after all — but what about visits we make to actual, physical sites, not just websites?

Law enforcement agencies in Nebraska and elsewhere around the country are expanding the use of automatic license plate readers to alert offi-

cers if they have been involved in a crime.

The American Civil Liberties Union is worried about the collection of another type of metadata — where we travel in our cars — and has released documents indicating law enforcement agencies have few rules about the use and storage of data collected...

The systems use cameras mounted on patrol cars or on objects like road signs and bridges, and the documents show that their deployment is increasing rapidly, with significant funding coming from federal grants. They photograph every license plate they encounter, use software to read the number and add a time and location stamp, then record the information in a database. Police are alerted when numbers match lists containing license numbers of interest, such as stolen cars.

The ACLU report makes a number of specific recommendations for use of

such data:

— Police must have reasonable suspicion that a crime has occurred before examining the data.

— Unless there are legitimate reasons to retain records, they should be deleted within days or weeks at most.

— People should be able to find out if their cars' location history is in a law enforcement database.

And it's not just the police.

The ACLU points out that one private company holds more than 800 million license plate location records and is used by more than 2,200 law enforcement agencies, including the U.S. Department of Homeland Security.

The classic argument in favor of such surveillance is that law-abiding citizens who have nothing to hide should not object to the government being able to track their movements — or their phone calls, texts or Internet activities. No one who takes a licensed vehicle out on a public road should expect to be able to keep their whereabouts a secret, they contend.

But as post 9/11 abuses of power have illustrated, the right to privacy is fragile and not easily restored once it is lost.

An editorial from the McCook (Neb.) Daily Gazette.

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Don't fall for the health care hard sell

According to the Washington Post, this is "Obama's last campaign."

He's brought back his polling director from the campaign, David Simas, to run the largest sales effort of its kind: an effort to sell expensive health insurance policies to an estimated 2.7 million young and healthy people who don't use much health care.

If that describes you, expect to be inundated with a sales blitz the likes of which the world has never seen, with ads on TV, radio, online, email, mail, at school, at work and even from nagging parents. Don't fall for it. They are all trying to trick you into buying a product you don't want or need. It's a scam and you should say no.

Consider the price. This year, a typical individual policy for a 25 year-old non-smoker in California costs \$92 a month. Next year, under the new health reform law, it will cost \$205. Surveys show that price is overwhelmingly rejected as unaffordable, which is where the snake oil sales pitch comes in, stressing not the price but the alleged "savings" from taxpayer-funded subsidies. Supposedly, you're saving thousands of dollars, they say, even though the price doubled. This is the same kind of sales tactic that Elliot Spitzer infamously sued clothing store Jos A Bank over — the claim of savings from a "full price" that never existed.

Even worse, the vast sales force hired to sell health insurance is largely unmonitored and unscreened. Which means thousands of them may have taken the job primarily as a cover to collect your private information, including Social Security and bank account numbers, for the purpose of committing fraud and identity theft. In California alone there are 21,000 so-called enrollment counselors, and Democrat Dave Jones, the state's insurance commissioner, is warning that the state has

Guest Column
Phil Kerpin

no plan to stop them from committing fraud. "We can have a real disaster on our hands," he said.

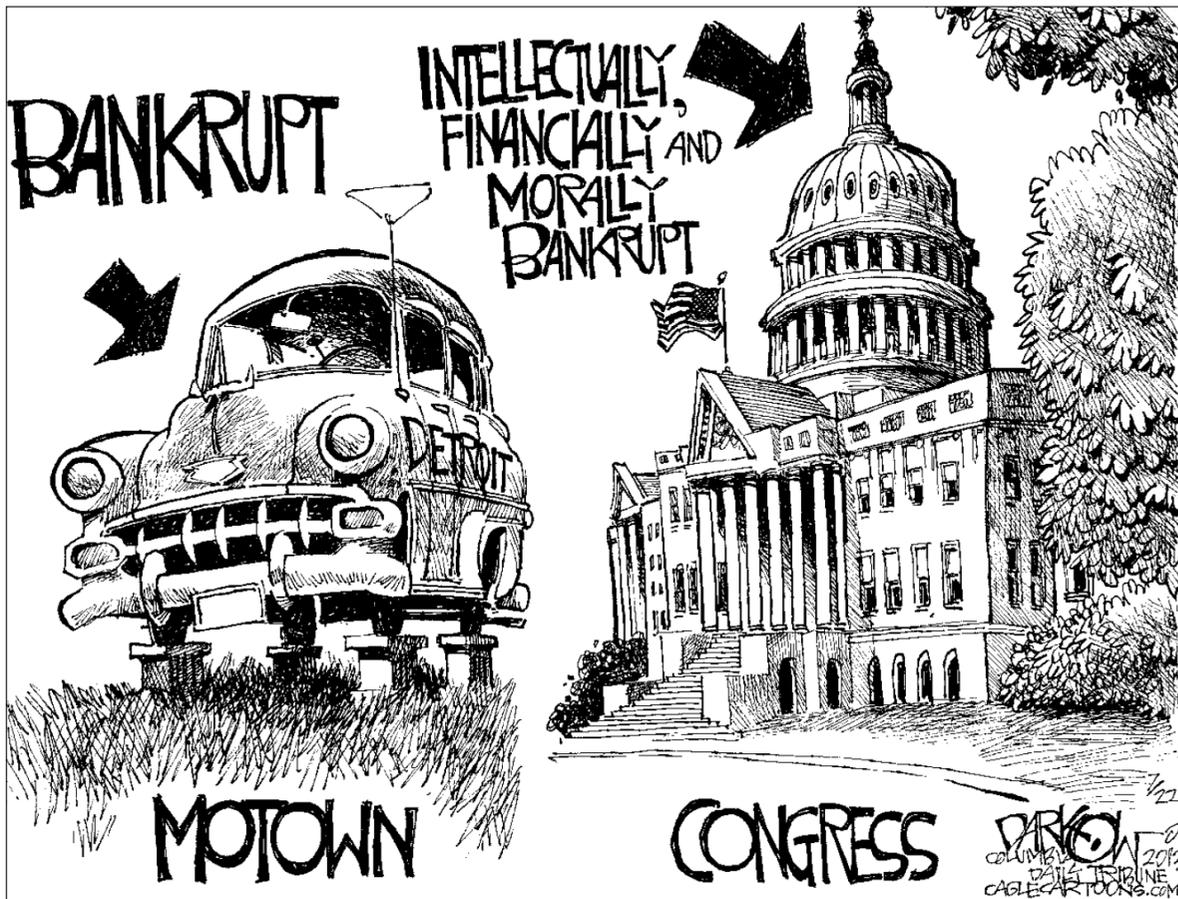
And there is literally no benefit for a healthy young person to sign up, because the new regulations in the health reform law make it illegal for insurance companies to reject you even after you get sick, or to charge you higher premiums. So in the event that something happens to you, you can always sign up after the fact and save the thousands of dollars you would have otherwise wasted along the way.

This feature of the law is problematic as a matter of public policy, because it creates an incentive only for sick people to buy insurance, forcing premiums ever higher. But for an individual young person, it makes the decision to buy coverage foolish.

In fact, if you're a young, healthy person, the only good argument for you to buy into the new health insurance system is that you are required to do so, forced by the individual mandate as a matter of law. But the Supreme Court let you off the hook for that last year when they found that the only way for the mandate to be constitutional is if it is simply a legally neutral choice between spending thousands on insurance or paying a \$95 penalty tax.

So it's up to you. Spend thousands of dollars on health insurance you don't need, or pay a simple \$95 tax. Don't get scammed by the fancy sales pitch. It's an easy choice.

Phil Kerpin is the president of American Commitment and the author of "Democracy Denied." Kerpin can be reached at phil@american-commitment.org. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.



TODAY'S LETTERS

The Golden Rule

Editor:

In the last election, there was great confusion over what the candidates "believed." As an active candidate for a seat in the US House of Representatives, I believe in a government that is Of the People, By the People and For the People — all of the People, not just the privileged few.

The only way to achieve that end is by observing the Golden Rule, the rule taught by Christ himself, which is: "Do unto others as you would have them do unto you." ...

The Golden Rule applies to all, regardless of age, gender or financial status. But, all too often, the people we send to Washington apply the rule only to those who are able to pay for their consideration. In effect, they sell their votes to the highest bidder. For them, the "working class" is "out of sight and out of mind." Thus, we the people stand helplessly by, aghast at the trends we see in Congress — trends that would not exist without the support of those we've elect-

ed to represent us.

This year, in deciding which candidates to support for the office of U.S. Representative, voters need to ask themselves: Am I better off than I was two years ago? Will I be better off two years from now if the incumbents are re-elected? God willing, I will be running in Florida's 17th District. As a veteran with 10 years of prior federal service, I am prepared to observe the Golden Rule for the betterment of my district, my state and our country.

To get my name On the Ballot for the Primary Election of 2014, I need to obtain 4,227 signed petitions from registered voters in the 17th District. This petition may be signed by any registered voter in the 17th District, regardless of party affiliation. If you live in Hardee, Highlands, Okeechobee, DeSoto, Charlotte, Glades counties or the northern part of Lee County (Lehigh Acres) you are part of the 17th District. The petition form will be sent, upon request, to any registered voter in the above-listed counties.

To complete the form, you

need to provide no more than your full name, address, date of birth (or voter registration number) and signature. To request the form, please write to

erin.kent.magee@gmail.com
Erin Kent Magee
Republican candidate for
U.S. House of
Representatives

A curb on power

Editor:

I have really cut down on my writing, but after an extended illness from which I'm still recovering I decided I needed to return. I feel there is a lack of knowledge considering the condition of our nation. We have always been a unique people, believing in freedom of speech, religion and every area of life so long as it is not detrimental to others. This did not come cheap, but with much bloodshed. May we never accept their dying in vain.

Most of us are aware of President Obama's determination to carry his point in all things. He has tried desperately to stop the coal industry. This is something that will affect every part of

life. Energy is intertwined with everything we use on a daily basis. Over-regulation is causing prices to soar. Restrictions on how we can use our property is a burden. One couple had property to build their home. Regulators stopped them and told them they would be charged an exorbitant fee for every day they continued.

There are many others things.

He is bent on everyone belonging to the union. That's why he stopped dealing with their leadership. This caused the loss of many jobs, the pipeline and so on.

The only leverage we have is through our Congress and he does a pretty good job going around them with his executive orders. We need more trusted officials who will uphold law and order. Any one who can respect these candidates will be a blessing. Things are very confusing, but if we listen regularly to the news and keep an open mind through prayer for the Lord's help, we can have a part in making practical changes.

Willile Clyde Toole Cloud
Sebring





Rod Lewis/News-Sun

Several people pitched in to help place sand bags around a home on Washington Boulevard in Lake Placid after heavy rains caused flooding that threatened to reach inside the home over the weekend.

Home saved from flood when neighbors pitch in to help

Continued from A1

were neighbors who had observed the house for many days, saw the water rising and knew something had to be done. Cyrus Wilson said that he had never met Russell or her roommate, Ed Miks, but he and his friends saw what was happening and thought there could be something that they could do to help them.

“So we came down here and saw how bad it was,” he said.

Wilson, Jerian Watts, Colton Sumrell and Jayme Watts started placing sandbags around the house Sunday and worked through the night into Monday morning. The battle was won and the house was saved.

The fight had been ongoing for almost two weeks, according to neighbor Johnathan Dweese, who volunteered the pump that was being used to relocate the water. Dweese said that he had been pumping the water for about six days and had it down to about six inches when more heavy rains came Friday.

Efforts to save to house kicked into high gear, and things moved quite quickly.



There were approximately 10 members of the Highlands Park Estates Volunteer Fire Department who came to help Friday night. They allowed the use of fire hoses to help pump the water away from the house.

Wilson Agriculture donated sand, Lowe’s stayed open so that bags could be purchased at a discount and the Watts and Sumrell families gave donations. Even the services of Auntie Barbies Pet Services are being used for Russell’s dog, a corgi.

After a cursory view of the scene, Red Cross volunteer Adam Kraus said that the Red Cross could “assist with food in this case. We

will have to see what happens next door.” The house next door had a flooded yard, but the water was not as high as Russell’s house. The third house on the street also was flooded, but not as severely as the other two.

Russell commented that the house had a problem with water in 2005 when there was an active hurricane season that brought a lot of water, and expresses her gratitude for those that helped her. She also mentioned that there used to be a lake behind the house, but that it had been filling in. One of the neighbors suggested that it might help if the lake was dug out to give the water some place to go.

AP millage rate cut is approved

Continued from A1

In 2013 the rate was lowered to \$3.60 per \$1,000, bringing the city \$770,000.

The proposed \$.30 millage will bring in \$64,000. Revenue from utility bills will partly compensate for the difference.

“This proposed large tax cut is the result of the various programs and partnerships implemented,” DeLeon said. “We have reduced expenditures, and scaled back the work force. On its second year, the contract with the sheriff is saving an estimated \$525,000. In fiscal year 2014, I am optimistic,” he added. “In 2009, the city couldn’t pay its bills. By December of this year, we will be debt free and have \$200,000 set aside in the contingency fund and one of the lowest tax rates in the country.”

“I am pleased that we have implemented the council’s vision on lowering the tax burden on city residents and businesses. We are moving the city’s financial model from a tax generating model to a fee-based one.”

The proposed budget is available at the city’s Web site at www.avonpark.cc/

The first budget meeting is begins 8 a.m. Saturday at the city council chambers.

US sues Fla. over disabled kids in nursing homes

MIAMI (AP) — The U.S. Justice Department filed a lawsuit against Florida on Monday, accusing the state of unnecessarily institutionalizing about 200 disabled children in nursing homes and cutting services that would allow them to receive care at home.

Federal investigators visited six nursing homes around the state and identified about 200 children who didn’t need to be there and could benefit from care at home or elsewhere in the community. They found that once in the facilities, many children stay for years, some growing up in the nursing homes.

The investigation found cold, hospital-like facilities where children share common areas with elderly patients and rarely leave or go outside. Investigators noted that the children are not exposed to social, educational or recreational activities critical to development. They also said educational opportunities are limited to as little as 45 minutes a day and that many of the children’s families live hundreds of

miles away, according to the lawsuit.

Parents say they have no other option because the state has slashed in-homes services, including nursing care for critically ill children on ventilators and feeding tubes.

Investigators also said Florida is violating the federal Americans with Disabilities Act and infringing on the children’s civil rights by segregating and isolating them. The average length of stay is three years. Many of the children are physically disabled but mentally cognizant.

Florida Agency for Health Care Administration Secretary Liz Dudek said Monday that the state had recently improved an “already strong program.” She also chastised the Obama administration for the lawsuit. She said it “shows that Washington is not interested in helping families improve but instead is determined to file disruptive lawsuits with the goal of taking over control and operation of Florida’s Medicaid and disability programs.”

Summer and fall workshops, classes offered at SFSC

Special to the News-Sun
AVON PARK – South Florida State College’s Corporate and Community Education Department is offering workshops and classes to help improve workplace skills and productivity this summer and fall at the SFSC Highlands Campus.

In *Successfully Managing Your Marketing Elements*, participants will learn how to effectively reach target audiences through the use of advertising, public relations, social media, and special events. This class will be held from 5:30-8:30 p.m. Tuesday, Aug. 13. The cost of the course is \$60, and the course number is (CRN) 11293.

In *Workplace Spanish*, participants will learn key terms and expressions that are vital for communication in a working environment. Each class participant receives a manual, an audio

CD, and a companion Click IT CD-ROM. This class will be held for 12 weeks from 6-8 p.m. Mondays, Aug. 5-Oct. 28. The deadline to register for this course is 5 p.m. Wednesday, July 24.

