Life on wheels

By CHERYL COCHRAN
Ina Smith swept her fingers through her Siamese cat Louise's fur and said, "Louise is a part of me."

Last year, Smith went on a 10-year road trip around the country with Louise and her Siamese cat, a.k.a. "Louie." For Smith, people who live in recreational vehicles or trailers exist in a parallel universe. "With the exception of the RV park and campground industry, we're the only ones," she said.

Campgrounds have weathered economic storm and are seeing an upturn

By SAMANTHA GHOULAR
News-Sun photo by KATARA SIMMONS

In a world of cutbacks, the Highlands County Band has remained a shining light for the community by keeping its music alive.

Helms to be evaluated by commissioners

By ED BALDRIDGE
edbaldrige@newssun.com
SEBRING — County commis- sioners were reminded on Tuesday that County Administrator Rick Helms was due for a review and possib- ly raise. At the end of a seven-hour, 53-minute meeting, County Attorney Rees Macbeth addressed the subject that Helms was up for evaluation and passed over the standard ranking forms used by the county. "Macbeth explained that Helms' contract called for an evaluation at nine months, which was done in June," he said.

The board said it would conduct a salary review as part of its evalua- tion." Helms joked.

Macbeth sug- gested commis- sioners return their evaluations to him by noon next Tuesday. "He would then share each evalua- tion with the rest of the commis- sion so they could have an idea how the other commis- sioners ranked Helms before the meeting at 5:30 p.m. that night.

The evaluation sheet covers items like Helms' ability to communicate with commis- sioners and staff, as well as his ability to handle the press. It also evaluates his initiative and job knowledge.

Helms will be ranked on a scale of 1 to 100 in each gen- eral category, and then those averages will be added togeth- er for the final score.

Each commissioner will have an opportunity to make comments on each category to see HELMS, page 6A.
Fathers and sons

Robert and his brother, Matthew, looked up to their dad. He trained us by our own scout scout in the knowledge the time we were very old to be in boy scouts," the soldier said.

"I think what made me who he is — how much he cared about his children and his family." One other-looking moments in "Hoosiers" comes when Hickory's assis- tance coach, played by Danny Hopper, is thrust into lead- ing position. When the shot is called, played by Gene Hackman, the team's stall. After the play the team wins the game in dramatic fashion, only to be challenged by a player who says "You just got lucky." The audience will be asked to call past chap- lain's unit. The association and its members play a significant role in the management and funding of support to the special improvement of Placid Lakes. The association also provides social events to families of Placid Lakes resi-

Heartland Home and Patio Show opens today
LAKE PLACID — The Rotary Club of Lake Placid Placid Home & Patio Show opens today and will continue through Sunday, January 22. This is the 28th year in ceremonies being held in conjunction with the historic CAFR. The Clerk's Office was judged by an impartial panel to meet the highest form of recognition, the award to the hard work of the Clerk's Office.

Sebring — For the 27th year in a row, the High Standards Award Program, which includes the annual membership drive to Placid Lakes Town Hall, between 10 a.m. and 4 p.m. The association and its members play a significant role in the management and funding of support to the special improvement of Placid Lakes. The association also provides social events to families of Placid Lakes resi-

Community Brieves

Placid Lakes has membership drive
LAKE PLACID — The Placid Lakes Rotary Club of Lake Placid will have the annual membership drive on Jan. 20-21. All home- owners are encouraged to register at Placid Lakes Town Hall, between 10 a.m. and 4 p.m. The association and its members play a significant role in the management and funding of support to the special improvement of Placid Lakes. The association also provides social events to families of Placid Lakes resi-

DeSoto Park plans annual sale
SEBRING — The DeSoto Park (off Sebring- Road) annual sale will be held from 8 a.m. to 4 p.m. today and from 9 a.m. to noon Saturday.

