‘Creative thinking for everybody’

Symposium on 3D printing shows the possibilities

By CATHY PALMER
Correspondent

Soon there will be a 3-D printer in every home, as soon as people start thinking out the box was the message from Polk State College’s Corporate College last Monday at an innovation symposium.

With presentations by Jason and Hillary Demeo about innovation through design and how to innovate and accelerate with 3-D printing by Gwen Allen and Charles Nixon, the symposium fostered group dynamics with a creative exercise before some show-and-tell about multidimensional printing.

Jason Demeo launched the make-you-think segment, with suggestions that one should realize that “creative thinking is for everyone” and “people need to get in the lab and experiment.”

He said collaboration was key to success, along with out-of-the-box thinking.

“Teams can improve our thinking by bouncing ideas off one another,” he said. “That starts the process of innovation.”

Allen and Nixon reinforced the Demeos’ ideas by adding that “innovation is relative and easy when one embraces design thinking.”

She explained the use of design thinking can change the game for companies and 3-D printing is “possible to embrace in both business and personal life.”

She showed several 3-D printed articles including token key chains that were produced by the 3-D lab at the PSC Corporate College’s own 3-D lab.

“This is the next wave of production ready goods,” she explained, adding right now 3-D printing generates about $3 billion globally and that is expected to accelerate to $13 billion in two years, up to $21 billion by 2020.

She illustrated a use of the method by showing the attendees a cog from a manufacturing machine that had broken, losing some of its teeth. She then showed a replication of that same part, saying it would have taken a week to receive a replacement through normal channels, but by bringing it to the PSC 3-D lab, the company had the replacement part the following day.

“It’s going to reach a point where there will be no shipping, she said. “People will just order the design file and ‘print’ it at work or at home.”

Allen also told of a Lakeland man who designed an adjunct to a surfboard but couldn’t get a prototype made to sell his invention to a surfboard maker.

“He brought his design to us and we printed it, easy as pie. He sold the invention and is now making money,” she said.

She also cited a new package the PSC lab created for an international medical packaging company.

Allen said that three-dimensional printing wasn’t limited to

Mary Ellen and Mike Schmitt work with Jim and Sandy Booth to design a tripod from spaghetti noodles at Monday’s Innovation Symposium at Polk State College’s Corporate College near Bartow.

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Month of Music

A full schedule of music is set for downtown Winter Haven throughout this month.

COMING THIS WEEK

WINTER HAVEN

Armed Forces Day Carillon Concerts at Bok Tower Gardens will take place on Saturday, May 21.

Get ready for the annual Kiwanis Serving the Children Charity Golf Tournament.

Ritz Theatre Winter Haven Come see the Ritz Classic movie, Casablanca, on Friday, May 20 from 7 to 9 p.m. 263 W. Central Ave.

Armed Forces Day Carillon Concerts at Bok Tower Gardens

Carillon Concerts at Bok Tower Gardens will take place on Saturday, May 21.

4th Saturday Market, May 28. Central Park. All day.

Cypress Gardens Water Ski Team Memorial Day Ski Show 6 – 7 p.m. Monday, May 30, Lake Silver at MLK Park.

BARTOW

Low Country Boil, 6:30 p.m. Friday, May 27. For the Youth Villa Classic Golf Tournament. Bartow Municipal Golf Course, 150 N. Idlewood Ave., Bartow.

LAKE WALES

Armed Forces Day Carillon Concerts, Saturday, May 21, 1 p.m. to 1:30 p.m., 3 p.m. to 3:30 p.m. Bok Tower Gardens. Free admission is offered to active, retired and disabled veterans of all military branches with valid ID.

Get ready for the annual Kiwanis Serving the Children Charity Golf Tournament.
Many years ago, Dad suggested to me that the height of gullibility is finding someone who would accomplish something by a check written on the West Bank of the Mississippi River.

But most people of average mental acuity, he said, would quickly understand the fact that a river bank is not the same as a financial institution.

But would you accept currency printed not by the United States Mint but by your local bank?


Some was printed in sheets of six bills, and some in single bills. Florida National at Bartow, established on Nov. 18, 1929, was among the first six banks in what would grow into the second largest commercial bank group in Florida.

From my limited research on Wikipedia and Antiques.com, I learned that bank-issued private currencies were a common way of dealing with the banking chaos during the Great Depression. Today, it is reported, there are more than 4,000 "private banknote circulations" circled in more than 35 countries, including the United States.

"Ithaca Hours" currency has been issued in Western New York State since 2003. One Ithaca Hour is valued at $10, and typically is issued in payment for one hour's work. It is issued in six denominations, ranging from 1⁄2 to 2 hours. "BerkShares" have been circulated in the Berkshire area of Massachusetts since 2006. They are issued in denominations of 1, 5, 10, and 20 BerkShares. One BerkShare is worth 95 cents. There are other forms of local currencies and jurisdictions in the United States.

We Floridians are familiar with the "Disney Dollars" which are redeemable for goods and services at Disney World and other Disney enterprises. Some concept, limited distribution. But going into the private currency business is not for everyone. Some private currency operators have found themselves in trouble with the authorities. For them, private currency can be a for-profit company in a career in license plate manufacturing. Still others find people can remember the "script" issued for wages by phosphate companies in the days of company towns. One company issued custom currency, companies, for old timers I have interviewed, is that it was accepted only at the "company store" and other company-operated amenities, giving real impetus to the "shop at home" movement.

(5. L. Frisbie is retired. His contributions are relatively recent developments. He has long heard that the history of money is story about how to redeem it. In this case, he failed to study the history of the Western Civilization course in which he enrolled in his freshman year at Florida State, and sure enough, he had to repeat it.)

Bok Tower Gardens salutes military families

Compiled by Kathy Leigh Berkowitz
KLBERKOWITZ@HEARTLAND-NEWSPAPERS.COM

LAKE WALES - Bok Tower Gardens is once again joining over 2,000 Blue Star Museums across the United States to offer free admission to active military personnel and their families May 30 through September 5, 2016. The offer is valid for any military branch and for active duty service member or other dependent family member with the appropriate ID card.

The active duty member does not have to be present for family members to use the program, as long as the dependent family member has the appropriate ID card.

In addition to the Blue Star Museum program, the Gardens honors the brave men and women who are currently serving in our nation's military services on Armed Forces Day. Free admission is offered on Saturday, May 21, 2016 to active, retired and disabled veterans of all military branches with valid ID. Special carillon concerts feature patriotic musical selections at 1 p.m. and 3 p.m.

The patriotic celebration continues with a special musical salute of gratitude to our nation's veterans and current members of America's armed forces. Armed Forces Day admission is offered on Monday, May 30, 2016 to active, retired and disabled veterans of all military branches who are United States military branches.

Valid ID. Special carillon concerts take place at 1 p.m. and 3 p.m.

This is our chance to give back for the sacrifices these men and women have made for our freedom," said Gardens' director of visitor services and programs Jennifer D'Holden. "We look forward to Armed Forces Day every year and hosting our active military families during the summer," D'Holden said.

Blue Star Families is a national, nonprofit network of military families from all branches and services, including guard and reserve, dedicated to supporting military families in times of need and building community.

The Blue Star Museum program was created in collaboration with National Endowment for the Arts, Blue Star Families, the Department of Defense, museums and venues across the United States. Each year since 2010, Blue Star Museums have offered free admission on Armed Forces Day to active, retired and disabled veterans of all branches of America's active duty military personnel and their families, including National Guard and Reserve, from Memorial Day through Labor Day.

For more information on the Blue Star Museum program and frequently asked questions, visit www.arts.gov/national/blue-star-museums.

Our Community

Convenes

StandUP Polk will be hosting "Our Community Convenes," an event to foster the collaborative relationships that have made our community safer and better for all. On Thursday, May 26, from 10 a.m. to 12 p.m., at the new Polk State Center for Safety Auditorium, 1251 Jim Keene Boulevard, in Winter Haven.

The public is invited to be part of Polk County's strategic plan for prevention of substance abuse and risky behaviors. Key representatives from the Polk Health Department, Sheriff's Office, State Attorney's Office, colleges, businesses, and other local organizations, will be on hand to help present local facts and information that will support the decisions made in prevention for the future. A community coalition working together to prevent harm and promote health through education, public awareness, and advocacy including strategies to prevent youth substance abuse.

For more information, please contact StandUP Polk at (863) 802-6777 or by email to: standup@uninarcaltermi-

Wanted: Stay-at-home moms wanting to get back to work

By ALEXIA ELEALDE-RUZI
CHICAGO TRIBUNE (TNS)

CHICAGO — After nine years at Google, Phoebe Elder quit in July to stay home with her two kids. Relieved to get back to the hamster wheel of juggling a full-time job and family time, Elder, who lives in suburban Chicago, also feared losing the independence of having her own paycheck and the potentially tough task of returning to work after a career break. The mom of two, a new Chicago-based startup, aims to help women like Elder keep a foot in the workforce while fulfilling companies' project-based needs.

"I'm not looking to fully return to the workforce at this moment, but I would love the opportunity to do something to stay relevant," said Elder, 34, who has signed up to be part of The Mom Project's talent network.

The Mom Project, which launched in April, is a digital marketplace connecting career breakers with companies that need talented and experienced people for temporary projects, permanent positions or to fill in when an employee goes on maternity leave — dubbed a "mater- nityship," said Allison Robinson, founder and CEO.

The Mom Project is a for-profit company that collects fees from companies to use its service. It does not charge the moms. Robinson started the company during her own maternity leave from Procter & Gamble, where she works in enterprise sales and marketing strategy. She was struck by a statistic she read in Harvard Business Review that showed 43 percent of highly skilled women voluntarily leave their jobs, and connected that with the "human capital businesses desire a flexible workforce that they can bring in and out as they need.

In addition, as more companies roll out policies in an effort to attract and retain experienced employees, they must figure out how to cover that gap.

"It is helping to en- gage the rise of a more independent workforce," said Robinson, who is in the midst of a 12-month partially paid maternity leave from P&G.

Robinson said she has recruited several hundred women, most in the Chicago area, through professional and alumni associations to join the talent net- work. Candidates must have an undergraduate degree and five years of professional experience, and must undergo an interview with a talent manager. More than half of the recruits have a master's degree or higher.

The Mom Project is now in talks with companies, including major corporations as well as smaller businesses, to get them to sign on. Robinson said she is in the final stages of placing candidates into 10 proj- ect opportunities, which typically pay $30,000 to $60,000, depending on the role and length.

For example, an advertising agency that needs someone to fill a 24-hour-a-week project management role for six months is offering $40,000, Robinson said. The Mom Project, which launched in October, aims to "create an environment for hand-selected talent, connects the candidates with the right opportunity, handles the terms of employment and processes the payments," she said.

Career interruptions to care for kids or other family members are a top reason women lag far behind men in senior leadership positions and other metrics of success. About a quarter of prime-age adults who are the primary caregivers themselves homemakers, almost all of them are women and the major- ity say they want to go back to work now or someday, according to a 2014 survey conducted by the Kaiser Family Foundation, The New York Times and CBS News. But most say they would prefer part-time work.

Elder, who transferred to Google's Chicago offices from California at the request of her husband to be closer to family in New York, said she and her husband tried various child care options that she could keep working. But she felt sad a lot of the time and missed out on the day-to-day of her kids being little. They are now 2 and 4.

Elder hopes to return to work at some point to add to her family's finances as she and her husband prepare to send the kids to college. She jumped at the oppor- tunity when Robinson
Walk your way to better health

**BY JOSEPH HERNANDEZ**
Chicago Tribune (TNS)

We’ve heard it before: “A journey of a thousand miles begins with a single step.” Such a cliche, right?

But a single step will start you on the path toward better health, and you’ll need to accrue significantly less than a thousand miles. In fact, you just need 10,000 steps.

That magic number may seem daunting but is much easier to reach than you think. Clocking in general, 5 miles, this guideline meets the U.S. surgeon general’s recommendation of 30 minutes of moderate activity a day.

The result? Decreased risk of heart disease, lower blood pressure, weight maintenance and reduced risk of osteoporosis are just some of the benefits of having 10,000 daily steps, according to the American Heart Association.

Citing 2013 research in the National Runners’ Health Study and National Walkers’ Health Study, the AHA argues that moderate-intensity walking is as beneficial as vigorous running, though runners end up exercising twice as much in the same amount of time as walkers. That said, any sort of activity is beneficial to health, according to the group.

It all begins with that one step. If you’re starting from the beginning, non-profit group Shape Up America offers tips on building up to the magic number, but their first tip? Get a pedometer. (Luckily, many smartphones now offer walking apps to track your daily steps, among other things.)

