Sun’n Fun added a year of memories for some

By KATHY LEIGH BERKOWITZ
KLB berkowitz@heralda/newspapers.com

He looked at the bird and the memories came flying back, quickly. Eugene Werczynski, a New Jersey native who served as a U.S. Army crew chief stationed in Germany after being drafted, was visiting the annual Sun ‘N Fun event and on his list of things to do, stop in to see the Vietnam War Bird display.

Tenderly touching the helicopter before him, while leaning with his other hand on his cane, he explained to a young lady how the helicopter worked.

Werczynski is a Helicopter Pilot who has been a member of the Vietnam Helicopter Pilots Association for many years. He has served as a Director and Vice President of the Florida State Chapter of the Vietnam Helicopter Pilots Association, was nearby the display at the Sun ’N Fun Expo, and elaborates on the helicopters.

“Each war helicopter had a crew chief, a door gunner and a pilot. Although there were very few helicopters in World War II, he notes, there were some Serkorski, R4s and the Army used them to haul maintenance parts back and forth from the islands to the ship.”

“We met a guy one day in Sarasota, and he had his yearbook, and I said ‘There were Serkorski, R4s and Army used them to haul maintenance parts back and forth from the islands to the ship.”

“The Florida State Chapter of the Vietnam Helicopter Pilots Association, was nearly the display at the Sun ‘N Fun Expo, and elaborates on the helicopters.

“Each war helicopter had a crew chief, a door gunner and a pilot.”

“Tanya Tucker is a service dog puppy raiser, and Tanya said she thought having those companions and help in life—as a full time person or a soldier. "My family knew I really wanted to do this, but they were concerned about having to give the dog back,” she said. The family already had two dogs, both Yorkshire terriers, and Tanya said she thought having those two would ease the pain when the day came to deliver Collier back to the school. “I knew I still had two dogs at home, so that should make it a little easier,” she said.

“Tanya learned about Southeastern Guide Dogs from a friend and since she already had two dogs, figured another one wouldn’t be any big deal. Then she got the dog and she came with a manual. "It thought this was something I could do to give back to the community and learn at the same time,” she said. “I felt this was a good opportunity to be a part of changing someone’s life,” she said. She also had to clear it with her 16-year-old daughter Kaitlyn and significant other, Veryl White.

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Bark Bark

The annual Bark in the Park event will be held in Winter Haven Central Park on Saturday, April 22.

COMING THIS WEEK

LAKE CITY

Moonlight Music

Don’t miss the magical

Moonlight Carillon Concert at Bok Tower on April 19 at 8:30 p.m.

LAKELAND

Moonlight Carillon Concert at Bok Tower Gardens, April 19, 8 p.m.

WINTER HAVEN

Bark in the Park, Winter Haven Central Park, Saturday, April 22, 5:30 - 8 p.m. Call 295-9422 to register.

Disney’s The Jungle Book (animated) at Winter Haven Library, April 23, 2 p.m. Free.

LAKE WALES

Night Hike at Bok Tower Gardens, April 22, 8 p.m.

BARTOW

Community Wide Yard Sale, Saturday, April 16, 8 a.m. - 2 p.m. Downtown. Wilson and Main.

Beethoven’s Symphony No. 9 will be playing at the Imperial Symphony Orchestra on April 19.

Come see Disney’s The Jungle Book (animated) at the Winter Haven Library on April 23 at 2 p.m. Food and drinks are welcome. Free!

Beethoven’s Symphony No. 9 by The Imperial Symphony Orchestra, 7:30 p.m. The Lakeland Center Youkey Theatre, 863-834-8111 for tickets.

Disney’s The Jungle Book (animated) at Winter Haven Library, April 23, 2 p.m. Free.

BARTOW

Community Wide Yard Sale, Saturday, April 16, 8 a.m. - 2 p.m. Downtown. Wilson and Main.
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Anybody seen a whale around here?

It seems like an unusual question, but it was asked at the annual luncheon of the Friends of the Bartow Public Library organization on Saturday.

Maria Trippe, curator of collections at the Polk County History Center, presented a program featuring old photos of Bartow, from its dirt road days of the 1880s to its prominent features in the 1960s.

Which there are no barriers to color, religion, sex, handicap, family or age.

Anybody seen a whale around here?

While nobody in attendance would admit to remembering Bartow at a time before the first streetlights were installed on Main Street, there were quite a number of us who owned up to remembering the city’s trolley park that was removed to make way for Golden Gate Shopping Center in the 1950s; the Yellow Jacket Soda Shop; the Ritz Theater; and other prominent features of yesteryear.

Maria invited audience participation, and occasionally someone would call out the correct pronunciation of a name, the location of a pictured home, or even a declaration that “I used to live there!”

I learned, for example, that when the Crickette Club Halloween Carnival was held in the old ball park on North Broadway, members of the club made it a point to check the train schedule to ensure that access would not be blocked by a passing train.

Perhaps the most interesting inquiry from the audience came from Marcie Miller: Did anyone remember when a malodorous dead whale was brought to Bartow on a rail car as a tourist attraction?

Myrtice Young, Polk County’s historic preservation manager, quickly tested a message to the History Center staff, asking if they could turn up any information on a very large, very smelly, dead whale paying a visit to Bartow probably sometime prior to 1940. I have no idea how you research visits by dead whales, but somebody at the History Center found an old article quoting one S. L. Frisbie as recalling he had been told by his family about the visit of the aforesaid deceased mammal.

Further research turned up an ad in The Polk County Democrat on Friday, March 3, 1933, announcing that the whale, touring the country in a glass case inside a specially-built 100-foot rail car, would indeed be making a stop in Bartow on Saturday and Sunday, March 11 and 12. Admission would be 15 cents for adults and 10 cents for children. The car would be parked on the ACL railroad siding at Main Street. The ad even contained a drawing of a smiling whale.

An article published in The Democrat on March 10 provided more details: The whale was described as “72 tons of bone and bladder,” 55 feet long, preserved with 38 gallons of embalming fluid. It was caught “near San Clemente Island, off the southern coast of California.”

Of its capture, The Democrat reported, “The whale gave his captors a thrilling battle before finally succumbing to the explosion of a bomb in the head of a harpoon.”

That gave me cause to wonder about the winsome smile on the face of the whale in the ad.

———

(L. S. Frisbie is retired. He has never seen, or smelled, a 72-ton dead whale touring the country on a rail car. For this, he has no regrets.)
**Image Awards planned at FPRA meeting**

The Dick Pope/Polk County chapter of the Florida Public Relations Association plans an in-depth presentation on branding by Brandt Merritt of Southeastern University and recognize winners of its 2016 Image Awards for excellence in public relations at its professional development meeting on Wednesday, April 20 at SEU in Lakeland.

The meeting, which begins at 8 a.m. in the Tuscana Ristorante, Salon A on the SEU campus at 10000 Longhill Boulevard in Lakeland, is open to the public. FPRA extends a special invitation to non-profits and small businesses with an interest in learning the finer points of establishing an effective brand identity.

In his “Scoring a Branding Touchdown: Creating and Sustaining a Vibrant Brand Identity” themed talk, Merritt, who serves as SEU’s director of marketing, will reveal secrets to establishing a memorable brand. As part of his presentation, Merritt will explain the process SEU followed in establishing a brand for head up its marketing department.

Merritt serves on the boards of directors of Explorations V Children’s Museum and the 4-Ball Invitational golf tournament, as well as the advisory board of the Imperial Symphony Orchestra. Morgan is an elder at the First Presbyterian Church in Lakeland, which he attends along with his wife and their two daughters.

The FPRA Image Awards recognize the best in research, strategy, implementation and execution in the public relations profession. Image Awards competitions are conducted in the spring at the chapter level and recognize the area’s best work. Local winners can advance to FPRA’s state-wide Golden Image Awards competition. To make a reservation or to get information about FPRA’s April professional development meeting, contact Brad Ruhmann at bruhmann@ crewhankorp.com or 863-662-0699 or visit http://www.fprapolk.org/calendar/april-professional-development-meeting/.

**Registration now for PSC TALON**

Registration is now open for Polk State College’s TALON Robotics summer program. Since 2012, TALON has offered middle- and high-school students the chance delve into the world of robotics, building and programming their own machines and visiting businesses for a real-world look at robot- ics in industry.

TALON’s middle-school program, Eaglebots, is open to students entering grades nine through 12. Using more advanced VEX robots, students learn to program in Easy C, a design system that accomplishes a task, test and redesign based upon findings, and use engineering principals to respond to a challenge. Technobots also includes a digital media program. Students in this program will develop a comprehensive marketing strategy for TALON Robotics, including designing T-shirts, brochures, signs, logos and other materials, and creating video products. Students must have previous digital media experience and must receive instructor recommendation to participate. Students entering grades 11 and 12 may also earn community service hours by being TALON mentors.

TALON will take place June 15-29 at both Polk State Lakeland and Winter Haven. Programs take place from 9 a.m. to 4 p.m. daily; students may arrive as early as 8 a.m. and must be picked up by 5 p.m. The cost is $395. Scholarships are available.

Visit polk.edu/talon to register. For more information, visit the website, or email ccanady@polk.edu or call 863-298-6859.

**Image Awards planned at FPRA meeting**

Brandt Merritt, the new SEU Fire football team that was compatible with the university’s overall identity. A Lakeland native and graduate of Lakeland High School, Merritt earned a Bachelor of Journalism degree from the University of Missouri in 2006. He served as a sports copy editor and reporter at The Palm Beach Post and The Ledger before joining SEU as a staff writer in December 2010 and later advancing to social media coordinator.

Merritt earned his Master of Business Administration degree from SEU in 2011, and after serving briefly as a marketing specialist at Summit Consulting in Lakeland, returned to SEU in May 2014 to advance to its marketing department.

Merritt serves on the boards of directors of Explorations V Children’s Museum and the 4-Ball Invitational golf tournament, as well as the advisory board of the Imperial Symphony Orchestra. Morgan is an elder at the First Presbyterian Church in Lakeland, which he attends along with his wife and their two daughters.

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I look forward to working with my fellow commissioners and the city administration to address our major issues on a community-wide basis.”
Ladies Night Out in Winter Haven

PHOTOS BY KATHY LEIGH BERKOWITZ

It is Ladies Night Out in downtown Winter Haven. Sponsored by area businesses and other large local entities, the event was a real hit, judging by the crowds downtown Thursday night. Here, having fun with the girls, are Cindy Loput, Lisa Hartsfield, Lori Chalker, Brittni Eubanks, Mindy Keen and Jackie Harrison, at the Ave. Bar.

Faye Smith Foster and Janet Doane are having some fun on this Ladies Night at Paint Along Studios in downtown Winter Haven.

Some ladies drank coffee and just enjoyed each other’s company. Here are Katrina Hall, Dawn Van Meter, Terree Meyers, Bet Tucker and Beth Merritt at Just Desserts.

Anita Strang of Main Street Winter Haven hands out maps to all the thousands of women who attended the Ladies Night Out in downtown Winter Haven. “The Shop” was full of lovely customers.

Donna Hicks and Carolyn Steeves smile for a quick pic before they get back to their evening of shopping and having fun together.

Lots of items up for sale, and lots of chances to mingle with friends and neighbors who turned out to attend the Ladies Night in downtown Winter Haven. “The Shop” was full of lovely customers.

Anita Strang of Main Street Winter Haven hands out maps to all the thousands of women who attended the Ladies Night Out in the downtown area. Stores were surely grateful for the customers, too, as most attendees were carrying bags or drinks from their haul for the evening.

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Collier, a guide dog in training, is a black and tan Labrador about 14 months old. Collier's veterinary care. It protects the breed, mostly Labradors, she adds. Once the females are past their breeding time, they are spayed and offered for adoption. "They aren't cheap," Tanya says, "these dogs cost about $6,000 each and there's a waiting list for them." The dogs up for adoption may also be those who were found unsuitable for guide dogs or service dogs. "That doesn't mean there's anything wrong with them, they just aren't a good fit in those categories but will still make amazing pets," Tanya adds.

Once Collier arrived back at the Southeastern campus, she will really start to learn. She'll spend six more months in training before being paired with her forever partner for another month's training and then, she'll head for her 'forever' home.

During her puppy mama days, Tanya was responsible for all but Collier's veterinary care.
Stepping into A&G Restaurant in Winter Haven, customers will notice one of two things: first, they will notice the white walls and tiles accented with hanging green plants and Greek artwork, providing an almost Mediterranean setting.

Second, in one corner, they will see the American red, white, and blue hanging alongside the Greek white and blue flag, along with other patriotic memorabilia displayed within the eatery next to Greek model ships, highlighting the cuisine of the two countries served there.

A&G Restaurant, as it name implies, serves both American and Greek food prepared home cooked from fresh ingredients for both breakfast and lunch. Only here can you enjoy an All-American breakfast with bacon, sausage, and flapjacks and then enjoy Greek cooking with a gyro for lunch and baklava for dessert.

Whether you want to indulge yourself in All-American food, or try a sample of Greek or Mediterranean cuisine, A&G Restaurant is the place to go for breakfast and lunch.

Their famous breakfast is served morning and noon, allowing late risers to enjoy bacon, eggs, sausage, grits, pancakes, and other morning time favorites without having to wake with the early birds.

Especially popular for breakfast are their omelets, prepared with three eggs and stuffed with your choice of filling, whether vegetable greens such as peppers and onions, or meat lover favorites such as Canadian bacon or ham.

“Our breakfast is a main seller,” said Tammy Brown, manager for the past six years. “We serve breakfast all day, and people like that because some of them wake up late in the morning and they can come in and have breakfast.

Lunch provides a variety of specials offered on a daily basis. Breakfast specials range from $3.99 to $9.49, and their lunch specials ranges from $4.99 to $9.99, to their captain’s platter at $9.49.
Every day offers something different. For example, one day, their lunch special menu could serve up unique platters such as spinach cheese pie, shepherd’s pie, lamb shank, stuffed peppers, shishkababs, ribeye, grouper fingers, and catfish.

The owner, George Paragios, has been running this eatery for the past 12 years. Of course, he’s only been able to run his restaurant for that long because of his many years of prior experience.

Paragios had been working in the restaurant industry as far back as 1964. During and before that time, he had been working on the ships in Greece. He owned one restaurant in Greece before moving to America and opening a restaurant in Chicago. He had since moved to Florida where he opened his restaurant 12 years ago as a way to work alongside his son, who had by then finished his service in the U.S. Army.

Working alongside his son, George works in the kitchen as the owner and as a chef, while his son also occasionally cooks. As someone who is proud of both his Greek heritage and his new American life, he combines his love of the two countries in his restaurant, serving both authentic American and Greek food.

Aside from this paper, his restaurant had been covered and reviewed by other local publications. Once he was featured twice in the same paper, first receiving a four star rating, and the second time, a five star rating. Part of what has allowed him to remain for as long as he has and be as successful has been his customers. George is quite the people person who always set his customers as top priority.

"I like the people here," George said. "They are good people, and I like all of them and the area."

Most of his other workers are equally people persons, with many of his servers having worked at the eatery serving many of the same customers for years. So attentive to the customers they have become that most do not have to wait any longer than five minutes for their meals, with maybe ten minutes top.

Many of the customers come around so many times that they almost become family. Sometimes, if one regular doesn’t drop by for a long time, the staff will start to worry and call them up to check and see if they are doing okay, Brown said. "So we get attached to our customers," she explained. "Meeting new people all the time is the best part."

Such friendly and hospitable service, alongside great food, has allowed the eatery to remain for as long as it has for more than a decade, and they are most certain that they can last for another 12 years or so.

Recently, the restaurant has released coupons and other specials in The Coupon Book, and they are advertising in International Diner’s Club, allowing them to gain more publicity. "If we keep doing what we are doing, I don’t see why we can’t be around for another 12," Tammy said.

A&G Restaurant is located at 1174 Havendale Boulevard NW in Winter Haven. For more information, visit their Facebook page, or call 863-292-8646.
This is the iconic chicken recipe that you need in your life

By KATIE WORKMAN
THE ASSOCIATED PRESS

When this recipe was first created by The Silver Palate catering and take out shop on the Upper East Side of Manhattan, it earned an immediate following. When the recipe was later published in “The Silver Palate Cookbook” by Sheila Lukins and Julee Rosso, it was a revelation, mostly thanks to its eccentric ingredient list: Vinegar? Olives? Prunes? Capers? Garlic? Brown sugar? White wine? All in one dish?

Yes! To taste it was to be converted.

And so for a nice chunk of time during the ’80s this dish made appearances on tables all over the country, sometimes for family dinners, but more often for entertaining. I grew up on this dish (my mother was an early adopter of it). It was one of the first “grown up” meals I served to family and friends as a budding cook, and not too long ago I even made it to bring to a kindergarten potluck for one of my kids.

Of course, I also had a deeper connection to this recipe. My father, Peter Workman, was the publisher of the “Silver Palate Cookbook,” so I really felt like the recipe was part of my family’s culinary history.

And for a long time it was the first dish on my Passover menu every year. Thankfully, this is not a dish to forget, or imagine to be dated in any way. The faultless and brilliant combination of flavours is timeless, the recipe is pretty foolproof, the chicken is unfailingly moist, and it can be made ahead. Make it again, if you have forgotten it for a while. Or make it for the first time, and tell me that you’re not a card-carrying lifetime chicken marbella fan.