Local MOA officials to be sworn in
SEBRING — New officials for the Sixth Central Florida Military Officers Association are to be sworn in for the 2012 year in ceremonies being held in conjunction with the historic CAFR. Invitations have been sent to MOA members. Others who wish to attend are asked to call past chap- lain's unit. The association and its members play a significant role in the management and funding of support to the special improvement of Placid Lakes. The association also provides social events to families of Placid Lakes resi-

Lottery

Next jackpot $100 million
Next drawing is 9:30 p.m. tomorrow night.

10 30 36 38 41
15 20 22 34 36
Jan. 17

16 18 23 24 25
Jan. 18

10 12 15 23 26
Jan. 12

21 23 26 32 36
Jan. 16

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RV park business evolving to keep up with the times

Continued from page 1A

This year we had late openings,” she said. “I’ve been runn-
ing them up, we’re semi-
fill, or have reserva-
tions booked, by phone.”

At Sunshine RV Park on State Road 50, Tim Duncan said: “Business has been good, but could be better. We’re a little down. I’m hoping it improves — tons and tons.”

Cornwell said two years ago the industry was hurting. Dealers selling new RVs were closing, as were some RV parks. The succession caused the plague in business. In, changing technology win-

Now, 20 percent of our reservations are made online,” said Sue Lewis, who runs Highland Wheel Estates with her husband Jim, manage-
s of the business.

At the height of the recession, sales of RVs fell dram-
ically. Banks weren’t making loans for houses, they

The recession caused the sales of RVs to fall drasti-

Jayda has been showing at dog shows across the state and se-

with her husband Jim, man-

RV park business evolving to keep up with the times

Highland Wheel Estates managers Sue and Jim Lewis rely on the Internet for broader

Dealers selling new RVs were closing, as were some RV parks. The succession caused the plague in business. New polls show RV park business evolving to keep up with the times.

Continued from page 1A


dering loans for houses, they

tival, or have reserva-

Another shift is the Baby

RVs,” he said. What RVs

Though it’s been two years since the recession, sales of RVs have yet to recover.

The recession caused the sales of RVs to fall drastic-

the economy, the big rise in

Every year, that sales of new RVs were

with Disney and Universal

164x563 to 563x1563

New polls show RV park business evolving to keep up with the times.

Continued from page 1A

When these younger

When these younger

The recession caused the sales of RVs to fall drastic-

New polls show RV park business evolving to keep up with the times.

Continued from page 1A

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Continued from page 1A

New polls show RV park business evolving to keep up with the times.
Citizens should take advantage of the early voting opportunities, especially here in Highlands County.

The polls open tomorrow for early voting, allowing registered Republicans the chance to select from nine candidates who will represent them in the presidential race. But the reason for the vote is not important to who you do or do not vote for—what matters.

Several volunteers will man the polls with the help of voting technology and will give you a thank you when they check off your name and look at your driver’s license. They are practicing freedom, something everyone has to constantly defend. Even if you join it with a vote.

Making your mark, even in this primary, means that you are not only exercising your constitutional rights, but it means that you are validating the system that made some of us even possible, the right that allows you to participate in our republic.

Early voting is not only convenient; it’s handy. You can slip down to one of the three locations no matter where you work in Highlands County. It’s quick with no lines for most of the day, and it’s easy with just one check of your ticket to select.

Ironically, because of the body politic, this primary comes just after the birthday of an American who dedicated his life to voting rights. After the race, he was to be faced with a law that repressed the right to vote in several states.

The Voting Rights Act of 1965 is still in effect, but unfortunately just five counties in Florida are required to get pre-clearance before making changes to how voters place the vote.

The Act criminalized literacy tests, grandfathering and other qualifications designed to limit a section of our country from participating in the voting process. Not just blacks, but illiterate whites and Latinos suffered from discriminatory voting laws. The purpose that has been taken to the right to vote if some are allowed to tarnish freedom with regulation.

In Collin, Hardee, Hendry, Hillsborough and Monroe counties, pre-clearance from the U.S. Department of Justice has to be obtained before any changes to the voting system can take place. Those counties started early voting this week.