The *Home Health Aide Certificate* course is a 75-contact hour course that prepares certified nursing assistants (CNA) to work for a home health agency providing care to clients in the home setting. Emphasis is placed on communication, interpersonal relationships, nutrition, shopping, and home safety. Successful completion of this course provides a home health certificate and meets the guidelines established by the Florida Department of Education. A current Florida CNA certification and a current CPR certification are required prior to enrollment. The class will be held 4-8 p.m. Monday-Friday, Aug. 1-27. The cost of the course is

\$295, and the course number is (CRN) 11310. The class requires the purchase of two books not available at campus bookstore.

The 30-hour *IV Therapy* class satisfies the requirements for licensed practical nurses as outlined by the Florida Board of Nursing. The class will be held from 8 a.m. to 1 p.m. Mondays and Wednesdays, Aug. 26-Sept. 16. The cost of the class is \$195.99, and \$26.95 plus tax for the book, which is available at the SFSC Campus Bookstore. The course number is (CRN) 10784.

Register in Building B at the Highlands Campus or at any SFSC campus or center. For more information, contact Lorrie Key, director, Corporate and Community Education at 784-7033 or by emailing corporatetraining@southflorida.edu.



CHRISTOPHER TUFFLEY/News-Sun

(From left) City attorney Gerald Buhr, Mayor Sharon Schuler and Councilman Parke Sutherland discuss the proposed Avon Park charter Monday night.

City charter changes turned over to voters

Continued from A1

who refuse to testify in investigations will be subject to removal.

“I don’t think that is legal,” he said. “If we can’t do it legally, why put it in? (The charter) just takes away some rights from residents when we need more. I

am not 100 percent in favor of it and I don’t want my name on it.”

Final approval is up to voters. The charter will be on the ballot at the next city election on Nov. 5.

It may be reviewed at the city Web site, www.avonpark.cc/. Click on the city council packet for July 22.

Staff mourns loss of News-Sun family member

Continued from A2

She also loved to sing. Many times they were little ditties that she made up herself, but she’d also break out with “Hound Dog” just for the fun of it. She was certainly excited to hear of Scott Dressel’s sister Shelby’s run on American Idol and tried to keep up with what was going on with her.

I admired the way that Janelle never complained about anything. If she wasn’t feeling well, she didn’t let on. If something was bothering her, you couldn’t

tell unless she was comfortable enough with you to share what was weighing heavy on her heart. That’s the way she lived life, with a positive look on everything. Janelle never saw the bad in anything or anyone.

She will forever be in my heart and I’m sure I’m not the only one who feels that way. The entire staff loved her. Like I said, we are family here at the News-Sun and she was a big part of it. We love you, Janelle.

Romona Washington is publisher of the News-Sun.



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Flushing for Jade fundraiser to benefit Jackson family

Continued from A1

After speaking to the ACS, Sperry was told the idea can be used for personal fundraisers.

"I called them to see if it was something that the American Cancer Society did exclusively. They said no, so I decided we would do it for Jade," said Sperry.

Toilets were donated and dropped off at Sperry's home and the ladies went straight to work painting the toilets a bright shade of purple.

Red paint was used to write Jade's favorite Bible scriptures onto the front of the toilets that will be used for the fundraiser.

Sperry and the group are excited about how the community of Avon Park has come together to support the Jackson family.

"They have to drive her to the hospital for treatment six or seven times a week," said Sperry. "It's getting expensive for them. This fundraiser will help raise money to support them. We don't have a specific goal set just yet, just as much money as we can raise."

The Flushing fundraiser



A group of friends slather on the purple paint Saturday afternoon as part of the Flushing for Jade fundraiser. Missy Sperry, Danielle Jackson, Ashley Rowe, Taryn Todd and Chrissie Huckins painted several toilets purple which will be used as props for the fundraiser.

works simply. Anyone wishing to participate (donate money) calls 245-6877 num-

ber and places an order for the toilet to be placed in a person's yard. The person

who placed the toilet order pays \$10. If the homeowner wants the potty removed

from their yard, it will cost \$15. It will be \$20 to have the toilet removed and

placed in the yard of your choice and \$30 to buy insurance guaranteeing it does not visit your yard again.

"It's worked really well for the ACS and other fundraisers so we are hoping it works well for us too. I know exactly whose yard I'm putting one in first," Sperry said with a laugh.

All the funds raised will go the Jackson family to help pay travel expenses to and from All Children's Hospital for Jade's treatments.

Donations are also being accepted. Anyone wishing to donate to the Jackson family may mail payments to Missy Jackson Sperry, 509 S. 8th Ave., Wauchula, FL 33873 or e-mail wandmsperry@embarqmail.com. Checks for the "Flushing for Jade" fundraiser should be made payable to the "Jade Jackson Fund."

Order forms for the traveling toilets may be picked up at Top Shop and the Jacaranda Hotel in Avon Park or downloaded from the Flushing for Jade Facebook page.

Samantha Gholar/News-Sun

Community Briefs

Continued from A2

Wednesdays, Sept. 16-Oct. 30, from 5:30 - 8:30 p.m. at the SFSC Highlands Campus. The course number (CRN) is 10778. The cost of the course is \$199.99, and includes six manuals.

Participants may register in Building B on the Highlands Campus or any SFSC campus or center. For more information, contact Debbie Gutierrez, program specialist, at 784-7032 or email gutierd@southflorida.edu

Roads closed for Caladium Festival

LAKE PLACID — From Friday to Sunday, Interlake Boulevard in downtown Lake Placid will be closed to through traffic due to the Chamber of Commerce's annual Caladium Festival. Interlake will be closed from Oak Avenue to Main Avenue. Traffic will be easily routed around the festival.

On Saturday, the annual Dr. Tom McDonald 5K race will take place around the downtown area beginning at 7 a.m. Traffic during the race will be slowed and stopped at various areas to maintain both runner safety and safe vehicle travel.

The LPPD appreciates everyone's courtesy and patients during the scheduled special events. Anyone with questions, comments, or concerns can call Chief James Fansler at 863-699-3757.

SFSC offers child development class at Hardee Campus

BOWLING GREEN — South Florida State College's Corporate and Community Education Department is offering the Florida Child Care Professional Credential I (FCCPC I) course in fall

2013 at the Hardee Campus.

Completion of the FCCPC I course is a key element to earning a Florida Child Care Professional Credential (FCCPC). The FCCPC I course addresses eight core areas of knowledge and skill associated with delivery of quality education to preschool children and builds upon the content of the state-mandated training courses previously completed by the caregiver.

The class meets on Tuesdays and Thursdays, Aug. 27 through Nov. 5, from 5:30-8:30 p.m. at the SFSC Hardee Campus, 2968 US 17 N., Bowling Green. The cost is \$300 and the course number (CRN) is 11338.

To register for the course, visit Building B on the Highlands Campus or any SFSC campus or center. For more information on Child Development classes, email Debbie Gutierrez, program specialist, early childhood education at gutierd@southflorida.edu or call 784-7032.

Sponsors/donors needed for program

SEBRING — Sponsors and donors are needed for the children enrolled in The Salvation Army's Back to School Clothing Program.

Stop by the office at 3135 Kenilworth Blvd. to pick up a child's apple with all the information needed for shopping. The deadline for returning the items back to The Salvation Army is Friday, Aug. 2.

For more information, call 385-7548, ext. 100.

Register now for Founder's Day Bed Race

SEBRING — The Mad Mattress Dash Bed Race scheduled for Saturday, Oct.

26, is now open for registration. The 10 a.m. bed race will take place on North Ridgewood Drive and costumes are encouraged.

There are no entry fees. All one must do is visit the Sebring Chamber of Commerce or Sebring City Hall to pick up an application, or go to Facebook.com/SebringHistory. Trophies will be awarded to the winner of the race and the best-decorated bed.

Again, costumes are encouraged as this is Halloween Saturday in Sebring.

For more information, call 655-5554.

Elks Day at the Rays

SEBRING — Tickets are now on sale for Elks Day with the Tampa Bay Rays coming Aug. 18. This sixth annual Florida Elks fundraiser is open to all members and guests.

Cost of the tickets is \$50 and includes transportation and ticket. From each ticket, \$5 will go to support the Harry-Anna Fund.

Everyone participating in this fundraiser will receive a Rays/Elks tote bag.

Call Angie Warchak, 471-2150, for reservations.

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Dad charged in death of 2-year-old

MIAMI (AP) — Authorities say a 2-year-old South Florida boy has died at the hands of his father just one month after child welfare officials removed the baby from his mother's care.

Miami-Dade police say Angel Villegas was annoyed with the baby because he was sick and threw him on the bed. The child hit his head on a wall. A report from the Department of Children and Families says the boy's

injuries were consistent with Shaken Baby Syndrome. He was hospitalized with serious injuries and died Sunday.

It's the latest in a handful of deaths involving children who had contact with child protection officials.

The head of DCF abruptly resigned last week. His chief of staff quietly resigned a week earlier.

DCF says it's examining what could have been done differently.

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Amanda and Larissa Mercer

Amanda and her daughter, Larissa, reside in Lake Placid. Amanda's portfolio includes a variety of songs from Tammy Wynette, Reba, Broadway and Christian artists. Both Amanda and Larissa have performed in plays at Highlands Little Theater and are looking forward to entertaining their hometown at this year's Caladium Festival. Larissa performs at 10 a.m. Friday, and Amanda performs at 12:40 p.m. Saturday.



Cammie Lester



Cammie Lester, 14, will enter Sebring High School this fall and join the Junior Varsity cheerleading team. In June, she won the American Idol Experience at Disney's Hollywood Studios, earning a "Dream Ticket," giving her priority access to any American Idol audition anywhere in the United States. "The Voice", which is looking to do a show catering to kids ages 7-14, invited her to audition in the kids division trials. Cammie recently recorded her original song, "Was it Easy". Cammie performs at 10:40 a.m. Saturday.

Fire 'N Steel Band



The Fire 'N Steel band from Walker Memorial Academy consists of many talented musicians who perform on multiple handcrafted-steel pans and double on percussion and piano. Their repertoire of music is vast, consisting of sacred, classical, contemporary as well as exotic island music. The band is constantly in demand. They perform at 1 p.m. Friday.

Joe Foryan



Joe Foryan, the "Irish Joe Reilly", is a singer and guitarist who performs a variety of music to include Irish, oldies, country, folk and Christian. Foryan, who performs in many venues, looks forward to sharing his repertoire of timeless songs that reach audiences of all ages. This is his first appearance at the Caladium Festival. He performs at 12:30 p.m. Friday and 1:30 p.m. Saturday.

Julie Temple



Julie hails from Belle Glade. She performs in churches, nursing homes and community festivals. She has been a finalist in the Heartland Idol and currently resides in Lake Placid. She performs at 1 p.m. Saturday.

Memphis Robinson



Memphis Angel Robinson is a 16-year-old singer/songwriter/pianist. In March 2013 Memphis won first place in the State of North Carolina Fine Arts Festival and will be competing in the national competition held in Orlando on Aug. 4-9. She hopes to be a worship leader or a Christian artist after college. She performs at 12:45 p.m. Sunday.

Schedule of events

Friday
Master of Ceremony - Marti Capodiferro
9:55 a.m. Presentation of Colors
Lake Placid High School ROTC
Under the command of Col. Warren Johnson, retired
National Anthem - Marti Capodiferro
Larissa Meagher
10 a.m. Kaeli Spurlock
10:15 a.m. Sharon English
10:40 a.m. Marti Capodiferro
11:05 a.m. The New Floridians
11:35 a.m. Joe and Twanda Long, Richard Joynes & Kim Zeh
12:05 p.m. SwampGrass Tunes
JD and Zetha Lewis
12:30 p.m. Irish Joe Reilly
Joe Foryan
1 p.m. "Fire 'N Steel Band"
Walker Memorial Academy
Lenoard Cann - Director
Medley of Music
2:15 p.m.

Festival closes at 4 p.m.

Saturday
Master of Ceremony - Don Elwell
9:40 a.m. National Anthem - Richard Joynes
9:40 a.m. Lake Placid High School JV Cheerleaders
Tanya Slade, coach
9:55 a.m. Mountain Dew Cloggers
Sylvia Moore, Lori Tant, Nancy Stowell, Becca Glenn
Sharon English
10:10 a.m. Mountain Dew Cloggers
10:30 a.m. Cammie Lester
10:40 a.m. Lake Placid High School Band
11 a.m. Joshua Vaughn
11:30 a.m. SwampGrass Tunes
11:55 a.m. Kaeli Spurlock
12:15 p.m. The New Floridians
12:40 p.m. Amanda Mercer
1:05 p.m. Julie Temple
1:30 p.m. Irish Joe Reilly - Joe Foryan
2 p.m. Redneck Joe Band
CJ Hughes, Sweet Pea, Bubba P & Otis E Love
Medley of Music
2:30 p.m.

Festival closes at 4 p.m.

Sunday
Master of Ceremony - Marlene Barger
11 a.m. National Anthem - Morgan Krikke
11 a.m. Morgan Krikke
11:25 a.m. The New Floridians
11:55 a.m. Sharon English
12:20 p.m. Kaeli Spurlock
12:45 p.m. Memphis Robinson
1 p.m. Sherry White Ministries
2 p.m. Medley of Music

Festival closes at 3 p.m.

Kaeli Spurlock



Kaeli Spurlock is a small town girl with very big dreams. She is 16 years old and has been singing since age of 3. She has performed up and down the east coast and in Nashville. Kaeli donates time to local charities. She performs each day of the festival.

Marti Capodiferro



The amazing and talented Marti Capodiferro has an exquisite voice and sings in six languages. She has performed in everything from "Gypsy" to "Oklahoma" to "42nd Street", to opera. She opens the festival on Friday with the national anthem, serves as the master of ceremony, and then performs again at 11 a.m.

Lake Placid High School Junior Varsity Cheerleaders

These 12 young ladies were picked in May to become Junior Varsity cheerleaders at Lake Placid High School and made their first cheer appearance at the annual spring football game held in May. The girls are working to improve their chants, stunts and dance skills, under the guidance and leadership of their coach, Tanya Slade. The squad recently completed a three-day mandatory cheer camp where they learned new material taught by Okeechobee Explosion. Making up the squad are: Cheyenne Slade, Danielle Walton, Kiara Slade, Brianna



Huergo, Katlynn Carroll, Allison Kinchen, Jade D'Salva, Tara Lowder, Julisa Lopez, Nereida Martinez,

Belkis Rivera and Brittany Donofrio. They perform at 9:40 a.m. Saturday.

Morgan Kirkke



Morgan Krikke is 14 years old, lives in Bradenton, and will attend Manatee High School in the fall. She began singing in kindergarten and often sings at church and school programs. Morgan has performed at the DeSoto, Strawberry, and Pumpkin festivals, as well as at the Florida State Fair and the Manatee County Fair. Morgan performs at 11 a.m. Sunday.

Sharon English



Sharon English loves to sing and entertain people, and is a favorite with local music fans. Since retiring as a licensed practical nurse, Sharon moved to Lake Placid and has turned her attention to singing and performing. She grew up in the Appalachian region in a family of 10 children and moved to Florida in 1964. She is performing everyday at the Caladium Festival.

Redneck Joe Band



Red Neck Joe band is a Southern Outlaw Honky Tonkin' Country band that covers Hank Sr., Hank Jr., Hank III, Johnny Cash, ZZ Top, Willie, Tom Petty, Joe Cocker, Steve Earle, Toby Keith, and many more. Members include "Sweet Pea" on fiddle, guitar, banjo and mandolin; Bubba P on bass; Otis E. Love on drums;

and CJ Hughes (aka: Redneck Joe) lead guitar and vocals. He also writes song. They perform at 2 p.m. Saturday.

SwampGrass Tunes



Sherry White

Sherry White is an accomplished singer, songwriter and the published author of 'A Life Worth Living,' an autobiography in which she highlights her journey to surrendering her life to the Lord and entering full-time ministry. Her music, like her preaching, is fueled by passion and conviction. She is the force behind Sherry White Ministries, Inc. Sherry and the ladies from Lydia's House perform at 1 p.m. Sunday.