Shape Up says most people walk between 900 and 3,000 steps, but it’s easy to build up to 10,000 without strain. Setting daily goals — 2,500 the first week, 3,000 the next — helps scale your walking until you eventually reach 10,000.

And don’t think that you have to knock out 10,000 steps all at once. The AHA’s Russell Pate, a professor of exercise science at the Arnold School of Public Health at the University of South Carolina in Columbia, suggests breaking up your walks into manageable 10- to 15-minute chunks. “It’s not a skill-dependent form of activity,” Pate said. “It’s the most accessible form of physical activity.”

Build in a walk on your lunch break, or walk after dinner with a friend or loved one. A few simple changes — even pacing while on the phone — will get you to the magic number in no time. “You can do it almost anywhere,” Pate said.

“...It’s hard to find people,” Perkins said. “This is a unique set of circumstances for people who are very accomplished professionally.”

And how about stay-at-home dads? Robinson said that while the company is focused on recruiting women, “The Mom Project is an equal opportunity platform that welcomes any person who identifies with our mission and goals and we currently have several men in our talent network.”
plastics, but could also be used with metals, concrete, glass, and even foods. “We have created items from chocolate and pas-ta,” she said. “It’s going to be used in almost everything. It truly is.” Allen explained the lab had created a chocolate mold for a local candy company. “They wanted a shoe mold. We made them one,” she said. Other items created using the printer include telephone cases, toys, high-definition models and prototypes and mold patterns. She said the process was already in wide use for creating artificial limbs and prosthetics, proving customizations for the disabled.

At this time, she said the PSC 3-D lab primarily uses plastics. Allen also said that the lab can be used by request from the general public for nominal fees. The lab can be reached by calling Allen at 863-297-1010 ext/ 4609 or through 3D@polk.edu. There are also classes available for modeling and printing and costs range from $125 to $550.

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BEIJING (AP) — Apple Inc. has invested $1 billion in Chinese ride-hailing service Didi Chuxing, the main competitor in China for Uber Technologies Ltd. Apple will become a strategic investor alongside Chinese e-commerce giant Alibaba Group and Tencent Holdings Ltd., an online games and entertainment service, Didi Chuxing announced Friday.

China’s ride-hailing industry has grown rapidly, with competitors spending heavily to subsidize rides to capture market share. The latest deal reflects Apple’s increased emphasis on services as growth in its iPhone business slows, said Jack Kent of IHS Technology in a report. “The investment in Didi highlights the strategic importance of China and the services segment for Apple’s future strategy,” Kent said. “It could help Apple gain greater insight into the behavior of users beyond its own ecosystem.”

Didi Chuxing, previously Didi Kuaidi, operates in 400 Chinese cities.

In September, the company and Lyft of the United States agreed to link their services to allow travelers to use them in each other’s markets. In December, their alliance added India’s Ola and Southeast Asia’s GrabTaxi.

Apple invests $1 billion in Chinese ride-hailing company

A mobile device displaying the Didi Chuxing app is posed near the Apple store logo in Beijing, China, Friday, May 13, 2016. Apple Inc. has invested $1 billion in Chinese ride-hailing service Didi Chuxing, the main competitor in China for Uber Technologies Ltd.

Reclaiming the land for future generations is our job

Ashlee Harrison, Reclamation Ecologist
South Pasture Mine, Hardee County

As an ecologist, I am part of a dedicated team that oversees the reclamation of Mosaic’s mined lands. Before phosphate operations begin, I work with scientists, engineers and environmental specialists to carefully plan for reclaimed land uses. Last year, those plans included planting more than 2 million trees — and reclaiming land for wildlife habitats, parks, agriculture and other productive uses. There’s a reason Mosaic’s 4,000 Florida employees are so passionate about reclamation: we know our kids and grandkids will enjoy these lands for generations to come.

We help the world grow the food it needs.

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Spotify’s most streamed tracks

The Associated Press

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 30, to Thursday May 5, via Facebook, Tumblr, Twitter and Spotify.

UNITED KINGDOM
1. Drake, “One Dance” (Cash Money Records)
2. Calvin Harris, “This Is What You Came For” (Sony Music UK Limited)
3. Mike Posner, “I Took A Pill In Ibiza - Seeb Remix” (Island Records)
4. Fifth Harmony, “Work from Home” (Epic Records)
5. Galantis, “No Money” (WEA International Inc.)
6. Zara Larsson, “Lush Life” (Sony Music Entertainment Sweden AB)
7. DNCE, “Cake By The Ocean” (Republic Records)
8. Lukas Graham, “7 Years” (Warner Bros. Records Inc.)

UNITED STATES
1. Drake, “One Dance” (Cash Money Records)
2. Rihanna, “Work” (Def Jam Recordings)
3. Drake, “Pop Style” (Cash Money Records)
4. The Chainsmokers, “Don’t Let Me Down” (Columbia Records)
5. Drake, “Hotline Bling” (Cash Money Records)
6. The Chainsmokers, “Don’t Let Me Down” (Columbia Records)
7. Mike Posner, “I Took A Pill In Ibiza - Seeb Remix” (Island Records)
8. Lukas Graham, “7 Years” (Warner Bros. Records Inc.)

Florida Fish and Wildlife Conservation Commission

Although Florida’s boating season never really ends, the traditional start is marked by National Safe Boating Week, May 21-27. This is the week to focus on simple and effective steps that make boating safer. The Florida Fish and Wildlife Conservation Commission (FWC) wants all boaters to remember to boating safely. As the boating capital of the world, Florida leads the nation with nearly one million registered vessels across the state and is known as a prime boating spot for residents and visitors. Each year, FWC officers respond to far too many tragic boating accidents.

“Florida is a great place to enjoy boating year-round,” said Maj. Richard Moore, leader of the FWC’s Boating and Waterways Section. “And even more people will be on the water for the upcoming Memorial Day weekend. Both the holiday and National Safe Boating Week, May 21-27, present an opportunity to emphasize the importance of remaining safe while boating.

“FWC officers are committed to keeping people as safe as possible, but we need the public’s help,” Moore continued. “We want to reach out to as many boaters as we can, to help them understand that going boating accidents are preventable.”

The FWC reminds boaters to enjoy their time on the water by taking a few safety precautions, such as wearing a life jacket, using an engine cut-off switch lanyard, designating a sober boat operator, paying attention and keeping a proper lookout, having an emergency locator beacon, filing a float plan, and taking a boating safety class.

According to the recently released FWC 2015 Boating Accident Statistical Report, there were 737 reportable boating accidents in Florida last year. Many of those accidents could have been prevented if the boat operators had paid attention to everything going on around their vessel, maintained a proper lookout and if everyone had been wearing a life jacket. More than 64 percent of the 55 boating-related deaths confirmed last year were attributed to drowning, which life jackets are designed to prevent.

“A lot of people say they don’t wear life jackets because they are uncomfortable,” said Moore. “However with the inflatable models that are belt packs or suspenders, you hardly know you have one on. Our officers wear inflatable life jackets all the time while on the water.”

An engine cut-off switch lanyard is a safety device that attaches from the boat operator to the ignition. If it is disconnected, the engine will shut down, potentially preventing a boater who has fallen overboard from being injured by the moving propeller of a runaway boat.

Boating education is critical. In 2015, 72 percent of boat operators involved in fatal accidents had no formal boater education. Florida’s current boating safety education law applies to boaters born on or after Jan. 1, 1988, and who operate a vessel of 10 hp or greater.

“We live in a great boating state,” said Moore. “And we believe that safety truly is the key to enjoyment.”

FWC officers patrol our waterways in an effort to keep all boaters safe by checking that they have the required equipment and are operating safely. Ensure your encounters with FWC officers are positive ones by planning ahead and paying attention while on the water. For a copy of the 2015 Boating Accident Statistical Report, visit MyFWC.com/Boating and select “Safety and Education” and “Boating Accidents.”

To report people who are operating boats dangerously, call 888-404-FWCC (3922) or text Tip@MyFWC.com. More information can be found by visiting MyFWC.com/Boating.

You can even search there for the Florida Boat Ramp Finder to help you find a great place to launch your boat!

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If there’s one cuisine that Polk County, if not Florida, is known for, it’s Hispanic cuisine, whether it’s Mexican food such as burritos and tacos, or Latin food such as pressed Cuban sandwiches.

However, not every Polk County city or town has an eatery that serves traditional, authentic Hispanic cuisine. Dundee used to be one of those towns until Mirtha’s Latin Café opened last year.

Mirtha’s Latin Café, true to its name, serves authentic Latin cuisine including Cubans, empanadas, beans and rice, and fried plantains. This family-run business was started by owner Seynah Woolwine and her husband, Bob, in order to share her family’s traditional recipes with her hometown.

“This restaurant was something that was needed in the community,” she explained. “We didn’t have any good Spanish restaurants here, and I have a lot of family recipes that would be good for the community.”

Prior to opening her restaurant, Seynah was raising her two children while working within another industry. Growing up on authentic Latin food, and having been taught family recipes from her mother, she decided that she could share her food through her own restaurant with the community, which had previously been lacking a Hispanic eatery.

All of the recipes that she uses to prepare the food for their menu were passed down to her through her family, mostly by her mother. The exception is the bread pudding, which is her sister’s. Seynah has learned all that she knows about cooking authentic Hispanic food from her mother, who shared with her the importance of using the best seasoning and spices for their food. As such, all of their food is served fresh from only the freshest ingredients with nothing frozen or premade. Most of their meats, such as their pork is roasted overnight to ensure that it is prepared and served fresh and warm by the time the store opens.

Having been open for the past year, the restaurant may have opened during a slow season, but it has quickly attracted plenty of new and loyal customers, with their consistent favorites being the Cubans, flan, and bread pudding.

The biggest obstacle thus far has been with getting the word out about their restaurant. As they lack funding for advertisement, most of their marketing is done through word of mouth. They have since gained more of a reputation, especially since they won...
“Best Restaurant” at the annual Taste of Dundee competition two months ago.

After nearly one year since they first opened, their business has since grown and attracted customers both old and new.

They have since gained many regular customers, many from nearby businesses, and they have catered to events for the City of Dundee and the Chamber of Commerce, as well as at local senior centers and golf and tennis events.

One local resident, Anne-Marie Wheeler, had arrived with her friends for the first time expecting great Spanish cuisine, and the freshness and quality of their lunch with Cubans, black beans and rice, fried plantains, and empanadas more than met their expectations.

“We were looking forward to it, looking for some good Spanish food, and we were very pleased with our experience,” she said, explaining how she would recommend the eatery to others.

The one thing that keeps customers coming back is the consistency with the seasoning and freshness of their food, including the quality of their meats.

For Seynah, there is nothing that she loves more than “watching my customers take the first bite of their meal and seeing the enjoyment of when they get that food.” Her restaurant has been in business for more than a year, and she hopes that her authentic Hispanic cuisine prepared from fresh ingredients and family recipes continues to allow it to remain for many more years to come.

“We hope to continue to grow progressively and get more business coming in so we can continue to stay for a long time in the community,” she said.

Mirtha’s Latin Café is located at 28067 US-27 in Dundee. For more information, visit their Facebook page, or call 863-221-2728.
Bring eggplant parmigiana into warm weather with the grill

By SARA MOULTON  
ASSOCIATED PRESS

This little gem combines my love of grilling with my endless search for new summer vegetables. Turn out that eggplant parmigiana, that staple of Italian cuisine, is a wonderful candidate for the grill, cooking up quickly and cleanly. And — bonus — grilling this dish not only requires less oil than the traditional recipe, it ends up imparting a smokiness it could never claim before.

These days you can buy eggplants in any size, but for this recipe you want one of those big old-fashioned massive beauties. At the supermarket, make sure that your eggplant’s skin is smooth and its flesh is firm. That’s how you’ll know it’s fresh. An eggplant with bruised skin and soft flesh is an older eggplant, and probably bitter, too.

You want to cut the eggplant into sturdy rounds about 3/4 inch thick. This allows each slice to hold its shape during the cooking process. A thinner slice would buckle under the weight of the tomatoes and the crumbs. The slices also are salted, which deeply seasons the eggplant and eliminates excess water, amping up the taste. The slices are grilled over direct heat so they pick up some of that lovely char. Once the other ingredients are added, you finish the cooking using indirect heat.

Traditional eggplant parmigiana calls for tomato sauce, but here I went with fresh tomatoes to give the dish a fresher, more summery taste. Like the eggplant, the tomatoes are pre-salted, then cooked on the grill until quite fragrant. Add the red pepper flakes, if using, and panko. Increase the heat to medium and cook, stirring, until the crumbs turn golden, 2 to 3 minutes. Transfer to a bowl, stir in the Parmesan cheese, then set aside.

