

NEWS-SUN

Highlands County's Hometown Newspaper Since 1927

Friday-Saturday, September 13-14, 2013

Volume 94/Number 110 | 50 cents



Avoid birthday party pitfalls

With a little bit of creativity and planning, you can host a truly original birthday celebration

LIVING, B10



Some sun,
storms in PM
High 93
Low 73

Details, A10

Legislators speak to packed meeting

By BARRY FOSTER

News-Sun correspondent

SEBRING — It was a packed house at Homer's Restaurant Tuesday night as the Highlands Tea Party hosted the county's legislative delegation.

At the head table were District 55 Florida House Representative Cary Pigman as well as District 21 Florida State Senator Denise Grimsley and

District 26 State Senator Bill Galvano.

The session started with statements from each of the three legislators followed by a question-and-answer session.

Members of the delegation answered a variety of questions. They included issues of education, specifically the issue of new Common Core standards proposed for the state, Florida state sovereignty and the separation from the

Federal Affordable Care Act (also known as Obamacare), as well as several queries about taxes.

Galvano, a new addition to Highlands County in the wake of re-districting, thanked

See TRIO, A2

Index

Classifieds A7

Community Briefs A2

Dear Abby B9

Editorial & Opinion A3

Healthy Living B5

Movie Review B9

Obituaries A6

Puzzles B9

Religion B6



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Katara Simmons/News-Sun

Geri Snyder of Sebring speaks to representatives from Azure College on Thursday morning during a job fair at the Highlands County Agri-Civic Center in Sebring. Snyder said she hasn't had to look for work since 1980 and fears that her age may make the process more difficult.

Job seekers: More pay Employers: Give hours

Heartland Workforce job fair surpasses May attendance within two hours

By PHIL ATTINGER

pattinger@newssun.com

SEBRING — Geri Snyder, with 37 years of insurance experience, has been looking for a job every day since Aug. 1.

Carl Paustian, retired from the U.S. Navy and recently laid off from a manufacturing job, has been looking since June.

Meanwhile, younger applicants Jenna Velez and Brodie Hulsey — who graduated from local high schools within the last two years — want something to pay the bills as they work toward other goals.

They were all at Thursday's job fair at the Bert J. Harris Jr.



Katara Simmons/News-Sun

Nefta Lockett fills out an application for Positive Medical Transport on Thursday morning in Sebring. Lockett said she just recently moved back to Sebring and is looking to for a new job.

Agricultural Center in Sebring.

The first hour was reserved for military veterans only. At 11 a.m., it opened to the general public.

Stephanie Christenson, staff

sergeant with the U.S. Army, said she managed 22 soldiers as a platoon sergeant and could have served as a drill instructor.

See HOPEFULS, A5

Business owners gather for annual blessing

By BARRY FOSTER

News-Sun correspondent

SEBRING — Business owners, community leaders, residents and representatives of the local faith community turned out Wednesday at the Jack Stroup Civic Center in the Allen Altavater Cultural Complex for the annual Blessing of the Businesses.

Based on the blessing of the fleet activities in Destin, the event is designed to give members of the business community an opportunity to seek prayer for their economic efforts.

The colors were presented by a team from the Lake Placid High School Reserve Officer Training Corps followed by the Pledge of Allegiance to the flag and an opening prayer from Sebring Mayor George Hensley.

Pastor George Hall of Avon Park



Katara Simmons/News-Sun

Guests join hands Wednesday afternoon to pray for local businesses during the Blessings of the Businesses luncheon at the Sebring Civic Center. The event brought together business leaders, government officials, public safety workers, non-profit organizations and ministries from a variety of backgrounds.

Lakes Baptist Church served as master of ceremonies, introducing keynote speaker 10th Judicial Circuit Court Judge Angela

Cowden, offering prayer and teaming up with business partner and

See BLESSING, A4



Sweep times three

Avon Park, Lake Placid and Sebring all roll to easy victories

SPORTS, B1

School board sets budget on less tax revenue

By PHIL ATTINGER

pattinger@newssun.com

SEBRING — School board members gave their unanimous approval Tuesday to a \$124.9 million budget that subsists on less property tax revenue than that of last year's budget.

Business Operations Director Mike Avery said it's a slight decrease in total budget, but an increase in \$2 million for the general fund for salaries and benefits.

Out of the district's \$88.3 million proposed general fund for the 2013-14 fiscal year, \$73.3 million — or 83 percent — is set to go to personnel costs, broken down into 62 percent for salaries and 21 percent for benefits.

"We are the largest employer in Highlands County," Avery said. "Most of our budget is teachers — people. We don't produce a product. We provide a service."

The general fund also has \$5.94 million in fund balance, \$53.2 million in state and federal funding, \$100,000 in interest, \$1.47 million

See SCHOOL, A6

Man charged with sexual assault on 8-year-old

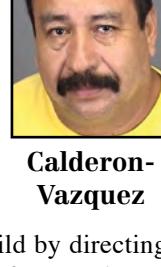
By PHIL ATTINGER

pattinger@newssun.com

LAKE PLACID — A 46-year-old harvester has been charged with sexual assault on an 8-year-old girl.

Gerardo Calderon-Vazquez of Lake Placid has been charged with sexual assault on a child under 12 years old by a person over 18 years old and cruelty toward a child by directing the child to perform oral sex on him.

He is being held in the Highlands County Jail in lieu



Calderon-Vazquez

See MAN, A4

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LP woman donates Native American collection to UCF

Special to the News-Sun

LAKE PLACID – One Cornerstone Hospice patient's greatest desire was recently fulfilled due to a collaborative effort involving the Anthropology department at UCF and a UCF student, all assisted by a number of Cornerstone Hospice staffers and volunteers.

Having lived among Navajo Indians in our nation's southwest, Donna Dubose of Lake Placid owned a sizable personal collection of native American artifacts, but her concern about her collection being lost in a weekend garage sale and disrespected upon her passing kept her up nights.

Enter Cornerstone Hospice Social Worker John Burd. Aware of the hospice patient's emotional concern to see her collectibles appropriately cared for, Burd contacted Dr. Sarah S. Barber at the UCF anthropology department. Barber promptly recruited an undergraduate student, Maria Castro, who drove to Lake Placid to meet with Ms. Dubose and catalogue her collection.

Cornerstone Hospice volunteers Janet Dann and Shirley Dowling dedicated countless hours providing companionship and assisting Dubose to record the story of her collection. Dorothy L. Harris, volunteer specialist with Cornerstone Hospice, assisted in transcribing all the data.

After hundreds of hours of work by all involved, Florida Museum of Natural History agreed to accept virtually the entire collection. Upon signing the document donating her collection, Dubose she was grateful to have the collection "where it will be appreciated."

Dubose said that her grandfather, Vernon Bloomfield, the son of one of the missionaries out west, had built the first trading post on the Navajo reserva-



Courtesy photo

Donna Dubose of Lake Placid poses with her prized Navajo suncatcher. She donated her impressive Navajo artifacts collection to University of Central Florida.

tion. He had grown up among Indians his age and spoke as fluent Navajo as he did English. Vernon was a go-getter kind of guy and competed with the region's favorite son and U.S. Senator Barry Goldwater on the subject of collecting hand-made Kachina dolls as they were very good friends.

One of the prized pieces is the "Two Grey Hill Rug." The only wool used on these rugs are natural wools without the use of any artificial dyes. These wools are in high demand because there are only so many native Indian weavers "getting fewer and fewer, like everything that's wonderful," said Dubose.

The rug was purchased in Farmington, N.M., during the early 1950s at the local trading post.

"My mother purchased it at the time,

and hoarded it all those years. I got it after she died during the '80s and have enjoyed it all these years," said Dubose. "The owner of the trading Post was Elijah Blair from Cortez, Colo. I want to make sure that Elijah is mentioned because we worked for him for several years, my husband traded and he could speak Navajo fluently like one of the Indians. I wanted to mention Elijah because he was a great guy."

"We at Hospice are ecstatic to see that this native American collection by a former patient is on its way to soon be enjoyed by visitors to Florida and we at Cornerstone Hospice thank everyone who played a role in making this possible," said Cornerstone Hospice's Deborah Harley, who oversees the Polk, Hardee and Highlands region.

Trio of legislators speak in Sebring

Continued from A1

Pigman and Grimsley for their help in bringing him up to speed on local issues, noting his widespread new territory includes parts of Highlands, Hardee, DeSoto, Glades, Manatee, northern Charlotte and southern Hillsborough counties.

"I do a lot of driving," he said

Galvano touted several accomplishments of the last session, including ethics reform in the form of the dissolution of committees of continuous existence, which were fundraising mechanisms for a number of elected officials.

"But because there were abuses in that type of entity, as of last month they have ceased to exist in the state of Florida. We worked on more transparency and less opportunity for conflict of interest," he said.

Galvano also discussed other action, such as the passage of a measure that curtails the use of drones by law enforcement agencies, new rules tightening and clarifying gambling statutes and resistance to federal mandates such as a push toward a nationalized health care program.

"We did not implement Obamacare because we were judicious about it. There still is a great deal of unpredictability. Every day we see something new about it. It seems to me at this point it is breaking under its own weight," he said.

Grimsley, a former state representative and now a freshman senator, described last year's session as "one of the most successful in the past few years." She said there was a lot more bipartisanship in the state senate.

"I think the difference is ... there are 120 members in the House and only 40 in the

We did not implement Obamacare because we were judicious about it. There still is a great deal of unpredictability. Every day we see something new about it. It seems to me at this point it is breaking under its own weight.

Bill Galvano
state senator,
District 26

Senate so it makes it a lot easier to get along with your neighbor whether you agree with them or not. It's still very civilized," she said. "I found that having that working relationship makes it a lot easier to get legislation done, legislation blocked or appropriations passed."

Grimsley also noted that as a state senator she had significantly more committee assignments than she did in the house. She also explained that as appropriations chairwoman during her last two years in the state House of Representatives she was not able to sponsor "personal legislation."

Grimsley also told the audience about work she had done on specialized legislation, including such things as biosimilar medications and water quality credit trading mandates.

She also noted that the legislature had been able to reduce some taxes while putting money back into reserves.

"I believe the state is in a very strong financial position," she said.

Pigman did not get into

legislative issues during his opening remarks, instead discussing his deployment in Kuwait where he was the Director of Emergency Services with the 48th Combat Support Hospital attached to the Central Command of the 3rd Army. He discussed restrictions under which service personnel were forced to work, both on a social and physical level.

During his talk, Pigman took the opportunity to remark that the United States should stay out of the Syrian conflict, opining that America has no interests there.

When it came to Gov. Rick Scott's recent tour to discuss state tax cuts, Grimsley said it was her understanding that would not come in the form of handing costs down to local governments but would be reductions in state charges and fees.

"The legislature had passed some fees on tags and drivers' licenses and what we are looking to do is roll those back," she said.

Galvano agreed, saying legislators needed to be cautious about handing down unfunded mandates. He also agreed with many comments in opposition to the proposed Common Core education standards advocating for local control of the system.

"We all share the same view that you do, we are united states. We are not one federal government that runs everything for everybody," he said. "I don't want to see federal overreach."

The panel also agreed they would not hesitate to invoke the 10th Amendment of the Constitution when it came to the issue of states rights versus federal mandates.

"We have a federal government that is out of control," said Tea Party member

Dale Pflug. "You, as our elected state officials, really are our only hope to stop and reverse the infringement of the federal government."

The group will be back to work soon. Committee meetings for the upcoming session are set to begin Sept. 23, with subsequent hearings to be held each month until the full session next year, which will commence in March.

Lottery Center

 FANTASY 5 with ezmatch	Sept. 11	3	26	36	37	43	44	x:5
	Sept. 10	7	16	31	38	39	42	x:2
	Sept. 9	6	14	37	41	48	49	x:2
	Sept. 8	5	10	12	18	31		
	Sept. 11 (n)	5	1	6	5			
	Sept. 11 (d)	1	6	2	6			
	Sept. 10 (n)	8	3	4	5			
	Sept. 10 (d)	7	3	3	0			
	Sept. 10	12	14	27	40	44	19	
	Sept. 6	1	18	30	37	44	2	
	Sept. 3	2	11	20	42	44	22	
	Aug. 30	7	17	41	42	44	17	
	Sept. 11 (n)	5	5	6	5			
	Sept. 11 (d)	9	1	0	0			
	Sept. 10 (n)	2	7	8	8			
	Sept. 10 (d)	4	5	0	0			
	Sept. 11	11	19	33	42	52	PB: 33	
	Sept. 7	2	19	22	26	45	PB: 24	
	Sept. 4	2	9	26	45	47	PB: 11	
	Sept. 10	2	12	18	54	56	MB: 1 x3	
	Sept. 6	2	16	17	22	41	MB: 31 x4	
	Sept. 3	4	13	14	28	41	MB: 28 x3	

This week's question:
Should utility systems add fluoride to drinking water?

Community Briefs

Bowling event benefits Carson Scott Suter

LAKE PLACID – A 9-pin No Tap Tournament is planned for Saturday, Sept. 28 at Coz's Sports Bar & Bowl as the fourth annual Bowling Benefit in Honor of Carson Scott Suter kicks off. Times are 1:30, 4 or 6:30 p.m. Music by Shannon Reed Band will be from 8 p.m. to midnight.

Sponsorship for a four-man team is \$100.

Carson will turn 4 in November. He fights a rare disease called PMD, which affects the myelin resulting in physical challenges.

There will also be a cornhole tournament at 2:30 p.m. No pre-registration needed for cornhole. Proceeds will benefit Miracle League. Cost is \$20 per team of four.

Call 840-0593, 840-5040, 441-1274 or 465-6062 for details.

Downtown Sebring hosts Sip & Stroll

SEBRING – Destination Downtown Sebring continues its celebrations with a September Sip & Stroll from 5-9 p.m. today. Participating galleries and stores will feature one-of-a-kind art, home decor, jewelry, and gifts available for purchase as well as entertainment, exhibits, and special drawings.

Pick up an "I Love

Downtown Sebring" wine glasses at GB's Ladies & Men's Formal Wear (207 Circle Park Drive) and stroll the Circle while participating merchants provide free wine. A \$10 donation for the wine glass and recyclable "I Love Downtown Sebring" tote bag (wine glass and tote bag available while supplies last) or a \$5 donation for an armband is required to receive wine.

In addition to the Sip & Stroll, there will be live music from Ransome Band at Circle Park and Steve Jones at Highlands Art League from 5-8 p.m. and at 8 p.m., Lotela Gold will play at Circle Theatre. Tickets for the Lotela Gold event are available at the venue or at www.CircleTheatreOfSebring.org.

Historical Society meets Sept. 14

LAKE PLACID – The Lake Placid Historical Society will meet at 1 p.m. Saturday at the Depot Museum. The guest speaker grew up in Lake Placid helping tend to the family acreage at Tyson Groves. Join and learn how to "drink" an orange. This will be the first in a series of events featuring local VIPs.

The society will be accepting nominations for the annual Pioneer Woman

Continued on A6

Online



This week's question:
Should utility systems add fluoride to drinking water?

Yes **55.6%** **No** **44.4%**

Total votes: 169

Poll open through Friday.
Make your voice heard at

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Florida Lottery

NEWS-SUN

Highlands County's Hometown Newspaper Since 1927

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

A HarborPoint Media Company

Office: 2227 US 27 S, Sebring, FL 33870

Office Hours: 8 a.m. – 5 p.m., Mon-Fri

Phone: (863) 385-6155

Main Fax: (863) 385-1954

Newsroom Fax: (863) 385-2453

Circulation, Sunday, Wednesday & Friday Editions:

If you do not receive your home delivered newspaper by 6 a.m., please phone the circulation department before 10 a.m. on Wednesday and Friday publication days, and before 11 a.m. on Sunday publication days.

A replacement copy will be delivered to you. Subscribers who notify us after said times will be issued credit to their account.

Postmaster: Send address change to:

News-Sun, 2227 U.S. 27 S, Sebring, FL 33870

USPS - ISSN 0163-3988

Periodical postage paid at Sebring, FL and additional entry office(s)

SUBSCRIPTION RATES **12MO.** **7% FL TAX** **TOTAL**

Editorial & Opinion

ANOTHER VIEWPOINT

Pulpit should be free from politics

Churches and other non-profits long have been forbidden from endorsing political candidates.

But erratic enforcement of the law has emboldened supporters of legislation in Congress that would end the restriction. Far from needing to be repealed, the ban on politics in the pulpit ought to be enforced more aggressively.

A bill sponsored by Rep. Walter Jones, R-N.C., would repeal a 1954 amendment to the tax code sponsored by then-Sen. Lyndon B. Johnson. The amendment says that churches and other so-called 501(c)(3) nonprofit organizations may not "participate in, or intervene in . . . any political campaign on behalf of (or in opposition to) any candidate for public office."

Jones' legislation seeks to

restore the "1st Amendment rights" of churches, but that's misleading. Churches may have a 1st Amendment right to endorse candidates, but there is no constitutional right to a tax exemption. Congress is free to condition such exemptions — which can be worth millions of dollars — on an agreement by churches and charities to refrain from partisan political activity. And it's the IRS' responsibility to enforce compliance.

Unfortunately, enforcement has been minimal, despite highly publicized protests in which some preachers have endorsed or opposed candidates by name during religious services, daring the IRS to sanction them. Paradoxically, the lack of enforcement is cited by some critics as a reason to repeal the law.

All critics of the Johnson amendment would abolish it. The Commission on Accountability and Policy for Religious Organizations, comprising religious leaders

from several traditions, recently suggested that members of the clergy should be allowed to endorse candidates "in the context of a religious worship." But churches would still be barred from spending tax-deductible contributions on election activities.

The problem with that proposal is that a political endorsement from the pulpit is likely to be influential precisely because it occurs as part of a religious rite. The ban on such endorsements should remain, but the IRS needs to have clearer standards for determining when a preacher has crossed the line . . .

In a 2007 Supreme Court decision interpreting federal election law, Chief Justice John G. Roberts Jr. wrote that a political advertisement should be construed as an endorsement only if it "is susceptible of no reasonable interpretation other than as an appeal to vote for or against a specific candidate." That should be the test for a

NEWS-SUN

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2227 U.S. 27 South
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sermon as well.

The IRS should adopt such a standard, and then vigorously enforce it.

An editorial from the Los Angeles Times.

Is the Republican party now the party of peace?

Does "GOP" now stand for the "Grand Old Peace" party? You'd think so if you listen to many Republican conservative talkers, pundits, and nervous politicians holding their fingers up to the wind, then holding up a certain finger to the White House.

There has been a shift in the way the Republican Party traditionally conducts its foreign policy business. The question is whether it's substantive or greatly bloated due to a polarizing President with a "D" in front of his party affiliation in the White House.

President Barack Obama and Secretary of State John Kerry needed to expertly tweak international and American public opinion to build support for a limited strike on Syria to send a message about the illegal use of chemical weapons. Instead, Obama and Kerry looked like they were politically twerking — with the same response from their international and domestic audiences as Miley Cyrus' got from the audience watching the Music Video Awards. Only this time Russian President Vladimir Putin is singing the tune.

Polls have shown support for the strike steadily plummeting. The most telling was a Gallup Poll that found support for military action in Syria low in contrast to past conflicts. But the poll's most shocking part was the partisan and ideological breakdown. Democrats favored it 45 to 43 percent and Republicans opposed it 58 to 31 percent. Liberals opposed it 51 to 37 percent — while conservatives opposed it 59 to 33 percent.

Conservatives oppose a military action more than liberals? Has you-know-what frozen over?

The Democrat/liberal numbers aren't surprising. Democratic liberals have often separated from their own party on war issues, even if it meant losing future elections, their agenda and even influence in the courts. Liberals bailed on LBJ and Hubert Humphrey, contributing to Richard Nixon's 1968 victory which gave him a chance to start transforming the judiciary, bureaucracy and policies. Some Democrats saw little difference in the parties in 2000 so they voted for Ralph Nader over Al Gore and, with help from the

Supreme Court, helped elect George W. Bush President. P.S.: Bush didn't turn out to be the same as a Democrat.

Republicans had a strong isolationist strain in the early 20th century, but since the mid-50s they touted themselves as the party strong on national security and protecting America's world image. Some of today's Republican opposition is due to not wanting to



Independent's Eye

Joe Gandelman

spend the money and genuinely rejecting neocon type military operations. But rank partisanship also plays a role in the huge number of GOPers rejection of a military action that they would have likely backed if a President with an "R" affiliation was seeking it. Partisanship 101:

Alabama Sen. Jeff Sessions: "I do believe if President Bush had told Bashar Assad 'You don't use those chemical weapons or you're gonna be sorry, we're coming after you, and this'll be a consequence you will not want to bear,' I don't believe he would have used it."