Mountain Dew Cloggers

Energetic and exciting, the Mountain Dew Cloggers have existed for 29 years and performed at all but one Caladium Festival. Performing this year are Sylvia Moore, Tana Looney, Lori Tant, Nancy Stowell, and Becca Glenn. They have won several awards.

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Niklas Hallen/UPPA/Zuma Press/MCT

Royal fans and members of the public gather at outside Buckingham Palace in London, England, to celebrate the birth of the Royal baby on Monday.

William and Kate thank hospital for baby care

By JILL LAWLESS and RAPHAEL SATTER

Associated Press

LONDON — Prince William, Kate and their baby boy were spending their first full day as a family Tuesday inside a London hospital, thanking staff for their care but making well-wishers wait for a first glimpse of the royal heir.

As celebratory lights, gun salutes and other tributes were unleashed in Britain and abroad, William thanked staff at St. Mary's Hospital "for the tremendous care the three of us have received."

"We know it has been a very busy period for the hospital and we would like to thank everyone — staff, patients and visitors — for their understanding during this time," he said in a statement.

The couple's Kensington Palace office said Kate, the Duchess of Cambridge, had given birth to the 8 pound, 6 ounce (3.8 kilogram) baby boy at 4:24 p.m. Monday, triggering an impromptu party outside Buckingham Palace and in front of the hospital's private Lindo Wing.

The palace said Tuesday that "mother, son and father are all doing well this morning."

The new family was expected to remain in the hospital until Tuesday evening or Wednesday morning.

In the meantime the infant's appearance — and his name — remain a royal mystery.

Tourists and well-wishers flocked to Buckingham Palace on Tuesday, lining up outside the gates to take pictures of the golden easel on which, in keeping with royal tradition, the birth announcement was displayed.

"This was a great event — yet again our royal family is bringing everyone together," said 27-year-old David Wills, who took a two-mile detour on his run to work to pass the palace. "I kind of feel as though I am seeing part of history here today."

A band of scarlet-clad guardsman at the palace delighted onlookers with a rendition of the song "Congratulations."

Other celebrations Tuesday included gun salutes by royal artillery companies to honor the birth and the ringing of bells at London's Westminster Abbey.

Halfway around the world, royalist group Monarchy New Zealand said it had organized a national light show, with 40 buildings across the islands lit up in blue to commemorate the royal birth, including Sky Tower in Auckland, the airport in Christchurch, and Larnach Castle in the South



Stephen Lock/i-Images/Zuma Press/MCT

A Town Cryer announces the birth of the Royal baby outside St. Mary's hospital in London, England, on Monday. The birth announcement, via a press release from Kensington Palace, said the boy was born at 4:24 p.m. weighing 8 pounds, 6 ounces.

Island city of Dunedin. A similar lighting ceremony took place in Canada; Peace Tower and Parliament buildings in the capital, Ottawa, were bathed in blue light, as was CN Tower in Toronto.

The baby isn't even a day old — and may not be named for days or even weeks — but he already has a building dedicated to him.

Australian Prime Minister Kevin Rudd said an enclosure at Sydney's Taronga Park Zoo would be named after the prince as part of a gift from Australia. The government would donate 10,000 Australian dollars (\$9,300) on the young prince's behalf toward a research project at the zoo to save the endangered bilby, a rabbit-like marsupial whose numbers are dwindling in the wild.

British media joined in the celebration, with many newspapers printing souvenir editions.

"It's a Boy!" was splashed across many front pages, while Britain's top-selling The Sun newspaper temporarily changed its name to "The Son" in honor of the tiny monarch-in-waiting.

Beyond the newsstands, the birth of the royal baby was welcome news in a country where polls show the monarchy is as popular as any time in recent history. In the Yorkshire village of Bugthorpe — which Prince Charles was visiting as part of a tour through northern

England — the baby was on everyone's lips.

"Morning Granddad," said local resident Robert Barrett, which drew a chuckle from the prince.

Back in London, there was a healthy interest in the baby's name, combined with a note of concern for his future.

"I hope the child is given the opportunity to have a normal childhood," said Julie Warren, a 70-year-old retired schoolteacher waiting for her grandson outside one of the capital's subway stations.

The birth caps a resurgence in popularity for Britain's monarchy, whose members have evolved, over several decades of social and technological change, from distant figures to characters in a well-loved national soap opera.

The institution reached a popular nadir after the death of Princess Diana in a car crash in 1997. Diana had been popular, glamorous and — in the eyes of many — badly treated by the royal "Firm."

But the dignified endurance of Queen Elizabeth II — now in her 62nd year on the throne — and the emergence of an attractive young generation that includes William, his soldier-socialite brother Prince Harry and the glamorous, middle-class Kate has been a breath of fresh air for the monarchy.

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FILE NUMBER 12003671CP02
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IN RE: ESTATE OF VICTORIA H. DeANGELIS, Deceased.

NOTICE TO CREDITORS
The administration of the estate of VICTORIA H. DeANGELIS, whose date of death was May 22, 2012, File Number 12003671CP02, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 South Commerce Avenue, Sebring, Florida 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

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

ALL CLAIMS NOT SO FILED WILL BE FOREVER BARRED.

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

The date of first publication of this notice is July 17, 2013.

Louis DeAngelis
Personal Representative
2211 Palm Tree Drive
Punta Gorda, Florida 33950

DANIEL GASS, ESQUIRE
Attorney for Petitioner
10001 Northwest 50 Street, Suite 204
Sunrise, Florida 33351
Florida Bar Number 19569

July 17, 24, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT OF FLORIDA IN AND FOR HIGHLANDS COUNTY GENERAL JURISDICTION DIVISION
CASE NO. 28-2013-CA-000023

DEPMORGAN CHASE BANK, NATIONAL ASSOCIATION, Plaintiff,
vs.
WILLIAM J. TRACHOK A/K/A WILLIAM JOSEPH TRACHOK, SPRING LAKE PROPERTY ASSOCIATION, INC., UNKNOWN TENANT IN POSSESSION 1, UNKNOWN TENANT IN POSSESSION 2, UNKNOWN SPOUSE WILLIAM J. TRACHOK A/K/A WILLIAM JOSEPH TRACHOK, Defendants.

NOTICE OF FORECLOSURE SALE
NOTICE IS HEREBY GIVEN pursuant to a Summary Final Judgment of Foreclosure filed June 3, 2013 entered in Civil Case No. 28-2013-CA-000023 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, the Clerk will sell to the highest and best bidder for cash at the Jury Assembly Room in the Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870 in accordance with Chapter 45, Florida Statutes on the 4th day of September, 2013 at 11:00 AM on the following described property as set forth in said Summary Final Judgment, to-wit:

A Parcel of land situated in the State of Florida, County of Highlands, with a street location address of 208 Oxbow Dr., Sebring, FL 33876-7468, having a Tax Identification Number of C-15-35-30-060-00UO-0250 and being the same property more fully described in Book/Page or document number 1290-488 dated 1/1/1900 and further described as SPRING LAKE VILLAGE VI PB 10 PG 21 Lot 25 BLK U.

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

Dated this 19th day of July, 2013.

ROBERT W. GERMAINE, CLERK
CLERK OF THE CIRCUIT COURT
By: /s/ Priscilla Michalak
12-06279-1
July 24, 31, 2013

1429592

1050 Legals

NOTICE UNDER FICTITIOUS NAME LAW PURSUANT TO SECTION 865.09 FLORIDA STATUTES

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of THE POURHOUSE located at 1610 Lakeview Drive in the County of Highlands, in the City of Sebring, Florida 33870, intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida.

Dated at Sebring, Florida, this 19th day of July, 2013.

Kenilworth Properties Inc.

July 24, 2013

IN THE CIRCUIT COURT OF HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION
FILE NO. PC 13-282
Division Probate

IN RE: ESTATE OF RUTH H. SNEDEKER, Deceased.

NOTICE TO CREDITORS
The administration of the estate of RUTH H. SNEDEKER, deceased, whose date of death was May 28, 2013, and whose social security number is XXX-XX-8326, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

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

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

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

The date of first publication of this Notice is July 17, 2013.

Personal Representative:
/s/ Frank Ollweiler
6750 U.S. 27 North, V-2C
Sebring, FL 33870

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

July 17, 24, 2013

1055 Highlands County Legals

NOTICE OF APPLICATION FOR TAX DEED 13000043TDS CHAPTER 197.512 F.S.

NOTICE IS HEREBY GIVEN, that A PERFORMANCE MAINTENANCE CO, the holder of the following certificate has filed said certificates for a tax deed to be issued thereon. The certificate number and year of issuance, the description of the property, and the names in which it was assessed are as follows:

Certificate No.: 14368
Year of Issuance: 06-01-2011
Tax ID: C-19-39-30-010-00E0-0010

Description of Property:
A PORTION OF VENUS PARK PLAT NO. 2 ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 2 PAGE 32 OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA, AND A PORTION OF TOWN OF VENUS ACCORDING TO THE PLAT THEREOF AS RECORDED IN TRANSCRIPT BOOK 25 OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY.

Name in which assessed:
VENUS CARIBBEAN GROUP LLC;

All of said property being in the County of Highlands, State of Florida. Unless said certificate shall be redeemed according to law the property described in such certificate shall be sold to the highest bidder at Highlands County Government Center in the Board of County Commissioners Boardroom in accordance with Chapter 45, Florida Statutes at 10:00 A.M., or thereafter on 28th day of August, 2013.

Dated this 11th day of June, 2013.

ROBERT W. GERMAINE
Clerk of the Circuit Court of Highlands County, Florida
Signature: /s/ Misty Blackburn
MISTY BLACKBURN, Deputy Clerk

July 24, 31; August 7, 14, 2013

1100 Announcements

CHECK YOUR AD

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

If We can assist you, please call us:

314-9876 News-Sun Classified

Having something to sell and not advertising is like winking in the dark. You know what you're doing, but no one else does. Call News-Sun classifieds today! 314-9876

1150 Personals

BLONDE LADY I Talked with in Walmart in reference to Beautician. Found!

2000 Employment

INTERVIEWERS WESTAT seeks motivated, detail-oriented individuals to work part time on an important study, the National Study of Health-Related Behaviors (NSHB). Interviewers will collect information from respondents about tobacco use and its effects on health. Interviewers will show respondents how to collect cheek cells and urine samples using a self-collection kit and coordinate appointments for a blood sample to be taken by a trained health professional. To learn more about this position and apply, go to www.westat.com/fieldjobs and enter Job ID 6345BR. WESTAT EOE

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1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CIVIL ACTION
CASE No.: 28-2012-CA-001039

SUNTRUST MORTGAGE, INC., Plaintiff,
vs.
HOSSAIN JABBAR, et al. Defendant(s)

NOTICE OF SALE
NOTICE IS HEREBY GIVEN that, pursuant to a Final Judgment of Foreclosure or Order dated July 9, 2013, entered in Civil Case Number 28-2012-CA-001039, in the Circuit Court for Highlands County, Florida, wherein SUNTRUST MORTGAGE, INC. is the Plaintiff, and HOSSAIN JABBAR, et al., are the Defendants, I will sell the property situated in Highlands County, Florida, described as:

LOT 29, IN BLOCK 57, SEBRING COUNTRY ESTATES, SECTION THREE, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 9, PAGE 6, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

at public sale, to the highest and best bidder, for cash, at Jury Assembly Room, in Basement of Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33871 at 11:00 AM, on the 12th day of August, 2013. 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: July 9, 2013.

Highlands County Clerk of Court
CLERK OF THE CIRCUIT COURT
By: /s/ Priscilla Michalak

"In accordance with the Americans With Disabilities Act, persons in need of a special accommodation to participate in this proceeding shall, within seven (7) days prior to any proceeding, contact the Administrative Office of the Court, Highlands County Courthouse, 590 South Commerce Avenue, Sebring, FL 33870, telephone 9863) 402-6594, TDD 1 800 955 8771 or 1 800 955 8770 via Florida Relay Service".
Ca10-13233/DB

July 17, 24, 2013

1050 Legals

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
Case No: 13-544 FC

JOY L. CLEARY, Petitioner
and
RODNEY CLEARY JR., Respondent.

NOTICE OF ACTION FOR DISSOLUTION OF MARRIAGE (NO CHILD OR FINANCIAL SUPPORT)

TO: RODNEY CLEARY JR.
LAST KNOWN ADDRESS: 7600 boul Parent Trois Rivières, district De Trois Rivières Qc Canada 69A 5E1YOU ARE NOTIFIED that an action for dissolution of marriage has been filed against you and that you are required to serve a copy of your written defenses, if any, to it on, Joy L. Cleary, whose address is 2247 Arbutle Creek Rd., Sebring, FL 33870, on or before August 2, 2013 and file the original with the clerk of this Court at 590 S. Commerce Ave., Sebring, FL 33870, before service on Petitioner or immediately thereafter. If you fail to do so, a default may be entered against you for the relief demanded in the petition.

The action is asking the court to decide how the following real or personal property should be divided: None. Copies of all court documents in this case, including orders, are available at the Clerk of the Circuit Court's office. You may review these documents upon request. You must keep the Clerk of the Circuit Court's office notified of your current address. (You may file Notice of Current Address, Florida Supreme Court Approved Family Law form 12.915.) Future papers in this lawsuit will be mailed to the address on record at the clerk's office. WARNING: Rule 12.285, Florida Family Law Rules of Procedure, requires certain automatic disclosure of documents and information. Failure to comply can result in sanctions, including dismissal or striking of pleadings.

DATED: July 8, 2013. CLERK OF THE CIRCUIT COURT
By: /s/ Alice Perez
Deputy Clerk

July 10, 17, 24, 31, 2013

1055 Highlands County Legals

NOTICE OF DISPOSITION
ACCORDING TO THE FLORIDA SELF STORAGE FACILITY ACT THE FOLLOWING STORAGE UNITS LOCATED AT THE STORAGE PLACE OF AVON PARK, 395 CR 17A WEST, AVON PARK, FL 33825 WILL BE DISPOSED OF ON AUGUST 19, 2013 AT 10:00 AM. ALL UNITS ARE SAID TO CONTAIN HOUSEHOLD GOODS UNLESS OTHERWISE STATED.

Names and unit numbers are as follows:

NAME	UNIT NUMBER
Earl Getz	130
Calvin Crowell II	339

DISPOSITION BEING MADE TO SATISFY LANDLORD'S LIEN MANAGEMENT RESERVES ALL RIGHTS, UNDER FLORIDA LAW, ALL PAYMENTS MUST BE MADE IN CASH.

July 24, 31, 2013

The following legal notices are from the Highlands County Board of County Commissioners and are being published in the font, size, and leading as per their specifications.

CITY OF SEBRING EMPLOYMENT OPPORTUNITY

The City of Sebring is recruiting for the following position(s):
Part-time/OPS Firefighter/EMT Closes: 7/26/13

For an application contact the City of Sebring, (863) 471-5100 or visit us on our website at www.mysebring.com
Drug Free Work place, EOE, Vet Pref.

CITY OF SEBRING EMPLOYMENT OPPORTUNITY

The City of Sebring is recruiting for the following position(s):
Full-time Firefighter/EMT Closes: 7/26/13
Deputy Chief Closes: 7/26/13

For an application contact the City of Sebring, (863) 471-5100 or visit us on our website at www.mysebring.com
Drug Free Work place, EOE, Vet Pref.