Pat the eggplant slices dry and brush one side of each slice with olive oil. Add to the grill and cook over the hotter side until the slices are nicely browned on the bottoms, 5 to 6 minutes. Brush the top sides with more oil, turn the slices over and grill until browned on the second side, about another 5 minutes. While the eggplant is grilling, pat dry the tomato slices. Transfer the eggplant slices to the cooler side of the grill, then top each slice with enough tomato slices to just cover the top. Top the tomatoes with 2 tablespoons of the panko mixture, then divide the cheese evenly among the slices. Cover the grill and cook for 4 to 6 minutes, or until the mozzarella is melted.

Transfer 2 slices to each of 4 plates and top each portion with some of the basil.

Nutrition information per serving: 320 calories; 160 calories from fat (50 percent of total calories); 18 g fat (8 g saturated; 0 g trans fats); 30 mg cholesterol; 1000 mg sodium; 24 g carbohydrate; 6 g fiber; 8 g sugar; 17 g protein.

EDITOR’S NOTE: Sara Moulton is the host of public television’s “Sara’s Weeknight Meals.” She was executive chef at Gourmet magazine for nearly 25 years and spent a decade hosting several Food Network shows, including “Cooking Live.” Her latest cookbook is “Home Cooking 101.”

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**GRILLED EGGPLANT PARMIGIANA**

Start to finish: 1 hour  
Servings: 4  
1 large eggplant (1 1/2 to 1 3/4 pounds)  
Kosher salt  
3/4 pound plum or small round tomatoes  
2 tablespoons extra-virgin olive oil, plus extra for brushing on the eggplant  
1 teaspoon minced garlic  
1/2 teaspoon red pepper flakes (optional)  
1/2 cup panko bread crumbs  
6 ounces mozzarella cheese, coarsely grated  
1/2 cup grated Parmesan cheese  
Fresh basil, shredded, to garnish  

Peel the eggplant, then cut into 1/3-inch-thick rounds. Salt both sides of each slice, then set the slices aside for 45 minutes. Slice the tomatoes crosswise into 1/3-inch-thick rounds. Salt both sides of each slice and transfer the slices to a rack to drain until the eggplant is ready. Prepare a grill for medium heat, direct and indirect cooking. For a charcoal grill, this means banking the hot coals to one side of the grill. For a gas grill, this means turning off one or more burners to create a cooler side.

Meanwhile, in a medium skillet over medium-low, combine the 2 tablespoons of oil and garlic. Cook, stirring, until quite fragrant. Add the red pepper flakes, if using, and panko. Increase the heat to medium and cook, stirring, until the crumbs turn golden, 2 to 3 minutes. Transfer to a bowl, stir in the Parmesan cheese, then set aside.

Pat the eggplant slices dry and brush one side of each slice with olive oil. Add to the grill and cook over the hotter side until the slices are nicely browned on the bottoms, 5 to 6 minutes. Brush the top sides with more oil, turn the slices over and grill until browned on the second side, about another 5 minutes. While the eggplant is grilling, pat dry the tomato slices. Transfer the eggplant slices to the cooler side of the grill, then top each slice with enough tomato slices to just cover the top. Top the tomatoes with 2 tablespoons of the panko mixture, then divide the cheese evenly among the slices. Cover the grill and cook for 4 to 6 minutes, or until the mozzarella is melted. Transfer 2 slices to each of 4 plates and top each portion with some of the basil.

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**INGREDIENTS**

**Eggplant**

1 large eggplant (1 1/2 to 1 3/4 pounds)  
Kosher salt

**Tomatoes**

3/4 pound plum or small round tomatoes  
2 tablespoons extra-virgin olive oil, plus extra for brushing on the eggplant  
1 teaspoon minced garlic  
1/2 teaspoon red pepper flakes (optional)  
1/2 cup panko bread crumbs

**Cheese**

6 ounces mozzarella cheese, coarsely grated  
1/2 cup grated Parmesan cheese

**Garnish**

Fresh basil, shredded, to garnish

**METHOD**

Prepare a grill for medium heat, direct and indirect cooking. For a charcoal grill, this means banking the hot coals to one side of the grill. For a gas grill, this means turning off one or more burners to create a cooler side.

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Winter Haven man honored as Faithful Navigator

WINTER HAVEN — John Tardif of Winter Haven was recognized for providing one year of distinguished service as Faithful Navigator of the Frank J. Durbin Fourth Degree Assembly 2608, the patriotic/ceremonial arm of Knights of Columbus Council 7991 of Cypress Gardens.

Tardif, a 25-year member of the Knights of Columbus, received a plaque for serving a one-year term in the assembly’s top elective office by current Faithful Navigator Jim Sharak during its monthly meeting on May 2 in downtown Winter Haven.

Since joining the K of C in 1991, Tardif has served both Knights of Columbus Council 10484 of Haines City and Council 7991 of Cypress Gardens in many capacities, including their highest appointive position of Financial Secretary.

Before leading the Frank J. Durbin Fourth Degree Assembly 2608 for one year as Faithful Navigator, he served two consecutive terms in the same capacity with Fourth Degree Assembly 2229 in Lake Wales.

He also has held other elective offices in both assemblies.
LAKE WALES – The stars were shining bright as the Lake Wales High School Academic Foundation honored 19 outstanding Lake Wales High School seniors at the Fourteenth Annual “Night of Stars” event held on Wednesday, May 11, 2016 at Webber International University.

Students honored were Chanares Andrews, Lydia Arnold, Kailyn Bogues, Sydney Brewer, Barbara Crumpler, Tyler Currier, Mariah Daly, Shaunrell Floyd, Austin Hart, Emma Hill, Anabel Javier Valdez, Daniel Markley, Austin McBea, Joaquin Rodarte, Hannah Sinner, Eugene Smith, Jamesia Stoudemire, Lynsey Tranham, and Deyzon Williams.

To qualify for Night of Stars, a Lake Wales High School graduating senior must have at least 970 or 20 on SAT/ACT college entrance exam; 3.2 un-weighted or 3.7 weighted grade point average; 20 on SAT/ACT college entrance exam or at least 100 hours of community service.

The annual Night of Stars dinner program is sponsored by Webber International University and the Lake Wales High School Strings Ensemble directed by Meg Smith, LWHS Orchestra Director, provided the entertainment. This year’s guest speaker was Kristin Nelson, a 2006 LWHS graduate who shared some outstanding words of wisdom and encouragement to the seniors.

The Lake Wales High School Academic Foundation organizes the annual event and operates on donations. The foundation organizes projects that honors excellence in education. Academic Foundation, contact Krista Thompson at krista.thompson@lwcharterschools.com or June Ullman at june.ullman@lwcharterschools.com or call the Lake Wales High School at 863-678-4222.
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AVON PARK — The Heartland Cultural Alliance (HCA), a 501[c][3] not-for-profit organization, has announced the opening of the Peter Powell Roberts Museum of Art & Cultural Center, 310 W. Main Street, Avon Park. The Museum’s opening took place on Wednesday, May 18 (International Museum Day) at 5:30 p.m. with a ribbon cutting ceremony by Florida Senator Denise Grimsley. The ceremony was followed by a video presentation and guided tour. Eatables, libations and soft drinks were provided. There was a raffle for a 13 x 19” Peter Powell Roberts print. Acoustic guitar instrumentals were by Kenny Summers. Florida Master Artist Peter Powell Roberts was an instructor and department head at the Ringling College of Art for 23 years. After retirement, Roberts moved to a homestead adjacent to Highlands Hammock State Park. He dedicated himself to painting the hammock as a storyline to the cycle of life. Peter Powell Roberts’ art celebrates the Central Florida environment by rendering its minutia in a unique way. His work is renowned for depicting Florida’s nature in colorful compositions that reflect the abstract. As the artist stated, “I’m fascinated by the natural world that exists just beyond the glare of the obvious. That’s what my paintings are all about.” Peter Powell Roberts (1924 – 2014) has donated a body of work consisting of 134 oil on wood paintings and eight sculptures to HCA in 2014. HCA is dedicated to preserving and exhibiting this valuable collection. For more information contact: Fred Leavitt, (863) 453-4531, email info@HeartlandCulturalAlliance.org.
May “Outta the Woods”

By TONY YOUNG
Florida Fish and Wildlife Conservation Commission

Apply for fall quota permits and special-op hunts now.

The summer brings fishing and other recreational activities, but it’s never too early to start planning for the upcoming hunting season. If you’re going to hunt public land, you may submit your applications for fall quota permit applications from now through June 15 to hunt during archery, muzzleloading gun and the general gun season.

A quota limits the number of hunters allowed on a particular WMAs. The FWC’s Quota Hunt Programs offer quality public hunting opportunities, prevent overcrowding and regulate the harvest of game on wildlife management areas. The FWC sets quotas based on an area’s size, habitat, game populations and regulations.

There are several types of quota permits issued by random drawing during the May 15 to June 15 Phase I application period. I’m talking about archery, muzzle-loading gun, general gun, wild hog, youth, family, track vehicle, airboat and mobility-impaired quota hunt permits.

You may apply for each of the hunt types, and there is no fee to do so. But unless exempt, you must have an up-to-date $26 management area permit (or a license that includes one) when applying for a quota permit or the system won’t accept your application. The FWC offers youth deer hunts on Camp Blanding WMA in Clay County and on Andrews WMA in Levy County. If you have children between the ages of 8 and 15, and you want them to have a chance to experience one of these great hunts, apply for a youth quota hunt permit – 100 kids will get this opportunity. During these hunts only the youngsters may hunt, and they, along with their adult supervisors, are the only people allowed on the area.

There will be family quota hunts on 28 WMAs, and if drawn, the permit requires one adult take one or two youths hunting. The adult may not hunt without taking along a youngster. And hunters certified by the FWC as mobility-impaired may apply for mobility-impaired quota permits, which allow exclusive access to general-gun hunts on nine of the state’s public hunting areas.

If you want to get to the jump on one of these hunts, apply between May 15 and June 15 at GoOutdoorsFlorida.com or have a license agent or tax collector’s office apply for you. To find out if you’ve been selected, log onto your customer account at that same web address after 10 a.m. on June 19. If you don’t get drawn for a particular quota hunt, you’ll get a preference point for next year’s drawing, which will improve your chances of being selected. If you’re unable to use your quota permit and you return it at least 10 days prior to your hunt, you’ll get your preference point restored.

Special-opportunity fall hunts

If you haven’t been seeing the quantity of game you’d like, may I suggest applying for a special-opportunity fall hunt permit? For the past 19 years, the FWC has offered these unique fall-season hunts for deer, wild hog and released quail on the state’s best public hunting lands. These extraordinary hunts offer large tracts of land with an abundance of game and low hunting pressure. All deer hunts allow you to only take bucks with at least one antler having four or more points, one inch or longer. Wild hogs also are legal to take during the deer hunt, and there is no size or bag limit on hogs.

These special-opportunity deer and wild hog hunts take place in central Florida on Fort Drum, Lake Panasoffkee, Triple N Ranch and Green Swamp West Unit WMAs. Camping is legal on all areas. There is one seven-day general gun deer and hog hunt on the 20,858-acre Fort Drum in Indian River County. The hunt costs $50 if you are drawn.

Lake Panasoffkee, in Sumter County, has eight four-day archery hunts for deer and hog on 8,876 acres. The permits are $100 for each hunt. There are two seven-day general gun deer and hog hunts at Triple N Ranch in Osceola County. The permit costs $175 for each of the two hunt dates.

Pasco County’s Green Swamp West Unit, where the state’s highest-scoring deer on record was taken, has two archery hunts for deer and hogs on its 13,345 acres. There are also three general gun hunts for deer and hogs as well. All are four-day hunts costing $100.

All special-opportunity permit holders may bring one non-hunting guest during the deer and hog hunts.

The FWC also has released-quail hunts on Blackwater Cast Unit in Santa Rosa County. With these hunts, you must bring and release your own pen-raised quail. These are seven-day (Saturday through Friday) hunts that run 16 consecutive weeks.

There’s just one permit available for each week. The permit costs $100 for each week.
Students host TOMS One Day Without Shoes

Polk Avenue Elementary student Cinaya Anglin, who is the President of National Elementary Honor Society for Polk Avenue, shared the history of TOMS One Day Without Shoes Day.

Students went without shoes for a while to promote the TOMS One Day Without Shoes event, in which students raise awareness for children’s health & education. For every photo of bare feet, TOMS will actually give a new pair of shoes to their destination in order to give a meaningful experience and make them mindful of those who do not have the luxury of shoes. Each participating school collected gently used shoes and new school supplies throughout the week of May 9 – 13. All of the items will be brought together and sent with a Lake Wales Charter Schools teacher, who will be visiting Guatemala this summer. This is the Lake Wales Charter School system 2nd year celebrating TOMS Day together.

