Cornerstone offering help after shooting

By MELISSA MAIN
Staff Writer

SERBING — A wave of sadness and grief plummeted the residents of Sebring on Jan. 23, especially the families of those who lost loved ones in the SunTrust shooting. How can people cope with one wave of sadness and not sink into the waters of depression? Community resources, such as Cornerstone Hospice & Palliative Care, exist to help people with the grieving process.

Sebring, a licensed mental health counselor with Cornerstone Hospice & Palliative Care, helps people with depression and grief. “Coordination of care, especially among the families that are coping with an individual who is dying,” Sebring said. “Coordination of care provides residents of the community with free counseling.

People can choose to attend group counseling or attend one-on-one sessions. Group counseling is often helpful, because it provides a supportive network for the grieving person, but some people prefer individual counseling.

To start either group or individual counseling, call 686-382-45/6 and ask to speak to a bereavement counselor.

When people call for counseling, they will be given the dates and times of counseling available in the Highlands County area. People may also attend a counseling session without a reservation.

Sebring offers group bereavement counseling once per month at the following locations:

• AdventHealth Shands at 715 S. 27th St. in Wauchula on the second and fourth Thursdays of the month at 2:30 p.m.
• AdventHealth Sebring at the Creation Wellness Center at 4200 Sun ‘n Lake Blvd. in Sebring every other Wednesday from 4:30-6 p.m. (next meeting is Feb. 6)
• AdventHealth Sebring at the Creation Wellness Center at 4200 Sun ‘n Lake Blvd. in Sebring every other Wednesday of the month at 2:30 p.m.
• The Palms of Sebring at 725 S. 27th St. in Sebring on the third and first Thursdays of the month at 2:30 p.m.

Group counseling for de- pression is also available twice per month at AdventHealth Sebring. Sessions are held every other Thursday at the Creation Wellness Center from 6-7:30 p.m., and the next meeting is Feb. 7.

According to Cornerstone Hospice’s website, the groups “provide a discreet and soulful eyes of a puppy or kitten from 6-7:30 p.m., and the next meeting is Feb. 7. Sebring’s DJ Williams runs away from a Lake Gibson defender during a game played at Firemen’s Field, Sebring High School in hopes of replacing the grass field with Astroturf.

The Compassion, thoughtfulness, and giving spirit our community has rallied around all of those affected by the senseless and horrific tragedy committed last Wednesday,” Hoglund said in another Facebook post. “Put simply, we could not have handled this incident without each of you. On behalf of the Sebring Police Department...Thank you!”

Sebring Police Commander Paul Hoglund said the Highlands News-Sun, “We cannot begin to convey our appreciation for the way our community has rallied around all of those affected by the senseless and horrific tragedy committed last week.”

The compassion, thoughtfulness, and giving spirit our community has displayed only reinforces the fact that our community is more efficient without each of you.

HGHILLS-NEWS-SUN

Monday, February 4, 2019
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YORK VICK'S HOMESTYLE NOODLES SINCE 1919

An Edition Of The Sun

First responders see an outpouring of support

By MELISSA MAIN
Staff Writer

SERBING — First responders, especially Sebring Police Department and Highlands County Sheriff’s Office, have received an outpouring of support since the SunTrust shooting that killed five people in the community.

Sebring Police Department has been documenting the community’s support through a series of Facebook posts, including a post by Chief of Police Paul Hoglund.

“I would like to share my heartfelt gratitude and sincere appreciation for the outpouring of support that we have received in response to the tragedy at the SunTrust Bank last Wednesday,” Hoglund said.

“Beyond the operational support that we received from our Local, State, and Federal partners, we have received incredible support from SunTrust Bank’s leadership, and the community as a whole,” Sebring PD stated in another Facebook post. “Put simply, we could not have handled this incident efficiently without each of you. On behalf of the Sebring Police Department...Thank you!”

School Board to discuss athletic needs today

By MARC VILLEGZ
Staff Writer

SERBING — The big picture for the Sebring High and school athletic facilities. The school Board of Highlands County and the Sebring Firemen, in expiring July 31, the Sebring Firemen have proposed a 15-year agreement that includes the installation of Astroturf on the football field, which would add $86,000 annually to the number of injuries went down on artificial turf, which shows a total of $96,147 at Sebring High and $7,216 at Lake Placid High.

Other high-dollar projects include replacing the gym bleachers at both Lake Placid High and Sebring High, at a $3 million per school, on the athletic wish list could include putting Astroturf on the athletic fields. Those who torture or abuse animals such as dog and cock fighting. In 2010, a bill was passed into law that bans “crushing” animals to make animal abuse that is caught on video and sold. The proposed bi-partisan bill passed the House by a 3-13 years with a 10-year warranty and annual maintenance would be about $1,000 per year, he said.

According to the December Board meeting, Sebring High, I.C, who played college football said the number of injuries went down on artificial turf, which shows a total of $96,147 at Sebring High and $7,216 at Lake Placid High.

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The following people were arrested on felony charges and booked into the Highlands County Jail on Jan. 27:

- Tricia L. Davis, 52, Avon Park, on charges of prostitution.
- David D. McMartin, 26, Lake Placid, on charges of marijuana possession.
- John R. Rettman, 33, Sebring, on charges of public battery.
- Brian Howard, 33, Lake Placid, on charges of battery.
- Debra K. Spear, 43, Lake Placid, on charges of resisting an officer.

SEBRING — Tax-Aide, a non-profit nation-wide program in partnership with the AARP, holds free tax preparation sites, including AARP tax preparation sites, at three locations in Highlands County. Each AARP tax preparation site will continue its free tax preparation service at three locations with Highlands County Library appointments.

The following people were arrested on felony charges and booked into the Highlands County Jail on Jan. 28:

- Dustin Nevada Sills, 33, Lake Placid, on charges of burglary.
- Rolando Delvalle, 34, Lake Placid, on charges of battery.
- Talique Jadarius Williams, 24, Lake Placid, on charges of resisting an officer.
- Christopher King, 38, Lake Placid, on charges of resisting an officer.

When visiting one of the AARP tax preparation sites, the service is available at four locations and one office in the community, and all documents that include income. This includes all retirement savings, and all documents that include income. Includes all social security benefits. This includes all state and federal taxes.

The following people were arrested on felony charges and booked into the Highlands County Jail on Jan. 29:

- Dustin Nevada Sills, 33, Lake Placid, on charges of burglary.
- Rolando Delvalle, 34, Lake Placid, on charges of battery.
- Talique Jadarius Williams, 24, Lake Placid, on charges of resisting an officer.
- Christopher King, 38, Lake Placid, on charges of resisting an officer.

When visiting one of the AARP tax preparation sites, the service is available at four locations and one office in the community, and all documents that include income. This includes all social security benefits. This includes all state and federal taxes.

The following people were arrested on felony charges and booked into the Highlands County Jail on Jan. 30:

- Mark T. Frazier, 37, Lake Placid, on charges of resisting an officer.
- Brian Howard, 33, Lake Placid, on charges of battery.
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Se habla español

PROMO CODE: 02042019

Jamey Binneveld
Hearing Aid Specialist
863-451-5281
201 US Hwy 27 S. Sebring, FL
In the Sebring Lakeview Plaza
(Just south of Pinch A Penny)

Hours:
Monday - Friday
9:00 a.m. - 5:00 p.m.

Ask our hearing care professionals
about Signia Nx products and the
unique features they offer.

Directly connects to smart devices
Distinguishes your own voice from other
sounds for personalized hearing
Provides stereo quality sound
Delivers the most natural hearing experience

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DOES IT ALL.

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SIGNIA
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OFF*
Signia Charge And Go

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2 for
$995*
Receive 2 Intuis Hearing Aids
for just $995 during
this limited time event!

LIMIT ONE
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Signia Orion model up to a 40db loss.

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Lake Placid
Medical Hearing
863-659-1907
251 E. Interlake Blvd.
Lake Placid, FL

Hours:
Tuesdays & Thursdays
9:00 a.m. - 5:00 p.m.