Modern life is busy, but we are lucky to have the right to choose and have a voice by exercising your franchise by early voting. Take advantage of that time to vote.

When you enter that booth, you will be validating the sacrifices made in Sioux Falls in 1970. Validating the right for assembly and free speech. Validating the call to all to select the next leader in this country. No matter where you are.

But you cannot validate those efforts if you do not enter the booth. There will be more opportunities to vote in the upcoming race, but for example if you select, for your children, your neighbors, your friends and co-workers.

If you wish to have the right to vote, you must exercise an equal duty. An equal right to vote, you must exercise an equal right to vote. Do it early.

The emperor Barack has a lot to learn.

The question is whether Congress’s Commerce Clause can be stretched beyond reach to encompass everything from the Obamacare mandate. We pray that the Supreme Court will put the question to rest with an emphatic rejection.

The sometimes faultless judgment of Britain’s socialized medicine has been a major obstacle to the hopes and plans of our own class of socialized medicine—and everything of a government that will do so. And so powerful that nothing can resist it.

That is a lesson Barack Hussein Obama has yet to learn. He left his lesson by July, he will certainly learn in November.


Guest columns are the opinion of the writer, not necessarily the opinion of the staff or editors of the News-Sun.

To make sure the editorial pages aren’t dominated by the same writers, letters are limited to two per month and a guest column can be submitted every 90 days.

Most opinions are about 320 words. We have to make room for everybody. Letters of local concern take priority.

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Opinions expressed in letters or columns are solely the opinion of that author and not necessarily the opinion of the staff or editors of the News-Sun.
Continued from page 24

The day will be packed of fun for kids of all ages and abundantly the highlight of the day will be a giant mound of snow. As if that wasn’t enough, the festivities will also feature pony rides, giant inflatables, outdoor bowling lanes, video games, face painting, Toby the Clown and plenty of delicious food.

Contact Big Brothers Big Sisters Community Resource Development (863) 392-0993 or via e-mail at lvacquer@bbosum.org.

Lake Placid Garden Club

LAKE PLACID — The Lake Placid Garden Club presents its annual Spring Garden Show with a fashion show and luncheon at noon Saturday at the Lake Placid Library. Look for tickttaches, 220 Green Dragon Ave., and Chic Chick Boutique, Downtown. The Matty's, a social dancing, competition, best in ballroom music be it their Saturday dance. The Dancers will be featuring.

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“Senior Prom' is Saturday

LAKE PLACID — The Lake Placid Mouse Club presents its annual “Senior Prom’’ on Saturday at the Lake Placid Social Hall. Admission is $5 for admission and $10 for those who wish to attend the formal dinner. A cash bar will be available. The day will be packed of fun for kids of all ages and abundantly the highlight of the day will be a giant mound of snow. As if that wasn’t enough, the festivities will also feature pony rides, giant inflatables, outdoor bowling lanes, video games, face painting, Toby the Clown and plenty of delicious food.

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moldovan woman who says she was called "We were looking for Frenchy." She said she was called "We were looking for Frenchy." She said she was called "We were looking for Frenchy." She said she was called "We were looking for Frenchy." She said she was called "We were looking for Frenchy." She said she was called "We were looking for Frenchy." She said she was called "We were looking for Frenchy." She said she was called "We were looking for Frenchy." She said she was called "We were looking for Frenchy."
The Arab-Spring protests saw the downfall of dictators in Egypt and Syria.

The First Amendment likewise provides no exceptional copyright protection for works in the ‘public domain,’ Justice Ruth Bader Ginsburg said in her opinion for the court. But Justice Stephen Breyer, writing for a majority that included Justice Samuel Alito, said that an automatic copyright is to encourage an author or creator to produce a new work. "The statute thus rewards the author and encourages anyone to strike a single new work," Breyer said. "This law is critical because it helps or rewards only on uncopyrighted works," Alito said.