For more information on the TOMS Day, contact Tammy Shappard at Polk Avenue Elementary, 863-678-4244 or tammy.shappard@lwcharter-schoools.com.
LAKELAND – Marybeth Soderstrom and Jennifer Olivier represented the Dick Pope/Polk County chapter of the Florida Public Relations Association (FPRA) at a quarterly FPRA state board meeting on Saturday, May 14. The meeting was held in the Airport Holiday Inn in Ft. Myers, Florida.

Soderstrom, community engagement manager at the Central Florida Regional Planning Council, and Olivier, director of public relations at SUN ’n FUN, Inc., attended the meeting in their respective roles of president and president-elect of the Dick Pope/Polk County FPRA chapter. Officers from 15 FPRA chapters attended the board meeting.

Named in honor of Cypress Gardens’ founder Dick Pope, Sr., the Dick Pope/Polk County Chapter is one of 15 chapters of Sarasota-based FPRA, the nation’s oldest public relations organization. FPRA provides professional development, networking and recognition opportunities for 1,300 public relations practitioners in Florida. Visit www.fpra.org on the web for information on the state organization.

Two FPRA officers attend quarterly meeting

Jennifer Olivier

Marybeth Soderstrom

Pope/Polk County FPRA chapter. Officers from 15 FPRA chapters attended the board meeting. Named in honor of Cypress Gardens’ founder Dick Pope, Sr., the Dick Pope/Polk County Chapter is one of 15 chapters of Sarasota-based FPRA, the nation’s oldest public relations organization. FPRA provides professional development, networking and recognition opportunities for 1,300 public relations practitioners in Florida. Visit www.fpra.org on the web for information on the state organization.

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For Registration/Information call 863-676-2300 or email Bruceschilling42@yahoo.com

JEOPARDY CATEGORY – LAKE WALES HISTORY

As many of you know and watched, local teacher Lauren Gilmore recently participated (and did very well on) the TV show Jeopardy. Lauren’s proud parents are Janet and Howard Kay, Howard being my law partner of about 20 years. The day after the first round was televised, The Ledger reported that when asked how it felt to see his daughter on national television, Howard was speechless – that was a famous first.

Seriously, though, we are all very proud of Lauren for achieving a life-long goal.

So – in her honor, I thought it might be fun to play a little Jeopardy in the category of Lake Wales history. As Lauren discovered when confronted with the category of Sports, the categories play a very important role – she may have preferred World History (which she teaches at Lake Wales High School), but I daresay Howard would choose the sports. And so it goes with our category – long-time residents will have a decided advantage, but hopefully everyone knows one to ask. Since we no longer have Janyce Ahl as a source, we won’t go all the way back to our origins a century ago, but far enough to hopefully make it interesting – about 50 years. OK, here we go:

- Names of the restaurants on a Crooked Lake canal, on Lake Rosalie, on Hwy 27 (next to WIPC), and catty-corner from the Lake Wales Free Clinic
- MLB teams which had minor league teams here
- Car dealership with big annual events to announce new models – including an ice-skating rink and a roof-top cannon to celebrate each sale
- Former street names of Dr. ML King, Jr. Blvd, Highway 60 (through LW) and Dr. Wiltshire Blvd.
- Founder of the LW Pram Fleet
- Former LWHS - motto chiseled in marble above the entrance and interesting architectural features around the roofline
- First Lady of LW Little League baseball (famous for her mustard slaw)
- Former businesses at the current locations of the Fazzini/COF offices, Jahn’s parking lot, Green Gables Motel and Peterson, Myers.
- Chamber of Commerce’s group for economic development
- Locations of City’s Clock Tower and Christmas Tree.
- Iconic downtown shoe-shine man, grizzly barber and mural master (3 names)
- 2 Landmark buildings burned down by arsonists - and 1 by the owners/LWPD while the whole town watched
- Religious music/drama group which operated the Walthall as a hotel, restaurant and ice-cream parlor

OK, that’s enough – please send your answers to us at 815 Hwy 60 E., Lake Wales, FL 33853 or by email to klilly@loblawyers.com – 28 possible points. Deadline: June 8. In the case of a tie, I’ll ask our newest City Commissioner to pull a name from a LW Highlander cap and the winner will receive his/her choice of dinner for 4 at any local restaurant plus 4 tickets to a Rays or Bucs game (your choice) – thanks for participating.

p.s. Lauren, you can consult Howard …

Lilly, O’Toloe & Brown LLP
683-1111
OFFICES: POLK COUNTY

INJURY LAW
Recognizing Excellence Awards Gala

Victor B. Story is joined onstage by his wife and family who surprised him with their arrival onstage during his acceptance of the 2016 Citizen of the Year Award. Family members had purposely stayed out of site until his presentation.

Chamber of Commerce president Kevin Kieft presents Chris Chartand, President/CEO of Kegel LLC with the Carl F. Durso Award for Excellence in Business at Thursday's Inaugural Recognizing Excellence Awards Gala at Lake Ashton.

JD and Cindy Alexander were on hand at the Lake Wales Chamber of Commerce gala.

A special performance by Asunta Durso Fleming as she sings a song at the start of Thursday’s Inaugural Recognizing Excellence Awards Gala at Lake Ashton.

Retiring Warner University President Greg Hall is presented the Community Leadership Award at Thursday’s Inaugural Recognizing Excellence Awards Gala at Lake Ashton.

Maryemma Bachelder of the Lake Wales Medical Center presents Bill Redmon of Stirring Waters with the Community Service of the Year Award at Thursday’s Inaugural Recognizing Excellence Awards Gala at Lake Ashton.

Larry Pakowski of Polk State College presents Lake Wales Arts Council president Katie Lippert with the Community Service Organization of the Year Award at Thursday’s Inaugural Recognizing Excellence Awards Gala at Lake Ashton.

Gala master of ceremonies Jerry Miller of Duke Energy presents Teresa Allen of the City of Lake Wales Public Works with the Public Servant of the Year Award at Thursday’s Inaugural Recognizing Excellence Awards Gala at Lake Ashton.

Erika Schindler, owner of Oasis Spa is presented the Carl F. Durso Award for Excellence in Business by Robin Gibson of Gibson Law Firm at Thursday’s Inaugural Recognizing Excellence Awards Gala at Lake Ashton.

Rob Griffin, US LEGO production manager for Merlin Entertainments is presented the Carl F. Durso Business Investment Award by Lake Wales mayor Gene Fultz at Thursday’s Inaugural Recognizing Excellence Awards Gala at Lake Ashton.

PHOTOS BY ROBERT BLANCHARD
Summer in the city can be dangerous for pets. Hot cars, swimming pools with stepping stones or waterfront docks, and picnics where dogs can sneak a helping of raisins or grapes - tasty to you but potentially poisonous to your animal friend - all pose a problem, say veterinarians who work in critical care.

Popular summertime activities like watersports, fireworks, and increased temperature and humidity, also up the potential for cats or dogs to be injured or even killed, said Dr. Lyndy Tocci, an animal critical care vet at Lauderdale Veterinary Specialists in Fort Lauderdale, Fla.

A few months ago, a Boca Raton, Fla., woman rushed to the clinic with her cockapoo that had tumbled into the house pool, Tocci said. The puppy had inhaled water while struggling to get out and required 36 hours of oxygen treatments and intravenous fluids, but it recovered.

While many hazards to animals lurk year-round, there are potential pet danger zones you should be aware of as summer moves in.

Swimming pools, docks and canals: People assume dogs can swim so they’re safe around water, Tocci said. While most pooches can paddle a bit, they can injure themselves or drown while frantically trying to climb out of a steep-sided pool or up a barnacle-covered sea wall.

Tocci advises residents who have pools to “drown-proof” their railyards are high enough, and bars or screening secure enough, before letting their pets onto the balcony, she said.

Your home: Food, plants and medications are among the common household items that can injure or poison pets, said Dr. Stacey West, a vet at Boca Veterinary Clinic in Boca Raton who has worked in animal critical care.

Another time, she tended to a puppy sickened by inhaling pot smoke. “It was a doozy,” she said.

So remember, your idea of a good time may not be so much for your furkid? Don’t leave your sharp-dressed dog unattended. West treated one that got tangled in its outfit, rolled out of a steep-sided pool and required 36 hours of veterinary shifts, and spent some time getting to know Ty. At two years old, he weighs 48 pounds, an American Bulldog/mix. Orphaned since March 2016, his adoption fee is $30. Call 863-646-7722.

Pet danger zones to avoid this summer

By DIANE C. LADE

Summer in the city can be dangerous for pets. Hot cars, swimming pools with stepping stones or waterfront docks, and picnics where dogs can sneak a helping of raisins or grapes - tasty to you but potentially poisonous to your animal friend all pose a problem, say veterinarians who work in critical care.

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From the moment she hit the beach, it took Zyuanna Dukes around 10 minutes to get fully drenched. But that just made her the first to take the plunge.

This was no normal day at school.

Around 45 science-minded fourth and fifth grade girls from Lake Wales area schools participated in Hook, Line and Sinker for STEM at Babson Park Elementary Saturday morning. The event was a successful collaboration between the Lake Wales chapter of the American Association of University Women and Lake Wales area science teachers.

After breakfast and a group photo, the girls split into three groups. Two went inside and a third group got to stay outside with the boat for some experiments on Crooked Lake. The boat wasn’t ready so the story went inside.

Group one was tasked with making fishing poles using uncooked spaghetti that could hold as much weight as possible. It didn’t take long for Zamya McBurrows to figure out that using spaghetti did not mean it had to be haphazard. She solved the problem by taping the spaghetti to a supplied coat hanger. Sometimes science and creativity go hand in hand.

Group two was tasked with making nets to collect living creatures out around the lake. Imagine them holding their new contraptions, walking along the shoreline looking for minnows while others searched in the high grass. That serenity got louder, quickly. At first some girls windows had nets nowhere near large enough to catch anything other than a minnow. Zyuanna and a few other brave souls set out to net some large mouth bass for dinner.

It was a popular idea, even with the teachers and their ocean trolling size net, and before long everybody was in the lake having some Science, Technology, Engineering and Math fun. That is until everybody was ordered out of the lake and back to class.

Teachers at the following elementary schools teamed with AAUW to make the event a success: Polk Avenue, Spook Hill, Janie Howard Wilson, Dale R. Fair Babson Park and Candlelight Christian Academy. According to Lake Wales AAUW chapter president Charlene Bennett, the local chapter of AAUW is a group of around 75 women who live along the ridge and promote equity and education for women and girls. This is the sixth or seventh time the group has held a STEM event at a Lake Wales area elementary school. The group also has an active Art in Schools project and sponsors two post secondary scholarships annually.

“The STEM event is an AAUW Lake Wales initiative that encourages girls to pursue STEM education and career related fields that are currently dominated by men,” said Lake Wales AAUW STEM Chair Dr. Verna Omanwa. “Girls participate in various exciting STEM educational activities that were aimed at expanding their knowledge, skills and ability. Thanks to the science teachers for making this a successful and fulfilling event for young girls.”
Florida Poly announces Presidential Ambassadors

LAKELAND, Fla. – Florida Polytechnic University has selected 20 outstanding students to serve as Presidential Ambassadors for the 2016-17 academic year. Presidential Ambassadors serve as formal hosts at official events, champion the institution’s values and are official representatives of the University and President Dr. Randy K. Avent. The program launched at Florida Poly in 2015 and is entering its second year with eight returning Ambassadors and 12 new participants.

“We are excited to welcome a new delegation of Presidential Ambassadors to represent Florida Poly,” said Avent. “Our inaugural delegation was a great success, helping to build relationships with key stakeholders and helping to communicate the University’s mission, vision and progress. This is a unique opportunity for these students to work in tandem with the University’s leadership, and it also gives our senior leadership team and stakeholders another chance to learn about Florida Poly from the student perspective,” said Avent.

Florida Poly’s Presidential Ambassadors are chosen based on their community service, academic standing and involvement in campus activities. The program gives members more advanced opportunities to develop their communications, event planning and professional networking abilities.

Applications are reviewed and interviews are conducted by Florida Poly’s Presidential Ambassador Committee, which includes representatives from the Offices of the President, External Affairs, Student Affairs and Advancement. The Committee makes a recommendation to the President who officially appoints new members.

“This is a unique opportunity for these students to work in tandem with the University’s leadership, and it also gives our senior leadership team and stakeholders another chance to learn about Florida Poly from the student perspective,” said Avent.