FREE
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Se habla español

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February 4, 2019 | HIGHLANDS NEWS-SUN | A3
NOTICE OF PUBLIC HEARING
NOTICE OF LAND USE CHANGE
HEARING NO.  CPA-18-555LS

The Board of County Commissioners of Highlands County, Florida, proposes to adopt the following by Ordinance: ORDNANCE NO. 18-19—

AN ORDINANCE OF THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR AN AMENDMENT TO THE FUTURE LAND USE MAP OF THE HIGHLANDS COUNTY COMPREHENSIVE PLAN AND PROVIDING FOR SEVERABILITY; PROVIDING FOR CONFlict; AND PROVIDING FOR AN EFFECTIVE DATE.

A PUBLIC HEARING will be held on Amendment No. CPA-18-555LS, Ordinance 18-19—

by the Highlands County Board of County Commissioners on the 19th day of February, 2019, beginning at 9:00 a.m., or as soon thereafter as possible, in the County Commissioners’ Board Room, Highlands County Government Center Building, 600 South Commerce Avenue, Sebring, Florida.

Consideration will be given to changing the Future Land Use Map within the area shown in the advertisement and transmittal to the Department of Economic Opportunity. The County of Highlands will consider a change to the designated land use within the shaded area shown on the map, from AG “Agriculture” to MU “Mixed Use”, within the area described as follows: An approximate 260-acre parcel located on the north side of SR 70 W, west of Old SR 8, between Lake Placid and Lake Annie, the address being 25 Pump Road, Lake Placid, Florida, and legally described as follows:

A portion of Sections 31 & 32, Township 37 South, Range 30 East, Highlands County, Florida, lying North of the Northerly right of way of State Road 70 and South of and adjacent to the shoreline of Lake Placid, being described as follows: Commence at the Intersection of the East line of said Section 31 (same as the West line of said Section 32) and the Northerly right of way line of State Road 70, thence North 00°39'45" West along the aforementioned Section line, a distance of 2,891.38 feet to the Point of Beginning; thence South 22°27'50" East a distance of 538.52 feet, thence South 00°39'45" East, parallel to the aforementioned Section line, a distance of 2,429.94 feet to a point on the Northerly right of way line of State Road 70, said point being a point on a curve to the left and concave to the South, said curve having for its elements a radius of 1,757.02 feet, a central angle of 33°19'10" and a chord bearing of South 89°56'16" West; thence along said curve to the left and the Northerly right of way of State Road 70 an arc distance of 1,010.14 feet to a point of tangency; thence South 70°14'15" West along said Northerly right of way line a distance of 1,284.74 feet; thence North 00°44'00" West a distance of 1,531.90 feet (1,534.39' calculated); thence South 89°56'00" West a distance of 660.00 feet (South 89°55'53" West 660.04' calculated) to a point on the West line of the East half of said Section 31; thence North 00°44'00" West along said West line a distance of 695.38 feet; thence North 70°14'06" East a distance of 386.50 feet; thence North 00°56'04" West a distance of 541.34 feet; thence North 45°17'05" East a distance of 614.04 feet; thence North 68°27'49" East a distance of 237.07 feet; thence North 00°41'53" West a distance of 878.08 feet to a point on the shoreline of Lake Placid; thence in a meander in a Northeasterly direction along said shoreline a distance of 514 feet more or less (survey tie line being North 35°01'41" East a distance of 513.77 feet calculated) / North 35°02'17" East 513.66 feet [prior deed]; thence South 00°41'33" West a distance of 637.11 feet to the Northeast corner of the North half of the Northeast quarter of the Northeast quarter of said Section 31; thence South 89°56'16" East along the North line of the South half of the Northeast quarter of the Northeast quarter of said Section 31 a distance of 1,337.17 feet to the Northeast corner of the South half of the Northeast quarter of the Northeast quarter of said Section 31; thence North 00°39'45" East along the common line between said Sections 31 and 32 a distance of 663.39 feet to the Point of Beginning.

A copy of this notice is available for public inspection during regular business hours in the Office of the Clerk of the Board of County Commissioners at the Highlands County Government Center, 590 South Commerce Avenue, Sebring, Florida 33870. The proposed Ordinance may be inspected by the public at the Highlands County Planning Department, 501 South Commerce Avenue, Suite 2, Sebring, Florida 33870, between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday, except holidays. Inquiries or written testimony should be directed to Ms. Joedene Thayer, Planning Supervisor, at this address or by phone at (863) 402-6650. Photocopies may be obtained at this location for fifteen cents ($0.15) per page. Please reference the Amendment Number when calling or writing.

Any person or persons interested or affected by this change are invited to attend this hearing. You may submit comments in writing to the Planning Supervisor, at this address or by phone at (863) 402-6650. Photocopies may be obtained at this location for fifteen cents ($0.15) per page. Please reference the above hearing number when calling or writing.
Although we take water springs in the world are—springs—the largest through the peninsula. Rivers and streams line the Gulf of Mexico," she of the Atlantic Ocean and is truly amazing as a long Carla Sherwin. “Florida vital importance to agri- in Florida, we realize its dance and scarcity on a journalist Cynthia Barnett at 7 p.m. on Tuesday, Feb. Hammock State Park will meeting of the board at followed by a regular services and says he also...
Florida's senior citizens are our most precious commodity and this Administration is established to protect senior citizens — generally accepted as anyone over the age of 65. So how many and age many consider that still middle-aged, or even young. The Department of Elder Affairs was established, among other things, to make sure that the tenants of that act are followed. One of the benefits that come from all this was the Florida Elder Helpline, which is overseen by the Agency on Aging of the Southeast Florida. The Helpline provides live response to seniors who have questions needing to address a number of issues. For example, where can they sign up for Medicare? Can they qualify for Medicaid long-term care? Can they get food stamps in their home? Can they get someone to come to their home and help them with the activities of daily living? “Getting home-based services is by far the biggest,” said Karen Emery, the director of O'Donnell, director of communications for the Agency on Aging of the Southeast Florida. The Agency on Aging is charged with investigating those issues and establishing their eligibility for services and programs. We get a lot of calls for assistance. Medicare and Medicaid to help the seniors evaluate various (alternative) plans. O’Donnell said, “We also get a lot of calls about their utility bills or they might need help signing up for SNAP (food stamps) or they may want to know where they can get a free meal.” The needs are numerous. Housing is another topic. O’Donnell said comes up often as does the need for transportation appointments, the grocery store and so on. In addition to all this. As a matter of fact, in a recent story about how Rodway, calls to the Housing Authority between 74,000 calls were taken in 2018 — 10,000 more than in 2017. Those numbers aren’t about to recede, not with the Trump administration ending this. Right now, callers can dial up help between 8 a.m. and 5 p.m. Monday through Friday. The number is 866-413-5337.

The Area Agency on Aging is charged with investigating those issues and establishing their eligibility for services and programs. We get a lot of calls for assistance. Medicare and Medicaid to help the seniors evaluate various (alternative) plans. O’Donnell said, “We also get a lot of calls about their utility bills or they might need help signing up for SNAP (food stamps) or they may want to know where they can get a free meal.” The needs are numerous. Housing is another topic. O’Donnell said comes up often as does the need for transportation appointments, the grocery store and so on. In addition to all this.

Seniors can use help all hours of the day

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**COMMUNITY CALENDAR**

**MONDAY**
- American Legion Post 60 in Avon Park — 863-452-0579.

**TUESDAY**
- American Legion Post 25 in Lake Placid — Call 863-455-0924.
- American Legion Post 60 in Avon Park — 863-452-0579.
- Moose Lodge 2126 in Avon Park — 863-452-0579.
- Moose Lodge 2216 in Lake Placid — Call 863-415-8795.

**WEDNESDAY**
- American Legion Post 25 in Lake Placid — Call 863-455-0924.
- American Legion Post 60 in Avon Park — 863-452-0579.
- American Legion Post 74 in Sebring — Call 863-655-4007.
- Woodcarving class, Avon Park Bridge Club — Call 863-531-0066.
- Eagles 420 in Lake Placid — Call 863-415-8795.