CHICKEN MARBELLA

Start to finish: 1 1/2 hours, plus marinating (30 minutes active)
Servings: 10
1/2 cup olive oil
1/2 cup red wine vinegar
1 cup (about 8 ounces) pitted prunes
1/2 cup (about 3 ounces) pitted Spanish green olives
1/2 cup capers, with a bit of juice
6 bay leaves
1 head of garlic, minced
1/4 cup dried oregano
Kosher salt and ground black pepper
10 pounds quartered chicken pieces
1 cup packed brown sugar
1 cup dry white wine
1/4 cup flat-leaf parsley or fresh cilantro, finely chopped

In a large bowl, combine the olive oil, vinegar, prunes, olives, capers and a splash of the juice, the bay leaves, garlic, oregano and a hefty pinch each of salt and pepper. Add the chicken and stir to coat. Cover the bowl and refrigerate overnight.

When ready to cook, heat the oven to 350 F. Arrange the chicken in a single layer in 1 or 2 large, shallow baking pans. Spoon the marinade evenly over the chicken. Sprinkle the chicken pieces with the brown sugar and pour the white wine around them. Bake, basting frequently with the pan juices, until the thighs pieces reach 170 F and the breasts reach 160 F, 50 minutes to 1 hour. With a slotted spoon, transfer the chicken, prunes, olives and capers to a serving platter. Moisten with a few spoons of the pan juices and sprinkle generously with the parsley or cilantro. Serve the remaining pan juices on the side.

Note: To serve chicken marbella cold, cool to room temperature in the cooking juices before transferring the pieces to a serving platter. If the chicken has been covered and refrigerated, reheat it in the juices, then allow it to come to room temperature before serving. Spoon some of the reserved juices over the chicken.

Nutrition information per serving: 780 calories; 370 calories from fat (47 per cent of total calories); 42 g fat (10 g saturated; 0 g trans fats); 190 mg cholesterol; 630 mg sodium; 37 g carbohydrate; 2 g fiber; 28 g sugar; 60 g protein.

(Recipe adapted from Julee Rosso and Sheila Lukins’ “The Silver Palate Cookbook,” Workman, 1979)
Legoland goes bright blue for autism

By CATHY PALMER
NEWS CORRESPONDENT

Legoland in Winter Haven, a Springtime destination for families, and the theme park that has been recognized as a great space for all ages and abilities, is doing something unique this season. According to Legoland Florida Resort President and COO Ken APS, the amusement park is making major changes to the resort to make it more autism friendly for guests. Autism Speaks said that guests on the autism spectrum have unique needs for guests with autism. The organization also said that Legoland is working to make the park more autism friendly. The organization also said that Legoland is working to make the park more autism friendly.

“Legoland goes bright blue for autism”

Legoland’s main entrance was lit up bright blue on April 2 for Autism Speaks and is making accommodations for those on the autism spectrum to more fully enjoy the kid-friendly theme park located on Cypress Gardens Boulevard in Winter Haven.

“We’re proud to say we’re built for kids,” Brady said. “By partnering with Autism Speaks and making these smart changes that will benefit so many families, we’re helping to ensure that our resort is truly built for all kids.”

In addition to the “Light it up Blue” event that turned the entry sign bright blue, Legoland is also sponsoring the kids’ zone at the Autism Speaks walk on April 23 at Tropicana Field in St. Petersburg and in the fall will do the same at a walk in Alamitos Springs.

These family friendly walks are an inspiration and impactful opportunity to raise money and awareness to help change the future for those who struggle with autism,” spokesmen said.

Air fryers grow on promise to deliver flavor with less fat

By KEVIN BEGOS
THE ASSOCIATED PRESS

Todd English has a new — and unlikely — love: the air fryer.

“I was amazed at the quality of the things came out,” English, a prolific and award-winning restaurateur and television chef, said in a recent interview. “And the healthiness of it was something I also loved.”

Air fryers aren’t new, but the high-profile attention they have been getting is. Which is all a bit surprising, given their as-seen-on-TV appeal. Unlike classic deep-fry devices, air fryers don’t use kettles of oil to cook. Instead, they are essentially small, countertop versions of a convection oven. They use a fan that constantly pushes super hot air around the food. This means they cook faster, deeper and — with almost no oil — crueller than traditional appliances.

English has become so smitten with air fryers, he’s just released a cookbook dedicated to them, “The Air Fryer Cookbook.” The book features recipes for everything from stuffed portobello mushroom and spinach pizzas to sesame-ginger fried pork, as well as the more classic (and expected) french fries and chips. He argues that air fryers are a natural for home cooks, who generally love fried food but don’t know how to properly cook it using traditional oil methods. "Most people don’t know what to change when they go on a table top deep fryer, nor do they know how to properly manage the temperature, he said. Air fryers, English explains, correct for all of that.

Many of his recipes use only cooking spray or breadcrumbs, while others typically call for just a tablespoon of oil. He said an air fryer can cook a dish in about 10 to 15 minutes, compared to 25 to 30 minutes in a regular oven. "Simple, and the results are very close, if not an exact replica of fried food," English said. But with far less fat.

Guy Crosby, a professor in the department of nutrition at Harvard’s School of Public Health, agreed that air fryers can help cut back on the amount of fat used in cooking, but obviously are only as healthy as the foods that go in them.
How to manage your wedding seating chart

By CHERYL STRITZEL McCARTHY  
CHICAGO TRIBUNE (TNS)  

The wedding guest list is done, venue chosen and ceremony planned, one touchy task remains: assigning seats for the reception meal.  

Don’t wait until crunch time to begin, wedding planners say. And don’t throw up your hands and not do it at all.  

“Walking into a sea of tables without a seating assignment, like walking into the cafeteria on the first day of school,” says Susan Graham of Signature Events in Atlanta.  

“It’s very important to the flow of the event,” agrees Gina Cramer of Make It Happen Events in Des Moines, Iowa.  

So unless your reception is lounge-style grazing with food stations and no dining tables, buckle down and figure out who’s going to sit where.  

“Assigned seating makes for less chaos,” says Maria Lindsay of Maria Lindsay Weddings and Events in Orange County, Calif. “A lot of thought goes into it. It can be challenging.”  

Both bride’s and groom’s sides work equally centered on the head table. “Usually guests put differences aside and sit with their co-workers on the outskirts of the room, and I’ve seen it done.”  

“Don’t need place cards? Use a board with guests’ names and table numbers stapled on the shells. “Look to create harmonious tablemates.  

Your guest list is likely already in a spreadsheet, with columns for title and first name, last name, number of guests in party and special needs (such as highchair, wheelchair, vegan, food allergy). Add a column for table number.  

Work on seat assignments as RSVPs come in. Your plan should be nearly complete a week before the wedding.  

“There are countless creative ways to communicate seating assignments to guests as they enter the reception,” Graham says. Consider a traditional escort card, with guest’s name, table number, and indication of special meal if necessary, in elegant calligraphy laid on a linen-covered table with floral arrangement. For one seaside wedding, instead of escort cards Graham used white capiz shells displayed on sand, with guests’ names and table numbers stenciled on the shells. “Look to Pinterest and your imagination to make this a show-stopping element,” Graham says.  

Don’t need place cards? Use a board on an easel. Either way, arrange alphabetically by guest’s last name, followed by his or her table number. “Don’t list Table 1, 2 and so on, followed by names of guests at that table,” Cramer says. “That will take guests a very long time to find their name.”  

Remember to relax. It’s meant to be fun.  

“I tell my brides, this is your first wedding,” Cramer says. “But I’m lucky enough to do this almost every weekend.”

Legal Matters

with Kent Lilly

THE FIRST THING WE DO, LET’S KILL ALL THE LAWYERS

So said Shakespeare in Henry VI. Dick the Butcher spoke those words, but for a very different reason than most folks assume—he was a follower of the rebel Jack Cade, who thought that if he disturbed law and order, he could become king. In other words, Shakespeare meant it as the ultimate compliment to attorneys and judges who instill justice in society.

Fast forward through the centuries to find much of the population which agrees with Dick the Butcher, in large part because corporate America (especially the insurance industry) has won its propaganda war intended to paint trial lawyers as the root of all evil. Probably the largest blemish on the reputation of trial lawyers is the McDonald’s hot coffee case. In 1992, 79-year-old Stella Liebeck became the poster child for frivolous litigation after filing a lawsuit against McDonald’s for serving coffee that was too hot. The public generally ridiculed Liebeck—the media hook was the story of an Alabamian woman who cleaned up with $2.7 million for spilling coffee on herself. News stations took her to task, late night comedians had a field day. But did any of us really know the details of the story? With the opening of Ralph Nader’s new American Museum of Tort Law in Winsted, Connecticut, the truth behind some of the more enduring cases of corporate shenanigans are explored. Among histories of exploding Ford Pintos and Joe Camel, the facts behind Liebeck’s case come to light.

At home, most coffee makers brew coffee at about 135 degrees, but McDonalds (in order to increase profits) served its coffee at 190 degrees—hot enough to cause 3rd-degree burns in 3 seconds, even through clothes. Liebeck endured 3rd-degree burns over 16% of her body—the skin was burned away to the layers of muscle and fatty tissue. She was hospitalized for 8 days, and then required multiple skin grafts and other prolonged treatment over two years. She offered to settle for $20,000—McDonald’s refused. The jury learned that 700 other victims, including many children, were burned from McDonald’s scalding coffee before Mrs. Liebeck. They knew their coffee was causing serious burns, but refused to alter their company policy in the name of greater continued profits. Although he reduced the award to $480,000, the trial judge called McDonald’s behavior “willful, wanton, and reckless.”

Painting McDonald’s as the victim was the way for business interests and some lawmakers to create a narrative about frivolous lawsuits in an effort to advance a tort reform agenda that would hamper consumer rights and strengthen a lack of corporate accountability. Truly frivolous lawsuits make sensible people want to bang their heads against the wall, but the importance of holding corporations responsible for wrongdoing shouldn’t be diminished. According to Nader, “Tort law is being run into the ground, maligned, caricatured and slandered because it’s effective”. Nader describes the conservative agenda of tort reform, which seeks limits on lawsuits and financial awards, as “the cruellest movement I’ve ever encountered” — that’s why you can now go to a museum in Connecticut and see exhibits starring Erin Brockovich and Big Tobacco – and a senior citizen named Mrs. Liebeck, who was concerned about kids being burned by scalding hot coffee.
Kids and cellphones: 8 rules to live by

By DAVID HOPKINS

Once my daughter Kennedy was old enough to stay home alone, the question of getting her a cellphone also came up. Suddenly, I was thrown into unfamiliar territory. Parenting is a challenge when the problem takes on weighty, almost absurd levels of symbolic meaning.

And in today’s world, few things carry more power than the glowing screen of a phone — destroyer of innocence, bane of ambition and the ruin of many a teenager.

Despite the available parental control apps (we use ParentKit) and some common sense (she doesn’t have access to any passwords), there is no question she has greater access to the world than I ever did at her age. As a kid, I remember walking across town just to flip through a Playboy magazine the neighborhood boys kept hidden under a rock in a grassy field.

By comparison, her phone offers a lot more terrain with untold surprises lurking underneath the rocks. It’s incredibly nerve-wracking.

So I did what any naive parent would do. I created a list of guidelines for responsible phone use, hoping that words alone could inspire good behavior.

1. Do not lose the $600 supertoy.
   - This rule has not been a problem. Why did I even think this needed to be a rule? She knows where her phone is at all times, as it is always within arm’s reach. Now, if she could only be as diligent about her retainer.
   - Do not pull an all-nighter on YouTube.
   - Kennedy’s bedtime is 9 p.m., and we don’t want her up at all hours of the night watching Internet videos on her phone. Here’s where the ParentKit app is handy. On ParentKit, I can set a schedule that shuts every app down. As a bonus, from anywhere in the house, I can tell when it’s 8:30 p.m. because I hear Kennedy shout in frustration when her phone locks up in the middle of a video. I take joy in the small things.
   - Do not use your phone to tune us out during dinner. That’s what TV is for.
   - Kennedy is good about leaving her phone alone when we eat together. From what I’ve observed, it’s the parents who have the problem. I remember taking my daughter out to lunch one afternoon. At the restaurant, I saw parent after parent buried in their phones, while their kids ate in silence. We need to show our kids that they are the priority, not the phone.

4. Do not dare kids to steal your phone.
   - We don’t want Kennedy flaunting the phone to her classmates. Not only could it make her friends feel bad — and, in turn, they’ll torment their parents about getting a phone — it also increases the risk of someone stealing it. Theft committed by kids always — and, in turn, they’ll torment their parents about getting a phone — it also increases the risk of someone stealing it. Theft committed by kids always.

5. Do not assume your child is “street smart” enough to know the difference between the good people and the bad people. I’m almost 40, and even I am just figuring this one out. If Kennedy gets a text from someone she doesn’t know, she takes it directly to one of her parents.

6. Do not end up in the news because you booked a flight to South Carolina to meet your creepy Internet boyfriend who is actually in his 40s.

7. Do not assume your child is “street smart” enough to know the difference between the good people and the bad people. I’m almost 40, and even I am just figuring this one out. If Kennedy gets a text from someone she doesn’t know, she takes it directly to one of her parents.

8. Do not trust a phone to keep your secrets.
   - A child’s phone is personal, but it’s never private. It would probably be good for parents to adopt a similar mindset. Is anything we do online truly private? Has it ever been? Her phone is not the equivalent of a locked, closed bedroom door. No, it’s more like hanging out on the couch while mom and dad are in the next room — private enough to complain about the lack of privacy. Kennedy knows that when it comes to her phone, I’m the NSA.

My daughter is a sweet kid. That doesn’t mean she’s a saint. Parents, don’t be fooled. Any child is capable of being a bully to somebody. We don’t want Kennedy sending mean texts to other people. We also don’t want her posting photos of anyone without their permission. The Internet is filled with people who find humor in embarrass- ing others. That’s not us.

We don’t want Kennedy flaunting the phone to her classmates. Not only could it make her friends feel bad — and, in turn, they’ll torment their parents about getting a phone — it also increases the risk of someone stealing it. Theft committed by kids always.

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I’d like to say these guidelines were so perfectly crafted that we’ve never had a problem with Kennedy and her phone. But the fact is she is her father’s daughter. She is just as obsessed with her phone as I am with mine. If anything, Kennedy’s phone habits have placed a mirror up to my own tenden- cy to grasp at my phone at every other second. I have to consider my own guidelines for how I use my phone. I’m pushing me to become a better parent, to put aside the distractions and find ways to engage with my family and not the glowing screen.

ABOUT THE WRITER

David Hopkins is a writer who was born in Chicago and lives in Arlington, Texas, with his wife and two daughters. He wrote this for the Chicago Tribune.

MLB to incorporate special jerseys, hats for Special Days

The Associated Press

NEW YORK, N.Y. — Major League Baseball teams will wear specially designed jerseys for Mother’s Day and Father’s Day this season.

Team scripts and logos will incorporate pink for Mother’s Day on May 8 and light blue for Father’s Day on June 19.

The commissioner’s office said Wednesday that there also will be special caps, with grey crowns and brims. Clubs also will wear camou- flag design scripts for Memorial Day on May 30 and caps with red, white and blue on the Fourth of July, along with special jerseys.

For Toronto, Memorial Day jerseys will feature a Canadian Forces colour scheme and July 4 caps will have a Maple Leaf design.

MLB will donate its licensed uniform royalties to Susan G. Komen (Mother’s Day), the Prostate Cancer Foundation (Father’s Day), Stand Up To Cancer (Mother’s Day and Father’s Day), Welcome Back Veterans (Memorial Day and Independence Day) and the Canadian Forces Morale and Welfare Services’ “Support Our Troops Fund” (Memorial Day).

Players in the All-Star Game at San Diego on July 12 will wear caps containing logos outlined in gold.

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How will your teen get to prom?

By LEANNE ITALIE

NEW YORK, N.Y. — Prom is as much about the journey as it is the destination, and how will all those teens heading into the annual rite of spring handle their wheels?

Limos and charter party buses may still be kings for prom, at least in parts of New Jersey, but don’t have a stranglehold on transport considering the rise of Uber and similar hail services. Other high schoolers looking to save money plan to ditch rentals and drive themselves.

Prom has morphed into multiple activities at multiple locations, complicating logistics in getting around, particularly thorny issue for teens who will drink and drug. According to research, more than 90 per cent of teens believe that their fellow classmates are drinking and drug. According to research, more than 90 per cent of teens believe that their fellow classmates are drinking and drug.

“I'm actually trusting my friends and myself won't have to worry about organizing rides home in the late-night-to-early morning hours,” she said. “It’s one less thing we'll have to co-ordinate.”

In Glen Rock, New Jersey, along with many others, teens must take chartered charter buses to prom and also to approved post-prom events.

“We know our Dustin was sober. We know that by an autopsy,” she said.

“Why? Because a half hour after prom, he was dead. And Active Military Personnel

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A rare newspaper printing of a journal kept by a young George Washington and a small inscribed Bible carried by an American soldier during the Battle of Bunker Hill are among hundreds of historic documents being sold at a New York City auction.

Monday’s 300-lot auction at Bonhams in Manhattan features items from a massive trove of historical papers collected by Eric Caren of Woodstock, New York.

The Washington document is a March 1754 Maryland Gazette that offers a glimpse into the revolutionary period known as the Seven Years’ War, the North American theater of the larger conflict known in Europe as the Seven Years’ War.