Florida Poly’s Presidential Ambassadors have the distinct opportunity to interact with business executives and legislative leaders. Last year, during the school’s annual Florida Poly Day in Tallahassee, Ambassadors accompanied Florida Poly’s Office of Government Affairs in meetings with state legislators and other elected officials. During special events, they also served as hosts and guides to visitors, donors, community stakeholders and industry partners. As the newest member of the State University System of Florida, and the only one dedicated to science, technology, engineering and math (STEM), Florida Poly enjoys strong partnerships with industry-leading companies and professionals.

First-time ambassador Michael Sanchez, who starts his senior year this fall, says that’s a big part of why he applied to be an ambassador.

“I look forward to networking and growing more comfortable interacting with University and industry leaders. I’m ready to expand my horizons,” Sanchez says. Henrique Bolivar is excited to return as an ambassador. The sophomore says he is proud of Florida Poly’s startup spirit and will continue sharing that pride in the coming year.

“This is a great opportunity to champion the positive reputation of Florida Poly and the Office of the President,” Bolivar says.

The application process begins each January, and Ambassadors represent Florida Poly for one academic year.

New Presidential Ambassadors for the 2016-17 Academic Year are:

1. Holly Pafford – Hernando, FL
2. James Nance III – Winter Springs, FL
3. Karla Martinez – Lake Wales, FL
4. Kelci Wilson – Oviedo, FL
5. Gabriela Martinis – Viera, FL
6. Soliane Fellah – Leesburg, FL
7. Megan Henson – Orlando, FL
8. Jamie Blanco – Boynton Beach, FL
9. Lucas Doty – Margate, FL
10. Michael Sanchez – Auburndale, FL
11. Caleb Riggs – St. Petersburg, FL
12. Dieff Vital – Haiti
13. Chris Dowdy – Lakeland, FL
14. Henrique Bolivar – Miami, FL
15. Riley Schill – Jacksonville, FL
16. Ethan Puerto – Springhill, FL
17. Eric Vickers – Apollo Beach, FL
18. Makala Quinn – Polk City, FL
19. Shelby Sims – Lecanto, FL
20. Cynthia Wissolridge – St. Petersburg, FL

The winners are: Emily J. Everett from Lakeland High School; Brenda M. Wang and Aaron Gabriel Wan Sandoval — both from the International Baccalaureate School at Bartow High. The three students were chosen from a talent pool of more than 15,000 National Merit Finalists for 2016.

National Merit $2,500 Scholarship winners are chosen because they display the strongest combination of accomplishments, skills and potential for success in rigorous college studies.

Scholars may use their awards at any regionally accredited U.S. college or university. Two students from Lakeland’s Harrison High School for the Arts — Annie F. Cheng and Cheston P. Humphries — were among the winners of corporate-sponsored National Merit Scholarships announced last month. Additional Merit Scholarship winners will be announced in June and July.

Three students earn National Merit Scholarships

Winter Haven Recreation

Fun on the Run Monday Program
June 13-August 5
Fun on the run is a free drop-in recreation program incorporating various exciting outdoor games and activities for kids ages 6-13.

Monday: Downtown Trailhead Park
11 a.m. – 1 p.m.
613 3rd St. NW
Palm Place Apartments
2-3 p.m.
2401 2nd St. NW
Villas at Lake Smart
4-5 p.m.
4225 Vista Del Largo Dr.
Tuesday: Lake Hartridge Nature Park
10:30 a.m. – 11 p.m.
Beach Parkway at 20th St. NW
Kiwanis Park
Noon – 1 p.m.
3rd St. and Ave C NW
Abby Lane Apartments
1:30 - 3:30 p.m.
100 Evergreen Place SW
Wednesday: Downtown Trailhead Park
11 a.m. – 1 p.m.
613 3rd St. NW
Palm Place Apartments
1:30 - 2:30 p.m.
2401 2nd St. NW
Villas at Lake Smart
4-5 p.m.
4225 Vista Del Largo Dr.
Lions Park
3-5 p.m.
820 Ave. L SW
Thursday: Girl Scout Park
Noon – 1 p.m.
Ave. B NW and 24th St.
Abby Lane Apartments
1:30 - 3:30 p.m.
100 Evergreen Place SW
Friday: Downtown Trailhead Park
11 a.m. – 1 p.m.
613 3rd St. NW
Palm Place Apartments
1:30 - 2:30 p.m.
2401 2nd St. NW
Villas at Lake Smart
4-5 p.m.
4202 2nd St. NW
Registration is available during each program. Call 863-291-5675 for more information. Program locations and times are subject to change due to inclement weather and participation. Programs are headed up by the City of Winter Haven.

POLK COUNTY SUN

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Tampa Electric
The Cassidy Organization
WaWa
Winter Haven Hospital

A special thank you to Cindy and Charlie Henry and the residents of the Mountain Lake community.

For information on how to sponsor or participate in next year's Mountain Lake Invitational: (863) 292-4138 or whhfoundation@baycare.org
Carpeting remains a go-to flooring material in modern homes. In fact, many homes offer a blend of both carpeting and different flooring choices in others. Upon choosing carpet, it is important that homeowners follow some guidelines to prolong a carpet's longevity and maintain its style. The following are some common carpeting dos and don'ts.

DO consider the room's purpose and foot traffic before shopping for carpeting. Make a list of the attributes desired (e.g., soundproofing, easy care, high pile) and present these to the salesperson so he or she can help you make the best choice. DON'T rush into flooring choices. Unlike paint colors, flooring materials are more permanent choices that are only updated every several years or more. Weigh all of your options before diving in. DO consider the room's purpose and foot traffic before shopping for carpeting. Make a list of the attributes desired (e.g., soundproofing, easy care, high pile) and present these to the salesperson so he or she can help you make the best choice. DON'T rush into flooring choices. Unlike paint colors, flooring materials are more permanent choices that are only updated every several years or more. Weigh all of your options before diving in.

While rugs may have originated in the Far East, North America also has some rich carpet history. According to The Carpet and Rug Institute, the United States carpet industry began in 1791 when the first woven carpet mill opened in Philadelphia. Others soon followed suit. Tufted carpets and machine-powered manufacturing helped churn out yards upon yards of carpeting, making it a popular, affordable and common addition to homes, especially after the post-World War II housing boom. Carpeting remains a go-to flooring material in modern homes. In fact, many homes offer a blend of both carpeting and different flooring choices in others. Upon choosing carpet, it is important that homeowners follow some guidelines to prolong a carpet's longevity and maintain its style. The following are some common carpeting dos and don'ts.

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Homeowners should consider as many variables as possible, including foot traffic in a given room, before installing carpeting in their homes.
Reclaimed wood adds instant appeal to home projects

Repurposing salvaged wood is a popular trend in the home improvement industry. Not only can using salvaged wood give a home a one-of-a-kind look, but it’s a handy way to incorporate the three Rs of green living into your lifestyle: reduce, reuse and recycle.

Reclaimed wood is often used in flooring, beams, wall treatments, and doors, but it also can be turned into furniture or home accent items. Reclaimed wood adds warmth and historical interest to a home’s decor that no new material can match. Although finding wood that can be salvaged takes time and some legwork, such efforts can quickly pay off. Many businesses are now devoted to reclaimed wood, which can help make the process of finding and using salvaged wood even easier.

Homeowners considering reclaimed wood may be interested to learn that such wood can serve various functions aside from benefiting the planet.

- **Match old-growth wood.** New regulations may prevent certain species of trees from being cut down. That means it can be challenging to match old wood in a home, particularly if you’re looking to maintain historical value and authenticity. Relying on salvaged wood items can alleviate this concern, ensuring that you can find rare woods that are no longer available brand new.

- **Salvaged wood has character.** It’s difficult to mimic the natural age marks and character that older wood may have. Instead of being raised on farms, wood harvested decades ago probably grew in natural environments, making the wood both durable and strong. The color and grain of salvaged wood may also be unique.

- **Look at objects in a new way.** Doors are versatile pieces of reclaimed lumber because they’re already flat and rather large. Doors can be turned into headboards, tables or benches. Staircase or porch posts can be turned into candlestick holders, and wood shutters can dress up walls and provide a place to hang artwork and other wall items.

- **Reclaimed wood is a popular trend.** While some reclaimed wood may look too far in the past, the right project can make it look new. Do not have these skills, you probably will have to hire someone who does. The Internet is awash with ideas for putting salvaged wood to use. Get inspired and then find the pieces that will fit your project.

- **Salvaged doors, fences, shutters, beams, and so much more can be put to new use.**

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- **Match old-growth wood.** New regulations may prevent certain species of trees from being cut down. That means it can be challenging to match old wood in a home, particularly if you’re looking to maintain historical value and authenticity. Relying on salvaged wood items can alleviate this concern, ensuring that you can find rare woods that are no longer available brand new.

- **Salvaged wood has character.** It’s difficult to mimic the natural age marks and character that older wood may have. Instead of being raised on farms, wood harvested decades ago probably grew in natural environments, making the wood both durable and strong. The color and grain of salvaged wood may also be unique.

- **Look at objects in a new way.** Doors are versatile pieces of reclaimed lumber because they’re already flat and rather large. Doors can be turned into headboards, tables or benches. Staircase or porch posts can be turned into candlestick holders, and wood shutters can dress up walls and provide a place to hang artwork and other wall items.

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A couple’s passion for gardening spans more than 40 years

By KATHY VAN MULLEKOM

DAILY PRESS

Gardening is an addiction - the more you fail and succeed, the more passionate you become about plants and the wildlife that comes with them.

First, you have one camellia, and then you have two or three. Then, you have several. Birdfeeders come next.

That is how it's been at the Menke house in southeastern Virginia, where Mathilde's passion for the outdoors has turned her 43-year-old yard into a botanical paradise.

"Garden work never ends," says Mathilde.

"There is always something that needs to be done."

All those "something" chores add up to year-round beauty.

In spring, Virginia bluebells, tulips and peonies bloom and berries wake up. An azalea garden flowers with red, white, pink and orange blossoms. A 40-year-old lilac bush is still there, going strong in spite of the heat and humidity that often plagues vigor.

In summer, it’s the 100 or more Eastern black swallowtail eggs Mathilde and Hans Menke care for a 43-year-old garden with more than 200 plants.

In fall, asters, goldenrod and zinnias continue the colorful show and wildlife benefits. In winter, hollies, camellias and heliotropes brighten the cold days.

"It's not easy to pick three favorite plants for each season from the nearly 200 plants I care for in our backyard habitat," says Mathilde, when asked to name them.

"All my ‘dirt babies’ are special and thrill me."

To maintain the garden as a wildlife habitat certified through the National Wildlife Federation, Mathilde planted dozens of common milkweeds, as well as swamp and whorled milkweeds.

"In this case, more is better," says Hans.

"In the past two years, we saved more than 50 monarch eggs, cared for them to make it through caterpillar stage and then released the emerged butterflies.

"We hope for a successful season this year, and will add tagging to our program as a certified Monarch Waystation."

While Mathilde waters, feeds fish in the pond, lays out plans for new plants, removes old growth as needed, Hans helps in other ways. He makes and maintains garden structures, including three copper tubing arbors for roses and purple hyacinth bean. He lays out pathways and borders them with recycled wood planks.

Most importantly, he photographs their garden in all its trials and tribulations, including the trees that were downed and removed after Hurricane Isabel in 2003.

"When we cut the last pine tree that survived, we left about 18 feet standing to provide a place for woodpeckers and hang a bat house on it," he says.

Mathilde and Hans Menke care for a 43-year-old garden with more than 200 plants.

"The pine removal increased the sun exposure, and we were able to add a vegetable garden plot for parsley, strawberries, cucumbers and a variety of herbs to flourish."

Even though both are in their 70s, the couple has not stopped doing what they love doing in their garden. They just do it slowly and methodically.

"We enjoy doing it together and pace our daily tasks so the garden remains a joy and not a chore," says Hans.

"We recognize that even with limitations placed upon us with advancing age and health issues, gardening can be and is part of the therapy to health."

The Menke backyard is a native plant haven and certified wildlife habitat filled with more than 200 plants.

Virginia bluebells herald the arrival of spring in the Menke garden.
Highland Homes named to two rankings

Highland Homes was recently named to two of the country’s most prestigious home building lists. In BUILDER Magazine’s Builder 100 List, Highland Homes is ranked the No. 81 largest home builder in the nation, claiming 21 positions from last year’s rank of 102.