Conservative columnist Charles Krauthammer told conservative talker Hew Hewett that he wasn't actually opposed to hitting Syria but wasn't supporting Obama's strategy, "The reason I'm for staying out is because this president doesn't know what he's doing."

Senate Minority Leader Mitch McConnell — who's re-election battle is against a Tea Party opponent on the right and a strong Democrat on the left — leaked an advance copy of his Senate speech saying he'd vote no on Syria. It was a speech that insisted he was "no isolationist," but basically declared Obama too incompetent to mount an operation that McConnell claimed was too weak anyway. He wanted it both ways. No one will ever confuse McConnell with the Senate's great former Republican leaders who focused on bigger things than their own political scalps.

So should the new Republican Party's slogan be "Give Peace a Chance?" No. Perhaps it should be: "Give the Consistency of Your Past Principles a Chance."

Joe Gandelman is a veteran journalist who wrote for newspapers overseas and in the United States. He can be reached at jgandelman@the-moderatevoice.com and can be booked to speak at www.mavenproductions.com. Follow him on Twitter: www.twitter.com/jogandelman/. Guest columns are the opinion of the writer, not necessarily those of the News-Sun staff.



TODAY'S LETTERS

We don't want military action in Syria

citizens do not want, is what really threatens our national security!

*Millie Anderson
Sebring*

Wells earns trust

Editor:
Wells Auto Sales in Avon Park is definitely a car dealership you can trust whether you purchase a new or used vehicle. I purchased a used Chrysler Town and Country under warranty. When I heard a chirping sound and the AC wasn't cooling, I called Wells and was given an appointment the next day.

Mr. Muller cheerfully stood by the warranty (and) the nice lady driving the shuttle took me home and brought me back to get my car the next day. Special thanks to Kathy Poteat for helping me get this vehicle that looks brand new through the Hartford Replacement Program.

I had a Dodge conversion van a few years ago and the mechanics always diagnosed and repaired any problems in a timely manner and never overcharge.

*Angie Green
Sebring*



EDITORIAL PAGE POLICY

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Blessing draws large crowd

Continued from A1

church deacon Devon Donaldson for a rendition of "Sinner Saved by Grace," which earned them a standing ovation from the audience.

Hall offered a wide-ranging prayer, noting the current persecution of Christians in Syria and praying for guidance for elected officials spanning levels from national to the most local governmental representatives.

Judge Cowden, a former "preacher's kid," delivered a succinct and powerful message on Biblical directives for prosperity for the group's economic efforts, quoting from the Apostle Paul's letters to the Thessalonians and the Ephesians and saying that those who are blessed by God in turn should be a blessing to those in need.

She also turned to the book of Proverbs to discuss the idea of wisdom and the notion that "riches" included more than just money and admonished those in attendance to "leave a legacy" of blessings.

A time of prayer and fellowship then was offered at each of the individual tables,



Katara Simmons/News-Sun
The Blessings of the Businesses was well attended with nearly every seat in the house full. The annual event included prayer for local businesses and honored first responders of Sept. 11, 2001.

with "table captains" designated to take prayer requests and to talk with those who needed prayer or who wanted to share prayer requests.

Closing the gathering was Rev. Robert Shannon of the Wings of Faith Church. He offered intercessory prayer for the business community as well as a blessing on those in attendance. That was followed by the ladies of Wings of Faith who performed an acapella gospel rendition of

the hymn "Blessed Assurance."

As part of the activities, businesses could ask for further contact from the Jericho Prayer Team. That group meets weekly to pray for the concerns of the community, nation and the world. Those who wished could fill out a card at the table and have a prayer team member subsequently contact the business or individual in the following week.

Man jailed for sexual assault

Continued from A1

of \$25,000 bond.

Lake Placid Police Chief James Fansler said investigators first learned of the crime when the victim's mother and uncle flagged down a Highlands County sheriff's deputy on Saturday and reported it.

Names of the family members have not been released because the investigation is still active, Fansler said.

Likewise, he said he cannot yet release how the inci-

dent happened or how it was discovered, not only because the investigation is open but because of the safety of those involved.

"Consequences of retribution are always a concern in cases like this," Fansler said.

The mother and uncle told the deputy that Calderon-Vazquez was a family friend, Fansler said.

Fansler said Lake Placid has had a few child sexual assault cases and hadn't had one in many months, but it

has been a "little while" since he's seen a case with such an age difference.

The majority are somewhat close in age, he said: Teenagers tend to assault young children or people in their 20s tend to assault teenagers.

Fansler believes there may be more victims and is asking anyone with information to contact the Lake Placid Police Department at 863-699-3757.

Highlands Little Theatre

TAKE A BREAK FROM REALITY

LEND ME A TENOR

SEPTEMBER 11-22

LEND ME A TENOR

SEPTEMBER 11-22

A Comedy

LEND ME A TENOR

SEPTEMBER 11-22

"Audiences from Boca Raton to Baden Baden have been laughing themselves silly at Lend Me a Tenor since 1986." - Variety

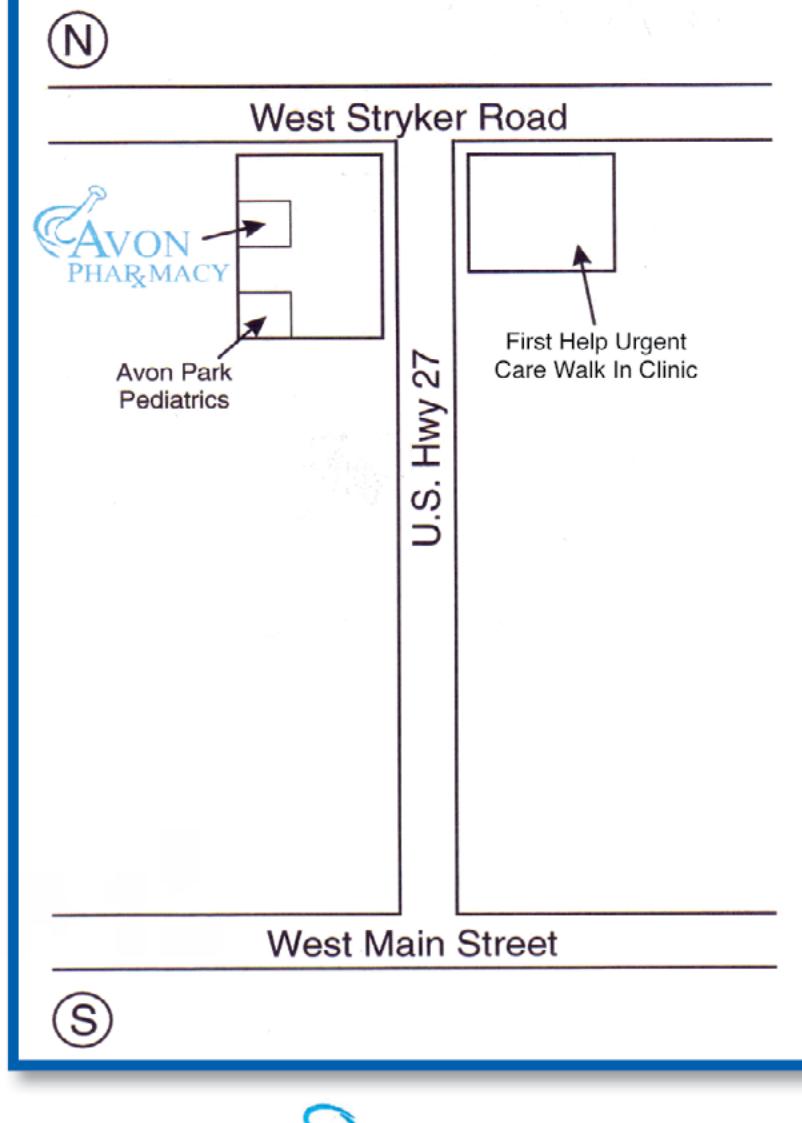
"Goofy antics make Tenor sing." - USA Today

"Picks up speed and never loses its momentum." - The NEWS-SUN

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HighlandsLittleTheatre.org

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3rd Visit

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- Wait Less than 15 minutes - Guaranteed.
- Same caring pharmacist all the time.
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Hopefuls flock to Heartland Workforce job fair

Continued from A1

She said she might apply for an open position as a troubled youth counselor, or she could run heavy equipment with another employer.

She appreciated Heartland Workforce giving veterans an early start with employers.

"Luckily, that gives us an edge," Christenson said.

Ken Willis, Heartland Workforce local veterans representative, said that by noon Thursday's event had already surpassed the 173-person total attendance of May's "Paychecks for Patriots" job fair.

Ann Martin, chief operating officer for Heartland Workforce, said the organization will provide employee worker training to help employees get promoted, but most people want a job right away and can't wait for training.

Velez said she has to juggle a class schedule at South Florida State College with responsibilities to her 1 1/2-year-old son.

She's studying to do social work, but would be fine with getting a clerical job now.

"I go to school at night and I want to have time with him," Velez said.

As for the local job market, the 2011 Avon Park High School graduate said there's not a lot in Highlands County.

She's talked to several possible employers, but nothing has jelled. Velez said she can't commute outside the county because of her baby.

Paukstian said his recently earned online masters in business administration hasn't given him an edge yet in financial management jobs.



Katara Simmons/News-Sun

National Guard Recruiter Carlton Queen talks to veteran Daniel Jansen on Thursday morning during a Heartland Workforce job fair in Sebring.

"That's why I went through all the fun and games to get it," Paukstian said.

Most employers are looking for younger people, said the 49-year-old veteran who saw mostly people his age at the job fair.

He also said salaries in Highlands and other parts of central Florida are not high enough to make a "reasonable living."

"There's always something out there. You've got to keep looking to keep the bill collectors happy," Paukstian said.

Snyder said most jobs are asking for people to work for at or slightly above the \$7.79-per-hour minimum wage.

"Nobody can live on that," Snyder said.

However, she gives kudos to Heartland Workforce for providing Internet access, job availability tips and job-related training for job seekers.

And she said her heart goes out to everyone who is looking.

"God is helping me through this," Snyder said. "I have given my problem to God. I will find a job when it's needed."

Prospective employers included corrections and law enforcement agencies; hospitality employers such as Chateau Élan and Olympic Restaurant; retail such as Marshalls and Books-A-Million and Lowe's; service

industries such as UPS and Edward Jones, as well as health field providers such as Positive Medical Transport and The Palms of Sebring.

Maria Pazos and Kathy Perry with Lykes Bros. Inc. said the company is trying to fill mechanic, labor, and clerical positions, as well as a new position for a ranch manager at Silver Lakes Preserve — an 1,876-acre hunting preserve near LaBelle.

The company hires year-round, Perry said, "(but) this is the most openings we've

had in a long time."

Crystal Moore, with Highlands County Sheriff's Office human resources, said the agency is looking for a

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Mountain Top Ministry honored for being News-Sun Unsung Hero

Scott Dressel/News-Sun

Harold Conner of Mountain Top Ministry is given a plaque from News-Sun reporter Samantha Gholar (right) for Mountain Top being named the News-Sun Unsung Hero for August. Cheryl Sharp (left) and Brandi Stadie of Agero, which sponsors the award, also helped present the plaque. The Unsung Hero award honors people who serve the community in ways that don't always make the news.



School board approves budget

Continued from A1

in miscellaneous sources and \$985,000 in transfers from debt service and capital improvement funds.

The school board voted in favor of a total tax rate of \$7.27 per every \$1,000 of taxable property value in the county, compared with last year's combined rate of \$7.70 per \$1,000.

The budget document states that a homeowner with a \$125,000 home and a \$25,000 homestead exemption would pay \$727 in annual school district taxes in the coming fiscal year.

In total, school district taxes are expected to bring in \$33.6 million:

— \$23.2 million from district school property tax of \$5.02 per every \$1,000 in taxable value.

— \$3.45 million in district discretionary tax of 75 cents per every \$1,000 in taxable value.

— \$6.92 million in district capital improvement tax of \$1.50 per every \$1,000 in taxable value.

Averyt said the school board only has discretion capital improvement tax rate, and at that, over only \$1.50 of the \$2 capital improvement rate — 50 cents of it is determined by the state.

The district once had \$2 million annually to spend on 18 facilities and the main offices. Now it's \$250,000.

Ideally, the district would buy 10 new buses per year to stay ahead of the mileage racked up by the fleet of 100 buses, Averyt said.

"We've bought no new buses in three years," Averyt said.

Buses already are being rotated through the routes to keep each one from clocking too many miles, he said.

Eventually, the district may have to dip into the general fund for buses, Averyt said, but that would take away from salary and benefits.

For now, the budget makes up for any losses by using existing fund balances, transferred funds and both state and federal funding.

The district plans to put 8 percent of the general fund toward purchased services and 4 percent for utilities and energy.

Finally, 3.5 percent plans to pay for materials and the remaining 1.5 percent will cover equipment and other needs.

The school district hopes to have \$8.83 million over the coming year for federal food programs, including free and reduced-price meals.

While \$6.19 million of that would be direct reimbursement, another \$2.06 million comes from U.S. Department of Agriculture commodities, food service supplements, interest and food service sales.

The district also has \$578,324 left over from the current year's food service budget.

Capital improvement taxes and other revenues will give the school district a boost of \$7.01 million,

which when combined with \$1.78 million in the capital improvement fund will give the district \$8.8 million for improvements, a drop of approximately \$3 million from last year's budget.

The district allocated \$8.42 million in the 2012-13 fiscal year for land, renovations, software and fund transfers.

For the 2013-14 budget, the budget covers those same needs, as well as site improvements and equipment.

The district has also allocated \$5.71 million in saved funds, transfers and revenue toward debt service, which when added with the current fund balance should give the district \$6.7 million to pay debts in the coming year.

The 2013-14 fiscal year budget states that Highlands' 18 public schools have a combined 12,229 students, 73 percent of which qualify for free or reduced-price meals.

The district counts 6,061 students in its 10 elementary schools, 2,804 in four middle schools, 3,285 in three high schools and 79 in the district's homebound, disability, jail, alternative and virtual school programs.

Board members and the public had no questions for Averyt or Superintendent Wally Cox. Averyt, breathing a sigh of relief, told board members he planned to start immediately on the 2014-15 fiscal year budget, since putting together this budget took several months to complete.

Obituaries

JOAN LOUISE YOUNGMAN

Joan Louise (Mourhess) Youngman was called home to the Lord on Saturday, Sept. 7, 2013 in Sebring, surrounded by her loving family. She was 75.

Born in Elmira, N.Y. in October 1937, Joan moved to Miami in 1945. She met William (Bill) Youngman and they were married on December 31, 1955. Together they raised their four sons in Miami.

After Bill retired from Rinker Cement, they moved to Sebring in September 2000. Together they shared almost 58 years of marriage.

Joan and her husband

shared many interests through the years including, scouting with their sons, CB radio, fishing, camping, bowling, traveling, playing cards and time with family.

Joan will be remembered as a loving daughter, wife, mother and grandmother dedicated to the family and friends she cared for so very much. We are so grateful for her many years of life, and



Youngman

the loving wisdom, kindness and integrity she instilled in each of us through example. She will be missed.

She was preceded in death by her mother, Thelma Ware; sister, Janice Cross; and brother, Faye Mourhess. She is survived by her loving husband (Bill) Youngman and their four sons, Kenneth (Kathy) Youngman and Dale (Becky) Youngman both of Homestead, Gerald Youngman of Palm Springs, Calif., Thomas Youngman of Davie, and half-sister, Martha Ann Simmers of Virginia. She is further survived by her four grandchildren, William, Jackson, Yoko and Mari Youngman.

There will be no formal services held. Those wishing to honor Joan's memory with a charitable donation may send a donation to the Leisure Lakes Baptist Church, 808 Gardenia St., Lake Placid, FL 33852.

Stephenson-Nelson Funeral Home Sebring, Florida

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Greeters Needed for a Veterans' Charity

Representatives are scheduled at Grocery/Department Stores, Gun Shows, and other Special Events.

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Community Briefs

Continued from A2

and Man of 2014 who will part of a special celebration this year. Light refreshments will be served following the meeting which will be held at 12 Park St. Visit www.LPHSdepotmuseum.org.

Light refreshments will be served following the meeting which will be held at 12 Park St. Visit the new website at www.LPHSdepotmuseum.org.

Legion plans information meeting for trip

LAKE PLACID — The American Legion Placid Post 25 in Lake Placid will be having an informational meeting at 3 p.m. today for its group trip to the Dominican Republic. The meeting will be in the dining hall.

Learn about this all inclusive resort trip and then enjoy a fish fry dinner afterwards. One does not have to be a Legion member to sign up for this trip.

NEWS-SUN
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VFW plans dinner

AVON PARK — VFW Post 9853 will serve a cube steak dinner with real mashed potatoes, gravy, and vegetables prepared by Lil Hendricks, etc. from 5-7 p.m. today.

Cost is \$7. Music for dancing pleasure. Call 452-9853.

Members and guests welcome.

Historical Society meets Sept. 14

LAKE PLACID — The Lake Placid Historical Society will meet at 1 p.m. Saturday at the Depot Museum. The guest speaker grew up in Lake Placid helping tend to the family acreage at Tyson Groves. Join and learn how to "drink" an orange. This will be the first in a series of events featuring local VIP's.

The society will be accepting nominations for the annual Pioneer Woman and Man of 2014 who will part of a special celebration this year.

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Index

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

IN THE CIRCUIT COURT
HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
FILE NO. PC 13-367
Division Probate

IN RE: ESTATE OF
STANLEY TYLER JONES,
Deceased.

NOTICE TO CREDITORS

The administration of the estate of STANLEY JONES, deceased, whose date of death was November 4, 2012, and whose social security number is XXX-XX-2407, 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 representatives and the personal representative's attorney are set forth below.

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

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

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS 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 September 13, 2013.

Personal Representative:
/s/ Peggy Jones
PEGGY V. JONES
6929 Pioneer Road
Sebring, FL 33870

September 13, 2013

Attorney for Personal Representative:
/s/ Robert E. Livingston
Florida Bar No. 0031259

445 S. Commerce Avenue
Sebring, Florida 33870

Telephone: (863) 385-5156

September 13, 2013

NOTICE OF SALE

NOTICE IS HEREBY GIVEN pursuant to an Order of Final Summary Judgment of Foreclosure dated August 29, 2013, entered in Civil Case No. 28-2013-CA-000003 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein the Clerk of the Circuit Court will sell to the highest bidder for cash on 1st day of October, 2013, at 11:00 a.m. in the Jury Assembly Room, Courthouse Basement, 430 South Commerce Avenue, Sebring, Florida 33870, relative to the following described property as set forth in the Final Judgment, to wit:

LOT 19, BLOCK 56, SEBRING COUNTRY ESTATES SECTION THREE, ACCORDING TO THE MAP OR PLAT THEREOF, AS RECORDED IN PLAT BOOK 9, PAGE 6, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

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

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact, 255 North Broadway Avenue, Bartow, FL 33830 at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

DATED: August 30, 2013.



DEADLINES

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

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

ADJUSTMENTS

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

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

1050 Legals

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

CASE NO.: 2012-CA-000810

JPMorgan Chase Bank, National Association

Plaintiff,

-vs.-

Jamie Evett; Unknown Parties in Possession #1, if living, and all Unknown Parties claiming by, through, under and against the above named Defendant(s) who are not known to be dead or alive, whether said Unknown Parties may claim an interest as Spouse, Heirs, Devisees, Grantees, or Other Claimants; Unknown Parties in Possession #2, if living, and all Unknown Parties claiming by, through, under and against the above named Defendant(s) who are not known to be dead or alive, whether said Unknown Parties may claim an interest as Spouse, Heirs, Devisees, Grantees, or Other Claimants; Unknown Parties in Possession #3, if living, and all Unknown Parties claiming by, through, under and against the above named Defendant(s) who are not known to be dead or alive, whether said Unknown Parties may claim an interest as Spouse, Heirs, Devisees, Grantees, or Other Claimants.