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2100 Help Wanted

DAWG HOUSE PET RESORT - Has 2 p/t openings for "Kennel Assistant". Duties include feeding, walking, and general care of our pets. Successful candidate must have reliable transportation, enthusiastic attitude and ability to work with pets. Weekend and holiday hours will be expected. 25-30 hours per week minimum. \$9.00 p/h. Send resume to: finchmichael69@gmail.com

HBI HAS AN IMMEDIATE NEED for a full time Facilities Maintenance Instructor in Okeechobee. For information and to apply, visit www.hbi.org EOE/AA/M/F/D/V

HOMEMAKER COMPANIONSHIP CO. In Home - Non Medical. Per Diem Must pass level 2 background check and have own transportation with proof of insurance. Send resume to: info@davinci-helpinghands.com

LOOKING FOR FEMALE ROOMMATE/BABYSITTER Home in Lorida. For more info call George at 863-261-5097.

PHYSICAL THERAPY DIRECTOR An opportunity for a strong therapist looking to run a rehab department in Avon Park, Fl.

This position requires a minimum of 1 year of SNF experience and management experience is preferred.

Ideal candidate will have strong interpersonal skills and a desire to grow with this department. Candidate also needs to have an understanding of the rules and regulations of medicare as they pertain to therapy.

If you are interested in this great opportunity, please send resume with salary requirements to hr@cavonpark.com or apply in person at Royal Care of Avon Park, 1213 W. Stratford Rd., Avon Park, Fl. 33825 EOE/MF/DFWP

RESOURCE DEVELOPMENT ASSISTANT (F/T)
Open until filled. Please visit <http://sfsc.interviewexchange.com> for detailed position posting. 863-784-7132
EA/EO/VETERAN'S PREF.


QC MANAGER needed for local precast hollowcore company. Experience with precast, quality control & concrete testing required. PCI Level I&II & ACI Certified REQUIRED. Email resume/salary requirements to jmachia@spancrete.com. Fax: 863.655.1215

ROYAL CARE OF AVON PARK is expanding its Rehab Department. With our New Rehab Building due to open in August

CURRENT POSITIONS AVAILABLE
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Come and be a part of an experienced and dynamic rehab team. SNF experience a plus! Competitive Salaries, benefits and flexible schedules.

Contact Maria Perez, HR Director (863) 453-6674 EOE/MF/DFWP

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

TEACHERS NEEDED for a Christian School in Avon Park Pre-K & Elementary Classes avail. Certified & UN-Certified welcome to apply, F/T. 863-453-8687

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7320 Garage & Yard Sales

AVON PARK 2478 N Orangewood St., Fri & Sat, July 26 & 27, 8am - 4pm. Casio keyboard, Sewing machine, Furniture, Puzzles & Craft supplies.

SEBRING* MULTI FAMILY SALE * 5247 US Hwy 27 S. (near Raceway Filling Station) Sat. July 27, 8am - 12pm. Childrens clothing, Lots of Miscellaneous Items.

7520 Pets & Supplies

NOTICE

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DAN HOEHNE/News-Sun

Jay Bible races around third Sunday during Sebring's second-round win over Avon Park in the Dixie Boys State Tournament at Max Long.

Sebring slides past Avon Park

By LAUREN WELBORN

News-Sun correspondent

SEBRING – With teams coming from all across Florida to take part in the Dixie Boys State Tournament, it was battle of county rivals as Avon Park and Sebring went toe-to-toe Sunday night.

Sebring, the visiting team in this game, took the early jump scoring two runs in the first inning that would go unanswered by Avon Park until the bottom of the second, where they crept in one run to put the board at 2-1.

For Sebring, it was two RBI singles from Jay Bible and Justin Bickman.

Following in the bottom of the second was relief pitcher

Dylan Pantaline who found himself on third base after a throwing error on Sebring's behalf.

While starting Avon Park pitcher Luis Cervera did not advance himself, he did manage to bring in the first run for the boys in red as he knocked in Pantaline.

In the third inning, Sebring tacked on some more insurance with the likes of Kyle Helms, starting pitcher of the night, and Bickman's back-to-back, two-RBI doubles as well as another RBI from Gabe Gomez.

This put the board at 7-1, with Sebring still in the lead after the five-run rally.

See SEBRING, Page B3



DAN HOEHNE/News-Sun

Brendan Doty follows through on a swing in Sunday's tournament win.

Dixie Devils bounce back big

By DAN HOEHNE

daniel.hoehne@newsun.com

SEBRING – After an opening-round trouncing over Hernando, the Avon Park All-Stars found themselves on the receiving end of one against Sebring in Sunday's second round of the Dixie Boys State Tournament at the Max Long Recreational Complex.

But the junior Devils bounced back in a big way, waiting through an extra night to take an 18-5 win over Havana to move along in the consolation bracket.

"Just a couple of weeks ago, most of these guys played in a 16-under tournament," head coach Abe Cervera said of his squad made up of 13- and 14-year olds. "They showed their talent by winning against 15- and 16-year olds. We can play with anyone, but for some reason we seem to have this block in our minds about Sebring. They were frustrated after that game and then came out and got back to playing our game."

The rain, as has been the norm with Dixie tournaments this summer, caused some shuffling of the bracket schedule and rather than squaring off with the Tallahassee-area Havana squad Sunday night, the



DAN HOEHNE/News-Sun

A'darius Council leaps onto home plate amid his celebrating teammates after his long home run put the stamp on Avon Park's 18-5 win over Havana Monday night.

game got underway in the early evening Monday.

And Avon Park wasted little time in sending 11 hitters to the plate in the top of the first and having five come in to score.

Havana answered back with two in the bottom of the frame, but AP tacked on

four more in the top of the second – which is when the rains again got in the way of the action as a relatively short, but torrential down-pour put things on hold.

When the rains subsided, the grounds crew went into overdrive to work the field over and it was a little after

9 p.m. when play resumed with two outs and runners on the corners for the Devils.

A double steal was attempted, but an alert Havana catcher caught the runner on third edging a little too far off and got the out to retire the side.

Starting pitcher Derrick Hawthorne got through the bottom of the second, striking out the first two hitters and then fielding a come-backer and tossing to first for the inning-ender after two batters had reached.

See AP, Page B3

Clemson, Miami picked as ACC favorites

Associated Press

GREENSBORO, N.C. — Clemson and Miami are the preseason favorites to win their respective divisions in the Atlantic Coast Conference.

Tigers quarterback Tajh Boyd is an overwhelming selection as its preseason player of the year.

The league announced its predicted order of finish Monday following a vote of 120 members of the Atlantic Coast Sports Media Association.

The Tigers received 102 first-place votes in the Atlantic Division, well ahead of the 18 that reigning league champion Florida State got.

Miami had 65 first-place votes in the Coastal, ahead of Virginia Tech's 27 and North Carolina's 22.

Clemson then received 95 votes as the eventual ACC champion.

Boyd was the ACC player of the year in 2012 after breaking his league records with 36 touchdown passes and 46 TDs responsible for. He received 105 votes.

Ryan Braun reaction: Fed-up players feel 'sick'

By MIKE FITZPATRICK

Associated Press

They felt sick, angry, cheated, deceived.

Not only did Ryan Braun let down scores of baseball fans Monday, he riled up players all around the majors.

The guys who used to be in his corner.

The guys who make up the union membership.

"Watching him talk right now makes me sick," Skip Schumaker of the Los Angeles Dodgers said. "I have an autographed Braun jersey in my baseball room that I'll be taking down. I don't want my son identifying what I've worked so hard to get to and work so hard to have — I don't want him comparing Braun to me."

The Milwaukee Brewers slugger accepted a 65-game suspension Monday for unspecified "violations" of

baseball's drug program and labor contract.

Just last year, the 2011 NL MVP dodged a 50-game penalty when an arbitrator overturned his positive test for elevated testosterone because the urine sample had been improperly handled.

Then he held a news conference at spring training in Phoenix and read a defiant statement, insisting he was innocent and "the truth" was on his side.

Jason Bay watched it on television, just like everyone else.

"I think for me what makes me mad," the Seattle outfielder said, "basically it just kills all the credibility of anybody."

Reaction poured in after Major League Baseball banned Braun without pay for the rest of the season and the postseason, the beginning

of sanctions involving players reportedly tied to a Florida clinic accused of distributing performance-enhancing drugs.

Plenty of it was harsh.

"I think everybody's frustrated, especially the players. I think we all feel a little bit cheated," Mariners pitcher Joe Saunders said.

Schumaker thinks Braun should hand over his MVP award to Dodgers outfielder Matt Kemp, who finished second in the 2011 balloting.

"In my opinion, he should be suspended — lifetime ban. One strike, you're out. It's enough. It's ridiculous," Schumaker said. "He lied to a lot of people. I was convinced, after that MVP, that he didn't do it."

Braun, struggling through an injury-plagued season, will miss Milwaukee's final 65 games, costing him about

\$3 million of his \$8.5 million salary.

"I talked to a lot of the guys and we think the penalties aren't harsh enough," Saunders said. "I think it should have been a year's suspension, at least. Just my take on it. I don't get why guys have to do that stuff."

Braun issued a statement Monday saying he's not perfect and realizes now that he has made some mistakes.

He apologized "to anyone I may have disappointed" and said he was happy to have the matter behind him "once and for all."

But that doesn't mean there's no fallout for others in the game.

"It's a sad day," Los Angeles Angels manager Mike Scioscia said. "It's a black eye when something like this happens."

New York Yankees pitcher



MCT photo

The truth wasn't on Ryan Braun's side after all.

CC Sabathia, Braun's former teammate in Milwaukee, said he was shocked.

"I never would have thought it, but I guess you never know," Sabathia explained.

Some players were more forgiving.

"He stepped up. It's just like when you get a ticket, a speeding ticket," Tigers outfielder Torii Hunter said. "You know you were speeding. You get a ticket and you go and you do your time or

See BRAUN, Page B3

THE SCOREBOARD

Major League Baseball

AMERICAN LEAGUE

East Division

	W	L	Pct	GB
Boston	60	41	.594	—
Tampa Bay	59	41	.590	.5
Baltimore	57	43	.570	2.5
New York	52	47	.525	7
Toronto	45	53	.459	13.5

Central Division

	W	L	Pct	GB
Detroit	54	44	.551	—
Cleveland	52	47	.525	2.5
Kansas City	45	51	.469	8
Minnesota	42	54	.438	11
Chicago	39	57	.406	14

West Division

	W	L	Pct	GB
Oakland	58	41	.586	—
Texas	55	44	.556	3
Seattle	47	52	.475	11
Los Angeles	46	51	.474	11
Houston	33	65	.337	24.5

Saturday's Games

Tampa Bay 4, Toronto 3
 Chicago White Sox 10, Atlanta 6
 N.Y. Yankees 5, Boston 2
 Minnesota 3, Cleveland 2
 Kansas City 6, Detroit 5
 Seattle 4, Houston 2
 Baltimore 7, Texas 4
 L.A. Angels 2, Oakland 0

Sunday's Games

Tampa Bay 4, Toronto 3
 Chicago White Sox 3, Atlanta 1
 Cleveland 7, Minnesota 1
 Detroit 4, Kansas City 1
 Seattle 12, Houston 5
 Oakland 6, L.A. Angels 0
 Baltimore 4, Texas 2
 Boston 8, N.Y. Yankees 7, 11 innings

Monday's Games

Texas 3, N.Y. Yankees 0
 L.A. Dodgers 14, Toronto 5
 Tampa Bay 3, Boston 0
 Baltimore 9, Kansas City 2
 Detroit 7, Chicago White Sox 3
 Oakland 4, Houston 3
 Minnesota 4, L.A. Angels 3
 Seattle 2, Cleveland 1

Tuesday's Games

L.A. Dodgers at Toronto, late
 Tampa Bay at Boston, late
 N.Y. Yankees at Texas, late
 Baltimore at Kansas City, late
 Detroit at Chicago White Sox, late
 Oakland at Houston, late
 Minnesota at L.A. Angels, late
 Cleveland at Seattle, late

Wednesday's Games

Oakland (Griffin 8-7) at Houston
 (B.Norris 6-9), 2:10 p.m.
 Minnesota (Pelfrey 4-7) at L.A. Angels
 (Weaver 4-5), 3:35 p.m.
 Cleveland (Kazmir 5-4) at Seattle
 (J.Saunders 9-8), 3:40 p.m.
 L.A. Dodgers (Nolasco 6-9) at Toronto
 (Rogers 3-4), 7:07 p.m.
 Tampa Bay (Price 4-5) at Boston
 (Doubont 7-3), 7:10 p.m.
 N.Y. Yankees (Pettitte 7-7) at Texas
 (D.Holland 8-5), 8:05 p.m.
 Baltimore (W.Chen 5-3) at Kansas City
 (E.Santana 6-6), 8:10 p.m.
 Detroit (Ani.Sanchez 7-7) at Chicago
 White Sox (Joh.Danks 2-7), 8:10 p.m.

LEAGUE LEADERS

BATTING

	AB	R	H	BA
Cabrera, DET	374	76	134	.358
Mauer, MIN	367	51	119	.324
Trout, LAA	384	67	124	.323
Ortiz, BOS	302	51	97	.321
Loney, TB	331	40	104	.314
Davis, BAL	360	74	113	.314

HOME RUNS

Davis, BAL	37
Cabrera, DET	31
Encarnacion, TOR	26
Dunn, CHW	24
Ibanez, SEA	24

RUNS BATTED IN

Davis, BAL	97
Cabrera, DET	96
Encarnacion, TOR	74
Felder, DET	71
Cruz, TEX	70

SLUGGING PERCENTAGE

Davis, BAL	.706
Cabrera, DET	.666
Ortiz, BOS	.603
Trout, LAA	.565
Ibanez, SEA	.562

ON-BASE PERCENTAGE

Cabrera, DET	.454
Mauer, MIN	.407
Ortiz, BOS	.405
Trout, LAA	.402
Davis, BAL	.388

WON-LOST

Scherzer, DET	14-1
Moore, TB	14-3
Colon, OAK	13-3
Tillman, BAL	12-3
Hernandez, SEA	11-4

EARNED RUN AVERAGE

Hernandez, SEA	2.43
Colon, OAK	2.52
Kuroda, NYY	2.65
Sale, CHW	2.81
Sanchez, DET	2.85

STRIKEOUTS

Darvish, TEX	161
Scherzer, DET	157
Hernandez, SEA	147
Masterson, CLE	145
Sale, CHW	142

SAVES

J. Johnson, BAL	35
Rivera, NYY	31
Nathan, TEX	31
Balfour, OAK	26
Reed, CHW	25

NATIONAL LEAGUE

East Division

	W	L	Pct	GB
Atlanta	56	43	.566	—
Philadelphia	49	50	.495	7
Washington	48	51	.485	8
New York	43	52	.453	11
Miami	36	61	.371	19

Central Division

	W	L	Pct	GB
St. Louis	59	37	.615	—
Pittsburgh	58	39	.598	1.5
Cincinnati	56	43	.566	4.5
Chicago	44	53	.454	15.5
Milwaukee	41	57	.418	19

West Division

	W	L	Pct	GB
Los Angeles	51	47	.520	—
Arizona	51	48	.515	.5
Colorado	48	52	.480	4
San Francisco	45	53	.459	6
San Diego	44	56	.440	8

Saturday's Games

N.Y. Mets 5, Philadelphia 4
 Chicago White Sox 10, Atlanta 6
 Cincinnati 5, Pittsburgh 4
 L.A. Dodgers 3, Washington 1, 10



LIVE SPORTS ON TV

GOLF

THURSDAY

Noon Senior Open Championship **GOLF**
2:30 p.m. PGA – RBC Canadian Open **GOLF**
6:30 p.m. PGA – Albertsons Boise Open **GOLF**

CANADIAN FOOTBALL

THURSDAY

7:30 p.m. Edmonton at Montreal **ESPN2**

MAJOR LEAGUE BASEBALL

WEDNESDAY

7 p.m. Tampa Bay at Boston **ESPN/SUN**

THURSDAY

7 p.m. Tampa Bay at Boston **SUN**
9:30 p.m. Chicago Cubs at Arizona **WGN**

Times, games, channels all subject to change

innings

Milwaukee 6, Miami 0
 San Diego 5, St. Louis 3
 Colorado 9, Chicago Cubs 3
 San Francisco 4, Arizona 3

Sunday's Games

N.Y. Mets 5, Philadelphia 0
 Pittsburgh 3, Cincinnati 2
 L.A. Dodgers 9, Washington 2
 Chicago White Sox 3, Atlanta 1
 Milwaukee 1, Miami 0, 13 innings
 St. Louis 3, San Diego 2
 Arizona 3, San Francisco 1
 Colorado 4, Chicago Cubs 3

Monday's Games

Pittsburgh 6, Washington 5
 L.A. Dodgers 14, Toronto 5
 Atlanta 2, N.Y. Mets 1
 San Diego 5, Milwaukee 3
 Miami 3, Colorado 1
 Chicago Cubs 4, Arizona 2
 Cincinnati 11, San Francisco 0

Tuesday's Games

Pittsburgh at Washington, late
 San Francisco at Cincinnati, 1st game, late
 L.A. Dodgers at Toronto, late
 Atlanta at N.Y. Mets, late
 San Diego at Milwaukee, late
 Philadelphia at St. Louis, late
 Miami at Colorado, late
 Chicago Cubs at Arizona, late
 Cincinnati at San Francisco, 2nd game, late

Wednesday's Games

Pittsburgh (Liriano 9-4) at Washington
 (Strasburg 5-7), 7:05 p.m.
 L.A. Dodgers (Nolasco 6-9) at Toronto
 (Rogers 3-4), 7:07 p.m.
 Atlanta (Hudson 7-7) at N.Y. Mets
 (Hefner 4-7), 7:10 p.m.
 San Diego (O'Sullivan 0-1) at
 Milwaukee (Lohse 6-7), 8:10 p.m.
 Philadelphia (Lannan 2-3) at St. Louis
 (Westbrook 6-4), 8:15 p.m.
 Miami (Ja.Turner 3-2) at Colorado (J.De
 La Rosa 9-5), 8:40 p.m.
 Chicago Cubs (Samardzija 6-9) at
 Arizona (Kennedy 3-7), 9:40 p.m.
 Cincinnati (Leake 9-4) at San Francisco
 (Gaudin 4-1), 10:15 p.m.