In Professional Builder’s annual Housing Giants, the Florida home builder moved up to No. 129 from last year’s position of 154. “As a family-owned company who builds in eight counties in Central Florida and Tampa Bay, it is such an honor to be included in these lists alongside many corporate home builders with projects across the country,” said Bob Adams, owner and president of Highland Homes. “We have grown so much in the last few years, and we look forward to helping even more new home buyers in 2016.” BUILDER Magazine collected data for the rankings via direct survey of the nation’s top builders to compile the Builder 100 and Next 100 lists. Rankings were determined based on the number of new home closings in 2015. Highland Homes closed 485 new homes last year to be ranked as the number 81 largest builder in the nation, 28 percent growth over 2014. In Professional Builder’s Housing Giants, home building companies are ranked based upon their revenue. With a 2015 revenue of $85.29 million, a 31 percent increase over 2014, Highland Homes placed its moved as number 129 largest builder in the nation out of the 252 builders ranked.

As one of the largest private home building companies in Central Florida and recognized on the University of Florida’s Gator 100 list, which honors the 100 fastest growing companies owned or operated by University of Florida alumni.

More homeowners are choosing green fences

By DANIELLE BRAFF

CHICAGO TRIBUNE

Landscapers and their clients are thinking outside the fence and going green.

Green fences use trees, bushes and a mixture of plants to create a privacy wall instead of the traditional wooden fence.

During a trip to France and England, Bill Mabe, a retired financial executive, and his wife, Kathy, an executive at Allstate, noticed that many people there used a variety of greens to create privacy and outdoor living rooms and gardens. They decided to replicate the look in their sprawling New Albany, Ohio, backyard.

Their landscaper created a mix of bushes and trees to enclose their outdoor eating area, planted another set of trees and plants along the outdoor walking path and more to line their backyard for privacy. Bill Mabe said the results were glorious.

“I think what I like about it is the privacy, but we also have a tremendous amount of height, and it’s like you have very high ceilings,” he said.

While wooden, iron and other metal fences are traditional, green fences appear to be gaining steam at a time when natural and sustainable options are trending. Green fences also have the extra bonus of requiring little maintenance after the first year of installation, said Ohio landscape designer Nick McCullough.

“On the appropriate site, it will need water and nutrients in the soil, and you can trim it if you want depending on the style, but it doesn’t need much maintenance once it’s installed,” McCullough said. In the first year, he said, the trees need to get established, which includes extra watering and soil checks.

“If it’s a good site, it will outlive us,” McCullough said.

A wooden fence, on the other hand, may need to be stained or repainted every few years and eventually will need to be replaced.

Green fences also don’t tend to have height restrictions, said Jennifer Hoxsie, design manager at Greenhaven Landscapes Inc.

“Wooden fences are often limited by municipal height constraints and are not allowed with in certain (homeowners associations),” Hoxsie said. “Naturalistic and hedged plantings can be a great way to achieve the functional separation the client desires that is beautiful to look at, while meeting municipal and HOA constraints.”

For a home that she did in Glencoe, Hoxsie wanted to screen a neighbor’s large house from her client’s entry. A standard fence could only be built 4 feet high in the front yard, which wouldn’t have been effective.

“So we installed a 17-foot spruce along the border, and layered plantings in front to create a beautiful green fence,” Hoxsie said. Evergreens could have been another option for that space, she said.

The key is figuring out which types of plantings would go well with the design of your landscape, and making sure they would do well in your climate. In some regions, green fences must be able to survive a hot and cold season.

The National Association of Landscape Professionals said hedges are popular for green fences because they can screen views, reduce noise and create many different types of private spaces.

When considering different types of plants, you could choose those that provide a significant width, so that the fence is dense and hard to penetrate. Height is also important to consider – the fence should contain foliage from top to bottom, according to the association. Evergreens offer year-round coverage. For height, juniper and arborvitae are good options, said Tony Butterworth, senior designer with Christy Weber Landscapes and a member of the National Association of Landscapes.

Butterworth also likes Cupinus (American hornbeam), which is narrow and upright, and great for creating a screen. They do lose their leaves in the winter, but, he said, you’ll use your yard less in the winter, and when the trees lose their leaves, you’ll gain light in your home, so it’ll be a win-win.

Green fences do have a downside.

“The No. 1 reason to have a fence is to solidify boundaries, and if you put a hedge up, it’s not the most impermeable fence,” Butterworth said. “Even if it’s higher, it’s not a great barrier, and if you have kids or dogs, it’s not a great barrier.”

Many of his clients compromise by putting up an iron fence and then placing greenery in front of it to soften or even hide the fence. That way, the kids and the dogs don’t cross into your neighbor’s space, but the backyard still maintains a green feel.

While wooden, iron and other metal fences are traditional, green fences appear to be gaining steam.
May is National Water Safety Month

In Florida, swimming and boating are some of the more prominent activities for residents – with over 500 lakes, Polk County residents spend a lot of time around the water. But, unfortunately, people sometimes overlook obvious precautions around swimming pools and open water. Sadly, it only takes a moment to change a fun family outing into a tragic life changing event.

According to the Center for Disease Control and Prevention, "about ten people die from unintentional drowning" every day; and of those deaths, "two are children aged 14 or younger." In 2015, Polk County Sheriff's Office detectives worked five child drownings, all aged five or under. One drowning death is far too many. It only takes an inch of water for a child to drown, and it can all happen without a sound. But residents can help change those statistics by practicing water safety now and all year long.

What we know is that there are basic risks that play a huge role in drownings or near drownings:

• One of the greatest risks is the lack of swimming ability. If you or your family has a pool, or plans activities on or around water, ensure everyone knows how to swim. Ensure that life vests and other floatation devices are readily available should someone begin to tire and struggle in the water.
  • If you own a pool, add barriers to reduce the chances of a young child finding their way into the water. Barriers, or pool fencing can reduce the risk of drowning. According to Safe Kids USA, "fencing could prevent 50 – 90 percent of drownings and near-drownings.” Extra layers of protection include door alarms, pool alarms and automatic pool covers when used properly. And even if you don't own a pool, but your neighbor does, talk to them about securing the barriers around the pool.
  • Learn CPR. Emergency responders arrive as quickly as possible, but in the time it takes to call them, your skills could save a life.
  • The greatest prevention against child drowning incidents is close supervision.

Drownings can happen very quickly and in any body of water, to include bathtubs, buckets or backyard “kiddie” pools. Never, absolutely, never leave a child unattended around water. Set family rules and ensure everyone abides by the rules when it comes to pools, hot tubs, or nearby ponds or lakes.

• If someone is missing, check all bodies of water first. Be sure to have reaching or throwing equipment on hand and keep cell phones close by; but focus on the water activity, don’t be distracted by the phone.
  • Never allow swimming alone. Always make sure older children swim with a buddy. And instruct them that not all bodies of water are safe for swimming. With the many lakes and ponds in Polk County, there is the potential for unseen dangers just beneath the surface.
  • And adults should never mix drinking and water activities. If you are consuming alcohol, be sure there is a designated adult to ensure all children are safe in and around the water.

Remember, seconds count in an emergency – be prepared. But just as the old adage says, "prevention is worth a pound of cure.
On Saturday, May 14, the PCSO Homicide Unit arrested three people they say are suspects in the investigation into the homicide of a 65-year-old Tyler Macklin.

Arrested were:

- 18-year-old Joseph Gomes-Brandon, 1244 Tangerine Parkway, Winter Haven
- 20-year-old Dylan Kindred Jr. of Kings Lake, Brandon
- 21-year-old Jonathan Felix of Winter Haven; charged with one count armed robbery

Detectives say Kindred stated the people he had met were Felix and Christopher Gomes-Brandon (later identified as Tyler Eugene Macklin) had wanted to rob because “he should be an easy mark.” Kindred stated he suggested they rob Macklin and indicated he “supposed to steal cash” while they were in possession of a 2nd firearm that was said to have been stolen. According to police, Felix and Gomes-Brandon then allegedly stated they did not wish to be involved in a “flash” while they were performing rap songs in a rap show scheduled on May 12, in Tampa. Detectives say the suspects stated they did not have enough money of their own to be able to flash and demonstrate their desired level of influence so they allegedly decided to “hit a lick” or rob someone. According to the arrest affidavit, Kindred allegedly stated he suggested they rob Macklin and indicated he should be an easy lick.” Kindred stated he then drove his girlfriend’s car (blue Honda Civic) to the victim’s residence. Within the suspects were traveling to the victim’s residence, he said there was an independent investigation in possession of a 9mm handgun, according to reports. Kindred stated the suspects were only “supposed to steal cash and drugs” from the victim and not hurt him. Detectives say Kindred parked the vehicle in front of the residence next to the victim’s residence and remained in the vehicle while the other suspects (Felix and Gomes-Brandon) then allegedly forced entry into the victim’s residence by kicking the front door. Kindred stated shortly after he saw the suspects enter the residence, he heard a gunshot and then suspects running from the front of the residence, according to reports. Kindred stated the suspects entered the vehicle in front of them and drove away from the scene, according to reports. Kindred allegedly stated that when the suspects entered the vehicle after the shooting, they were in possession of the victim’s wallet, $300 in U.S. currency, and a second firearm that was said to have been stolen from the victim during the commission of the home-invasion robbery.

All three suspects were taken into custody without incident and booked into Polk County Jail.

Death of a jail inmate under investigation

At 10:34 a.m. on May 15, 65-year-old Keith Harrison was found unresponsive in his bed located in the medical dorm at the South County Jail. PCSO jail and medical staff immediately performed CPR and called for EMS. When EMS arrived they found over CPR and transported Harrison to Florida Hospital Health in Sebring. Despite every one’s efforts, he could not be revived and was declared deceased at the hospital, according to reports.

Harrison had an extensive pre-existing medical history, details of which are not public record per HIPAA.

Harrison’s last known address was 968 Amick Loop, Lakeland. An autopsy will be conducted to determine his cause and manner of death. This is an ongoing investigation. It is standard PCSO policy for four separate mandated, independent investigations to be conducted when an inmate dies.

Harrison’s blood results for drug analysis were forwarded to the State Attorney’s Office and forwarded to the State Medical Examiner’s Office.

The Polk County Sheriff’s Office is conducting an inter nal review. The PCSO Bureau of Criminal Investigations is conducting the death investigation. The Polk County Medical Examiner will conduct the autopsy to determine the manner and cause of death. All of the paperwork will be forwarded to the State Attorney’s Office and they will conduct their investigation.

Suspects in custody after allegedly robbing 77 year old woman

According to Lake Wales police reports, on May 14, at 12:40 p.m., Rita Nicely was allegedly robbed by Brandon Mavity and Brandon Pitts.

Brandon Mavity and Brandon Pitts were shopping when they noticed a woman shopping in the cart and her hand on the purse strap. As Nicely neared the first parking isle, police saw Pitts run up from behind her and snatched the purse out of the cart and from her grasp. According to a report, Pitts was standing nearby as a lookout. Mavity then allegedly ran towards where Pitts was standing to the east. Before they could leave the parking lot, another shopper was on her way into Walmart and saved the robbery occur. She chased after Mavity but he dodged her, according to reports. Mavity and Pitts fled the area and into the orange grove. Once officers were on scene, they learned a robbery had occurred. Then, the entire shift and directed the K9 team to the area.

Police say Mavity and Pitts tried to hide and then run from Air, but Air kept them in sight. The K9 team saw Mavity and Pitts running and gave K9 warnings for them to stop. Mavity and Pitts gave up and went to the ground where officers took them into custody.

According to reports, they were still in custody of the victim’s phone. Officers walked the path Mavity and Pitts had taken and were able to recover the victim’s purse and most of its contents. Mavity has been charged with robbery by sudden snatching which is enhanced penalty due to age, resp 18 years old. Mavity and Pitts each had active warrants, according to police.

As for reports, Mavity is 22 and lives at 285 Lake Avenue S, Frostproof. Pitts is 21 and lives at 3778 Sherrid Drive, Lake Wales.

The Lake Wales Police Department is thankful the victim was not injured during this violent incident which could have gone bad. We are also very appreciative of the witnesses and the community for their assistance in catching Mavity and Pitts,” said Lt. Dave Black with the LPD.

Anyone having information on this robbery is asked to call Detective Aubrey Davis at 863-678-4223, ext. 542 or Heartland Crime Stoppers at 800-226-8477.