Washington’s journal “is of profound historical significance” and offers a glimpse into an adventurous period in his life, said Edward Lengel, director of the Washington Papers at the University of Virginia, home to 135,000 documents pertaining to the nation’s first president.

“At simply, it’s not only important but a fun read,” Lengel said. Also for sale is a pocket King James Bible carried by Francis Merrifield, a sergeant from Ipswich, Massachusetts, who survived Boston’s Bunker Hill battle on June 17, 1775. It has a presale price of $50,000-$80,000.

After the battle, on the New Testament’s title page, he wrote: “I desire to bless God for his Kind Aventures in delivering me and sparing my life in the late battle fought on Bunker’s Hill.” In an apparent salute to his weapon and comrades, Merrifield also noted the manufacturer’s number on his musket — 183 — and his unit, the 17th Regiment.

Other artifacts for sale include two involving “firsts”: —the 1845 document authorizing the first formal treaty between China and the United States ($20,000-$30,000), —the first printing of the iconic baseball poem “Casey at the Bat,” published on June 3, 1888, in The Daily Examiner of San Francisco ($7,000-$9,000).

A Bonhams auction of Caren documents held two years ago this week fetched more than $1.3 million, including the $257,000 sale of one of the earliest Boston newspaper printings of the Declaration of Independence.

A copy of George Washington Carver’s original homestead application is seen photographed at the Trego County Courthouse in Wakeeney, Kan. The record was found this fall by the Ness County Register of Deeds in a box of documents they received from the Trego County Courthouse. Wakeeney was the site of a government land office. The date on the document is June 25, 1888.

Wakeeney was the site of a government land office. The date on the document is June 25, 1888.
Garden care giant to drop chemicals linked to bee declines

By DAN ELLIOTT

DENVER - Garden-care giant Ortho said Tuesday that it will stop using a class of chemicals widely believed to harm bees as concerns rise about the health of the insects that pollinate a big portion of people's food.

The company plans to phase out neonics, which it calls neonicotinoids, in 2021 in some products used to control garden pests and diseases. It will change three products for roses, Brown’s lawn areas beginning by 2017 and other products later, said Tim Martin, vice-president and general manager of Ortho, a division of Marysville, Ohio-based Scotts Miracle-Gro Co.

The chemicals, called neonicotinoids for short, attack the central nervous systems of insects. Some advocates say neonicotinoids are one of several reasons behind declining populations of bees, which are major pollinators of food crops.

About one-third of the human diet comes from insect-pollinated plants, and honeybees are responsible for 80 per cent of that pollination. Neonicotinoids are used in a number of chemicals applied to food and textile crops as well as corn and cotton as well as home gardens.

Ortho’s move emerges from concern for possible harm to honeybees and other pollinators, Martin said. The change might require gardeners to apply the reformed products more frequently, but it will be easier to target pests while reducing the chances of hurting bees, he said.

The severity of pesticides’ effects on bees appears to vary depending

National Prescription Drug Take Back Day

StandUp Polk, local law enforcement agencies, and event partner GiveWell Community Foundation will be joining The Drug Enforcement Administration and its national and community partners for National Prescription Drug Take Back Day on Saturday, April 30, from 10 a.m. to 2 p.m., for citizens to dispose of all unwanted, unneeded, and expired medications in a safe manner.

National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medication. Many Americans may not be aware that medications in home cabinets are highly susceptible to misuse and abuse.

Studies show that many are obtained from the home medicine cabinet of family and friends. In addition, many people do not know how to properly dispose of unused medicine, often flushing them down the toilet or throwing them away – both potential safety and health hazards.

The community’s Prescription Drug Take Back Day will include the following locations in Polk County for citizens to turn in unused, expired, or unwanted Human and Pet Medications, including over the counter medications, vitamins, and other medication in liquid and solid form, for safe and proper disposal. Medications should be placed in a clear, air-tight plastic bag. Drop-off locations from 10 a.m. to 2 p.m. are:

• Auburndale Police Department – 2 Bobby Green Plaza, Auburndale, FL
• Davenport Police Department – 18 Bay Street West, Davenport, FL
• Haines City Police Department – 35400 Highway 27, Haines City, FL
• Lakeland Police Department – 219 N. Massachusetts Avenue, Lakeland, FL
• Lake Alfred Police Department – 190 N. Seminole Avenue, Lake Alfred, FL
• Lake Hamilton Police Department – 100 Smith Avenue, Lake Hamilton, FL
• Lake Wales Police Department – 133 E Tillman Avenue, Lake Wales, FL
• Winter Haven Police Department – 125 N. Lake Silver Drive NW, Winter Haven, FL

Unwanted medications, excluding those in liquid form, may also be taken to the county’s permanent drop site locations at the Police Department located at 219 N. Seaboard Ave., Haines City, Lake Alfred, Lakeham and Winter Haven.

Medications may be safely disposed of at home by dissolving them in water, mixing with coffee grounds or cat litter, pouring into a zip lock bag, and disposing in the trash. To avoid harming lakes and ground water, please do not dump medications into the toilet. Previous medication collections held in Polk County since 2010 have resulted in over 6,500 pounds of recovered pharmaceuticals safely disposed of via incineration. For more information on the

Beekeeping Seminar

UF/IFAS Extension Polk County, in partnership with the Ridge Beekeepers Association, will host a Saturday program for new beekeepers and those considering starting a hive. Seminar topics will introduce everything a new beekeeper needs to know including: hive construction, starting a hive, honey extraction, bee transport, queen bees, nectar sources, wax rendering, tools, and more. Door prizes will be offered and beekeeping vendors will be present.

The class takes place Saturday, April 30 from 9 a.m. to 3:30 p.m. Registration begins at 8 a.m. The event is held at the UF/IFAS Extension Polk County at 1702 Hwy. 17 S. in Bartow.

Cost is $20 online or before April 29 via mail registration. On-site registration is $25. Children eleven through eighteen are $10 and ten and under are free when accompanied by a registered adult. Registration includes seminar and lunch.

Note that a liability waiver must be signed by each attendee at registration. Register online with a credit card on the calendar page of http://polkomallarms.com or mail your contact information and number of registrants (please note children separately) to Ridge Beekeepers Association, James Causwell, 4151 Rushing Blvd, Lakeland, FL 33810.

For more information, call Mary Beth Hiney at 863-519-1049 or mbhen- ey@ufl.edu.

Follow Dan Elliott at http://twitter.com/DanElliottAP. His work can be found at http://bigstory.ap.org/content/dan-elliott.

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Harry Potter author's chair sells for $394,000 at auction

By ULA ILNYTSKY
THE ASSOCIATED PRESS

NEW YORK, N.Y. - A 1930s-era oak chair that J.K. Rowling used while writing the first two books of the Harry Potter series has sold for $394,000. Heritage Auctions held the sale Wednesday in New York.

The chair was one of four mismatched chairs given to the then little-known writer for her flat in Edinburgh, Scotland. Seated in it, she wrote “Harry Potter and the Sorcerer’s Stone” and “Harry Potter and the Chamber of Secrets.”

The chair was auctioned twice before — once by Rowling to benefit charity. Before she donated the chair, she painted on it: “You may not/ find me pretty/but don’t judge/on what you see.”

She also wrote: “I wrote/Harry Potter/ while sitting/on this chair.”

The seller is donating 10 percent of the purchase from the anonymous private buyer to Rowling’s children’s charity.

Acrobatic aerial stunts during a previous Charlotte County air show.

County gives thumbs-up to $50K for air show

By GARY ROBERTS
STAFF WRITER, CHARLOTTE SUN

MURDOCK — County officials are giving a thumbs-up to a funding request from organizers of the Florida International Air Show, which after one year’s hiatus is preparing for another takeoff.

The air show, which for 34 consecutive years was a major Charlotte attraction, was grounded last year when adequate revenues could not be found.

This year, the air show is moving from its traditional March weekend to Oct. 22-23 to take advantage of the county’s willingness to financially assist off-season tourism events, drawing visitors when they are needed most. At Tuesday’s County Commission meeting, commissioners pledged their support to the show, having in Charlotte County,” Commissioner Stephen R. Deutsch said.

The commission then approved a motion directing the county attorney to put together a funding agreement.

Dana Carr, the air show’s sponsor chairman, said the county’s contribution was not only appreciated, but critical.

“This is exactly what we need,” he said.

The relaunched air show, however, still faces some turbulence ahead. In hosting the event in the off-season, organizers anticipate less of a crowd, maybe 30,000 instead of twice that number. But this loss will be somewhat offset by lower off-season costs in hotel and travel arrangements for the invited performers.

In addition, the air show will not have a top-notch jet demonstration team, such as the Air Force Thunderbirds or the Navy Blue Angels, which will also limit attendance.

“However, if we don’t continue to have air shows, we will never get a jet team,” Carr said.

As a consequence, this year’s show will be a scaled-down version, with expenses projected to total $246,116, or less than half of the 2014 aviation exhibition.

Organizers estimate that the event could become self-sustaining within a couple of years.

Carr, who has been involved in every air show to date, explained that several factors worked against the festival in recent years, including poor weather conditions and the federal budget sequestration in 2013, when the event also failed to land a featured performer.

After last year’s show was canceled, organizers cited the lack of financial support from the county and the tourism bureau as another drawback.

To attract more visitors to the 2016 air show, marketing efforts will be expanded for the first time beyond Southwest Florida to include Miami, the Interstate 95 corridor, Jacksonville and Pensacola, Carr said.

Organizers said this year’s event will present up to 60 aircraft, highlighting vintage planes and civilian flight demonstrations, along with family entertainment and educational displays on aviation and space.

“The whole industry is shifting from a heavy military presence at the air show to a more activity-centered event that’s not necessarily aviation-related,” said Tyler Ezzi, air show board chair. “That’s the new model.”

As always, the nonprofit group staging the air show will depend on volunteers, from the dozens of local charities that share in the proceeds, to help run the event. Air show officials estimate that nearly $3 million has been distributed to service organizations since the event’s inception.

“It takes 800 people to put on the air show,” Carr said. “So this is truly a community event.”

Commissioner Trisha Duffy said the county may be able to offer additional assistance in the future by including such extra costs as police and fire in the county budget, thereby not requiring event organizers to cover this expense.

The County Commission will meet in two weeks to formally consider the $50,000 contribution to air show organizers, who said the money is urgently needed to secure this year’s performances.

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Young parents living in cities face difficult decisions regarding their living arrangements. The suburbs versus city debate is one many young married couples have had, and that discussion is often prompted by the arrival of children.

Data from the U.S. Census Bureau suggests that more people are choosing cities over the suburbs in the 21st century. While that data indicates 53 of the 81 cities in the United States with populations exceeding a quarter million people experienced reduced growth from 2000 to 2010. There are many reasons why city life might make more sense than living in the suburbs for young married couples. Living in the city may lead to far shorter commutes for working parents, and the availability of public transportation in cities may save parents the costly expense of purchasing their own vehicles.

But city life may force families to cope with cramped quarters. Even the most spacious apartments may not provide the same square footage as single-family suburban homes. Parents who are committed to city living may need to get creative in order to live comfortably in apartments.

• Actively police clutter. Few things can make apartments seem more cramped than clutter. Unsolicited mailings, old magazines and unused kitchenware are just a few of the items that can make small apartments seem even smaller. Discard junk mail the moment you walk through the door, making a daily effort to keep kitchen counters and tables, coffee tables and other areas that tend to accumulate clutter clear of clutter. Reducing clutter also makes homes safer for young children, making it easier for them to navigate a home while reducing choking hazards.

• Keep hosting duties to a minimum. Many families won’t subside simply because you live in a city. But even if you love to host, host more intimate gatherings so you are not forced to use your already limited storage space to store items, such as extra plates, utensils and drinking glasses, that you will only use every so often. Fewer guests means fewer items you need to store year-round.

• Go easy on the tots’ toys. Parents of young children know that kids’ toys take up a lot of space, and that’s space that many city dwellers simply don’t have. Rather than adding cramped quarters, guests means fewer items you need to store year-round.

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Paint and renovate correctly

MCT

Changing paint colors is one of the easiest and least expensive ways to add a fresh new look to the interior or exterior of a home. Both exterior and interior paint can be used to protect homes and make a home more attractive. Painting projects are fun and can be easy, but not all projects are so simple. Homeowners may need to exercise patience and devote ample amount of time to get the job done right. One errant drip is all it takes to turn a perfect paint job into a colorful mess.

While paints are much safer now than in years past, they still need to be handled with caution and disposed of with care after the job is done. Painting can be a tricky project because the fumes and chemicals found in many paints make these products difficult to dispose of.

The Environmental Protection Agency says homeowners in the United State throw out 64 million gallons of paint per year. While latex paints are much safer now than in years past, they still need to be handled with caution and disposed of carefully after the job is done. Painting can be a tricky project because the fumes and chemicals found in many paints make these products difficult to dispose of.

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CRAMPED
FROM PAGE 18

to youngsters’ toy stash each month, explain to them that space is limited and that some older toys will have to go before new ones can be purchased. Donate old toys and let kids know their items will be given to less fortunate youngsters, as that may make kids feel better about parting ways with their toys. Set a good example by showing kids when you discard or donate older items before replacing them with new ones.

• Think vertically. Single-family home owners may not need to make much use of the vertical space in their homes, but such is not often the case with apartment dwellers. Utilizing vertical space in an apartment can be as simple as buying some shelving units or bookcases. To be safe, keep items the kids will use on lower shelves so they are not tempted to do some climbing to reach their toys or books.

Parents who choose the big city over the suburbs may need to make some sacrifices to make better use of cramped quarters.

Changing paint colors is one of the easiest and least expensive ways to add a fresh new look to the interior or exterior of a home. Both exterior and interior paint can be used to protect homes and make a home more attractive. Painting projects are fun and can be easy, but not all projects are so simple. Homeowners may need to exercise patience and devote ample amount of time to get the job done right. One errant drip is all it takes to turn a perfect paint job into a colorful mess.

While paints are much safer now than in years past, they still need to be handled with caution and disposed of with care after the job is done. Painting can be a tricky project because the fumes and chemicals found in many paints make these products difficult to dispose of.

The Environmental Protection Agency says homeowners in the United State throw out 64 million gallons of paint per year. While latex paints are much safer now than in years past, they still need to be handled with caution and disposed of carefully after the job is done. Painting can be a tricky project because the fumes and chemicals found in many paints make these products difficult to dispose of.

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CRAMPED
FROM PAGE 18

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By CINDY KRISCHER GOODMAN (TNS)

Corporate wellness programs began as a way for employers to cut rising health-care costs and to win hearts and minds of potential and current employees. Today, employers realize that wellness has a purpose way beyond medical savings and are focusing on creating a culture where workers are mentally, socially and physically healthy.

At Bankers Healthcare Group in Davie, Fla., the new holistic approach has caught on. Throughout the day, some employees retreat to a chill-out room where they do nothing but breathe deeply or sit in silence. Others hit the gym for a fitness boot camp or visit with a dietician for healthier recipes.

“It’s all about getting into a happy place,” said Christie Allermand, wellness manager at Bankers Healthcare Group. “It’s no longer about health screenings and assessments. It’s about seeing our employees moving more, eating better and feeling good.”

With the evolution of corporate wellness, measuring the amount spent to get workers healthy against the savings and reduction in costs, also known as return on investment, became less important. “That approach didn’t gain traction because (return on investment) is too difficult to measure,” says LuAnn Heinen, vice president at the National Business Group on Health, an employer advocacy group based in Washington, D.C. “Now it is about the bigger picture—having happy, flourishing, engaged employees who have a sense of well-being.”

The new direction of corporate wellness, detailed in Wellness 2.0, includes programs that address emotional needs such as stress management, sleep management, financial health, work-life balance, and social and community connections. Employees who are more connected interpersonally at work are happier, healthier, less likely to call in sick and more likely be there for their teammates,” Heinen said.

The number of employers buying into a broader focus on the value of wellness is growing rapidly. A 2015 Willis Health and Productivity Survey shows nearly two-thirds or 64 percent of the 703 respondents with wellness programs in place described themselves as more focused “on value of investment” including building a culture of health, teamwork and morale, and improving productivity. That compares with 28 percent who said they are more focused on return on investment, the survey found.

“More organization are realizing that the expectation of an immediate return on investment for their wellness programs through medical cost reduction is unlikely,” said Dr. Ronald Leopold, Willis practice leader in health outcomes. At Nextera Energy, which launched its wellness program in 1991, health education and biometric screenings have become a small component of its comprehensive effort to encourage employee well-being. The Juno Beach, Fla., utility, formerly FPL Energy, has always had an onsite gym and fitness classes, but now it also provides employees onsite doctors, nurses and dieticians. It offers workshops on stress management, resiliency, nutrition, medication and weight management, and an onsite Employee Assistance Program specialists.

“We think that through these programs, we have the ability to attract, retain and engage people,” said Andrew Schibelli, manager of employee health and well-being. “And that’s a good investment for the company’s money.”

With this new approach, employers are forsaking the old way of paying or punishing workers through insurance premium discounts to coax them to participate in wellness offerings to encourage employees to get healthy and balanced by making wellness social and fun. For example, more companies now encourage team participation in corporate or charity runs to encourage wellness, collaboration and community involvement.

The payoff value of these more comprehensive programs includes better morale and loyalty and a reduction in turnover. That can be particularly crucial for an organization that wants to engage millennials.

