City passes panhandling law

Can cost violators up to $500 and jail

By MARY HURST CORRESPONDENT

City Commissioners passed a new ordinance at its regular meeting Monday which revises its existing one governing panhandling, solicitation and canvassing on city roads and sidewalks.

The city had gotten many complaints from residents of aggressive solicitation and panhandling in the downtown area, the downtown parking garage, public bus stops, and public property near Automatic Teller Machines.

The ordinance, enforced by the Winter Haven Police Department, provides for fines up to $500 and community service for the first two offenses. Subsequent offenses can include up to 60 days in jail and fines from $500 for the third offense to $1,000 for the fifth offense.

The police department will enforce the ordinance and it will be up to the officer to determine if a ticket will be issued for aggressive panhandling, solicitation or canvassing.

City Attorney John Murphy told commissioners it was the first time the city had defined “aggressive” in an ordinance. Recent case law, he said, required governments, trying to limit panhandling, solicitations and canvassing, had to protect individual’s First Amendment rights.

“I recently attended a Mayor’s conference, said Mayor Brad Dantzler. "And not one mayor had a solution to this problem except for an ordinance like this.”

Violators will go before a special master employed by the Code Enforcement Department, who will determine fines and other consequences.

Commissioners said the ordinance helps to keep safe the residents and visitors to Winter Haven, who may feel coerced or vulnerable by people soliciting or panhandling in public places, and near ATMs.

Salute to her daddy

Student’s letter to father read without him realizing who wrote it

By CATHY PALMER CORRESPONDENT

Alicia Pantolone and daughter Jacqueline wait to present Jacqueline’s letter to her father, Deputy Sheriff Dustin Pantolone at a special ceremony last week. Inset: Polk Sheriff’s Deputy Dustin Pantolone watches while a very special letter of appreciation is read to a crowd of emergency responders at a brief ceremony on Thursday.

The police department arranged by Polk RSVP County Schools students, with hundreds of other Polk County Schools students, but with the special spin arranged by Polk RSVP director Kathy Drainville.

Student’s letter to father read without him realizing who wrote it

By CATHY PALMER CORRESPONDENT

It wasn’t a “Dear Daddy, bring me back something,” or “Dear Daddy, I’m having fun at camp” letter.

It was a wrench-at-your-heart, make-a-steely-eyed-cop-get-misty letter that said: “Dear Daddy, Thank you for serving us. Thank you for serving your country. Thank you for keeping us safe.”

It wasn’t delivered by your local postman and it wasn’t delivered at the door or in a mailbox. It was hand delivered by its author to her daddy while dozens of his fellow deputies, police officers, firefighters and emergency services personnel had to put on their official faces to keep from melting from the sentiment.

It was written by Lakeland middle schooler Jacqueline Pantolone to her father Deputy Sheriff Dustin Pantolone as part of a writing assignment she shared with hundreds of other Polk County Schools students, but with the special spin arranged by Polk RSVP director Kathy Drainville.

Trailer is Nicaragua bound

Community’s donation beyond what was expected

By JAMES COULTER CORRESPONDENT

Fort Meade churches received enough clothes, food, toys, and other donated items to fill a trailer and ship it to needy villagers in Nicaragua.

For the past week, a 45-foot trailer has been parked outside First United Methodist Church of Fort Meade, where people have been free to leave donations of clothing, furniture, and other items.

The trailer was supposed to be parked outside for three weeks, but as rental fees are $160 a day, the church could only afford to keep it for a week, said Chuck Pemberton, pastor of First Assembly Church.

During that time, countless individuals, businesses, and non-profit organizations within the community donated more than enough items to fill the entire trailer.

People throughout the community donated anything and everything ranging from...
87 pairs in 6 weeks

Knights deliver shoes to elementary schools

By STEVE STEINER
STEINER@SCMGINC.COM

It was the highest turnout ever for the St. Thomas Aquinas Parish Knights of Columbus, according to Ed Jones as he and Leon LaClair. They were busy this past Monday delivering boxes of shoes to the Floral Avenue, Gibbon Street and James E. Stephens elementary schools this past Monday.

“We collected 87 pairs of shoes,” said Jones. “All of them from the parish.”

The shoes, he said were collected over a period of six weeks that ended Sept. 26. The ROC had considered starting the donation process earlier but decided against it when they took into consideration it was the height of summer. There was also another reason.

"A number of snowbirds come back this time of year," said LaClair. He added that most of the shoes collected came from monetary donations rather than the purchase of shoes by parishioners. A total of $175 was raised that LaClair and his wife used to purchase a wide variety of shoes for boys and girls in a variety of sizes, colors and styles.

On hand to accept the shoes at Stephens Elementary were principal Chandra Hall and guidance counselor Jennifer Hubbard. “The shoes will be given out as needed," Hall said as she explained how children who are in need are identified. The school, she added, also provides school uniforms when necessary. Polk County Public Schools board member Hazel Sellers was present at Stephens Elementary when Jones and LaClair arrived, although she was there to meet with Hall for another purpose. Before the presentation, she said she had the opportunity to speak with the two men and perhaps interested them in another possible project. Sellers also of the Bartow Rotary Club and since the demise of the Bartow Lions Club, Rotary has taken over the eyeglass collection drive. Jones and LaClair, she said, appeared interested in it.

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Lake Wales News
Pages 13, 14, 16, 18

Bartow News
Pages 20, 21, 22

Winter Haven
Lake Wales
Bartow
To Our Neighbors in Central Florida:

I want to give you an update on the water loss incident at our New Wales manufacturing facility near Mulberry and what we’ve done so far to address the problems caused by the sinkhole. We live and work here too, so we care about our neighbors, our local communities and the environment. Mosaic is committed to preventing any offsite impact and doing right by our neighbors.

Our recovery well at New Wales is removing water that entered the aquifer when the sinkhole formed. We have an extensive network of test wells that we are using to monitor water at the facility. We’ll continue to install additional test wells to be sure that this water is contained on our property. Our groundwater monitoring efforts have confirmed there have been no offsite impacts as a result of the sinkhole.

The well testing program being conducted by a third-party firm has returned test results from more than 260 wells from around our community. All the tests conducted have confirmed that samples taken from our neighbors’ water wells are within the health-based drinking water standards established by the U.S. Environmental Protection Agency and Florida Department of Environmental Protection.

To provide additional peace of mind, we are also delivering bottled water to those in our community who have requested it while they wait for the results of their well tests.

Sinkholes are a naturally occurring part of the geology in Florida, and we are working with experts to develop a plan to plug the sinkhole, which will likely include the use of concrete-like grout to seal the pathway that opened into the aquifer.

Until then, we will continue to provide timely updates to the community as well as detailed updates on our progress until this situation is resolved. Most of all, we are committed to making sure the local drinking water supply is not impacted by this incident. We have a long history of working closely with our neighbors, and we will work hard to honor that commitment now and in the future.

To read the latest updates from Mosaic, please visit Mosaicco.com/NWIncident.

Sincerely,

Walt Precourt
Senior Vice President – Phosphates
The Mosaic Company
Two with experience would best serve the board

Polk County voters will choose next month between two finalists each for the District 1 and District 4 positions on the school board.

Though candidates must live in the district from which they are elected, all voters in the county are eligible to vote for candidates from all seven districts. In each of the two remaining races, there is a significant difference in the experience of the candidates.

In the District 1 race, Hunt Berryman, the incumbent, brings a wealth of experience to the board, and his approaches to the board’s challenges reflect that background. Like every candidate in this year’s races (and like most educators with whom we have discussed the subject) he believes there are too many tests mandated at both the state and county levels.

His approach is to appoint a countywide task force to study the issue. We like the concept of bringing in outside views on what needs doing. He also proposes the board look at starting times for classes, in particular the practice of starting classes at high schools significantly earlier in the day than the lower grades. Research shows teenagers typically go to sleep later than younger children, and the argument is made that their classes should start later in the day.

We recommend Hunt Berryman’s re-election to the District 1 position.

Finalists to take the place of Dick Mullinax, the District 4 incumbent, who is not seeking another term, are Sara Beth Reynolds and Becky Troutman. Reynolds turned 24 years of age last week, and exaggerates only a little when she quips, “I look like I’m 12.” She is full of energy, and cites her perspective as a recent Polk County graduate as a major strength.

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S.L. Frisbie

S.L. Frisbie can be contacted at slfrisbie@hedartlandnewspapers.com

Let’s retire ‘the masses’ from our lexicon

Few phrases make me cringe as much as “the masses.” It was a phrase used with abandon by both students and faculty during my days at Florida State University more than 50 years ago. It was spoken with a combination of superiority, condescension and disdain.

For “the masses,” you see, were not like you and me. They were people who were less educated, less sophisticated, and somehow less worthy of the space they occupied on the planet than those of us who walked among the academic community.

We drank deeply — OK, some us were content merely to sip — from the Fount of Knowledge. We were clearly more worthy, if only in our own minds.

This rant is inspired by coverage last week of the death of Arnold Palmer, one of the finest golfers to walk a course — and one of the finest gentlemen to make his living playing golf — in the modern history of the game.

“He brought golf to the masses,” declared those who declare such things.

I never had the privilege of meeting Arnie, but somehow he never struck me as one who considered himself to be God’s Anointed Golfer, one whose mission in life was “to bring golf to the masses.”

Somewhere in my still impressionable youth, someone — it may well have been one of my wiser college professors — pointed out to me the arrogance of declaring those whom we considered to be lower than ourselves on the intellectual food chain to be “the masses.”

It reminds me of a Dean Alfange essay that begins: “I do not choose to be a common man.” I am also reminded of the declaration that no mother ever believed (or wanted) her son to be “a common man.”

One need not be an academic, an executive, a professional, a politician, or (saints preserve us!) a journalist to claim a unique position in the community of man.

Or woman.

Each of us holds a unique position in our community, an opportunity to leave our little corner of the world a little better than it was when we arrived.

We may have preserved a bit of history that was about to be lost; planted a tree whose shade the next generation will sit under; put a bully in his place; recognized an unsung citizen for her service; or helped a child to understand how special he or she is.

We are not the masses; we are the people, each of us, one at a time.

(S.L. Frisbie is retired. Whatever his contribution may have been to the Community of Man, greatness in golf is not one of them.)

Letters are welcome on virtually any subject, but we do have some rules. Please keep them to less than 250 words. Letters will be edited to length as well as grammar and spelling. All letters must be signed with full name — not initials. An address and telephone number must be included. The phone number and address are not for publication, but must be provided. The Letters to the Editor section is designed as a public forum for community discourse and the opinions and statements made in letters are solely those of the individual writers. Readers can send letters and column submissions to letters@polkcountydemocrat.com or mail them to 190 S. Florida Ave., Bartow, FL 33830.

We welcome your letters
Second time a charm for medical marijuana?

There are several constitut
tional amendments on the November ballot. One of them, Amendment 2 — Use of Medical Marijuana for Medical Conditions — is a retreat from the 2014 election. That election saw a slightly different version of the amend
dment receive 58 percent of the vote, falling just short of the 60 percent needed to pass. It appeared on the ballot as Amendment 2 then, too. What happened?

Polls showed support for the amendment exceeded the 60 percent needed to pass, but a strong and well-financed opposition went on the attack. Billionaire casino boss Sheldon Adelson — resident of Nevada — was a major financial backer of the “No on 2” effort. They relied on doomsday scenarios and scare tactics to chip away at Amendment 2’s support. They enlisted the help of some of Florida’s most prestigious politicians — the sheriffs. They were better financed and more powerful than Adelson. They pointed to ballot language that was drafted somewhat loosely to allow the Florida Legislature to deter
determine its implementation.

Opponents exploited this leverage to lawmakers as a flaw in the language and questioned the motivation of the effort to legalize medical marijuana. Orlando attorney John Morgan is the man behind United for Care — the po
cilitical committee organized to sponsor the amendment. Motivated by his brother’s need for marijuana to ease debilitating pain, Morgan has been passionate about the cause. He put his money where his mouth was — to the tune of several million dollars.

Not deterred by coming up a little short, Morgan and United for Care jumped through all the hoops again. They redraft
ed the language to address the misconceptions, collected 692,981 valid signatures and passed Florida Supreme Court review. Ben Pollara of United for Care said the new language more clearly describes eligible medical conditions, in
cluding cancer, AIDS, epilepsy, glaucoma and others — also requires parental consent and verification for minors.

