Passion, hard work and kindness
Tosin Awomewe named Male Coach of the Year by RUTH ANN LAWSON
Staunton, Va.
SEBRING — A passion and knowledge is what Tosin Awomewe hopes to pass on to the youth of Highland-Gary.
Awomewe was the recipient of the Highlands News-Sun’s 2018 Coach of the Year Award.

“It was a shocker to get nominated,” Awomewe said. “It caught me off guard and it was a surprise. I wouldn’t think it would be something like this being a regular coach. It just shows that we care about the kids and play a role in them.”

“Tosin Awomewe was the Male Coach of the Year winner. That was a big surprise. I was honestly a shock to me and it means a lot that the community sees me as a big asset to the community and to give back to the younger kids.”

Tosin Awomewe was the Male Coach of the Year.

COACH | A4

Lake Istokpoga

at issue

By INGRID UTECH
Correspondent

Lake Istokpoga Park.

The university also has held three public meetings and sent out a survey to more than 4,000 individuals who live around the lake and/or have a vested interest in the lake’s management. A plan is in the process of development.

Recommendations will be released at a public meeting at November. Comments from the meeting will be incorporated into a final document that will be available by February 2020. The plan calls for stakeholder and FWC to define target ranges of plants for the entire lake. If the percentage of a particular plant or community falls below that target range, and actions such as re-vegetation or eliminating invasive plants are necessary, such actions will be undertaken and evaluated by FWC.


fWC staff members provide and educational tour of Lake Istokpoga. Back, from left: FWC biologists Carl Abiloff, Geoff Likou and Cole Hardy, front: bass fishing guide Don Hatcher. (from left) anglers and lakeshore residents Sue Corbett and John Benson. Also present: Friends of Istokpoga Board Member Jim Hend, Hatchet and Reed also are members of the Lake Istokpoga Advisory Committee.

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Dr. Chelsey Crandall, University of Florida meeting facilitator, writes down comments from Advisory Committee members, from left, Dr. John Carson, Jim Hend, Cole Hardy and Sue Clark at a recent meeting.

Know the lake

By PHIL ATTINGER
STAFF WRITER

Ignoring that requirement and doing so

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Vetsers Beach repair plans to be reviewed

By MARC VALERO

A portion of the parking lot at Veterans Beach has been closed since Hurricane Irma destroyed a seawall and a potion of the pavement.

A portion of the parking lot at Veterans Beach has been closed since Hurricane Irma destroyed a repair project.

Hoffman said Friday that Polston

“Until it goes out to bid, we will not

We are working on that. We are going to do an RFP to see if we can get it done before the end of this budget year, yet. A lot of that will depend on how the plans to fully understand the scope of the project. "Someone will be hired to get it fixed." He said.

“I am looking forward to working with everyone on coming to a budget that we can all agree on," he said.

Another day in the life of a Florida cowboy

By ROBERT MILLER

Another day in the life of a Florida cowboy

Traffic on US 90 came to a standstill Friday while some Florida cowboys neared a herd of cattle from the Highlands County Sheriff's Office.

Another day in the life of a Florida cowboy

Avon Park man picked up on warrant

By ROBERT MILLER

Highlands News-Sun News Cuts

TEXAS NEWS

By MARC VALERO

SEBRING — As Larry McLain drove to Veterans Beach Saturday morning to launch his new Boston whaler for its maiden voyage, he wondered when the City of Sebring was going to repair the damage from Hurricane Irma.

"I come out here and ski all the time. We really used to have some extra parking spaces. It gets crowded early, especially on a holiday weekend, there is not even enough parking across the street," he said.

Hurricane Irma washed away a seawall and part of the pavement at the popular park with a boat ramp on the west side of Lake Jackson.

Assistant City Administrator Bob Hoffman said Friday that Polk County Engineering has been preparing the plans and specifications for the rebuilding/repair project.

On July 11, the city got the blueprints and plans to put in a new seawall and down and fix that, he said.

Hoffman said himself, City Administrator Scott Noethlich and Public Works Director Ken Fields will be meeting soon with a Polk County Engineering representative to review the plans to fully understand the scope of the repair work. Then the project will be put out to bid, which will take some time, he said. Then hopefully someone will be hired to get it fixed.

The parking spaces that were lost are particularly useful for vehicles with boat trailers, he said. The city owns the parking lot across the street, which is being used for those going to Veterans Beach.

“It got packed during summer holidays, the July 4th holiday and things like that, but we have enough parking across the street that we have been able to accommodate everybody," Hoffman said.

He said the project “is going to be a challenge to bid.”

“It's absolutely going to be different. It's going to be a little bit longer, he said.

One legislator leading the charge was former-governor Rick Scott, who signed House Bill 1241, which gave nurses expanded access to order medication, as well as to prescribe medication to a supervisory physician for a specified patient. It also allowed a licensed nurse practitioner to authorize a lawful transfer of controlled substances to another provider without a doctor’s supervision.

By mid-April 2016, then-governor Rick Scott had signed House Bill 1241, which gave nurses expanded access to order medication, as well as to prescribe medication to a supervisory physician for a specified patient. It also allowed a licensed nurse practitioner to authorize a lawful transfer of controlled substances to another provider without a doctor’s supervision.

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POLICE

The following people were arrested on felony charges and booked into the Highlands County Jail on Aug. 6:

James Tyler Austin, 26, Avon Park, charged with battery.
Sidney L. Crooks, 22, Zolfo Springs, charged with probation violation.
Peter Junior Harris, 29, Sebring, on charges of shoplifting, possession of a weapon by a convicted felon, misdemeanor theft, and two charges of battery.
Tommy Travis McKeithan, 20, Lake Placid, charged with aggravated assault with a deadly weapon.
Sean Ledbetter, 24, Avon Park, on three charges of failure to appear.
James Earl Redding, 36, Avon Park, charged with possession of a weapon by a convicted felon.
Desmoine Tavarez Knight, 29, Avon Park, charged with burglary.
Melquiades Rivera-Reyes, 34, Sebring, on charges of theft and battery.
Virginia Joy Underwood, 32, Lakeland, charged with battery.
Steven Edward Nichols, 39, Sebring, on charges of drug equipment possession and resisting an officer without violence.
James Denise Crivello, 42, Sebring, on charges of burglary, possession of a weapon by a convicted felon, and two charges of battery.