NOTICE OF SALE

NOTICE IS HEREBY GIVEN pursuant to an Order dated August 29, 2013, entered in Civil Case No. 2012-CA-000810 of the Circuit Court of the 10th Judicial Circuit in and for Highlands County, Florida, wherein JPMorgan Chase Bank, National Association, Plaintiff and Jamie Evett are defendants, I, Clerk of Court, ROBERT W. GERMAINE, will sell to the highest and best bidder for cash, AT THE JURY ASSEMBLY ROOM IN THE BASEMENT OF THE HIGHLANDS COUNTY COURTHOUSE LOCATED AT 430 SOUTH COMMERCE AVENUE, SEBRING, FLORIDA AT 11:00 A.M., October 2, 2013, the following described property as set forth in said Final Judgment, to-wit:

ALL THAT CERTAIN LAND, WITH THE BUILDING AND IMPROVEMENTS THEREON, SITUATE IN HIGHLANDS COUNTY, FLORIDA, VIZ: THE EAST 100.00 FEET OF THE WEST 130.00 FEET OF THE SOUTH 135.00 FEET OF THE NORTH 165.00 FEET OF THE SURFACE 1/2 OF LO 3, BLOCK 13 OF THE TOWN OF AVON PARK LYING IN SECTION 14, TOWNSHIP 33 SOUTH, RANGE 28 EAST, HIGHLANDS COUNTY, FLORIDA.

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

DATED: August 30, 2013.

ROBERT W. GERMAINE, CLERK

By: /s/ Priscilla Michalak

Deputy Clerk of the Court

Prepared by:
Gladstone Law Group, P.A.
1499 W. Palmetto Park Rd., Suite 300
Boca Raton, FL 33486

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact, 255 North Broadway Avenue, Bartow, FL 33830 at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

File #10-000364-F-28-2010-CA-000216/BOA
September 6, 13, 2013

1050 Legals

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

CASE NO.: 28-2012-CA-000630

RESIDENTIAL CREDIT SOLUTIONS, INC.,

Plaintiff,

-vs.-

Delfino D. Arevalo a/k/a Delfino Arevalo and Myriam Arevalo a/k/a Miriam Arevalo, Husband and Wife; Unknown Parties in Possession #1, if living, and all Unknown Parties claiming by, through, under and against the above named Defendant(s) who are not known to be dead or alive, whether said Unknown Parties may claim an interest as Spouse, Heirs, Devisees, Grantees, or Other Claimants; Unknown Parties in Possession #2, if living, and all Unknown Parties claiming by, through, under and against the above named Defendant(s) who are not known to be dead or alive, whether said Unknown Parties may claim an interest as Spouse, Heirs, Devisees, Grantees, or Other Claimants; Unknown Parties in Possession #3, if living, and all Unknown Parties claiming by, through, under and against the above named Defendant(s) who are not known to be dead or alive, whether said Unknown Parties may claim an interest as Spouse, Heirs, Devisees, Grantees, or Other Claimants.

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Summary Judgment of Foreclosure dated August 29, 2013, entered in Civil Case No. 28-2012-CA-000630 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein Bank of America, National Association, Plaintiff, and Delfino D. Arevalo a/k/a Delfino Arevalo and Myriam Arevalo a/k/a Miriam Arevalo, Husband and Wife are defendants, I, Clerk of Court, ROBERT W. GERMAINE, will sell to the highest and best bidder for cash, AT THE JURY ASSEMBLY ROOM IN THE BASEMENT OF THE HIGHLANDS COUNTY COURTHOUSE LOCATED AT 430 SOUTH COMMERCE AVENUE, SEBRING, FLORIDA AT 11:00 A.M., October 2, 2013, the following described property as set forth in said Final Judgment, to-wit:

LOT 22, BLOCK 269, OF SUN N LAKES ESTATES OF SEBRING, UNIT 13, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 9, PAGE 71, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

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

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to an Order dated August 29, 2013, entered in Civil Case No. 2012-CA-000338 of the Circuit Court of the 10th Judicial Circuit in and for Highlands County, Florida, wherein Bank of America, National Association, Plaintiff, and Kevin Colson a/k/a Kevin A. Colson, Jessica Colson a/k/a Jessica A. Colson, Mortgage Electronic Registration Systems Inc. (MIN#10016250053799178), Sun N Lake of Sebring Improvement District, a Political Subdivision of the State of Florida, UNKNOWN TENANT(S) IN POSSESSION #1 and #2, and ALL OTHER UNKNOWN PARTIES, et al., Defendants.

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Summary Judgment of Foreclosure dated August 29, 2013, entered in Civil Case No. 28-2012-CA-000630 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein JP Morgan Chase Bank, National Association, successor by merger to Chase Home Finance LLC, is the Plaintiff and JARED ANDERSON, et al., Defendants.

NOTICE OF RESCHEDULED FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated August 29, 2013, and entered in Case No. 28-2009-CA-001300 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein JP Morgan Chase Bank, National Association, successor by merger to Chase Home Finance LLC, is the Plaintiff and JARED ANDERSON, et al., Defendants.

NOTICE OF RESCHEDULED FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated August 29, 2013, and entered in Case No. 28-2009-CA-001300 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein JP Morgan Chase Bank, National Association, successor by merger to Chase Home Finance LLC, is the Plaintiff and JARED ANDERSON, et al., Defendants.

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NOTICE OF RESCHEDULED FORECLOSURE SALE

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NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated August 29, 2013, and entered in Case No. 28-2009-CA-001300 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein JP Morgan Chase Bank, National Association, successor by merger to Chase Home Finance LLC, is the Plaintiff and JARED ANDERSON, et al., Defendants.

NOTICE OF RESCHEDULED FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated August 29, 2013, and entered in Case No. 28-2009-CA-001300 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein JP Morgan Chase Bank, National Association, successor by merger to Chase Home Finance LLC, is the Plaintiff and JARED ANDERSON, et al., Defendants.

445 S. Commerce Avenue
Sebring, Florida 33870
Telephone: (863) 385-5156
Facsimile: (863) 385-5156
Email: livingston@livingstoncpa.com
September 13, 20, 2013

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2012-CA-000902
THE BANK OF NEW YORK MELLON FKA
THE BANK OF NEW YORK AS
SUCCESSOR TRUSTEE TO JP MORGAN
CHASE BANK, N.A. AS TRUSTEE FOR THE
HOLDERS OF SAMI II TRUST 2006-AR3,
MORTGAGE PASS-THROUGH
CERTIFICATES, SERIES 2006-AR3
Plaintiff,
v.
DUNIESKY CRUZ; ANY AND ALL UNKNOWN PARTIES CLAIMING BY, THROUGH, UNDER, AND AGAINST THE HEIREN NAMED
INDIVIDUAL DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAID UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEES, OR OTHER CLAIMANTS; AND THE BANK OF NEW YORK MELLON FKA THE BANK OF NEW YORK, AS TRUSTEE TO JP MORGAN CHASE BANK, NATIONAL ASSOCIATION, AS TRUSTEE ON BEHALF OF THE CERTIFICATEHOLDERS OF THE CWHEQ INC., CWHEQ REVOLVING HOME EQUITY LOAN TRUST, SERIES 2006-E
Defendant(s).

NOTICE OF SALE

NOTICE IS HEREBY GIVEN pursuant to an Order of Final Summary Judgment of Foreclosure dated August 29, 2013, entered in Civil Case No. 28-2012-CA-000902 of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein the Clerk of the Circuit Court will sell to the highest bidder for cash on 1st day of October, 2013, at 11:00 a.m. in the Jury Assembly Room, Courthouse Basement, 430 South Commerce Avenue, Sebring, Florida 33870, in accordance with Chapter 45 Florida Statutes, relative to the following described property as set forth in the Final Judgment, to wit:

LOTS 77 TO 79, INCLUSIVE AVON PARK LAKES, UNIT 1, ACCORDING TO THE PLAT THEREOF, RECORDED IN PLAT BOOK 4, PAGE 88 OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA. Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within 60 days after the sale.

ATTENTION: PERSONS WITH DISABILITIES
If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, 255 N. Broadway Avenue, Bartow, Florida 33830 Phone: (863) 534-4686, at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

DATED AT SEBRING, FLORIDA THIS 29th DAY OF AUGUST, 2013.

By: /s/ Priscilla Michalak, D.C.
ROBERT W. GERMANIE
CLERK OF THE CIRCUIT COURT
HIGHLANDS COUNTY, FLORIDA
September 6, 13, 2013

IN THE CIRUIT COURT
FOR HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
FILE NO. PC 13-373

IN RE: ESTATE OF
BEN F. HOOVER, JR. Division: Probate
Deceased.

NOTICE TO CREDITORS

The administration of the estate of Ben F. Hoover, Jr., deceased, whose date of death was July 29, 2013, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Avenue, Sebring, Florida 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

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

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

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

The date of first publication of this Notice is September 13, 2013.

Personal Representative:
/s/ Steven R. Yoder
1850 US Hwy 17 S., Lot Q 11
Avon Park, Florida 33825-8938

Attorney for Personal Representative:
/s/ Charlotte Stone
Charlotte C. Stone, Esq.
Attorney for Steven R. Yoder
Florida Bar Number: 21297

STONE & WALDER, P.L.
3200 U.S. Hwy 27 S., Suite 307
Sebring, FL 33870
Telephone: (863) 402-5424
Fax: (863) 402-5425

E-Mail: Charlotte@StoneLawGroupFL.com
September 13, 2013

IN THE CIRCUIT COURT
FOR HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
FILE NO. PC 13-370
Division

IN RE: ESTATE OF
MARY M. LUTZI
Deceased.

NOTICE TO CREDITORS

The administration of the estate of Mary M. Lutzi, deceased, whose date of death was June 18, 2013, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 South Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

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

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

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

The date of first publication of this Notice is September 13, 2013.

Personal Representative:
/s/ Donald Krass
2692 S. Country Club Drive
Avon Park, FL 33825

BREED & NUNNALLEE, P.A.
Attorneys for Personal Representative
325 NORTH COMMERCIAL AVENUE
SEBRING, FL 33870
By: /s/ E. Mark Breed III
E. MARK BREED III
Florida Bar No. 33870
Email Address: service@bnpalaw.com
September 13, 2013

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AQ5138017

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Lake Placid: 863-441-2514

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Email: amarsella@newssun.com

1050

Legals

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO. 282013CA000623
SEACOAST NATIONAL BANK,
Plaintiff,
vs.
BRUCE A. STOCKWELL, et al.,
Defendants.

NOTICE OF ACTION

TO: BRUCE A. STOCKWELL, whose last known address is 401 Ohio Street, Lake Placid, FL 33852, AND ALL OTHERS WHOM IT MAY CONCERN:

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

LOT 1 AND LOT 2, BLOCK 1, LAKEVIEW HEIGHTS SUBDIVISION, a subdivision according to the map or plat thereof recorded in the Office of the Clerk of the Circuit Court, in and for Highlands County, Florida, in Plat Book 7, page 70A.

has been filed against you and you are required to serve a copy of your written defenses, if any, to it on Edmund Alonzo, Esq., the Plaintiff's attorney, whose address is:

Alonzo Law Offices, P.A., 217 Avenue A, Ft. Pierce, FL 34950

on or before 30 days of the initial publication, or by October 8, 2013 and file the original with the clerk of this court either before service on the Plaintiff's attorney or immediately thereafter, otherwise a default will be entered against you for the relief demanded in the Complaint.

Dated this 29th day of August, 2013.

ROBERT W. GERMAINE, CLERK
CLERK OF THE CIRCUIT COURT
By: /s/ Toni Kopp
DEPUTY CLERK
September 6, 13, 2013

IN THE CIRCUIT COURT
OF THE TENTH JUDICIAL CIRCUIT
HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION

FILE NO. PC 13-388

IN RE: ESTATE OF

CAROL JEANETTE SECOR-CANON

Deceased.

NOTICE TO CREDITORS

The administration of the estate of CAROL JEANETTE SECOR-CANON, deceased, whose date of death was August 2, 2013, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Ave., Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is 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 DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

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

ALL CLAIMS NOT SO FILED WITHIN THE TIME PERIOD SET FORTH IN SECTION 73.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED.

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

The date of first publication of this Notice is September 13, 2013.

Personal Representative:
/s/ Joyce L. Ricart
4622 Queen Palm Dr.
Sebring, Florida 33870

Attorney for Personal Representative:
CLIFFORD M. ABLES III, P.A.
551 SOUTH COMMERCE AVE.
SEBRING, Florida 33870

Telephone: (863) 385-0112

Fax: (863) 385-2584

E-mail: craigb@cmablespa.net

Secondary E-Mail: cmables@cmablespa.net

/s/ Brandon S. Craig

Attorney for Joyce L. Ricart

Florida Bar Number: 008300

September 13, 2013

1055

Highlands County Legals

HIGHLANDS COUNTY

LEGAL NOTICES

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.

Kirk Zimmerman
Purchasing Agent
City of Sebring
September 11, 13, 15, 2013

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

CITY OF SEBRING EMPLOYMENT OPPORTUNITY
The City of Sebring is recruiting for the following position(s):
Refuse Driver/Collector
Refuse Driver/HE Operator
Pro-shop Clerk
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.

1100

Announcements

CHECK YOUR AD

Please check your ad on the first day it runs to make sure it is correct. Sometimes instruction over the phone can be 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

2000

Employment

2100

Help Wanted

DOCTORS CHOICE HH
Medicare Agency
Needing
RN LPN PT
OT MSW HHA
Excellent Pay & Benefits
For new Sebring office
Fax resume
941-727-4112

INSURANCE AGENT WANTED
Licensed 220 insurance agent needed in Sebring office with outstanding selling skills. Please contact Selena Leal at 863-382-6611 or email to sleal@wellsinsurance.com.

LOCAL DRIVER WANTED P/T seasonal for Parcel Delivery must have at least 1 year of prior driving experience within the last 3 yrs. of driving commercial cargo van or larger. Must have clean driving record and be able to pass background and drug screening, must be able to lift 70lbs., be dependable and 21 yrs. or older. Send resume or go to Heartland Workforce.

PICKUP & DELIVERY DRIVER/Thrift

Store worker - Part time to full time. Primarily for pickup and delivery of donated items; also assist with other duties at thrift store. Must have a clean driving record. Apply in person at **NU-HOPE Elder Care Services, Inc.** 6414 U.S. 27 South, Sebring. EOE DFWP Level II Background screening.

RECRUITMENT AND RETENTION COORDINATOR (FT)

Application deadline: Please visit <http://sfsc.interviewexchange.com> for detailed position posting.

863-784-7132.

EA/O.



SATELLITE INSTALLATION TECH

Needed, must have Truck / Van & basic tools, will train. Send resume to: floridatotalcom@verizon.net

SHOP SUPERVISOR/MECHANIC
to work on farm/ranch equipment, diesel and gasoline engines, fleet maintenance, fabrication and electrical. Prior shop management and computer skills needed. Florida Driver License required. Pay based on experience. Drug-free workplace. Apply in person from 8am-11am & 1pm-4pm Monday thru Friday @ 109 Arnon Drive, Lake Placid, FL 863-465-2821

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Fax resumes to: 863-678-2170

THE OAKS AT AVON Has the following positions available: RN Unit Manager RN's / LPN's / CNA's. Interested Applicants may apply at 1010 Hwy 27N Avon Park, FL 33825 or FAX RESUME TO TAMMY PADILLA AT 863-453-5308

THE OAKS AT AVON Has the following Positions available: *CERTIFIED DIETARY MANAGER *PART TIME ADMISSION ASSISTANT Interested Applicants may apply at 1010 Hwy. 27 N, Avon Park, FL 33825 or FAX RESUME TO TAMMY PADILLA AT 863-453-5308

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6000

Rentals

6050

Duplexes for Rent

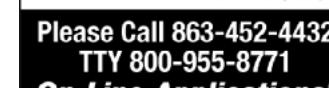
PLACID LAKES Nice, Lg. split plan, 2BR, 2BA, W/D hookup, screen porch, fenced yard. Near Golf. Water incl. \$550 mo. C/H/A. Excellent Cond. 954-695-8348

6200

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Wednesday and Friday.

314-9876

Five-Day forecast for Highlands County

TODAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

Some sun, a t-storm in the p.m.
91° / 73°
Winds: VAR at 2-4 mph

Partly sunny, a t-storm in the p.m.
93° / 73°
Winds: SE at 3-6 mph

Partly sunny, a t-storm in the p.m.
92° / 73°
Winds: E at 6-12 mph

An afternoon thunderstorm
91° / 73°
Winds: E at 6-12 mph

Some sun, a t-storm in the p.m.
90° / 72°
Winds: ENE at 7-14 mph

Almanac

Temperature

Readings at Archbold Biological Station in Lake Placid

High Sunday 91°

Low Sunday 70°

High Monday 92°

Low Monday 71°

High Tuesday 91°

Low Tuesday 71°

High Wednesday 88°

Low Wednesday 69°

Heat Index

For 3 p.m. today

Relative humidity 50%

Expected air temperature 91°

Makes it feel like 97°

Barometer

Monday 29.91

Tuesday 29.92

Wednesday 29.94

Precipitation

Monday 0.00"

Tuesday 0.00"

Wednesday 0.03"

Month to date 1.73"

Year to date 53.65"

Tides

Readings at St. Petersburg

High 7:51 a.m.

Low 4:24 p.m.

High none

Low none

Readings at Palm Beach

High 3:06 a.m.

Low 9:15 a.m.

High 3:59 p.m.

Low 9:52 p.m.

Lake Levels

Readings as of 7 a.m. yesterday

Lake Jackson 78.36'

Lake Okeechobee 15.46'

Normal 14.51'

UV Index Today

The higher the AccuWeather.com UV Index™ number,

the greater the need for eye and skin protection.



Forecasts and graphics provided by

AccuWeather, Inc. ©2013

AccuWeather.com

Regional Summary

Clouds and sun today with an afternoon shower or thunderstorm. An evening shower or thunderstorm, then partly cloudy tonight. Sun and clouds tomorrow and Sunday with an afternoon thunderstorm.

Farm Report

A shower or thunderstorm this afternoon. Winds light and variable. Expect 4-8 hours of sunshine with a 60% chance of precipitation and average relative humidity 70%.

Weather History

On Sept. 13, 1857, a hurricane off the Florida coast was blamed for sinking a passenger steamer. More than 200 aboard lost their lives.

Sun and Moon

	Today	Saturday
City	Hi/Lo/W	Hi/Lo/W
Sunrise	7:11 a.m.	7:11 a.m.
Sunset	7:32 p.m.	7:31 p.m.
Moonrise	2:56 p.m.	3:49 p.m.
Moonset	1:03 a.m.	2:04 a.m.