LEAGUE LEADERS

BATTING

	AB	R	H	BA
Molina, STL	333	42	112	.336
Craig, STL	361	52	120	.332
Cuddyer, COL	299	46	99	.331
Carpenter, STL	369	75	120	.325
Posey, SF	336	41	109	.324
Segura, MIL	389	56	126	.324

HOME RUNS

Gonzalez, COL	26
Alvarez, PIT	24
Brown, PHL	24
Goldschmidt, ARI	21
Bruce, CIN	20

RUNS BATTED IN

Goldschmidt, ARI	79
Phillips, CIN	79
Craig, STL	77
Brown, PHL	69
Bruce, CIN	68

SLUGGING PERCENTAGE

Gonzalez, COL	.607
Cuddyer, COL	.565
Goldschmidt, ARI	.549
Posey, SF	.539
Brown, PHL	.537

ON-BASE PERCENTAGE

Votto, CIN	.435
Choo, CIN	.427
Carpenter, STL	.399
Wright, NYM	.394
Posey, SF	.394

WON-LOST

Wainwright, STL	13-5
Zimmermann, WAS	12-5
Corbin, ARI	11-1
Lynn, STL	11-5
Lee, PHL	10-4

EARNED RUN AVERAGE

Kershaw, LAD	2.01
Locke, PIT	2.11
Harvey, NYM	2.23
Corbin, ARI	2.35
Wainwright, STL	2.44

STRIKEOUTS

Harvey, NYM	157
Kershaw, LAD	148
Wainwright, STL	137
Samardzija, CHC	134
Bailey, CIN	133

SAVES

Grilli, PIT	30
Kimbrel, ATL	28
Mujica, STL	28
Soriano, WAS	25
Chapman, CIN	23
Romo, SF	23

Arena Football

NATIONAL CONFERENCE

Central Division

	W	L	T	Pct	PF	PA
y-Chicago	10	7	0	.589	33	882
San Antonio	9	8	0	.529	40	856
Iowa	6	11	0	.353	78	829

West Division

	W	L	T	Pct	PF	PA
y-Arizona	14	3	0	.824	11	982
x-Spokane	13	4	0	.765	11	785
x-San Jose	12	5	0	.706	9	837
Utah	6	11	0	.353	48	942

AMERICAN CONFERENCE

South Division

	W	L	T	Pct	PF	PA
y-Jacksonville	11	6	0	.647	89	839
Tampa Bay	7	10	0	.412	95	928
Orlando	6	11	0	.353	89	990
New Orleans	5	12	0	.294	79	998

Eastern Division

	W	L	T	Pct	PF	PA
y-Philadelphia	12	5	0	.706	102	479
Cleveland	4	13	0	.235	80	999
Pittsburgh	4	13	0	.235	68	953

x-clinched playoff spot
 y-clinched division

Saturday's Games

Jacksonville 58, New Orleans 49
 Cleveland 65, Orlando 62
 Pittsburgh 48, Tampa Bay 37
 Utah 55, Iowa 41
 Chicago 63, Arizona 42
 Philadelphia 65, San Jose 43

Friday, July 26

Pittsburgh at Spokane, 10 p.m.

Saturday, July 27

Tampa Bay at Jacksonville, 7 p.m.
 New Orleans at Orlando, 7 p.m.
 Arizona at Iowa, 8:05 p.m.
 Cleveland at Utah, 9 p.m.
 Philadelphia at San Antonio, 9 p.m.
 Chicago at San Jose, 10:30 p.m.

WNBA

EASTERN CONFERENCE

	W	L	Pct	GB
Chicago	12	4		



LAUREN WELBORN/News-Sun

Justin Bickman coasts under this fly ball to record an out Sunday in Sebring's win.

Sebring swings away

Continued from B1

They would manage to score a total of five more runs in the next two innings of play with Cannady's two-run homer to bring in Brendan Doty and himself.

Helms followed suit with a solo home run himself to add three runs in the fourth.

In the top of the fifth, Helms was relieved on the mound by Damian Lusby.

This pitching change did not alter the status of the Avon Park offense, however, as they struggled to wake up the bats with the threat of a 10-run mercy rule close at hand.

Lusby reached in the top of the next inning before being brought in by Cannady, who tied with Helms and Bickman with a total of three RBIs for the night to lead the offense.

Bible, bringing in the second of his two RBIs, peaked and settled Sebring's lead with a single to see 12-1 lingering the mercy rule over Avon Park as they prepared to take their fifth at-bat.

Then 10-run rule comes into affect after five innings of play, meaning Avon Park needed at least two runs to force the game into the sixth and hopefully even the seventh inning.

While Joel Serrano managed to draw a walk before Deontra Kerney rattled the Sebring defense as they threw away the ball to put Kerney on third and bring Serrano across the plate, their efforts were too little and too late as Sebring recouped to make the final out to end the game.

"They came out," praised Sebring head coach Andrew Bible. "Just like yesterday, we came out hitting the ball well and played good defense, we had great pitching and just played well as a team.

"Every kid has contributed and that is what teamwork is about."

The win granted Sebring a bye in the bracket, with them waiting on another game to determine who they would take on Monday night.

A rain delay pushed back the game until Tuesday afternoon, with Wildwood and Spring Hill battling it out Monday night after the storms passed to stay in the winners bracket and to go on to play Sebring the next day.

The loss bumped Avon Park down in the bracket and pinned them against Havana Monday night, with soggy fields delaying their game as well.

AP tops Havana

Continued from B1

With Hawthorne at the pitch count limit that would keep him available for the following day, Cervera went to the bullpen.

"I really want to save my top pitchers for tomorrow because we might be playing a double header," he said. "It looked like we were in control and I just wanted to eat up the innings and get us to tomorrow and still be at full strength with our pitching."

The plan got a boost when another run was added in the top of the third.

Jacques Gordon lead off the inning with a blast into the left-center field gap for a double and promptly stole third.

Stretching his lead off of third during Dylan Pantaline's at bat, Gordon forced a balk that allowed him to score.

He would have anyway, as Pantaline then ripped a double of his own.

But in trying to stretch it to a triple, he was thrown out at third, with the next two outs soon recorded to keep the lead at 10-2.

Javier Maldonado came on in relief and the southpaw struck out two of the first three batters he faced.

But some issues with command plagued him as a number of walks plated two Havana runs to make it a 10-4 margin.

But that would be of little consequence as the Avon Park offense was about to put this one out of reach.

A'darius Council lead off the top of the fourth with a single to left and soon stole second.

He came in on Hawthorne's RBI single, who advanced to second on the throw home.

Juan Carlos Semprit then doubled Hawthorne home

and walks to Luis Cervera and Gordon followed to load the bases with one out.

An error off a Pantaline grounder brought Semprit in and kept the bases loaded before a fielder's choice grounder off Anthony Torres' bat scored Cervera and put runners on the corners with two out.

Johnny Perry then belted a two-run double to make it 16-4, and Council put the exclamation point on the game when he launched one into the night sky that came down outside the left-center field fence for a two-run home run.

"It's no secret we're a speed team that will run and be aggressive," Cervera said. "That home run was a surprise, but hey, we'll take it."

Havana would put two on in their half of the fourth, but Maldonado got through it, and the Devils had a runner reach in the top of the fifth, but was left stranded.

With three outs left to go to secure the mercy-rule win, Havana made things interesting as they loaded the bases with one out, which brought Council onto the mound in relief.

The trouble looked to continue when a humped-back liner was sent toward left, but Devil shortstop Torres made a miraculous, diving stab for one out, and then it was a matter of a simple toss to second to double up the runner, who had taken off on contact.

And so after the Sebring speed-bump, the Avon Park All-Stars seemed to be back on track in fine fashion.

Though they are on a tightrope the rest of the way, with one more loss ending their run.

Action continued throughout the day and night Tuesday, weather permitting.



DAN HOEHNE/News-Sun

Though it wasn't always picturesque, Javier Maldonado's relief performance Monday was a key to Avon Park's chances to move on in the Dixie Boys State Tournament.

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Prices effective Thursday, July 25 through Wednesday, July 31, 2013.

Liquor items are only available at Publix Liquors. Visit publix.com/store to find the store nearest you.

Must be 21 years of age or older to purchase alcoholic beverages. Quantity limits per customer apply.

D:\Lakeland\Jacksonville\4C\Thursday

Braun news not well received among players

Continued from B1

pay your speeding ticket, then you're doing what you're supposed to do. That's what Braunie is doing. Everybody makes mistakes. It takes a man to forgive him. If you don't forgive him, then are you a man?"

Bay thinks Braun could have handled his situation differently.

"If you look at the guys who have done stuff and just come out and admit it, a lot of guys don't remember who those guys were," Bay said. "But the guys who run up and down and say, 'No, no, no,' and then it gets drug through the mud 10 times worse, it makes it tougher on themselves and the rest of us."

It appears more penalties are coming, too.

Braun was one of more than a dozen players targeted by MLB, including injured Yankees star Alex Rodriguez, following a report by Miami New Times in January that they had been connected with Biogenesis of America, a now-closed anti-aging clinic.

"The guys that are cheating or whatever are taking something away from the other players. They're lying to the fans, they're lying to their teammates, they're lying to their GMs, their owners, and they're going to get caught," Angels pitcher C.J. Wilson said.

Braun addressed his stunned Brewers teammates Monday afternoon and second baseman Rickie Weeks described the slugger as "somber" and "embarrassed."

"I've said all along he doesn't need that stuff to per-

form," catcher Jonathan Lucroy said. "I don't know why he ever took it."

AP Sports Writers Tim Booth, Stephen Hawkins and Ronald Blum, and AP freelance writers

Ian Harrison, Mike Kelly, Jack Etkin, Brian Sandalow and Joe DiGiovanni contributed to this report.

Heartland's BUSINESS SPOTLIGHT

<p style="text-align: center; font-size: 1.2em;">Your Ad Here!</p> <p style="text-align: center;">Call Terri at 863-386-5628</p>	<p style="text-align: center; font-size: 0.8em;">A boutique for 2 and 4 legged friends!</p> <p style="font-size: 0.7em;"> • Local retailer of FROMM and Nutri-Sources • Pet Art by Local Artists • Spa products, clothing, toys, bedding, home decor items and more! • We now offer Grooming Services! Call for appt. ALL treats and food made in the USA M-F: 10am-5pm Sat: 10am-4pm 112 N. Ridgewood Dr. Lakeland, FL 33801 </p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">Royce Supply</p> <p style="font-size: 0.8em;">When one thinks of Florida, one thinks of the outdoors, and here in Highlands County one of those synonymous names associated with the outdoors is the Royce family.</p> <p style="font-size: 0.7em;">In 2007, Steve Royce saw a need for many of the products now offered by Royce Supply in Lake Placid, which is owned by he and his wife, Michelle Royce. They moved to their current location at 830 U.S. 27 South in 2009.</p> <p style="font-size: 0.7em;">The Royces pride themselves on customer service of most all brands. "We know how important it is to be taken care of and to have someone you can trust." For commercial lawn care, Royce Supply offers Stihl, eXmark and Grasshopper products. For the homeowner, the store also offers Cub Cadet products.</p> <p style="font-size: 0.7em;">The experienced professionals in the parts department at Royce Supply want to make sure the right parts at a fair price are sold the first time. The team is happy to answer questions and will help the customer find the parts they need.</p> <p style="font-size: 0.7em;">The service department has factory-trained technicians on hand to service equipment quickly and at a fair price.</p> <p style="font-size: 0.7em;">For information on Royce Supply, stop by and visit them at 830 U.S. 27 South in Lake Placid or call 465-2160.</p>
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NASCAR THIS WEEK

QUESTIONS & ATTITUDE

Compelling questions ... and maybe a few actual answers



Getty Images/JAME SQUIRE

Notice how they always kiss the bricks and not all those sponsors.

Can we please just call it the Brickyard 400?

Frankly, you can just call it the Brickyard. By now, we've all come to realize it's 400 miles. However, if you decide to "do right" by all the sponsors and use the official race name, we suggest you first take a deep breath. On the official literature, here it is: Crown Royal Presents the Samuel Deeds 400 at the Brickyard Powered by Bigmachinerecords.com.

How'd this happen?

Short answer: folks wrote checks. Longer answer: "Brickyard" had to be in there for tradition's sake, because Indy's rulers love tradition. But they also love fat bottom lines, so they took on Crown Royal as presenting sponsor, and Crown Royal sought more notice with its "Hero" program, which uncovered the great work of Samuel Deeds, whose reward includes seeing his name atop the race. And when Big Machine Records trade it worthwhile, Indy added another line to the letterhead. It makes business sense, but makes us nostalgic for the old Pork The Other White Meat 400.

Names change, but do the Indy facts remain?

Yes, and here's the most important, every year: The Brickyard, more than any other race on the schedule, identifies the cream of the crop. Given the prestige of Indy and the accompanying desire for teams to win there, everyone brings the best equipment. And that equipment better be able to deliver high speeds and great handling. Don't look for a surprise winner this weekend.

Ken Willis has been covering NASCAR for The Daytona Beach News-Journal for 27 years. Reach him at ken.willis@news-jnl.com



FEUD OF THE WEEK



NEWMAN

BUSCH

Ryan Newman vs. Kyle Busch: They had a problem at New Hampshire, and Newman seems to get angrier with each passing day.

Godwin Kelly gives his take: "It didn't help that Busch described Newman as a 'big ogre' and 'stupid.' That was like throwing a litged match in a pool of gas."

WHAT'S ON TAP?

SPRINT CUP: Crown Royal Presents the Samuel Deeds 400 at The Brickyard Powered by BigMachineRecords.com

SITE: Indianapolis

SCHEDULE: Friday, practice (5 p.m., 11:35 a.m.), Saturday, practice (ESPN2, 9 a.m.), qualifying (ESPN, 2:10 p.m.), Sunday, race (ESPN, coverage begins at noon; green flag at 1:20 p.m.)