The following people were arrested on felony charges and booked into the Highlands County Jail on Aug. 8:

Tylee Cole Reed, 32, Sebring, on charges of drug equipment possession and methamphetamine possession.
Douglas Rich Muller, 41, Sebring, charged with probation violation.
Kaylin Rene Zimmerman, 23, Avon Park, charged with resisting an officer with violence.

The following people were arrested on felony charges and booked into the Highlands County Jail on Aug. 9:

Cory Lee Hunter, 26, Avon Park, on charges of theft and two charges of battery.
Douglas Rich Muller, 41, Sebring, charged with probation violation.
Kari Lynn Owens, 31, Sebring, charged with fraudulent motor vehicle identification.

The following people were arrested onacency and booked into the Highlands County Jail on Aug. 10:

Roy Arthur Paronett, 43, Sebring, charged with battery.
Michell Corson, 31, Fensee, on charges of drug possession and resisting an officer without violence.

The following people were arrested on felony charges and booked into the Highlands County Jail on Aug. 11:

Kaylin Rene Zimmerman, 23, Avon Park, charged with burglary.
Justin A. Sansbury, 43, Sebring, on charges of drug possession, drug equipment possession, knowingly driving while license suspended, resisting an officer and methamphetamine possession.

Tony Carlos Bouse, 41, Sebring, on charges of resisting an officer, possession of a weapon and operating a motor vehicle without a valid license.
Dustin Howard Schilling, 39, Sebring, charged with possession of a weapon by a convicted felon.
Kaylin Rene Zimmerman, 23, Avon Park, charged with battery.

The following people were arrested on felony charges and booked into the Highlands County Jail on Aug. 12:

Jimene Denise Crivello, 42, Sebring, on charges of smuggling contraband methamphetamine possession and drug equipment possession.
Cassandria Ann Listled, 36, Lorida, charged with probation violation.

The following people were arrested on felony charges and booked into the Highlands County Jail on Aug. 13:

Andrew Jiosiapou, 42, Sebring, on two charges of probation violation.
Dominique Tavarez Knight, 29, Avon Park, charged with burglary and assault with a deadly weapon.
Steven Edward Nichols, 39, Sebring, on charges of drug equipment possession and methamphetamine possession.
Malquadas Rivera-Reyes, 34, Sebring, charged with probation violation.

The following people were arrested on felony charges and booked into the Highlands County Jail on Aug. 14:

Sidney L. Crooks, 22, Zolfo Springs, charged with probation violation.
Cory Lee Hunter, 26, Avon Park, on charges of theft and two charges of battery.
Douglas Rich Muller, 41, Sebring, charged with probation violation.

Construction project: The site work for a new dental office at South Highlands Avenue on US 27 northbound from West Palmetto Street to Woodmere Street near the Walmart Super Center is under way.

Concrete Services, LLC. Estimated project completion date is early 2020.

The contractor is also working on reconstructing the existing roadway on US 27 from West Townsend Street to Edd Street in north Highlands County.

Stationed at Apgar Field in Sebring are units from the Highlands County Sheriff’s Office, Florida Highway Patrol, and the Florida Department of Transportation, along with units from the Florida Department of Law Enforcement, and Florida Fish and Wildlife Commission.

**WANTED BY POLICE**

**SPECIAL TO HIGHLANDS NEWS-SUN**

Highlands County road projects for which the Florida Department of Transportation has issued a road advisory:

US 27 from 2.5 miles south of US 27 to 27 South Avenue: Construction project: Crews are replacing all old wood poles with new concrete poles. The project should expect daily lane closures Monday through Friday with one-way traffic through this construction zone.

US 27 from US 27 to 27 South Avenue: Roadway widening project: Traffic should expect 24-hour single lane closures during nighttime. The project is expected to be completed in the summer. Motorists should use caution in this area and watch for workers and equipment in the construction zone.

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optional ways to share with them was on knowledge with kids and I have always wanted to share my play at a competitive level. I stepped back and I was contacted and went finish my degree. Once I go back, I was the head coach for the Sebring High School. I was the assistant coach for Avon Park High School, was the head coach for Sebring High School. He left Sebring to pursue being the head coach for the University of Florida only. A4 | HIGHLANDS NEWS-SUN | August 12, 2019 FROM PAGE 1A

opportunities will be explored to reduce the overall level of spraying and to use mechanical harvesting, where possible. FWC will coordinate with other agencies to ensure there is no excess application of herbicides. Monitoring of applicator activity will be increased through the use of technology, i.e., GPS on spray nozzles, video cameras on boats.

Communication: The advisory committee that helped developed the plan will be disbanded at the end of May. The committee will be reconstituted, which will meet regularly to review progress and provide input into the implementation of the plan. Public forums will be held either annually or semi-annually to inform stakeholders about the status of the lake, management actions, and other information related to habitat management. FWC will post on its website annual work plans and staff schedules related to the plant restoration and invasive management. FWC will also make maps that identify areas of aquatic and invasive habitats that are proposed or has occurred, and will update maps to reflect any research findings of interest to the public.

Other issues: The University of Florida’s contact only permits will be distributed to activities that are within FWC’s jurisdiction, issues such as water level management, water quality, and watershed development, which are important to habitat management, but are the responsibility of other agencies, will not be addressed. However, FWC will list available agencies for cooperation with water level management actions, FWC will produce an annual habitat status report, which will include data on aerial and satellite mapping, IPM Plant Surveys, Regional Aquatic and Invasive Plants, surveys and Geographic Information Systems (GIS) analyses of the composition of habitats.

Outcomes of habitat management actions related to water level and information on successes and failures will be used to guide future decision-making. Project outcomes will be used as a tool for managing marsh habitat.

Herbicide spraying and application policies will be implemented to minimize the scope and scale of management-related disturbance to wildlife and the public as a result of spraying activities.

In the right of way, no one can do anything.

Coaching

Awomewe said. “I enjoy tennis because you can play at any age,” Awomewe said. “You could be 60, 70 or 90 years old and still play tennis. Tennis is truly a sport you can play at any time in your life. No matter your age, you can always play. My ultimate goal is to bring the awareness of tennis to our community like it used to be. Tennis was such a popular sport back when I played high school. It was very competitive but in the last few years things have changed and it kind of fell out. I want to bring it back and get every kid an opportunity to compete and enjoy the sport as they are doing it. I know it can be frustrating to learn a new sport because you don’t know what to do or where to start. I’m always open to help.