First Full Last New

Sept 12 Sept 19 Sept 26 Oct 4

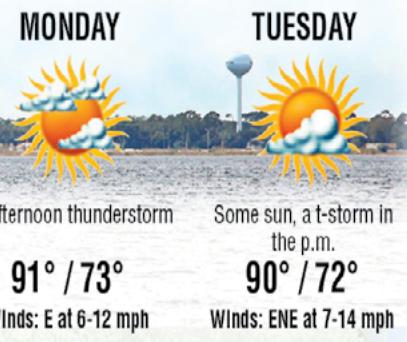
Water Restrictions

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

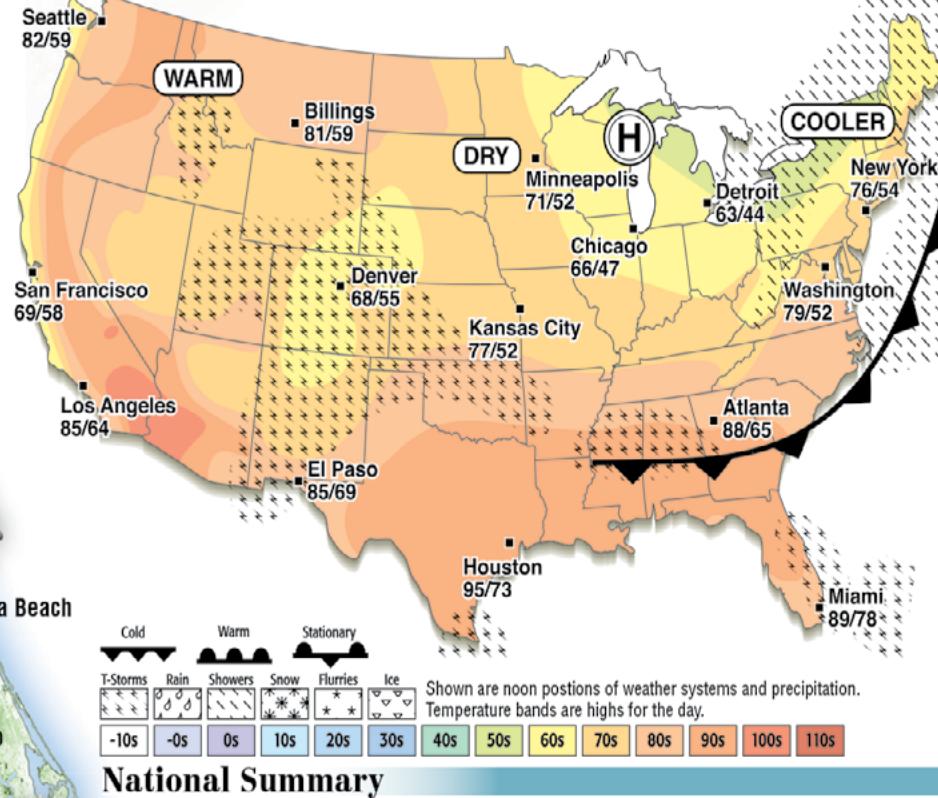
Florida Cities

City	Today			Sat.			Sun.		
	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W
Cape Coral	90/74/t	91/74/t	91/74/t	Miami	89/78/pc	90/80/t	90/80/t	Okeechobee	88/71/t
Clearwater	90/75/t	91/76/t	92/77/t	Orlando	92/73/t	92/74/t	92/73/t	Tampa	92/77/t
Coral Springs	88/77/pc	89/78/t	90/79/t	Pembroke Pines	89/77/pc	90/79/t	90/79/t	Naples	89/74/t
Daytona Beach	90/73/t	90/73/t	89/73/t	St. Augustine	89/72/t	88/74/t	88/73/t	West Palm Beach	89/77/t
Fl. Laud. Bch	88/79/pc	88/80/t	89/81/t	St. Petersburg	91/75/t	91/75/t	92/76/t	Fort Lauderdale	88/79/t
Fort Myers	89/74/t	91/74/t	91/74/t	Tallahassee	94/70/t	92/70/t	90/70/t	Miami	89/78/t
Gainesville	92/70/t	91/70/t	90/71/t	Tampa	92/77/t	91/75/t	92/75/t	Key West	88/81/t
Hollywood	89/77/pc	90/78/t	90/78/t	W. Palm Bch	89/77/pc	89/79/t	90/80/t		
Homestead AFB	88/76/pc	88/78/t	88/78/t	Winter Haven	90/73/t	92/73/t	91/73/t		
Jacksonville	92/71/t	90/70/t	88/70/t						
Key West	88/81/pc	88/82/t	89/82/t						

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



National Forecast for September 13



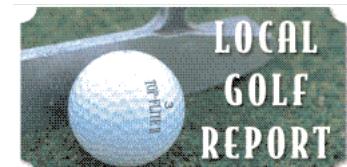
National Summary

Cooler and less humid air will move into the Northeast today in the wake of a cold front. Despite the cooler air, a shower or two will linger in the mid-Atlantic and New England. The northern Plains and Great Lakes will have sunshine along with the cool temperatures. However, the front will be lingering in the Southeast, bringing showers and thunderstorms from the Carolina and Georgia coasts to the southern Plains. Showers and storms will continue to stream up from Mexico and into the Rockies.

U.S. Cities

City	Today Hi/Lo/W	Sat. Hi/Lo/W	Sun. Hi/Lo/W	City	Today Hi/Lo/W	Sat. Hi/Lo/W	Sun. Hi/Lo/W
Albuquerque	76/61/t	79/60/t	81/61/t	Los Angeles	85/64/s	89/64/s	86/63/s
Atlanta	88/73/c	81/65/pc	82/67/r	Louisville	73/51/s	76/52/s	82/62/s
Baltimore	77/54/pc	70/51/s	75/56/s	Memphis	85/57/pc	87/66/pc	87/66/s
Birmingham	89/60/pc	84/65/pc	87/68/pc	Milwaukee	63/47/pc	67/54/s	71/52/sh
Boston	73/54/c	67/54/pc	72/59/s	Minneapolis	71/52/s	72/53/s	72/53/pc
Charlotte	86/57/pc	77/55/pc	82/62/s	Nashville	80/51/s	76/56/s	84/63/s
Cheyenne	62/51/t	76/51/t	66/50/t	New Orleans	92/74/s	90/72/t	89/75/t
Chicago	66/47/pc	70/55/s	70/55/s	New York City	76/54/pc	68/54/pc	73/58/s
Cleveland	60/47/c	64/46/s	71/57/pc	Norfolk	80/60/pc	69/51/c	76/62/s
Columbus	66/46/pc	69/49/s	74/56/p	Oklahoma City	87/63/pc	87/66/p	93/67/s
Dallas	96/73/pc	93/72/s	94/76/s	Philadelphia	76/54/c	69/52/s	71/52/s
Denver	68/55/t	80/56/t	69/54/r	Phoenix	101/82/s	102/84/pc	105/85/s
Detroit	63/44/pc	67/52/t	73/52/pc	Pittsburgh	63/42/c	64/42/s	70/53/p
Harrisburg	71/49/pc	67/45/s	74/56/s	Portland, ME	71/52/sh	67/45/pc	70/53/s
Honolulu	89/73/sh	89/74/s	89/75/s	Portland, OR	87/61/s	90/64/s	78/59/t
Houston	95/73/s	96/76/po	96/76/po	Raleigh	85/55/pc	76/47/p	78/57/s
Indianapolis	69/47/s	71/49/s	75/57/pc	Rochester	57/44/sh	62/47/pc	73/49/pc
Jackson, MS	93/62/pc	87/58/po	91/65/po	St. Louis	74/51/s	74/56/s	80/61/p
Kansas City	7						

B SPORTS



Page B3

Friday, September 13, 2013

News-Sun

Friday Night Football

Sebring vs. Hardee



7 p.m., Firemen's Field

Sebring – 2-0, beat
Okeechobee, 17-0
Hardee – 1-1, lost to Fort
Meade, 18-6

Lake Placid vs.
Cardinal Mooney7:30 p.m., Scarborough
Stadium

Lake Placid – 1-0, game at Moore
Haven cancelled by weather
Cardinal Mooney – 1-0, game against
Admiral Farragut cancelled.

Avon Park at
Fort Meade7 p.m., Frank S.
Battle Field

Avon Park – 0-2, lost 10-7
to Mulberry
Fort Meade – 2-0, beat
Hardee, 18-6

Cross-county sweeps

Avon Park, Lake Placid, Sebring all notch three-set wins

Red Devils bully Bulldogs

By DAN HOEHNE

daniel.hoehne@newssun.com

AVON PARK – Avon Park head coach Shane Wirries didn't have to worry too much about his teams' focus Tuesday night during the Lady Devils three-set sweep of visiting Frostproof.

The team has battled inconsistency early on this season, though their talent had overcome it for the most part.

And yet, in the days leading up to the Tuesday night district contest, Wirries was confident yet wary.

"It should be a win for us, but we'll just have to see which team shows up," he had said.

What showed up was a team seeming to have a better grasp at keeping their focus, getting up early and maintaining their level of play.

It was strong serving early that propelled the Devils, with O'Taysha



Lady Devil Briana Roque hammers one across the net in Tuesday's three-set sweep of visiting Frostproof.

Smith and Imani Tate rocketing sharp serves that were giving the Lady Bulldogs fits.

And when Frostproof was

able to settle in with their serve receive, heavy hitting from Marina Torres, Briana Roque, Hailey Hutzinger and Tate, set up by Smith

assists, that allowed Avon Park to win the opening set in dominant fashion, 25-6.

See AP, Page B4



Caylin Webb and the Lady Streaks had little trouble with the Hardee Wildcats Tuesday to notch a key district win.

Lady Streaks cruise past 'Cats

By BRITTANY WHITTINGTON

News-Sun correspondent

SEBRING – Coming back from their hard-fought, five-set loss in DeSoto last week, the Lady Blue Streaks looked to redeem themselves against Hardee at home Tuesday.

The home team was able to sweep the Wildcats in three and called it an early night.

Sebring started off strong with a quick jump start 4-0 lead after a Hannah Gotch kill.

This allowed Maci Harris to continue her service run and was able to serve an ace tacking on another point for the Streaks.

See STREAKS, Page B4

Dragons power past Panthers

By HANNAH WALLER
News-Sun correspondent

LAKE PLACID – Justice was served, literally, on the volleyball court Tuesday as the Lady Dragons swept the Mulberry Panthers right off the floor with a final score of 3-0.

This game marked the second District 9-4A win for the Lady Dragons, with hopefully many more to come.

"It's good to be off with a 2-0 start in the district," said head coach Charlotte Clanton-Bauder.

The Dragons started off with service and made a quick first point with a kill by Jacalyn Baldwin.

Three more points for the Lady Dragons would follow before Mulberry would get the ball back.

But it was only for a short while, before Lake Placid would

regain possession, making the score 5-1.

The first service error of many, however, soon caused the Lady Dragons to hand the ball back over to the Panthers.

"We missed way too many serves," Bauder said after the match.

Lucky thing for the Dragons that they played well everywhere else on the court, and it wasn't long before several combination plays, many with Baldwin, Bella Caraballo and Breauna Corley along the frontline, finished out their first set with a score of 25-10.

The second set wasn't quite as quick and to the point as the first.

Though the first point went to the Panthers due to an error by the Dragons, a kill by Corley quickly tied

See LP, Page B4

Bass Secrets – Bob Underwood

I thought I'd read every definitive book out there on bass fishing but one of my customers, Dave, brought me a copy of Bob Underwood's book "Lunker", and I can't believe I missed reading it.

Published in 1975, this particular book is pretty dog-eared, with the cover nearly gone, and it has undoubtedly been read many times by many people.

Bob Underwood spent over 1,700 hours underwater studying bass and their behavior, as well as a lifetime of bass fishing, and his book is filled with some interesting observations and concepts.

I think one of the most interesting findings that he shares in his book is the importance of cover to a bass.

In fact, he rates cover as the most important thing there is to a bass – more important than water temperature, depth and even food.

"Cover takes priority over everything else. Availability of food places second while proximity to deep water places third. Temperature rates low in priority. Cover must be such as to allow the bass to hide his head (at least) when frightened. This rule is absolute," Underwood shares in his first chapter.

He then goes on to say "light does not bother the eyes of a bass."

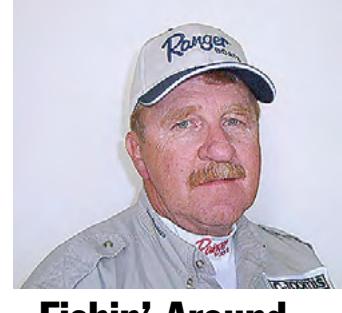
The fact that he prefers cover and depth has nothing to do with any harmful or painful effect of light on the eyes."

As an interesting side-note, he also believes that bass are near-sighted, and that although he believes color to be a strong factor, its importance quickly fades when a lure is beyond three feet from the bass.

Being near-sighted forces the bass to focus on size and shape, combined with action to determine if he wants to pursue it.

I've often wondered about the sound of an electric motor, and what if any impact it may have on nearby bass, particularly when I'm flippin' the reeds in Istokpoga.

According to Bob's obser-



Fishin' Around...

Don Norton

vations underwater, an electric motor doesn't bother bass at all.

He indicated that while underwater he observed bass within a few feet of a working electric motor that showed absolutely no concern.

But scrape the bottom of the boat and you'll have every bass within 100 feet quickly facing in the direction of the sound and fully prepared to seek cover.

When not frightened, bass will spend most of their time over cover.

Bottom to the bass appears to mean the top of the cover.

Should they sense danger, or be actively feeding using the ambush tactic, they will submerge into this cover preparing to attack their prey.

After years of research both above and below the surface, Underwood strongest belief was the importance of "action."

Although he claims color is important too, the action of a lure, more than any other factor contributed to substantially more strikes.

There's no better teacher than being "on the water," but books like Bob Underwoods Lunker can be a good source of information when you're not fishing.

Wednesday, Sept. 4 Tournament

We had seven boats show up for last Wednesday's bass tournament on Lake Jackson.

Everyone caught fish and most everyone weighed in their three-fish limit.

The lake has stubbornly refused to give up any big fish but lots of 2-4 pound fish were caught by everyone.

Dwight Ameling had the winning weight with three bass weighing in at 8.16 pounds, followed in second

See TOURNEY, Page B3



Courtesy photo

Bob Stanely, left, and Dwight Ameling pose with their winning catch in last Friday's Bass Tournament on Lake Glenada.

THE SCOREBOARD

Major League Baseball

AMERICAN LEAGUE

East Division

	W	L	Pct	GB
Boston	89	58	.605	—
Tampa Bay	78	66	.542	9.5
New York	78	68	.534	10.5
Baltimore	77	68	.531	11
Toronto	67	78	.462	21

Central Division

	W	L	Pct	GB
Detroit	84	62	.575	—
Cleveland	77	68	.531	6.5
Kansas City	77	69	.527	7
Minnesota	63	81	.438	20
Chicago	58	87	.400	25.5

West Division

	W	L	Pct	GB
Oakland	84	61	.579	—
Texas	81	64	.559	3
Los Angeles	69	76	.476	15
Seattle	65	81	.445	19.5
Houston	50	96	.342	34.5

Tuesday's Games

Kansas City 6, Cleveland 3
N.Y. Yankees 7, Baltimore 5
L.A. Angels 12, Toronto 6
Boston 2, Tampa Bay 0
Pittsburgh 5, Texas 4
Detroit 9, Chicago White Sox 1
Minnesota 4, Oakland 3
Houston 13, Seattle 2

Wednesday's Games

Kansas City 6, Cleveland 2
Pittsburgh 7, Texas 5
N.Y. Yankees 5, Baltimore 4
L.A. Angels 5, Toronto 4
Boston 7, Tampa Bay 3, 10 innings
Detroit 1, Chicago White Sox 0
Oakland 18, Minnesota 3
Houston 6, Seattle 1

Thursday's Games

Oakland at Minnesota, late
N.Y. Yankees at Baltimore, late
L.A. Angels at Toronto, late
Boston at Tampa Bay, late
Cleveland at Chicago White Sox, late
Friday's Games
Cleveland (Salazar 1-2) at Chicago
White Sox (H.Santiago 4-8), 2:10 p.m.
Baltimore (Hammer 7-8) at Toronto
(Redmond 3-2), 7:07 p.m.
Kansas City (B.Chen 7-2) at Detroit
(Verlander 12-11), 7:08 p.m.
N.Y. Yankees (Kuroda 11-10) at Boston
(Lackey 9-12), 7:10 p.m.
Oakland (Straily 9-7) at Texas
(D.Holland 9-8), 8:05 p.m.
L.A. Angels (Vargas 8-6) at Houston
(Oberholtzer 4-2), 8:10 p.m.
Tampa Bay (Archer 8-7) at Minnesota
(Correa 9-11), 8:10 p.m.
Seattle (Iwakuma 12-6) at St. Louis
(Wainwright 16-9), 8:15 p.m.

NATIONAL LEAGUE

East Division

	W	L	Pct	GB
Atlanta	87	58	.600	—
Washington	76	69	.524	11
Philadelphia	67	78	.462	20
New York	64	80	.442	25
Miami	54	90	.375	32.5

Central Division

	W	L	Pct	GB
St. Louis	85	60	.586	—
Pittsburgh	84	61	.579	1
Cincinnati	83	64	.565	3
Milwaukee	62	82	.431	22.5
Chicago	62	83	.428	23

West Division

	W	L	Pct	GB
Los Angeles	85	60	.586	—
Arizona	73	72	.503	12
San Diego	66	78	.458	18.5
Colorado	67	80	.456	19
San Francisco	66	80	.452	19.5

Tuesday's Games

San Diego 8, Philadelphia 2
Atlanta 4, Miami 3
Chicago Cubs 9, Cincinnati 1
Washington 6, N.Y. Mets 3
Pittsburgh 5, Texas 4
St. Louis 4, Milwaukee 2
L.A. Dodgers 5, Arizona 3, 11 innings
Colorado 9, San Francisco 8

Wednesday's Games

Cincinnati 6, Chicago Cubs 0
Pittsburgh 7, Texas 5
San Francisco 4, Colorado 3
Philadelphia 4, San Diego 2
Miami 5, Atlanta 2
Washington 3, N.Y. Mets 0
St. Louis 5, Milwaukee 1
Arizona 4, L.A. Dodgers 1

Thursday's Games

Atlanta at Miami, late
Washington at N.Y. Mets, late
Chicago Cubs at Pittsburgh, late
San Diego at Philadelphia, late
Milwaukee at St. Louis, late
San Francisco at L.A. Dodgers, late
Friday's Games
Chicago Cubs (Arrieta 2-2) at Pittsburgh (Morton 7-4), 7:05 p.m.
Philadelphia (K.Kendrick 10-12) at Washington (Strasburg 7-9), 7:05 p.m.
Miami (Flynn 0-0) at N.Y. Mets (Niese 6-7), 7:10 p.m.
San Diego (Kennedy 6-9) at Atlanta (Hale 0-0), 7:30 p.m.
Cincinnati (Latos 14-5) at Milwaukee (Lohse 9-9), 8:10 p.m.
Seattle (Iwakuma 12-6) at St. Louis (Wainwright 16-9), 8:15 p.m.
Colorado (Chatwood 7-4) at Arizona (McCarthy 4-9), 9:40 p.m.
San Francisco (Bumgarner 11-9) at L.A. Dodgers (Kershaw 14-8), 10:10 p.m.

National Football League

AMERICAN CONFERENCE

East

	W	L	T	Pct	PF	PA
New England	1	0	0.00023	21		
Miami	1	0	0.00023	10		
N.Y. Jets	1	0	0.00018	17		
Buffalo	0	1	0.00021	23		

South

	W	L	T	Pct	PF	PA
Indianapolis	1	0	0.00021	17		
Tennessee	1	0	0.00016	9		
Houston	1	0	0.00031	28		
Jacksonville	0	1	0.0002	28		

North

	W	L	T	Pct	PF	PA
Cincinnati	0	1	0.00021	24		
Pittsburgh	0	1	0.00009	16		
Baltimore	0	1	0.00027	49		
Cleveland	0	1	0.00010	23		

West

	W	L	T	Pct	PF	PA
Kansas City	1	0	0.00028	2		
Denver	1	0	0.00049	27		
San Diego	0	1	0.00028	31		
Oakland	0	1	0.00017	21		

NATIONAL CONFERENCE

East

	W	L	T	Pct	PF	PA
Philadelphia	1	0	0.00033	27		



LIVE SPORTS ON TV

AUTO RACING

FRIDAY

5 p.m.	NASCAR – GEICO 400, Qualifying	ESPN2
</tbl_info

Golf Hammock

Last Monday, Sept. 9, the Mezza Group played an Individual Pro-Am Points event.

In a group David Mulligan scored plus 5 to take first place and there was a three-way tie for second place between Terry Yandle, Doug Haire and Billy Parr at plus 3.

Jack Stafford came in first place with Plus 6 in B group and Pete Mezza came in second place at plus 1.

Tony Frances scored plus 3 to take first place in C group and Bob Hughes came in second place with plus 3.

Ken Porter came in first place in D group with plus 4 and Jerry Patterson came in second place with minus 1.

Ron Geouque scored plus 3 to take first place in E group and Dick Lindsay came in second place with plus 2.

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

For more information, call Pete at 382-1280.

Lake June West

A Mixed Scramble was played on Thursday, Sept. 5, with the team of Ken Rowen, John and Gloria Huggett, Margaret Schultz and Joanne McGill taking first with a 52.

Two shots back in second were Dick Denhart, John Ruffo, Don Boulton and Charlotte Mathew with a 54, and coming in with a 59 for third were Doyan

and Donna Eades, Betty Billau and Larry and Chris Heath.

In closest to the pin, Denhart got to 12-feet, 10-inches from No. 4, Schultz to 13-feet, 6-inches from No. 8 and McGill to 5-feet, 9-inches from No. 2.

The Men's League took to the fairways on Wednesday, Sept. 4.

Dick Reaney, Norm Grubbs, Jack Maginnis and Larry Heath teamed up to card a 45 and get the win.

Totaling a 48 for second place were Dick Denhart, Don Boulton, Fred Neer and John Ruffo.

Grubbs hit a shot to 32-feet from No. 2 in closest to the pin, and Reaney shot to 13-feet, 9-inches from No. 8.