The court ruled in 2003 that Congress had the power when it extended protection to works that had been in the public domain. The law gave heirs complete control that community orchestras, academics and others who rely on works that are available for free have effectively been priced out of performing "Peter and the Wolf" and other children's favorites. It spells "unconstitutional." The court said it would address that as a separate question.

The Supreme Court upheld copyrights for once-free work. Associated Press

WASHINGTON — The Supreme Court ruled Wednesday that once-free works may be protected from copyright infringement, allowing people like pop singer Bette Midler to prevent performances by community orchestras of works that once lacked specific copyright protection.

Justice Antonin Scalia, writing for a majority of the court, said Congress had the power when it extended protection to works that had been in the public domain. The law gave heirs complete control that community orchestras, academics and others who rely on works that are available for free have effectively been priced out of performing "Peter and the Wolf" and other children's favorites. It spells "unconstitutional." The court said it would address that as a separate question.

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Gingrich rising in SC, but in time to edge Romney

Associated Press

EASY, S.C. — Former House Speaker Newt Gingrich said Thursday he’s still offering a positive alternative to Mitt Romney for the Republican presidential nomination, brushing aside the possibility that he could be a write-in candidate.

During an interview on his radio talk show in Iowa, Rick Santorum ended up edging Romney in the state’s GOP caucuses.

“Romney,” Gingrich told" in South Carolina, “Gingrich told NBC’s “Today” show in an early morning interview. “There is one candidate who can give you a conservative nominee and only one who can give you a conservative and win in the general election. It is for sure, from an outside group that spent $3 million in attack ads in Iowa from an outside group that supports Romney. Gingrich posted dismal showings in both Iowa and New Hampshire. By the time the race turned to South Carolina, he was clearly now within the thin victory margin of eight votes. Initial reporting on GOP caucuses in the state's primary Jan. 31.

Gingrich addressed a report saying that a riveting primary campaign that might come to a head the day before the Iowa caucuses. He also raised questions about Romney’s experience understands it is taking on everyone involved.

The Georgia Republican was asked about a report in the Des Moines Register saying that a riveting primary campaign that might come to a head the day before the Iowa caucuses. He also raised questions about Romney’s experience understands it is taking on everyone involved.

“The glory days when Eastman Kodak Co. ruled the world of film photography lasted for a center of the spectacle that the 135-year-old company is pinning its hopes on peddling a trove of photo patents and morphing into a new look powerhouses built around printers and ink. Yet if it succeeds, it seems unlikely to ever again resemble what it red on yellow K logos long stood for — a signature brand synonymous in every corner of the planet with capturing, collecting and sharing images.

“Kodak played a role in a pretty much everyone’s life in the 20th century because it was the company we entrusted our most treas- ured possession to — our memories,” said Robert Burley, a photography pro- fessor at Ryerson University in Toronto. His yellow boxes of film, point-and-shoot Brownies and Instantmatic cameras, and those hand-rolled prints that made it possible for Kodak to freeze-frame their world “were the products used to freeze-frame their world and those hand-sized prints and Instamatic cameras, point-and-shoot Brownie cameras, and those hand-rolled prints that made it possible for Kodak to become the most storied specter that the 132-year-old company is pinning its hopes on peddling a trove of photo patents and morphing into a new look powerhouses built around printers and ink. Yet if it succeeds, it seems unlikely to ever again resemble what its red on yellow K logos long stood for — a signature brand synonymous in every corner of the planet with capturing, collecting and sharing images.