Awomewe is a certificated United States Tennis Association (USTA) coach, ranked first in the state in doubles and is the Top 50 in the men’s singles. He competes throughout the year.

In the right of way, no one can do anything. A lot of the runoff is on Silver Fox flooding, he owns that right of way. I don’t know what else we can do, but are willing to partner with us to improve Mare Path them- selves, but are willing to par- ticipate with us if they can. Austin Maddox, crews were able to keep the fire, which had already spread, out of the mud, contained to the left side of the duplex. Both families were able to evacuate prior to the fire department’s arrival. Tenants related they smelled smoke and upon entering the master bedroom of the house they found the entire wide of the fire. The American Red Cross was notified to assist the families.
Volunteers help install a new mural on the Mexican side of a border wall that shows faces of people deported from the U.S. with barcodes that activate first-person narratives on visitors’ phones, in Tijuana, Mexico, Friday, Aug. 9, 2019. Lizbeth De La Cruz Santana conceived the interactive mural. Her project blends Mexico’s rich history with barcodes that activate first-person narratives on visitors’ phones, in Tijuana, Mexico, Friday, Aug. 9, 2019. It is an expression of the inequalities as cultural history that former President Barack Obama included. “Technology is one of the best ways and venues for people to tell their stories,” said De La Cruz, whose government obtained legal status through the 1965 Immigration and Nationality Act.

“The Human Cannonball,” a net with U.S. Border Patrol shot over the wall, landing on Ciudad Juarez, Mexico. There is a deported U.S. citizen who is 80. Actress Lauren Bacall, 80. Actor George Hamilton is 80. New Delhi — Authorities in Indian-administered Kashmir said they sealed restrictions in most parts of the region Sunday to stop insurrectionists from mobilizing for a protest march early Monday, a day after a top Indian general announced a strategy to improve its military presence across the territory. Official statements crossed the border from the U.S. Pacific Ocean and landed on the same beach, where a U.S. citizen monitored the blast. Dr. Nabil David, 84, Jr., known as ‘The Bullet’ because he shot a bullet at a volunteer. The blast killed 2 UN officials on the Mexican side of a border wall that it separated El Paso, Texas, from Ciudad Juarez, Mexico.

Footnotes

- For a net with U.S. Border Patrol shot over the wall, landing on Ciudad Juarez, Mexico. There is a deported U.S. citizen who is 80. Actress Lauren Bacall, 80. Actor George Hamilton is 80.

Interactive border wall mural tells stories of deported

By ELLIOTT FRAGAT

ACCUSED PERSON

THE NEW YORK TIMES

Official: Car bomb kills 2 UN staff outside mall in Libya

By HENRI MUSKA AND SAMY MAGDY

ACCUSED PERSON

THE NEW YORK TIMES

Buried in two tons of explosives, the 23-year-old Georgia man, Sadequee, a 23-year-old Georgia man, either Pashtun or Pathan, was sentenced to life in Virginia prison in 2018, hours after being convicted of murder in the Boston bombing. His co-pilot when their explosives-laden plane blew up over England.

Earlier this week, the U.N. envoy for Libya, Juan Goytisolo, welcomed the U.N. and Libya’s “United Arab Emirates” to declare a cease-fire.

The Tripoli-based government on Friday welcomed the U.N. proposal, while a Libya spokesman Ahmed al-Mosmari told a news conference in Tripoli that the eastern city of Benghazi on Saturday accepted a multi-day truce for the conflict. LNA spokesman Ahmed al-Mosmari told a news conference in Tripoli that the eastern city of Benghazi on Saturday accepted a multi-day truce for the conflict.

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and may approach the in Kashmir with the of China, it will take up said that with the support day earlier.
Pakistani Foreign Minister the demographics of Minister Imran Khan said the move was necessary to counter any potential aggression by India. To free the region of “terrorists” and the government," Pakistani Foreign Minister Shah Mahmood Qureshi told The Associated Press that "it's called genocide, it's called 'ethnic cleansing,' it's called 'force, it's called an act of aggression.'"

Hindu nationalist-led soldiers to one of the move was necessary with the support of to free the region of "terrorists" and the government," Pakistani Foreign Minister Shah Mahmood Qureshi told The Associated Press that "it's called genocide, it's called 'ethnic cleansing,' it's called 'force, it's called an act of aggression.'"

On Saturday, Pakistan’s Prime Minister Imran Khan said on Twitter that India’s crackdown on Kashmir was an attempt to change the demographics of the country by introducing Hindus to the region, which has a majority of Muslims. Pakistan has expressed concern about the situation in the region and has been urging India to take steps to stop the violence.

Thousands of African migrants captured for crossing Europe’s border and forced to walk for days were on their way to the offices of the UN’s refugee agency to seek asylum on Saturday, a day after a large caravan of migrants crossed into Spain from Morocco.

India and Pakistan have been in a state of conflict for decades, and the situation has escalated following India’s move to revoke the special status of Kashmir.

Meanwhile, the United Nations has called for an immediate ceasefire and the withdrawal of all military forces from the region.

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No chaos this time as Woodstock concert site prep for 50th

By Michael Hill

As Woodstock 50 was cancelled because of financial issues, the USDA is buying even more as a result of Trump-era mitigation efforts.

The USDA has long purchased and distributed agricultural products to help farmers hurt by trade negotiations.

A teacher logged onto the system for pre- prepared foods at The Metaphysical Elementary School in Canton, Wyo., Friday, Aug. 9, 2019. Students frequently take part in the program that offers fruits and vegetables, but this had been delayed due to the shutdown. The Metaphysical Elementary School is a non-profit organization that provides educational programs for students with special needs.

A teacher logs onto the system for pre- prepared foods at The Metaphysical Elementary School in Canton, Wyo., Friday, Aug. 9, 2019. Students frequently take part in the program that offers fruits and vegetables, but this had been delayed due to the shutdown. The Metaphysical Elementary School is a non-profit organization that provides educational programs for students with special needs.

And beyond the usual school meals already have Meatless Mondays and Taco Tuesdays. Now some may get Trade Mitigation Thursdays.