Placid Lakes

The Men's Golf Association played a One Best Ball event on Wednesday, Sept. 4.

Lane Capp, Ed Bartusch and Bob Sheets got the win with a -13, as Jack Marceau, Jack Hoerner and Wayne Wood were second at -9.

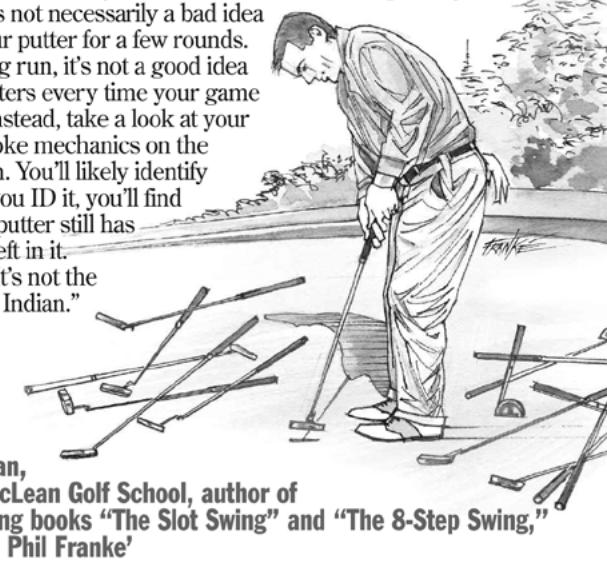
Bob McMillian, Darrell Horney and

Today's Tip**MASTER-STROKES**

BY PHIL FRANKE WITH TOP 100 GOLF INSTRUCTORS

Get A New Arrow?

Everyone hits a putting slump once in a while. Often these "slumpers" think changing putters will solve the problem. Some will change as much as every round in search of the "magic." If you're struggling, it's not necessarily a bad idea to change your putter for a few rounds. But in the long run, it's not a good idea to change putters every time your game goes south. Instead, take a look at your setup and stroke mechanics on the practice green. You'll likely identify a flaw. Once you ID it, you'll find that your old putter still has some magic left in it. Remember, "It's not the arrow, it's the Indian."



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

Bud Snyder were third at -8.

A Labor Day Scramble, featuring 56 players, rounded out on Monday, Sept. 2.

Getting the win for the day, with a 40-point total, was the team of Larry Garduno, Zach Kos, and Jim and

Ashley Engle.

With a 40.4 total, Vern McCoy, Earl Taylor, David Raciti and Wayne Wood were a close second, while Jeff Harstine, Floyd Beers, Dan Mitchell and Jim Drake had 41.8 for third.

In fourth, with 43.6, were Gilbert King, Rose Hunter, Darrell Horney and Narola Rosenberg.

For closest to the pin, Pam Thomas represented the women by getting to 14-feet, 2-inches from No. 2, while Jim Engle hit to 5-feet, 8-inches from No. 11 for the men.

SpringLake

On Tuesday, Sept. 10, the SpringLake Men's Golf Association held an Individual Net Score, Flighted contest on the Panther Creek

golf course.

There were four flights.

In the A Flight, Joe Austin won first place with a net 67 strokes with, according to one witness, 11 one-putt greens!

Ken Kirby took second place with a

net 75 strokes and Jan Hard got third place with a net 76.

In the B Flight, Richie Eastep was awarded first place on the basis of a net 71 and Vern Hoffman took second place with 72 strokes.

First place in C Flight went to returning Snowbird Pat Shatney, who scored a net 68.

Ed Clay got second place with a net 76.

In D Flight, Dan Porter won first place with a net 70 and John Schroeder took second with a net 72.

On the first Tuesday and Thursday of September, the SpringLake Men's Golf Association sponsored a Two Day, 4 Man Team Best Ball tournament in which only the two best balls counted on Par 5s, three best balls counted on Par 4s, and all four balls counted on Par 3s.

This was played on Cougar Trail on Tuesday and on Panther Creek on Thursday.

When the dust cleared on Thursday the first-place winners were the team of Ken Kirby, Leon Van, Charlie Keniston and Jim Foote, who put together scores of 188 strokes on Tuesday, and 190 strokes on Thursday for a two day total of 378.

Second place, at 401 strokes (193 and 208), went to Bob Hinde, Will David, Jay Payne and John Schroeder.

Third place, at 402 strokes (196 and 206), went to Jan Hard, Bob Rogers, Joe Troia and Ed Clay.

Tourneys seeing share of fish, not fishermen**Continued from B1**

place by Dan Stewart and Steve Dubois with 7.16 pounds and I finished third with 5.26 pounds.

The lake water level is up considerably over two months ago and the smaller bass are concentrated in the newly flooded grass and brush along the shoreline.

The water is clear in most areas with the exception of

Little Lake Jackson, where the water is considerably darker.

Friday, Sept. 6 Tournament

We only had three boats show up last Friday for the Lake Glenada tournament.

Not sure why since this lake typically yields much bigger fish, but it didn't seem to matter to Dwight Ameling, who along with his partner,

Bob Stanley took first place with three bass weighing well over 10 pounds.

Dwight had a nice 7 pounder that he caught on his fourth cast of the day on a spinnerbait.

In only three tournaments we've had two fish weigh in at over 7 pounds on Lake Glenada, while at Lake Jackson, in nine tournaments, we've had two fish weighing in at over 5 pounds.

With three boats it's "winner take all."

Congratulations Dwight and Bob!

Friday, Sept. 13, will be my 65th birthday and since I haven't won a tournament yet on Lake Glenada, I'm counting on that being my lucky day.

Both tournaments were a lot of fun and we're looking forward to seeing some new faces join us as we fish this

week's tournaments.

Come on out and join us.

It's only \$20, three-fish limit and we only fish from 7:30 a.m. to Noon.

Don Norton is a professional tournament bass fisherman, bass fishing guide, and custom rod builder. He lives in the Golf Hammock area of Sebring with his wife Lexie, and is the owner of a custom rod building company appropriately named "The American Fisherman". He is also the owner of REDS II, a full-service fishing tackle store located at 3603 Sebring Parkway, in Sebring, FL. You can reach him at 863-273-4998 or by email at donorton13@gmail.com. Visit his American Fisherman Facebook page or his website at theamericanfisherman.com. or stop by the store to see him in person.

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Consignment by Appointment

Whether it is back to school shopping, new apartment shopping or just bargain shopping, more and more people are turning to thrift stores and consignment stores.

Shopping can be costly, but a smart shopper knows that there are some really good buys that can be found at thrift stores if one is willing to invest the time to shop them.

Consignment and thrift stores are popping up in all different areas, including exclusive cities and towns. Shopping consignment and thrift stores no longer carries the stigma it once did. Many times the merchandise in consignment stores is brand new or has only been used once. This could be the ideal place to turn for housewares, clothing, accessories, and even gifts for others. The prices are typically marked well below retail value, and you may find some well-known brands.

Consignment and thrift stores offer name-brand clothing at discounted prices, something we all can appreciate. A consignment or thrift store with significant inventory might sell anything from blue jeans and T-shirts to sneakers, shoes and jackets for kids to formal gowns for the woman looking for just the right dress to wear to that black-tie affair.

When looking at second-hand items, avoid electrical or gas products if a label from a recognized certification organization is missing. Look closely at the mark to ensure it matches the design and color of certification marks from the same organization on other similar products. Check wiring and extension cords for wear and damage. In particular, look for worn insulation and splices on the cord and loose or exposed parts on the plug. Avoid purchasing used bicycle, hockey or construction helmets, as you don't know their history or what damage may be hidden from plain view.

There are a lot of treasures to be found in these stores if one is willing to spend a little time looking. You can even have fun and turn your creative skills on. It could be a bigger treasure than you find than what you originally thought.

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Streaks atone for DeSoto loss, get in district win column

Continued from B1

An error gave Hardee their first point of the game, but a quick kill by Gotch ended the side and made the score 6-1.

Cailyn Webb soon went back to serve and was able to serve up an ace which brought the score to 11-3, also forcing the Wildcats to call their first time out of the set.

The time out did not slow the Streaks one bit, with yet another Gotch kill putting Sebring up 22-10.

Hardee called their second and final time out of the set,

but was still unable to slow Sebring with the set finishing 25-10.

The Wildcats started with the serve in the second set, but came up short with a Samantha Allison kill to give the Blue Streaks possession of the ball.

Jordan Hinkle went back to serve and served an ace, adding another point to the scoreboard.

The Lady Blue Streaks went on an 8-5 run and forced the Lady Cats to call their first time out of this particular set.

This time out seemed to

have shifted momentum in favor of Hardee as they were able to close the Streaks lead to just a two point difference. But a pair of kills by Hinkle extended the lead to four to force Hardee to try to shift momentum by calling their second time out.

No damage was done and the Blue Streaks finished the set 25-16.

The Lady Streaks made an explosive run on the Cats in what would be the final set, starting out at 9-4 and causing Hardee to call an early time out.

It was easy to tell that

Sebring was ready to close up shop and end the night going on a 7-5 run with a kill by setter Lindsey Whittington bringing the score up to 17-9.

Another kill by Webb put the Streaks up 21-12 and they

went on another short run finishing the set and game at 25-13.

It was a key win that got the ladies in blue into the win column of the District 11-5A standings.

Sebring took a short road trip north to battle their county rival Red Devils in Avon Park on Thursday.

Check out Sunday's News-Sun for results.

LP tied for district lead

Continued from B1

up the scoreboard 1-1 and gave a glimpse of the nail-biting set to come.

Lake Placid was still struggling with serves, but quickly got possession again with a block by Corley.

A six-point run followed with more kills by Corley and Carabello, giving the Lady Dragons a comfortable lead of 8-2.

But the Panthers wasted no time putting the pressure back on the Dragons, shrinking the gap to make the score 9-6.

Keeping the crowd on the edge of their seats, points went back and forth between the two teams before reaching

ing a 21-21 tie.

It was as if a light switched on for Lake Placid, who finally shifted into gear and finished out the set quickly with a score of 25-22.

Not wanting a recap of the set before, the Lady Dragons started the third set off strong with a quick lead of 6-1, thanks in part to two aces by Joanna Sanchez.

Once again the Lady Dragons let the Lady Panthers get a little too close for comfort, with a score of 8-7, before going on a few good runs with kills by Carabello, Baldwin and Tiffani Broder.

With the score now sitting at 19-10, Lake Placid was

ready to finish up.

And finish they did, with a six-point run to end out the game with a bang, making the final score 25-10.

Though happy with the Lady Dragons' play overall on the night, coach Bauder still expects more from the girls.

"I think sometimes they play down to the level of their opponents," Bauder said. "We did that at times tonight, but I'm happy with the win."

Lake Placid looked to make it 3-0 as they traveled to Frostproof Thursday night, before the big early-season matchup with fellow district front runner Avon Park Tuesday.

AP keeps focus, chills Frostproof

Continued from B1

It has often been after easy wins like this that the ladies in red would often then settle into a comfort zone and allow their opponent to retake momentum.

But that wasn't the case this night, as the second set saw a team determined to continue its' high level of play.

Libero Maria Tataris kept the back-line defense rolling, along with Torres and Alexis Williams, and Williams joined in with some big hitting at the net as well.

The Devils surged out to another big lead and kept building it up, leading 23-9 and looking to hold Frostproof in the single digits yet again.

A slight lapse in focus, however, saw an inadvertent net violation to give the Lady Bulldogs their 10th point before Avon Park finished off the 25-11 win.

A little bit of that relaxation did creep back in during what was the third and final set, though that could well have been expected after the two lopsided wins.

But the Devils didn't let it go too far, regrouping and stepping up when needed to for a 25-18, match-clinching win to keep Avon Park undefeated and tied for the top spot in the District 9-4A standings.

The Lady Devils hosted Sebring Thursday night in the always intense county rivalry, and then travel to Lake Placid, their district co-leader, Tuesday for a crucial showdown.

Two key match-ups that should certainly help Avon Park keep its' focus.

up

the

scoreboard

1-1 and

gave a glimpse of the nail-

biting set to come.

Lake Placid was still

struggling with

serves, but quickly

got possession again with a

block by Corley.

A six-point run followed

with more kills by Corley

and Carabello, giving the

Lady Dragons a comfortable

lead of 8-2.

But the Panthers wasted

no time putting the

pressure

back on the Dragons, shrink-

ing the gap to make the

score 9-6.

Keeping the crowd on the

edge of their seats, points

went back and forth between

the two teams before reach-

ing a 21-21 tie.

It was as if a light

switched on for Lake Placid,

who finally shifted into gear

and finished out the set

quickly with a score of

25-22.

Not wanting a recap of the

set before, the Lady Dragons

started the third set off strong

with a quick lead of 6-1,

thanks in part to two aces by

Joanna Sanchez.

Once again the Lady

Dragons let the Lady

Panthers get a little too close

for comfort, with a score of

8-7, before going on a few

good runs with kills by

Carabello, Baldwin and

Tiffani Broder.

With the score now sitting

at 19-10, Lake Placid was

ready to finish up.

And finish they did, with a

six-point run to end out the

game with a bang, making the

final score 25-10.

Though happy with the

Lady Dragons' play overall

on the night, coach Bauder

still expects more from the

girls.

"I think sometimes they

play down to the level of

their opponents," Bauder

said. "We did that at times

tonight, but I'm happy with

the win."

Lake Placid looked to

make it 3-0 as they traveled

to Frostproof Thursday night,

before the big early-season

matchup with fellow district

front runner Avon Park

Tuesday.

Frostproof Tuesday night

was a different story, though.

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Healthy Living

Research shows yoga may help blood pressure, chronic pain



Dear Pharmacist
Suzy Cohen

Dear Pharmacist: I have neck pain, sciatica and headaches. I've tried prednisone, Celebrex, ibuprofen, Vicodin, physical therapy, chiropractors, massage, reiki, acupuncture, prayer work, laser and two surgeries on my neck. Nothing helps. Please, any ideas? — D.C., San Diego, Calif.

Answer: Assuming your diet is good, I'd try yoga next. I hear you thinking, "I can't even sit without pain, why should I twist myself into a knot?" Because research proves yoga can help certain types of neck and back pain, headaches, migraines, anxiety, high blood pressure and osteoporosis.

Since you've tried addictive narcotics, anti-inflammatories, steroids, surgery and whatever else, spending thousands of dollars and suffering endlessly, I think yoga's worth a shot. It has no side effects other than making you feel refreshed, sort of like a human breath mint.

In a 2012 German study, researchers saw how a nine-week yoga program helped participants with chronic neck pain. Yoga has been around for centuries, and there's no harm so long as you don't push your body past its limits, but in your case, I would still get your physician and chiropractor's blessings.

And speaking of "blessings" I've never associated

a religious connotation with yoga, it's about stretching and breathing. Besides, you'll be the life of the party if you can turn yourself into a human pretzel.

If your hips are tight, it may be the result of inflexibility, and it can subsequently cause your knee joint to become misaligned with the other bones in your leg, causing pain throughout the leg. Sciatica is a rather common condition in which lower back pain extends into one or both legs, by way of the sciatic nerve. A January 2013 study demonstrated that certain "asanas" or yoga poses relieved symptoms of sciatica including pain, rigidity and walking.

Flexibility helps your posture, and the strength that yoga builds in your bones and muscles may reduce your odds for arthritis. A systematic review was performed earlier this year in New Zealand; evidence showed regular yoga practice might alleviate pain caused by musculoskeletal disorders. What

about your bones? Different yoga poses and transitions create mild stress on your bones, which causes the bone to become denser (and stronger!) in order to balance out this stress.

Your mind benefits too. A 2012 study performed in London showed yoga and meditation significantly reduced anxiety and blood pressure and improved mood. That occurs by increasing "happy" serotonin levels, while lowering cortisol, a stress hormone.

Choose classes carefully. When I walked into my first yoga class, it was 105 degrees! It's called "Bikram" yoga, or sometimes "hot yoga."

What a nightmare for me; I despise heat. I could not get out of there fast enough.

So call in advance and ask about the class you want to take. Classes labeled "restorative" or "yin" are gentle, and cool, also those labeled "Vinyasa" or "Hatha" are also fairly easy, at least for me. Start out slowly and with your doctor's permission since you've had surgeries.

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

Change of Pace support groups meet weekly

Special to the News-Sun

Change of Pace caregiver support groups meet weekly to help and stand by family caregivers dealing with Alzheimer's or a related dementia. Seventy percent of caregivers pass before their loved ones because of the stresses of caregiving. Change of Pace strives to relieve that stress through its services. For more information call 382-1188

— In Avon Park, Lisa

Rodriguez facilitates the meeting at First Christian Church, 1016 Camphor St., from 1-2 p.m. every Wednesday.

— In Sebring, Jean Maas and Ellen McKissick lead a group at Sebring Christian Church/Change of Pace, 4514 Hammock Road, from 1-2 p.m. every Thursday, or join Rodriguez and Cora Schwingel for a meeting from 6-7 p.m. every second and fourth Thursday.

— In Lake Placid, Rodriguez and Sharon Puckett facilitate a meeting from 10-11 a.m. every Tuesday at Memorial United Methodist Church, 500 Kent St.

An Anticipatory Grief Support Group meets from 9:30-11 a.m. every Tuesday at Sebring Christian Church/Change of Pace, 4514 Hammock Road, with facilitator Charlie Stroup.

Snapshots

health fair at Nu-Hope Meal Site at Fair Haven (Sebring); and 10 a.m., health fair at Change of Pace (Sebring).

- Friday - 9:30 a.m.,

health fair at Nu-Hope Meal Site at The Groves (Sebring).

All programs are free of charge and are open to the public. For more information, call ACE Homecare at 385-7058.



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Darrin A. Rotman M.D.

Julie L. Iellimo P.A.-C.

Jennifer A. Wolf P.A.-C.

New stroke recovery group meets

Special to the News-Sun

The new self help group for people in the local community who have had a stroke and are living with the effects has started. The purpose of the group is to provide an informal, confidential space to share experiences, support and information. Meetings will feature speakers, occasional outings and exercise.

The meeting place will be at the Sebring Christian Church, 4514 Hammock Road, from 1-2:30 p.m. The group meets twice a month on the first and third Tuesdays. The first Tuesday will be dedicated to a guest speaker who will facilitate the meeting. Printed information from the National Stroke Association will be distributed.

The third Tuesdays will be reserved for "movement therapy". Therapists adapted to working with people affected from stroke will take the group through different techniques of exercises depending on their ability to participate. Also on the third Tuesdays, students from Azure College will be taking blood pressure readings and pulse rates for those interested.

On Tuesday "Music in Motion" will be demonstrated by Belinda Wright, Sunshine Ambassador CNA/HHA with Ace Homecare. Joining Wright will be Carol Kelly, MSEd., RN and Rebecca Moore, Sunshine Ambassador CNA/HHA, both also from ACE Homecare.

Music influences human behavior by affecting the brain and subsequently other bodily structures in ways that are observable, identifiable, measurable and predictable,

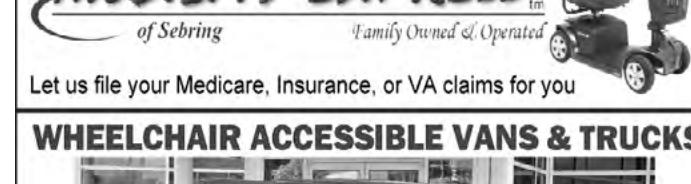
thereby providing the necessary foundation for its use in treatment procedures.

Recent studies have examined the effect of music therapy on stroke patients, when combined with traditional therapy. One study found the incorporation of music with therapeutic upper extremity exercises gave patients more positive emotional effects than exercise alone.

Current research shows that when music therapy is used in conjunction with traditional therapy, it improves rates of recovery and emotional and social deficits resulting from stroke. Other

studies reveal that participants gained not only more flexibility and wider range of motion, but an increased frequency and quality of social interactions and positive mood. It is not necessary to have music ability to benefit from music therapy.

The new Stroke Recovery Group is through H.A.L.L.O. (Handicapped Americans Love of Life Organization). To be on the list for notification of the meetings and guest speakers, call HALLO at 385-1196, email halloinc@embarqmail.com, or write H.A.L.L.O., P.O. Box 7082, Sebring, FL 33872.



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Religion

Christ Lutheran Church - LCMS

AVON PARK – Pastor Scott McLean will preach a sermon titled “A Sinner Saved by Grace.”

The church is at 1320 County Road 64, east of the Avon Park High School past the four-way stop sign. For more information call 471-2663 or search online at christlutheranavonpark.org.