With workplace stress rising, Berkowitz Pollack Braint Advisors and Accountants in Miami, looks at its wellness program as a way to keep young workers motivated and help its accounting professionals weather its busy seasons. The firm provides its staff with Pfitz wearable fitness trackers and sponsors friendly competitions such as who can walk the most steps as individuals or groups. It offers employees healthy meal delivery and healthy recipe exchanges.

To help with mental health, the firm hosts 3 p.m. stress-relief breaks, lunch and learn workshops on work-life balance and mindfulness. For physical health, it offers Zumba classes, weight-loss competitions and team participation in corporate runs.

“Our goal is to create a culture of firm members who choose to have a healthy lifestyle and are happy in the environment they are working in,” says Celia Cue, human resources director for the firm. “In the long run, that’s what will affect our costs.”

ABOUT THE WRITER

Cindy Krisher Goodman is CEO of BalanceGal LLC, a provider of news and advice on how to balance work and life. She can be reached at balancegal@gmail.com. Read her column and blogs at http://worklifebalancingact.com.
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The following list represents the most streamed tracks on Spotify, based on the number of people who shared it divided by the number who listened to it, from Friday April 1, to Thursday April 7, via Facebook, Tumblr, Twitter and Spotify.

UNITED STATES
1. Rihanna, “Work” (Def Jam Recordings)
2. Fifth Harmony, “Work from Home” (Epic Records)
3. Fifth Harmony, “Work from Home” (Epic Records)
4. Kanye West, “Famous” (Def Jam Recordings)
5. ZAYN, “Pillowtalk” (RCA Records)
6. Mike Posner, “I Took A Pill In Ibiza - Seeb Remix” (Island Records)
7. Desiigner, “Panda” (Def Jam Recordings)
8. Kanye West, “Father Stretch My Hands Pt. 1” (Def Jam Recordings)
9. G-Eazy, Bebe Rexha, “Me, Myself & I” (RCA Records)
10. The Chainsmokers, “Roses” (Columbia Records)

UNITED KINGDOM
1. Mike Posner, “I Took A Pill In Ibiza - Seeb Remix” (Island Records)
2. Fifth Harmony, “Work from Home” (Epic Records)
3. Lukas Graham, “7 Years” (Warner Bros. Records Inc.)
4. Zara Larsson, “Lush Life” (Sony Music Entertainment Sweden AB)
5. Twenty One Pilots, “Stressed Out” (Fueled By Ramen LLC)
6. Alan Walker, “Faded” (Sony Music Entertainment Sweden AB)

GLOBAL
1. Rihanna, “Work” (Roc Nation Records)
2. Mike Posner, “I Took A Pill In Ibiza - Seeb Remix” (Island Records)
3. Lukas Graham, “7 Years” (Warner Bros. Records Inc.)
5. Sia, “Cheap Thrills” (RCA Records)
6. ZAYN, “Pillowtalk” (RCA Records)
7. Twenty One Pilots, “Stressed Out” (Fueled By Ramen LLC)
8. Justin Bieber, “Love Yourself” (Def Jam Recordings)
9. Alan Walker, “Faded” (Sony Music Entertainment Sweden AB)
10. G-Eazy, Bebe Rexha, “Me, Myself & I” (RCA Records)

Poppy’s Top 10 most streamed tracks

The Associated Press

By TERESA F. LINDEMAN
PITTSBURGH — They’re called boomerang employees — workers who left for another opportunity, only to return later and retrace their place in the line at the coffee machine.

Nearly half of human resources professionals polled last year for a study by WorkplaceTrends at the Kronos Institute told researchers that their organizations once had policies against re-hiring such people.
But that attitude seems to be changing.

Both that study and a recent one found 98 percent of 300 human resources managers polled open to such a move.

“It is becoming more common,” said Carrie Haglund, division director of Accountemps in Pittsburgh. The company, a division of Robert Half International that has three offices in the Pittsburgh region, places temporary staff in the finance, accounting and bookkeeping fields.

Haglund said employers are struggling to make good hires. “We hear that again and again — how hard it is to find the right person for your team.”

In addition to the hard skills needed to do a job, employees must have the right soft skills, such as a good work ethic, an understanding of the importance of being punctual and generally fitting into the company culture.

When an employee left for a solid reason — such as moving to another city, a chance to learn new skills or being offered a higher level position — bringing that person back in a new role can seem less risky than starting over with an unknown individual, Haglund said.

Yet there are risks. Sometimes the memories of that individual’s accomplishments make employers forget the issues that might have also been there.

Haglund said employers should take a pause at why that person left in the first place to make sure any problems are not going to recur.

“This shouldn’t be a quick, ‘Oh, so-and-so wants to come back. Let’s do it,’” she said. “Hit the pause button.”

If the decision is made to re-hire, she also advises making sure the rest of the staff understands why that person left and is being welcomed back.

The growing willingness of employers to embrace boomerangers may not mean much if their former employees don’t actually want to return.

In addition to talking with human resources professionals, the Accountemps survey polled more than 1,000 U.S. office workers 18 years or older. More than half said it was unlikely they would apply for a job with a previous employer.

Attitudes changing about rehiring workers who left for another opportunity, only to return later and retrace their place in the line at the coffee machine.

The Associated Press

Another Survey: There are many reasons why someone may have left your company. Here are some common reasons:

- Better opportunities
- More money
- More flexibility
- More work-life balance
- Better benefits
- More growth opportunities

While there are risks associated with rehiring a former employee, there are also benefits. Here are some potential benefits:

- The employee is familiar with the company and its culture.
- The employee may have valuable skills and knowledge.
- The employee may have a network of contacts that can benefit the company.
- The employee may be motivated to succeed because they want to prove themselves.

Before making a decision to rehire a former employee, consider the following:

- Was the reason for leaving the employee’s fault or was it the company’s fault?
- Was the employee’s performance at a high level or was it consistently poor?
- Have there been any changes in the role or department that could help resolve any previous issues?

It is important to weigh the potential benefits and risks before making a decision to rehire a former employee.

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2. Mike Posner, “I Took A Pill In Ibiza - Seeb Remix” (Island Records)
3. Lukas Graham, “7 Years” (Warner Bros. Records Inc.)
4. Kanye West, “Famous” (Def Jam Recordings)
5. ZAYN, “Pillowtalk” (RCA Records)
8. TInie Tempah, “Girls Like (feat. Zara Larsson)” (Parlophone Records Limited)
9. Twenty One Pilots, “Stressed Out” (Fueled By Ramen LLC)
10. Alan Walker, “Faded” (Sony Music Entertainment Sweden AB)
More women seek culinary careers, but gender gap remains for executive chefs

By SARAH MEEHAN
THE BALTIMORE SUN (TNS)

BALTIMORE — When Chef Nancy Longo was beginning her culinary career, it was normal for her to be the only woman in a restaurant kitchen. Working for owners who would hurt plates one minute and pinch her behind the next, she, like other female chefs of her generation, withstood verbal and physical harassment as she worked her way up the ranks.

Longo could handle the heat, but it was enough to cause some of her peers to jump to other professions.

“If I told you the horror stories about what it was like to be the only woman in the kitchen you would just be shocked,” said Longo, the owner of Pierpoint Restaurant for 26 years. “People would say things to you like, ‘Who in the hell are you cooking your dinner for? What the hell is your problem? Who are you to quit,’ Jerry said. “More women at this point in work environment says that they are not the only women,” said Women Chefs and Restaurateurs President Ruth Gresser, “whereas that wasn’t the case when I came into the industry in the late ’70s, early ’80s.”

Gresser owns Pizzeria Paradiso and pasta in Washington, D.C. Her organization has mentorship and scholarship opportunities for female chefs, and annual conferences focused on the education, networking and promotion of women in the industry. Locally, there’s not much formal support for women in the culinary industry.

“I don’t think that there’s any outlet for them, Longo said. Most opportunities for growth for young chefs hing on personal interactions rather than formal professional development. Longo, for example, mentors high school girls interested in culinary professions through the Baltimore mayor’s office.

Although more women are cooking professionally now, Gresser thinks women still have to prove themselves in the kitchen more than men, a mentality Kierra Jerry, 26, said she has encountered in her time cooking in Baltimore. Jerry, a former cook at Cirghiade, works for Fowl Play food truck. She said she was frustrated watching male counterparts saw as less qualified being promoted ahead of her, and added that she wishes she was challenged as much as the men were.

“I feel like they don’t want to overload you because they don’t want you to quit,” Jerry said.

“Tasted, a personal chef service business that allows for much more flexible hours. But her dream of getting back in the restaurant industry still simmers. The number of women going into culinary programs is growing. At Stanford University in Baltimore, 53 percent of the student body is female, according to campus director Darryl Campbell. The school offers degrees in culinary arts and baking and pastry arts — programs that account for 90 percent of students.

The rise of women in culinary fields is evident nationally, too. At the Culinary Institute of America, which has campuses in New York, California, Texas and Singapore, 48.9 percent of students were female as of October 2015, the most recent year for which enrollment figures were available, according to Jeff Levine, a spokesman for the school. That’s up from a female population of 37.6 percent in October 2005.

Of the women enrolled, 46 percent are studying culinary arts and 37 percent are studying baking and pastry, with the remainder majoring in management, culinary science or applied food studies. That breakdown has remained consistent with the ratio from a decade ago.

For aspiring chefs like Johnson, a Navy veteran, there are options to remain in the culinary field without running the kitchen of a restaurant. Other jobs include food stylist, pastry chef — who typically work daytime hours — and even gymnastics.

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When asked about Jerry’s comments, Tony Foreman, partner in the Foreman Wolf Restaurant Group, which owns Cirghiade, said the kitchen there is strictly a meritocracy, where employees are promoted based on skill level and where many women hold high-ranking positions.

“For us there’s never a moment that made a difference,” he said.

Wolf, the only woman nominated for a James Beard Award for Best Chef Mid-Atlantic this year, has seen plenty of women drop out of the industry, even in her own kitchen. At Charleston she’s lost nearly every one of her female pastry chefs when they’ve decided to start a family. While kitchens have warmed up to women, Longo said she thinks Baltimore’s population of female executive chefs has dwindled since the early 1990s.

Wolf understands why the chef life hasn’t traditionally been attractive to women, but she’s never looked at the gender divide as a barrier. The obstacles confronting her are factors for everyone in the industry.

“If you put your head down, you work hard, you’re good at what you do, you always try to be the best you can be and you work for a period of years, there should...
Vietnam display. He went to Cobra around a nearby helicopter in the Fun, he notices several who gather Watching the crowds go by at Sun ‘N Pilot, served two tours in Vietnam. ‘If we’ve got a bad mission, got to go. I’ll invincible. You would make it. Aww, you went through. There were days friends you made and the experiences that is with you the rest of your you have been in combat, something other, OK, where are we going to lunch with a guy, we enlisted together in basic flight plans,” he says as he laughs. “Because it is different. When you fly in the military, it is constant emergencies, all of us got sent to combat. And you come back to the States and you fly, it is hosting. You have to follow rules, flight plans,” he says as he laughs.

He says he believes America is more supportive of veterans and the military now than they were in Vietnam. “Everybody back home was confused about the war: I got back home, and they were like, ‘What was it like?’ I go, ‘You watch it on the news every night.’ It was mostly the middle class and the poor kids that went, but a great bunch of guys,” he says.

“On Feb. 6 every year, I have lunch with a guy, we enlisted together in basic, he graduated in July, and by fall of that year, he was in combat. In the air. A Cobra helicopter is an Army helicopter that is a leaded gunship with the guns barrels located on the sides of it. They are warbirds.”

“We typically flew — two types. The Huey Scout, which today is the Black Hawk, would primarily take troops in and out of combat zones. We also had gunships.”

His job was to protect anyone going into the landing zone, put down suppressive fire, especially for medics helicopters picking up dropping off wounded, as they were unarmed.

He says he especially enjoyed the CU missions. This involved light observation helicopters and two Cobras.

“The light observation birds would never at too low an altitude. ‘This rotor wash would spread the trees, so he could look for footprints, animals, food supply. If there were animals for food supply, we knew the enemy was in the area,’ he says. Then the Cobras would provide fire cover for the mission.

‘Before they could even tell you they were taking fire, you could see the vapor trail coming out of the M60 where the door gunner was,’ he says. Also the sharp movement of the bird they were following was a sign.

The Cobra would get behind and help defend the troops. Adams says he was a part of a pilot group where he was one of the guys he went to high school with said he had just joined the Army to become a helicopter pilot. ‘So, at that age, thought that was cool. So he said he’s going to the buddy system and stay together. I would say 90 percent of us went to Vietnam after graduation from flight school,’ he adds.

Adams enjoys the Sun ‘N Fun Expo. She has been a member of the Florida chapter of the Defense helicopter pilots’

SUNFUN FROM PAGE 1

This is ‘The first year that air races were part of Sun ‘N Fun.”

SUNFUN FROM PAGE 24

number of years. He does not fly any more. ‘When I am around, I just train, ’ he says, wistfully looking at the bird in front of him.

He then adds, ‘Three years, nine months and 19 days. I enjoyed it when I was there and I was fine in getting back. I had an empty feeling when you left, but it was time to move on.

He went from gunships, became a certified public accountant, then got into real estate and development.

Volunteers make the event interesting

‘She was from the day before Sun ‘N Fun, and I was coming over here to do the show, so I stuck the little chick in my pocket, because there was nobody else there to feed it,” says a man wearing a ball cap, standing near an American aircraft plane. The duck he brought with him, a rancher duck, was at the cage as folks stop by and ask why she does not wander off, and make comments about what a pretty egg she just laid. ‘What is her name?’ ‘Dennis,’ he says. ‘You get it. I have no intention of cooking her, it just keeps her in line.’

She has become his mascot, says Larry Tagger of Orlando Sanford aircraft. “She doubles as our complaint department,” he jokes. Orlando-based is the southeast distributor for American Aircraft. “She drools on our complaint department,” he jokes. Orlando Sanford-based is the southeast distributor for American Aircraft.

As birds of all sizes take flight over the air strip, dinner flaps her wings and remains on the cage, waiting for the pilot to produce yet another egg. She is a reg- ular at Sun ‘N Fun. And all the children who pass by cannot resist the urge to come talk to her.

Patrons enjoyed it

Kristy Brotheim and her husband, Josh, joined by their 7-year-old son, Adam, and nephew Aaron, 10, were enjoying their second year at Sun ‘N Fun. Brother’s father helped run the air safety (he is the director of the EFA), says the Boothman.

‘He talked us into coming out and seeing it,” says Josh.

‘Like the Boardings,” Kristy adds. ‘You walk around, seeing new stuff,” he says.

Meanwhile, James Michael Zambik, a soon to be retired police officer from New York, gives a thumbs up. He says he is a Cessna pilot and also a flight instructor. Zambik notes that Florida is really hurting for flight instructors, so he believes he will do that when he retires — of course, somewhere in sunny Florida.

Melissa Mayer of Lake Wales says she enjoyed the Sun ‘N Fun Expo as well. “It was an amazing day! Planes, jets, helicopters — all at once! ’too much to take in.”

Hearing the booms from the war planes which put off blanks for the show, she notes she was “torn between thinking how cool it all is and remember-"
Thousands of people enjoy Sun n Fun every year.

Temperatures were great Saturday, but it still gets hot toward the end of the day.

Katy Clements, James Caulder, and Carol Shoaf, Sun n Fun volunteers, take a break at the close of the event. The three are part of a 2500 member volunteer crew that helps put on the annual event. Shoaf’s father-in-law, Merle, was one of the event’s founders.
Drivers crossing the U.S. 41 bridges into or out of Punta Gorda only have to make a quick change in order to Charlotte Harbor to see sailboats and yachts making their way into the Gulf of Mexico. Getting a chance to enjoy the yachting experience might feel out of reach for some people.

That’s where Diamond Charter Cruises come in, a not too-long-a-drive for Polk County residents heading south on U.S. 17 (about 65 miles south of Fort Meade, the last “major town” post in Polk on that road).

An afternoon with Capt. George Balis and First Mate Ardis, who happens to be his wife, provides a relaxing yachting experience to anyone who wants to cruise. The two have recently moved to Punta Gorda and have set up cruises through King Fisher Fleet out of Fishermen’s Village. Coming from the “rough seas” of Glena Cove, N.Y., where yachts share the water with oil tankers in Long Island Sound, the Balises were looking for a place to call home with calmer waters.

The Wanda Gail is the only luxury yacht ever provided through King Fisher Fleet. Those wishing to book a cruise on the 56-foot yacht, Wanda Gail, might have their afternoon go like this:

After parking at Fishermen’s Village and walking to the end of the marina, you’ll see the Wanda Gail docked at the right.

You are greeted with a smile by Capt. George, who sports his captain’s uniform. Looking very nautical with his blue-and-white-striped shirt, white cap, visor and sunglasses, First Mate Ardis makes sure the passengers safely enter the boat via the gangway. She shares a quick story about how she built the gangway herself. She researched how to build it, bought the supplies and completed the project in three days. Ardis says products for yachts can be very expensive and she built the gangway for much less than what it would have cost to purchase.

Once on board, passengers get a quick tour by Ardis. She takes them to the back deck where there are three staterooms—which includes a master suite and a bunkhouse with two bunks—and white cap. Landlubbers would call those bathrooms. The main deck features the lower helm, a bar with gallery and dining area and patio deck. The yacht has a modern, contemporary design. “You get the boat, but she gets to decorate it,” George said.