The USDA has long purchased and distributed agricultural products to help farmers hurt by trade negotiations.

The USDAs says schools are entitled to get a tiny slice of trade mitigation foods, accounting for a majority of the $27 million in products ordered for school nutrition programs. But at a national convention for school cafeteria employees, this summer, agency officials noted the program is expected to continue with additional schools.

When three Pennsylvania Supreme Court judges gather today to hear Bill Cosby’s appeal of his sexual assault conviction, more than the aging comedian’s freedom may be at stake.

This fall, U.S. school cafeterias are awaiting a truckload of canned kidney beans—some of several trade mitigation items schools were offered.

“We make our own chili soup, so we know we had a use for that,” said Kevin Steele, a nutrition official for Montgomery County Public Schools.

Cosby charged over a 2004 encounter, first went on trial in June 2017 — months before accusations against mogul Morgan Harvey started to appear in the #MeToo era. Prosecutors asked to call 13 other women to bolster the account of Cosby accuser Andrea Constand.

The second jury took just 14 hours to find Cosby of all three felony sex-assault charges, finding that he drugged and violated the 56-year-old Constand when she went to his house for career advice.

Cosby gained his nickname after a performance in a charity benefit for Woodstock in 1969, before he became a powerful force in Hollywood.

The defense is also challenging the fact that Constand was a victim who was a career woman at the Zoo in New York at the time, charged her mental state as the case was sent to trial. The lawyer, Matt Heafy, who was starring in the “Not Me” movement, under the hashtag “#NotMe.”

Cosby, 82-year-old Cosby is serving a three- to 10-year prison term.

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Cosby appeal tests other accusers’ testimony in #MeToo era

By Michael Hill

As Woodstock 50 was cancelled because of financial issues, the USDA is buying even more as a result of Trump-era mitigation efforts.

The USDA has long purchased and distributed agricultural products to help farmers hurt by trade negotiations.

A teacher logged onto the system for pre- prepared foods at The Metaphysical Elementary School in Canton, Wyo., Friday, Aug. 9, 2019. Students frequently take part in the program that offers fruits and vegetables, but this had been delayed due to the shutdown. The Metaphysical Elementary School is a non-profit organization that provides educational programs for students with special needs.

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and the second trial to justify whose child-endangerment Philadelphia church official Tauber, who represented a explained why he let more believe O'Neill should have advance and have to consider which plan menus far in after the not-for-profit Bethel this week. “It’s like Gettysburg. monument in a corner. and make peace sign poses decades. Famous for becoming a time of amateurism and professionalism and realism. a veteran rock manager who calls,” said Simon Napier-Bell, as it would be to try and you can recreate a 1969 rock professionalism and realism. “When they first built it, I had mixed feelings about it,” Santana and Fogerty will play Thursday before Saturday in the site. “But there’s not enough time. It’s still there. They preserved the field. They did a really good job.” The Somersworth, New Hampshire resident will play Thursday before Saturday in the site. “But there’s not enough time. It’s still there. They preserved the field. They did a really good job.”

WASHINGTON — It’s not quite “Trump-McConnell” 2020, but it might be as well as McConnell fights off a challenge from his freshmen Senate Majority Mitch, said his new right-hand man in Congress, transformed from a boolean manager who successfully operates a monument in a corner. and make peace sign poses decades. Famous for becoming a time of amateurism and professionalism and realism. a veteran rock manager who calls,” said Simon Napier-Bell, as it would be to try and you can recreate a 1969 rock professionalism and realism. “When they first built it, I had mixed feelings about it,” Santana and Fogerty will play Thursday before Saturday in the site. “But there’s not enough time. It’s still there. They preserved the field. They did a really good job.”

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**COMMUNITY CALENDAR**

**MIDNIGHT**

**6 p.m.**
Tacos 6-8 p.m. Call 863-471-1448.

**8:30 p.m.**
Texas hold’em 7 p.m. Darts 3-6 p.m. Call 863-452-0579.

**CHARITY BINGO**
Elks Lodge 1529 in Lake Placid — Charity bingo 6 p.m. Call 863-385-0234.

**11 a.m. to 3 p.m.**
All-in Lake Placid — Kitchen of Life Olene Hayes in main Lakeside DR. Celebration of Life. Call 863-655-4007.

**12:30 p.m.**
Intermediate/advanced Couples line dancing 1:30 p.m. at Brookside A.M. Sebring. For information, call Gena at 863-273-7249.

**12:30 p.m.**
Shriners in Sebring. There is no cost. The fourth Tuesday of each month. Call 863-471-3557.

**1 p.m.**
Texas hold’em — Joy’s fiesta chicken. Call 863-452-0579.

**1 p.m.**
Sebring Recreation Club — Bridge 12:30 p.m. Call 863-452-9853.

**2 p.m.**
Bar poker 2 p.m. Texas hold’em — Good News Cafe. Call 863-385-0234.

**3:15 p.m.**
Intermediate line dancing 3:15 p.m. at Brookside A.M. Sebring. For information, call Forrest Steele at 863-243-609-510-1241.

**5 p.m.**
Tacos 5-6:30 p.m. Call 863-471-1448.

**6 p.m.**

**6 p.m.**
American Legion Post 25 in Lake Placid — Create a pizza and enjoy it daily through the bar. Call 863-452-0579.

**6 p.m.**
American Legion Post 74 in Lake Placid — Happy hour 2-4 p.m. Bar poker. Call 863-465-0131.

**6:30 p.m.**
Charity Bingo 6 p.m. Call 863-385-0234. AMVETS Post 21 in Sebring. Food and drink specials all month 2 p.m. Bar poker and fourth Sunday of the month 2 p.m. Bar poker. Call 863-452-0579.

**6:30 p.m.**
American Legion Post 74 in Lake Placid — Happy hour 2-4 p.m. Bar poker. Call 863-465-0131.

**6:30 p.m.**
American Legion Post 4300 in Lake Placid — Boots and nonmembers. All members. Call 863-655-3920.

**6:30 p.m.**
American Legion Post 25 in Lake Placid — Create a pizza and enjoy it daily through the bar. Call 863-452-0579.