TRACK: Indianapolis Motor Speedway (2.5-mile oval)

RACE DISTANCE: 160 laps, 400 miles

NATIONWIDE: Indiana 250

SITE: Indianapolis

SCHEDULE: Saturday, race (ESPN, 4:30 p.m.)

TRACK: Indianapolis Motor Speedway (2.5-mile oval)

RACE DISTANCE: 100 laps, 250 miles

HOT TOPICS: 3 ISSUES GENERATING A BUZZ

Martin's championship

Mark Martin has done just about everything a future Hall of Famer can accomplish in the NASCAR Sprint Cup Series, except win the championship. The 54-year-old driver has 40 wins in a sterling career that stretches back to 1981, when he scored one top-five finish in only five starts. He has been runner-up in the final standings five times.

Martin can fill that title void — well, kinda — this season if the No. 55 Michael Waltrip Racing Toyota continues on its surge. Martin is the primary driver of the stock car he shares with Brian Vickers and Waltrip. In its past two races, Waltrip finished fifth at Daytona and Vickers won at New Hampshire. The No. 55 scorecard reads: Martin, one top-five and four top-10s; Vickers, one win and three top-10s; Waltrip, two top-fives in only three starts.

Vickers' win has put the No. 55 car in the mix for the Cup Series championship — for car owners: NASCAR has a points system for drivers, the one most follow, and another for car owners. If the No. 55 gets into the Chase, either as a top-10 points performer or as a wild card, the Cup Series could get a split championship.

There are seven more races to decide the Chase field, with Indianapolis on deck Sunday. Waltrip's three-headed team is currently 13th in owner points, two points ahead of Tony Stewart's No. 14 entry. Vickers' victory made

the No. 55 wild-card Chase eligible.

If the No. 55 won the owners' championship, Waltrip would sit at the head table for the awards banquet in Las Vegas and get a very fat check. Last year's championship team owner, Roger Penske, pocketed \$2.86 million.

In the past 10 years, the NASCAR Nationwide Series has seen two split championships, so it can be done. So, after all these years, we could still see Martin posing next to a Cup Series championship trophy. How about that?

The King's landlord

This seemed like an odd note that crossed the wire desk last week. Richard Petty Motorsports leases its race shop in Concord, N.C. No big deal, right? The guy who owns the property is sports-car legend Boris Said, who is in the process of selling the facility. Apparently, Said is near a closing on the facility. "We're looking at our options right now," RPM director of operations Sammy Johns told Fox Sports. Petty has been a good tenant and doesn't expect an eviction notice from the new owner.

Stealing Hylton's thunder

Morgan Shepherd says he has a ride for the 2014 Daytona 500 at Daytona International Speedway. Shepherd became the oldest driver to compete in a Cup Series race when he started the New Hampshire race on July 14 at age 71. Afterward, he said he got a promise from the owner of the No. 52 Toyota, Bob Keselowski, to run the 500. Of course, he has to qualify for the race, which is no easy task.

Shepherd may have a long career ahead of him. James Hylton competed in Daytona's ARCA 200 this year at the young age of 78.

SPEED FREAKS

A couple of questions we just had to ask — ourselves



ARVAL BEHRMAN

Sleepy little Eldora might light a fire for NASCAR's future.

Any chance the truck race at Eldora will lead to more dirt in NASCAR's future?

GOODSPEAK: Let's see how it goes — or blows. They are using asphalt trucks on a dirt course. If it's a success, yes, we'll see more of it.

KEN'S CALL: You think there'd be some excitement among "real" stock-car fans if the two road courses were replaced by half-mile dirt events? Build it, and they will come.

Was Kyle Busch smart to soften his comments about Ryan Newman?

GOODSPEAK: Did he do it in time? Smokey Bear told me years ago that a smoldering ember can rekindle back into a roaring fire and to run for our lives. Maybe Busch should stop, drop and roll.

KEN'S CALL: You call a guy an ogre, then admit he's tougher than you. If Step 3 isn't a backtrack, you're not thinking clearly.

ONLINE EXTRAS

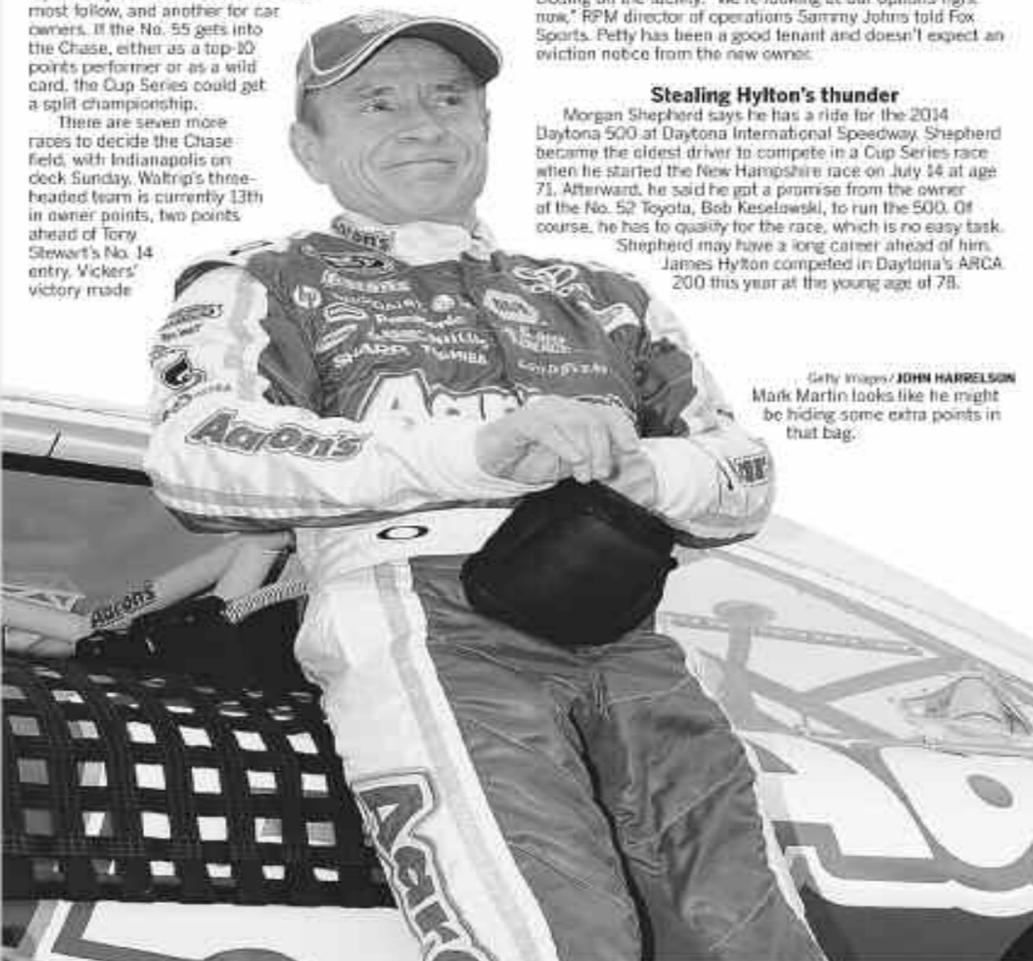
news-journalonline.com/nascar

Do you have questions or comments about NASCAR This Week? Contact Godwin Kelly at godwin.kelly@news-jnl.com or Ken Willis at ken.willis@news-jnl.com

SPRINT CUP POINTS STANDINGS

(after New Hampshire race 19 of 30)

Rank	Driver	Points
1	Jimmie Johnson	—
2	Clint Bowyer	-56
3	Carl Edwards	-73
4	Kevin Harvick	-74
5	Dale Earnhardt Jr.	-118
6	Matt Kenseth	-120
7	Kyle Busch	-120
8	Greg Biffle	-151
9	Brad Keselowski	-167
10	Kasey Kahne	-173
11	Martin Truex Jr.	-175
12	Jeff Gordon	-175
13	Tony Stewart	-178
14	Kurt Busch	-180
15	Jamie McMurray	-189
16	Aric Almirola	-194
17	Jeff Burton	-198
18	Joey Logano	-209
19	Ryan Newman	-209
20	Paul Menard	-209
21	Ricky Stenhouse Jr.	-220
22	Marcos Ambrose	-256
23	Juan Manuel	-272
24	Casey Mears	-253
25	Denny Hamlin	-338
26	David Gilliland	-342
27	Danica Patrick	-346



Getty Images/JOHN HARRISON Mark Martin looks like he might be hiding some extra points in that bag.

GODWIN'S EARLY BRICKYARD PICKS



Godwin Kelly is the Daytona Beach News-Journal's motorsports editor and has covered NASCAR for 30 years. Reach him at godwin.kelly@news-jnl.com

WINNER: Jimmie Johnson
REST OF THE TOP FIVE: Matt Kenseth, Tony Stewart, Mark Martin, Clint Bowyer
DARK HORSE: Kurt Busch
FIRST ONE OUT: Michael McDowell

BIGGEST DISAPPOINTMENT: Kyle Busch
DON'T BE SURPRISED IF: Johnson finds a burst of speed in the last 30 laps to beat his primary championship nemesis Kenseth



WEEKLY DRIVER RANKINGS — BASED ON BEHAVIOR AND PERFORMANCE

1 JIMMIE JOHNSON Brickyard favorite? You bet	2 KEVIN HARVICK Too calm for too long	3 MATT KENSETH Speaking of calm ...	4 CARL EDWARDS Best Brickyard: 2nd in '08	5 CLINT BOWYER Mr. Steady	6 KYLE BUSCH Backpedaled well on ogre talk	7 TONY STEWART A White Castle weekend for Tony	8 JUNIOR EARNHARDT Finishes 8th Sunday	9 KURT BUSCH Will definitely be heard from	10 JOEY LOGANO Nationwide win good for top-10 nod
-----------------------------------------------------------	----------------------------------------------------	--------------------------------------------------	--------------------------------------------------------	----------------------------------------	---------------------------------------------------------	-------------------------------------------------------------	-----------------------------------------------------	---------------------------------------------------------	----------------------------------------------------------------

INDIANAPOLIS OUTLOOK

All tied up: Johnson, Kenseth are even in 'Chase points'

When you've won five NASCAR Sprint Cup Series titles — all consecutively — you become the odds-on favorite to win another. Add to those credentials that Jimmie Johnson tops the standings heading into the regular season's final seven races. Johnson's advantage ballooned to 56 points after New Hampshire, a record since the point-per-position system was introduced in 2011.

Yet, Johnson's domination is deceptive. Effectively, his lead is zero. Johnson has four victories. So does sixth-ranked Matt Kenseth.

If the standings reset occurred today, Johnson and Kenseth

— also a former NASCAR Sprint Cup champion — would enter the Chase for the NASCAR Sprint Cup in a 2,012-point dead heat. Each top-10 Chase qualifier receives a base of 2,000 points after Richmond's Sept. 7 event with three bonus points added per victory.

Johnson and Kenseth are virtual locks to qualify for the Chase, 175 and 55 points, respectively, ahead of the current 11th-place driver, Martin Truex Jr. So, too, are the remainder of the Top seven that include Clint Bowyer, Carl Edwards, Kevin Harvick, Dale Earnhardt Jr. and Kyle Busch. Only Bowyer and Earnhardt are winless among the group.

From there, it gets interesting; very, very interesting. Eighth through 11th positions are separated by 24 points. From 10th through 14th, the margin is seven markers. Twentieth place — Paul Menard — is just 36 points out of the top-10.

Reigning NASCAR Sprint Cup Series champion Brad Keselowski righted the Penske Racing ship, at least for a week, using a fourth-place finish at Loudon to vault from 13th to ninth. He is joined in the Top-10 by Kahne, who gained two positions.

The losers were former champions Kurt Busch, ninth to 14th, and Tony Stewart, 10th to 13th. They say there are no guarantees in stock-car racing.



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Clubs & Organizations



Courtesy photo

Sebring Sunrise Rotary Club President Gale Decker (left) and District 6980 District Governor Nominee Tom Wagner (far right) present 20 Year Perfect Attendance plaques to members Mark Breed, Sharon Shuler, and Bob Hesselink.

Sebring Sunrise Rotary honors long-term members

Special to the News-Sun
SEBRING — The Sebring Sunrise Rotary Club recently honored some of their long-term members at their recent installation banquet. Outgoing President Gale Decker, assisted by District 6890 District Governor Nominee Tom Wagner, presented 20-year Perfect Attendance plaques to Robert Hesselink, Mark Breed and Sharon Shuler.

They also presented Honorary Memberships to Newt Dickie and Gene Sauls in honor of their commitment and dedication to furthering the ideals of Rotary through the years. Sauls was one of the original members of Sebring Sunrise Rotary Club when it was chartered in 1984.

Secretary Kim Heintz was awarded Rotarian of the Year for 2012-2013 for her dedication to the club and the projects that she chaired and



Courtesy photo

Rotary District Governor Nominee Tom Wagner and Sebring Sunrise Rotary Club President Gale Decker present an Honorary Membership to Charter Member Gene Sauls.

worked with throughout the year.

District Governor Wagner installed the new slate of officers for 2013-2014, including President Kevin Hacker, President-Elect Christina Wheelock, Vice-President Dawn Balsamo, Secretary Kim Heintz,

Treasurer Ramon Gavarrette and Sergeant-at-Arms Eric Wade along with the 2013-2014 directors.

Sebring Sunrise Rotary Club meets Thursday mornings at 7 a.m. at the Elks Club. For additional information please see SebringSunriseRotary.com/.

LP Rotary learns about ESGR



Courtesy photo

Donald 'Bud' Wallen (left), of the Employer Support of the Guard and Reserve, is introduced to the Rotary Club of Lake Placid by President Skip Dent. The ESGR is a Department of Defense agency that's mission is to gain and maintain employer support for Guard and Reserve service members by recognizing outstanding support, increasing awareness of the law, and resolving conflicts through mediation. It is important for all American employers to support and value the military service of their employees. The Guard and Reserve comprise almost half of the nation's total military force and today's citizen warriors face unique challenges in balancing their military and civilian careers. A DOD program, Heros For Hire, is designed to assist veterans find jobs. There are currently more than 25,000 veterans in Highlands County alone. For more information contact Wallen at 465-3252 or visit www.esgr.mil/.

Vinson wins AP Breakfast Rotary 50/50



Courtesy photo

Dennis Mungall President of the Avon Park Breakfast Rotary Club presents a check for \$936 to Donna Vinson, winner of a 50/50 raffle the club sponsors. Half of the proceeds goes back into the local community for fundraising events.

Moose contribute to YMCA's Strong Kids



Courtesy photo

Greg Harris (left), CEO of the Highlands County Family YMCA, receives a \$250 check from the Moose Lodge for the Y's Strong Kids Campaign. The Sebring Lady Moose also presented a \$250 check for the Bike Fest. The Bike Fest taught more than 125 children bicycle safety, riding techniques and all received a bike helmet.

Rotarians from Taiwan visit HCSO

Special to the News-Sun

SEBRING — On June 10, nine members of Rotary Taiwan visited the Highlands County Sheriff's Office as a part of the Rotary Foundation's Group Study Exchange. The group consisted of a business consultant, an occupational therapist, an artist and music executive, a resort public relations manager, a material sales representative and a division assistant from the Taipei City Police Department.

The group was led by local Sebring Rotary President Gale Decker along with Lake Placid Rotary President Jim Carroll.

Chief Mark Schrader, Major Booker Johnson, Captain Bobby Green and PIO Nell Hays welcomed tour members to the HCSO facility with an overview of how law enforcement works in the United States. Schrader reflected on how sheriff's offices and police departments work together to maintain public order. Johnson

and Green reviewed policies and procedures of our operations including patrol, investigations, evidence, crime scene and corrections.