Christian Science Church

SEBRING – The lesson sermon on Sunday morning is titled “Substance”. The keynote is from Proverbs 3:0, “Honour the Lord with thy substance, and with the firstfruits of all thine increase.”

The church is at 154 N. Franklin St.

Christian Training Church

SEBRING – Rev. Linda M. Downing will bring the

message titled “Binding Satan: Part 5” at the Sunday morning service. The Wednesday night Bible study is the book of John.

Church of the Brethren

SEBRING – On Sunday, Pastor Dave Smalley will preach from Acts 13:47-48. The title of his sermon will be “Everyone has an IN crowd”.

The theme for Sunday school will be “God Raises Up a Deliverer” from the scripture of Exodus 3-4.

For information, call 385-1597. The church is at 700 S. Pine St.

Emmanuel United Church of Christ

SEBRING – Guest preacher Rev. Bert Lawrence will deliver the sermon, “Lord, Teach Us How to Pray,” with scripture from Luke 11: 1-4, 9-13.

The church is 1.7 miles west of U.S. 27 on County

Road 634 (Hammock Road). Call 471-1999 or visit sebringemanuelucc.com.

Faith Baptist Church of Lake Placid

LAKE PLACID – Pastor Bill Cole’s message on Sunday will be “Faith is the Victory” Part 2 from Romans 5. The Sunday evening message will be “Seeking Jesus for the Wrong Reasons” from John 6 continuing in his series ‘The Other Gospel’.

On Friday, Sept. 20 the Red, White & Bluegrass Jamboree will be held in the fellowship hall at 6 p.m. Ole’ time country, bluegrass and gospel are presented in an informal atmosphere. This is a free event; a love offering is received to help with missions.

For further information about activities of the Faith Baptist, call the church office at 465-0060 or visit www.faithbaptistchurch.co m. The church is at 660 Holmes Ave.

Faith Lutheran

SEBRING – This Sunday the church celebrates the 17th Sunday after Pentecost. Guest Pastor Tony Douches will deliver his sermon at Faith Lutheran titled, “All Is Forgiven.”

Dave Ramsey’s Financial Peace University will be held starting at 6 p.m. Tuesday, Sept. 24. Call the church for more information at 385-7848. This is a nine-week class.

First Baptist Church of Avon Park

AVON PARK – The Sunday morning message delivered by Rev. Jon Beck will be from Acts 24.

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

First Baptist Church of Placid Lakes

LAKE PLACID – At Sunday worship service,

Pastor Jeff Taylor will speak on “One Another”.

A “Fifth Quarter” party featuring games and refreshments will be held today in the church fellowship hall immediately following the Lake Placid football game. The church group OASIS (Older Adults Sharing in Service) meets every Tuesday and Thursday from 1-3 p.m. in the fellowship hall. The community is invited for this time of fun and fellowship.

The church is at the corner of Washington and Kemper avenues in Placid Lakes. For more information, call 465-5126 from 8:30 a.m. to 1 p.m. Monday through Thursday.

First Christian Church

SEBRING – The pastor’s sermon on Sunday will be titled “Wisdom and Folly” from Proverbs 9:5-9.

Assisting the pastor during the Communion service will be Elders Marla Null and

Sandra Lauer. Deacons for the day will be Catherine Baker and Roger Sands. Deacons serving will be Franny Goff and Carol Graves. Greeting the congregation will be Jennifer Parish.

The church is at 510 Poinssettia Ave.

First Presbyterian Church of Avon Park

AVON PARK – On Sunday, Pastor Bob Johnson’s sermon is titled “The Fear of the Lord” based on Proverbs 1:1-7. The choir’s introit will be “Come into His Presence” and the anthem is “Come Ye Sinners.”

On Sunday afternoon, the Women’s Ministries Executive Board will be at 4 p.m.

Wednesday Bible study will be a book, “What is Discipleship?”, to be studied and discussed.

The church is at 215 E.

Continued on B8

PLACES TO WORSHIP

Places to Worship is a paid advertisement in the News-Sun that is published Friday and Sunday. To find out more information on how to place a listing in this directory, call the News-Sun at 385-6155, ext. 596.

ANGLICAN

♦ **New Life Anglican Fellowship**, 10 N. Main Ave. (Woman’s Club), Lake Placid, FL 33852. Rev. Susan Rhodes, Deacon in Charge, (863) 243-3191; strhodes102@yahoo.com. Sunday Worship, 10 a.m. Teaching, Holy Communion, Music, Fellowship, Healing Prayer. “Pastoral and Spiritual”.

ASSEMBLY OF GOD

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

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

BAPTIST

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

Bible classes at 9:45 a.m. are centered for all ages. Choir practice at 5 p.m. Sunday. Church phone: 452-6556.

♦ **Bethany Baptist Church (GARBC)** We are located at the corner of SR17 and C-17A (truck route) in Avon Park. Join us Sunday morning at 9:00 AM for coffee and doughnuts, followed with Sunday School for all ages at 9:30. Sunday morning worship service begins at 10:30 a.m., and evening worship service is at 6 p.m. On Wednesdays, the Word of Life teen ministry and the Catalyst class (20’s+) begin at 6:30 PM. The adult Bible and Prayer Time begins at 7 p.m. For more information go to www.bethanybaptistap.com or call the church office at 863-452-1136.

♦ **Faith Missionary Baptist Church**, off State Road 17 North of Sebring at 1708 LaGrange Ave. Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Evening Worship, 6 p.m. Wednesday Service, 7 p.m. Deaf interpretation available. Ken Lambert, Pastor. Phone 386-5055.

♦ **Fellowship Baptist Church**, 1000 Maxwell St., Avon Park, FL 33825. Sunday: Sunday School, 9:30 a.m.; Morning Worship, 10:45 a.m.; Wednesday: Evening Service, 7 p.m.; Children/Youth, 7 p.m. Telephone: 453-4256. Fax: 453-6986. E-mail: office@apfellowship.org; Web site, www.apfellowship.org.

♦ **First Baptist Church of Avon Park**, 100 N. Lake Ave., Avon Park, FL - 453-6681. Rev. Jon Beck, pastor; Rev. Johnattan Soltero, Hispanic pastor; Joy Loomis, director of music. Sunday – Sunday school, 9:30 a.m.; Worship, 10:45 a.m.; Children’s Church, 10:45 a.m.; Youth Choir, 4:30 p.m.; Evening Worship, 6 p.m. Nursery provided for both services. Wednesday - Wednesday Night Supper, 5:15 p.m.; Children’s Choir, 5:45 p.m.; Youth Activities, 6 p.m.; Prayer

Meeting/Bible Study, 6 p.m.; Worship Choir Practice, 6 p.m.; Mission Programs for Children, 6:45 p.m. Hispanic Services: Sunday school at 9:30 a.m., worship service at 11 a.m. Wednesday Bible study at 7 p.m. To watch services online, go to the website at www.fbclp.net. “In the heart of Avon Park, for the hearts of Avon Park.”

♦ **First Baptist Church of Lake Josephine**, 111 Lake Josephine Drive, Sebring (just off U.S. 27 midway between Sebring and Lake Placid). Your place for family, friends and faith. Sunday morning worship service is 11 a.m. Nursery is provided for both services with Children’s Church at 11 a.m. Life changing Bible Study for all ages starts at 9:45 a.m. Sunday night worship at 6 p.m. Wednesday Bible Study and Prayer meeting at 7 p.m. along with youth worship in the youth facility, and missions training for all children. Call the church at 655-1524.

♦ **First Baptist Church of Lake Placid**, Knowing God’s Heart and Sharing God’s Hope, 119 E. Royal Palm St., Lake Placid, FL 33852 (863) 465-3721, Website: www.fbclp.com. Email:

information@fbclp.com. Sunday services - Traditional Service 9 a.m., Contemporary Service 10:30 a.m. Link Groups at 9 and 10:30 a.m., Wednesday Activities: Family dinner at 5 p.m. (\$4 per person, reservations required). Prayer meeting, Youth Intersections, and MaxKidz Extreme meet at 6:15 p.m. The church is at 119 E. Royal Palm St., Lake Placid. For information, call 465-3721 or go to www.fbclp.com.

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

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

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

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

♦ **Independent Baptist Church**, 5704 County Road 17 South, Sebring, FL 33876. Sunday School, 9:30 a.m. Sunday evening, 6 p.m. Wednesday service, 7 p.m.

Fundamental, soul-winning, mission-minded, King James Bible Church. Larry Ruse, pastor. Phone 655-1899. Bus transportation.

♦ **Leisure Lakes Baptist Church**, 808 Gardenia St., Lake Placid (just off Miller at the west end of Lake June) “Where the old fashion gospel is preached.” Sunday School begins at 9:30 a.m.; Sunday Worship service at 10:45 a.m.; Sunday Evening Service is at 6 p.m. Wednesday Prayer Meeting and Bible Study at 6 p.m. Call the church at 699-0671 for more information.

♦ **Maranatha Baptist Church (GARBC)**, 35 Maranatha Blvd., Sebring, FL 33870 (A half mile east of Highlands Avenue on Arbuckle Creek Road.) Sunday School, 9

a.m.; Morning Worship, 10:15 a.m.; Evening Service, 6 p.m. Mid-week service, Wednesday, 6 p.m. Daily Prayer and Bible Study, 8 a.m., Hamman Hall. Pastor Gerald Webber and Associate Pastors Don Messenger and Ted Erle. Phone 382-4301.

♦ **Parkway Free Will Baptist Church**, 3413 Sebring Parkway, Sebring, FL 33870. Welcome to the church where the “Son” always shines. Sunday School, 10 a.m.; Morning Worship, 11 a.m.; Sunday Evening Worship, 6 p.m.; and Wednesday Evening Worship, 7 p.m. End-of-the-Month-Sing at 6 p.m. on the last Sunday of each month. The Rev. J.S. Scaggs, pastor. Church phone: 382-3552. Home phone: 214-3025. Affiliated with the National Association of Free Will Baptists, Nashville, Tenn.

♦ **Sparta Road Baptist Church, (SBC)** 4400 Sparta Road. Rev. Mark McDowell, Pastor. Sunday school, 9:45 a.m.; Sunday Morning Worship, 11 a.m.; Sunday Evening Worship, 6 p.m. Wednesday: Prayer/Bible Study, 6 p.m. Nursery provided. For information, call 382-0869.

♦ **Southside Baptist Church (GARBC)**, 379 S. Commerce Ave., Sebring. David C. Altman, Pastor. Sunday School for all ages, 9:30 a.m.; Morning Worship Service, 10:45 a.m.; Evening Worship, 6 p.m. Wednesday: Student ministry, 6:30 p.m.; Awana kindergarten through fifth grade, 6:30 p.m.; Adult Midweek Prayer and Bible Study, 7 p.m. A nursery for under age 3 is available at all services. Provisions for handicapped and hard-of-hearing. Office phone, 385-0752.

♦ **Spring Lake Baptist Church**, “Where the Bible is Always Open.” Pastor Richard Schermerhorn, 7408 Valencia Road; 655-2610. Assistant Pastor Ronald Smith, 386-1610. On U.S. 98 at the Spring Lake Village II entrance. Sunday School, 9:45 a.m. for all ages; Morning Worship, 10:45 a.m.; Sunday Evening Worship, 6 p.m. Wednesday Mid-week Bible Study and Prayer Service, 6:30 p.m. Nursery available for all services.

♦ **Sunridge Baptist Church, (SBC)** 3704 Valerie Blvd. (U.S. 27 and Valerie, across from Florida Hospital), Sebring. Tim Finch, pastor. Sunday School, 9:30 a.m.; Sunday Morning Worship, 10:45 a.m.; and Sunday Evening Service, 6 p.m. Wednesday: Prayer, Bible Study, and Youth, 6:30 p.m. Nursery provided. For information, call 382-3695.

CATHOLIC

♦ **Our Lady of Grace Catholic Church**, 595 E. Main St., Avon Park, 453-4757. Father Nicholas McLoughlin, pastor. Saturday Vigil Mass is 4 p.m. in English and 7 p.m. in Spanish; Sunday mass 8 and 10:30 a.m. in English. Confessions are at 3:30 p.m.

Saturday. Religious Education Classes (September to May) are 9:10-10 a.m.

Sunday for grades K through 5th. Grades 6th through Youth Bible Study are from 6:30-8:30 p.m. Wednesday. Youth Nights grades 9th and up, 6:30-8:30 p.m.

Wednesday.

♦ **St. Catherine Catholic Church**, 820 Hickory St., Sebring. Parrish office/mailing address: 882 Bay St., Sebring, FL 33870, 385-0049, 385-6762 (Spanish); fax, 385-5169; email, office@stcathe.com. School Office/Mailing, Principal Dr. Anna V. Adam, 747 S. Franklin St., Sebring, FL 33870; 385-7300; fax, 385-7310; email school@stcathe.com. School office hours 7:30 a.m. to 3:30 p.m. Monday-Friday.

Clergy: Very Rev. José González, V.F., fijose@stcathe.com or 385-0049; Parochial Vicar, Rev. Victor Caviedes, 385-3993;

Assisting Priest (retired), Rev. J. Peter Sheehan; Deacons, Rev. Mr. James R.

McGarry and Rev. Mr. Max M. Severe.

WEEKEND MASS SCHEDULE: Saturday: - 4 p.m.; Sunday - 8 and 10 a.m., 12 p.m.

(Spanish), 5 p.m. (Holy Family Youth Center), every third Sunday of the month

CHRISTIAN & MISSIONARY ALLIANCE

♦ **The Alliance Church of Sebring**, 4451 Sparta Road, Sebring, FL 33875. Call 382-1343. Rev. Steve Hagen, pastor.

Sunday services: Sunday School meets at 9:30 a.m.; Sunday Morning Worship Service meets at 10:30 a.m.;

Religion

Wisdom from the Book of Wisdom, Part 2

Guest Column

Frank Parker

In a previous article, we emphasized the challenge and wisdom from Romans 12:16 "...Do not be wise in your own opinion." We then drew great lessons from Nadab and Abihu, the elders of Israel, Naaman, and Jeroboam. Romans 15:4 tells us these examples will teach us if we heed the lessons.

Jesus encountered many situations where human wisdom/opinions became a hindrance to understanding Truth. Once again the Messiah told the disciples He must go to Jerusalem, suffer many things, be killed and be raised the third day. (Matthew 16:21) This would never happen according to Peter! Jesus turned to Peter and said, "Get behind Me, Satan! You are an offense to Me, for you are not mindful of the things of God, but the things of men" (Matthew 16:23). The things of men? The comic "Close To Home" showed it

perfectly: Two are having a conversation in front of a building, "We're trying to attract more young people, so we changed our name." The sign on the building? The First Church of the Holy Playstation. The "things of men" are entertainment and churches of your choice but "the things of God" are the power of the gospel (Romans 1:16) and the one faith, one body. (Ephesians 4:4-6)

The religious leaders in the time of Christ were no match for His simple teaching.. The "wisdom" of the Pharisees was to set themselves up as the model and standard for all religious teaching. Modern day translation: You cannot teach the Bible because you do not have a PhD or DD or you have not graduated from "our" college or seminary.

When Paul was in Caesarea to speak in his own defense, he made the confession, "Indeed, I myself

thought I must do many things contrary to the name of Jesus of Nazareth" (Acts 26:9). Paul's opinions, though false, led him to try to destroy the church, the body of Christ. His conversion, new birth, recorded in Acts 9 and 22, and his life of service in the kingdom, declared the weakness of human wisdom and the power of Divine wisdom when Paul proclaimed, "I am what I am by the grace of God!" All that he obtained by human wisdom/opinion he counted as rubbish. (Philippians 3:8)

Perhaps there is no clearer example of the folly of human wisdom/opinion than Romans 1:18-32. Paul states that the creation of the world shows the attributes of

Jehovah, and therefore, men are without excuse, but "...although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened. Professing to be wise, they became fools" Romans 1:21, 22). What was the fruit that evidenced "they became fools"? Read on! "For this reason God gave them up to vile passions. For even their women exchanged the natural use for what is against nature. Likewise also the men, leaving the natural use of the women, burned in their lust for one another, men with men committing what is shameful, and receiving in themselves the penalty of their error which was due" (verses 26,27). The Holy Spirit through Paul continued a long list of fruits of human opinion!

Now back to some solid, sensible ground. "Trust in the Lord with all

your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" (Proverbs 3:5, 6). This is an ageless admonition. Israel needed that Divine wisdom. "In those days there was no king in Israel; everyone did what was right in his own eyes" (Judges 21:25). Today is also in desperate need of this wisdom with its 43,000-plus denominations, creeds and doctrines of men. "For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers; and they will turn their ears away from the truth, and be turned aside to fables" (2 Timothy 4:3, 4).

Frank Parker can be contacted at frankparker27@gmail.com

PLACES TO WORSHIP

EPISCOPAL

♦ **St. Agnes Episcopal Church**, 3840 Lakeview Drive, Sebring, FL 33870. Father Scott Walker. Sunday Services: Holy Eucharist Rite I - 7:45 a.m., Holy Eucharist Rite II - 10 a.m. Midweek service on Wednesday at 6 p.m. Sunday School for all ages at 9 a.m. The nursery is open 8:45 a.m. until 15 minutes after the 10 a.m. service ends. Wednesday: Adult Bible study, 9:30 a.m. Visitors are always welcome. Church office 385-7649, for more information.

♦ **St. Francis of Assisi Anglican Episcopal Church**, 43 Lake June Road, Lake Placid, FL 33852. Phone: 465-0051. Rev. Elizabeth L. Nelson, Rector. Worship: Sunday, 8 a.m.; 10:30 a.m. and 6 p.m. Sunday Bible study at 9:15 a.m. Sunday School at 10:30 a.m. Wednesday Worship 6 p.m. and Thursday 9 a.m. Holy Communion with Healing. Call the thrift store for hours open - 699-0221.

EVANGELICAL FREE CHURCH OF AMERICA

♦ **The Church of the Way EFCA**, 1005 N. Ridgewood Drive, Sebring. Sunday school and worship service at 9 a.m. and 10:30 a.m. Youth activities, 6:30 p.m. Wednesdays. The Way is a church family who gathers for contemporary worship, teaching of God's Word, prayer and fellowship. Come early and stay after for fellowship time. Child care and children's church are provided. Reinhold Buxbaum is pastor. The Way - A place for you. Office Phone: 471-6140, Church Cell Phone: 273-3674. Email: thewaychurch@hotmail.com. Web site: www.TheWayChurch.org

GRACE BRETHREN

♦ **Grace Brethren Church**, 3626 Thunderbird Road, (863) 835-0869. Dr. Randall Smith, senior pastor. Sunday services at 9 a.m., 10:45 a.m. and 6 p.m.; Wednesday services at 7 p.m. We offer "Kid City" Children's Ministry throughout all services, and there are various other classes for teens, married couples, "prime-timers," and Bible studies in Spanish. "Kid City" Day Care, Preschool and After-School Monday-Friday: 7 a.m.-6 p.m. (For registration call: 385-3111). Check us out on the Web at www.sebringgrace.org.

INDEPENDENT

♦ **First Christian Church**, 1016 W. Camphor St., Avon Park, FL 33825; (863) 453-5334; on the Web at www.firstchristianap.com. Our motto is "Jesus is First at First Christian Church." Greg Ratliff, Senior Minister; Bible School 9 a.m.; Worship 10 a.m.; Wednesday studies for all ages, 6 p.m. Nursery provided for all events.

INTERDENOMINATIONAL

♦ **World Harvest and Restoration Ministries**, (non-denominational) 2200 N. Avon Blvd., Avon Park, FL 33825. Phone: 452-9777 or 453-3771. Sunday service: Sunday School, 10 a.m. and worship, 11 a.m. Wednesday services: 7 p.m. prayer meeting/Bible study. Pastor: W.H. Rogers.