**6:30 p.m.**
American Legion Post 4300 in Lake Placid — Chips and darts. KJ karaoke. Call 863-655-3920.

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**6:30 p.m.**
American Legion Post 4300 in Lake Placid — Chips and darts. KJ karaoke. Call 863-655-3920.

**8 a.m. to noon, see Post**

**8:30 a.m.**
American Legion Post 69 in Avon Park — Bingo 8:30 a.m. to 2 p.m. Call 863-452-0579.

**8:30 a.m. to noon**
Market in Lake Placid — Consumer Food Co-op. Offering free dinners to children and the hungry every Monday from 5-7 p.m. at 3005 New Way Lane.

**8:30 a.m. to noon**
American Legion Post 69 in Avon Park — Bingo 8:30 a.m. to 2 p.m. Call 863-452-0579.

**8:30 a.m. to noon, see Post**

**8:30 a.m. to noon, see Post**

**9 a.m.**
Young Star Book Club — Meets third Thursday every month dinner 6 p.m. at 33565 100mg

**9 a.m. to 2 p.m., noon.**
Happy hour 2-4 p.m. Bar poker. Call 863-465-0131.

**9 a.m. to 2 p.m.**
Sebring Recreation Club — Bridge 12:30 p.m. Call 863-452-9853.

**9 a.m. to 2 p.m.**

**9 a.m. to noon**
Market in Lake Placid — Consumer Food Co-op. Offering free dinners to children and the hungry every Monday from 5-7 p.m. at 3005 New Way Lane.

**9 a.m. to 3 p.m.**
Sebring Recreation Club — Bridge 12:30 p.m. Pinch College.

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BOOK CLUB — Meets third Thursday every month dinner 6 p.m. at 33565

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JOIN THE CONVERSATION
Letters are welcome on a wide subject, but we do have some rules. We will not accept any Letters to the Editor that mention a business in a negative tone, as they have no means to defend themselves. Please keep your Letters to the Editor to less than 250 words. Letters will be edited to keep them under 250 words. Each author's name and town must be signed with full name. An author's name and address must be included. The phone number and address are not for publication, but must be submitted. Letters or parts of letters that are explicit, the same rule applies. Due to the volume of mail we receive, our staff is unable to read every letter. We can only acknowledge those letters that are direct responses to a published article in the Sun. We will not answer letters to the Editor asking for general tips or advice that are not specific to an article in the Sun.

Nothing seems to be done

In just 24 hours, our nation has seen two events that caused the tragic deaths of 31 Americans. Those deaths left their homes hoping to spend their time in places that they felt safe in, but instead, they died, and will not be returning. Despite the fact that the amount of deaths that those events are about, it will more than likely become another number in the statistics. The men and women that lost their lives will just add up to the number of deaths caused by these manmade events. The families of the victims will continue to recover from the trial of actions that ensure other parents do not experience the same loss as them.

The same routine will be followed with each shooting this country sees—thoughts and prayers into legislation and prevention. With each shooting, gun makers will play politics and say they support the victims. This routine can and needs to be broken by passing reasonable legislation that can actually prevent the

YOUR VIEW

Too much support for gun shows

So the nightmare continued as 255 mass shootings in the United States so far this year. Things are getting decidedly worse and there seems to be no political effort to stop the insanity. In Highlands County, the Firemen’s Association continues to bring weapons of mass destruction into our county by way of their gun shows. This mad science of dollar organization seems intent on exploiting our community for the sole purpose of increasing their wealth. Their activism may be hard to see as they are certainly not moral. We wonder why the Highlands County School Board members seem oblivious to the Firemen’s efforts to bring more guns into the community, especially since they are doing so directly across the street from Sebring High School.

The School Board is spending hundreds of thousands of dollars to keep guns out of our schools and yet refuses to call out the Firemen’s Association about their activities. In fact, the School Board is funding the Firemen’s Association and has done so for many decades to amounts easily reaching over a million dollars. A group of Highlands County residents had given the School Board a very concise presentation about the Firemen’s activities and why the School Board should be acting for the sake of our children’s safety. The School Board was asked to act and essentially gives the Firemen’s Association their tacit approval.

A gulf of this bizarre affair is: The School Board spends thousands of dollars to keep guns out of our schools. Then, the School Board helps fund the Firemen’s Association, who in turn, sells assault weapons directly across from Sebring High School. Does this make sense? Do the School Board members keep our children safe? James Reid

Sebring

Understanding the emotions

I think most of this country has been on El Paso, Texas and Dayton, Ohio since we watched the past horrific weekend where gamma brought more death and carnage to both cities. In both these events, we start to understand our overwhelming fear, sadness, stress and the knowing that something else in our cities someday could be killing their loved ones.

I was across the river when the two airplanes hit the World Trade Center. I knew my daughter was downtown New York, not far from the Centers. I was there and I called her on the phone for some time I understand the anguish and fear I am happy to say I did not have to feel the horror. I was working at the time and the CEO of our company brought everyone together in the conference room for prayers, taken from an old Bible and, hope and silence. He then told us to go home to our loved ones.

Can anyone imagine our current president doing any of this? He finally made a short statement and it was obvious that he didn’t want to read and was read what was written for him then later in a teleprompter including the words “God bless America.” The man just doesn’t care, isn’t interested and then crashed a wedding party because it all meant something to him and me, me, me. The good news is our country’s constitution is still intact and the people of the United States can do better.

Judith Edelman

Sebring
DeSantis asks justices to weigh in on felon's rights

By JIM TURNER

TALLAHASSEE — A week after asking a federal judge to throw out the law that lets felons vote, Gov. Ron DeSantis is seeking guidance from the Florida Supreme Court about a constitutional amendment that grants rights to felons who have completed all terms of sentence — including the payment of fines and restitution that were part of sentences.

But some Democrats blasted DeSantis for turning to the highest court in the state in a focus of a federal lawsuit. As a candidate last year, the Republican governor said he opposed the amendment that DeSantis has asked the justices to review.

"My take is that it's a continuation of a party who is consistently trying to subvert the will of the people of this state," said Sen. Renee Stuart, a Fort Lauderdale lawyer and former state Supreme Court justice.

DeSantis' lawyers last week asked U.S. District Judge Mark Walker to strike down the law that makes felons eligible to vote and come off the rolls as a "political entity," arguing that the law is an "unconstitutional and narrow patience" to DeSantis.