The upper deck features a helm and additional seating. Capt. George says passengers like to check out the upper deck to see the equipment he uses to maneuver the yacht. He is happy to share the details of being captain with his passengers.

Now it is time to leave for your yachting adventure, the captain goes to the helm. He prefers the upper deck on calm days, “I like the freedom, the fresh air blowing in my face,” he said.

Ardis makes sure the passengers are comfortable and safe, and then she attends to her duties of checking the lines and preparing for departure. On this day, Ardis is especially attentive to her duties, as this is the first time she and the captain have departed the dock with new pupils in place. They want to be sure the yacht doesn’t hit the new pilings. The Wanda Gail pulls away from the dock and it’s smooth sailing. Only 10 minutes into the cruise, Capt. George points starboard, or right, to a group of dolphins swimming nearby. He doesn’t guarantee that you’ll see dolphins on every trip, but Ardis is quick to point out that if they are around, the captain is usually the first to spot them. Although adults love the sights and relaxation the trip provides, the Balises are aware that the younger crowd might enjoy a little entertainment. “For those who can’t leave technology behind, there is a Wii, TV and music throughout the yacht,” George said.

Passengers are free to roam about the boat. If they choose to bring their own food and cook, there are three cooking stations. On longer excursions, you might even want to take a nap in one of the staterooms. The Balises want passengers to feel at home.

The passengers’ safety is always a top concern. Both have completed U.S. Coast Guard courses to be classified as captain and first mate. Both must pass drug tests as required by the Coast Guard. To obtain a captain’s license, George had to complete 40-70 hours in class, several hours of exams and time on the water. He has also completed his master’s license, which allows him to pilot a vessel for hire up to 100 tons with more than six passengers, according to Coast Guard rules.

In the course, Ardis says she learned things like you have to ring the bell every 10-15 seconds when there is fog. She also has to know how to tie up the boat, know fire hazards and make sure there are enough life jackets for those onboard and where they are located.

Ardis visited here last summer in August and was surprised how hot it was, but she and George took a chance on Punta Gorda.

“We researched this place for three years,” Ardis said. “It has been one of the safest places in years so we can’t go wrong.”

Less than six months later, the duo is doing what it takes to provide cruises for the public. They are subcontractors through King Fisher Fleet but must be vetted through them and follow the fleet’s strict guidelines for safety. The Balises are serious about safety, but they want passengers to have fun too.

“For private events, I will let the passengers ring the bell if they need me,” she said.

Now, it is time to return to the dock. The passengers are seated and George and Ardis get to work. The yacht has to be backed into its spot without hitting those new pilings.

You might be amazed how Capt. George, with Ardis’ help, backs a yacht into a tight spot much like a seasoned driver would parallel park.

“We’re still working on teamwork,” he says with a smile. “Today was a new set of circumstances (with the pilings). We planned yesterday how to get out with the pilings.”

It was a pretty good inaugural backup — and with the wind blowing,” George said. “My wife is awesome.”

A yacht cruise might sound like fun for tourists and snowbirds looking for adventure, but the Balises would love to have residents experience their community on the water. They suggest cruises are great for anniversaries, birthdays, weddings, graduations, island discoveries and more.

“This is a perfect spot for what we do,” George said.
Parent/Teen Summit

Sherry Miller-Clarke and Kia Turner both jam to “You Dropped a Bomb on Me,” as Dr. Fairest Hill started talking at Saturday’s Parent/Teen Summit. Hill was the keynote speaker at the event and he may be best known as the former drummer for The Gap Band, which was second on the Billboard chart for this song.

Dennison High’s Isaiah Castillo takes his turn riding a horse, Rican, at Saturday’s Parent/Teen Summit at the Carver Recreation Center. Taking him on his rounds is Mattie Ryan from the Kickin’ Spurs Rodeos.

The Bartow Police Department performed a couple of skits on how to handle and how not to handle yourself if confronted by a police officer. It was narrated by Officer Randy Taglarini. Here Officer Fee confronts explorer Mark Anthony (left) and Officer Deaonte Broome (wearing hat) in the skit.

Eight-year-old Leah Flynn entertained the crowd twice during Saturday’s Parent/Teen Summit at the Carver Recreation Center.

Damien Moses told attendees at the Parent/Teen Summit Saturday that those who don’t surround themselves with greatness while growing up and surround themselves with garbage they will start acting like garbage.

Though Flash probably knows Officer Deaonte Broome from the Bartow Police Department, he probably isn’t friendly with the arm guard he is wearing. The audience got a look at what a police K9 can do at Saturday’s Parent/Teen Summit at the Carver Recreation Center.

Dr. Fairest Hill speaks at Saturday’s Sixth Annual Parent/Teen Summit at the Carver Recreation Center in Bartow.

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An active weekend in Lake Wales

From the Jewel of the Ridge JazzFest to the Farmers Market and the Ironman 70.3 event, Lake Wales was buzzing with activity last weekend, and we thought you would like a few of those photos.

Sandy Strait has turned her hobby into a source of income. “I started making my necklaces as a hobby and people really liked them and suggested I sell them at the Lake Wales Farmer’s Market. I also do ornate mirrors and grow stuff,” said Strait. The Lake Wales Farmers Market is held every second and fourth Saturday of each month.

This little bear was helping out at the Lake Wales Farmers Market this past weekend to help customers find their way to the marketplace.

The Polk State College Jazz Festival included “Gospel Sounds By 3AM” on Sunday afternoon for those wanting to get their praise on. The outdoor concert was free of charge and ran from April 6-10.

The headliner for the Polk State College “Jewel Of The Ridge Jazz Festival” on Sunday was none other than one of the great pioneers of Jazz-rock, Larry Coryell. And also jamming with Coryell was Marty Morell on drums and Richard Drexler on bass.

Scout, the smooth St. Bernard/Lab mixed puppy had these girl scouts from Winter Haven scratching his belly while listening to the gentle sounds of the Polk State College Jazz Festival.

The Ironman 70.3 Florida had their bike course running through Lake Wales on Scenic 17. These athletes are headed back to the starting point in Haines City at Lake Eva Park.

These young ladies from Troop 5120 in Winter Haven: Larryssa Rolle, Grace Engle, Troup Leader Jennifer Faber, Sydney Faber, Jazlynn Robbins, Mia Engle, and Madison Falgien were handing out Jazz Festival fliers with the weekends events and times of performances as well as enjoying the music.

These bicyclists had to share the road with vehicles on their bike journey during the Ironman 70.3 Florida event, which was presented by UCF. The other events included swimming and running.

Jillian and Claudia Gempel-Cross brought the newest edition to their family, Copper, to soak up some sun and enjoy the Jazz Festival on the scenic shores of Lake Wailes.

April Tag Sale
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Spring fling: 10 fun ways to get some spring in your step

By CHICAGO TRIBUNE STAFF
CHICAGO TRIBUNE (TNS)

The 10 best home and fashion accessories for spring:

1. Wake up to your morning coffee in this cheerful mug. Its bright ceramic confection is sure to put a spring in your step. Marinemoko Unikko mug, $22, marinemoko.com.

2. Floral prints are in the fashion forecast. Pair this rose blouse with white jeans for a perfect spring look. Kate Spade mini-rose ruffle shirt, $278, katespade.com.

3. Vivienne Westwood has taken her signature bag and reworked it for spring in this whimsical Westwood yellow bunny bag, $310, viviennewestwood.com.


5. Kitchen appliances shouldn’t just be functional; they can also have style. The award-winning Italian brand Smeg merges innovative technology with a ‘50s-style toaster. $149.95, westelm.com.

6. Reese Witherspoon’s lifestyle line Draper James offers fashion, accessories and home decor, including these lemon print tumblers. $28 for a set of four, draperjames.com.

7. Spring cleaning: your makeup bag. According to Mayo Clinic Health System Dermatology physician assistant Mary Du, old and expired cosmetics harbor dangerous amounts of bacteria. This not only directly affects the individual wearing the makeup, but it also can affect anyone they come in contact with. “Makeup can be in- fected with bacteria after solely one use. The bacte- rium builds up over time and can cause harm to a person’s skin, eyes, lips and overall health,” says Duh. “When makeup gets old, it starts to break down, and this can cause issues from irritation and inflammation to rashes, blisters, eye infections and pink eye.” In rare cases, women have even been tempo- rarily or permanently blinded by an eye cosmetic, according to the Food and Drug Administration. Duh offers these rules for healthy cosmetic use: — Look through your old makeup for chemical changes, including: a rancid odor, color change, changes in texture or consistency, and makeup becoming crusty/clumpy. — Protect your skin from the sun. Most foundations have some level of SPF. Expired makeup is less effective when protecting against the sun, which can cause painful and dangerous skin infections and sight complications. — Never share cosmetics. Cross contamination occurs when two or more people use the same application tools and makeup. The main dan- ger with sharing makeup is passing an infection or virus.

8. It smells like spring — five of the best home and fashion accessories for the season: Wash your hands and cosmetic tools before applying eye cos- metics. The bacteria on your hands and brushes increases the chance for an eye infection or allergic reaction. — Don’t store cosmetic products at temperatures above 85 degrees Fahrenheit. Cosmetics held for long periods in hot cars, for example, are more at risk for preservatives in the makeup weakening.

9. This vibrantly col- orful trapez is a mashup of Victorian style and modern technology. The unusual design consists of a silicon layer over the porcelain sculptural shape creating a touchy- feely texture. CB2 trapez, $149.95, CB2.com.

10. Be the life of the party with this whimsical bee bag. Wicker bee bag, $398, katespade.com for stores.

Spring cleaning: your makeup bag

‘Socks: The Rule Book’ illustrates the history, proper wearing and appreciation of men’s hosiery

By ADAM TSCHORN
LOS ANGELES TIMES (TNS)

Guys, although you’ve been wearing socks longer than you’ve been able to walk, there’s a pretty good chance you’re doing it wrong — all wrong. That’s the concept of “Socks: The Rule Book” (its subtitle, “10 essential rules for the wearing and appreciation of men’s hosiery”) bySock Club of London (Mitchell Beazley, $12.99).

The first rule of sock club, as you might suspect coming from a club built around the joy of socks, is that they should always be worn. “Socks must be worn for all occasions where clothing is appropriate,” reads Rule No. 1, “and in some instances even when it is not.” (In other words, during your naked times, you might want to consider socks.) Notwithstanding, that is, Rule No. 7, which answers the big “Should I wear socks with sandals?” question with an unequivocal answer: “No.”

The other eight rules tackle topics such as care and storage (Rule No. 2, in which it is suggested you arrange your sock drawer by color and fold them instead of rolling them up in a ball); the use of patterns and prints (Rule No. 5, which includes the observation, “The general rule of sock color here is that the narrower the stripe, the more formal the appearance”); and on-the-road hosiery management (Rule No. 9 lobbies for a dedicated, hard-sided sock case for trips longer than a week, with a sock pouch suffi- cient to hold a dozen pairs). While these rules easily could have been shared via a listicle or a blog post or maybe a humorous poster that riffs on the Ten Commandments (“Thou shalt not wear socks with sandals” — that sort of thing), what makes the topic worthy of a full-blown book is the collection of factoids socked away on the richly illustrated pages.

There are excursions into hosiery history (Who knew that in AD 1000, wearing socks was a way of showing off wealth? Or that an English chap named William Lee invented the stocking frame knitting machine in 1589?); sock anatomy (where you’ll learn the differences between a heel flap and a heel turn, for example); and a handful of life-hacks among them, including a toe hole is more easily accomplished by turning the sock inside out and pulling it over a light bulb before sewing. Sure, you’d probably be able to make it through life without learning how to hand-wash your hosiery or pull off a pair of lycra socks. But what “Socks: The Rule Book” helps do is give men a chance to get a well-dressed leg up on the competition and potentially put their best foot forward every single day.

From Mayo Clinic News Network

There’s something lurking in the bottom of your makeup bag, and it’s not pretty.

According to Mayo Clinic Health System Dermatology physician assistant Mary Du, old and expired cosmetics harbor dangerous amounts of bacteria. This not only directly affects the individual wearing the makeup, but it also can affect anyone they come in contact with. “Makeup can be in- fected with bacteria after solely one use. The bacte- rium builds up over time and can cause harm to a person’s skin, eyes, lips and overall health,” says Duh. “When makeup gets old, it starts to break down, and this can cause issues from irritation and inflammation to rashes, blisters, eye infections and pink eye.” In rare cases, women have even been tempo- rarily or permanently blinded by an eye cosmetic, according to the Food and Drug Administration.

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— When applying or removing eye cosmetics, be careful not to scratch the eyeball or some other sensitive area of the eye. Scratches can cause infections and sight complications.

— Keep your makeup bag and reworked it for spring. Kate Spade New York blouse with a ‘50s-style toaster. $149.95, westelm.com.

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Friday-Saturday, April 15-21, 2016                             Polk County SUN • 31

Nellie is a moderately active senior (Black mouth Cur/Mix) who has been waiting for her perfect home for a white now. She loves to walk, will play a little and then love to just get comfey on a big blanket and relax. Nellie is looking for someone to hang around with. Nellie came in with her sister Breezy, so a family that could take both would be awesome. Come on by and meet Breezy! At eight years old, she weighs 11 pounds, he is a Domestic Short Hair/Mix - Orange/White - Tabby. Orphaned since March, his adoption fee is $30. Call 863-646-7722.

Nellie came in with her sister Breezy and if you are looking for someone to hang around with. Breezy is a senior Catahoula. She has only three legs, so she is not as active as her sister, Nellie. Breezy loves to just lie around and relax. She is pretty mellow but has her playful moments and would love someone to just hang around with, maybe watch some TV and take a few walks before relaxing on a comfy couch. She did come in with my sister Nellie, so a family that could take both would be awesome. Come on by and meet Breezy! At eight years old, she weights 62 pounds, a Catahoula Leopard dog/Mix - Blue - Merle. Orphaned since March, her adoption fee is $60. Call 863-646-7722.

Gizmo is a senior male cat looking for that perfect home. He is a great cat that loves to take naps and hang out with his family. Gizmo is a great house cat looking to live out his senior years with someone special. Stop by SPCA Florida and meet our guy, Johnny. At four years old, he weighs 11.5 pounds, a Domestic Short Hair/Mix - Black/White. Orphaned since March, his adoption fee is $30. Call 863-646-7722.

By LINDSEY TANNER

CHICAGO — Patients who delay getting treatment and insurers who balk at paying for it are among job stresses that Chicago nurse Ben Gerling faces on a semi-regular basis. So there was no tail-dragging when his employer offered a few four-legged workplace remedies.

Gerling and dozens of other nurses, doctors, students and staffers flocked to a spacious entrance hall at Rush University Medical Center after learning about special animal therapy sessions the hospital has organized.

Three huggable pups named Roxxie, Minnie and Dallas greeted almost 100 white-coat and suds-clad visitors at a recent session. Faces accepting cuddles, ear rubs and treats. Big grins on the human faces suggested the feelings were mutual.

Minnie, a fluffy white and gray Labradoodle mix, had “the softest fur I’d ever felt, like a little cloud,” Gerling said dreamily as he headed back to work.

Many hospitals use animal therapy for patients Rush has even brought in miniature horses. And many workplaces allow pets on site to boost employee satisfaction, but heelers for healers offers a different twist.

The medical center has held the monthly Pet Pause sessions for over a year, using dogs from a local shelter and an animal therapy group.

Recently, Rush nurses launched a study to see if the program has tangible effects on employee stress.

Research in other settings has shown benefits from interacting with animals, including lowering stress hormone levels, blood pressure and heart rate. Early indications are that it may have similar benefits for hospital workers.

In the study, the human visitors get blood pressure measurements and fill out questionnaires rating their stress levels before and after the canine-cuddle sessions.

Gerling’s results were promising.

“My blood pressure was kind of high when I came in, and it was lower when I left by about 10 points, so that was good,” he said.

Melissa Browning, a Rush nursing director involved in the study, rattles off a list when asked about what makes hospital work particularly stressful: constant beeping from medical device alarms, dealing with gravely ill patients and worried families, triple checking the accuracy of patients’ medicines and doses — it can all add up, Browning said.

For Benjamin Gonzales, a graduate student in health systems management at Rush, the heavy course workload can be taxing and he called the dog session a welcome break — even if his blood pressure was a little higher afterward.

“I could feel the big sighs coming out of me when I was with the dogs, so I know that just coming to this has made my day less stressful,” Gonzales said. “This is amazing. I wish it could be every day.”

AP PHOTO
Shade plants: Gardening in the dark

By BARBARA BALLINGER
CHICAGO TRIBUNE

Sunlight is overrated. Sure, lilacs and lavender need hours of sunlight to thrive. But give us shade plants such as hostas, ferns, tree peonies and liriope hydrangeas, luxuriating in a dappled shade, and we’re over the moon. It’s shade gardens — not sun-loving cottage and Mediterranean gardens — that conjure mystery. First kisses and love affairs don’t begin in broad sunlight. They take place strolling down a shaded path or sitting by a gurgling pond in a secret woodland layered with trillium, wild violets and rhododendrons.

The best shade gardens overflow with masses of shrubs, flowers, and statuary trees, not the stuff of timid borders. So, why have shade gardens been given such a bum rap? Somehow, a perception emerged, probably among amateur gardeners, that it was hard to grow visually interesting and colorful plants beneath a dark cover and in often very dry, hard soil. Shade became equated with lackluster growth, minimal maintenance.