Following the overview, members took a tour of the facility including dispatch, corrections, evidence, human resources and administration. Department heads explained their respective areas and answered questions during the tour. At the conclusion of the tour each participant was given a gift packet including the strategic plan, sheriff's office patches and other memorabilia. In return, tour guides received a photo bank, pins and other mementos from the guests.

"The Rotary Clubs in Highlands County appreciate the Highlands County sheriff's department for meeting with the GSE team from Taipei, Taiwan and showing them how our criminal justice system works," Decker said.

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Keep pets healthy, cool during hot weather

Family Features

Summer is for relaxing - for pets too. Many pet parents indulge their animal companions with vacations, special meals, hotel stays and trips to the spa. In fact, an estimated \$53 billion were spent on pets last year.

Yet many families with pets may not realize the longer, hotter days of summer require pampering around their health and safety.

"During hot summer months, it's important for pet parents to pay extra attention to their dogs' coats," said Dr. Simon Starkey, veterinary expert for PetSmart. "Pets need to be protected from sun and excessive heat."

Here are a few simple tips to ensure your pet stays healthy and cool:

Stay hydrated

In the summer, pet parents need to help keep pets hydrated and make water accessible, even outdoors. Some pets simply don't drink enough water, so adding wet food to their regular dry food diet is a great option. Wet food contains more moisture and can



Pets need a place to get out of the heat during the stifling summer months.

help pets stay hydrated when it's hot outside. However, wet food is not a substitute for drinking water, so refresh water bowls several times throughout the day.

Supplement diets

Summer often means taking dogs for a run on the beach and longer daylight hours for

playing. To stay active, pet vitamins and supplements are great additions to support overall health with nutrients beyond those found in food.

There are also supplements specifically formulated to support healthy skin and coat, such as the GNC Pets Ultra Mega Skin & Coat Essentials for dogs.

It contains omega-3 fatty acids, EPA and DHA, which work to build a glossier and silkier coat.

Relax in style

Whether your pet accompanies you on picnics or long road trips, your companion needs a comfortable place to relax. The Tommy Bahama Pets Floral Cuddler Bed, available exclusively at PetSmart, is a cozy bed with plenty of room for your dog to stretch out.

Five percent of the purchase price for each limited-edition item will be donated to help save homeless pets through PetSmart Charities.

Travel smart

A collapsible travel bowl from Top Paw is a must-have travel accessory for summer weekends. Bring it on vacation or to the park to easily serve up food or water. The sealable bowl attaches to a dog's leash and can be expanded into a two-cup bowl in seconds.

Get grooming

Some pets get a short haircut every summer but others should not be shaved down. Removing dead fur from the undercoat keeps dogs cooler, promotes new hair growth and helps ensure healthy skin.

Ask your veterinarian or an experienced groomer for tips on which grooming supplies are best for your breed and which types of breeds do well with a short summer haircut. Then make sure to keep him washed, combed and ready to enjoy summer fun.

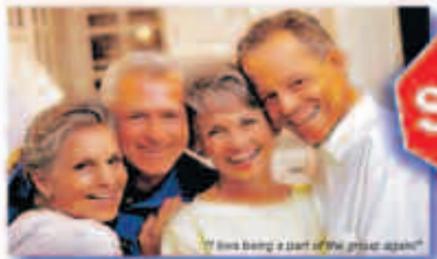
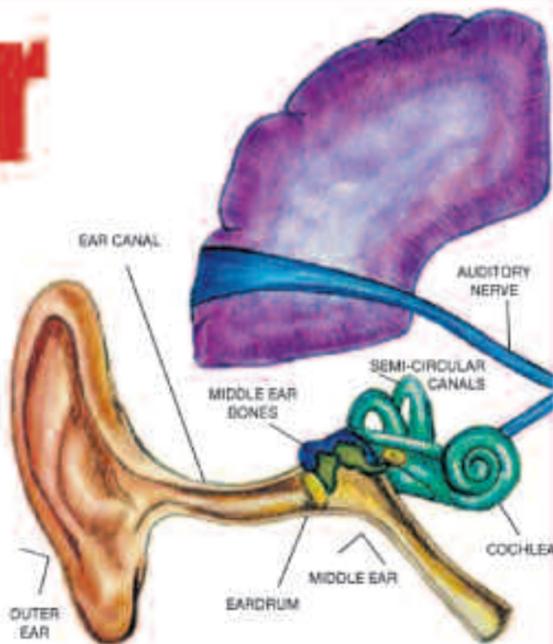
To learn more about pet essentials for summer, visit a store near you or www.petsmart.com.

YOUR Health

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- Do people seem to mumble?
- Do you ask others to repeat themselves?

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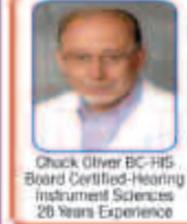
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Celebrations



Births

Angelina Calvillo

Fernando Calvillo and Ashley Button of Lake Placid announce the birth of a daughter, Angelina Clarissa Calvillo, at 8:35 a.m. on July 17, 2013 at Highlands Regional Medical Center.

Angelina weighed 8 pounds, 9.5 ounces and was 20.5 inches in length.

Maternal grandparents are Mellanie Lowder and Winfield Scott Button Jr. Paternal grandparents are Gregoria Calvillo and Leodegario Calvillo.

Arianna daSilva

Leandro and Cortney daSilva of Lake Placid announce the birth of a daughter, Arianna Raine, at 8:43 a.m. on July 15, 2013 at Highlands Regional Medical Center.

Arianna weighed 7 pounds, 14 ounces and was 20 inches in length.

Maternal grandparents are Lori and Robbie Holland, and Randy Britnell. Paternal grandparents are Isabel and Ercilio daSilva.

Ashley Fabian-Fuerrero

Elvira Guerrero and Jose Luis Fabian, both of Sebring, announce the birth of a daughter, Ashley Jazmine Fabian-Guerrero, at 4:49 a.m. on July 1, 2013 at Highlands Regional Medical Center.

Ashley weighed 6 pounds, 12 ounces and was 20 inches in length.

Maternal grandparents are Elvira Tomas and Juan Guerrero. Paternal grandparents are Celia Ambrocio and Isidro Fabian.

Preslee Murphy

Robert and Kristal Murphy of Lake Placid announce the birth of a daughter, Preslee Grace, at 6:20 p.m. on July 16, 2013 at Highlands Regional Medical Center.

Preslee weighed 7 pounds and was 18 1/2 inches in length.

Maternal grandparents are Carl and Lisa Smith. Paternal grandparents are Bobby Murphy and Dorothy Respress.

Ways to make your movie night modern

Family Features

It's that time of year again when the year's biggest movies begin invading theaters. But big movies can also mean big lines and big bucks. Sometimes, it's just more convenient and affordable to have a movie night at home. Hosting an at-home movie night can be even more fun than taking a trip to the theater if you make it a "Modern Movie Night." Here are some tips to help put a new spin on a movie night at home:

Plan ahead

The official Redbox mobile app lets you browse movies and reserve them for pickup, right from your phone. You can even see which boxes have your favorite movies. Pick the closest box and a copy will be reserved for you.

Let's make a deal

Enjoy a delicious, cool Mars Ice Cream treat while you watch your movie. Mars Ice Cream is provid-

ing a code for a free one-night DVD rental from Redbox printed on the inside of specially marked packages of Snickers, Twix, M&M's and Milky Way ice cream bars.

Spruce up snacks

One of the best things about the theater experience is the delicious snacks. But you can make what you eat at home just as good by putting a modern spin on old favorites. For example, once

your popcorn has cooled, add M&M'S to give it a colorful, delicious new look.

Digital movie buzz

Don't just plop on the couch for the evening. Get together with family and friends and enjoy some digital fun before the movie starts. Guess The Movie app or MovieCat challenge you with quizzes and classic movie questions. You can even compare your own review of favorite movies

with scores from Rotten Tomatoes.

If the flick is a bust, live tweet funny commentary while you watch or write your own movie reviews at moviequotesandmore.com. Try playing the popular movie trivia game SceneIt or play Charades using Vine video clips. You can also check out cast info on the IMDB app. End the evening with a movie discussion and your house may become everyone's favorite home theater.

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Many near-death stories recount a sensation of leaving one's body and heading toward a light, accompanied by overwhelming feelings of love and euphoria.

Many Americans sharing near-death experiences

StatePoint

If you're like most people, you have probably contemplated one of life's greatest mysteries, what happens after death?

While every religion and system of belief has an opinion on the topic, a new book finds patterns in the testimonies of hundreds of people who have been on the brink of death and lived to tell about it. And some believe these patterns are not a coincidence.

"Near-death experiences are very real," says Reverend John W. Price, the author of "Revealing Heaven, The Christian Case for Near-Death Experiences."

As an Episcopal priest and member of the Near-Death Experience Research Foundation, Price, has had over 200 such experiences

related to him during his over 40 years of church service, and feels these stories should be shouted from the rooftops.

Many near-death stories are remarkably similar — a sensation of leaving one's body and heading toward a light, accompanied by overwhelming feelings of love and euphoria. The scientific community has presented a variety of biological explanations and findings in order to explain these phenomena — attributing the sensations to the effects of drugs and medication, oxygen deprivation and abnormal brain function.

However, others see the shared features of near-death experiences as comforting proof of the existence of an afterlife, and even a powerful guide for how we should live our lives now.

"Not everyone who returns comes back with a positive story. Some have shared distressing, hellish accounts," says Price. "But while you are still on Earth, there are opportunities to turn things around. Anyone who lives a good life and practices kindness, no matter what their faith or beliefs are, can experience heaven."

More information about Price's new book "Revealing Heaven" can be found at www.bit.ly/JohnWPrice.

Whether you're in the camp of science, faith or somewhere in between, near-death experiences, heaven and the possibility of an afterlife are hot topics in the world of literature right now, offering curious minds plenty of avenues for exploring the possibilities.

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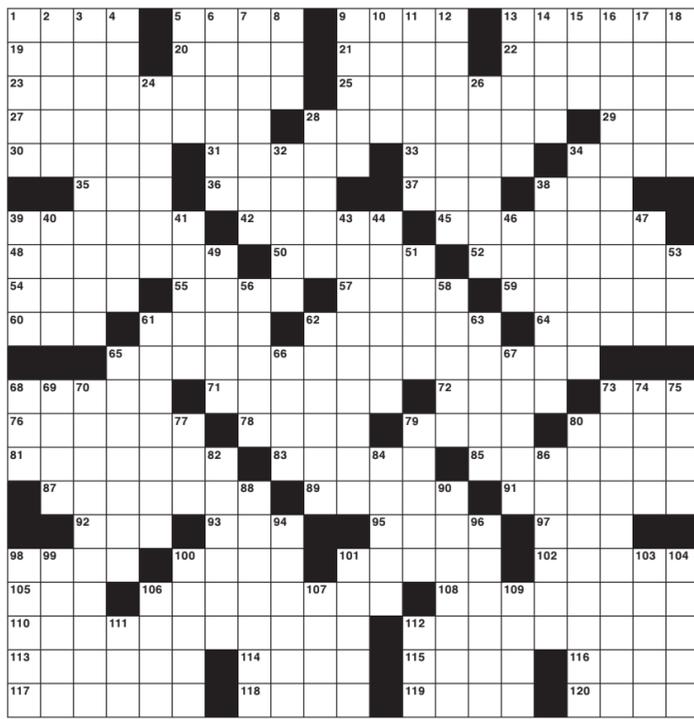
Diversions/Puzzles

SHOW ME THE MONEY

ACROSS
 1 City south of West Palm
 5 Old man
 9 Give for free, slangily
 13 Heckle or Jeckle of cartoons
 19 Stoker who created Dracula
 20 Womb, jocularly
 21 Painful boo-boo
 22 Winter stash, of a sort
 23 Investing in a growth company
 25 High-risk investments
 27 Hardly parade-worthy, say
 28 Antics
 29 Ltd., in Lille
 30 Hanging piece
 31 Like one trying to hit a piñata, often
 33 Pronged, as an electrical plug
 34 Norwegian P.M. Stoltenberg
 35 Vardalos of "My Big Fat Greek Wedding"
 36 Buttonhole, e.g.
 37 Big picture: Abbr.
 38 Con target
 39 Shocked
 42 Bolognese bride
 45 Sprint, e.g.
 48 It should have no effect
 50 "No bid"
 52 Not so smooth
 54 Without
 55 Somewhat
 57 One-third of Neapolitan ice cream: Abbr.
 59 Like the right third of Ireland's flag
 60 Announcer Hall
 61 Mrs. Capp and others
 62 Add-on features
 64 "Cómo ___?"
 65 Money ... or a hint to how six crossings in this puzzle are to be represented, superimposing one letter over another
 68 Ora pro ___
 71 Bully's coercive comeback

72 Places for picks, informally
 73 Admonishment to a puppy
 76 Ticks off
 78 Gospel singer Winans
 79 "That's nuthin'!"
 80 Bead maker?
 81 Request from a guest over an apartment intercom
 83 Holiday attraction at a mall
 85 Inaugurated
 87 Fame
 89 Astronomical distances: Abbr.
 91 Eventually
 92 Yiddish laments
 93 Faunus's Greek counterpart
 95 Beef
 97 Ukr., e.g., once
 98 Certain lap dogs, informally
 100 ___ moons
 101 French film award
 102 The shortest one has only two verses
 105 It appears at the top of a page
 106 Instruments played with mallets
 108 Bit of corporate attire
 110 Quotation sources, once
 112 Unrecoverable investment expenses
 113 More swanky
 114 Confab
 115 Robert of "The Sopranos"
 116 Draft status
 117 Trying to pull a fast one
 118 Certain
 119 Beef
 120 Corp. V.I.P.'s

DOWN
 1 Pellet propeller
 2 University town named after a Penobscot chief
 3 Some liquid assets
 4 Ones unlikely to write memoirs?
 5 Lacoste offering



By DANIEL A. FINAN

Solution on page B8

6 Gets around
 7 #2s, e.g.
 8 Director Lee
 9 Patient's liability
 10 Wilson of "The Internship"
 11 Small role in "Austin Powers" movies
 12 Ticket to the World Series
 13 En ___
 14 Source of the line "Thy money perish with thee"
 15 Melted Popsicle, e.g.
 16 Spot on a demand curve
 17 Fully blacken
 18 Half-kiss?
 24 Musical with the song "Summer Nights"
 26 "Old ___"
 28 Rock and Roll Hall of Fame inductees from Texas
 32 "Not a peep!"
 34 Fool

38 What best friends keep
 39 Church section
 40 Song classic "___ to Be Unhappy"
 41 Kids' outdoor game
 43 Baptism, e.g.
 44 Glowing
 46 Head across the Atlantic
 47 Big, in ads
 49 Ancient Greek coins
 51 Convinced
 53 It's a legal thing
 56 Designer Mizrahi
 58 See 62-Down
 61 Australian beer brand
 62 With 58-Down, financial topic of 2012-13
 63 Feudal figures
 65 Horrificies
 66 Bar selections
 67 ___ alike
 68 Texans are part of it, in brief
 69 Certain bank deposits
 70 Key business figure

73 AA or AAA, maybe
 74 Opera part
 75 Disavow
 77 South of 79-Down?
 79 See 77-Down
 80 Briefing spot
 82 Warhol's specialty
 84 Squirts
 86 Without a contract
 88 Crazyies
 90 Shoulder bone
 94 Lead-in to 88-Down
 96 Danish bread
 98 Plays miniature golf
 99 Constellation next to Taurus
 100 Unionize?
 101 Social level
 103 Bottle unit
 104 Arizona sights
 106 Lamblike
 107 Ship's keel, e.g.
 109 Radio station on TV
 111 Automaker since 1974
 112 [as written]

Gluten-free finger foods

In one of my last posts I shared some strategies for you to use when you're trying hard to stay on track with a healthy eating plan when the family BBQ invite comes along.