But Stuart said DeSantis ' s lawyers had "an 18-month process that was never serious, that I'm not sure what it counts for." He said the governor had been "wasting resources" on a "political entity that is not just a political entity anymore.

Walker sided with the state in his decision, but the lawsuit has focused mostly among Miami-Dade lawmakers and officials who have a financial interest in the law. The new agency's board would be made up of at least two county officials or staff who would have also argued that the authority had no grounds to sue as a "political entity."
Law removes local overreach

By JAMES CALL
TALLAHASSEE DEMOCRAT

TALLAHASSEE — A new state law is putting an end to local ordinances that violate the rights and protections of some felons who were convicted of felonies and have completed all terms of sentence. HB 1159 went into effect July 1. It forbids municipal governments to require any permit or exemption for a tree that’s been removed.
Today’s weather: Temperatures are today’s highs and tonight’s lows.

Flora and fauna: A couple of showers and a thunderstorm.

Thermal and environmental conditions: An enviable SEER rating of up to 21. Combine it with our innovative technology, and you have the quietest, most efficient models we make. Built for total comfort, these units are the quietest we make. If there’s an air of superiority to these units, it’s because they’re built for total comfort.

This page contains information about weather, temperatures, and pollen levels. The text includes data on weather conditions, such as temperatures, precipitation, and pollen counts, as well as general advice for outdoor activities. It also features advertisements for local businesses and events, including a golf tournament and an air conditioning promotion.
Register now for YMCA fall soccer. The season begins Aug. 19. To register visit the Highlands County Family YMCA at 735 S. Main St., Sebring or call 863-382-9022.

Heartland Golf Open
The Highlands News-Sun Heartland Golf Open is set to have its South and final qualifier at River Greens golf course on Saturday, Sept. 7.

The Heartland Golf Open is for golfers of all abilities since handicaps are required to participate in the points-based scoring. This gives all golfers a chance to be successful regardless of their talent on the links.

Sebring head football coach LaVaar Scott, hat, instructs players during a recent practice where the team focused on the mental aspect of the game. The Blue Streaks host the Clewiston Tigers in the Kickoff Classic on Friday night at Firemen’s Field.

Blue Streaks a work in progress
Sebring counting on talented underclassmen in 2019

BY RUTH ANNE LAWSON

The Blue Streaks have a bevy of outstanding running backs of whom Eric Brown has the height and speed needed to execute pass plays. His only mistake came when he allowed Sogard’s go-ahead run at the plate.

“It’s disappointing where we are especially knowing we have a game this week so we need to speed this process up. This is a microcosm society and I wish I could microsew this team right now but I can’t so right now we are in a slow motion.”

The Blue Streaks are not only preparing physically but also mentally for Friday’s Kickoff Classic against the Clewiston Tigers.

“Today we hit a little mental wall, he’s one of the guys that do not qualify can advance a runner past first base. Yarbrough came within an out of his first career save at Fort Myers High. 7:30 p.m.

Hardee football at Lake Placid, 7:30 p.m.

Hardee football at Avon Park, 7:30 p.m.

Ida Baker football at Sebring, 7:30 p.m.

Zephyrhills Charter Academy football at Lake Placid, 7:30 p.m.

Saturday, Sept. 7: Heartland Golf Open qualifier at River Greens, 8 a.m.

Friday, Aug. 30: DeSoto Central football at Lake Placid, 7:30 p.m.

Saturday, Sept. 7: Heartland Golf Open qualifier at Avon Park, 7:30 p.m.

Friday, Sept. 6: Sebring football at Liberty, 7 p.m.

Hansen football at Avon Park, 7:30 p.m.

Lake Placid football at Lake Placid High, 7:30 p.m.

Saturday, Sept. 7: Heartland Golf Open qualifier at River Greens, 8 a.m.

Friday, Sept. 13: Sebring volleyball at Fort Myers High, 7:30 p.m.

Lake Placid football at Sebring, 7:30 p.m.

Yokohama West High School
homas Worley

FILE PHOTO

The Heartland Golf Open is for golfers of all abilities since handicaps are required to participate in the points-based scoring. This gives all golfers a chance to be successful regardless of their talent on the links.

The cost to play in a qualifier is $30 if you are a member of that course and $40 if you are not a member.

One half of the total number of players at each qualifier with the top scores will advance to the championship tournament. All qualifiers will compete for the Heartland Golf Open Championship which will be held on Saturday, Sept. 21 at Prestoe Golf Club.

In an attempt to give one of the four qualifying courses or come by the Highlands News-Sun of five in downtown Sebring.

BY RUTH ANNE LAWSON

STAFF WRITER

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The Seales Blue Runners run drills during practice as Coach Laflur Scott looks on.

so that is tough," Scott stated. “One of the 815 mil-

lion prize greatly increased. ‘It's a little too

enough too long,’ said Reed, whose last victory was the 2018 Masters. ‘I need a little more place to do it than here. It’s definitely a good time to get a “W”’

bodies,” could replin the rotation later this season through manageor Kevin Cash said it’s too early to project his return. He went to the injured list July 22. ‘It’s tempting to feel better. I have a couple of offers from MLB and St. Thomas,’ Scott said.

Sebring has a lot to accomplish before hitting the field to take on the Cleveland Indians on Friday.

so we need a couple of offers from MLB and St. Thomas,’ Scott said.

Scott wants his players to put in their best effort and work hard this season.
Jets kicker Catanzaro retires after shaky start to training camp

By DENNIS WESZEL JR.  Associated Press

FLORHAM PARK, N.J. — A former Carolina Panthers teammate of New York Jets kicker Chandler Catanzaro was clear on the field.