It can fall over large rocks, a bench or a pair of boulders that survive well in the Midwestern climate. Some of the Kettelkamps’ favorites: Bottlebrush buckeye, flowering dogwoods. As shade-loving redbuds bloom, ‘I can’t wait for May when my rhododendrons bloom,” says Chicago landscape architect Ryan Kettelkamp. One favorite that he and his wife and partner, Claire, favor is Eastern redbud or ginkgo biloba. Some shade lovers, that portable wandering that should vary by the amount of shade: light, medium or heavy. They can introduce punctuation marks of color and height, won’t compete with invasive tree roots, can be drip irrigation and can move indoors when weather changes. Some of the Kettelkamps’ favorites: Dragon Wing begonia, Gartenmeister fuchsia, Angelonia, maidenhair fern and Oxalis ‘Charmed Velvet’.

Plant a surprise: Use a variety of container plants such as hostas, purple and yellow ligularia, grape hyacinths and other bulbs that thrive in shade, and big hostas with colorful leaf variations, says landscape architect Steve Gierke of HoerrSchaudt. Varying texture, size and form will pack a strong graphic wallop, even when colors aren’t in bloom, says Hoerr, adding that this is no time to be meek: “Think in extremes.”

Increase your range: Mix together different heights, which will add rhythm as people move through the landscape and will change during the growing season, says Hursthouse. At the lowest level, ground covers unify a garden. Study a forest floor for ideas such as vinca, liriope, pachysandra and sedges, he says. At mid-height, plant materials such as shade-loving redbuds and dogwoods.

Add water: Don’t forget water, an integral part of many shade gardens. It can fall over large rocks in a pond or trickle gently in a recirculating fountain. If that’s not a possibility, consider a dry-bed stream that suggests water and requires minimal maintenance.

Have a seat: Remember to include one spot to sit — whether a large boulder, a group of big rocks, a bench or a pair of chairs where you can rest and savor views of the shade garden and cool off from the heat in the sunny parts of your yard.

Here’s a secret: Shade gardens can be among the most captivating outdoor spaces, a gift from Mother Nature. “It’s such fun to see how they change as a season progresses — colors emerge, shade increases, and at the peak of summer, the whole place becomes a cool, restful retreat,” says Chicago landscape architect Steve Gierke.

For the gardener, that is memorable, especially in a larger garden. You’ll find yourself thinking, “I can’t wait for May when my rhododendrons bloom,” says Chicago landscape architect Ryan Kettelkamp. One favorite that he and his wife and partner, Claire, favor is Eastern redbud or ginkgo biloba. Some of the Kettelkamps’ favorites: Dragon Wing begonia, Gartenmeister fuchsia, Angelonia, maidenhair fern and Oxalis ‘Charmed Velvet’.

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Containers add flexibility, as they can be moved to suit their light requirements, or the gardener’s whim.
While painting over wallpaper isn’t the best option, sometimes it’s the only option.

Forget what you’ve heard: It’s possible to paint over all wallpaper—and not just the paintable type.

While it’s always preferable to remove wallpaper before painting, it’s not always possible. Sometimes, you’ll find layer upon layer of wallpaper, or removal will cause significant wall damage, says Jeff Sellers, owner of Merrifield Paint and Design of Arlington, Virginia.

“...when you start pulling paper off you really don’t know what you’re getting into,” Sellers says. “You can get the paper off and find the wall is damaged, and that’s why they put the wallpaper up. You never know why people put up wallpaper.”

Sellers says the type of wallpaper is a good indicator of whether it will come off easily. Paper-backed wallpaper is more difficult to remove than vinyl. You’ll likely need to use a scoring device and adhesive remover, which may prove laborious and result in possible wall damage.

How to paint over wallpaper
You may be tempted to slap some paint on the wall, but there’s more to it. Without proper preparation, the wallpaper will eventually lift and begin to show through the paint—and look like painted over wallpaper.

According to experts, the wall should be clean and dust free. Remove all loose ends. If unable to remove, glue or cut away, spot prime and fill holes with spackle. Prime the wallpaper with an oil-based primer and skim the wallpaper with drywall mud to cover seams from the wallpaper and create a smooth wall. After skimming, sand the wall and prime again. Be sure the wall is dust free before applying paint.

“What matters is that you use an oil-based primer to seal the wallpaper,” says Carlos Mendoza of Carlos Mendoza Painting, in Spring, Texas. “That’s what’s going to seal the wallpaper.

Once you’ve prepped the wall, Mendoza recommends using satin finish paint instead of flat, which is porous. If you prefer, you can use flat paint. However, because it’s porous, flat paint holds dirt and is difficult to clean.

“The satin finish does show imperfections, but as long as you keep the texture consistent, you should be OK,” Mendoza says.

Test before you paint wallpaper

Avoid bubbling, lifting or other issues with the wallpaper by testing a couple of spots and allowing to dry completely before painting the entire wall, Octave Villar, manager of Behr application laboratory in Santa Ana, California.
Ragwort’s tiny yellow flower adds color in shady, swampy areas

By KATHY VAN MULLEKOM

Along with daffodils, golden ragwort welcomes spring with bright yellow flowers covering swampy areas now until early summer, according to native plant expert Helen Hamilton. Known scientifically as Packera aurea, the native perennial grows one to three feet tall, with only a few deeply-cut leaves on the stems. Leaves at the base of the plant are heart-shaped, and form a large rosette. After the flowers fade, the leaves spread to form a nice groundcover that persists over most of winter,” says Hamilton, past president of the John Clayton Chapter, Virginia Native Plant Society, and retired biology teacher living in Williamsburg, Va. Learn more about the native plant society at www.vnps.org.

Ragwort grows naturally in bogs, wet woods, floodplains and meadows in eastern North America, Hamilton continues. The plant thrives in full shade with acid, rich soil, in zones 3-9. It spreads easily by seed and underground roots, forming large attractive colonies. “Ragwort grows under trees where nothing else will thrive,” she says. “In a home-based woodland garden or a perennial border in the shade the masses of golden yellow look wonderful with blue star (Anisonia tabernaemontana) and red columbine (Aquilegia canadensis). Deer also avoid golden ragwort because the leaves contain toxic chemicals.”

Hungrily small bees and flies emerging from the base of the plant are in backyard gardens, open fields and parks,” says Hamilton. “They are everywhere - in backyard gardens, open fields and parks,” she says. “It’s impossible to over-estimate the importance of these very small bees - they are responsible for most of our familiar summer flowering plants. Without their activity, feeding on nectar and collecting pollen, most flowers would never set seed for the next generation. These bees are generalists, visiting a variety of flowering species, and collecting pollen in baskets or in bristles all over their bodies.” The metallic green bees are in the genus Agapostemon, represented by 14 species in the eastern United States, according to Hamilton. “Like bumblebees, sweat bees do ‘buzz pollination,’” says Hamilton. “By rapidly moving flight muscles, disconnected from their wings, they generate sonic vibrations that cause pollen to be released from some plants, like tomatoes and blueberries.” Sweat bees are more numerous than most bees, except for the non-native honey bee, and although they do not produce honey, their services as pollinators of garden flowers, fruits and vegetables are immeasurable, Hamilton adds.

To encourage populations of sweat bees, leave patches of bare soil for nesting habitat, and plant lots of different wildflowers, especially those with long blooming periods, from early spring through fall such as wild petunia, blue vervain, Maryland golden aster, summer phlox and Joe pye-weed.
Friday-Saturday, April 15-21, 2016

**FLORIDA GATORS BASEBALL 2016**

- **APRIL 2016**
  - 15 Wake Forest 6:00 p.m.
  - 16 Wake Forest 4:00 p.m.
  - 17 Wake Forest 1:00 p.m.
  - 19 Stetson 6:00 p.m.
  - 20 Stetson 4:00 p.m.
  - 22 Notre Dame 6:00 p.m.
  - 23 Notre Dame 6:00 p.m.
  - 24 Notre Dame 1:00 p.m.

- **MAY 2016**
  - 01 Clemson 4:00 p.m.
  - 02 Clemson 7:00 p.m.
  - 04 Los Angeles Angels
  - 05 Los Angeles Angels
  - 06 Bowling Green State 6:00 p.m.

- **JULY 2016**
  - 01 Detroit Tigers
  - 02 Detroit Tigers
  - 03 Detroit Tigers
  - 04 Los Angeles Angels
  - 05 Los Angeles Angels
  - 06 Los Angeles Angels

- **SEPTEMBER 2016**
  - 02 Boston Red Sox
  - 03 Los Angeles Dodgers
  - 04 Los Angeles Dodgers

**POLK STATE COLLEGE SOFTBALL**

- **APRIL 2016**
  - 14 St. Petersburg College
  - 17 Indian River State College

- **MAY 2016**
  - 01 Florida Southwestern

**WARNER UNIVERSITY BASEBALL**

- **APRIL 2016**
  - 15 Florida Southwestern 6:00 PM
  - 18 South Florida State College 6:00 PM
  - 22 Polk State College 6:00 PM

- **MAY 2016**
  - 06 IMG Academy Scrimmage Winter Haven, Fla. 3:00 PM

**WEBBER UNIVERSITY BASEBALL**

- **APRIL 2016**
  - 15 Warner University (Fla.) 3 PM
  - 16 Warner University (Fla.) 12 PM

**POLK STATE COLLEGE SOFTBALL**

- **APRIL 2016**
  - 12 at Florida Southwestern

**TAMPA BAY RAYS**

- **APRIL 2016**
  - 15 Chicago White Sox
  - 16 Chicago White Sox
  - 17 Chicago White Sox

- **MAY 2016**
  - 01 Toronto Blue Jays
  - 03 Los Angeles Dodgers
  - 04 Los Angeles Dodgers

**WARNER UNIVERSITY SOFTBALL**

- **APRIL 2016**
  - 12 at Florida Southwestern
  - 17 Indian River State College

- **MAY 2016**
  - 01 Florida Southwestern

**MIAMI MARLINS REGULAR SEASON HOME**

- **APRIL 2016**
  - 15 Atlanta Braves
  - 16 Atlanta Braves
  - 17 Atlanta Braves

- **MAY 2016**
  - 08 Cincinnati Reds
  - 09 Cincinnati Reds
10 Cincinnati Reds
22 New York Mets
23 New York Mets
24 New York Mets
25 Philadelphia Phillies
26 Philadelphia Phillies
27 Philadelphia Phillies
28 St. Louis Cardinals
29 St. Louis Cardinals
30 St. Louis Cardinals
31 St. Louis Cardinals

AUGUST 2016
08 San Francisco Giants
09 San Francisco Giants
10 San Francisco Giants
12 Chicago White Sox
13 Chicago White Sox
23 Kansas City Royals
24 Kansas City Royals
25 Kansas City Royals
26 San Diego Padres
27 San Diego Padres
28 San Diego Padres

SEPTEMBER 2016
05 Philadelphia Phillies
06 Philadelphia Phillies
07 Philadelphia Phillies
09 Los Angeles Dodgers
10 Los Angeles Dodgers
11 Los Angeles Dodgers
19 Washington Nationals
20 Washington Nationals
21 Washington Nationals
22 Atlanta Braves
23 Atlanta Braves
24 Atlanta Braves
25 Atlanta Braves
26 New York Mets
27 New York Mets
28 New York Mets

MAY 2016
23 Dunedin
24 Dunedin
02 Daytona
03 Daytona
04 Daytona
11 Tampa
12 Tampa

JUNE 2016
14 Fort Myers
15 Fort Myers
16 Tampa
23 Daytona
26 Dunedin
27 Dunedin
28 Dunedin

JULY 2016
01 Daytona
02 Daytona
04 Clearwater
06 Clearwater
08 Palm Beach
09 Palm Beach
10 Palm Beach
11 Palm Beach
21 St. Lucie

LAKELAND FLYING TIGERS
JOKER MARCHANT STADIUM
APRIL 2016
19 Brevard
01 Brevard
02 Brevard
03 Bradenton
04 Bradenton
05 Bradenton
06 Bradenton
12 Fort Myers
13 Fort Myers

JULY 2016
14 Fort Myers
15 Fort Myers
16 Tampa
23 Daytona
26 Dunedin
27 Dunedin
28 Dunedin

BUSINESS SPOTLIGHT

Amber Nixon, owner and chef of the “Caribbean Jerk Stop” and helper Brooklyn Gibbs served many of the musicians and audience at the Polk State College Jazz Festival, jewel of the Ridge.”

Maria Cancel is stocking the newest store in the Eagle Ridge mall “Rain” with heels, flats, and sandals as well as handbags. The store officially opened April 8, 2016. The store has a variety of shoes for women and kids and will eventually have mens and boys shoes.

Rachel Bradley and Spencer Curles are two of the employees of Shane’s Air Conditioning & Heating store which is currently located in the Eagle Ridge Mall. “We have the best people and we don’t over charge. We are a business with integrity,” said Curles.

Chris Archer and the Tampa Bay Rays take on the Chicago White Sox this week at Tropicana Field in St. Petersburg.
It’s a great time to work at the Polk County Sheriff’s Office. We are hiring!

One of the best parts of my job as Sheriff is to lead a work family of dedicated Sheriff’s Office members who work hard to fight crime, protect our citizens, and deliver the highest quality public safety services. And now is a great time to come to work for us.

Cash bonuses: We value the service of current Florida certified law enforcement and corrections offices and we will pay them a $2,000 bonus and provide a fast-track hiring process, competitive compensation, and great benefits. All city, county, and state law enforcement and/or corrections officers are eligible. Starting pay for both PCSO law enforcement and detention (corrections) deputies is $14,251.13 and the pay range goes up to $58,611.97.

Depending on how much experience a law enforcement or corrections officer has, he or she can start higher in the pay range (above starting pay)—contact our Human Resources professionals to learn more. For law enforcement and corrections officers just starting out (coming out of a state certified academy), we pay a $1,000 bonus. What if you don’t have experience and you can’t afford to put yourself through a public safety academy? No problem! If you have a good background, you will probably qualify for our Dual Academy Integrity Scholarship program. We are seeking quality candidates who will embody the values and diversity of the community as a dual-certified member of the agency. If you are selected, you will receive a scholarship for tuition, books, uniforms and exam cost. Plus, we will even pay you while you attend the Dual Academy (approximately eight months)!

The Sheriff’s Office will provide a starting stipend of $2,000 dollars per candidate (first and last month pro-rated). That’s right, we will pay you to attend the dual academy and they, upon graduating both from academies in good standing and successfully passing both state exams, you may be offered employment with the Polk County Sheriff’s Office! This is a great program and I highly encourage anyone interested in a career in law enforcement to apply.

We value higher education! All full-time members are eligible for a college tuition reimbursement scholarship of up to $2,970 per year for undergraduate tuition (up to 15 credit hours paid at the current state rate of $136.90 per credit hour) and up to $5,300 per year for master’s degree tuition (up to 15 credit hours paid at the current state rate of $436.00 per credit hour). All members who have degrees from accredited colleges and universities also receive educational incentive payments at the following rates: $360 per year for 2-year degrees, $900 per year for 4-year degrees, and $1,900 per year for master's degrees. We are hiring Telecommunicators! (Emergency Communications Center call takers/9-1-1 operators). We provide all training and certification for FREE. Starting pay is $14.62 per hour ($30,415.02 annual salary) plus health, retirement, and other benefits.

What other positions are we hiring for? Intake Records Specialist ($13.61 per hour), Food Service Specialist ($13.61 per hour), Animal Control Officer ($12.98 per hour), and Detention Support Specialist ($12.35 per hour). We also have part time positions between $8.24 per hour and $13.21 per hour. So, if you are interested in a career at our highly accredited law enforcement agency, please contact us directly at 863-298-6440, toll free 1-877-477-7276, or email hr@polksheriff.org or go to polksheriff.org and click the “careers” tab. We look forward to hearing from you!

Reach over 18,000 homes by Advertising here.

Call 863-533-4183
18 charged in “Operation April’s Fools”

Compiled by Kathy Leigh KLBREWER@HEARTLAND-NEWS.COM

According to the Polk County Sheriff’s Office, undercover detectives charged 18 suspects during “Operation April’s Fools,” a week-long investigation targeting online child predator suspects.

The sting started on Tuesday, March 19 and ran through Monday, April 4 and involved detectives and investigators from other agencies: Florida Department of Law Enforcement, Osceola County Sheriff’s Office, Seminole County Sheriff’s Office, Pinellas County Sheriff’s Office, Manatee County Sheriff’s Office, Orange County Sheriff’s Office, Lee County Sheriff’s Office, Lake City Police Department, Sanford Police Department, Bradenton Police Department, Sarasota Police Department and Bradenton Police Department, working in conjunction with members of the Attorney General’s Office along with Attorney General Pam Bondi.

According to reports, during the operation, undercover detectives posed as children on various social media platforms, websites and mobile phone applications, posing as children, or as custodians of children. Despite the repeated warnings and media coverage of past operations, numerous men responded to the ads and then proceeded to chat online, email, text and talk on the phone with the undercover detectives who posed as children or custodians of children online. Some detectives responded to profiles and online ads. According to the Polk County Sheriff’s Office, the men were allegedly solicited by women who thought they were dating young as young as 13 years old for sex acts; two suspects allegedly solicited who they believed to be the father of a 10-year-old girl to have sex with her.

Detectives say some suspects sent pornographic pictures of themselves and some asked for nude photos of the children to be sent to them. Of the men allegedly driven to the house to to engage in sex, several of the men allegedly drove to the house to engage in sex with the promises reportedly made online to engage in sexual activity with the juveniles.