**THURSDAY**
- American Legion Post 25 in Lake Placid — Call 863-455-0924.
- American Legion Post 60 in Avon Park — 863-452-0579.
- Moose Lodge 1529 in Sebring — Call 863-465-0131.
- Moose Lodge 2216 in Lake Placid — Call 863-415-8795.
- Moose Lodge 2234 in Lake Placid — Call 863-415-8795.
- Moose Lodge 2250 in Lake Placid — Call 863-455-1020.
- American Legion Post 1529 in Sebring — Call 863-465-0131.
- Moose Lodge 2494 in Lake Placid — Call 863-455-1020.
- Moose Lodge 2574 in Lake Placid — Call 863-415-8795.
- Garden Club of Lake Placid — Call 863-455-8593.
- Eagles 420 in Lake Placid — Call 863-415-8795.
- Eagles 426 in Lake Placid — Call 863-415-8795.
- Eagles 430 in Sebring — Call 863-415-8795.
- Eagles 431 in Sebring — Call 863-415-8795.
- Eagles 432 in Sebring — Call 863-415-8795.
- Eagles 433 in Sebring — Call 863-415-8795.
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- Eagles 461 in Sebring — Call 863-415-8795.
There is no more parking in front of Subway. The lines have been painted over and will soon be under new asphalt.

Fansler is urging people to park in the new lot. He pointed out that the illegal parking is not isolated to Subway. He said it happens throughout the plaza and at the new Publix too.

“I had one person in the middle of the crosswalk,” he said. “It’s also bad at Publix. When I tell someone they are in the fire lane, they tell me they are waiting for something.”

Fansler often hears there are waiting for somebody. They tell someone they are in a fire lane, they tell me they are turning a blind eye to the illegal parking instead of doing the right thing.

“It is bigger crime in the town to get more exercise,” he said. “It’s bad at Domino’s, D&D Chinese restaurant were.”

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By JAMIE HARTMAN
CONTRIBUTOR

SEBRING — The Sebring Blue Streaks pulled ahead of the Hardee Wildcats in the fourth quarter and held on for a spirited 79-73 win in a Class 6A District 10 matchup on Friday at the Sebring High School gym.

The win improved the Blue Streaks to 17-7 overall and 5-3 in the district. They are trying to work on some stuff and get prepared for districts, said Sebring Head Coach Princeton Harris. “We want to work on those things and try to execute them next week before we head into districts.”

Despite being down 12-10 on the season and 1-7 in the district, Hardee was not going to make this an easy game for Sebring, as Cody Helms started the game with a three-pointer to put the Wildcats up early.

The lead switched back and forth a couple of times before Hardee built a first-quarter point lead of 14-9 with two minutes left in the first quarter. Sebring cut that lead to two points by the end of the first as the Wildcats held on to a 17-15 lead.

The second quarter saw five lead changes as twice Harder’s Helms hit a three-pointer and converted one into a four-pointer to start the second quarter giving the Wildcats a momentary lead at 26-24.

Sebring outscored the Wildcats 16-9 in the third quarter and take a 32-30 lead into the half.

In the third quarter, there were only two lead changes as the Wildcats built a five-point lead at the four-minute mark, keeping the Blue Streaks at 37-32.

The Blue Streaks started the fourth quarter with a 5-0 run and took the lead for good with a 28-27 lead with 4:27 left in the game.

With Eric Brown, who was honored before the game for reaching 1,000 career points at Sebring, and Tumblin on the court in the fourth, the Blue Streaks built their biggest lead of the game at ten points, 72-62 with 1:02 left in the game.

Sebring’s Brown put the game out of reach with a minute and a half left in the game at ten points, 72-62.

Troup, 3) Hilda Waddell.

No. 3: Sherry Kantola.

Most Fairways Hit: Lorraine Troup, 3) Carol Byars.

Most Greens Hit: Nancy Senior, 2) Sue Molloy; 3) Hilda Waddell.

Closest to Pin, No. 2, Tim Coalmer, 6’ 10”.

Making last-minute preparations
Hartman set for Bassmaster Elite opener on St. Johns River

By JAMIE HARTMAN
CONTRIBUTOR

I’ve been busy getting all my last-minute preparations ready for the first Bassmaster Elite Series season opener on the St. Johns River. I know this fishery will be challenging. To be honest, Florida fishing is almost totally new to me.

When the Elite Series returned to Lake Okeechobee in 2017, it was the first time I had even fished in the state. My knowledge of Florida fishing is next to nil.

I’ll go into this event with an open mind, I don’t have a preset plan. I’m going to run one end of that river to the other and do my best to identify a handful of key areas where I can settle in and go to work.

The St. Johns before it went off limits and recently got run around and looked at the fish all the time, so I quickly noticed the lack of grass. I was looking for areas where grass might come up, but I think the fishery is still dealing with the affects of Hurricane Irma (2017). When I get back there into the Sebring Hall of Fame, and my kids voted it in 2017. So, for me, it’s a highlight event — there’s more competition this year than ever; but I think we have as good of a chance as anybody. We’ll have Matthieu Vaxiviere in our car for the first time and he will be a very good fit with Jordan and Renger.

I'll go into this event with a plan and be ready to capitalize on almost anything that comes my way. My practice plan will involve a wide variety of tactics, and I’ll figure out what I can get on the river and what I can do in a couple of the lakes. While I’ll likely be fishing for spawning or prespawning fish, all the good and bad of prespawning or prespawning is all going to depend on the weather, but I want to be ready to capitalize on whatever it’s throwing my way.

I’m sure water clarity will play a huge role in my success on the river, and I’m looking for areas where I can settle in and go to work.

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Two-time Formula One World Champion Fernando Alonso will drive for Toyota Gazoo Racing in the WEC race at Sebring International Raceway in March.

Mobil 1 Twelve Hours of Sebring Presented by Advance Auto Parts.

The WEC race is one of the “Super Sebring” events that culminates with the IMSA race on Sunday, March 17. Two-time Formula One World Champion Sebastian Vettel will drive for Porsche. Two-time Formula One World Champion Lewis Hamilton will drive for Mercedes-AMG. The IMSA race will be announced at a later date, although a field of over 40 entries is anticipated with an equally impressive roster of drivers and cars.

Sebring’s Lucas Payne powers his way to the basket during Friday night’s win over Hardee.

Seligman’s Lakey Garcia pulls down a rebound against Hardee on Friday night.

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Sebring’s Lakey Garcia pulls down a rebound against Hardee on Friday night.

BASS FROM PAGE 1A

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For me, this first Elite tournament is going to be more about covering water and utilizing that when I come across fish that I like. I’ll throw a little more attention to where, when and how I fish and expand on that. That’s something I’ve learned about Florida. When I’m fishing, there are probably more there.

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Toughing it out

By ROBERT MILLER

Editors Note

If week one kicked my butt, then week two was like being kicked while I was down. My knees and accompanying muscles felt like they were going into Monday but Tuesday my body changed. Tuesday's workout seemed featured workouts built the hour indoors doing exercise from inside. We walked (and more of the indoors, we moved requiring getting on the knees and accompanying stabbing pain when the muscle. It's like a stabbing pain when pushing up of Tuesday and all of Wednesday. Tuesday completely week two. My butt, then week two was like being kicked while I was down. My knees and accompanying muscles felt like they were going into Monday but Tuesday my body changed. Tuesday's workout seemed built the hour indoors doing exercise from inside. We walked (and more of the indoors, we moved requiring getting on the knees and accompanying stabbing pain when the muscle. It's like a stabbing pain when pushing up...
The Denise Pose

Picotted from left to right: Colleen Plonsky and Denise Ranieri demonstrate the "Denise Pose." As the head movement of the pose, we have had some new students move the pose quickly. Rising smoothly and straight up from the seated posture is a challenge adding 'grace' while initiating the pose is another step once strength and balance work together. This pose is also an example of 'concentration' and 'mental visualization.' As we say in Yoga, visualize the posture first in the mind and then initiate it.

Denise has mastered this beautiful pose and Colleen has learned it, demonstrated it, and taken it back into the seated position. Coming back up into a standing posture is very difficult and takes practice. Balance in this posture is maintained with a straight back and buttocks in line with the spine. The hands are held in Prayer Pose as the legs fold the core/body back into Tadasana. yoga. Whether you are in all the classes have been working on this posture to gain balance, confidence, and strength for your individual center of gravity. It is a posture that takes time, patience and practice with step-by-step adjustment.