Today, we're going to look at the flip side of that by talking about what sorts of finger foods you might consider serving at your next party to please everyone in the crowd from the celiacs and paleoistas to good old Uncle Jim who thinks that everyone that eats organic is a hippy.

The following finger foods are all paleo, gluten free and are absolutely scrumptious:

- bacon-wrapped shrimp
- bacon-wrapped pineapple
- bacon-wrapped dates
- bacon-wrapped scallops
- bacon-wrapped ANYTHING!
- stuffed jalapeño peppers (you can also wrap them in bacon!)
- hard-boiled eggs stuffed with guacamole
- chicken satay
- seasoned mixed nuts
- smoked salmon with dill and cream cheese or greek yogurt, on cucumber slices
- an antipasto platter
- mushrooms stuffed with crab and bacon
- cheese plate with date jam and honey
- dark chocolate covered almonds



Dinner Diva
Leanne Ely

- popcorn topped with butter and nutritional yeast (not paleo but gluten-free!)
- asparagus wrapped in prosciutto
- baked chicken wings
- baba ganoush
- cantaloupe wrapped in prosciutto
- strawberries drizzled with balsamic vinegar
- veggie platter

As you can see, eating healthy doesn't have to mean being a bore!

What's your favorite healthy finger food to please a crowd?

Leanne Ely is a New York Times bestselling author of 'Body Clutter' and the Saving Dinner series. The Dinner Diva syndicated newspaper column appears in 250 newspapers nationwide. Learn how to cook great and save significant money with the Dinner Diva's menus, recipes and shopping lists at www.savingdinner.com.

'The Conjuring' scares up \$41.5M to top box office

By SANDY COHEN
 AP Entertainment Writer
 SAN DIEGO —
 Moviegoers were ready for a fright this past weekend, sending "The Conjuring" into first place at the box office, while "R.I.P.D." became the summer's latest big-budget action film to bite the dust.

"The Conjuring," a haunted-house thriller from Warner Bros., debuted with \$41.5 million in North American ticket sales, according to studio estimates Sunday. Starring Vera Farmiga, Lili Taylor, Patrick Wilson and Ron Livingston, "The Conjuring" unseated two-week box-office champ "Despicable Me 2," which dropped to second place with \$25 million.

"The Conjuring" was among four new releases tempting moviegoers this weekend. The newest animated offering, Fox's "Turbo," opened with \$21.5 million, good for third place. Fox's head of domestic distribution, Chris Aronson, characterized the opening as "a very promising start," noting that the film won't open in Europe until the fall.

But Universal's big-budget crime caper "R.I.P.D." opened with a disappointing \$12.76 million. The film reportedly cost more than \$130 million to make, compared to only about \$19.5 million for "The Conjuring."

Starring Jeff Bridges and Ryan Reynolds, "R.I.P.D." joins the year's other mega-budget summer flops, including "Pacific Rim," "White House

Down," "After Earth" and "The Lone Ranger."

Overall box office totals are up, though, said Paul Dergarabedian of box-office tracker Hollywood.com.

"Despite the fact there have been some high-profile, high-budget flops, the summer to date is up 12 percent from last year," he said. "For mid-July, to have a modestly budgeted horror film top the weekend tells you how important it is for audiences to have options."

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theaters, according to Hollywood.com. Where available, latest international numbers are also included. Final domestic figures will be released on Monday.

1. "The Conjuring," \$41.5 million.
2. "Despicable Me 2," \$25 million (\$35.4 million international).
3. "Turbo," \$21.5 million (\$22.6 million international).
4. "Grown Ups 2," \$20 million.
5. "Red 2," \$18.5 million (\$7.6 million international).
6. "Pacific Rim," \$15.95 million (\$34.8 million international).
7. "R.I.P.D.," \$12.76 million (\$6.8 million).
8. "The Heat," \$9.3 million.
9. "World War Z," \$5.2 million (\$12 million international).
10. "Monsters University," \$5 million (\$20.7 million international).

Woman looking for good man won't find him cruising online

Dear Abby: I have an awful time meeting men. I'm not considered beautiful by any means, so that means meeting any good guys won't happen. I use Craigslist a lot to meet sexual partners. I am so tired of giving up my body for a few minutes of pleasure and then feeling empty on the inside. Please tell me what to do.

— Where Are The Good Guys?

Dear Where: I'll try, but first let me tell you where the good guys AREN'T. They are not on Craigslist trolling for sex partners. As my grandfather used to say, "If you're looking for trout, don't go fishing in a herring barrel."

Your problem isn't your looks; it is your extremely low level of self-esteem. It's important that you discuss this with a psychologist who can help you recognize the positive qualities you have to offer, because until you do, you will only repeat these empty, depressing encounters. Please don't wait.

Dear Abby: I'm a 17-year-old girl who was raised to be polite. When I meet someone, I offer a handshake and a smile and make eye contact. However, I have found that because I'm female, adults — especially men — will go in for a hug even when I offer my hand to shake. This is followed by comments like, "You're too sweet to just shake hands," or, "Girls don't shake hands."

I like hugs, but they make me uncomfortable when they're from someone I don't know well, and I find the comments insulting.



Dear Abby

How do I avoid this awkward moment and respond to the comments?

— Teen In New York

Dear Teen: The next time someone lunges forward, take a step back and say, "I prefer to shake hands!" Say it with a smile and don't be confrontational, but DO defend your personal space if you feel it is being invaded. It is not impolite to do so.

Dear Abby: I'm single, have no kids and I'm about to turn 62. I own my own home and have no debts. After years of earning a modest but steady income and watching my expenses, I have saved enough and I am eligible for good retirement benefits. So what's my problem?

Friends and family insist I'm crazy to leave a job at which I could work for another five to 10 years. I know retirement is practical for me because I have gotten professional financial planning advice. There are many things I really want to do — classes, hobbies, volunteer work and travel before I'm too old.

My friends need to work to support their extravagant lifestyles, lavish vacations, expensive restaurants, plus their new cars, clothing and electronics. I did things my way and can afford to retire now, so why can't my

friends keep their mouths shut and let me enjoy what I have worked for?

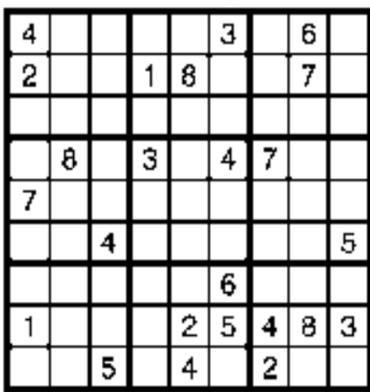
— Ready To Retire

Dear Ready: They may be jealous, or they may be genuinely concerned about you. Not knowing them, I can't answer for them. I can, however, suggest this: Before quitting your job and the steady, modest income it provides, talk with another financial planner and get a second opinion. You'd do that with a doctor if you had a serious question about your physical health, and I'm recommending you do it because this decision will

affect your financial health for the rest of your life. If you wait a few more years, you won't be over the hill, and you will have even more money to enjoy in your retirement.

Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069. For everything you need to know about wedding planning, order "How to Have a Lovely Wedding." Send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Wedding Booklet, P.O. Box 447, Mount Morris, IL 61054-0447.

SUDOKU

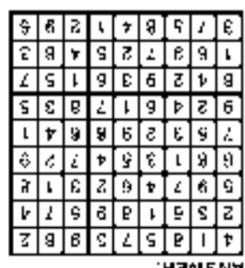


Fill In The Numbers

Like puzzles? Try this! How often do you find the mind-bending puzzle will have you nodding from the moment you square off an opponent? Sharpen your pencil and put your Sudoku strategy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the correct numbers to appear by using the numeric clues already provided in the boxes. The more numbers you have, the easier it gets to solve the puzzle!



ANSWER:

What's Cooking



Give Your Grill a
Much-Needed Makeover

MASTER MEDITERRANEAN GRILLING

FAMILY FEATURES

Abundant plates of fresh vegetables, delicate fish from the nearby sea and splashes of olive oil are all hallmarks of traditional meals found in the Mediterranean.

The Mediterranean diet has been embraced for thousands of years by those living along the Mediterranean Sea, and is now followed around the world as consumers discover its delicious flavor components and researchers uncover its countless health benefits, including helping to prevent heart attacks and strokes according to a study conducted by The New England Journal of Medicine.

It's easy to embrace this healthy lifestyle during grilling season by giving your grill a Mediterranean diet makeover with the Pompeian family of oils and vinegars. You can enjoy the benefits of the diet without leaving home by making simple changes, such as swapping butter and vegetable oil for Grapeseed Oil or OlivExtra Premium Mediterranean Blend, and making homemade dressings and vinaigrettes by combining oils and vinegars in place of bottled versions.

Grapeseed Oil, which has one of the highest smoke points of all oils and is a rich source of Vitamin E,

has a light taste that will not disrupt the flavors of food while cooking. This versatile, all natural oil is great to line your grill or pan with before cooking to prevent food from sticking. OlivExtra Mediterranean Blend, a healthy combination of canola, extra virgin and grapeseed oils, is the perfect all-purpose oil that represents key components of the Mediterranean diet and provides essential Omega-3 and Omega-6, monounsaturated fat and Vitamin E.

Ready to adopt a Mediterranean lifestyle at home? Check out these easy grilling recipes from Hungry Girl Lisa Lillien. For more information, visit www.Pompeian.com.

Jalapeño Peach Shrimp Skewers

Servings: 4

- 2 cups canned peach slices packed in juice, drained and blotted dry
- 2 tablespoons Pompeian Grapeseed Oil
- 2 tablespoons chopped seeded jalapeño pepper
- 1 teaspoon Pompeian White Wine Vinegar
- 1 teaspoon brown sugar (not packed)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 teaspoon salt
- 12 ounces (about 20) raw large shrimp, peeled, tails removed, deveined

If using wooden skewers, soak 4 in water for 20 minutes to prevent burning.

To make sauce, place 1/4 of the peach slices in small food processor or blender. Add the rest of the ingredients except shrimp and remaining peach slices and puree until smooth. Transfer half of the sauce to small bowl and refrigerate until ready to serve (for dipping).

Bring grill to medium-high heat.

Evenly thread shrimp and remaining peach slices onto 4 skewers. Brush both sides with some of remaining sauce. Grill until shrimp are cooked through, 1 to 2 minutes per side, brushing with remaining sauce as they cook.

Serve with refrigerated sauce for dipping.

Nutrition per serving: 185 calories; 8g fat; 415mg sodium; 6g carbohydrate; <0.5g fiber; 4.5g sugars; 21g protein



Spicy Mustard Chicken Kebabs

Servings: 4

- 1/4 cup plus 1 tablespoon spicy brown mustard
- 2 tablespoons Pompeian OlivExtra Premium Mediterranean Blend
- 1/4 teaspoon garlic powder
- 1 tablespoon Pompeian White Wine Vinegar
- 1 pound raw boneless skinless chicken breast, cut into 1-inch cubes
- 1/4 teaspoon each of salt and black pepper
- 1 medium red onion, cut into 1-inch chunks

To make sauce, place 3 tablespoons mustard in medium bowl. Add oil and garlic powder, and whisk until uniform. Cover and refrigerate.

To make marinade, in small bowl, combine vinegar with remaining 2 tablespoons mustard. Stir until uniform.

Season chicken with salt and pepper. Place chicken and marinade in large sealable plastic bag. Remove as much air as possible and seal. Gently knead marinade into chicken through bag. Refrigerate for 1 hour.

Meanwhile, if using wooden skewers, soak 4 in water for 20 minutes to prevent burning.

Alternately thread marinated chicken and onion chunks onto 4 skewers.

Bring grill to medium-high heat.

Brush both sides of kebabs with sauce. Grill kebabs for 5 minutes with grill cover down.

Flip kebabs and grill for 6 to 8 minutes, or until chicken is cooked through. Enjoy.

Nutrition per serving: 215 calories; 8.5g fat; 415mg sodium; 5g carbohydrate; 0.5g fiber; 2g sugars; 26.5g protein

Hungry Grilled Romaine Salad

Servings: 2

- 1 tablespoon Pompeian Extra Virgin Olive Oil
- 1 large heart romaine lettuce, halved lengthwise
- 2 dashes each salt and black pepper
- 1/4 cup diced tomato
- 1/4 cup diced red onion
- 1/4 cup crumbled reduced-fat feta cheese
- 2 tablespoons finely chopped basil
- 2 tablespoons Pompeian Balsamic Vinegar

Bring grill to high heat.

Drizzle and brush 1/2 teaspoon of olive oil onto cut sides of each romaine half. Sprinkle with salt and pepper.

Lay romaine halves on grill, cut sides down. Grill until slightly charred, 1 to 2 minutes.

Plate romaine halves, cut sides up. Top with tomato, onion, cheese and basil.

In small bowl, whisk vinegar with remaining 2 teaspoons of olive oil. Drizzle atop salad and enjoy.

Nutrition per serving: 135 calories; 10g fat; 340mg sodium; 9.5g carbohydrate; 3g fiber; 5g sugars; 5g protein



Chef's Corner

Tim Spain

One-pot wonder

I spent last Sunday playing golf with my buddy Ivan Ojeda, who is a good friend and a resident of Highlands County but was born on a small island called Vieques. Vieques is part of the Puerto Rican nation.

I think I get along with Ivan so well because we both love golf and we both love to eat and always seem to talk about food while we are on the golf course. This past Sunday was no different.

We were at the South Course of Highlands Ridge and we got to talking about sancocho. It is said of a person who has been under the sweltering sun that he is sancochao — blistering hot or “stewing.” This Puerto Rican stew best illustrates the one-step cooking method, a typical food preparation that has prevailed for 500 years in Puerto Rican homes, primarily because it allows the latitude for batch cooking a nutritious meal in a single pot.

I thought I would find a good recipe for it and see if I could make a pot of this. I decided that if it came out good, I would write about it this week. Well, it came out awesome, so here it is.

This is another one of those one-pot wonders that is easy to make and should please everybody.

Sancocho

(makes 6 portions)

- 2 tbs. olive oil
- 5 garlic cloves, minced
- 1-1/2 lbs. top round beef, cubed into 1-1/2-inch pieces
- 1/3 cup chopped yellow onions
- 1/3 cup chopped green pepper
- 1/3 cup chopped celery
- 1 aji dulce; seeded and minced (small sweet pepper)
- 5 sprigs of cilantro, chopped
- 1 tsp. salt
- 1/4 tsp. ground black pepper
- 4 medium tomatoes, cored and chopped
- 4 qts. beef stock
- 2 green bananas, peeled and slice into 1-inch pieces
- 1 yellow plantain, peeled and sliced into 1/2-inch pieces
- 1 medium sweet potato (1/2 pound), diced into 1-inch pieces
- 1/2 lb. butternut squash, peeled and cubed into 1-inch pieces
- 3 medium new potatoes, scrubbed clean and quartered
- 1 large chayote, peeled, cored, and diced into 1-inch pieces
- 2 ears of white corn, cleaned and sliced into 6 parts each

Preparation: In a preheated kettle over low to medium heat, combine olive oil, garlic, beef cubes and onions. Stir until beef is brown on all sides and onions begin to caramelize. Fold in chopped pepper, celery, aji dulce, cilantro, salt, pepper, tomatoes, and 1 quart of beef stock. Cook down until stock is reduced by half.

Stir beef, then fold in all the remaining vegetables and beef stock. Continue to cook until meat is tender and the vegetables soft.

Serving Suggestions: Since this soup contains beef and vegetables, it is hearty already. Serve alongside a freshly baked French bread and use the bread to soak up some of this delicious flavor.

Tim Spain is System Executive Chef with Florida Hospital Heartland Medical Center and Morrison Healthcare Food Service. He can be reached at tim.spain@ahss.org/. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.