"It felt great," Maye said of his time there. "It was a long process. But just getting out there and every day getting, of the feel of things and just kind of getting used to guys, it definitely feels good."
### NFL Standings

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### Wednesday's Games

- **Tuesday's Games**
  - Washington 7, N.Y. Mets 4
  - St. Louis 3, Pittsburgh 1

- **Wednesday's Games**
  - Milwaukee 62, 57 .521, 2½
  - Atlanta 70, 50 .583, —

### National League

- **Texas (Jurado 6-7) at Toronto (TBD), 7:07**

### Preliminarys

- **Washington 101, Minnesota 78**

### SOCCER

- **Western Conference**
  - Reign FC 1, Portland 0

### Tennis

- **ATP World Tour**
  - **Monte Carlo Masters Series**
    - **Roger Federer**
    - **Al Djbenhot**

### College Football

- **Oklahoma State**

### Auto Racing

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### Pro Wrestling

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**MAJOR LEAGUE BASEBALL**

### AMERICAN LEAGUE

**Baltimore** at N.Y. Yankees, 7:05 p.m.

Carlos Santana hit a two-run double breaking a tie in the 11th inning, and the Cleveland Indians hit a grand slam in the 10th inning to beat the New York Yankees 7-5.

### NATIONAL LEAGUE

**Texas** at Milwaukee, 8:10 p.m.

Merrifield hit two home runs and had five RBIs as the Kansas City Royals beat the Detroit Tigers 10-2.

### SUNDAY’S GAMES

American League

**Twins** at Chicago, 7:05 p.m.

The Minnesota Twins beat the Chicago White Sox 11-7.

**Indians** at Cleveland, 1:05 p.m.

The Cleveland Indians beat the Detroit Tigers 10-2.

**Royals** at Pittsburgh, 7:05 p.m.

The Kansas City Royals beat the Pittsburgh Pirates 3-2.

**Rangers** at Seattle, 4:05 p.m.

The Texas Rangers beat the Seattle Mariners 7-0.

**Brewers** at Baltimore, 1:05 p.m.

The Milwaukee Brewers beat the Baltimore Orioles 11-2.

### BOX SCORES

**Yankees** at Chicago, 7:05 p.m.

Chapman combined on a four-hitter for the Yankees.

**Indians** at Cleveland, 1:05 p.m.

Yonder Alonso hit his 100th career homer during Colorado's four-run sixth inning.

**Rangers** at Seattle, 4:05 p.m.

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WOMEN WANTED 20 workers needed for Marlene’s and Sons Trucking, LLC for salary planting. Starting pay is $13.50 an hour. Pay ranges will be paid $5.00 per hour to $12.00 per hour. Interested parties can contact Mr. Perez at 706-401-7022.

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Free housing is provided to workers housing is provided to workers

$0.70 per field box, but will be

30 days will be provided at no cost. Job order

09/05/19 to 01/05/20. Work-

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son at 1213 W 7th St., Sebring, FL 33872 or fax to 863-385-9569.

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OAKS AT AVON

INSTRUCTOR (PT)

4/26/10

Sales - Projects/Estimates

INSTRUCTOR (PT)

2000

Employment

Marketing

PROFESSIONAL

2010

Sales - Projects/Estimates

WOMEN NEEDED

125 workers needed for Mar-

lare’s and Sons Trucking, LLC for Sugar Code from 09/18/19 to 09/20/20. Workers will be paid $5.00 per hour, this rate will be guar-

30 days will be provided at no cost. Job order

09/05/19 to 01/05/20. Work-

in South Florida. This job

is at 107 East Madison St., Tal-

lebec, FL 33871. Apply in per-

son at 1213 W 7th St., Sebring, FL 33872 or fax to 863-385-9569.

OAKS AT AVON

Hiring LPN’s: Full Time, All Shifts

ON NOW - Full Time, All Shifts

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Colts trying to fix sputtering offense
Indianapolis missing injured leftover quarterback Luck

By [REDACTED]

WESTFIELD, Ind. (The Indianapolis Colts' sports information department)

The Indianapolis Colts' season opener on Sunday was highlighted by two first downs in the entire game. The Colts offense was never able to move the ball past midfield, allowing them to play from the defensive end's viewpoint. It was a disappointing performance for the team.

The Colts were coming off a disappointing 2019 season, where they finished with a 6-10 record. They were hoping for a fresh start in the 2020 season, but it didn't happen.

The team's top player, quarterback Andrew Luck, was expected to lead the team to success. However, he suffered a season-ending shoulder injury in the first quarter of the season opener against the Kansas City Chiefs.

The Colts' offense struggled throughout the season, finishing with only seven touchdowns in 13 games. The team's high point was a 26-16 victory over the Buffalo Bills in Week 12.

Colts' head coach Frank Reich said, "It was a tough loss for us. We had some opportunities, but we couldn't capitalize on them. We need to work on improving our offense, especially if we want to be successful next season."
BROOKLYN, Mich. - Kevin Harvick won a NASCAR Cup race at Michigan International Speedway for the second straight year, giving him two victories this season and 47 in his career.

With just three races before the playoffs, Harvick is hopeful the dominant showing will help him clinch a championship. With two previous titles and two more in reach, he made the most of his first NASCAR season as an Aric Almirola replacement.

"If we can have a second one, I’ll be excited," Harvick said. "If we can have a third one, I’ll be elated. It’s the same thing every year. You want to win them all."

Harvick, who has been crisp and consistent all season, put himself in position to win Sunday. He led for a race-high 66 laps and then ran away to close out the race.

"We had a great day," Harvick said. "It was all about good pit stops, it was all about good track position, it was all about Conservative racing and just getting things done, and good fuel mileage."

The victory was the 37-year-old’s seventh at Michigan (without Almirola) and 27th of his career. Harvick is ranked fourth in the standings entering the second stage of the playoffs.

"We’re going to try to win all of them," Harvick said. "That’s really the goal. We’re going to try to win all of them. It’s a marathon and not a sprint."

Harvick was the fastest qualifier for the race, cruising around Michigan’s high-banked oval at 184.009 mph. He灵ked for a race-high 66 laps and then ran away to close out the race.

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Santana's slam gives Indians win
Extra-inning victory lifts Cleveland past Minnesota

MINNEAPOLIS — After watching their All-Star closer lose a two-run lead in the bottom of the ninth inning, the Cleveland Indians bounced right back to win their four-game series in Minnesota and forged tie for the 4 AL Central lead.

The three-time defending division champions have made a remarkable summer rebound, setting up a tense race with the Twins for the final stretch.

Cleveland hit a grand slam in the 10th, after Tyler Naquin and Francisco Lindor teamed up to throw out what would have been the winning run for the Twins in the ninth, and Cleveland beat Minnesota 7-3 on Sunday.

"It was a nice read off the bat, it was perfect," said Santana, who has four career grand slams. "It's great," said Santana, after Arraez scored. Diaz to send Adrianza with ease for the second out.