There are other factors that might point to a successful outcome the second time around. The Legislature passed and the governor signed legislation that would allow terminal patients to be given full-strength medical mari
guana, signaling a softening in position. This election year — with a hostile contested presidential race on the ballot — turn
out is expected to be much higher. Remember, the first ballot proposal failed by only two percentage points.

So what do the polls show? A PPP poll taken early this year showed 65 percent of Florida voters would support the medical marijuana initiative. Support crossed party lines: Democrats 73/18, indepen
dents 70/20 and Republicans 53/40.

Saint Leo University has also been polling the issue. In March 68 percent of respon
dents agreed that the Florida Legislature should approve medical marijuana. Legislators did but the newly passed legislation applied to only a few patients and thousands of others without relief for their suffering. In June, a Saint Leo poll showed 65 percent of respon
dents support Amendment 2 granting the right to use marijuana for medical treatment of terminal and these non-
terminal ailments.

The most recent poll, taken in September and released by the Florida Chamber of Commerce, showed Amendment 2 had grown to 73 percent of voters.

What happened? Billions in Florida’s 2014 state budget were unfunded,
regulated, doctor-ordered medical marijuana.

Paula Dockery is a syndicat
ed columnist who served in the Florida Legislature for 16 years as a Republican from Lakeland. She can be reached at PBDockery@gmail.com.

“Learning the Desktop/ Working with Files and Folders” will explore how the operating system manages your computer, as well as seeing how files can be stored, copied, and deleted. Dockers will create.

Our address is 2150 S. Broadway Ave. in Bartow. You can call Bartow Library at 863-334-0313 if you have any questions about our events.

Paula Dockery is the reference librarian at Bartow Public Library.
Winter Haven News

Vision: Commerce and community

New Chamber of Commerce chair says it’s way to go in Winter Haven

By JAMES COLTER
 Correspondent

The Winter Haven Chamber of Commerce’s new chair has a very forward-thinking vision for the city created through the cooperation of its business owners and residents. Hap Hazelwood, chief financial officer and Treasurer of Six/ Ten LCC, was named the new chair of the Board for the Chamber of Commerce during their annual meeting last Thursday at Lake Ashton Country Club.

Hazelwood has remained active within the Winter Haven community through the Chamber and other organizations such as Habitat for Humanity, Meals on Wheels, and the American Cancer Society.

As the new chair, he plans to further the Chamber’s vision “to advance commerce and community” and their mission "to serve, represent, and enhance business growth.”

His goals for the upcoming year include having the Chamber apply for Five Star accreditation and renovating the chamber building. Such renovations include transform the lobby into a state-of-the-art high technology welcome center, modernizing the second floor with better wireless technology, and making the overall building more energy efficient.

Other proposed projects include starting a new community branding initiative, expanding their governmental outreach committee, launching a new member mentoring initiative, and scheduling several business outreach forums.

Moving forward with these projects will involve hard work and dedication, not only from chamber members, but from the community as a whole, Hazelwood said.

"I submit that we have been successful in the past in large measure because we are accomplishing our mission by satisfying the need of you, our members," he said.

"Therefore, I challenge you each of you all this evening to use your talents to serve our community and chamber next year."

In an effort to have the chamber become more productive, Hazelwood challenged the Board of Directors to devote an extra 10 minutes per day for the next year "to consciously talk, promote, and work extra hard for the chamber."

Such extra dedication will allow members to collectively provide 1,500 hours of extra service to the community. Moreover, he wants the community as a whole to provide the same level of commitment, with 10 minutes per day devoted to helping their communities, the combined effort which would equal 18,000 hours of extra service.

"We can, we will, and we must continue to move our communities forward with positivity as well as come together for the greater good... and in doing so, we will continue to accomplish our vision and mission for our wonderful community," Hazelwood said.

Hazelwood was preceded by now former Chamber Chair Debbie Harsh, who, along with the 14 other former Chairs, ceremonially passed the gavel to him that evening.

Under her tenure, Harsh witnessed tremendous economic growth and development within the community. This year alone saw expansions to Legoland and Bok Tower and new facilities created for Central Florida Healthcare and Heart of Florida Regional Center.

More than 50 ribbon cutting and ground breaking ceremonies occurred this year for small businesses, while the Polk County Tourism and Sports Marketing broke the record for tourism tax collection at $9.1 million, an 18 percent increase over the previous year.

Meanwhile, the chamber itself has experienced much growth, with membership increasing by 100 members since 2013, with an overall total of 710 businesses.

"Can you believe that this all happened within one calendar year?" Harsh asked. "Every one of you are a part of something spectacular..."
Oct. 9 at the Polk State through the matinee at production continues Thursday, Oct. 6. The "Godot" at 7:30 p.m. Beckett’s "Waiting for performance of Samuel for the Polk State Theatre Thursday, Friday, will be at 7:30 p.m. Blvd., SW. Performances at 210 Cypress Gardens Chain of Lake Complex Sunday, Oct. 16, in the "Haven’ s Beauty and the for Theatre Winter It’ s the final two weeks Wednesday, October 5, 2016  Page 7

By CASSIE JACOBY CORRESPONDENT

It’s the final two weeks for Theatre Winter Haven’s Beauty and the Beast on stage through Sunday, Oct. 16, in the Chain of Lake Complex at 210 Cypress Gardens Blvd., SW. Performances will be at 7:30 p.m. Thursday, Friday, Saturday and Sunday and 2:30 pm. Sunday. Audiences and critics are raving about the production adapted from the classic Disney animation. “The costumes were beautiful and the singing was amazing,” “five stars” and “standing ovation worthy” were some of the comments from theater-goers. “This is an absolutely magical show and has been seen by over 35 million people worldwide since its premiere in 1994,” said Dan Chesnica, TWH producing director. “In addition to all of the beloved songs from the original movie, including Be Our Guest and the title track, the show also includes additional numbers from original composer Alan Menken and musical theater legend Tim Rice. It’s one of the great musicals of the modern era and remains the standard by which all others must be judged.” TWH’s Horizons New Director Showcase will present three short works by new directors Nov. 11-13. Taryn Adams will direct “Savage Love” by Sam Shepard; Danielle Paccione will direct “Honey Sweet X’s and O’s” by Matt Siadak; and Chris Walsh will direct “A Game” by Dennis Noble. The audience favorite will win a $500 cash prize. The event pass is $20 and includes admission to all three days of the showcase. Season 47 will continue with “Almost, Maine,” Dec. 1-18; “One Man, Two Guvnors,” Jan. 12-19; “Million Dollar Quarter,” Feb. 16-March 12; and “Peter and the Starcatcher,” April 6-23. Visit www.theatrewinterhaven.com or call 863-294-SHOW (7469) for tickets and information.

By CASSIE JACOBY CORRESPONDENT

The curtain will rise for the Polk State Theatre performance of Samuel Beckett’s “Waiting for Godot” at 7:30 p.m. Thursday, Oct. 6. The production continues through the matinee at 2:30 p.m. on Sunday, Oct. 9 at the Polk State Winter Haven Fine Arts Theatre. Tickets are free on opening night and all performances are free for Polk State students and employees as well as all Polk County high school students. Tickets for all others are $10. Considered an existential masterpiece, “Waiting for Godot” follows two wandering tramps, Vladimir and Estragon, who wait by a lonely tree to meet up with Mr. Godot. “He’s an enigmatic figure in a world where time, place and memory are blurred and meaning is where you find it,” said Mark Hatfield, director. “The tramps hope that Godot will change their lives for the better. Instead, two eccentric travelers arrive, one man on the end of the other’s rope. The results are both funny and dangerous.” “It is a mystery wrapped in an enigma. But you can expect witness to the strange power this drama has to convey the impression of some melancholy truths about the hopeless destiny of the human race,” said the late Brooks Atkinson, the New York Times drama critic for 31 years.

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A mystery wrapped in an enigma ‘Waiting for Godot’ to debut this week

‘A tale as old as time’ Theatre Winter Haven’s Beauty & the Beast called a hit

By CASSIE JACOBY CORRESPONDENT

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Applications for Thanksgiving, Christmas baskets being taken

The holidays are coming quickly and the Church Service Center in Bartow is taking applications for Thanksgiving and Christmas baskets.

Each year the Church Service Center sets aside food baskets for Thanksgiving with complete meals and baskets for Christmas that includes food and toys. Applications can be filled out at the Church Service Center, 495 E. Summerlin St., Bartow, from 9 a.m. to 6 p.m. on Tuesdays and Thursdays. To apply, people will need to provide a 2015 v2 form, a Social Security aid card, a driver’s license or a 2015 tax return. A photo ID is required in all adults in the household and there must be Social Security cards on everyone in the house. People will also need to provide a food stamp letter, if applicable, a proof of address which can be a light bill or lease agreement, for example.

Those 55 or older with one or more children can apply for both. No application will be taken without all the information.

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Those 55 or older with one or more children can apply for both. No application will be taken without all the information.

Applications for Thanksgiving, Christmas baskets being taken

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By CASSIE JACOBY

It was my involvement in scouting’s elite honor society, The Order of the Arrow — a group that you can only join after both a scout’s rank and a vote by his peers,” said Finkcannon, who received the rank of Eagle, the highest level in the scouting hierarchy. “I gave up rising through the ranks in scouting and have very fond memories of my experiences working at camps,” he says. “But, I have become more aware of the conflict between what was a very honest attempt to give reverence to a culture that fascinated me and the absurdity of adopting another’s culture as a means of escaping from or mystifying my own.”

When the Order of the Arrow was established in 1915, the founders used the legends and symbols of the local Delaware Indians to create a sense of mystery and adventure to the organization. Ceremonies are loosely based on Native American rites, and scouts dress in regalia and practice at length to perfect dance styles and methods of singing. “At times, they’ve put a lot of care put into the authenticity of the experience, both on the part of the Scouts and the organization,” said Finkcannon. “Young men invest hundreds of hours and dollars into making their regalia as authentic as possible and dedicate themselves to creating an environment to transport them to a different time and place. While the intention is to engross oneself in the culture of the Native American tribes, these activities can unintentionally deride the very culture they seek to emulate.”

By CASSIE JACOBY

New plans are in the works when Pickin’ in the Park opens its 17th sea- son from 6-8:30 p.m. on Friday, Oct. 7, in Winter Haven’s Central Park. Folk, rock, country, bluegrass and sing-a-long tunes will be performed by Harmony Grits members Nat West, Smith, Eddie Bruner, Bob Howard and Judy Jarvis to open and close the season, but new groups will perform the other months.

The 71-year-retired Winter Haven Hospital vice president, who will provided song books to those attending for the first time and suggests bringing chairs or blankets, says it’s high time for a change. “I’ve been 16 years that decided it’s too much equipment for this old guy to lug down there,” said West, whose new group, The Grateful Alive, with Squire Smith and Eddie Bruner, is available to hire for private parties. “Fat Frank and The Plank Spankers will perform Nov. 4; T. Michael Stavres and Duke Burr’s Coastal Acoustic Barefoot Band on Jan. 6; the Good Times Band, Feb. 3; Fat Frank and The Plank Spankers, Mar. 3; Celtic String Along, April 7; and Harmony Grits returns May 5 to close out the season.

“The goal of the objectives was to bring people downtown,” said West, whose love of music and Central Park struck a chord that led to the answer. “This park is magical,” said West. “It was been asked by a number of communities to do the same kind of thing in their community, but when we start talking about it, they say we don’t have a park like this. Wonder if people really know what they have here. It’s spectacular.”

West credits a large part of the success of Pickin’ to his Harmony Grits band member Eddie Bruner whose humorous life stories provide what West calls “internal jogging.” “We bring songbooks and the audience yells out numbers that corre- spond to songs they want the group to play. Eddie is a remarkable guy whom everyone loves for good reason,” West said. “He’s thoughtful, helpful to anyone in need, always positive and amazingly funny. He brightens up everyone’s day; I think many people come just to hear what Eddie is up to come with next step.

What started as one event with a small audience has increased to free musical events every Friday night with up to 400 people. Sponored by Winter Haven Hospital and the city of Winter Haven, the Pickin’ in the Park pre- show at 5:30 p.m. fea- tures music provided by children from local public schools that attracts families. In addition to the free community sing-along, West opened Praise in the Park, a dulcimer night for those who play mountain and hammer dulcimers, and Join Us and Jam, where local musicians have an opportunity to play. His push for a musical downtown has also spilled into unique special events such as the Jug Band Contest, Would Stock, and the recruitment of street musicians for Main Street Winter Haven events. “As far as we know we are the only community in Florida offering free music every Friday night,” West said.
So moved, she got Center State Bank to help with Meals on Wheels

When it came time to care for her aging mother, Debbie Harsh, Director for Human Resources at Center State Bank, wanted to be able to allow her mother to live an independent life while also receiving the care that she required, especially when it came to the preparation of her meals.