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Duane Burleson)
Wednesday the 25th, to take on the Miami Marlins. (AP Photo/
To take on the Tigers this weekend. The Rays return home
Tampa Bay Rays' Evan Longoria leads the Rays into Detroit
REGULAR SEASON

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Score's Restaurant (58 4th)

Bye Week
Friday-Thursday, May 20-27, 2016                             Polk County SUN • 31

11 VS Jacksonville Sharks
24 AT Orlando Predators
06 AT Portland Thunder

EVENTS IN OUR AREA

Every Second Friday of

Every First Thursday

Dulcimers in the Park
July 20-22: “Casablanca”
May 20-23: “Gone with the Wind”
June 10-19, 2016

Every First Friday of

PICKIN’ IN THE PARK
June 10-19, 2016

String at Scores
Every Fourth Friday of Month 6:30 pm - Score’s Restaurant (58 4th Street, NW)

Winter Haven Main Street Special Events
Every First Thursday 5:30 pm

Cruisin’ Winter Haven
First Saturday every Month 4:00-9:00 pm

Cypress Gardens Ski

Tampa Bay Lightning goalie Ben Bishop is carted off the ice after being injured during the first period of Game 1 against the Pittsburgh Penguins in the NHL hockey Stanley Cup Eastern Conference finals Friday, May 13, 2016, in Pittsburgh. Bishop is working on returning to the ice Friday in Tampa. (AP Photo/Gene J. Puskar)

17 Carolina Railhawks
October 18

Polk County SUN • CHECK IT OUT

COUNTRY 500
May 27-29, 2016


Tampa Bay Storm

23 VS Jacksonville Gladiators 7:30 PM
29 VS Arizona Rattlers 2:00 PM

JULY 2016

23 VS Connecticut Sun
May 20-22 @ 6:00 PM
26 VS Dallas Wings
May 27-29 @ 6:00 PM
13 Cleveland Gladiators 7:30 PM
18 AT Jacksonville Sharks 7:00pm
24 AT Portland Thunder 7:00pm

17 AL Lang Stadium, TAMPA

20 FC Edmonton
9:30pm
16 Puerto Rico FC
7:30pm
23 New York Cosmos
7:30pm

June 24-26: “Gone with the Wind”

LAKE WALES LITTLE THEATRE
863-676-1266
Rehearsal for Murder (Teen Theatre)
June 10-19, 2016

PETER AND THE STARCATCHER
April 6 – 23, 2017
16, 2016

TAMPA BAY STORM AMALIE ARENA

JUNE 2016

06 AT Portland Thunder 10:00 PM

JULY 2016

05 AT Los Angeles Kiss 10:00pm
13 Cleveland Gladiators 7:30pm
18 AT Jacksonville Sharks 7:00pm
24 Tampa Bay Storm 7:00pm

JANUARY 2016

01 Miami FC
05 Minnesota United FC
19 Indy Eleven

JUNE 2016

04 Ottawa Fury FC
JULY 2016
02 Jacksonville Armada FC

POLK MUSEUM OF ART
RITZ THEATRE WINTER HAVEN (Teen Theatre)
January 12 – 29, 2017
March 16 – 25, 2017


SUNSET MUSIC FESTIVAL Tampa
May 28-29, 2016

3LAU, Andrew Bayer, Anna Lunoe, A
Polk County SUN                                   Friday-Thursday, May 20-27, 2016

Fish Fry, 5-7 p.m. Dinners start at $9 per person. American Legion Post 1230, 1230 Scenic Highway, Lake Wales. 863-589-5689

Women’s Health Seminar, hosted by Dr. Mia L. Main of Central Florida Women’s Health, noon to 1 p.m. Olandt Ave., Fort Meade. 863-519-2379 or visit SouthFloridaAvPlan.org.

South Florida Avenue Corridor, public spirited vision and design workshop, 6 p.m. Study and development needs for mobility, safety, quality of life, and economic vitality along the South Florida Avenue, State Road 24, corridor between Ariana Street and Feaster Street in Lakeland.

The design studio located at Walker Center, 1692 Florida Avenue, Suite #2, Lakeland, FL 33803 will be open to the public from 9 a.m. - 9 p.m. daily. First United Methodist Church, 72 Lake Morton Drive, Lake Wales. 863-519-2379 or visit SouthFloridaAvPlan.org.

Problem Solving Court Graduation Celebration, 2 p.m. Steve Ennor, substance abuse treatment provider/guest speaker. 863-606-1553 or 863-519-2379 or visit SouthFloridaAvPlan.org.

Friday Fly-Fishing: Reel Connection. Free activities for children. Food and drink will be available for purchase.

Upington Yard Sale and Flea Market, 8 a.m. - 1 p.m. $10 fee for vendors. East Main Street, Bartow. 863-646-0644 or 863-519-0508.

South Florida Avenue Plan, roadway events, 2016. The design studio at Walker Center, 1692 Florida Avenue, Suite #2, Lakeland, FL 33803 will be open to the public from 9 a.m. - 9 p.m. daily. First United Methodist Church, 72 Lake Morton Drive, Lake Wales. 863-519-2379 or visit SouthFloridaAvPlan.org.

Saturday, May 21

Community Spring Fest Cultural and Health Fair, 10 a.m.-3 p.m. Cultural events, displays, live demonstrations, voter registration, a dance house, relay games, arts and crafts, balloon toss, hula contests, free health check ups, a talent show, board games, kickball, storytelling, rap music and more. Gordon Brown Park, Gordonville. 863-205-1173.

Crossfire, 6:30 p.m. free. Quartet group. First Baptist Church, 410 E. Church St., Bartow. 863-533-9055.

Tuesdays, May 24-30


Unveil the signature event, “Understanding Aortic Side of a Darker Thing.” Guest Speaker is Kathy L. Green Jr. Program sponsored by the Eastside Positive Community Cafe, 315 Carter at 528-2583 for details.

United Way of Central Florida Annual Meeting, 10 a.m. - 1 p.m. at 4701 West Park Boulevard, Lakeland, FL 33803. More info can be found at unitedwayofcentralflorida.com.

Wellness First, 5-7 p.m. Featuring a fish fry. Activities for the children. Food and drink will be available for purchase from vendors on the street and from the downtown restaurants.

Time Management with Bill Muiz, 11:45 a.m. ENRGcheckbox TIPS not just for members. Up-close and personal chat with one of the area’s most accomplished community leaders. These sessions will give participants a chance to reflect on new and creative ways we can improve professional leadership goals based on the best practices from the area’s most respected business professionals. A-C-T Environmental & Infrastructure, 1460 A. Brown, Polk Sheriff’s Office, Post 11179, 31 N. Brown Highway, Lake Wales. 863-589-5689.

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WORD SCRAMBLE
Rearrange the letters to discover something pertaining to Thanksgiving.

A F L Y M I

GUESS WHO?
I am an actress born in Connecticut on November 19, 1961. I am, perhaps, one of the most popular “rom-com” actresses of all time. I have starred opposite the likes of Tom Hanks, Dennis Quaid, Billy Crystal, Kevin Kline, and Russell Crowe.

ANSWERS:
Gobble, Gobble Word Search:

W O R D S
ACORN
APPLES
AUTUMN
BAKE
BREAD
CASSEROLE
CENTERPIECE
COLONISTS
CRAB
CRANBERRY
DESSERT
DRUMSTICK
FAMILY
FEAST
FOOTBALL
GIBLETS
GRATITUDE
HARVEST
HOLIDAY
APPLE
LEAVES
LEFTOVERS
BAKE
MAYFLOWER
MEAL
NATIVE
NOVEMBER
OVEN
PECAN
PIES
PISTACHIO
RECIPES
ROAST
SETTLERS
STUFFING
THANKFUL
TURKEY
YAMS
Laughs mark second Take The Lead

By STEVE STEINER
stiner@heartlandnews.com

(Editors’ note: This is the latest in a series of articles about Take The Lead, a program for people with dementia, Alzheimer’s disease and other cognitive impairments, yet who are still able to live at home; it is a partnership between Patchwork Memes and Heartland News.)

The latter is a ballroom dance organization that visits assisted living facilities and “creates an environment where people with memory loss can engage socially and personally through the arts.”

In addition to Wayne and Marilyn Wodrow, who attended the first get-together that took place the week prior, they were joined by Juanita Spence, the two couples, accompanied by several others also from the week before, who arrived at the studio while laughing, at times as they were shown how to do an underarm turn and a “head swing” — a move in which one dance partner places his hands and arms around the other.

Laughs and a few good-natured groans dotted the session, as did the switch to a foxtrot. “No, I don’t like dancing with you,” Jim said to Juanita, after it was suggested switching partners. She smiled as she spoke, but he then partnered with his wife.

Afterward, Johnston pointed out a good gesture on the part of Juanita Spence. “I liked how you were ‘pinching’ your husband’s hands,” he said, knowing that Juanita was letting her husband know that it was time to make a move.

At the end of the session, Shepherd offered advice. “Practice at home, because if you do it a week before the next time — you’re going to have to relearn.” Shepherd said. “Next week, it was announced, the session would focus on a different set of neurotic exercises; afterwards, there would be a short dance review.

Neurotic exercises, as taught by Dr. Fran Morris, of Patchwork Memory Bridges, is a program based on the premise that unusual sensory stimulation and activities like non-routine actions and thoughts, produce more of such chemicals of the neurobiology system of body that encourage growth in the brain.

There was a broad smile on Juanita Spence’s face following the session. The couple, said married nearly 53 years, definitely enjoyed attending, she said. “It was a very hyperactive, she said, with Juanita. “I had a good time too.”

Jim also was all smiles. “It was totally different than I’ve ever done,” said Jim. “I really got a lot out of it.”

Interested? Take the Lead meets 4 p.m., Tuesdays at St. Stephen’s Episcopal Church, 1620 County Road 54A, Lakeland. Classes alternate between ballroom dance and memory stimulation. Sessions run approximately one hour.

On the first and third Tuesday, participants and their care partner review certain concepts and skills, or to identify problem areas to learn how to improve memory and cognition. On the second and fourth Tuesday, participants will work with Care to Dance to view ballroom, cultural or country dancing by instructors and will then actually dance. Each six-week session will conclude with a party for the participants, friends and family in celebration of what was learned and the move into the next series for learning.

Cost for the program is $65 per participant (paid to care partner or caregiver) if paid initially, or may be paid per week.

To learn more, contact Dr. Fran Morris at 863-838-2433, or given the choice; or, Buddy Johnston at 863-606-4701, or caretoddanceFL@and.com.

About Care to Dance Buddy Johnston, co-founder along with Debra Sutton, is a licensed guardian and dance instructor who has worked with the Marriott Corporation, YMA and the Life Long Learning College of the University of Florida. Debra J. Sutton is a board certified marital and family law attorney. She is also the 2015 U.S. Vice Champion of International Ballroom, and 2015 U.S. Vice Champion of American Smooth Ballroom Dancing.

About Patchwork Memory Bridges Dr. Fran Morris is a senior advocate, as well as a lecturer and instructor of neurotics. She provides individual and group therapy to prolong independent living for those diagnosed with Alzheimer’s disease and other cognitive impairments.

Pamela researchers suggest potential dangers for children from cellphone exposure

By ANDREA K. MCDANIELS
The Baltimore Sun

Doctors and scientists from Harvard and Yale medical schools warned Tuesday that pregnant mothers limit their unborn babies exposure to potential radiation that can harm cellular DNA and impair brain development.

The doctors offered advice on the day of the Pediatric Academic Societies conference meeting in Baltimore where they also said parents should limit their children’s use of cellphones, iPads and other wireless technology because it can cause behavioral and concentration problems.

There is little research on the effect of the microwave and radio frequency radiation emitted by wireless devices on children, but the doctors said early studies provide enough evidence to suggest that parents should take precautions.

The doctors’ comments could stoke a longtime debate over the health dangers of cellphones, but the industry disputed their warning. “CTIA, the association representing the U.S. wireless communications industry, including carriers, suppliers and manufacturer, cited a Food and Drug Administration statement that there is not enough evidence to show that cellphones can cause a health risk. "CTIA and the wireless industry defer to the scientific community when it comes to cellphones and health effects," the group said in a statement. "The peer-reviewed scientific evidence overwhelmingly indicates that wireless devices do not pose a public health risk for adults or children."

The group said that, in addition to their own studies, World Health Organization, American Cancer Society and numerous others international and U.S. organizations and health experts, have said the scientific evidence shows no known health risk because of the radio frequency energy emitted by cellphones. "The FCC has determined that all wireless phones legally sold in the United States are safe,” said the association. "The FCC represents scientific research on a regular basis, and its standard for RF exposure is based on recommended guidelines adopted by U.S. and international standard-setting bodies."

Still, the International Agency for Research on Cancer has classified both microwave radiation and radio frequency radiation as "possible" human carcinogens, the researchers at Tuesday’s conference said.

They also presented early research at Yale School of Medicine looking into the cell membrane going into the nucleus, she said in a phone interview after her presentation. "It can make the brain get too excited and irritate," she said. "It is not inconceivable that it can cause autism," but there are other factors that can play a role. It certainly can aggravate it."

In other research, brain models and computer simulations show that children absorb 10 times more microwave radiation than adults because a child’s skull is thinner and smaller.

"It was a very hyperactive," the researcher said. "They were bouncing off the walls without a care in the world."