EMERGING THERAPIES

Hearing Matters

In the early 1990s, hearing aids, but they are causing added stress to health. You are also then you are affecting your hearing instruments, with your hearing.

Because you can't see to or glaucoma you will enzymes or take drops that compromised your health is once again as you should, then you may hamper your health.

This painful toenails. This is about that. 

That much more. Think cause "re-actions." If we there is consequences.

Maybe that is a little

Plonsky began practicing and lift up on the edges forward or extending the posture as well. This posture is one that rated into her practice. Yoga students in all the.

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Yoginis as they descend and lift up on the edges forward or extending the posture as well.

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Dander collects easily in upholstered furniture, and it sticks to clothing. For people with pet allergies, exposure to these allergens can lead to various symptoms. The most common include sneezing attacks, a runny nose, itchy, red or watery eyes, nasal congestion, and postnasal drip.

To reduce the effects of a pet allergy, the first step is to try non-prescription remedies. Several over-the-counter medications can help relieve allergy symptoms. For example, antihistamines ease itching, sneezing and runny nose by reducing the production of a certain immune system chemical, called ‘histamine.’ This is active in an allergic reaction.

When symptoms are more severe, or if they continue despite regular use of over-the-counter allergy medication, then allergy shots may be appropriate for children and adults. Allergy shots are a form of medication. Despite using the maximum amount of medication for severe allergy symptoms, some people get allergy shots regularly for several years. The shots stop or decrease cat allergens gradually to the allergens.

A combination of allergy medication and environmental changes often can help control pet allergies, making it unnecessary to remove a family pet from the home. In almost all cases, the physical and emotional benefits pets can offer children far outweigh the problems allergies might cause.

More so, we’re looking at increases in things like suicidal ideation and major depressive episodes, which contribute to situations like what we see. There are some encouraging statistics, however. The percentage of adults who turn to substance abuse has gone down in recent years. Moreover there has been a huge surge in apps geared directly toward those struggling with depression and anxiety. Free resources can be seen even on social media such as Facebook and twitter, with therapists available to speak to 24/7. Nowadays symptoms of illnesses like depression and anxiety are becoming more clear, and we’re getting a better understanding of whom we or a loved one should seek help.

For example, if your illness is affecting your everyday life such as your job, your personal relationships, or your hobbies, it’s time to seek help. Sometimes symptoms aren’t just “feeling sad” or “feeling anxious,” often symptoms include (but aren’t limited to) insomnia, extreme decrease or increase in appetite, lack of motivation, and feeling trapped or overwhelmed by normal or small issues. If you’re missing work or school because you can’t get out of bed, if you’re binge eating or starving yourself, if you find yourself no longer enjoying your favorite Netflix shows or hobbies, it’s time to consider seeking help.

A primary care physician can help you decide what your next step should be. And though it’s much easier said than done, incorporating a healthy diet and even a mild exercise program or some simple daily outdoor time can make a noticeable difference.

Exercising self care isn’t just bubble bath and retail therapy. Self care is taking care of your mental health. Self care is making sure you’re healthy and happy so that you in turn can provide for your family, or help a friend who may also be struggling.

If you or someone you know is struggling, suicidepreventiononline.org is an excellent resource. One phone call by 1-888-273-8255 could make a world of a difference.

Mental health shouldn’t be ignored

By SABRINA WHEATON

Consider this initial statement a trigger warning for those sensitive to discussing things regarding mental health, and incidents related to it.

Some of us can’t stop talking about what happened to our city. Some of us ignore it entirely because it’s all too painful to discuss. Unfortunately, we want to talk about it or face issues rather than find help. Many of us are quickly realizing how important it is to discuss mental health.

Mental illness is an issue rapidly gaining attention here in the states, and the fact that it’s a topic that has been neglected for a long time. We’re looking at stats such as the fact that close to 1 in 5 adults report having a mental illness. Only half of those people seek treatment. This isn’t because there are too many people of cases of people who go undiagnosed because education about various mental illnesses is so lacking, or because the stigma surrounding it is still so pervasive.

Nowadays symptoms of illnesses like depression and anxiety are becoming more clear, and we’re getting a better understanding of whom we or a loved one should seek help.

For example, if your illness is affecting your everyday life such as your job, your personal relationships, or your hobbies, it’s time to seek help. Sometimes symptoms aren’t just “feeling sad” or “feeling anxious,” often symptoms include (but aren’t limited to) insomnia, extreme decrease or increase in appetite, lack of motivation, and feeling trapped or overwhelmed by normal or small issues. If you’re missing work or school because you can’t get out of bed, if you’re binge eating or starving yourself, if you find yourself no longer enjoying your favorite Netflix shows or hobbies, it’s time to consider seeking help.

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\[\text{www.highlandsnewssun.com} \]

FROM PAGE 1B

Qui/g427  ng tobacco isn’t easy. Finding help should be. Tobacco Free Florida Quitting tobacco isn’t easy. Finding help should be. Tobacco Free Florida

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NOTICE TO CREDITORS

IN THE CIRCUIT COURT FOR THE
HIGHLANDS COUNTY, FLORIDA

2019-010942/CREDITORS

IN RE: ESTATE OF BARBARA F. McCARTA
A/k/a BARBARA MCCARTA
A/k/a BARBARA FULTON McCARTA

Plaintiff resides at 2225 Jessie Ave., Sebring, FL 33870.
That there are no community debts.
That there will be no opportunities to participate in any proceeding concerning the estate proceedings.
That there is a person with a disability who is not represented by an attorney in this proceeding, you are entitled, and you may file a Motion for Appointment of Guardian Ad Litem.
You are hearing or voice impaired, call (TDD) 863-402-6565 at the Highlands County Courthouse, 590 South Commerce Avenue, Sebring, FL 33870 and ask for (TDD) 863-402-7111.

By /s/ Sherlay Stimson
Claire B. Comedy
Clerk

TIMOTHY POST, ESQ.
Rogers & Post, Sebring, FL
863-583-1600

PROBATE DIVISION

NOTICE OF ZONING CHANGE

THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, IN PROCEEDINGS TO ADOPT THE FOLLOWING RESOLUTIONS, RESOLVES AS FOLLOWS:

RESOLUTION NO. 18-19-____

A RESOLUTION OF THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, TO PROVIDE FOR ZONING NAMS AND LAND USE CHANGES AS HEREIN DESCRIBED, AND TO PROVIDE FOR AN EFFECTIVE DATE AND AUTOMATIC GROWTH MANAGEMENT DISTRICT.

WHEREAS, the Board of County Commissioners of Highlands County, Florida, desires to adopt the following resolutions for the purpose and with the intent of declaring a future land use map amendment, rezoning, establishing a public hearing date and holding a public hearing.

NOW, THEREFORE, the Board of County Commissioners of Highlands County, Florida, resolves as follows:

All interested persons are hereby notified that a public hearing will be held on the above resolutions at the Highlands County Courthouse, 590 South Commerce Avenue, Suite 2, Sebring, Florida 33870, on Thursday, March 28, 2019, at 10:00 a.m., in the Board Room.

All interested persons are entitled to attend and participate in the public hearing.

By order: Robert W. Germaine, Clerk.

PROHIBITING SALES

NOTICE OF SALE

IN RE: ESTATE OF BARBARA F. McCARTA
A/k/a BARBARA MCCARTA
A/k/a BARBARA FULTON McCARTA

Notice is hereby given that all persons having claims or demands against the Estate of Barbara F. McCarta, deceased, are notified to file their claims with this court within 90 days after the date of this notice.

A RESOLUTION OF THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, TO PROVIDE FOR ZONING NAMS AND LAND USE CHANGES AS HEREIN DESCRIBED, AND TO PROVIDE FOR AN EFFECTIVE DATE AND AUTOMATIC GROWTH MANAGEMENT DISTRICT.

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By order: Robert W. Germaine, Clerk.
South Florida Antique Market

Antiques & Collectibles

17080 S.W. 122 St.
Miami, FL 33157

(305) 964-1234

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TOUGHS FROM PAGE 18

I’ve also discovered that eating something to my eggs acceptable. I’m finally learning how to mix things in some ground beef and muscles to my zucchini pasta and get dinner and dinner and very filling, and even though I missed some meals and still miss my choice, but I trying to get stuck in this taste. What few things to try. I got off the diet at some point I can substitute my meals in moderation, but I haven’t done anything so far. I still feel as if it’s only going to get harder. It’s not, from here, as far the weight loss.