Harsh considered placing her mother in an assisted living facility, but soon learned about the personable care provided through the meal delivery services from Meals on Wheels. “They delivered a hot meal to my mom every day, and gave my family assurance that we knew someone was checking on my mom every day and that she was receiving a quality meal,” Harsh said.

Two years later, when Harsh visited an event hosted by Heart of Winter Haven showcasing various local organizations, she learned that Meals on Wheels was in desperate need of drivers to deliver meals, especially during the summer months when most of their drivers returned north.

“Most times, it’s easy to (write out) a check, but it would not provide any assistance that Meals on Wheels was dealing with,” Harsh said. “I returned to the bank with a question in mind: how can we at Center State Bank, a local community bank, give back to the community that gave back to us?”

Wanting to help an organization that helped her mother and her surrounding community, Harsh decided to have her bank staff volunteer their time assisting Meals on Wheels by serving as drivers in teams of two for delivering meals. Two years later, 10 percent of the bank’s Polk County employees volunteer to help make deliveries. For many volunteers, they have grown to love helping those who need it most.

“They are not just providing a meal to these folks, they are providing a smile and warm greeting and sometimes even a hug,” Harsh said. “Some of these dear people have no family, and Meals on Wheels are the only one they come into contact with.”

Center State Bank was one of many sponsors present for Meals on Wheels’ ninth annual fundraiser. Night at the Oscars, hosted last Friday, at Lake Ashton Country Club.

The fundraiser included a silent auction of at least three dozen gift baskets, along with a live auction of various glamorous prizes ranging from trips to Disney World and Sea World to a lunch with the Polk County Sheriff Grady Judd.

The fundraiser is one of the largest for Meals on Wheels, and has proven popular with many local businesses and organizations who happily sponsor it. “I think it is a great event that brings a lot of people together and makes a fundraiser for Meals on Wheels,” said Hap Hazelwood, Winter Haven Chamber of Commerce Chair. “We appreciate everyone’s support, and they do a lot of good throughout the year.”

This year’s event proved to be larger than last year’s, boasted Meals on Wheels Director Susan Eldritch. This year, the fundraiser was raised $55,000 from their sponsors. The event attracted 240 people.

As a community-funded non-profit organization, Meals on Wheels relies heavily on the donations and volunteer work of local residents and businesses. “I think we had a good turnout,” Eldritch said. “I’m always pleased with the community ... I think each year people come to realize that we are going to have a fundraiser, so it builds each year and we look forward to it.”

While extra funds are always appreciated, the organization requires volunteers the most, and accepting new volunteers usually proves to be a greater challenge than raising funds, Eldritch explained. “In the past couple of years, we found that it is harder to get volunteers, (as) more people are working later and retiring at a later age,” she explained. “So we have become more creative with what we do to get volunteers.”

Many of their volunteers are local residents whom have benefited either directly or indirectly from the organization’s services, with many of them having friends and family members who were served by Meals on Wheels. One such beneficiary was Teresa Proudfoot, a kitchen volunteer for the past six years who, upon moving to Florida with her retiring husband, left her 80-year-old mother in the caring hands of the organization.

Not only has Meals on Wheels offered her mother a hot meal every day, but their workers always check on her to ensure that she is doing well living on her own, Proudfoot said.

So when Proudfoot discovered an advertisement for Meals on Wheels volunteers in a church bulletin, she decided that she would help the very non-profit that had helped her mother. “I kept thinking of my mom and what it met to her to have someone come every day to deliver a warm nutritious meal and talk to her and so I decided that in honor of my mother (and) to make this my life’s mission,” she said.

Some of Hollywood’s finest stars and celebrities appeared during last week’s most spectacular event, Night At The Oscars.

As her mother benefited from Meals on Wheels, Debbie Harsh, Director for Human Resources at Center State Bank, supports the organization and has her fellow bank employees volunteer to deliver meals.

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Some of Hollywood’s finest stars and celebrities appeared during last week’s most spectacular event, Night At The Oscars.
WINTER HAVEN NEWS

Veterans to take Honor Flight

Visits to war memorials scheduled this week

By CATHY PALMER
Correspondent

On Saturday, military vet who are unable to take the Flight to Honor via charter plane, will get to take a virtual trip to the nation's capitol to visit memorials to the nation's past wars and to the warriors who served.

Kicking off at 10 a.m., the veterans and their guardians, will take the tour of the World War II Memorial, the Korean War Memorial and the Vietnam Memorial, all from the comfort of the American Legion Post 8 In Winter Haven.

The program is geared toward veterans with life-limiting illness or mobility issues, said Polk County Veterans Services Director Mike Mason. “We want to honor those who served in our wars,” Mason said. “Especially those who can't make the regular Flight to Honor.”

Mason said the Special Mission will be held at the post located at 300 Avenue M NW, in Winter Haven. The regular Flight to Honor will be held later in the year or early next year.

Each attendee will be provided with a guardian, someone who will guide him or her through the tour and subsequent activities. Veterans are participating on a first-come, first-served basis with preference given to World War II veterans and those who may be terminally ill. No medical condition will bar a veteran from the virtual tour, if their family and health care providers approve.

Veterans pay nothing for their participation in the day's events. The events are jointly sponsored by Polk County Honor Flight and Cornerstone Hospice.

Businesses honored in Haines City

By CATHY PALMER
Correspondent

Each year, the Haines City Area Chamber of Commerce honors three businesses at its annual Business and Industry Award Luncheon.

This year, those taking home the prestigious awards were Poinciana Medical Center, Heart and Vascular Institute of Florida in Haines City and Shannon Orthodontics of Davenport.

Poinciana Medical Center was nominated for the large business honor along with Legoland and Westgate River Ranch. PMC CEO Joanna Comley accepted the award from last year's winner Center State Bank's representa- tive Paul Gerard.

The small business honors went to the Heart and vascular Institute with owner and chief medical officer Irfan Siddiqui accepting the honor. Also nominated this year were Ponser Park Chrysler and Power Transportation Supply.

The honorees for this year's Spirit of Community award wasn’t on hand to accept his award, but it was nominally presented to Dr. Chris Shannon of Shannon Orthodontics in Davenport. The award recipients are nominated by chamber members based on capital invest- ment, growth rate, future plans and job creation, to name a few of the criteria.

Also at the Thursday luncheon, Reba Coil of Polk Vision provided the chamber membership an update on that organization, outlining the group's vision and mission as a private entity devoted to improving all aspects of life in Polk County.

Coil said education, infrastructure, the economy, government, civic engagement, quality of life and a viable business climate that can grow are the goals of the organiza- tion. She also explained the group has estab- lished 29 different teams that examine ways to improve those areas throughout Polk County.

Coil also said Polk Vision offered leadership training for those inter- ested who had already completed leadership training through their local chambers. The Haines City chamber's leadership class also Thursday received plaques signifying their completion of the nine- month training course.

A New Approach to Joint Replacement

If knee or hip pain or stiffness is keeping you from doing the things your love, robotic-assisted surgery could help you get back to your active life. And because it's minimally invasive, many patients experience a shorter hospital stay and quicker recovery.

Light lunch will be served but space is limited.

Call today to reserve your seat.

Lunch & Learn
Friday, October 7, 2016
12:00 p.m. - 1 p.m.
Heart of Florida Regional Medical Center
Education Boardroom

Thursday, October 13, 2016
12:00 p.m. - 1 p.m.
Haines City Library
303 Ledwith Avenue
Haines City, FL 33844

RSVP today: 866-999-DOCS (3627)

Abhijit Manaswi, MD
Board Certified Orthopedic Surgery

Member of the Medical Staff of Heart of Florida Regional Medical Center.

Heart of Florida Regional Medical Center is owned in part by physicians
Guitarist Elias Tona will perform salsa and Latin jazz at three free concerts Oct. 5-7 in Lake Wales.

As part of the Arts Day celebration, Tona will perform at 12:30 p.m. on Thursday, Oct. 6 at Polk State Lakeland Student Center, 3425 Winter Lake Road, Lakeland.

His final performance will be at 7 p.m. on Friday, Oct. 7 at the Polk State Lake Wales Arts Center, 1099 State Road 60 E., in Lake Wales. Call 863-298-6883, email LWAC@polk.edu or visit polk.edu/artcenter for more information.

By CASSIE JACOBY
Correspondent

Acclaimed salsa and Latin jazz guitarist Elias Tona will perform three free concerts at 12:30 p.m. on Oct. 5-7 at Polk State College campuses in Lake Wales and Lakeland.

A native of Venezuela, Tona has performed with Grammy-nominated ensembles to the area. His performances kick off at 12:30 p.m. on Wednesday, Oct. 5 at Polk State J.D. Alexander Center, 152 E. Central Ave. in Lake Wales.

Guitarist Elias Tona will perform salsa and Latin jazz at three free concerts Oct. 5-7 in Lake Wales and Lakeland.

Say si, si to salsa

Guitarist Elias Tona
performs concerts this week

$8 $AVE $MONEY $8
Shop the Classifieds.

Church Directory

BAPTIST LIGHTHOUSE BAPTIST CHURCH
Independent Baptist
307 ABC Rd., Lake Wales
3 miles S. of 9H 60 on US 27
Dr. John Hawkins, Pastor
Old-Fashioned Preaching
& Hymns — KJV Bible
Sunday School, 9:30am
Sunday Morning, 10:30am
Sunday Night, 6:30pm
Wednesday Night, 7:00pm
638-2040

Independent Baptist
New Life
• Sunday School 10 am
• Morning Worship 11 am
• Sunday Evening 6 pm
• Wed Evening 7 pm
Pastor Mauritio Thompson
807 West Memorial Blvd.
Lakeland
863-229-6337
“ALL WELCOME”

Christian Home Freewill Baptist Church
CHRISTIAN HOME
1125 US HWY 17 South
Bartow, FL 33830

KJV Fundamental
Presbyterian
Southern Gospel Music Only
Sunday School 10:00 am
Sunday Morning 11:00 am
Sunday Night 6:00 pm
Wednesday Night 7:00 pm
863-533-4734
‘Shining Silk: Arts of Japan’ reception Oct. 6 in Lake Wales

By CASSIE JACOBY

A free exhibition reception for “Shining Silk: Arts of Japan” will showcase the Japanese embroidery “paintings” by Nancy Sutherland from 5-7 p.m. on Thursday, Oct. 6 at the Polk State College Lake Wales Arts Center.

Japanese pottery from the permanent collection of Polk Museum of Art also will be featured in the exhibit through Nov. 18.

“Your hands are the expression tool of your spirit,” said Sutherland, who will display 25 items embroidered with metallic threads on hand woven silk.

“One of Japan’s first traditional art forms, it was secretly passed from master to apprentice for more than 1,000 years and combines technical skills with spiritual components.

The Lake Wales needlepoint artist began her formal study of the “Nuido” technique in 1998 with noted needlepoint artist Audrey Francini and professionals at the Japanese Embroidery Center in Atlanta, Ga.

After six years of training, she was awarded a graduation certificate in recognition of the completion of the 10 phases of traditional Japanese embroidery. Her work has also been exhibited at the University of Kentucky art museum and the Japanese Embroidery Center.

Gallery hours are 9 a.m.-8 p.m. Monday-Thursday and 9 a.m.-5 p.m. Friday at 1099 State Road 60 E. in Lake Wales. Visit www.lakewalesartsCouncil.org and https://www.facebook.com/LakeWalesArtsCouncil or call 863-676-8426 for more information.

Nancy Sutherland will be exhibit 25 Japanese embroidery “paintings” through Nov. 18 at the Polk State College Lake Wales Arts Center.

PHOTO PROVIDED

Nancy Sutherland will exhibit 25 Japanese embroidery “paintings” through Nov. 18 at the Polk State College Lake Wales Arts Center.