According to reports, the 18 suspects face a total of 101 charges (97 felonies, six misdemeanors) which range from: attempted lewd battery; use of computer to seduce a child; transmission of harmful material to minor, use of a two-way communication device to engage in sexual activities with a child; role playing; and solicitation of these suspects’ phones and computers. Most of the suspects allegedly traveled to the undercover location on different meeting places. Six suspects were from Polk County (Auburndale; Davenport, Haines City, Lake Alfred and Lakeland). Other locations the suspects traveled from were: one traveled from Collier County (Naples); one traveled from Lake City ( Clermont); one traveled from Osceola County (Celebration); four traveled from Orange County (Orlando, Winter Garden, Ocoee, Apopka); one traveled from St. Johns County (Ponte Vedra); one traveled from Seminole County (Lake Mary); two traveled from Volusia County (Deltona, Daytona Beach); one lives in Alaska (he was visiting Polk).

According to reports, nine suspects brought condoms, some brought candy, and some brought illegal narcotics to the undercover location. Five told detectives they were married. The youngest suspect arrested was 19 years old, and the oldest suspect arrested was 60 years old; the average age of the suspects is 28 years old.

According to reports, those arrested were:
- Christopher John Smith, 22, of Deltona; on March 29, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. James brought condoms to the undercover location.
- Alejandro Pineda, 26, of Haines City; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl in the eight grade. While chatting online, Smith told the undercover detective he would show or teach her sex acts during each visit with her. He purchased condoms on the way to the undercover location.
- Joseph Leon Altamirano, 19, of Orlando; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14 years old. He sent her pictures of his genitals, and he bought condoms on the way to the undercover location.
- Jeffrey Erich Binder, 26, of South Lakeland; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. While chatting online and texting, Binder told the undercover detective he wanted to do “everything” sexual with her. He purchased and brought condoms to the undercover location.
- Michael Fernandez, 21, of Croce; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 10-year-old girl. He communicated with an undercover detective who was posing as a 10-year-old girl’s father and said, “I like em young” and “I have a sis, she 8, but haven’t done nothing.”
- Michael Dean Thompson, 20, of Ponte Vedra; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. He told the girl he was 18 years old, and he would make sure her first time was the best.
- Jerin Jolly James, 18, of Celebration; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. James brought condoms to the undercover location.
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- Joseph Leon Altamirano, 19, of Orlando; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. Pineda sent the girl a photo of male genitalia, and brought condoms to the undercover location.
- Howard Bishop III, 60, of Lake Alfred; on March 31, he arrived to meet with who he thought was the father of a 10-year-old girl. Bishop chatted with the undercover detective posing as the girl’s father, and told the detective he was “very much into nudism and quality family fun; I am very open minded and up for anything.” He went into detail about the sexual activities in which he wanted to participate with the 10-year-old, and implied he had done sexual things with a 10-year-old girl prior to these conversations.
- Robert Michael Gordon, 20, of Clermont; on April 1, he arrived at the undercover location to have sexual intercourse with who he believed to be a 10-year-old girl. Gordon brought two condoms to the undercover location.
- Mahesh Radhakrishnan, 32, of Lake Mary; on April 3, he arrived at the undercover location to have sexual intercourse with who he believed to be a 12-year-old girl. He told the “girl” that she was very pretty, and he wanted to make sure she knows she was safe.
- Larry Alfred Treharn, Jr., 33, of Naples; on April 3, he arrived at the undercover location to meet with who he believed to be a 14-year-old boy. Treharn chatted with several other undercover persons as the operation was ongoing, but he had found a loaded gunhand in his car.
- Keith Harold Ingles, 59, of Lakeland; on April 4, detectives issued a warrant for his arrest. He has been chatting online since January with an undercover detective who he believed to be a 14-year-old girl. Ingles instructed the “girl” on how to perform sexual acts and solicited several times. He told her nearly every time to send her text messages so she wouldn’t get caught by her parents. He was later taken into custody without incident.
- Bramley Ashton Thompson, 24, of Auburndale; on April 4, detectives issued a warrant for his arrest. During the operation, he chatted with two different undercover detectives, both of whom he believed to be 14-year-old girls. Thompson sent both “girls” photos of his genitalia.

Detectives say some suspects sent pornographic pictures of themselves and some asked for nude photos of the children to be sent to them. Most of the men allegedly drove to the house to engage in sex, several of the men allegedly drove to the house to engage in sex with the promises reportedly made online to engage in sexual activity with the juveniles. Most of the suspects allegedly traveled to the undercover location on different meeting places. Six suspects were from Polk County (Auburndale; Davenport, Haines City, Lake Alfred and Lakeland). Other locations the suspects traveled from were: one traveled from Collier County (Naples); one traveled from Lake City (Clermont); one traveled from Osceola County (Celebration); four traveled from Orange County (Orlando, Winter Garden, Ocoee, Apopka); one traveled from St. Johns County (Ponte Vedra); one traveled from Seminole County (Lake Mary); two traveled from Volusia County (Deltona, Daytona Beach); one lives in Alaska (he was visiting Polk). According to reports, nine suspects brought condoms, some brought candy, and some brought illegal narcotics to the undercover location. Five told detectives they were married. The youngest suspect arrested was 19 years old, and the oldest suspect arrested was 60 years old; the average age of the suspects is 28 years old.

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American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689

Bartow Chamber of Commerce Panel Discussion, 7:30-8:30 a.m. First Baptist Church, 1000 Longfellow Blvd., Bartow. 863-954-0601 for details.

Friday, April 15

Friday Fish, 5-7 p.m. Dinners start at $9 per person. American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689/5688 Friday, April 15

Chair Yoga, 9:30 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

STEM for Home School, 10 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Saturday, April 16

Architectural Tour, 11 a.m. Learn more about neoclassical architecture, the construction of the library and the stories behind the iconic Old Polk County Courthouse. Polk County History Center, 100 E. Main St., Bartow. www.polkhistorycenter.org or 863-662-0699.

Uptown Yard Sale & Flea Market, 8 a.m.-1 p.m. Set up begins at 7 a.m. Along the 300 block of East Main Street in downtown Bartow. 863-464-0644 or 863-519-0508.

Flea Market, 8 a.m.-1 p.m. Light breakfast and refreshments will be served. Fort Meade Lodge, 19 6th St., NW.

Sporting Clays Fun Shoot, 8 a.m., registration begins at 9 a.m., $125 per shooter or $500 per team. Raises money to help pay for scholarships for the children of law enforcement personnel. Catfish Creek Sporting Clays, Firetower Road, Haines City. Haines City, 863-837-5153 or 863-678-4271.

Big Hat and Fashion Event, 8 a.m.-12 p.m. Light refreshments will be served. Sponsored by the Bartow Deacons and Stewards Alliance to raise money for scholarships. Carver Recreation Center, 520 Idlewood Ave., Bartow. 863-444-1995 or 863-370-3283.

Fort Meade High School class reunion for classes of 1974, 1975 and 1976. 6 p.m. $25 per person. Food, drink, entertain ment. All payments must be made by March 31. 3370 Mount Pilgrim road, Fort Meade. 863-686-4651.

Dixieland Art Festival, 10 a.m.-5 p.m. Art pop up store and reception from 3-5 p.m. Dixieland Village, 1037 S. Florida Ave., Lakeland. 863-327-2247.

Mensa, 6 p.m. Harborside, 2435 7th St. SW, Winter Haven. 863-967-7680.

Lake Wales Choral Spring Concert “Jewels of Choral Beauty,” 7 p.m. $15 adults, $5 students. www.lakewalsartsCouncil.org or 863-667-4826.

Raceway Gaming, 4 p.m. $1 flat race. American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689.

Sunday, April 17

Sunday Afternoon Pinewood Chamber Music Series, 5 p.m. Presented by Lake Wales Arts Council and Bok Tower Gardens featuring the Historical School of the Arts in a classical program of vocal and instrumental music. $25, season and member discounts available. Pinecrest, Bok Tower Gardens. Lake Wales Lake State Arts Center, 1999 State Road 60 E., Lake Wales. 863-676-4826.

Bingo, 1 p.m. $10/10 games. American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689

Monday, April 18

Information session on nursing bachelor’s program, 6 p.m. Classes start Aug. 15, Haines City High School, 2800 Hornet Drive in the auditorium. polk.edu/education.

Learn Spanish, noon-1 p.m. free. Instructor Brandon LoPatin has taught middle and senior high Spanish in the public school system for 32 years, instruction in the alphabet, greetings, days and months, numbers, dates, descriptive adjectives, expressing feelings, verbs, questions, clothing and using the verb, “ser.” $5 fee for supplies. Lake Wales Public Library, 290 Cypress Gardens Blvd., Lake Wales. 863-678-4004, email library@cityoflakewalleva.org

Spanish Story Times, 10 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Spanish Top Chef of Polk County, Cocktail hour 5:30-6 p.m. followed by four course dinner and call for ticket prices. Achievement Academy’s spring event is to raise money for the school. Up to 15 chefs create and prepare their own dish with accompanying wine or libations that represent the flavors of each course. An all-star panel of judges will rate each chef on the culinary creations based on presentation, choice and taste of food and the title of “Top Chef of Polk County 2016.” Lakeland Center, 711 E. St., Lakeland. 863-683-6504.

Tuesday, April 19

Lunch N Learn, 12:15-1 p.m. Marketing Florida Citrus: Yesterday, Today and Tomorrow. Sponsored by Florida Citrus Commission will explore the marketing era that defined the industry. Polk County History Center, 100 E. Main St., Bartow. polkhistorycenter.org or 863-534-4386

Achievement Academy's Board of Directors, 6 p.m. Achievement Academy, 716 E. Bella Vista St., Bartow.

Information session on nursing bachelor’s program, 6 p.m. Classes start Aug. 22. Polk State Lake Wales Arts Center, 1095 State Road 60 E., in the auditorium, polk.edu/education.

Fine Art Night, 5:30 p.m. Choral recital followed by a bluegrass musical show. Bartow Public Library, 2150 S. Broadway, Bartow.

Beethoven's Symphony No. 9 by The Imperial Symphony Orchestra, 7:30 p.m. $35, $25 and $15. Students are free. The Lakeland Center, Foyker Theatre, 711 Lime St., Lakeland. 863-834-8111 for tickets.

Lunch and Learn, Avon Park Army Airfield. Polk State College Jazz Ensemble in concert at Polk State College, 3170 S. Florida Ave., Bartow. 863-534-0131

Golden Age Club, noon-1 p.m. For people 55 years and older. Dues $50, which pays for coffee and tea, that goes with our covered dish luncheon (members may pay $5 per person toward the meat in lieu of a covered dish luncheon. Barter Center. 2250 S. Floral Ave. in Bartos. 863-498-4102. or email lsimpson@mainstreetbartowfl.com

April 17 Information session on nursing bachelor’s program, 6 p.m. Classes start Aug. 22. Polk State Lake Wales Arts Center, 1999 State Road 60 E., Lake Wales. 863-589-5689

Thursday, April 21

Information session on nursing bachelor’s program, 6 p.m. Classes start Aug. 22. Polk State Lake Wales Arts Center, 1095 State Road 60 E., in the auditorium, polk.edu/education.
06 Jason Bonham’s Led Zeppelin Experience
09 Freedy Johnson
18 Classic Albums: Jimi Hendrix Are You Experienced
27 Bring It! Live
26 Classic Albums: Bruce Springsteen, Born in the USA
30 Goo Goo Dolls with Collective Soul
16 Classic Albums: Led Zeppelin-Houses of the Holy
15 Tour De Campadres featuring NEEDTOBREATHE, Mat Kearney, Parachute and Websly Arms
15 The Beatles-Revolver
11 Florida Festival of Flavor and Fire 10:00AM
16 Classic Albums: The Beatles-Revolver
22 Iration
24 Grace Potter
29 Flogging Molly
30 Evanescence
21 Daryl Hall and John Oates
28 Bad Company with Joe Walsh
11 Trampled by Turtles
13 PYRS
14 Deftones
15 FONSECA
20 Cultura Proactiva
03 Emblem3
04 Edmila Nazario
08 Xambassadors
11 THRICE
07 Chino Y Nascho
23b Boyce Avenue
12 Streetlight Manifesto
Sonata Arctica
APRIL 2016
19 The Used - 15th Anniversary Tour
20 The Used - 15th Anniversary Tour
22 Iration
23 Sister Hazel
24 Grace Potter
29 Flogging Molly
30 Evanescence
20 Sea Change Suite
23 Esperanza Spalding
02 Evanescence
13 Styx with .38 Special
27 Laughing Stock
14 Amy Helm
15 Vai, Wylde, Flury
16 ABBA the Concert-Tribute
16 Bob Saget
21 One Night of Queen 8:00PM-10:00PM
06 truTV Impractical Jokers “Where’s Larry?” Tour Starring The Tenderloins 7:00PM - 9:00PM
10 AAF Polk County Advertising Federation Lunch 10:30AM - 1:00PM
22 Goodie Treats Annual Youth Fashion Show 5:00PM - 8:00PM
06 “Weird Al” Yankovic
31 Halsey
22 Jeff Foxworthy & Larry the Cable Guy
21 4Life Promotions All Black Wear Affair 5:00PM - 8:00PM
19 Tori Kelly
12 Glitch
10 George Benson
7:30pm
8:00pm
9:30pm
13 Styx with .38 Special 8:00pm
8:00pm
7:30pm
5:30pm
6:30pm
5:00pm
7:30pm
8:00pm
7:30pm
21 4Life Promotions All Black Wear Affair
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7:30pm
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20 Cultura Proactiva
03 Emblem3
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08 Xambassadors
11 THRICE
07 Chino Y Nascho
23b Boyce Avenue
12 Streetlight Manifesto
Sonata Arctica
What's the Answer?

CRYPTO FUN

Determine the code to reveal the answer!

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

A. 17 1 13 21 16 19 19 13 1
   Clue: Computer brain

B. 20 14 23 12 16 20
   Clue: Handheld device

C. 24 6 4 6 20 14 12
   Clue: Signals and numbers

D. 18 6 1 16 12 16 19 19
   Clue: Broadcasting system

Answers: A. processor B. tablet C. digital D. wireless

WORD SCRAMBLE

Rearrange the letters to spell
something pertaining to computing.

MOYEMR

Answer: Memory

Guess Who?

I was born on October 12, 1970 in California. I am best known for being a child star on a popular 1980s sitcom about a “growing” family. My sister also was a sitcom star.

Answer: Kirk Cameron

COMPUTER WORD SEARCH

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

WORDS

ACCESS GIGABYTE
ADWARE GRAPHIC
BASIC HDMI
BATCH HIBERNATE
BITMAP IMPRESSION
CAPTCHA INDEX
CERTIFICATE JAVA
CLIENT KEYBOARD
DATA LAN
DEBUG MAINFRAME
DESCRIP MEDIA
DRIVE MEMORY
EMAIL PORT
EXPANSION SOURCE
FILE TASK
FIREWALL TECHNOLOGY
FORMAT TOUCHSCREEN
Johnson explains indigent health care tax

Ballot question to extend sales surtax for 25 years this November

By JEFF ROSLOW

This November when voters go to polls to elect a president (and other candidates), there will be a question on the ballot to renew a half-cent tax for health care for indigent Polk County residents that range from low-income people to elderly residents. Joy Johnson, the director for Polk County Indigent Health Care Division, said it is quite important for residents to renew this surtax for the health of the county and for its economy.

The current sales tax surtax was passed in 2004 and sunsets in 2019. This vote would extend the surtax for 25 years.

“This is a health care safety net,” Johnson said. She also pointed out that the surtax is on the sales tax so everyone pays it, as opposed to it being a property tax where homeowners would be the only ones who pay it. “Everyone contributes to it,” she said.

The number of uninsured has been reduced by 18 percent and those on Medicaid went up, she said. “This puts more people into the marketplace,” Johnson said. Also with this surtax, Polk County is in its own to regulate itself on some health care decisions.

To be eligible for the Polk HealthCare Plan, one person homes that make $16,000 a year or less and they have to live in Polk County. The plan operates on a $35.6 million yearly budget. It sustains operations and program services called non-mandates. Those include the plan, community partners of which there are six free clinics and 22 community sponsors. Outreach and education services. Mandates are those funded by the indigent healthcare tax and include Medicaid, behavioral health and substance abuse.

The mandates include $14,172,839 for Medicaid, $2,464,632 for the Health Care Responsibility Act, also known as HCRA, $1,145,930 for behavioral health services and $379,297 for the Florida Department of Health of Polk County. Non-mandates includes $16,771,445 for the Polk HealthCare Plan, $8,877,971 for community partners and $237,438 for outreach and education services.

The total population in Polk County eligible for the Polk County Health Care Plan is 57,331 and it has a goal of serving 5,000 people, Johnson said. Last year it served about 6,300 people.

Under the Affordable Health Care Act, it was originally written that all states would provide for Medicaid patients, however Johnson pointed out the court overturned that. Now, she said, there is a gap. “This glitch has never been corrected,” Johnson said. “In Polk County we are unique in that we set up a program set up to deal with this gap.”

She pointed out that Polk County is the only county in the state with a program like this and it has been approved by the voters. Of the $15 million a year collected through the sales tax surtax, $4 million goes to administrative costs, $14 million goes to the mandates and the rest is the direct health care services. Johnson said. A vote on this is set for the ballot on Nov. 8.