I just have to keep focusing on the looking for that perfect combination of foods that keep me full and taste great. It’s starting to be a real struggle and order is the best way. I’ve been to lose some new snacks. My favorite new snacks are apple slices with cashews and the other is pickles (thanks Kim).

There is another thing I’ve experienced this past week. Something that I’m sure you’re in hand with anyone doing what I am I am trying to do. And that would be wanting to stop.

Many times over the week I’ve found myself even more so the past few days. It’s hard to resist the cravings for the food I once ate have something to do with it. But it’s been easy for me to stick to this new meal plan. It’s hard to get used to the plate and cuts and I am getting used to do. With working out on the balcony and the exercise I figure that I am not the only one who’s had it and they hurt. They’re still a fight and struggle.

But I am also painfully aware of my knees as they are getting better. But there has always been this thing that I have to remind myself that I’m getting better. And that eventually there will still be pain.

The other thing that has been helping me is the habit of writing as much as I can. I have started to write more and to keep getting used to them. I feel more like I see it. But I have to keep practicing and trying to do more each time, but there is still a fight and struggle.

But then I do get there and it’s different than I imagined before.

Everything else is in the same boat. They’re hurting just as much as they used to and are still being tried. But they’re all also trying to lead a better life. I’ve admitted that struggling. I’ve also discovered that there is someone there who is helping me to see my way through it. That is a big thing in moving forward with my meals, and that someone might easily want to give up and drop out or the program, or at least the group workouts. Even when I know it’s not the best thing, I don’t want to have it, but I have to keep going and that suffering again.

But I have also discovered that it’s the reason why, after so many failures, that I’m still here. It’s still nothing like the old me.

My new favorite snacks would be. But I’ve come to love some new snacks. My favorite new snacks are apple slices with cashews and the other is pickles (thanks Kim).

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But I have also discovered that it’s the reason why, after so many failures, that I’m still here. It’s still nothing like the old me.
Acoustic Wave Therapy meets Cold Wave Laser Therapy

When you hear acoustic you may think of a gymnasium, but when you hear acoustic there may be a whole world behind that which meets the Acoustic Wave Therapy (AWT) at home is the best. New Age Laser to continue helping those who have been dealing with pain for years, whether it be Acoustic Wave Therapy (AWT) for shock wave or pressure wave therapy. That is not the case. If you think of the two, we are looking at better results with each patient. Using the Cold Wave Laser together with AWT has expanded the potential to better men’s health and wellness. Acoustic Wave Therapy stimulates stem cells to activate the progenitor effect in the body to regenerate the damaged cells, allow for home healing, reduce inflammation, help heal the skin, and increase T-cell proliferation.

By doing this, the cold waves cells provide the necessary nutrients to enhance blood circulation and regulate damaged tissue. So any device malfunction or damage to the system will not be able to return to normal. The Acoustic Wave Therapy to regenerate new cells we move now to the Cold Wave Laser to continue regenerating the stem cells and increase any inflammation around the affected areas. Cold Wave Laser is also non-invasive and emits low energy into the new stem cells and mitochondria cells that AWT has created allowing a full recovery.

When combining the two modalities we are able to stop the pain the patient has and allow for better and faster than ever before. It may sound too good to be true and sometimes this point in the medical devices is considered unfeasible. However, this is something that can be done. We are the only ones in the world today who use our alternative energy techniques to help patients recover. Today is the day to get the best medical treatments available without any complications or side effects.
Medicare beneficiaries live on prescription drug prices. Most afford needed and life-saving medications. However, the user’s “brain” has the resources to absorb rapidly escalating prescription drug prices, and many are facing the very real possibility of being unable to afford the medications they need.

AARP speaks out on high prescription costs

AARP

AARP National Volunteer President Dr. Catherine Aletha Georges, EdD, RN, testified on Capitol Hill at the U.S. House Committee on Oversight and Reform about the impact of high prescription drug prices on older adults last week. Below are some excerpts of her prepared testimony:

“Prescription drug prices are a high priority for AARP and its members. Older Americans struggle to afford needed or lifesaving medications. Most Medicare beneficiaries live on modest incomes, with an annual median of just over $26,000. One-quarter have incomes of just over $15,000. One-quarter have incomes less than $15,000 in savings. This is not a population that has the resources to absorb rapidly escalating prescription drug prices, and many are facing the very real possibility of being unable to afford their medications they need.

Many manufacturers have recent advances in hearing device technology.

Adaptive Dual Microphone:

Communication clarity is made possible by microphones that focus on the sound source or while reducing or eliminating noise and distracting background noise.

Open fit technology:

that shield your ear canal as un-obstructed as possible depending on the type and severity of hearing loss.

Comfort and clarity of speech are the result.

Feedback management technology:

that irritates while it’s reduced. Feedback technology allows the hearing device to recognize feedback and squelch it either immediately or before it ever occurs.

Cellphone and Bluetooth® compatibility:

Changes by the hearing device can easily find out if a cellphone is hearing aid compatible (HAC). Just look for the HAC label. No label means the phone is not compatible. Cellphones that work well with hearing devices have a microphone (M) rating of M3 or M4.

Hearing devices are rated from M1 to M4. The higher rating means you experience less noise and have a better connection. The rating for the telecoil is from T1 to T4. A higher rating means you will be able to hear better in the telecoil mode. A combined rating is of 4 is considered excellent. A combined rating of 3 is considered good.

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"I've been insuring my late Aunt's jewelry for a decade now, I was ensured a great home would be provided for her items and no more insurance payments. Wonderful people."

"We were pleasantly surprised with their offer on our items that were just collecting dust so we turned our item into cash."

"Frank and I were so impressed with the offer made by Buddy that I called my sisters to bring their items of interest. Everyone was thrilled."

"We moved into a smaller home and sold our diamonds, jewelry and silver flatware we never use. Buddy treated us honestly and with respect. Couldn’t be happier."

"We’ve been insuring my late Aunt’s jewelry for a decade now, I was ensured a great home would be provided for her items and no more insurance payments. Wonderful people."
Super Bowl stands strong in the age of streaming

By EDDIE PELLS

ATLANTA — Oh sure, there’s plenty of evidence to support the sourpusses who are predicting the slow, inevitable death of live television.

But when it comes to clicking away from Super Bowl Sunday — forget about it.

Whether streaming it digitally, bringing up the cable box or heading to a friend’s house for chips, dip and commercials, it’s a good bet that cord cutters, antenna owners and everyone in between can find a right where they always are on this day — gathered in front of the TV set in massive numbers.

Exactly as they were 20 years ago.

Exactly as they were almost certainly as they’ll be 10 years from now.

Fact is, despite today’s rapidly fragmenting modern-day viewing audience, most people want to watch their sports live. The Super Bowl is the biggest event of the year. As such, it is, by almost any measure, the last bastion of nationwide communal TV-watching not parted in anymore.

Of the 10 highest-rated television programs in U.S. history, nine were Super Bowls and one was the finale of “M*A*S*H.”

“It’s an outlier, because, unlike pretty much everything else, it’s not an event we think of as being disrupted by streaming,” said Vince Germain, who studies America’s viewing habits as a dean at the NYU Preston RobertTisch Institute for Global Sport.

Or disrupted by anything else.

And so, just as the increased choice brought about by cable couldn’t do anything to deter Super Bowl viewing, neither, it seems, will streaming, cord-cutting or the Roku station of the American public — not even among the younger audience. A survey last week of 2,800 football fans by PwC Mag and Sports Illustrated found that 35 percent of respondents in the 18-to-24 age group said they would stream the Super Bowl this year. Most, however, planned to stream it straight to their television sets.

The survey found some concern among streamers who experience delays in their stream as compared to the live broadcast. But for the most part, their experience will be the same as watching it on cable — commercials and all.

That’s not to say the digitized nature of the 21st century won’t change some things.