PHOTO PROVIDED
Wednesday, October 5, 2016

I love the Arts @ Polk State

Polk State presents...™

OCT 3-28
MON-THU | 10AM-2PM
GALLERY EXHIBIT
Student Art Exhibition
Polk State Winter Haven Fine Arts Gallery
999 Avenue H N.E., Winter Haven, FL

OCT 3-28
MON-THU | 10AM-2PM
GALLERY EXHIBIT
“Boy Scouts & Indians” by Rod Fincannon
Polk State Lakeland Art Gallery
3425 Winter Lake Road, Lakeland, FL

OCT 3-NOV 18
MON-FRI | 8AM-5PM
GALLERY EXHIBIT
Shining Silk: Arts of Japan
Polk State Lake Wales Arts Center
1099 State Road 60 E., Lake Wales, FL

OCT 5
WED | 12:30-1:45PM
DOWNTOWN CONCERT SERIES *
Elias Tona, salsa and Latin jazz
Polk State JD Alexander Center

OCT 6
THU | 12:30-1:45PM
ARTS DAY AT POLK STATE COLLEGE CAMPUS CONCERT SERIES’
Elias Tona, salsa and Latin jazz
Polk State Lakeland Student Center

OCT 7
FRI | 7-8:30pm
CONCERT
“Boy Scouts & Indians” by Rod Fincannon
Polk State Lakeland Art Gallery

OCT 10
MON | 10AM-2PM
GALLERY EXHIBIT
“Boy Scouts & Indians” by Rod Fincannon
Polk State Lakeland Art Gallery

OCT 11
TUE | 5-7PM
CONCERT
Tampa Taiko
Traditional Japanese drum performance
Free admission | Polk State Lake Wales Arts Center

OCT 15
SAT | 9am-3pm
POLK STATE CHOIR AND ENSEMBLES
“Fall Festival of Singing”
$7 General public | Free for Polk State students & Polk County high school students, Polk State faculty & staff
Polk State Winter Haven Fine Arts Theatre

OCT 16
SUN | 2:30-4pm
SHINING SILK CONCERT

Featuring Victoria de Lissovoy and Charlie “Topp” Hines
Free admission | Polk State Lake Wales Arts Center

OCT 19
THU | 5-7PM
SHINING SILK CONCERT

Featuring Painter David McGee and Derek Menchan, cello
$5 Suggested donation | Polk State Winter Haven Fine Arts Theatre

OCT 21
FRI | 5-8pm
JAZZ JAM SESSION
Presented by Vision of the People
Featuring Painter David McGee and Derek Menchan, cello
Free admission | Polk State Lake Wales Arts Center

OCT 22
SAT | 7-8:30pm
CHAMBER MUSIC SERIES
“Pieces en Concert: A Synesthetic Experience”
Presented by Vision of the People
Polk State Winter Haven Fine Arts Theatre

OCT 23
SUN | 2-4pm
OVER SS SHOW BAND SERIES
“Fun Fall Festival”
$10 General public
Polk State Winter Haven Fine Arts Theatre

OCT 27
THU | 7-8:30pm
POLK STATE SYMPHONIC BAND CONCERT
“Fall Spooktacular”
$7 General public | Free for Polk State students & Polk County high school students, Polk State faculty & staff
Polk State Winter Haven Fine Arts Theatre

Venues, dates, times, and prices subject to change. For more information, please contact the Polk State Lake Wales Arts Center at 863.298.6883 or LWAC@polk.edu.
All gallery exhibits and receptions, and Downtown/Campus Concert Series are free.
*Downtown/Campus Concert and Arts Incubator Series supported by Visit Central Florida.

Polk State College is committed to equal access/equal opportunity in its programs, activities, and employment. For additional information, visit polk.edu/equity.
Lake Wales News
Huge home tour getting set for the holidays

Christmas at Bok Tower Gardens is an annual celebration for all ages and one of the best times of year to visit. Events and festivities take place daily from 10 a.m. to 5 p.m. Nov. 25 through Jan. 8.

The ever-popular Holiday Home Tour at Pinewood Estate is the highlight of Bok Tower Gardens’ season of holiday-themed events, but the Christmas fun doesn’t stop there. Visitors will enjoy poinsettia, bromeliad and amaryllis displays, live music on the 205-foot Singing Tower carillon, Sunset & Symphony Holiday Concert with the Orlando Philharmonic Jazz Orchestra (on Dec. 3), winter walking tours, and a variety of educational programs.

Home for the Holidays
Touring the 20-room, 1932 Mediterranean-style Pinewood Estate is like taking a step back in time for a glimpse of how families might have celebrated the holidays during a bygone era. The estate’s decorations change each Christmas, and no two years are ever the same. For the 2016 edition, it is 1940s post war and Pinewood Estate owner C. Austin Buck has invited his whole family to celebrate the holidays in Florida and the same. For the 2016 edition, it is 1940s post war and Pinewood Estate owner C. Austin Buck has invited his whole family to celebrate the holidays in Florida and the home to celebrate Christmas together during the 1940s, “she said. “The house speaks to you; you can feel its history. It’s an amazing place, and we love it.”

With as much work that goes into every detail of the décor, the Holiday Home Tour wouldn’t be possible without the dedicated help from dozens of people who began preparing several months in advance. The staff, volunteers and designers who make this event happen have worked tirelessly throughout the year to plan for a spectacular display,” D’hollander said. “A project of this size and scope is truly a team effort.”

A Holiday Hunt for the whole family
Children are encouraged to tour the historic estate and participate in a fun hunt for a family of Pinewood Christmas Squirrels who are hiding throughout the Estate. An activity actually enjoyed just as much by adult visitors. Before or after the tour, families can also enjoy the all-new Hammock Hollow Children’s Garden with nearly three acres of nature inspired play areas and gardens. For convenient snacks and drinks, visitors can enjoy Pinewood Place located adjacent to the Estate and open from 11 a.m. to 4 p.m., daily through Jan. 8. Following the Christmas season, Pinewood Estate will reopen to daily tours later in January.

Swing into the holidays with Jazz Under the Stars
In addition to the Holiday Home Tour, Bok Tower Gardens also presents its annual Sunset & Symphony Holiday Concert with special guest Michael Andrew as part of the Christmas celebration at 6 p.m. Saturday, Dec. 3. The OPO and Singing Tower carillon perform holiday classics while visitors enjoy finger-kicking and festival-style seating on the Gardens’ Great Lawn.

Advance tickets are $20/adult and $10/child ages 5-12. Day of tickets are $25/adult and $10/child ages 5-12. Those younger than 5 are free.

“Add a little sparkle to a national historic landmark,” says Jennifer D’hollander, director of visitor services & programs. “We want our visitors to feel like they’re coming home to celebrate Christmas with Bok Tower Gardens.”

Adding sparkle to a national historic landmark
Inspired by the history and beauty of Pinewood Estate, members of The Amaryllis Club are decorating the main floor of the estate and Nettle Creek (Lucy’s Bedroom) and the Lake Wales Museum (one of the guest bedrooms). “The Amaryllis Club is so pleased to join other designers in celebrating the 22nd annual Holiday Home Tour,” said Cindy Alexander, one of the club’s organizers. “Our members are excited to support the Gardens in a way that focuses on preparing a very special home for the holidays.”

Patti Bostick, lead designer for the Amaryllis Club decorating team, said the Club’s main intent was to maintain the integrity of the house in their designs and to make sure the decorations emphasize the home’s architecture, beauty and style. “We want our visitors and the privilege for us to be decorating this one-of-a-kind home,” Bostick said. “Our entire team has worked on this project since spring, and we’re excited that visitors will be able to experience this.”

“For the 2016 edition, it is 1940s post war and Pinewood Estate owner C. Austin Buck has invited his whole family to celebrate the holidays in Florida and the home to celebrate Christmas together during the 1940s,” she said. “The house speaks to you; you can feel its history. It’s an amazing place, and we love it.”

With as much work that goes into every detail of the décor, the Holiday Home Tour wouldn’t be possible without the dedicated help from dozens of people who began preparing several months in advance. The staff, volunteers and designers who make this event happen have worked tirelessly throughout the year to plan for a spectacular display,” D’hollander said. “A project of this size and scope is truly a team effort.”

A Holiday Hunt for the whole family
Children are encouraged to tour the historic estate and participate in a fun hunt for a family of Pinewood Christmas Squirrels who are hiding throughout the Estate. An activity actually enjoyed just as much by adult visitors. Before or after the tour, families can also enjoy the all-new Hammock Hollow Children’s Garden with nearly three acres of nature inspired play areas and gardens. For convenient snacks and drinks, visitors can enjoy Pinewood Place located adjacent to the Estate and open from 11 a.m. to 4 p.m., daily through Jan. 8. Following the Christmas season, Pinewood Estate will reopen to daily tours later in January.

Swing into the holidays with Jazz Under the Stars
In addition to the Holiday Home Tour, Bok Tower Gardens also presents its annual Sunset & Symphony Holiday Concert with special guest Michael Andrew as part of the Christmas celebration at 6 p.m. Saturday, Dec. 3. The OPO and Singing Tower carillon perform holiday classics while visitors enjoy finger-kicking and festival-style seating on the Gardens’ Great Lawn.

Advance tickets are $20/adult and $10/child ages 5-12. Day of tickets are $25/adult and $10/child ages 5-12. Those younger than 5 are free.

“Add a little sparkle to a national historic landmark,” says Jennifer D’hollander, director of visitor services & programs. “We want our visitors to feel like they’re coming home to celebrate Christmas with Bok Tower Gardens.”

Adding sparkle to a national historic landmark
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Incumbent faces two opponents

School Board race features activist seeking District 1 seat

By CATHY PALMER

Correspondent

With one candidate out of the race for the Polk County School Board Seat 1, top finisher in the Nov. 8 general election, Billy Townsend, will face incumbent Hunt Berryman in the Nov. 8 general election.

Berryman, a retired 72-year-old businessman from Lakeland, is using his record of conservatism and a business mind-set as the basis of his campaign. And, as the two opponents, maintains the student population has “too many tests” and has even suggested the district leaders terminate a testing task force to investigate ways to eliminate the potential for “teaching the tests.”

He also said “schools should have more a cademic autonomy” and “enhance and increase early childhood learning opportunities.”

“While there may be too much testing,” the incumbent said, “we have to have some accountability.” Berryman also said that “poverty is an ongoing issue, that contributes to the dropout rate” and “we need to shore up in that area.” Both candidates say they believe Polk teachers are “burdened by progress monitoring” and “too much testing” is placed on testing.

“Teachers are afraid and fear is everywhere,” says Townsend.

“Teachers are afraid to bring their feelings to the table” and “that needs to stop. We need to listen to our teachers.”

“Principals know their teachers,” said Reynolds.

“They should have more authority over them. Teachers should have more authority over their students and not be guided so much.” Both candidates maintained that teachers are underpaid and undervalued.

“Teachers are getting messages that aren’t clear and consistent from their leadership,” said Townsend. “They are being unfairly judged,” said Reynolds.

“Teachers say ‘meaning- ful training is a problem’ and ‘teacher morale is low.’” Reynolds said that “we can’t keep it going because ‘it’s just not competitive.”

Townsend said that “problems in the system are ‘not being dealt with’ and “are just being swept under the rug.” She did not identify specific problem.

“Townsend says she supports the present and future fiscal plan, which the students can follow a specific career path through middle and high school, but sees a need to work “more closely with the business community to make sure the students are prepared.”

Reynolds. “They need to work with the business community to make sure the needs of our local economy are met.”

“Businesses want to be involved in our schools,” said Townsend. “We want the students to come back here to work and live.”

She added that businesses “have the mentality that it’s harder for us to help us than it really is.”

Both candidates supported the need for renewal of the proposed half-cent sales tax which pays for schools facilities and maintenance. “But we need to use some of that 6 percent reserve to take care of what needs taking care of now,” said Reynolds.

The general election is slated for Nov. 8 with early voting opening Oct. 25.

Local hiring decrried by area engineers

Firms claim local builders get ‘cold shoulder’

By CATHY PALMER

Correspondent

The Polk County Commission was expected to decide Tuesday whether to hire a dozen consulting firms to work for the road and drainage and parks and natural resources departments or go back to the drawing board and separate the work into two different contracts.

The board Friday also heard pitches from two companies who want to replace the county’s present garbage pick-up contract when the existing contract expires next year.

Two local engineers approached the county commission at the board’s agenda meeting, to protest the fact that local firms got cold-shouldered. Since it was an off-site special meeting, two consulting companies were short-listed to get the contract in January and another two next few years.

Jim Chastain and Jack Breed, two commissioners who made the decision, said “it’s not intentional” and “we’re just not seeing a lot of local.”

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Chastain and Jim Freeman said the board could reject the proposals and re-advertise for services by dividing the contract between the two county departments.

Commissioners were divided on Friday, with Commissioner Matt Bell saying “I would like it divided and see local firms on that list.”

“I am concerned about the expertise of the work,” said Board Chairman John Hall. “And I would like to give companies the opportunity to bid on the contracts they have the expertise.”