"It actually perfect. I don't know if you could do it any better," Indians manager Terry Francona said.

It was Naquin's 10th field assist of the season and the AL first baseman has reached base at least once in 53 of his last 57 games since June 4, the ex-AGC first baseman who has four career grand slams.

"It was actually perfect. I don't know if you could do it any better," Indians manager Terry Francona said.

Cleveland Indians' Carlos Santana, center, is welcomed by pinch runner Oscar Mercado after his grand slam in Sunday's win over Minnesota.

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DOONESBURY By Garry Trudeau

HINTS FROM HELOISE
Advice Columnist

Dear Heloise:
I bought a nice pair of jeans, but how can I keep them from looking good.

There are several things you can do to keep your jeans from fading too much, even if you do wash them. First, try dry-cleaning them once every five or six washings to slow the fading. Also, try using a gentle detergent and the lowest heat setting possible on your washing machine. Finally, if you want to keep the blue from fading, you can always dye them to restore the color.

HINTS FROM HELOISE
Advice Columnist

Dear Heloise:
I recently tried out a new diet and exercise plan, but I have gained 30 pounds. I am looking for advice on diet and exercise.

There are several things you can do to help yourself lose weight and keep it off. First, try eating smaller portions and eating more often. You can also try adding more physical activity into your daily routine. Finally, consider working with a nutritionist or dietician to help you come up with a plan that works best for you.

HINTS FROM HELOISE
Advice Columnist

Dear Heloise:
I recently went to a wedding and noticed that the catered wedding foods were really bad. I am looking for tips on how to improve the quality of the food at events.

There are several things you can do to help improve the quality of the food at events. First, try working with a caterer who is experienced in preparing quality food. You can also consider doing some of the cooking yourself. Finally, be sure to communicate your expectations to the caterer or event planner so that they can help you achieve the quality of food you want.

HINTS FROM HELOISE
Advice Columnist

Dear Heloise:
I have been struggling with depression and I am feeling very down. I am looking for advice on how to deal with depression.

There are several things you can do to help deal with depression. First, try finding support from friends and family. You can also consider seeing a therapist or counselor. Finally, consider taking medication as prescribed by your doctor.

HINTS FROM HELOISE
Advice Columnist

Dear Heloise:
I am looking for information on how to treat weight loss.

There are several things you can do to help treat weight loss. First, try eating a healthy diet that is low in calories and high in nutrients. You can also consider exercising regularly. Finally, you may want to talk to your doctor about medication options.

HINTS FROM HELOISE
Advice Columnist

Dear Heloise:
I am looking for household hints.

There are several things you can do to help with household tasks. First, try using vinegar to clean surfaces. You can also consider using baking soda to remove stains. Finally, you may want to try using essential oils for cleaning.

HINTS FROM HELOISE
Advice Columnist

Dear Heloise:
I am looking for ideas on how to keep my clothes looking good.

There are several things you can do to help keep your clothes looking good. First, try using color-safe detergents and avoiding color bleeding. You can also consider using a fabric softener to help keep clothes looking fresh. Finally, you may want to try using steam to remove wrinkles.
Man insists on reading wife's personal messages

DEAR ABBY: My husband and I have been together for 20 years. I have never cheated on him or given him any reason to believe I have. But he is constantly on my Facebook account. He also reads all my emails and text messages. I have nothing to hide, but I feel foolish standing by him as he reads my messages. I feel like a student principal's office waiting to be reprimanded for something I did wrong or said.
If he doesn't read my personal messages when I am up, he will wait for me to go sleep and reads everything. I have not answered messages that friends have sent me because he reads them, deletes them, and then doesn't tell me I got a message.
He gets mad at me if I tell him I don't want him looking through my messages because he says I must be hiding something. I have changed passwords only for him to demand that I give them to him. His actions are making me extremely stressed. Is this normal behavior? — Stressed

DEAR STRESSED: Your situation is unhealthy, and it is a reflection of the extent of his insecurity. His behavior is extremely controlling, and it is a precursor to domestic violence. For your own sake, talk to someone at the National Domestic Violence Hotline about what is going on. Its toll-free number is 800-799-7233. The website is thehotline.org.

DEAR ABBY: I just started my first full-time job, and my boss is amazing but a bit overprotective. Last week, our marketing director, “Anne,” reached out and asked me to organize an envelope-stuffing for an invitation to our department in hosting. This event was not organized by my department. It was being handled by the marketing and membership teams.
My boss thought it was unreasonable for me to do that. I didn’t mind, nor did I think my boss was upset and confronted Anne about it. Any advice about Anne? I apologized and helped me send out the invites, but since then she has been cool to me. It feels-like others in the office have also withdrawn somewhat (although I suppose I could just be imagining that). I really wish my boss hadn’t said anything. On one hand, I appreciate her standing up for me, but I don’t want my co-workers to think I’m lazy or a complainer, especially because I’m new here and at the bottom of the totem pole in the office.

DEAR NOT A COMPLAINER: Your boss may have stepped in because there were tasks she wanted you to spend your time doing that are more important to her than stuffing envelopes. Tell Anne privately that you are grateful for her support and for being asked to do it. It may clear the air. Then have a talk with your boss about chain-of-command rules, including whether you must get an OK from her before helping out other departments.

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PLAYS

HOW CAN YOU STAND TO EAT GRAPENUTS? IT T'LL SLICK YOUR MUTTS ON SAFARI

TOO BAD...THEY'RE NOT GOOD FOR YOU!

CHEESE!

THAT'S WHAT MARTIN CAN'T UNDERSTAND!

WELL, NOT ENTIRELY. UNLESS YOUR MOUTH IS ON LICE.

IT'S NOT ALWAYS EATINGTHAT MAKES YOU SMARTER

THE LOGIC PUZZLE THAT MAKES YOU SMARTER

MAN THIS IS A LONG CONVERSATION.

I WAS THINKING ABOUT MY NOVEMBER BIRTHDAY.

SHE KEPT GOING ON AND ON, BUT I JUST SAT THERE.

AND THEN SHE WAS IN THE ROOM TO TALK TO YOU AND YOU WERE JUST LOCKED IN.

DON'T MAKE ME TELL ON YOU.

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