“The idea of a Super Bowl party, with everyone sitting on their phone tweeting, is going to change the way we experience that Super Bowl party,” said Robert Thompson, the Syracuse pop-cultural professor who will watch the game with pen and paper in hand, ready to take notes.

“But it certainly doesn’t threaten it.”

What could threaten it? Well, only two years ago, many Super Bowl stories (including this one by The Associated Press) warned of the potential beginning of the end of the NFL. The league was beset by a concussion crisis, its own labor dispute two years earlier and it was sensitive to their players who knelt had a cause.

So a letter of protest by the criminal justice system. By the criminal justice system.

The additions will bring the number of active-duty troops on the border to 4,400.

The announcement is in line with what Acting Defense Secretary Pat Shanahan said on Tuesday when he provided estimated costs for the next phase of a military strategy that has grown in size and length. Called “operationalized” as a political play by the White House as President Donald Trump works tirelessly to build a border wall.

Shanahan said on Tuesday that several thousands more troops would be sent mainly to install additional wire barriers and provide a large new system of mobile surveillance and monitoring of the border area.

Sunday’s announcement said the mobile surveillance mission would last until late Sept.

Members of Congress have been questioning whether the border mission is distracting troops from their main work of defending the homeland.

But really, a lot of people have taken their differences over one anthem, along with a steady stream of black-hat games that players as big as part in any in explaining the league’s diminishing ratings.

All the off-field issues still exist, with the added specter of potential labor disputes down the road.

But the games were better this season, the ratings were up, and the season’s most high-profile matchup wasn’t related to player health or politics. Instead, it came on the field: the terrific re-call in the NFC title game.

Former CBS Sports president Sean McDonough was among the few who predicted ratings would rebound.

This unusual image provided by Associated Press shows a scene from the company’s 2019 Super Bowl NFL football spot featuring Kristin Chenoweth, left, Star power abounds in this year’s Super Bowl ads.

Come together: Super Bowl Sunday, the last stand of live TV

WASHINGTON (AP) — The Pentagon said Sunday it will send 3,750 more troops to the U.S.-Mexico border to put up another 150 miles of concertina wire as part of an effort to provide other support for Customs and Border Protection.

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Trump: NFL people thankful he signed criminal justice bill

By DARLENE SUPERVILLE

WEST PALM BEACH, Fla. — President Donald Trump claimed that “a lot of people” from the NFL have been calling and thanking him for signing legislation addressing concerns with the criminal justice system.

Trump also said during an interview broadcast Sunday that he and NFL Commissioner Roger Goodell have set aside their differences over players kneeling during the national anthem.

Trump previously criticized the practice as disrespectful to the American flag and he hailed Goodell for not doing enough to stop it. Players were kneeling during the “Star-Spangled Banner” as a prime opportunity to heighten public awareness of how minorities are treated by the criminal justice system.

The president praised the new criminal justice law when he was asked if he thought the players who knelt had a point, and whether he was sensitive to their concerns that most victims of police violence are black. Trump said the legislation was the product of years of effort dating to before he took office.

“And I got it done and I’ve been very, very successful, really, a lot of people

Pentagon sending another 3,750 troops to Southwest border

Troops to put up another 150 miles of concertina wire

AP FILE PHOTO

In this Nov. 16, 2018, file photo, members of the U.S. military install multiple tiers of concertina wire along the banks of the Rio Grande near the Juarez-Lincoln Bridge at the U.S.-Mexico border, in Laredo, Texas.

AP PHOTOS

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“And I got it done and I’ve been very, very successful, really, a lot of people...
Pope on historic trip after call for birthright relief

First papal visit ever to the birthplace of Islam

Vatican City, May 24—Pope Francis arrived in Saudi Arabia on Friday for a historic trip to the Islamic holy city of Mecca, where he will信号 to counter religious fanaticism by promoting a more open and pluralistic society.

The pontiff is expected to make a number of stops during his weeklong visit, which is the first by a pope to the kingdom, known for its strict adherence to Wahhabism, a conservative branch of Islam.

On Friday, Francis will meet with the king of Saudi Arabia, Salman bin Abdulaziz Al Saud, and the country’s deputy Crown Prince, Mohammad bin Salman, in Jiddah, where he will deliver a message to the Muslim faithful.

He is expected to speak about the importance of interfaith dialogue and the need for mutual respect and understanding.

Francis will also meet with representatives of different religious communities, including Jews, Sunnis, Shiites, and Christians.

On Saturday, the pope will visit the Grand Mosque in Mecca, the holiest site in Islam, where he will lead the Kaaba, the cubic building at the center of the mosque, in prayer.

On Sunday, Francis will travel to the holy city of Medina to visit the Prophet Muhammad’s tomb and the mosque where he lived.

The pope is expected to discuss the situation in the Middle East, including the conflict in Yemen, where Saudi Arabia is a key player.

Francis is also expected to raise the issue of human rights, including the treatment of women and children in the kingdom.

The visit comes as tensions between some Islamic countries and the Vatican have increased, following a series of clashes between Buddhist monks and Muslim rioters in Myanmar.

Francis is expected to address the need for peace andconciliation in the region, and to call for an end to the conflict in Yemen.

He is also expected to discuss the situation in Europe, where there are concerns about the surge in illegal immigration and the rise of populism.

The pope is expected to meet with representatives of different religious communities in Europe, including Jewish, Muslim, and Christian leaders.

The visit is expected to be a significant moment in the relationship between the Vatican and the Islamic world, and is likely to be closely watched by both parties.

The trip is part of a larger effort by the Vatican to promote interfaith dialogue and understanding, and to reinforce its commitment to promoting human rights and dignity for all.

The pope’s visit to Saudi Arabia is a significant milestone in the history of the relationship between the Vatican and the Islamic world, and is expected to have a major impact on the future of the relationship between the two parties.

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WASHINGTON — Facing clear political peril, President Donald Trump will deliver his second State of the Union address to a deeply divided Congress and staid audience from the other side of the aisle.

The split between Democrats and Republicans is so wide in either long-sounding speech on Tuesday night, their Washington whys about how to move both Congress and the electorate.

All the while, the White House deputy national security adviser, John Bolton, assured reporters Friday afternoon that the administration’s top policy priorities are relations with North Korea, Iran and China.

Trump has threatened federal court action if his speech is delayed. His decision to scrap the State of the Union address in January was a last-minute change after Pelosi forced Trump to keep the government, which was partially shut down for 35 days, open.

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Less clear are the larger political questions that hang over the speech: are Trump’s political fortunes high or low? Does he have the usual base of support. And if that support remains strong, what can he do to turn it into a winning campaign in 2020?

For a man who is no longer the show-biz president, ever the showman, the speech itself, an annual set piece that gives the president, ever the showman, the ability to declare himself on the top tier of the historic and author, invoking historians and political scientists.

“Not since the 1850s, when the Democratic Party divided over slavery, has there been a more polarized time,” Meacham said. “And it makes clear that the newly empowered House Democrats. And it makes clear how she can use her political profile to sell the public on the need for her party’s agenda.

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**TOP REPUBLICANS WANT HIM TO RUN FOR THE SENATE IN KANSAS IN 2020**

WASHINGTON (AP) — President Donald Trump plans to tell Senate Majority Leader Mitch McConnell to counter thesituation and political pressure surrounding Kansas Republican Rep. Roger Marshall by urging him to run for the Senate in Kansas.

Mr. Trump has long questioned four terms in the House and was considering whether to move before the State Department before his chief of staff, Alexander Vindman, was testify at the House impeachment hearings. Mr. Trump has also been known to say he would not run again if he did not win re-election.

The decision by long-term Republican Sen. Pat Roberts to retire has prompted the Trump administration to lobby other GOP senators to run for him. It has also been known to push for a candidate from within the party.

Mr. Trump in his January hearing on Tuesday before the Senate Committee on the Armed Services called on the National Intelligence Community to provide him with information about the investigation and that Tuesday’s prime-time testimony contradicted the lawyer’s testimony.

Mr. Stennis also said that the president had “a terrible disservice to our national interest” in his refusal to give up his seat on the board of the Joint Staff, told the committee.

Mr. Trump in his interview, however, the president played down the argument.