LUTHERAN

♦ **Atonement Lutheran Church (ELCA)**, 1178 S.E. Lakeview Drive., Sebring. David Thoresen will be the Spiritual Leader every Sunday for the next two months. Jim Helwig, organist. Worship service with the Holy Eucharist is at 9:30 a.m. every Sunday. Birthday Sunday is the first Sunday of each month after the service. Council meeting is on the first Tuesday of each month. WELCA meets at noon second Tuesday of the month with a light lunch. Labyrinth Prayer Garden is open to the public 24 hours a day, seven days a week. When in need of prayers or to talk to God, come to the Garden. Come and grow with us; we would love to meet you and your family. Don't worry about how you look. Jesus went to the temple in a

robe and sandals. Quilting classes every Monday at 6 p.m. Looking for quilters or people willing to learn. Call 840-3303. ♦ **Christ Lutheran Church Avon Park - LCMS**, 1320 County Road 64, 1/2 mile east of Avon Park High School past the four-way stop sign. Sunday Divine Worship is at 10 a.m. Holy Communion is celebrated every week with traditional Lutheran Liturgy, hymns and songs of praise. Fellowship time with coffee and refreshments follows worship. Come worship and fellowship with us. For information call Pastor Scott McLean at (863) 471-2663 or see christlutheranavonpark.org.

♦ **Faith Lutheran Church - LCMS**, 2740 Lakeview Dr, Sebring. Church phone: 385-7848. Faith Child Development Center: 385-3232. Summer Sunday Worship Service: 10 a.m. Communion served 1st, 3rd & 5th Sunday. Sunday School & Bible Classes: 9:00 a.m. Worship Svc. Broadcast at 10 a.m. on WITS 1340AM each Sunday. Educational opportunities include weekly adult Bible studies, Faith's Closet Thrift Store (385-2782) is open from 10 a.m.-2 p.m. Tuesday-Friday and 10 a.m.-1 p.m. Saturday. All are warmly welcome in the Family of Faith.

♦ **Good Shepherd Lutheran Church (AALC) American Association of Lutheran Churches**, 3240 Grand Prix Drive, Sebring, FL 33872. James Weed, pastor. Worship Service, 10:30 a.m. Sunday. Bible Study, 9 a.m. Nursery provided. Social activities: Choir, Missions, Evangelism. Phone 385-2346.

♦ **New Life Evangelical Lutheran Church**, 3725 Hammock Road, a Congregation of the Evangelical Lutheran Synod (ELS) in fellowship with the Wisconsin Evangelical Lutheran Synod (WELS). Sunday Worship at 10 a.m.; Bible Study, 9 a.m. For more information, call Pastor Luke Willitz at 385-2293 or visit the Web site at www.newlifesebring.com.

♦ **Resurrection Lutheran Church - ELCA**, 324 E. Main St., at Memorial Drive, Avon Park. Pastor Rev. John C. Grodzinski. Sunday worship at 8 and 10:30 a.m.; Sunday School at 9:15 a.m. Fragrance Free Service Wednesdays at 7 p.m. Open Communion celebrated at all services. "God's Work, Our Hands."

♦ **Trinity Lutheran Church - LCMS**, 25 Lakeview St., Lake Placid, FL 33852; 465-5253. The Rev. Richard A. Norris, pastor; Susan C. Norris, Trinity Tots Pre-School director; and Noel Johnson, minister of youth and family life. Worship schedule after Easter through December: Worship service 10 a.m., and Education Hour, 8:45 a.m. Worship schedule for January through Easter: Worship service, 8:30 and 11 a.m., Education Hour 9:45 a.m.

Traditional Service with Holy Communion each first and third Sunday. Non-Traditional Service each second, fourth and fifth Sunday. Seasonal mid-week services Wednesday evenings during Lent and Advent. Call church office for additional Worship times and special holiday services. Other activities and groups include: Choirs; Ladies Guild and LWML; Men's Fellowship Group, Small Group Bible Studies as scheduled; Trinity Tots Preschool, Youth Group activities (call for meeting times and dates). Visit us online at: www.Trinitylutheranlp.com.

NON-DENOMINATIONAL

♦ **Bible Fellowship Church**, 3750 Hammock Road, Sebring, FL 33872. Sunday: American Sign Language: First Worship sermon, songs signed first and second Worship services. First Worship service, 9 a.m.; Second Worship service, 10:45 a.m. Nursery (up to 2 years old) and Sunday school classes both hours.

BFC Youth, 6 p.m.; Evening Service, 6 p.m. Wednesday: Children, ages 4 yrs through 5th grade, 6 p.m.; Youth, 6-7:30 p.m.; Prayer time, 6:15 p.m. Todd Patterson, pastor; Andy McQuaid, associate pastor. Web site www.bfcsebring.com. Church office 385-1024.

♦ **Calvary Church**, 1825 Hammock Road, Sebring, FL 33872; 386-4900. An independent community church. Sunday morning worship, 10 a.m.; Bible study, 11:15 a.m.; Sunday evening service, 6 p.m. Pastor Lester Osbeck. A small friendly church waiting for your visit.

♦ **Christian Training Ministries Inc.**, on Sebring Parkway. Enter off County Road 17 on Simpson Avenue. Sunday service is at 10 a.m.; Wednesday Bible study at 7 p.m. A nursery and children's church are provided. The church is part of Christian International Ministries Network, a full gospel, non-denominational ministry. Linda M. Downing, minister, lindadowning@live.com. Casey L. Downing, associate minister, caseydowning@hotmail.com. Church phone: 314-0482. Web site: www.ctmforme.com

♦ **Crossroads of Life**, 148 E. Interlake Blvd., Lake Placid, FL 33852; Tel. 863-655-9163. The place of your Divine appointment. We expect our supernatural God to transform our lives through His power and grace. Come, learn of His plan and destiny for you. With His plan we receive His provision along with His perfect timing and opportunity. What you have longed for, but have been missing, can now be received. The direction you have been thirsty for will suddenly quench your parched soul. Come to experience what you have been missing for so long - empowerment in every area of life. We teach, train and send forth to win souls. You don't speak English - no problem. We have a Spanish interpreter. We look forward to fellowship and worship with you at 7 p.m. every Wednesday. Pastors Gil and Rosa Benton (Faith Never Fails).

♦ **Grace Bible Church**, 4541 Thunderbird Road, (second church on left) Sebring, FL 33872. Phone, 382-1085. Dustin Woods, lead pastor. Saturday Worship: 6:30 p.m. Sunday, 9 and 11 a.m. Monday, 5:30-7:30 p.m.; Wednesday, Children's & Youth Programs, 6 p.m.; Wednesday, 8:30 p.m., College Ministry. www.GBCconnected.org

♦ **Faith Center West Ministry**, "Restoring Lives, Families & Communities." In the Banyan Plaza at 2349 U.S. 27 South, Sebring, FL 33870. Pastors Leroy and JoAnn Taylor the public to worship on Sundays at 11 a.m. for Praise & Worship and on Wednesdays at 7 p.m. for Bible study and prayer. Children classes are available for all services. Ministries for youth, men and women are held throughout the month. Please attend these Spirit-filled services. "Moving Forward in Unity." Church office, 385-1800 or 655-2748.

♦ **Highlands Community Church**, a casual contemporary church, meets at 3005 New Life Way. Coffee at 9:30 a.m.; Worship at 10 a.m. Nursery and Kid's World classes. Small groups meet throughout the week. Church phone is 402-1684; Pastor Bruce A. Linhart.

♦ **New Beginnings Church of Sebring**, worshiping at The Morris Chapel, 307 S. Commerce Ave., Sebring, FL 33870. Pastor Gary Kindle. Bible study every Sunday, 9 a.m. Blended Church Service, 10:15 a.m. Phone (863) 835-2405. newbeginningschurchofsebring.com Begin your week with us.

♦ **The Lord's Sentinel Fellowship Church**, 148 E. Interlake Blvd., Lake Placid (at Lake Placid Christian School), Pastor Juanita Folsom. Sunday morning service, 10:30 a.m.; Monday, Sentinel School of Theology, 7 p.m.; Church service, Tuesday, 7 p.m. More information at www.juanitafolsomministries.com.

♦ **Union Church**, 106 N. Butler Ave., Avon Park, FL 33825. Sunday traditional worship service is at 7:45 a.m. (October through Easter) and 9 a.m. Contemporary Sunday worship service is at 10:45 a.m. Nursery and children's church available. Wednesday night worship with Pastor Tiger Gullett and CrossTalk with Pastor Bill Breylinger at 6 p.m. Breakfast and lunch menus at Solid Grounds. Senior Pastor is Bill Breylinger. Office: 453-3345. Web page at www.weareunion.org.

♦ **Unity Life Enrichment Centre**, new location, 10417 Orange Blossom Blvd. S., Sebring, FL 33875; 471-1122; e-mail unity@vianet.net. Web site, www.unity-ofsebring.org. 10:30 a.m. Sunday Celebration Service, Nursery and Children's Church. Weekly Classes, Christian Bookstore and Cafe, Prayer Ministry, Life Enrichment Groups. Rev. Andrew C. Conyer, senior minister transforming lives from ordinary to extraordinary.

♦ **Calvary Church**, 1825 Hammock Road, Sebring, FL 33872; 386-4900. An independent community church. Sunday morning worship, 10 a.m.; Bible study, 11:15 a.m.; Sunday evening service, 6 p.m. Pastor Lester Osbeck. A small friendly church waiting for your visit.

♦ **Spring Lake Presbyterian Church (USA)**, 5887 U.S. 98, Sebring, FL 33876. Sunday School, 9 a.m.; Worship Service, 10:30 a.m. Nursery available during worship. Call the church office for more information and other classes.

♦ **First Presbyterian Church, ARP**, www.fpclp.com, 117 N. Oak Ave., Lake Placid, 465-2742. The Rev. Ray Cameron, senior pastor; the Rev. Drew Severance, associate pastor. Sunday Traditional Worship, 9 a.m.; Contemporary Worship, 11 a.m.; Sunday School, 10:10 a.m. Wednesday evenings: Adult small group Bible Study 7 p.m. (Nursery available), Youth Group - 6-12th grades) 7 p.m., nursery and children's ministry, 7 p.m. Family Biblical Counseling available by appointment.

♦ **Spring Lake Presbyterian Church (USA)**, 5887 U.S. 98, Sebring, FL 33876. Sunday School, 9 a.m.; Worship Service, 10:30 a.m. Nursery available during worship. Call the church office for more information and other classes.

♦ **Memorial United Methodist Church**, 500 Kent Ave., (overlooking Lake Clay) Lake Placid, FL, 33852. Rev. Tim Haas, pastor. Rev. Claude H.L. Burnett, pastoral assistant. Rev. Jerry McCauley, visitation pastor. Sunday worship services: Worship Service, 8:30 a.m. and 10:45 a.m. Sunday School, 9:30 a.m. Loving nursery care provided every Sunday morning. Youth Fellowship, 5 p.m. We offer Christ-centered Sunday school classes, youth programs, Bible studies, book studies and Christian fellowship. We are a congregation that wants to know Christ and make Him known. Check out our church website at www.memorialumc.com or call the church office at 465-2422. Lakeview Christian School, VPK to Grade 5, 465-0313.

♦ **St. John United Methodist Church**, 3214 Grand Prix Drive, Sebring, FL 33872. The Rev. Ronald De Genaro Jr., Pastor. Sunday School, 9:30 a.m.; Adult Sunday School, 11 a.m.; Sunday Morning Worship, 8 a.m., 9:30 a.m. and 11 a.m. Nursery provided for all services. Phone 382-1736. www.stjohnsebring.org

♦ **Spring Lake United Methodist Church**, 8170 Cozumel Lane, (Hwy 98) Sebring. The Rev. Clyde Weaver Jr., Pastor.

Worship service starts at 9:55 a.m. Bible Study meets at 10:00 a.m. on Tuesday.

Choir Practice at 4:00 p.m. on Thursday. Church office phone: 655-0040.

SEVENTH-DAY ADVENTIST

♦ **Avon Park Seventh-day Adventist Church**, 1410 West Avon Blvd., Avon Park. Phone: 453-6641 or e-mail: avon-parksda@embarqmail.com, Sabbath School, 9:30 a.m. Saturday. Church Service 10:45 a.m. Saturday. Wednesday prayer meeting 7 p.m. Community Service hours on Tuesday and Thursday is from 9:00 a.m. till 2 p.m. A sale takes place the first Sunday of each month. Senior Pastor Frank Gonzalez. Walker Memorial Academy Christian School offering education for kindergarten through 12th grades. ALL ARE WELCOME. Associate Pastor is Ryan Amos. Website is www.discoverjesus.org

Religion

What is your greatest priority?



Kevin's Komment

Kevin Patterson

of the list. That means that Jesus must take precedent over everyone and everything in our lives. That may not always be the easiest thing to do, but it will always be the right thing to do.

In Matthew 10:34-38, Jesus said, "Do not think that I came to bring peace on the earth; I did not come to bring peace, but a sword. For I came to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and a man's enemies will be the members of his household. He who loves father or mother more than Me is not worthy of Me; and he who loves son or daughter more than Me is not worthy of Me. And he who does not take his cross and follow after Me is not worthy of Me." This passage teaches a very fundamental lesson: If you place Jesus above all others, you may suffer the alienation or

loss of all others. Not everyone is willing to accept this difficult teaching, but those who wish to be worthy in the eyes of Jesus will.

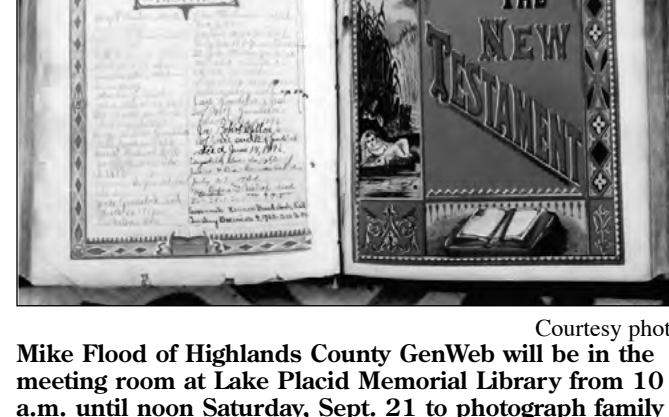
Even at my young age, because of the priority that Jesus plays in my life and the respect that I have for the Bible as the inspired word of God, I have suffered the alienation and/or loss of several friends and family members. I did not enjoy it, and it grieves my heart to this day, but I still must serve Jesus Christ as the Lord and Master of my life. Everyone and everything else must come second.

The decisions of life are not always easy, and when Jesus becomes your greatest priority, life can become even harder in some ways. But, when we put Him first, Jesus promises us eternal rewards that will far outweigh the sufferings of this life. "But seek first His kingdom and His righteousness, and all these things will be added to you."

(Matthew 6:33)

Kevin's Komment is written by Kevin Patterson and presented by the Sebring Parkway church of Christ assembling at 3800 Sebring Parkway. On the Internet visit www.sebringcoc.com, or e-mail sebringparkway@sebringcoc.com.

Old family Bibles to be documented in Lake Placid



Courtesy photo
Mike Flood of Highlands County GenWeb will be in the meeting room at Lake Placid Memorial Library from 10 a.m. until noon Saturday, Sept. 21 to photograph family information found in old family Bibles. The information collected will be put on the Highlands County GenWeb page to share with others searching for their family roots. Highlands County GenWeb is a free site, part of the flegenweb.org project. The Highlands County Home page contains many links to other Florida records of interest to family historians. If you have any questions about the workshop or the website call Mike Flood at 471-6381.

tions representative for Good Shepherd Hospice.

just south of the Frostproof Middle Senior High School.

FROSTPROOF — The Family Life Church's Kid's World (children's department) will host a Back to School Bash from 10 a.m. to 1 p.m. Saturday, Sept. 21 for Kindergarten through fifth grades and from 2-5 p.m. for grades sixth through 12th. The event will be held at Family Life Church, 139 Bulldog Way,

Ages Kindergarten through fifth grade are invited to attend with parents. Inflatable water slides and slip-n-slides will be set up for the event. Free snow cones, cotton candy and other yummy treats will be given away. There will be a pie eating contest and games to play. Lots of fun for everyone. Kids should bring towels. Parents may want to bring a comfy folding chair. Call (863) 635-4500 for more information.

St. James plans workshop

SEBRING — The Health Ministry of St. James Catholic Church invites the public to a program at 10 a.m. Thursday, Sept. 19 in the social hall. The program is about how to live and prepare to die. The scope and nature of hospice services are also discussed.

The presenter will be Mary Alexander, BS, MS. She is the professional rela-

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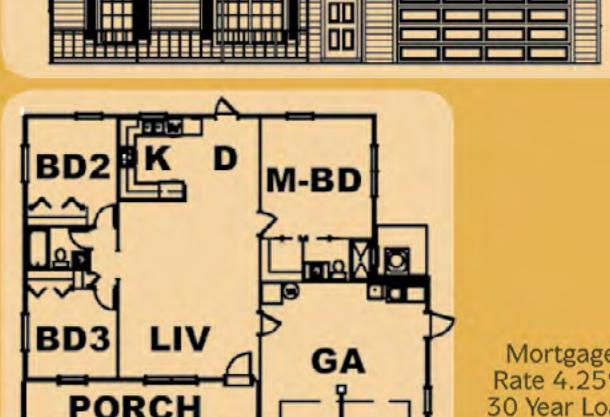
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Continued from page B6

Circle St. (with two entrances on Lagrand Street). Call 453-3242 or check the website, avonparkapchurch.com.

First Presbyterian Church of Sebring

SEBRING — Sunday is National Back to Church Sunday. Rev. Don Davis, guest speaker, will preach on "What's In Your Eye?"

The church is at 319 Poinsettia Ave. For information, call 385-0107.

First United Methodist Church

SEBRING — Rev. A.C. Bryant will bring the message "Away with Paul" with scripture from Acts 21:26-36.

Wednesday is family night with food, fun and Bible study.

Call the church office for information at 385-5184.

The church is downtown at 126 South Pine Street.

Grace Pointe Ministries

SEBRING — Tuesday's home Bible study, "Messiah Shadow To Image," allows participants to learn about the Tribes of Israel.

For directions and more information call 658-2534.

Sunday morning's sermon series continues with "What Comes After the Anointing? - Another Fire".

The church meets at 200 Lark Ave., Sebring Hills Association Clubhouse

Heartland Christian Church

SEBRING — Pastor Ted Moore's sermon this week will be "No Oxen in a Clean Barn" with scripture from Matthew 5:1-6. The service

Church News

will include specials by Walt Malinowski and Robert Whitman.

Tuesday night adult Bible study will be "Fallacies of the New Age Movement" taught by Pastor Ted Moore.

Wednesday night supper will be served by Brabra Kelly.

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

Memorial United Methodist Church

LAKE PLACID — Pastor Tim Haas will preach Sunday morning on "Send Out An Emergency Flare to God" with the Scripture lesson from Luke 15:1-10.

The church is at 500 Kent Ave. For information call 465-2422.

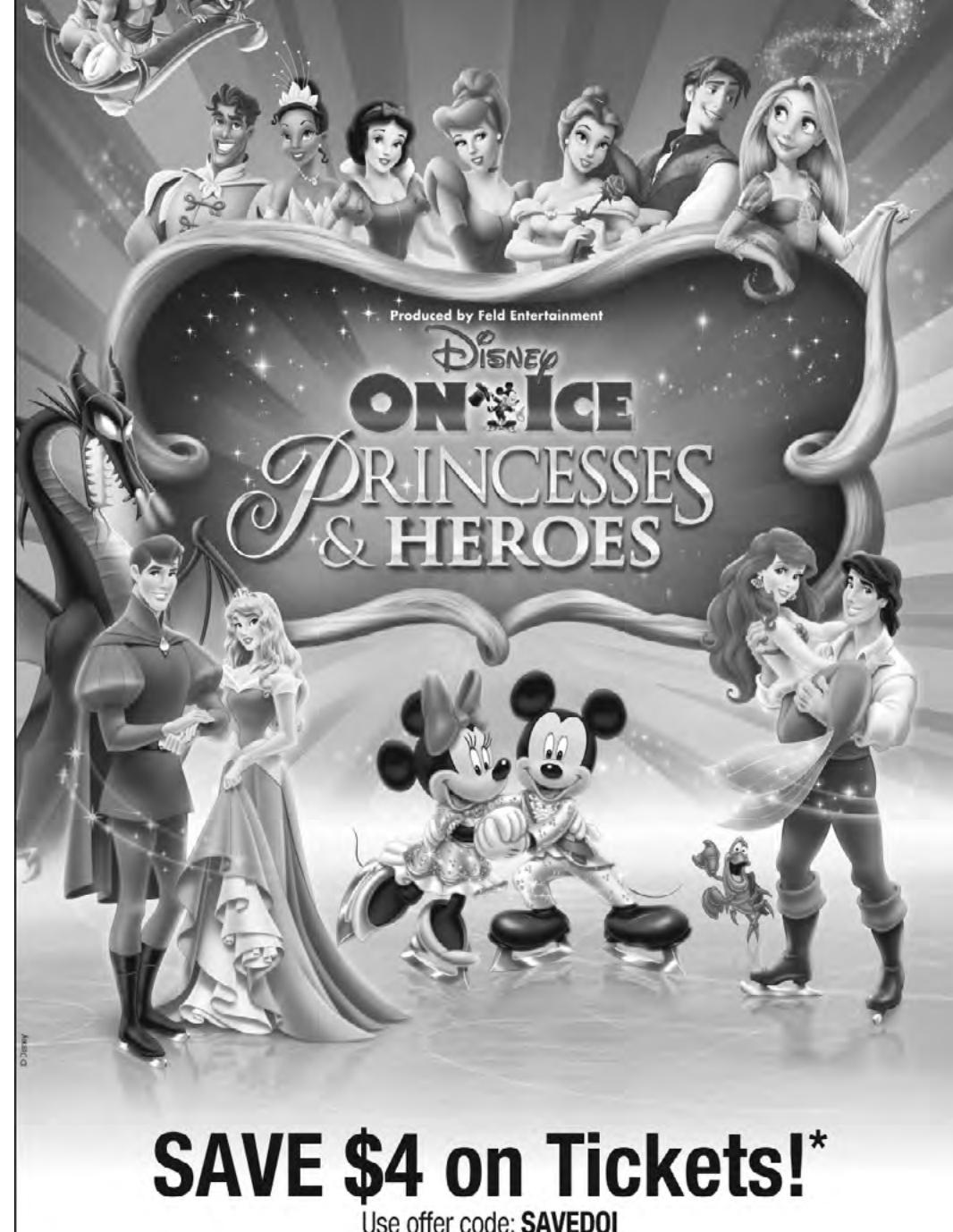
New Beginnings Church

SEBRING — On Sunday, Pastor Gary Kindle's sermon is titled "Dependent on God's Word" based on Psalm 119:169-176.