Also on Friday the board heard pitches from two more companies who want to replace Republic Services to provide gar-bage pickup service for those who live in unincorporated Polk County. Those making their pitch Friday were Advanced Disposal Services of Apopka, Florida, de Construcciones y Contratas of Woodlands, Texas.

Trash Tax of Lakeland will also be making a pitch for the county’s work.

The county has already talked with Waste Management and Waste Pro, but couldn’t come to an agreement.

When agreements will be finalized has yet to be determined and the county’s contract with Republic doesn’t expire until a year from now.
Kris Fitzgerald has always been a giver throughout her life, from serving in the military to assisting her aging grandmother. Her passion for helping others spurred her to open Fitzgerald Counseling Services in Lake Wales last week, an organization that assists both children with social disorders and veterans with Post-Traumatic Stress Disorder.

Fitzgerald knows first hand the importance of counseling. When she was younger, she suffered from anger issues and depression, for which she received counseling. As others had first helped her, she was raised with the desire to help others in turn. This desire motivated her to join the U.S. Air Force. Aside from fighting for the freedoms of her fellow Americans, she assisted fellow soldiers who approached her with their personal problems.

“Everyone would come to me and I was able to help them with whatever they may have been going through,” Fitzgerald said.

During her time in the military, she was badly injured, making her eligible for disability. Later she would require further assistance after getting into a car accident. She later attended the University of South Florida and graduated with a Bachelor’s Degree in psychology. However, she had a hard time determining what to do with the rest of her life.

She later returned to Lake Wales to care for her sick grandmother, who had been diagnosed with a terminal cancer. As her grandmother raised her and her siblings, Fitzgerald took it upon herself to be her caregiver. Working to care for her grandmother reinvigorated her: “It birthed the passion of helping other people,” she said.

Two months after her grandmother’s passing, Fitzgerald discovered an advertisement for Webber University offering counseling, the description for which fit what she wanted to do. So she enrolled to receive her license as a mental health counselor upon completing 1,500 hours of her internship from Tri-County Human Services in Avon Park and the James A. Haley Veterans’ Hospital in Tampa.

During her internship, she worked along side a diverse array of patients, from those who suffered from substance abuse to those who had a severe diagnosis with disorders such as schizophrenia, bipolar, and psychosis. She later went to work part-time for Vanguard School working alongside students with learning disorders. Earlier this year, she had to take time off of work to take care of her daughter, whom had fallen ill. That time taking care of her daughter helped her realize the importance of having a flexible career.

Fitzgerald Counseling Services came about after Fitzgerald discovered that Lake Wales did not have many counselors, especially for young children and veterans. Seeing such a need in her community, Fitzgerald created her own service, hosting its grand opening last Saturday.

FCS provides a holistic approach towards counseling, with a focus on providing individual and family counseling to veterans with PTSD and children and teenagers with social disorders such as ADHD and autism.

As soon as patients step through the doors, they can tell that they are in for a unique experience. The waiting room is set up more like a family living room, allowing for a much more comfortable and personable setting. Another room contains a children’s play set complete with toys to help facilitate play therapy, which Fitzgerald hopes to provide as to better mentor them on their level.

“I'm a very untraditional client,” she said. “I am the person who goes over and beyond. Anybody who comes through these doors can expect counselors that are sincere and will provide quality care for them.”

Aside from offering personable care, FCS also hopes to provide confidential care, allowing patients to open up about their issues without feeling ashamed or embarrassed.

Her partner, Office Manager Brenda Watkins, has been working with children with mental illness for most of her life, and understands the need to have them receive the care they need without stigma. “I am hoping to see that people understand that mental illness … is treatable, (and) you can function on any type of job,” Watkins said. “Everybody can receive help at some point.”

Many clients have complained about therapy sessions held at other organizations that made them feel like being within a “meat locker.” Fitzgerald hopes to provide them with much more passionate care that makes them feel like a person rather than a patient.

As most patients who require help the most often lack the funds to seek it, FCS is paneled with Silver Insurance Companies to provide these services to those who otherwise can’t afford it. Despite having recently started, Fitzgerald has high hopes and expectations, as she plans to expand her services by hiring both a psychiatrists, psychologist, and speech therapist to provide further assistance. “Just because you have a diagnosis doesn’t mean you need to be labeled,” she said. “It doesn’t mean that you’re crazy, because you may suffer from depression or PTSD or anxiety. You don’t have to live in a box or be afraid or judged based on the diagnosis.”

Fitzgerald Counseling Services is located at 435 11th St. in Lake Wales. For information, visit fitzgeraldcounselingservices.com, or call 863-241-2785.
Nominees sought for BHS Hall of Fame

By CATHY PALMER
CORRESPONDENT

Garage Sale Ad –  ONLY
Dr., Sebring (behind Walmart)
Ave. Almost Everything for
Sale! Something for everyone
Call 863-385-6155 in 
Church

BARTOW NEWS
By CATHY PALMER
CORRESPONDENT

Nominees sought for BHS Hall of Fame

Pair among those to be inducted to Veterans Hall this year

Corbett, Holland going to Hall of Fame

By CATHY PALMER
CORRESPONDENT

Corbett, a former Polk County School Board Member and longtime educator, will join fellow politician and Bartow favorite son, the late Spessard Holland, as they are recognized among Florida’s elite former military men and women. Orange County, Corbett will be feted with fellow inductees in ceremonies at the Florida Capitol where their names will be inscribed on a plaque mounted in the Capitol Rotunda. It is not known whether any of Holland’s surviving relatives will attend the ceremony.

The Veteran’s Hall of Fame honors men and women who have served in the nation’s military forces and subsequently served their communities.

Holland and Corbett were nominated by another Bartow veteran, retired Navy Adm. A.J. Holland, who also recently served as a Bartow City Commissioner and the city’s mayor. Jackson sits as a member of the Hall of Fame Board of Directors. Jackson could not be reached to discuss why he selected 95-year-old former Army “smoke jumper” Corbett or World War II flyer Holland as nominees, but the two men’s achievements, which were merged to create it — Summerlin Institute and Union Academy — who have achieved prominence beyond the local community.

Previous inductees include alumni, living or deceased, who have excelled in public service, science, education, athletics, the military, government, and industry and commerce.

The Hall of Fame was established by B.E.S.T. (Best for Education in Students of Today and Tomorrow), Bartow High’s community support organization. Inductees are honored at the school’s annual Top Scholars program, which recognizes students with the highest grade point averages at Bartow High, the International Baccalaureate program, and Summerlin Academy. That event is scheduled for April 11, 2017. Nominations should be sent to B.E.S.T., Box 604, Bartow, FL 33831, by Nov. 15, and should include a brief summary of the nominee’s achievements and a point of contact for the person making the nomination. Nominations should be submitted in previous years will be considered and need not be resubmitted.

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Healthy turnout for 2016 Polk County Heart Walk

It’s not even 7:30 a.m. and already Mosaic Park is filling up with people taking part in the 2016 Polk County Heart Walk.

“I had gone in for gall bladder surgery,” she said. “When I was in recovery I had a massive heart attack.” The attack was so severe that the consensus was she would not survive. “They weren’t expecting me to survive the night.”

But Jagandan defied the odds, including the fact she was only 38 years old at the time. While there is a history of heart issues on her father’s side of the family, these usually occurred when paternal family members were in their 50s and 60s. She said she didn’t recognize any of the symptoms many women do when having a heart attack — and some of these differ from symptoms males have. Part of that, she said, was because the symptoms of gall bladder and heart attack sometimes mimicked one another. (According to www.heart.org, as with men, women’s most common heart attack symptom is chest pain or discomfort. But Jagnandan, who’ve had a heart attack or stroke, or both,” said Helriggle. “The actual walk will be a one mile perimeter of the park and then into Mary Holland Park.”

Participants, volunteers and supporters arrived long before the 7:30 a.m. kickoff, which included participants posing for company photos and turning in donations. All, it appeared, were eager for the start of the walk, slated for 8:30 a.m. By 7:30 an estimated 800 people had arrived (and that estimate was on the low side); organizers anticipated double that by the 8:30 a.m. start, which had been pushed back to 8:45 a.m.

“There is going to be a 5K Fun Run and Awareness Walk around the airport runway benefiting the Breast Cancer Research Foundation. Free fun for the whole family, with events including: Survivor recognition • Lake Wales Police K-9 demonstrations Face painting • Flyovers • Games • Bra decorating contest Door prizes for a tandem skydive • Gift cards and more.

To register for this free event, visit LakeWalesMedicalCenter.com and click on Healthy Woman.

PHOTO BY STEVE STEINER
**LAWN & GARDEN**

100 cement landscape bricks, 8x5, $5.00 cents each, 863-465-1451.

48 gal buckets of landscape marble, $1/bucket, 863-465-1451.

**MISCELLANEOUS**

Pocket watch w/stand, 1 ramink, The Timber Wolf, beautiful detail, chain/ case included, $150.00, 863-273-7625.

Rectangular Glass Patio Table w/6 chairs is $150.00. 66 Ves Vertical Lovers 60” long $180. 863-903-9703.

**LAW & GARDEN**

6/28 Round Oak Dining Room Table, w/Chairs Light Oak China Hutch, solid wood $350. for $675. 722-921-9242.

Christmas tree, 7 crystal ornaments, beads, lights, doves, plaid pattern, etc. Beautiful pictures available, $75, 863-273-7625.

Complete learning system spanish/english Books & CD’s Value $1000 $200.00 Lake Alfred 863-273-7625.

Lychee, Mulberry, Papaya, Guava, Longan, Nectarines, 612-945-7828.

**TOOLs/MACHINERY**

1967 VW Dune Buggy Good cond $4,000 863-257-3883.

2015 Hyundai Elantra for sale $11,000. 863-466-1009.

**FARM EQUIPMENT**

Amana refrigerator/freezer Good cond $125.00 863-671-8059.

Kenmore Elite Refrigerator 3 wk old French doors, freezer below. 5.5 & ice water in door $1,100. 863-528-3580.

New Dorm S2 Refrigerator 576 $190, Call 863-465-1291.

Kenmore refrigerator, 32 inch, top freezer off white, excellent condition, $150. 765-9970.

**APPLIANCES**

Amana refrigerator/freezer Good cond $125.00 863-671-8059.

Kenmore Elite Refrigerator 3 wk old French doors, freezer below. 5.5 & ice water in door $1,100. 863-528-3580.

New Dorm S2 Refrigerator 576 $190, Call 863-465-1291.

Kenmore refrigerator, 32 inch, top freezer off white, excellent condition, $150. 765-9970.

**DOGS**

Fugitive puppys or a desirable b/w KC tri, fixed, shots included, cert, OKC reg. Parents on site. 863-360-0416.

**SHELTER**


4x4 DORSARY 20 perfume never opened $40. 863-655-7617.

Q & T Dollhouse $100.00, 863-665-9461.

Sashiko Embroidery kit, 10 designs, $25, 863-665-9461.

**HOME INTERIOR DECOR**

Interior Decor $55. each, 863-514-0461.

KMSBR perfume, never opened Cut glass amber bottle $40. 863-655-0757.


Steelite, New, great gift idea 863-655-0757.

Kate, Frank, Met, The Timber Wolf w/certificate, excellent condition, $90, 863-273-7625.

Harley shirt, skates, bike accessories, helmet, windshield & lights for touring bike, $55, 862-663-6933.

**CITRUS TREES**

Do not use on your lawn. 1 male, 4 females, $685. Call 863-528-2422.

**FRUIT TREES**

Sawtooth Oak Tree $150.00, Lake Alfred 863-273-7625.

**AUTOs**

1991 Lincoln Town Car 4.6 V8, Fully powered, Silver SUV, 52,000, OBO, Cond, Lexington Ave. 863-257-3883.

2002 Ford F150 Crew Cab, 5.4, Ext Cab, 4 door, 161,000 miles, $12,500. 863-257-3883.

**AVIAtION**

2000 Mitsubishi A140. 863-367-0536.

**MISCELLANEOUS**

Beautful flashy Boxer puppies, 1 male, 4 females, $685. Text for pictures 352-360-9792.

**DOGS**

Beautiful flashy Boxer puppies, 1 male, 4 females, $685. Text for pictures 352-360-9792.

**FARM EQUIPMENT**

Sklur Steer Loader - New Holland. 58 bucket, quick attach forks. Towed. $300.00 869-852-2149 (LP)

**TOOLs/MACHINERY**


4x4 DORSARY 20 perfume never opened $40. 863-655-6557.