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“Kodak played a role in a pretty much everyone’s life in the 20th century because it was the company we entrusted our most treas- ured possession to sol that the entire century looked like,” Burley said. “One of the most interesting parts of this bankruptcy story is everyone’s sad- dened by it,” he continued.
Classifieds

Free ad is limited to a 4-line ad that runs for 3 consecutive issues. Must be a non-commercial item. Asking price is $100 or less. We offer 2 ads per month and can renew the same ad 2 times in 30 days, only if it’s the same ad. The price is allowed to change. All ads placed under the “Bargain Buy” discount rate must have items with “Bargain” pricing. The customer can list the ad up to 3 times. The discount rate is allowed; Chases (2) ... $20 each is NOT allowed. The customer can list the ads up to 3 times. To list an ad stating “Each,” the ad must be charged at the non-discounted rate, using the “Open Rate” pricing. No commercial items are allowed; “Bargain Buy” specials. Items must be common household items. Ads for Pets, stating “Trees to Good Home,” are allowed to be placed under the “Bargain Buy” category.  

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$17.00  
(additional lines $3 each)  

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EMPTMENT TRANSPORTATION  
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$31.00  
6 lines - 14 pubs  
$71.00  

RATES  
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$11.50  
3 days  
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Peugeot withdraws from endurance racing

By BARRY FOSTER
Special to the News-Sun

SEBRING — The sports car world continues to react to the news that Peugeot has withdrawn from endurance sports car racing.

The news came late Wednesday and caught nearly everybody by surprise — including the Peugeot Team Sport Total, which had set up shop at Sebring International Raceway for a private testing session.

Reportedly, the decision appears to be a result of the current economic climate. It came on the closing day of entries for the World Endurance Championship, which will open as part of the ‘09 season.

The Mobil 1 12 Hours of Sebring fueled by Fresh from Florida.

In a release, factory officials said: “After 14 victories in the last 16 races, including a double at the Le Mans 24 Hours 2009 as part of the LMP1 class, Peugeot’s Le Mans Endurance Championship was won by Peugeot two years running, making it their record third such season. The team, which is supported by Peugeot Sport Total, has decided to close its 2012 season on Thursday, Jan. 30, 2012. See PEUGEOT, Page 4B

Blindsided
Dragons ousted in district tournament

By DAN HOBINE
sebring@thenews-sun.com

Mulberry, however, came right back to tie it a little more than three minutes later on an Olivia Jones free throw.

See DRAGONS, Page 4B

Lady Dragons’ turn to celebrate

By DAN HOBINE
sebring@thenews-sun.com

LAKE PLACID — It’s been a long time coming for Janimaka Gayle. Tuesday’s stunning 54-30 Lady Dragon win over Avon Park could be the start of something.

The Lake Placid senior, after all, is a four-year starter who has been through the storms. “It was tough with all the issues before,” she said. “But that makes this feel so much better.”

Though it’s the newcomers that have helped spark the turnaround, head coach Jackie Coyne and daughter/point guard Alex Lynne, 30, in fact, coach Coyne didn’t fully grasp the magnitude of the county rivalry, which had been so one-sided for quite a few years.

“I guess I don’t, because I just look at it as another game,” she said.

That the cross-country bat- tle had been joined this sea- son was shown on Dec. 9, when the Lady Red Devils needed a comeback to top Lake Placid 52-50 at home, giving the Dragons what was still their only district loss heading into Tuesday’s matchup.

Which set the stage and brought out the biggest and best from each side — including the Lady Dragons’ 54-30 win over Avon Park.

The Lady Dragon bench erupts in celebration after the final buzzer sounded in Tuesday’s 54- 30 win over Avon Park.

Lady Wildcats nip Blue Streaks

By LAUREN WELBORN
sebring@thenews-sun.com

SEBRING — With a big game at stake and an added factor of mildmannered finals on the brain, the Lady Blue Streaks varsity soccer team had a lot on their plate as they took the field Thursday night, facing Mulberry Academy in the first round of the District 13A-2A tournament, at Firemen’s Field.

But Mulberry, however, came right back to tie it a little more than three minutes later on an Olivia Jones free throw.

Waltrip headlines NASCAR’s 3rd Hall of Fame class

By JENNA HOFF
Associated Press

CHARLOTTE, N.C. — Darrell Waltrip has a lifetime of winning memories with a train-racing style that helped him become NASCAR’s most popular driver.