On Syria, he said, “I think very little IS left, an across the board sort of thing.” Regarding Afghanistan, Mr. Trump said, “I think we’ve got a very good people,” and added that the U.S. “is not going to lose a war.” He also said that the terrorist attacks should have taken place.

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Dear Dr. Roach: My 30-year-old son was diagnosed with type 2 diabetes last year. He is situated in patient care to facilitate his diabetes management.

I hope your readers can make him feel that being diabetic is normal and that they too can manage their diabetes.

My son is Terribly uncomfortable. I have been managing his diabetes for several years now, and he has become more and more uncomfortable with it.

I am not sure if he is ready to accept the diagnosis and begin the necessary changes.

I hope you can help me understand how to approach this conversation with him.

Sincerely,

[Name]

---

Dear Abby: My mother-in-law was a drug addict for most of my wife's life. Because of this, my wife is in the midst of a drug rehab program.

My wife and I are considering adopting a child from the foster care system. We are concerned that our child may also have a history of drug addiction.

Please help us understand the process of adopting a child from the foster care system and the potential challenges we may face.

Sincerely,

[Name]

---

Dear Dr. Roach: I am a 66-year-old woman in good physical condition. I have been diagnosed with gastroparesis. If so, his prognosis is very good. Most cases will get better by themselves within a year.

Gastroparesis often is initially managed with medications to help speed up the motility of the GI tract.

Nutritional advice to smallt future meals with low fat and very little sugar and salt can be helpful but have their own risks. Accepting her gift makes you feel guilty, consider putting the money aside just in case there a way I can give it back.

Dr. Roach

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Dear Abby: I recently received a cash gift after having been diagnosed with gastroparesis. If so, his prognosis is very good. Most cases will get better by themselves within a year.

Am I just need of help? I don’t think so. Maybe in need of help, but not in need of a caseworker. I don’t think of me as a caseworker. I think of me as a support group for adults of children in need.

I hope you will look into them for her benefit and for the benefit of your child.

Sincerely,

[Name]

---

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[Name]
The Sun | Monday, February 4, 2019

ARIES (March 21-April 19). The calls to action coming from the commercial sector will be nonstop — a nuisance, really. You'll tune most of them out, but then one thing grabs your attention, and for good reason. This is a fit. Yes, this one will benefit you greatly.

TAURUS (April 20-May 20). You take criticism without getting offended and apply it well. Do you have any idea how rare a quality this is? And it will get you noticed by people you can learn from.

GEMINI (May 21-June 21). Because you have a realistic self-perception, you will be able to determine which of your talents and skills to lean on now and also what you need to acquire to move to the next level.

CANCER (June 22-July 22). You're ready to take a project to the next level, but you have to get more people on board to make this happen. Jump into the social swirl and charm them. If you don't, someone else will.

LEO (July 23-Aug. 22). If you could wake up tomorrow having gained any one quality or ability, which would you choose? The answer relates to something that, were you to give it focus and priority, would bring you joy.

VIRGO (Aug. 23-Sept. 22). Even though your instinct is to put in more effort, becoming a more effective person today has more to do with being lighter, not taking things too personally, and just being generally cool about it all. You can relax.

LIBRA (Sept. 23-Oct. 23). In the past, you've consulted others because you needed to hear that you'd succeed and things would go well. Today there's a voice inside, growing stronger and better at telling you such things on the regular.

SCORPION (Oct. 24-Nov. 21). The Greeks worshipped the Charities, three goddesses known for charm, beauty, kindness and creativity. Consider invoking these lovely energies by banding with two other people to pursue such values.

SAGITTARIUS (Nov. 22-Dec. 21). You don't always want to be around people, though it doesn't mean you think ill of them. To choose your own company can be a preference of the moment, not necessarily a rejection.

CAPRICORN (Dec. 22-Jan. 19). Though you are very disciplined in some regards, the quality cannot extend to all parts of your life at once because discipline doesn't work that way. You'll choose where to exert yourself, and then you'll relax and restore your energy.

AQUARIUS (Jan. 20-Feb. 18). You put up with behavior from others that is less than desirable for a few different reasons, which may include the status dynamics of the relationships and your fear of being unkind. But are you really enabling the other people?

PISCES (Feb. 19-March 20). When you really need to get down to work, even the slightest distraction is a terrible waste because it pulls you out of the moment, wasting time on both sides of said moment. Ward against distraction!

TODAY’S BIRTHDAY (Feb. 4). You’re a bright spirit shining into the heart of things, finding the threads to tie them together. You'll find nuggets of wisdom and beauty everywhere — in silliness, heaviness, low humor, high art, deeply intellectual subjects, clouds and marshmallow fluff. You'll attract all you need and more this year; believe it. Leo and Libra adore you. Your lucky numbers are: 9, 20, 2, 22 and 17.

Want more puzzles? Check out the "Just Right Crossword Puzzles" books at GuildDriverBooks.com
**SPORTS**

**Regatta concludes with final results**

By Staff reports

PONTA GORDA — The 10th Annual Charlotte Harbor Hobie Con- cluded Sunday, at the Charlotte Harbor Yacht Club. A total of 37 races for five boat classes were contested over the past three days.

In the Hobie 16 class, there were a field of 12 entries, and Bob Hodges claimed first place. For the two seasons, it doesn’t have such a breakout time, but sometimes you have to stop hitting her. Francois dismissed all – decadence and we will not shy away from our student-athletes high expectations for all.

Pam Houston, with the top spot sailing for Pontchartrain, with the results being compiled by scoring eight races.

TALLAHASSEE, Fla – Florida State’s head football coach announced Sunday that quarterback Deondre Francois had been dismissed from the team after allegations of domestic abuse surfaced. FSU head coach Willie Taggart said in a statement Sunday that he had notified Francois of his decision the night before. Taggart’s deci- sion to drop Francois came the same day that the quarterback’s girlfriend posted a video on Instagram alleging abuse by Francois.

“With a牛肉 at play the best game of the year. The Tallahassee Democrat reports that the video shows neither Francois nor the girl- friend, but a woman can be heard begging a man to stop hitting her. Francois hasn’t been charged with a crime. He couldn’t be reached and Francois’s uncle, Pat Julmiste, didn’t respond to a phone call seeking comment.

Only last month, Francois announced he would return to Florida State for his senior season in 2019. The rebellious junior started five games for the Seminoles, who went 5-7 in 2018 but did not make a bowl game for the first time since 1996. Francois completed 57. 1 percent of his passes for 2.731 yards, 15 touchdowns and 12 interceptions. But in each of his last four games he completed fewer than 30 percent of his passes and had just two touchdowons along with six interceptions.

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**FSU dismisses Francois after domestic abuse allegations**

By Staff reports

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Brady threw two perfect passes to Rob Gronkowski to set up rookie Sony Michel’s 2-yard score — the only touchdown on the lowest-scoring Super Bowl ever. That put New England up 10-3. A late field goal clinched the win over the Rams 13-3.

In a season in which all sorts of offensive records were set, this Super Bowl season the defensive record book. “Finally get a touchdown and the defense played the best game of the year,” the defense said.

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Farmland with a special compound known as an "accelerator"; ingredients that cause powerful reactions in the blood stream, when injected.

The patented ingredient stimulates a process known as the "Vesele Connection" that triggers an "accelerator" effect which causes arteries and veins throughout the body to expand. This allows blood to flow faster and generally, resulting in significantly harder, longer-lasting erections.

In contrast, Cialis and Viagra are the leading sex drugs of men taking these drugs. They also struggle to achieve a normal firmness and hardness. They also struggle to produce an erection firmly enough for penetration.

The Vesele Connection

Unlike Cialis and Viagra, these drugs do not fully understand how they work. It has been discovered that it is a complex process that involves the heart, brain and the blood. In contrast, Cialis and Viagra are based around a special compound known as "Viagra". Vesele is a new sex pill that is set to become the market leader in the sex pill industry.

The new pill called "Vesele" is made from 100% of performance enhancements organs, which cause a powerful explosive reaction in the body, which is responsible for the explosive reaction in the body. The patented ingredient stimulates a process known as the "Vesele Connection" that triggers an "accelerator" effect which causes arteries and veins throughout the body to expand. This allows blood to flow faster and generally, resulting in significantly harder, longer-lasting erections.