Q & T Dollhouse $100.00, 863-665-9461.

Sashiko Embroidery kit, 10 designs, $25, 863-665-9461.
A sweet spot on Main

With Halloween coming, this may be a place to check out

By JAMES COLTER
Correspondent

Halloween is right around the corner, Christmas will be fol-
lowing soon after. And someone has to have a birthday com-
ing up. With so many holi-
days and special occa-
sions fast approaching, there’s always a need for something sweet.

While many people choose to satisfy their sweet tooth with a store-bought good, nothing beats a home-baked pastry made fresh from a local bakery.

Those looking for something sweet and home-baked can take a sweet trip over to The Cookie Jar in Bartow.

This small-town bakery makes quality, fresh baked goods on a daily basis ranging from cookies, cakes, and other sweet treats, all prepared with person-
alized service to make sure you can’t find at big box stores.

Their most popular items are their bars prepared on sheet pans and cut into hand-sized squares from chocolate, caramel, nuts, and other sweets, with varieties ranging from Peanut Butter and Jelly to something as unique as the Cookie Jar in Bartow.

These bars are especially easy to prepare and sell, as they remain fresher than store bought. Such treats that are fresh and made-fresh every day, ensuring that every bite you take is as fresh as you can expect.

The Cookie Jar opened in 2000. Its current owner, Maura Galbraith, started preparing and selling baked goods in 2007. She has been running the place ever since.

Prior to that, she had worked at Publix for 12 years before retiring. When she first came to work at the Cookie Jar, she did not have any prior baking experience. However, since then, she has gained more than enough experience to maintain the bakery and eatery, especially since she loved to bake.

“Baking was always a passion of mine,” Galbraith said.

Despite harsh eco-
nomic ties, especially during the recession, The Cookie Jar has remained around long and staff treating their customers like close friends, especially since many of them have since become close personal friends.

“That is what brings a lot of people coming back,” she said. “We get to know our customers and what they like, and we make it special to order.”

Knowing that their baked goods are made by hand with tender loving care rather than by machines keeps customers coming back time and again, because everybody enjoys sweet treats that are fresh and made every day rather than store bought. Such dedication is sure to keep customers coming back time and again.

“We have high hopes that we have done well for the past 17 years in Bartow, and we have managed to increase our sales, even though the recession,” she said. “So we are only getting stronger year after year.”

The Cookie Jar is open for breakfast and lunch daily. Catering services are provided, as well as delivery services within city limits for a small charge.

The eatery is located at 305 E. Main St., Bartow. For information, visit cookiejarbakeshop.com, or call 863-519-3333.
FFA believes the building necessary for a successful chapter officers and those meet the needs of your conference is designed to Leadership Training. COLT, Chapter Officer Leadership Training at the Florida FFA leadership conference average. credit hours and have at completed 12 college-level Kappa must have com- graphic and web design at in education and teach comments and leadership their academic achieve- ments and leadership were selected based on Cola Leaders of Promise 200 students in the nation resident, will receive a to- things down the road.”

This leadership confer- tion first hand. families to gain informa- colleges will be represent- October 24th at 4:30 to on the Bartow campus planned. aid and Bright Futures, is ccess of college financial FAFSA explaining the pro- for prizes. Also a keynote representatives from the state that will be helping parents sign up for FAFA, the financial aid application that determines grants and federal college fund- ing. They are awarding prizes. Also a keynote speaker representing FAPA explaining the pro- cess of college financial aid and Bright Futures, is planned. We are so excited to announce that Bartow Senior High, IB, and Summerlin Academy will have our first College Fair on the Bartow campus October 24th at 4:30 to 7:00 pm. Over twenty colleges will be represent- ing allowing students and families to gain information hands on.

BHS’ ACE seeks mentors ACE Mentor Program was founded to introduce high school students to college fair. It is planned from 4:30-7 pm. There will be represen- tatives from the state that will serve as mentors to high school students in order to introduce them to the A/C/E professions and encourage them to pursue studies and careers in these fields. Through the sup- port of our financial sponsors, ACE Mentor chapter awards schol- arships to students for them to pursue a career in Architecture, Engineering, and the Jannetides Construction, and Entrepreneurial and the College of Behavioral Sciences, and the Jannetides College of Business & Entrepreneurial Leadership will be housed in the new building. In preparation for the anticipated enrollment of over 5,500 students, classes were postponed until after the new facility was completed. Classes started on Sept, 7.

In the last five years, Southeastern has seen a 78 percent increase in our enrollment. Nearly 70 percent of our students live on campus and our housing capacity is at 100 percent. As our student body continues to grow, we have continued to expand to meet that growth. The natural next step for us was to build a living learner facility,” said Carroll. The continual con- struction will have zero impact on the students, staff and faculty. The final stage will be the finishing touches on the building,” said Executive Vice President Brian Carroll said in a press release.

SCHOOL NEWS

PSTC gets Promising Scholarship

Polk State student Kendall Beebe was just one of the Coca-Cola Leaders of Promise Scholarship through Phi Theta Kappa, the international honor society of two-year colleges. Beebe is vice president of fellowship for Polk State Winter Haven’s XI chapter of Phi Theta Kappa.

“I’m very grateful for this award,” said the student resident, “It will help me to save for things down the road.” Beebe, a sophomore, had to obtain a total of $10,000 in scholarship assistance. She is one of 200 students in the nation selected for the Coca-Cola Leaders of Promise Scholarship. Recipients were selected based on their leadership achievements and leadership potential.

Beebe is currently pursuing her Associate in Arts degree in order to obtain a bachelor’s degree in education and teach graphic and web design at the high school level. Members of Phi Theta Kappa must have completed 12 college-level credit hours and have at least a 3.5 grade-point average.

BMS students learn at leadership conference Bartow Middle FFA members join the more than 400 FFA members from the Polk, Orange, and Osceola counties at the Florida FFA Leadership Training Center in Haines City for COLT, Chapter Officer Leadership Training. This leadership confer- ence is the second phase of Florida FFA’s leadership continuum. The COLT conference is designed to meet the needs of your chapter officers and those that wish to become offi- cers with the tools that are necessary for a successful year of service. Florida FFA believes the building of strong leaders starts when the members can identify their strengths and weaknesses as a group, and learn advanced interpersonal communication strategies and presentation delivery techniques. Bartow Middle FFA brought 29 FFA mem- bers to this leadership conference. The FFA members that attended were Danielle Swet, Wade Bolden, Eve Elbert, Kody Waters, Bravden Merritt, Brooke Platt, Paige Martin, Jason Wu, Caleb Willis, Garrett Allen, Broyn Ryker, Aman Laroche, Noél Gonzales; bottom row, Mackenzie Long, Hailey Colson, Abigail Parmmer, Emily Hendrix, Taylor King, Cassie Waters, Brett Vorheis, Area IV State Vice-President, Gracie Bone, Autumn Ayers, Ryan Lott, Kailey Mullins, Jaime Bullo, Kiersty Giles, Isaura Juarez, Avery Welch, and Juliet Sanchez.

Aerospace Weekend this month SonN ‘in the Fun and the Aerospace Center for Excellence is hosting the campus’ annual Aerospace Space Weekend, from Oct. 21-23. This year, ACE offers $10 admission to Saturday, Oct. 22 participants. Some of what students will do includes a flight opportu- nity to anyone ages 8-17 who registers for the event before Oct. 14, design and launch a rocket, flight simulator experience and solar eclipse exploration. Food trucks will be available during the event. On Saturday evening, guests will receive the opportunity to meet astronaut Greg Johnson. Johnson graduated from the Air Force Academy in 1984, and flew in 34 combat missions in Operation Desert Storm. He served as the pilot on Space Shuttle Endeavor as the STS-123 mission to space. He also piloted the shuttles last mission in May of 2011. To register for the event please visit our website at http://flyson.com.

College Fair scheduled Already more than 20 colleges have agreed to be at Bartow High School on Monday, Oct. 24 for a college fair. It is planned from 4:30-7 pm. There will be represen- tatives from the state that will be helping parents sign up for FAFA, the financial aid application that determines grants and federal college fund- ing. There are drawings for prizes. Also a keynote speaker representing FAPA explaining the pro- cess of college financial aid and Bright Futures, is planned. We are so excited to announce that Bartow Senior High, IB, and Summerlin Academy will have our first College Fair on the Bartow campus October 24th at 4:30 to 7:00 pm. Over twenty colleges will be represent- ing allowing students and families to gain information hands on.

Christine Roslow  Our Schools Christine can be contacted at croslow@heartlandnewspapers.com.

Sigman Earthscape Store Specializing in indoor-outdoor plants. Full Landscaping is available.
**CONSTRUCTION THIS WEEK**

On State Road 540 – Cypress Gardens Boulevard – fromLEGACY at 7360 to Heritage Road watch for trucks entering and leaving the eastbound roadway starting at 5 a.m. through, Monday, Oct. 10, while crews repair concrete ditch pavement.

On State Road 60 from Barrow to Mulberry watch for periodic congestion on S.R. 60 through Wednesday, Oct. 19, as crews from Mosiac perform annual plant turnaround.

On U.S. 98 and Fort Fraser Trail at Banana Creek while crews continue building the new bridge over the creek.

On U.S. 98 Peace River Trail in Fort Meade crews are constructing the trail and timber bridges through Fort Meade Outdoor Recreation Area between U.S. 98 and Mount Pisgah Road.

On State Road 60 from Kid Ellis Road to Diesel Road crews are repairing broken sidewalks and driveways through mid-October. Watch for daytime eastbound lane closures between Diesel Road and Kid Ellis Road.

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**MATTHEW FROM PAGE 1**

At 8 a.m. Wednesday, the storm was located in Haiti and made landfall there at 7 a.m. In Naples, the winds were moving north at about 9 mph and it was expected to continue in that path. A tropical depression in the north-west is expected and a north-west turn Wednesday night. The National Hurricane Center said the winds were 145 mph which makes it a Category 4 hurri.

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**SALUTE FROM PAGE 1**

“It’s hard not to see you often,” Jacqueline’s letter said since her father also serves in the military and has been deployed to Afghanistan several times. “I’ve known you your whole life daily and put your life on the line every day. Thank you for protecting your family and three kids, I couldn’t ask for a better daddy. I love you.”

Drainville and Polk Public Schools Director of Writing Diane Plowden discovered Jacqueline's letter when they went through the hundreds they received from Polk students, and decided to not only share the thank you letters the students wrote, but surprise Pantolone at the same time.

Pantolone listened along with his wife and three kids as the letter was read and:

—extend 40 miles from the center and journalistic winds extend outward up to 185 miles McNally believes there will be probably a lot of rain in the area, and people should not take this monster storm for granted though it appears it will not affect Polk County too badly after though it made landfall in Haiti it’s track seems to bring it closer to Florida’s mainland.

—Still be prepared and have a plan in place,” McNally said. “This category keeps it off the peninsula,” McNally said about the eye of the storm. “That doesn’t mean we’re not going to have effects from the storm but right now it appears minimal. We will continue to prepare and have a plan in place should some major event happen.”

Before Hurricane Matthew makes it the United States, it went through Haiti and Puerto Rico. On Monday, the Coast Guard warned boaters to start preparing for its possible impact. Drainville and Matthew, and Gov. Rick Scott announced plans to visit the state’s emergency centers along Florida's east coast.

Scott canceled Tuesday's Cabinet meeting to make the trip and others offered cash and clothes, toiletries, furniture, and toys, even medical supplies.

Local businesses such as Kiki’s, McDonalds, and Taco Express donated food, while several other businesses and individuals offered cash donations ranging from $20 to $100. One local doctor's office donated the contents of an entire cabinet of medical equipment and supplies.

Aside from donations, the local churches overseeing the donation drive also had locals donate their time and efforts. Volunteers, helping to collect donations and load them onto the trailer. Overall, the drive donation move more than met the ex-

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Todd Wilkin, the youth pastor of Cornerstone Church, and the owner of Classic Pizza and Sal’s, was more than impressed by the charity of his community, especially his own congregation. He wants to make sure counties are prepared if the storm moves toward Florida, spokeswoman Jackie Schutz said.

The center went into the southwestern tip of Haiti Monday night, eastern Cuba late Tuesday, and moved over parts of the Bahamas on Tuesday night and Wednesday, the center said.

Coast Guard officials set port condition whiskey” for ports in southeastern Florida: hurricane evacuation zones remain open to all commercial traffic, but all oceangoing vessels and barges greater than 500 gross tons should start making plans to leave the port.