Dr. Martha Herbert, with Harvard University and Massachusetts General Hospital, looked at "the biological factors that can go wrong in autism and find a strong connection with the electromagnetic field of Wi-Fi. The fields disturb calcium signaling in the brain, which is supposed to regulate the flow of information at the cell membrane going into the nucleus," she said in a phone interview after her presentation. "It was a very hyperactive," the researcher said. "They were bouncing off the walls without a care in the world."

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"It was a very hyperactive," the researcher said. "They were bouncing off the walls without a care in the world."

Dr. Martha Herbert, with Harvard University and Massachusetts General Hospital, looked at the "the biological factors that can go wrong in autism and find a strong connection with the electromagnetic field of Wi-Fi. The fields disturb calcium signaling in the brain, which is supposed to regulate the flow of information at the cell membrane going into the nucleus," she said in a phone interview after her presentation. "It can make the brain get too excited and irritate," she said. "It is not inconceivable that it can cause autism," but there are other factors that can play a role. It certainly can aggravate it."

In other research, brain models and computer simulations show that children absorb 10 times more microwave radiation than adults because a child’s skull is thinner and smaller.
Brown named Employee of the Month

Registered nurse Whitney Brown, House Supervisor at Lake Wales Medical Center, was presented with Employee of the Month for March. Brown, who has worked at the hospital since 2011, was nominated “because of her can-do attitude and her willingness to do whatever it takes to make sure our patients get the best care possible,” said Marlene Howlett, RN, Chief Quality Officer at the hospital. “Whitney is someone that can always be relied on to respond quickly to any situation and support our staff and patients.”

Mall Walkers plan Prize Party

The Mall Walkers program, sponsored by Lake Wales Medical Center and Eagle Ridge Mall, has planned a prize party from 9-10 a.m. Thursday, June 9, in the Food Court and Eagle Ridge Mall, Wales Medical Center, was presented with Employee of the Month for March. Brown, who has worked at the hospital since 2011, was nominated “because of her can-do attitude and her willingness to do whatever it takes to make sure our patients get the best care possible,” said Marlene Howlett, RN, Chief Quality Officer at the hospital. “Whitney is someone that can always be relied on to respond quickly to any situation and support our staff and patients.”

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All Mall Walkers must enter through the Food Court and are encouraged to wear their Mall Walkers t-shirts so that security officers know they are part of the program. Participants are reminded to check with their physician before beginning any exercise program. For information about Mall Walkers or to sign up, call Julie Sing at 863-679-8802.

LWMC seeking volunteers

Lake Wales Medical Center has an immediate need for volunteers for courtesy shuttle drivers, the gift shop and the front lobby information desks.

Hospital volunteers receive a free meal ticket for the hospital cafeteria for each shift worked, a free flu shot once per year, and a free meal ticket for the hospital cafeteria for each shift worked.

Participants are encouraged to bring a guest as well. To register, call 863-678-2288

Watson Clinic Foundation has set a morning of free community skin evaluations with two dermatology providers.

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You’re in pain, and your doctor wants you to give him a heavy-duty drug like OxyContin or Vicodin or Percocet. Should you take it? Or should you be afraid you’re hurting, really hurting. But on the other hand, you think, I’ve heard of how dangerous these prescription opioid drugs can be — that nearly 2 million Americans either abused or become dependent on them in 2014, according to the Centers for Disease Control and Prevention. In that one year alone, more than 14,000 people died from overdoses involving prescription opioids, according to the CDC. The should-I-take-it-or-shoudn’t-I is a choice many of us will have to make.

In 2013, U.S. doctors wrote nearly 207 million prescriptions for opioid painkillers, according to the National Institute of Drug Abuse, to treat everything from cancer and post-surgical pain to bone fractures and headaches. Here are questions you should ask your doctor

By MIKE STOBBE
AP Medical Writer

A urine test could simplify Zika virus detection

At worst, in most people. The test could potentially help doctors prescribing the drugs for just a matter of days. "Three days or less will often be sufficient; more than seven days will rarely be needed," the guidelines state.

For Responsible Opioid Prescribers and president of Physicians for Responsible Opioid Prescribers. That’s a much longer window for detecting the virus itself, if more than two weeks have passed since the patient’s first symptoms. If you have a history of substance abuse, this includes illegal and legal drugs, alcohol and tobacco, according to Dr. Jane Ballantyne, professor of anesthesiology and pain medicine at the University of Washington and president of Physicians for Responsible Opioid Prescribers.

You’re also at a higher risk for addiction if you have a history of a psychiatric disease, including depression or anxiety, she adds.

Will something else help my pain?
Experts generally agree that opioid painkillers are a good choice in certain situations, such as if you’re suffering from cancer pain or you’ve just had major surgery. But on the other end of the spectrum, they say these drugs are bad choices for chronic pain, such as headaches or back pain. First, chronic pain needs a long-term solution, and your chances of becoming dependent on opioids goes up the longer you take them.

"After 12 weeks, you will have more withdrawal attacks if you stop taking these drugs," said Dr. Gary Franklin, a research professor at the University of Washington and medical director of the Virginia Department of Labor and Industries.

Second, he said, opioids aren’t very effective in these situations.

"There’s no evidence that these drugs actually help for these kinds of conditions," he said. "It may make the pain even worse," he said.

He said there are other alternatives to opioids, such as Advil, other nonsteroidal anti-inflammatories and other treatments such as physical therapy.

How long will I be prescribed these drugs?

For Responsible Opioid Prescribers, that’s that.”

"Three days or less will often be sufficient; more than seven days will rarely be needed," the guidelines state.

But that’s not how many doctors prescribe these drugs. “Many doctors are giving prescriptions for 15 to 30 days; that’s way more than people need,” Franklin said.

Dr. W. Michael Hooten, a professor of anesthesiology and pain medicine at the Mayo Clinic, said he doesn’t prescribe opioids at all in these types of acute situations, such as when people throw out their backs.

He did a study showing that 27 percent of patients who were prescribed the drugs for a short-term basis ended up taking them for considerably longer. “If the plan to taper me off? Hooten suggests you ask your doctor for his or her plan if you do become dependent on these drugs.

Lake Wales Family Practice

Dr. James Nelson & Mitzie Ballintine, ARNP

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Internal Medicine Institute, P.A.
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By ELIZABETH COHEN
CNN

Should you or shouldn’t you? A patient’s guide to painkillers

You’re in pain, and your doctor wants you to give him a heavy-duty drug like OxyContin or Vicodin or Percocet. Should you take it? Or should you be afraid you’re hurting, really hurting. But on the other hand, you think, I’ve heard of how dangerous these prescription opioid drugs can be — that nearly 2 million Americans either abused or became dependent on them in 2014, according to the Centers for Disease Control and Prevention. In that one year alone, more than 14,000 people died from overdoses involving prescription opioids, according to the CDC. The should-I-take-it-or-shoudn’t-I is a choice many of us will have to make.

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The Centers for Disease Control and Prevention issued new testing guidance Tuesday, saying the virus particles can be detected at higher levels and for a longer period of time in urine than in blood. The new guidance will make it easier to test more people for the virus. Until this week, CDC officials have had the best way to detect Zika virus is to test their blood. The blood is analyzed using a sophisticated lab technique that detects a germ’s genetic material.

But health officials on Tuesday reported on an analysis of 66 people in Florida who were tested for Zika using the same detection method but with both blood and urine samples. About twice as many urine samples correctly tested positive as compared to blood samples.

What’s more, the test in urine did a good job detecting the virus itself, if more than two weeks have passed since the patient’s first symptoms. We’re not recommend ing to replace blood testing. We’re saying to do both, said Dr. Marc Fischer, a CDC epidemiologist who helped write the guidelines.

Zika virus causes only a mild and brief illness, at worst, in most people. Symptoms include fever, rash, joint pain, and red eyes, and they usually last no more than a week. But in some situations, the virus has been linked to far more serious complications.

A Zika epidemic has been sweeping through Latin America and the Caribbean. Last year, when Zika outbreaks were being reported in Brazil for the first time, doctors saw a dramatic increase in severe brain-related birth defects in babies born to women infected during pregnancy. After looking at different kinds of evidence, health officials this year concluded that Zika causes such birth defects.

Doctors also believe — and are trying to establish — that Zika can cause a rare paralyzing condition called Guillain-Barré syndrome.

Zika can be spread through sex, but is primarily transmitted by a certain species of tropical mosquito called Aedes aegypti. That kind of transmission hasn’t yet been seen in the U.S. mainland, but that may change as temperatures rise and mosquito populations boom.

The 472 reported infections reported in the 50 states so far have all been people who had traveled to Zika outbreak countries, or their sex partners.

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Caregivers of people with dementia face financial hardships

By ALEJANDRA CANCINO
ASSOCIATED PRESS WRITER

Many relatives and friends providing financial support or care to people with dementia have dipped into their retirement savings, cut back on spending and sold assets to pay for expenses tied to the disease, according to a survey released Wednesday by the Alzheimer’s Association.

About one in five go hungry because they don’t have enough money.

“This was a big shocker for us,” said Keith Fargo, Alzheimer’s Association director of scientific programs and outreach.

Fargo said he didn’t expect so many families to be struggling. He said the survey shows that people are not prepared for the high costs of home care or nursing home care. The median cost of a home care aide is $20 per hour and the average cost of a semi-private room in a nursing home is $800 or $900 per month.

Nationwide, there are 5.4 million people with Alzheimer’s, the most common cause of dementia. The majority are older than 75.

As the dementia progresses, patients often need help with daily activities, such as eating, getting dressed or bathing. Roughly two out of five of the more than 15 million unpaid caregivers in the U.S. have a household income below $50,000, the Alzheimer’s Association says. Often the caregiving role falls on a daughter or a spouse.

Renee Packel, of Philadelphia, said that shortly after her husband was diagnosed with Alzheimer’s in 1999, she sold their car and their two-bedroom suburban home. To keep costs down, they moved into a one-bedroom apartment in the city.

“We needed money,” said Packel, 60.

Art Packel, who died last year, was in charge of the couple’s finances, and by the time she realized something was wrong, money was missing and they were behind on bills. Packel said she didn’t want her children supporting them, so she got a job as a receptionist at a title company, where she still works.

As the disease progressed and her husband started falling and getting aggressive, she moved him into a nursing home, where he lived for almost four years.

She was lucky, she said, that her husband’s veteran status granted him some benefits. But even with the government’s help, she still paid for a year of nursing home care, about $800 or $900 per month.

“It was a bad time, but it was not a dire time,” Packel said, adding that selling their home helped her weather the storm.

The Family Impact of Alzheimer’s Survey was based on more than 3,300 interviews made in December. About 500 respondents said they provided caregiving and/or financial aid to someone with dementia. Ninety-three percent were family members and the rest were friends. On average, they spent more than $5,000 per year, mostly on food, travel and medical supplies, such as diapers. The highest expenses were incurred by spouses or partners.

Nearly half of respondents said they cut back on spending. About 20 percent go to the doctor less often, while 11 percent don’t get all of their own medications. About 11 percent cut back on their children’s educational expenses.

Beth Kallmyer, Alzheimer’s Association vice president of constituent services, said people erroneously believe Medicare covers long-term care costs, when it doesn’t.

“There is no silver bullet in planning for Alzheimer’s; the costs are too staggering,” Kallmyer said, but people who plan early can avoid crises.

Mark Donham, of Portland, Oregon, said that even with financial support from a relative and long-term care insurance, he cashed in about a third of his retirement funds while caring for his wife, Chris, who was diagnosed with early onset Alzheimer’s in her 40s. He quit his salesman job in 2006, thinking he would be a full-time caregiver for up to three years, Chris lived for five years.

Donham said he eventually took on a part-time job to supplement their savings because he didn’t want to touch his retirement again. He feels lucky, he said, that the insurance paid for about two-and-a-half years of Chris’ care in an institution.

Now 53, Donham said he’d likely have to work past 65 to build his retirement back up. He won’t be able to retire at the same level or in the same time frame he had hoped to, but he’s thankful, he said, that he got to take care of his wife.

“It was the right decision for us, as a family,” he said.

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AP FILE PHOTO

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Join BayCare and the Tampa Yankees as we celebrate cancer survivor all-stars and their fight against cancer.

Event Schedule

4:30pm  Gates open for cancer survivors and guests
         Pregame activities begin

5pm     Children under age 14 can run the bases

5:10pm  Tampa Yankees players on concourse signing autographs

5:30pm  On-field ceremonies recognizing BayCare cancer survivors
         and the BayCare extraordinary caregiver

6pm     Game begins between Tampa Yankees and Charlotte Stone Crabs

TBD     Fireworks following the game

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