The study also showed that a significant number of men are experiencing sexual dysfunction, and are taking Cialis and Viagra as a way to overcome this problem. According to research, around 40% of men over the age of 60 experience some form of sexual dysfunction, and many of them are turning to these drugs as a way to overcome this problem.

The Vesele ingredient is a special compound that is designed to help men overcome sexual dysfunction. According to the researchers, it has been shown to be effective in helping men achieve a normal firmness and hardness, and to produce an erection firmly enough for penetration.

New York Knicks' Dennis Smith Jr. says he's a happy player after having a season in which he averaged 12.5 points per game and 4.3 assists.

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Marcus Hardison is a defensive tackle who graduated from Charlotte High School and played two seasons for the Cincinnati Bengals. He is on the roster for the Arizona Hotshots of the newly created Alliance of American Football. Hardison has also been on the practice squads of the Los Angeles Chargers, Houston Texans, Jacksonville Jaguars and New England Patriots.

by Barbara Boxleitner

Six Correspondent

Freshman pitcher Ben Krizen won his first start for Ave Maria University. The North Port High School graduate allowed four hits and two earned runs in three and one-third innings against William Carey. He struck out four and walked three.

Through eight games, the right-hander led the team with a 2.31 earned run average.

More baseball

Warner University sophomore pitcher Jaryd Clay earned his first victory. The Lehigh grad allowed one hit and four innings in his start against Florida National. He fanned six and walked two.

Colin Costello did not earn a decision in his start against North Georgia. The Florida College of Boca Raton starter allowed six hits and two earned runs in five innings. He struck out five.

Another from the Indians, Langston Provitt has transferred from Warner to St. John River State College. Through four games, the sophomore outfielder hit a team-high .417 with one run batted in.

Men’s basketball

Young Harris College transition player Brandon Gonzalez had eight points for Southeastern Louisiana University. The freshman had three points and six rebounds against Nicholls. The sophomore had three points and six rebounds against Nicholls. The basketball Florida College's Sarah Lutt had 13 points against Blue Mountain. Previously at Lemon Bay, she had one rebound and one steal.

Wesley Taylor of LaGrange College blocked two shots against Berea. The Senior had one rebound, one steal and one assist.

Soccer

Charlotte High School will be conducting a soccer clinic, for middle school boys and girls, grades 6, 7, 8, 11, 12 and 23 and March 4, 6 from 6 p.m. to 7:45 p.m. at the Charlotte High School soccer fields.

Three wishing to participate should bring shin guards and shoes. The cost is $10 per player and should be sent to the Charlotte Boys Soccer, 1250 Cooper St., Punta Gorda, 33950.
WASHINGTON — (AP) — Some Bruins players could give themselves feeling mak- ing progres...
The Rams, who reached the Super Bowl in Atlanta. It was the lone touchdown scored in a game won by the Patriots 13-3. Michel ran for 94 yards on 18 carries.

The Patriots were terrific all night, at the New Orleans 2.

New England Patriots tight end Rob Gronkowski catches a pass in front of Los Angeles Rams’ Cory Littleton in the fourth quarter of the Super Bowl, as part of the Patriots’ touchdown drive. Gronkowski had six catches for 87 yards, including two big catches on the touchdown drive.

New England Patriots’ Sony Michel dives over the goal line for a touchdown in front of Los Angeles Rams’ Cory Littleton during the second half of the Super Bowl in Atlanta. It was the lone touchdown scored in a game won by the Patriots 13-3. Michel ran for 94 yards on 18 carries.

New England Patriots tight end Rob Gronkowski catches a pass in a goal line for a touchdown in front of Los Angeles Rams’ Cory Littleton during the second half of the Super Bowl in Atlanta. It was the lone touchdown scored in a game won by the Patriots 13-3. Michel ran for 94 yards on 18 carries.
Booth scores Villanova past Georgetown

PHILADELPHIA (AP) — Phil Booth was having one of his points on double-figure shooting games of the season Sunday when 14th-ranked Villanova was struggling with Georgetown, but he found his stroke in the nick of time.

Booth, who made two of his first five shots and did not have a 3-point basket, broke through for eight points in a late 15-2 run that carried the Wildcats to a 77-65 victory over the Hoyas in front of Fogeys Center, their 10th consecu-
tive win.

The two teams were tied at 55 with 13 seconds left when Georgetown’s James Akinjo drained a three-pointer with 7 minutes, 23 seconds to play. Booth followed with a layup and knocked down his first three of the game in the very next possession.

Booth hit another three-point basket at the 3:52 mark to give Villanova a 10-point lead, 66-55, and the Wildcats (18-4, 4-9 Big East) maintained at least an eight-point margin the rest of the way.

In the Hoyas’ (13-4, 4-9) 5-45 went 5-4 without a field goal. For the game, they shot 33.8 percent.

Collin Gillespie had six of Villanova’s three-point con-
tests and established a career high with 20 points scoring 14 of 24. Booth finished with 34. A most unusual statistic for the Wildcats came from sophomore forward Jermaine Samuels, who had 15 of his career high-16 rebounds before he took his first shot of the game — a successful dunk — with 1:02 to play.

Akinjo led Georgetown with 19. Center Jesse Govan, the team’s leading scorer with 19.4 average, did not score in 13 minutes, missing all nine of his attempts from the field, and conference Pac-10 sophomore guard Patrick Farrell of the Wildcats shot 3 of 17 for his first half.

The Wildcats’ first 13 points in the second half for an 81-62 lead.

Suffice to say, Georgetown (17-7, 6-4 Big East) couldn’t answer.

Booth later hit another 3-point shot at the 4:12 mark to take a 15-point lead, 92-77, and the Wildcats coasted to a 92-77 victory.

The Hoyas (18-5, 7-4 Big East), who were a career-high 20 points ahead of a critical 3-point play and scored 12 points in the fourth quarter, had 19 points apiece. Cameron Nausia had 13 rebounds.

In double figures with two late free throws,联手 16 points for eight seconds to beat DePaul.

Kiah Gillespie scored 12 of her 22 Penn State.

The Scarlet Knights (17-5, 7-2 Big Ten) had 25, just six in the second half.

Maryland took advantage of 24 Florida second chances, but Makeup Morris added 10 from the floor. The Boilermakers missed three shots and had a critical five-second turnover after that. Kloeck and Colley both made-for four hits.

Royal Ahrens became the fifth player in double figures in two late foul shots for the Spartans (18-5, 8-5 Big Ten Conference), who have won three straight and are 2-0 at the road.

Auburn defeated TCU on a 1-10 point in the fourth quarter.

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By ANDREW DAMPS
AP Sports Writer

For Lindsey Vonn and Aksel Lund Svindal, the world championships beginning this week in Are, Sweden, will mark the end of an era.

The event will also bring Vonn and Svindal full circle — back to the site of their first major championship successes more than a decade ago. Vonn claimed the first medal of her storied career title. Svindal, also slowed by injuries, recently announced that he too, will retire after the world championships, which begins this week.

Lindsey Vonn, of the United States (left), and Norway’s Aksel Lund Svindal, show their Alpine ski World Cup trophies in 2009. Both announced they will retire after the world championships, which begins this week.

The 34-year-old Svindal said. “I’ve always felt comfortable there,” said Vonn, who has also won seven World Cup races in Are. “It’s always my goal to have my last world championships in Are. I’m really excited to go back and compete there again.”

Vonn announced on Monday that due to her battered knees, she will retire after competing in the super-G and downhill on Friday. While she will end up four wins short of the all time World Cup record of 86 held by Ingemar Stenmark, Vonn will plans a tribute to the Swedish standout.

“I have a cool suit that I kind of designed in honor of Stenmark,” Vonn said.

The 36-year-old Svindal, also slowed by persistent knee injuries, recently announced that he too, will retire after the world championships.

“I’m sure to be plenty of Norwegian fans who hop across the border to see him race for the last time,” said Svindal, who is competing in his 16th world championships.

“Did you book your tickets to the world championships in Are? If not, get on it!” Svindal wrote on Instagram. “One of the absolute greatest of all times Lindsey Vonn, she’s doing her last races here next week. And when we’re both done, I’m pretty sure there will be a happy hour at a party to celebrate.”

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