Vessels seeking to stay in the port should contact the capit-

**TRAILER FROM PAGE 1**

Deputy Sheriff Dusty Pantolone shares a special moment with his wife, Alicia, and daughter Jacqueline. PHOTO BY AL PALMER

PHOTO BY JAMES COULTER

Todd Wilkin, Youth Pastor of Cornerstone Church, Philip Williams, Pastor of Cornerstone Church, Marion Sortore, Pastor of United Methodist Church, Chuck Pemberton, Pastor of First Assembly Church and other volunteer collect supplies to be shipped to Nicaragua.

PHOTO BY AL PALMER

**SAFETY**

Within one week, the donation drive was able to collect donations totaling $11,000, which will be sent to therapeutic villages for orphans in Nicaragua.

Pantolone’s message to the students was: “We all are so proud of you, your parents, and this community. We love you and cannot wait to see all of you again.”

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**JACQUIE’S LETTER**

...and obtain more information and small craft advisories and internet and radio. Associated Press was used in this story.

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**MATTHEW FROM PAGE 2**

Pantolone listened along with his wife and three kids as the letter was read and one could see a slow realization cross his face as he realized who had written the letter and that the “Dear Daddy” was him.

The veteran deputy wiped his eyes as he moved out of the crowd and over to the podium where Jacqueline and her mom, Alicia were waiting. While Pantolone hugged Jacqueline and Alice beamed, it was almost a certainty that there were more than a few in the room who also had to wipe their eyes.

Drainville and Plowden started the letter writing project as a way to remember 9/11 and a way for children to say thank you to those who provide safety and care to Polk County on a daily basis. Drainville presented a package of letters to each police and fire and rescue service in the county.

A packet for each station and substation where firefighters, EMTs, paramedics and police officers are housed or headquartered was given to representatives at the brief ceremony last week.

Her words or many of them were echoed throughout the letters RSVP had displayed at the Polk Sheriff’s Office Thursday.

“These letters show you how much you are appreciated,” Drainville said. “He hope you take them back to your stations and read them all. They tell you all how special we all think you are, are.

Joining the school district and Polk RSVP in the project were Ameri-Corps Polks Reads.

Deputy Sheriff Dusty Pantolone shares a special moment with his wife, Alicia, and daughter Jacqueline. PHOTO BY AL PALMER

PHOTO BY JAMES COULTER

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**JACQUIE’S LETTER**

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Florida Polytechnic University Board of Trustees Chairman Frank T. Martin, has been inducted in the 2016 American Public Transportation Association’s Hall of Fame.

The APA Awards Hall of Fame is dedicated to honoring individuals who have long and distinguished careers in the public transportation industry and have made extraordinary contributions to the public transportation industry over the years. The awards also recognize those who have demonstrated leadership in APA activities.

"During my professional career, I’ve been fortunate to learn from great mentors and work on exciting and innovative projects," Martin said. "To receive the Hall of Fame recognition for simply doing work that I love is truly icing on the cake!"

At the induction ceremony in Los Angeles on Sept. 13, APA honored 18 of public transportation industry’s most exemplary agencies, businesses and individuals. Martin was inducted for his 40-plus years of industry management, public service and mentoring. All winners were selected by the 15-member APWA Committee.

"Congratulations to Frank Thomas Martin on being inducted in to APA’s Hall of Fame," said APA Acting President & CEO Richard White. "From leading multiple transportation agencies, to mentoring the next generation of leaders, and being the catalyst for APA's International Rail Rodeo, Frank has been a pioneer in the public transportation industry."

Martin is the president of Frank T. Martin Consult LLC, a strategic business development and public relations consultancy and is a transportation executive with broad management experience in both the public and private sectors. In the public sector, he served as COO and CEO of several of the nation's largest transportation systems including Birmingham, AL, New Orleans, LA, Miami-Dade County, and San Jose, Calif. In the private sector, he served in executive management for two global transportation and architecture and engineering firms headquartered in London.

"Frank Thomas Martin has had more than 40 years of a distinguished career in the public transportation industry," said APA Chair and Executive Director Foothill Transit Donan J. Barnes. "This leadership has included a variety of transportation agencies across the country.

Congratulations Frank on your well-deserved induction to APA’s Hall of Fame.

1W Chamber plays host to crime prevention presentations

The Crime Prevention Task Force, a community service organization developed by former law enforcement officers, presents a program on Crime Awareness and Personal Safety sponsored by Florida Tropics Soccer and under the direction of the Lake Wales Chamber of Commerce on Sept. 16 at Water’s Edge.

Brian MacNeel from the task force was the guest speaker urging those attending to achieve more awareness of the criminal threat facing everyone in today’s society. He also instructed participants on how to learn effective measures to counter that threat. He also heard his audience to understand tested procedures to enhance personal safety.

David Fisher of the chamber and Economic Development Council chair, addressed those attending as did Andrew Rignanese of Florida Tropics Soccer, the company sponsor of the event.

The Polk County Women’s Bar Association celebrates

The Polk County Women’s Bar Association celebrates its 20th anniversary this month. The group was founded by attorney Teresa Nightingale and Cynthia Rignanese in 1996.

"Today the roster includes local ladies attorneys, judges and honorary members in related fields such as journalism," Rignanese said.

Rignanese has been re-elected president for the 2016-2017 administrative year.

Frank Thomas Martin was the guest speaker with the Crime Prevention Task Force.

LoPatin to teach Spanish for beginners’ lunch hour class

Randy LoPatin will be teaching a Spanish for Beginners, a new lunch hour class, in six-session classes beginning from noon to 1 p.m. on Oct. 18 at the Lake Wales Public Library. The six-week sessions will continue each Monday through Oct. 29.

LoPatin taught middle and senior high school Spanish in the public school system for 32 years. Her classes will include instruction in the alphabet, greetings, days and months, numbers, dates, descriptive adjectives, expressing feelings, verb actions, clothing and using the verb, “ser.”

In the introduction class LoPatin will focus on vocabulary and some conversation. No prior knowledge of Spanish is needed. There is a $50 instructor fee that must be paid prior to Oct. 18. Payment by check or cash is accepted at the Lake Wales Public Library. Payment with credit or debit is available at the city of Lake Wales cashiers office. The class is limited to 15 students. For details call 633-578-4001 or email library@cityoflakewales.com.

Kelsey Hull joins Heifer International

The Polk County chapter of the Florida Public Relations Association now has a member in Little Rock, Ark. Kelsey Hull decided to retain her membership after moving to Little Rock the first week of September to begin what she terms a “dream job” with the Heifer International Global Education Program.

In her new role, she is responsible for teaching elementary through college-level students about agriculture, specifically how different livelihood and farming methods can be used to combat poverty and hunger throughout the world.

Before her move, Hull was treated to a going away party at Palace Pizza in south Lakeland by her FPRA colleagues, who while sorry to see her go, are delighted she has landed a job with Heifer International that will give her the opportunity to work in an area she is passionate about, namely teaching youth how to use agriculture to eradicate poverty and hunger.

As a member of the Dick Pope/Polk County chapter, Hull made a significant contribution to the Polk County community this past year as co-chair of the 2016 Carillon Classic 5K Run & Walk which raised $4,000 for the George W. Norris, Jr. Runaway & Youth Crisis Shelter in Bartow. She also was involved in other FPRA projects since joining the professional organization in 2014.

"Kelsey was one of our rising young stars and she certainly is missed already. However, we’re delighted that she remains an FPRA member, and most important, found a job that seems to be an ideal match for her interests and skills,” said Marybeth Sodestrom, president of the local FPRA chapter.

In addition to FPRA, Hull also received a royal sendoff from the entire staff at SKR Consulting, a Lakeland-based civil engineering firm, where she served three years as a project development specialist. Hull acquired her interest in and knowledge of agriculture growing up on a farm in Plant City. Based in Little Rock, Heifer International (also known as Heifer Project International) is a nonprofit organization dedicated to wiping out poverty and hunger through sustainable, values-based holistic community development. The organization distributes animals and provides agricultural and economic-based training to needy families around the world.

Since its inception in 1944, the nonprofit has distributed livestock such as goats, bees, and water buffalo, along with training and other resources, to 20.7 million families, or more than 105.1 million people in more than 125 countries.

Lake Wales Chamber views Carpeorunum Lodge

The Sept. 8 Lake Wales Chamber Business After Hours was held at the Carpeorunum Lodge from 5-7 p.m. with refreshments provided by Junior’s Fish Market.

The two-story lodge, built in 1925 and formerly known as the Masterpiece Lodge, has been renovated and accommodates overnight guests and includes a bridal suite and bridesmaids’ quarters in addition to family and friends.

Florida Polytechnic University Board of Trustees Chairman Frank T. Martin inducted into APTA hall of fame

University board chair Martin inducted into APTA hall of fame

PHOTO PROVIDED

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A Bartow police officer, who was fired Sept. 26, has filed a grievance against the Bartow police chief in his hope to be reinstated.

Officials said Officer De’aonte Broome lied to officials during an investigation into him and a girl under 18, the fact that he lied to investigators meant he committed perjury. What was asking him to do was lie. If it could give.

De’aonte Broome was fired Sept. 26 from his job as a Bartow police officer for a clear violation of the law enforcement position with the city of Bartow. Broome and subsequent actions.

De’aonte Broome lied to investigators and a girl. How can you decline to be interviewed? And he didn’t interview the detectives (who questioned him).”

The reason for an investigation into Broome happened shortly after Randy Velez was fired from the BPD around Christmas 2015 for having an affair with the same Explorer when she was 15. One had told another officer Broome was employed in the car and took to her house. The ride home was true, the trip to his house was not. That was apparently clocked on the police car’s GPS unit.

From another officer, Broome was advised to be careful when escorting a female Explorer by himself because of the impression it could give. Ultimately, though, Broome is seeking to be able to work as a police officer again which can be tough as a death letter never has been overturned in the 30 years Hill has been the state attorney. However, Hill is leaving with Brian Haas taking over.

Haas says the fact that Broome took the money, regardless of whether or not it” was done in the same circuit, the BPD around Christmas, nothing wrong, Broome said he did nothing wrong, Broome has filed a grievance against Chief Joe Hall for his termination. Broome is a pending grievance, Hall does not want to comment.

“To the police officers Hill of Rights from the time of the incident, Rafael Mchaffie, LWPD located the bag on Penny Loop, Lake Wales, and detained her for questioning. She admitted to entering the store and taking more than $400 to buy things. A total of more than $2,200 from Vann’s bills. A total of more than $4,000 was recovered. $3,900 was recovered. Broome added, “If this happens with Velez,” Haas said, adding he just wants to get rid of the death letter and get back on the road protecting the citizens of Bartow.

Broome, 24, worked for the Bartow Police Department for almost two years. He earned $34,370 per year, reports show.

Broome agreed and stated he was scared. I asked him why he just did not tell the detectives that he was scared after what happened with Velez,” the internal investigation reported. But Broome will continue his fight to try to get back his career.

I never thought of having anything to lose as a police officer,” Broome said, adding he just wants to get rid of the death letter and get back on the road protecting the citizens of Bartow.

Broome added, “If this doesn’t work out, we’ll just go to the next level which is the city manager.”

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Lakeland Regional Health, Mayo Clinic Care Network partners

Heart of Florida Regional Medical Center welcomes Dr. Abhijit Manaswi as a newly recruited physician in Orthopedic Surgery. Manaswi is the first in his specialty to bring orthopedic robotics to Polk County.

Manaswi, a fellowship-trained, board-certified orthopedic surgeon, specializes in robotic-assisted knee and hip surgery. This treatment option offers solutions for adults who are affected by medical conditions such as mid-stage and advanced osteoarthritis. Because robotic-assisted joint surgery is less invasive, patients have the potential to experience reduced pain, gain back motion, and return to their daily activities quicker.

Robotic-arm assisted surgery gives patients increased benefits and outcomes over traditional techniques. Using this new technology gives the surgeon a better view of the operating area, with improved clarity and detail, which allows for greater precision when performing surgery in delicate or hard-to-reach areas. For patients, robotic-arm assisted joint surgery may translate to reduced pain, a shorter hospital stay, and a more rapid recovery. Ann Barnhart, CEO at Heart of Florida Regional Medical Center said, “With the addition of orthopedic robotics, Heart of Florida has made yet another significant investment in the health needs of the Polk County community.”