Puzzle Solution



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The church's present location is The Morris Chapel, 307 S. Commerce Ave. For more information, call 835-2405.

Parkway Free Will Baptist Church

SEBRING — The Sunday morning Bible lesson, "Knowledge of Good and Evil," is taken from Genesis 3. Pastor Jim Scaggs will bring the message, "Walking by Faith."

The church is at 3413 Sebring Parkway. Call 382-3552 for information.

Spring Lake United Methodist Church

SEBRING — Spring Lake United Methodist Church is at 8170 Cozumel Lane. The pastor's sermon on Sunday will be "Thine Is The Kingdom".

St John United Methodist Church

SEBRING — On Sunday, the Rev. Ronald De Genaro's message will be "Of Lost Things." Biblical reference is from Luke 15:1-10.

Diversions/Puzzles

'Blue Caprice' is mature and intelligent

By DAVID ROONEY

The Hollywood Reporter

LOS ANGELES — "Blue Caprice" is a disturbing, masterfully controlled thriller based on the 2002 sniper attacks in the Washington, D.C., suburbs. The national discussion of mass shootings and gun control stands to heighten the impact of director Alexandre Moors' head-turning debut, which is driven by performances of brooding intensity from Isaiah Washington and Tequan Richmond.

Following a grainy montage of news and surveillance video accompanied by traumatized 911 calls reporting shootings in the D.C. area, the story opens amid the lush island vegetation of Antigua in the Caribbean. A teenage boy, Lee (Richmond), watches in mute fury as his mother leaves their home to take work elsewhere, saying she'll be back for him. But as her absence stretches on, Lee grows bored, frustrated and then desperate, seemingly attempting to drown himself in the rough surf.

He is rescued and taken in by John (Washington), a visiting American whose three young daughters have been removed from their country in violation of a custody agreement. With no word from Lee's mother, John eventually takes him back to Tacoma, Wash.

From early in their relationship, John begins drilling his life-is-unfair views into Lee, whose absence of a father figure renders him highly susceptible to the older man's influence. The bottomless pit of John's anger becomes steadily more apparent back in the U.S., as he takes Lee on a tour of the middle-class suburban neighborhood of his former life. He talks of the evil that lives there, the ghosts left behind, and the vampires like his ex-



Isaiah Washington stars as John Allen Muhammad and Tequan Richmond stars as Lee Boyd Malvo in Sundance Selects' 'Blue Caprice.'

wife, who sucked him dry. Since their return from Antigua, she has taken out a restraining order against him and removed their children to parts unknown. This gnaws at him like a cancer.

When Lee is taken along with John and his Army buddy Ray (Tim Blake Nelson) to let off steam with some target practice in the woods, he reveals himself to be a natural with a gun. Watching the boy's face the first time a semi-automatic "widow-maker" is placed in his hands is especially disquieting in light of recent events. After John's erratic behavior gets them kicked out by his girlfriend (Cassandra Freeman), they end up staying with Ray and his equally trashy partner Jamie (Joey Lauren Adams), providing access to Ray's arsenal of firearms.

Some of the film's most powerful scenes are brutal interludes in which John subjects his young protege to various tests, leaving him tied to a tree overnight in the



Movie Review

'Blue Caprice'

Rating: R (disturbing violent content, language and brief drug use)

Running time: 93 minutes

Review: ★★★★ (of 4)

woods or forcing him to fight in a systematic campaign to harden the boy and break his moral resistance. Demanding proof of Lee's love and gratitude, John instructs him to shoot a woman who testified against him during the divorce proceedings. That initiation kick-starts the escalating chain of violence that leads them to the D.C. area, where

John has traced his estranged family.

Showing refreshing faith in the audience's ability to connect the dots, Moors employs frequent narrative ellipses and nonlinear editing to strong effect. The film expertly manipulates mood and atmosphere with a muscular sound design that juggles dense textures, uneasy silences, a suspenseful score and striking classical music choices. Visually, too, the work is impressive, with cinematographer Brian O'Carroll's nighttime shots of the Caprice cruising along the Beltway planting an ominous sense of dread.

The randomness of the Beltway killing spree shocked America a decade ago but recedes from the national memory with every new mass shooting. Revisiting that episode, the filmmakers have made a smart, sobering movie that speculates with compelling detachment on how the abhorrent urge to take innocent lives might evolve.

Safety gets short shrift from bike riders

Dear Abby: Now that California law prohibits drivers from using cellphones and texting while driving, an additional issue needs to be addressed and acted upon. Bicyclists are supposed to abide by the vehicle codes, too, but they rarely do – and that includes not wearing protective gear.

I'm now seeing people on bikes texting, talking while riding and routinely ignoring stop signs. Disappointingly, I have never seen a single rider pulled over or ticketed for doing this.

How many lives must be destroyed or lost before the police start enforcing penalties for the danger these people cause to others?

– Caring Reader,
Sacramento, Calif.

Dear Caring Reader: You're asking something I have been asking myself for some time. I understand that teenagers may think they're immortal as they whiz along the streets, but the adults I see weaving in and out and ignoring stop signs are old enough to know better.

Many cities promote bicycling as a way to mitigate traffic congestion and encourage a healthier, more active lifestyle. Police may ignore the infractions because they have more serious crimes to attend to. Or perhaps they have been instructed to do so. (If members of law enforcement would like to address this, I'd love to hear from you.)

While I'm on the subject of cyclists, I should mention my own concern about riders who wear dark clothing and

ride after dark. Not all neighborhoods are well lit, and I have seen near misses because of it.

Although dark colors are fashionable, wouldn't it make sense for people who ride at night to wear jackets with reversible linings in a lighter color? (I have seen a few with fluorescent trim, but there haven't been many.) And if drivers are pulled over for broken or missing headlights or taillights, shouldn't the same be true for bicyclists?

Dear Abby: My son serves on a ship in the Navy in an area known for terrorism. People who know this tell me how safe his ship is, how strong the U.S. military

is, etc.

Please, people, when I (or anyone else who has a family member in the military) ask for prayers or express concern, do not offer these platitudes.

Understand that our fears are real, and so are our tears.

Offer a hug, a hand-squeeze, say you will pray for us – but understand that until our loved ones are back on U.S. soil, our fears and tension won't lessen. Unless you have been in our shoes, you can't know how we feel when we watch the news because we have no true idea of what is going on. Our military family members can't tell us, and often we have no (or limited) contact with them. I cry alone often.

I am proud of my son for his service and even encouraged it, but this is a rough time for me and others who are in this situation.

– Military Mother

Dear Military Mother: Thank you for writing. Many people are uncomfortable when they encounter an emotional situation and don't know what to say. Their impulse is to "make it better," not realizing that sometimes a gesture is more eloquent than words can be.

I agree with you that when a loved one is in harm's way, it is an emotional roller-coaster ride for all concerned – the parents, the siblings, the spouses and the children of our servicemen and women.

*Write Dear Abby at
www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.*



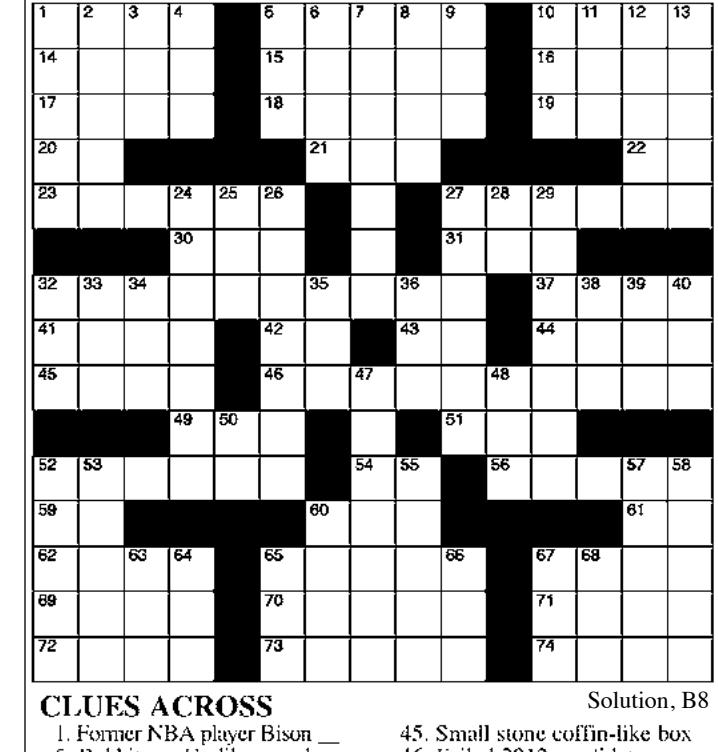
Dear Abby

CHICKEN WORD SEARCH

WORDS

F	R	Y	E	R	O	A	O	E	A	Z	A	L	A	H	C	H	W	G	T
G	B	E	E	G	N	G	C	L	U	T	C	H	B	X	R	A	B	G	Y
L	R	I	X	S	G	I	Z	Z	A	R	D	R	D	E	T	T	P	T	S
G	N	L	H	I	B	G	G	P	M	T	O	O	I	T	P	C	U	S	H
E	S	D	I	M	O	G	I	A	I	O	W	R	C	T	H	L	E	C	I
D	N	R	B	Z	O	L	D	Y	D	N	R	E	M	G	B	M	L	N	T
E	P	S	I	Y	P	U	E	S	X	A	S	R	D	X	G	Z	E	I	A
E	K	C	T	T	C	L	S	M	C	F	K	E	E	L	U	U	T	N	C
R	E	L	I	G	P	E	B	C	A	N	D	L	E	S	G	D	G	A	S
B	R	O	O	N	R	A	L	E	K	T	R	O	P	H	O	B	I	A	I
S	U	A	N	T	R	P	M	W	Y	R	O	O	S	T	E	R	G	U	E
O	N	C	S	N	W	U	Z	K	N	S	Y	H	A	A	G	Z	N	I	V
U	A	A	Y	B	E	L	I	T	R	E	F	U	G	R	D	U	G	Z	H
K	M	A	E	C	G	I	K	D	Z	C	Z	B	L	O	O	M	E	V	E
B	R	A	R	R	E	D	R	O	G	N	I	K	C	E	P	T	W	U	D
D	R	E	I	W	V	X	V	E	E	L	Z	Z	I	R	F	T	M	R	R
D	S	T	U	A	Y	X	D	L	A	V	B	K	V	A	C	C	I	N	E
T	B	L	Y	H	E	N	H	P	R	O	Y	R	B	M	E	E	V	F	D
N	M	D	T	K	I	N	C	U	B	A	T	E	X	D	I	W	X	R	D
Y	N	C	H	I	C	K	E	N	B	A	N	T	A	M	D	L	V	Y	D

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.



CLUES ACROSS

- Former NBA player Bison
- Rabbit ___, Updike novel
- Rectangular groove
- Formally declare
- A citizen of Oman
- Dull in color
- Pace of movement
- Athletic saucers
- Not crazy
- __ denotes past
- 17th Greek letter
- "___, chihuahua"
- Sight, smell and touch
- Ribbon belts
- Products of human creativity
- Behave in a certain manner
- Breathing out
- First St. Louis bridge
- No variation
- 1/1000 of an ampere
- Palladium
- Cain and __
- Small stone coffin-like box
- Failed 2012 candidate
- Point midway between E and SE
- Turns into noun
- Temper or anger
- Atomic #56
- Negligible amounts
- Wuthering Heights author's initials
- The cry made by sheep
- Exclamation of surprise
- Basics
- Wife of Mohammed
- Wing-like structures
- Smaller amount
- Lesion
- Transfer property
- Indian groom
- Round stone
- Sums up

Solution, B8

CLUES DOWN

- Challenges
- Hedge
- Lease
- Before
- Singer Stewart
- Islamic prince
- African shirt
- Unusually (Scot.)
- Twelve
- Tooth caregiver
- Macaws
- Mother of Perseus
- Does as told
- Canonized
- Stray
- Speak haltingly
- Dec, actress
- Air cooling machine
- Stanley's automobile
- Old world, new
- 16
- Foot (Latin)
- A citizen of Thailand
- Select
- Airborne (abbr.)
- River in NE Scotland
- Skilled in deception
- Hot condiment
- Not divisible by two
- Point midway between S and E
- Apportion cards
- Ruled by an abbess
- Expressed pleasure
- Bleated
- Storage buildings
- Stored in the gallbladder
- Reciprocal of a sine
- Point midway between S and SE
- 8th Month (abbr.)
- They __
- Dental group
- Conducted

ABCDEF GHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to chickens.
Each number corresponds to a letter.
(Hint: 16 = t)

A. 24 8 4 25

Clue: Bird kept for eggs

B. 11 8 23 25 16 21 5

Clue: Domestic fowl

C. 24 2 14 16 1 2 21 15

Clue: Forms plumage

D. 4 14 16 16 25 2

Clue: Colored fleshy lobe

Answers: A. fowl B. poultry C. feathers D. wattle

SUDOKU

4	5	3	6			1	8		

Living



Illustrations by Brian Williamson/St. Louis Post Dispatch

Planning

Pitfall — Chaos

How to avoid it:

- Start planning at least four to six weeks in advance; some hot spots book six months in advance. Keep in mind shipping times from online sites.

- Make a list of all party supplies, and a separate list of food supplies to ensure you aren't looking for something at the last minute.

- Hire a baby-sitter to help manage the kids or recruit relatives to help supervise. When you start socializing, the party may start falling apart.

- Have a backup plan if an activity flops or gets rained out.

- Keep the games simple and age appropriate.

- Make a schedule of how you expect the party to unfold. For very young children, an hour-long party is plenty. For grade-schoolers, keep it to two to three hours.

- Avoid your child's nap time at all cost.

- Make calls to follow up with parents who do not RSVP (and many do not), so you have an accurate head count.

- If the kids are engaged and having fun, skip opening presents for the crowd, which can slow down a party.

Best bets: New twists on old favorites: Dress-up relay races, hot potato (for a sports theme toss tennis balls). Backyard scavenger hunts can be very popular. And, in the summertime, go crazy with water: Water painting, sprinklers, water balloon toss and "fishing" in wading pools. Update musical chairs with popular "High School Musical" or "Hannah Montana" soundtracks.

Money saving tip: Search online for games to play with everyday objects. Award dollar-store prizes.



By Aisha Sultan

St. Louis Post-Dispatch

With a little bit of creativity and advance planning, it's possible to break out of the birthday party rut and host a truly original celebration.

And it doesn't have to involve hiring the Clydesdales or snagging a guest appearance from a Disney princess.

The following are some tips for avoiding the biggest party pitfalls.



Entertainment

Pitfall — Scary clown

How to avoid it:

- Tell entertainers to ditch makeup, which can scare toddlers and even some preschoolers. Don't force timid guests to participate in activities such as face-painting.

- Check out the entertainer's portfolio and call references.

- Sign a contract and find out who will step in if your entertainer gets sick.

- Avoid entertainment that forces young children to wait for a long time for a turn. Or offer activities they can do while waiting.

- Manage the line. Make sure every child gets a turn, even the shy ones, who tend to get elbowed out of line.

- Find out exactly what the entertainer includes in his or her fee. How many children will they accommodate? Do they include setup and cleanup time in their total time?

- According to St. Louis etiquette expert Maria Everding, if the entertainer comes from a charity or nonprofit organization, a tip is appropriate. If the entertainer is running an independent business and has a set fee, he or she should not be tipped.

- If hiring a petting zoo, warn parents in advance in case their children have allergies and keep antibacterial lotions handy.

Best bets: The most popular party entertainers book far in advance, so call early if you have your heart set on a specific person. Among the most popular entertainers for hire: storytellers, musicians, face-painters, balloon sculptors, clowns, characters such as princesses, petting zoos, snake handlers and magicians.

In the summer, ice cream truck rentals are a big hit.

Money saving tip: Hire a high school student or recruit another parent who can paint faces, act out a skit or do simple magic tricks. Rather than booking a party at a studio, see if you can get a dance teacher, cheerleader or karate instructor to give a group lesson at home.

Food

Pitfall — Sugar crash

How to avoid it:

- Consider mini-cupcakes instead of cake to control portion size. Offer some non-sugary snacks, such as pretzels, fresh veggies and fruit.

- Let kids assemble their own food, such as sandwiches, fruit salads or yogurt with mix-ins. Incorporating cooking or assembling a snack into the party activities kills two birds with one stone.

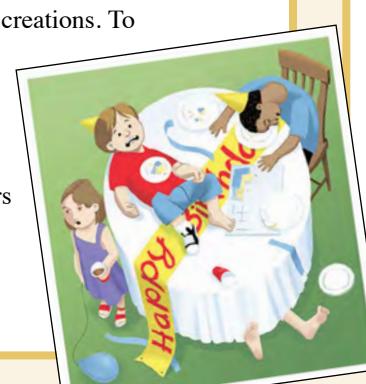
- Order pizza. Or buy frozen chicken nuggets in bulk.

- Avoid any possible allergens, such as nuts.

- Fun shapes and colors can make healthier food seem more appetizing, such as pink or blue ice cubes in lemonade or water. Skip the soda.

Best bets: Kids love to play with their food. Let kids use cheese cubes or mini-marshmallows and toothpicks to make their own edible creations. To include healthier options, let children make their own fruit kabobs on skewers with grapes, strawberries and melon balls. Make customized ice cubes by freezing edible flowers or fruit inside.

Money saving tip: Avoid meal times, so you can stick to snacks.



Decorations

Pitfall — Overdoing it

How to avoid it:

- Most kids gloss over the details, so skip intricate, time-consuming decorations and focus on attention-getting centerpieces. Instead of buying balloon weights, use toys that fit with the theme, such as having Barbie dolls or Elmos holding the balloons.

- Use large appliance boxes, which are generally discarded by stores, and the cheap "oops" paint from big-box home stores to create castles, forts or spaceships.

- Finish all the decorating the day before. Helium balloons can be purchased in advance with an additive to extend their life.

- Upcoming children's movies tend to be trendy party themes, while beloved television and book characters are always popular.

- Make a list of five or six decorating ideas and pick the top three to do.

Best bets: Involve the birthday child in choosing a theme, and allow him to make it as simple as he wants. Have him come up with ideas to customize the games and decorations to his theme idea. The Amazing Moms Web site (www.amazingmoms.com) advises children remember what they did at a party much more than what they ate, what the plates and napkins looked like or whether the house was spotless.

Money saving tip: If your child picks a licensed-character theme, pick one or two of those pricey accessories and match the napkins and cups by color. Too many matchy-matchy character decorations look overly commercialized, anyway.