Health care for inmates to continue

By CATHY PALMER

Correspondent

It will now be possible for recently released County Jail inmates to continue residential mental health and drug addiction treatment as on Tuesday, March 29 the Polk Board of County Commissioners approved an agreement with Tri-County Human Services for the remainder of the year at an estimated cost of $669,000. The county negotiated the agreement with Tri-County in the wake of canceling the contract for the services with the struggling Hope Now organization last month ago. The Hope Now contract was terminated under a cloud of allegations that ranged from mismanagement to insecurity of client information.

County Manager Jim Freeman said Tri-County took over providing support services for up to 30 men who were — or will be — released from the county jail or admitted to the resident program. Tri-County is operating the services as New Beginning Transition Center at the Gunn Highway location that Hope Now once operated.

The county commission approved a $1 a year lease with Tri-County for the residential facility and will offer a multi-phased program to rehabilitate residents that will include counseling, psychiatric services if necessary, employment assistance and help finding lodgings when needed. The contract is being funded with money from the about-to-expire indigent health tax, which is also on the ballot for renewal in November.

Freeman said the county will pay $210 per day per resident for the services, to total no more than $660,000 through the end of the year.

Bill Freeman, chairman of Tri-County’s Fire Rescue Service team, called their “RV” and move into permanent quarters in the city facility after it has been renovated. The crews have been using a travel trailer as a bunk house since they are required to be on site around the clock. The board also OK’d a $1 a year lease for the quarters for 10 years. “They will be happy to have an ambulance there for at least 10 years,” Hall said.

Town Manager Ryan Taylor said the town already had bids “on the table” for the renovations and were only waiting for the county to kick in some of the funding "to move forward with the project." He said he thought the project would take about six months to complete.

In addition, the commission approved the purchase of two additional ambulances with a price tag of about $138,000 each. Freeman told the board Monday at an agenda review session that the ambulances would take about 10 months to get to the county, and the order was submitted to the maker.

The commission also OK’d a contract with a head-hunter firm to find EMTs and Paramedics to boost the county’s rescue staff. SourceInc. of Winter Park has helped the county find specialty trained employees in the past, Freeman said, and this would continue and expand that service. The board OK’d $175,000 for the firm to start finding the county employees in all areas, not just specialized fields.

“They seem to be able to reach a much broader pool of applicants than we’ve been able to do,” Freeman said. “And we have had shorter hire times.”

The contract will be for one year, “to see how well it works out,” he added.

Health and Wellness

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Ballot Language

Shall Polk County continue the existing one half-cent health and mental health sales surtax for indigent health care services, to total no more than $175 per year per resident for the 25-year extension of this surtax? Yes No

On the ballot in November, there will be a question whether to continue a half-cent indigent health care tax to continue another 25 years.

Polk County.

Non-mandates include $16,771,445 for the Polk HealthCare Plan, $8,877,971 for community partners and $237,438 for outreach and education services.

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The contract will be for one year, “to see how well it works out,” he added.
Expansion of behavioral health services: Now accepting referrals

Polk County Indigent HealthCare and Winter Haven Hospital, a part of BayCare Healthcare System, are adding an access point for behavioral health services at the hospital’s Center for Behavioral Health.

The Center for Behavioral Health is offering services through their new program to uninsured Polk County residents, living at or below 200 percent of the Federal Poverty Level, and including those eligible for the Polk Healthcare Plan.

Joy Johnson, director of the Polk County Indigent HealthCare Division, said, “Polk County is designated Health Professional Shortage area and Medically Underserved area for behavioral health. This partnership between the county and Winter Haven is one of many steps to improving access to these services.

‘Behavioral health is and continues to be a focus for indigent healthcare, and we could be more pleased and proud to partner with Winter Haven Hospital’s Center for Behavioral Health to connect even more residents to much needed behavioral health services.’

The Center’s new program, Specialized Community Care Team focuses on adults who have mental health issues that are affecting their ability to function day to day. The program takes a holistic approach in working with all aspects of the individual’s life toward the goals of wellness, resiliency and self-sufficiency. The Center for Behavioral Health’s program is funded through Polk County voter-approved indigent healthcare half-cent sales surtax, administered by the Polk County Indigent HealthCare Division.

For those meeting the eligibility criteria, SCCT is now accepting referrals. For information or to make a referral, please call Winter Haven Hospital Inc. Center for Behavioral Health. The Specialized Community Care Team can be reached at 863-291-3611. If referring, please be prepared to share resident name, address, phone number and best way/time to contact the resident.

In 2004, Polk County voters approved a half-cent sales surtax. The Indigent HealthCare Division continues to be responsible for administering the funds and coordinating care for the medically poor. Residents, tourists, and those in need of the services all contribute to the indigent healthcare tax.

April is STD Awareness Month

The Florida Department of Health in Polk County recognizes April as National Sexually Transmitted Disease Awareness Month, for individuals, doctors and communities to address ways/time to prevent STDs. Studies show, 50 percent of those who are sexually active will get an STD by the time they are 25 years old.

Fortunately, the rates of STDs have been trending upwards over the past few years in Florida and in Polk County,” said Dr. Joy Jackson, director of DOH-Polk. “As a result, we are seeing a need for heightened awareness and increased testing.”

In Polk County, 62 percent (2,532) of reported STD cases occurred in those 15-24 years old. This is 2 percent higher than the state level and 10 percent higher than the national level for this age group.

In order to address this concern, DOH-Polk is partnering with community groups like The Teen Pregnancy Prevention Alliance to bring an STD awareness campaign to the Polk youth. This consists of a social media campaign that will target people 15-24 years of age.

For information about STD Awareness Month, visit http://www.cdc.gov/std/sam/index.htm. For information regarding STD testing and treatment services at the Florida Department of Health in Polk County, visit www.my.polkhealth.com. For information about Polk STD awareness campaign for youth, visit http://www.healthystarthhp.org/events.

Donating breast milk just became easier for moms in Polk County. Winter Haven Women’s Hospital is now a breast milk depot. As a depot, WHWH can receive donations from moms in the community who want to donate their extra breast milk.

“Human milk is recommended as the ideal nutrition for all newborns and especially for sick or premature infants,” said Jennifer Richards, director of patient care services at Winter Haven Women’s Hospital. “Many mothers of premature or ill babies are unable to provide enough of their own milk at first, so donor milk becomes vitally important.

WHWH is partnering with the non-profit Mother’s Milk Bank of Florida, located in Orlando, to offer this to the community. Moms who have breast milk screened by Mother’s Milk Bank of Florida can now bring their frozen breast milk to the WHWH depot, where it is temporarily stored in a freezer. The breast milk is then sent to the milk bank in Orlando where it is pasteurized and processed. This process ensures the safety of all donated breast milk.

“As a breast milk depot, WHWH is making the process more convenient for mothers, and removing some of the barriers in the donation process,” said Richards. “WHWH is the first breast milk depot in Polk County and the first within BayCare for the non-profit organization, Mother’s Milk Bank of Florida.”

The Winter Haven Hospital Foundation provided the funds to purchase the freezer for the WHWH breast milk depot.

There is no cost to donate breast milk. The Mother’s Milk Bank of Florida will supply mothers with milk donation bags to use when pumping and collecting milk.

The breast milk donation site now available in Winter Haven

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The more we know about Zika, the scarier it is

By LUIRAN NEERGAARD
AP Medical Writer

WASHINGTON — The more researchers learn about the Zika virus, the scarier it appears, federal health officials say, as they urge more money for mosquito control and development of vaccines and treatments.

Scientists increasingly believe the Zika virus sweeping through Latin America and the Caribbean causes devastating defects in fetal brains if women become infected during pregnancy.

"Everything we look at with this virus seems to be a bit scarier than we initially thought," Dr. Anne Schuchat of the Centers for Disease Control, whose agency hopes to have a possible vaccine ready for first-stage safety testing in early fall. "It's just a temporary stopgap," he said.

Zika was long considered a nuisance virus, causing only mild symptoms, if any, in most people. But starting with reports from Brazil, over the last year infections in pregnant women have been strongly linked to babies born with unusually small heads, a birth defect called microcephaly that can cause paralysis, is linked to Zika. And Sunday, another Brazilian research team reported two Zika patients who suffered yet another problem, a brain inflammation that damages the coating of nerve cells in a way similar to multiple sclerosis.

The CDC has warned to travel to Zika-affected areas. Because Zika sometimes spreads through sexual intercourse, the CDC also says men who've traveled to Zika-affected areas should use condoms with their pregnant partners or avoid sex until the baby's born.

Researchers also have linked Zika to stillbirths, miscarriages, eye problems and other complications, with problems not only in the first trimester but throughout pregnancy.

• Brazilian researchers reported Sunday that Zika preferentially targets developing brain cells. They used stem cells to study embryonic brain development in lab dish, and reported in the journal Science that virus taken from a Brazilian patient destroyed the growing neural cells in a few days.

• There's also evidence that some adults occasionally may suffer serious effects from Zika. Researchers already were studying whether Guillain-Barre syndrome, a nerve condition that can cause paralysis, is linked to Zika. And Sunday, another Brazilian research team reported two Zika patients who suffered yet another problem, a brain inflammation that damages the coating of nerve cells in a way similar to multiple sclerosis.

Researchers already have a possible vaccine in the U.S. so far, and the CDC also wants travelers to take extra steps to avoid being bitten by mosquitoes when they come home — so local insects won't pick up the virus and spread it. While CDC also wants travelers into a possible vaccine, Fauci said the NIH is screening medications in the quest for a treatment. A few — 15 of 62 screened so far — show some degree of possible activity against Zika in laboratory tests although "that doesn't mean they're going to turn out to be good drugs," he cautioned.

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HEALTH and WELLNESS

A guide for aging well in every decade of your life

By HOWARD COHEN
Miami Herald

The title of a popular James Bond movie: “You Only Live Twice.”

Forget what 007 says. We have one body to maintain and it’s the only one we get — a little cut and paste notwithstanding.

The overall message? Get yourself to a doctor for regular screenings and checkups. ‘The flu vaccine is recommended at every age, especially for the elderly and young children. At the minimum, you should have your blood pressure, cholesterol and triglycerides checked every year and in every decade. Each decade brings new challenges and things to do to maintain optimal health. “I always tell patients, ‘An ounce of prevention is worth 1,000 pounds of disease.’ Schedule your yearly exams. This doesn’t take long. It’s a minor inconvenience to get some blood taken from you and a urine sample,” says Lester Carrodeguas, family medicine physician with Baptist Health Primary Care. “That small amount of time you get to speak to your doctor can prevent a whole lot of trouble for later on.”

And what would you expect to talk about? You guessed it: physical activity — as in, you probably aren’t getting enough.

“We like to talk about physical activity,” says Dr. Olveen Carrasquillo, chief of the division of general internal medicine at UF Health. “If sedentary, get them active. Talk about diet guidelines. Five servings of fruits and vegetables is a good target daily. Major things like stop smoking, binge drinking, sexually risky behaviors.”

Here’s your handy guide to doing the decades right by your health.

The 20s

Think preventative services in this age group, suggests Carrasquillo. Annual dental and eye exams should be part of your routine by this age group and continue forward, suggests Carrasquillo.

Check that your vaccinations are up to date. Tetanus expires after 10 years, he notes. If there is no proof, or you can’t recall if you had your measles, mumps or rubella vaccinations while in school, this is a good time to get them. Also, the human papillomavirus vaccine. If you’re sexually active, the chance for sexually transmitted diseases needs to be addressed by this time. Protection is paramount.

Blood pressure screenings, every year. “With the increasing obesity epidemic, check for diabetes,” Carrasquillo suggests, even though the 20s used to be considered early for that age group and triglycerides with a simple blood test.

The 30s

“That’s where real screenings for cholesterol and diabetes become important,” Carrasquillo says. “There’s some controversy but we used to recommend, but not anymore, testicular cancer screenings. But now, the evidence doesn’t seem to be that great.”

That doesn’t mean men shouldn’t do a self check of their testicles, feeling for any abnormalities. When in doubt, bring concerns to your doctor’s attention.

“As you get older into your 30’s, skin cancer, especially here in South Florida, look at your skin for lesions. Many health plans include an annual skin cancer screening visit. We will tell them to see a dermatologist,” Carrasquillo says.

Blood pressure becomes an issue in the late 30s, early 40s. Get it under control now before the 50s, when it becomes a pattern.

The 40s

Anyone born before 1965 should screen for hepatitis C, Carrasquillo suggests. “If you’re doing high-risk sexual behaviors then there are a bunch of other things to screen for: syphilis, hepatitis B and HIV,” he adds.

Though there is controversy over prostate screenings, a prostate-specific antigen test to measure the level of these proteins in a man’s blood is worth considering, according to Carrodeguas, especially for African-American males who are at a higher risk for prostate cancer. If a close male relative (father, brother) has had prostate cancer you should consider being tested, too.

The 50s

Colorectal screenings, via colonoscopy, should begin at age 50, unless you have a family history of colon cancer. If so, start at 40. A colonoscopy should be done every 10 years from now on, into your mid-70s, unless polyps are found. Your doctor may then recommend returning every three to five years. It’s a relatively simple and painless procedure. The only pain in the know-how is drinking the prep liquid and voiding the day before. Otherwise, man up. It’s no biggie.

A fecal occult blood test can check for microscopic blood in the stool, which could be a sign of potential colon cancer. Check for osteoporosis if there is a history of smoking in men ages 50 to 75.

A calcium score via a CAT scan of the heart is a good idea, Carrodeguas says, “to catch these lesions early before they knock on the door and tell you it’s time to go.”

The 60s

Pneumonia vaccine. Shingles vaccine.

Smokers (you haven’t stopped yet?) should be screened for lung cancer. Screen for abnormal aneurysms with ultrasound in your 50s and 60s.

“We can also start looking for things that are at-risk, like dementia if you are forgetting a lot of things, gait imbalance. Some conditions can lead to those problems,” Carrasquilla says.

The 70s

By the 70s, we start moving away from aggressive screenings. “If you have normal colonoscopies in your 50s and 60s, after 75 you can usually stop colonoscopy,” says Carrasquilla.

Start screening for social isolation, depression, neglect issues in the elderly.

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Dr. Kevin Barlow

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Dr. Kevin Barlow

Health and Wellness
Florida reaches settlement agreement in kids’ Medicaid case

By KELLI KENNEDY
ASSOCIATED PRESS

FORT LAUDERDALE — Florida health officials have reached a settlement ending a decades-long class-action lawsuit that alleged the state is violating federal mandates by failing to deliver critical health services to millions of children on Medicaid.

The settlement comes after a 2005 lawsuit against three state agencies alleging 390,000 children did not get a medical checkup in 2007 and more than 750,000 received no dental care. Judge Adalberto Jordan sided with the plaintiffs in 2014 and sent both parties to meditation. An agreement was finalized in the last few days.

One of the biggest victories for the plaintiffs requires insurance plans to provide a “reasonable opportunity” for pediatricians to earn rates that are on par with Medicare, which typically pays more than Medicaid.

In later years, those reimbursement opportunities will extend to specialists, addressing a huge gap in the system by improving doctor participation in the Medicaid program and preventing children from having to travel long distances to receive treatment. Florida’s Medicaid reimbursement rates are among the lowest in the country. Even state health officials have acknowledged a critical shortage of Medicaid specialists.

The state must also beef up its enrollment efforts. Many eligible children are not enrolled, in part due to poor outreach efforts by the state, according to the plaintiffs. The state also will have to meet certain medical benchmarks, such as meeting national standards for checkups over the next 2½ years starting in October. If they don’t, the state health agency may have to pump additional money into the system to get insurance companies and providers up to the standards or the health agency may have to ask the Legislature for more funding.

The state must also improve access to dental care to meet national standards and, if needed, increase reimbursement rates for dentists.

“It’s been a decade of hard work. It’s a comprehensive set of measures. The children are going to be the real beneficiaries,” lead attorney Stuart Singer told The Associated Press on Tuesday.

His firm Boies, Schiller & Flexner handled the case pro-bono for the plaintiffs, which included 10-year-old Thomas Gorenlo.

Thomas, who was mentally disabled, blind and required a full-time nurse because he chokes on his own saliva, died a few years ago during the lengthy court battle. Medicaid red tape forced him to wait about 16 months in 2005 for a back surgery to correct scoliosis so bad it was affecting his left lung, according to his mother Rita Gorenlo, who is a former emergency room nurse. Doctors say the delay worsened the curvature in his spine.

State health officials did not immediately respond to an email seeking comment. The state has spent well over $7 million defending the case, which critics say could have been spent fixing the problems.

Over the years, state health officials agreed Medicaid was in crisis, and several times made legislative budget requests citing critical problems accessing specialists, including dentists, endocrinologists and orthopedic surgeons. But during the trial, state officials downplayed concerns about access to care.

The state had argued the case is moot because it has switched from a fee-for-service Medicaid system to one that pays private health insurers a set amount of money to care for each patient, arguing insurers are incentivized to provide better care under that system.
Care That Lets You Cherish the Experience

At Winter Haven Women's Hospital, we strive to provide you with the most comfortable birth experience. From preparation classes to pain management choices, our family-centered care comes with high standards — high enough that Kelly was ready for round two of motherhood.

Watch Kelly's story, learn more about our maternity services or request a free pregnancy planning guide: WinterHavenMaternity.org