Manaswi brings a breadth of experience with robotic-arm assisted surgery, successfully performing more than 3000 joint replacement procedures. When asked about the integration of technology and his medical practice, Manaswi said, “My goal is to get my patients back to the lives they want to lead. I use advanced technology to ensure I provide my patients lower risk of dislocation, greater preservation of healthy tissue and a decrease in recovery time.”

Manaswi is committed to finding specialized solutions for each of his patient’s medical needs to make sure they receive comprehensive, quality care. “We are excited to welcome a physician such as Dr. Manaswi that helps bring quality care using the latest medical technology in benefit of our patients,” said Barnhart. “Dr. Manaswi’s approach to serving patients makes him a great fit for Heart of Florida and the needs of the Polk County Community.”
Breast cancer awareness walk coming

The public is invited to Flight for the Cure, a breast cancer awareness walk and 5K Fun Run, on Saturday, Oct. 15, at Lake Wales Municipal Airport, 440 S. Airport Road in Lake Wales. Presented by Lake Wales Medical Center, Flight for the Cure is free and designed to honor those who have fought breast cancer, and to raise awareness about the importance of screening mammograms.

The event includes demonstrations by the Lake Wales Police K-9 Unit and the Lake Wales Fire Department, by riders, face painting, Candy Corn-Hole, Bra Pong, and more. Those who wish may participate in the bra decorating contest; decorate your bra at home and wear it to the event.

Check in opens at 7:30 a.m. and the 5K Fun Run starts at 8:30. The course follows the airport taxiway and runway. The Awareness Walk, which can be any distance participants want to walk along the course, will begin immediately after the 5K starts.

Removing the Barriers, a local not-for-profit that assists people with disabilities to participate in community events, will be on-hand during the walk with a golf cart that can accommodate wheelchairs. Participants in wheelchairs can use the golf cart if they choose.

The event is free, but some of the games and activities will require a $3 ticket. There will also be a number of door prizes; each participant will receive one ticket for the door prize drawing; additional tickets will be sold for $1 each, or 6 for $5. All those funds will go to the Breast Cancer Research Foundation.

Those who register online by Oct. 3, are guaranteed a First-Come, First-Served T-shirt. Those who register after that date, and is pursuing her MRI and X-Ray registered, and is pursuing her MRI and X-Ray registered; Phone: 863-291-5500, Ext. 260, to learn more.

Melissa “Missy” Miller
people to its staff. These highly trained professionals offer personalized care, an exceptional level of service and enhanced patient appointment availability. Dr. Kaitlyn E. Doyer, OD serves the eye care needs of patients from her office at the Main Clinic at 1600 Lakeland Hills Blvd. in Lakeland.

Doyer received her Doctor of Optometry degree from Indiana University School of Optometry in Bloomington, Ind., and served her residency in ocular disease at the Cincinnati VA Medical Center in Cincinnati, Ohio. Her areas of expertise include general eye exams, the treatment of eye conditions related to diabetes, glaucoma and macular degeneration, contact lens and eyeglass prescriptions, and post-cataract and LASIK surgery management.

Dr. Meghan M. Burrell, ARNP-C, assists patients from the Highlands location at 2300 E. County Road 54A in south Lakeland, where she works alongside family medicine specialists Dr. Randy J. Alvarez, Fernando Loret de Mola and Jeremy M. Kastmann.

Burrell received her Bachelor of Science degree in Nursing from the University of South Florida in Tampa, and her Master of Science degree in Nursing from the University of Tampa in Tampa.

With Belisle, ARNP-C collaborates with board-certified OB-GYN and female pelvic medicine and reconstructive surgeon Dr. Tarek G. Garas from his offices the Bella Vista

Dr. Tarek G. Garas from his offices at Watson’s Main Clinic practice at 1600 Lakeland Hills Blvd. in Lakeland and Watson Clinic Bartow office at 2250 Osprey Blvd, Suite 100 in Bartow.

Lockhart achieved her Bachelor of Science degree from Florida Southern College in Lakeland, and her physician assistant certification from the University of Florida College of Medicine in Gainesville.

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To paraphrase movie star Rodney Dangerfield: “Red cabbage doesn’t get no respect!” Red cabbage is a member of the cruciferous vegetable family which includes green cabbage, broccoli, Brussels sprouts, cauliflower, arugula, collard greens, rutabaga, kale mustard, turnip, watercress, Kohlrabi, radish, and horseradish. These low-calorie low-fat vegetables are packed with nutrients. They offer numerous vitamins, minerals, and fiber, as well as powerful antioxidants and other compounds which play a major role in disease prevention, including cancer. Each member of the cruciferous family also provides its own unique medicinal and nutritional benefits.

Red cabbage — which is actually a leafy — is available in all supermarket produce departments. It lends a magnificent color to produce departments. It is a fantastic and mouthwatering cooked German red cabbage dish makes a great accompaniment for meat and potatoes. Red cabbage is one of many foods which prove that healthy eating doesn’t have to take you to the cleaners.

Buying pre-shredded cabbage (and any other vegetable for that matter), is not recommended. Vegetables should be cut immediately before using them or they lose some of their nutrients. Before cutting a cabbage, strip off its outer leaves and then wash and dry it. To maximize the benefits from red cabbage and its cruciferous relatives, eat them raw and briefly cooked. However, individual suffering from an autoimmune thyroid (hypothyroidism) should not eat raw cabbage and other cruciferous vegetables more than 1-2 times per week. This family of vegetables contains substances which interfere with the production of certain thyroid hormones in the body. Cooking the vegetables destroys the thyroid-suppressing (goitrogens) activity.

To prepare healthy meals, including the recipes below, use the KISS method (as in Keep It Simple Sweetheart). There is absolutely no need to use electronic machines whenever we can perform a particular task easier with basic good-old-fashioned kitchen tools. Unless you are shredding cabbage to feed an entire Russian village, use a cutting board and a large sharp knife. Simply cut off a chunk of cabbage, and then slice it very thinly — boom done! Truth is, kitchen electronic "miracle time-savers" are the brainchildren of engineers who have never cooked or washed dishes. These machines require too much time to take apart, wash, dry, reassemble, and put away. So enjoy the following quick and easy-to-make and yummy recipes.

**RED SLAW**

2 servings

1 cup very finely shredded red cabbage

1 tablespoon whole wheat flour

2 tablespoons extra virgin olive oil

Salt and pepper to taste

**DRESSING**

2 tablespoons lemon juice

1 tablespoon extra virgin olive oil

Salt and pepper to taste

In a medium bowl, whisk together all dressing ingredients. Mix in all other ingredients. Place shredded cabbage in a small saucepan and enough water to just cover it. Mix in raisins, oil, and pepper, cover, and bring to a boil over medium heat. Reduce heat to medium-low and cook about 12 minutes, until the cabbage is tender. Do not overcook. Meanwhile, in a cup, mix vinegar and flour with a fork until smooth. Set aside. To the cabbage in the saucenpan add the cinnamon and nutmeg. When cabbage is cooked, add 1 tablespoons liquid from the cabbage to the flour mixture in the cup and mix well until blended and smooth. Gradually add the flour mixture to the cabbage, stirring constantly. Any remaining flour can be dissolved by pressing them with the back of a spoon against the saucenpan wall. Cover, and cook slowly 5 minutes until the liquid is thickened, stirring occasionally.

**RED SLAW**

2 servings

2 cups finely shredded red cabbage

1/2 cup raisins

1 tablespoon olive oil (not extra virgin)

1/2 teaspoon pepper

In a saucenpan over medium heat, heat the oil. When it is hot, stir in the pepper. Add the cabbage, and fry lightly. Remove from heat and stir in the raisins. Serve hot.

**ASIAN COLESLAW**

2 servings

2 cups finely shredded green cabbage

1 tablespoon soy sauce

2 tablespoons rice vinegar

2 tablespoons sesame oil

1 cup finely shredded red cabbage

1 small carrot, grated

2 green onions, thinly sliced, including their whites

2 tablespoons roasted sesame seeds

**DRESSING**

2 tablespoons wine vinegar

2 tablespoons soy sauce

2 tablespoons extra virgin olive oil

1 tablespoon creamy additieve-free peanut butter

1/2 teaspoon ground ginger

Salt and pepper to taste

In a medium bowl, whisk all dressing ingredients. Mix in all other ingredients. Place shredded cabbage in a small saucenpan and enough water to just cover it. Mix in raisins, oil, and pepper, cover, and bring to a boil over medium heat. Reduce heat to medium-low and cook about 12 minutes, until the cabbage is tender. Do not overcook. Meanwhile, in a cup, mix vinegar and flour with a fork until smooth. Set aside. To the cabbage in the saucenpan add the cinnamon and nutmeg.

When cabbage is cooked, add 1 tablespoons liquid from the cabbage to the flour mixture in the cup and mix well until blended and smooth. Gradually add the flour mixture to the cabbage, stirring constantly. Any remaining flour can be dissolved by pressing them with the back of a spoon against the saucenpan wall. Cover, and cook slowly 5 minutes until the liquid is thickened, stirring occasionally.

Judy E. Buss is a nutri-
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Mosaic mess reaches state Senate
Majority leader seeks law for better notification

By LLOYD DUNKELBERGER
The News Service of Florida

TALLAHASSEE — After the release of more than 200 million gallons of contaminat ed water at the New Wales phosphate plant in Mulberry, Senate Majority Leader Bill Galvano said Friday he will lead the Senate's effort to strengthen a state law to make sure Floridians are promptly notified of major pollu tion threats.

Galvano, a Bradenton Republican who is in line to become Senate president in November 2018, has experience with the issue. In 2005, as a member of the state House, Galvano helped pass a law requiring public notification of pollution incidents, after learning residents in the small, primarily African-American community of Tallevast in Manatee County had unknowingly been exposed for years to beryllium, a cancer-causing element, in their water supply.

The 2005 law established a state responsibility for notification of pollution incidents, replacing a system where notification was discretionary.

But after the opening of a massive sinkhole at the Mosaic phosphate plant near Mulberry that released an estimated 215 million gallons of acidic water into the groundwater, Galvano said he would work with Gov. Rick Scott to expand the 2005 notification law, which doesn't require public notification until groundwater pollution moves offsite from a polluter's property.

"I am proud that the earlier law went a long way to protect Floridians, but our state's population has expanded into once-remote areas and more people are poten tially at risk," Galvano said. "We now see that more is needed."

Galvano said he was working with Scott's office on legislation that could quickly pass during the 2017 legislative session to "better define" notification procedures involving public-safety threats from pollution incidents.

"From the BP oil spill to the recent St. Petersburg sewage dump and Mosaic sinkhole, events have made it abundantly clear that when there is a threat to our precious water supply, the government's paramount responsibility must be to protect the people of Florida — and a crucial part of protecting them is keeping them informed promptly and accurately," Galvano said.

State Rep. Kathleen Peters, R-Treasure Island, said she would handle the pollution-notification legislation in the House.

The legislation is likely to follow notification guidelines that the state Department of Environmental Protection, at the direction of Scott, released this week in an emergency rule. The guidelines require the department within 24 hours of a pollution incident to notify the public and local government officials, including mayors, county commissioners and administrators.

Within the 24 hours, the public will be notified with the release of information to television stations and newspapers "in the area of the contamination."

Within 48 hours, the owner of the facility or property where the pollution is occurring must notify the public, the Department of Environmental Protection and local government officials of offsite areas that could be potentially impacted by the pollution as well as outlining potential health and safety risks to the public.

When pollution moves offsite, the rule requires the polluter within 24 hours to notify impacted property owners, local government officials and the department.

Earlier this week, Scott said the current pollution notification law is "outdated and must immediately be changed."

"It does not make sense that the public is not immediately notified when pollution incidents occur and that is why I am directing DEP to immediately issue an emergency rule implementing strict notification requirements for public notification within 24 hours," Scott said.

In another issue, the FBI is seeking who sent an envelope containing an unknown white powder to Mosaic. The FBI said Saturday it testing the powder delivered Friday to Mosaic Corp.'s Tampa area headquarters. The powder is being tested to see if it is dangerous. In the incident, about 215 million gallons of tainted water from the central Florida fertilizer plant owned by Mosaic has drained from a waste heap through a 45-foot-wide hole down into the Floridan aquifer, which provides water to millions in the state.

The company says it has seen contamination at a recovery well within a quarter-mile of the sinkhole, but has not seen contamination further away.
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Visit WinterHavenHeart.org to see Dr. David Dodd and Dr. David Evans, cardiothoracic and vascular surgeons at Winter Haven Hospital's Bostick Heart Center, talk about their personal journeys with heart surgery, and explain the types of procedures they perform to treat abnormalities of the heart.

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