Now three-time champion is headed into NASCAR’s Hall of Fame and he’s at a loss for words.

Waltrip says he’s struggled through 10 versions of a prepared speech for Friday’s induction ceremony.

He finally gave up and plans to wing it.

In his introduction at the eight-member class.

He’ll be inducted with Cali Yarborough, new chef Dink Hammond, modified driver Richie Evans and NASCAR pioneer Glenn Wood.

It’s the third class for NASCAR’s Hall, and many beloved Waltrip’s polarizing personality caused voters to overlook him last year.

Debuting the Spring line

By DINO LOWRY
special to the news-sun.com

LAKE PLACID — It’s been a long time coming for Janimaka Gayle. Tuesday’s stunning 54-30 Lady Dragon win over Avon Park could be the start of something.

The Lake Placid senior, after all, is a four-year starter who has been through the storms. “It was tough with all the issues before,” she said. “But that makes this feel so much better.”

Though it’s the newcomers that have helped spark the turnaround, head coach Jackie Coyne and daughter/point guard Alex Lynne, 30, in fact, coach Coyne didn’t fully grasp the magnitude of the county rivalry, which had been so one-sided for quite a few years.

“I guess I don’t, because I just look at it as another game,” she said.

That the cross-country bat- tle had been joined this sea- son was shown on Dec. 9, when the Lady Red Devils needed a comeback to top Lake Placid 52-50 at home, giving the Dragons what was still their only district loss heading into Tuesday’s matchup.

Which set the stage and brought out the biggest and best from each side — including the Lady Dragons’ 54-30 win over Avon Park.

The Lady Dragon bench erupts in celebration after the final buzzer sounded in Tuesday’s 54- 30 win over Avon Park.

Lady Dragons’ turn to celebrate

By DAN HOBINE
sebring@thenews-sun.com

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**Sports Snapshots**

**LX Sport Ball Sign-ups**

*Lake Placid – Lake Placid Baseball is accepting registrations for T-Ball, Baseball and Softball for children ages 5-10.*

The deadline for registration is Thursday, Jan. 19.

To sign up for a specific division, you can either register online at our website or pay off-site with cash or check. Check-in will start at 8:00 a.m. on game day. All coaching positions are still available for field and pitching. Contact our coaches at: 1-345-1234 or email: LakePlacidBaseball@gmail.com

**Barajas Foundation 5K**

*The inaugural Alex Barajas Foundation 5K Run/Walk will take place at 8:00 a.m. Feb. 11 at Lake Placid Elementary School on Church St. (In the parking lot).*

The Alex Barajas Foundation was established by family and friends to honor the way the former Lake Placid resident led his life. He lived with a rare genetic disease during his young life, doing so with strength that inspired all who knew him.

Through the adversity, his faith and determination shone through.

The Foundation is dedicated to supporting education so that others can achieve their own goals and dreams.

The 5K Run/Walk is also dedicated to the research to find a cure for brain tumors.

The 5K features a male and female division for participants of all ages and abilities.

In memory of a loved one or for fun, golf cart and hand truck options are available.


**GOLF**

**coming soon!**

**GOLFS Indoor Soccer League**

*The GOLS Indoor Soccer League is a 6-week co-ed League for ages 8-18. The League will run from Feb. 28 to April 6, 2012. For more information, please call Coach Virkler at 214-5894.*

**SEIRIN Senior Softball**

**SERRING – A senior 70-and-over softball league**

*Interested players must have been born in 1942 or earlier to participate. The goal is to be active, have fun, make new friends and stay healthy. For more information, please contact the Lake Placid Chamber at 456-4311.*

The 70-and-over softball league is dedicated to creating a fun and active environment that promotes health and well-being for senior citizens.

The league is open to all seniors who are interested in playing softball and having fun while staying active.

**SEIRIN Senior Softball**

*Winter season*  **SEIRIN Senior Softball**

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15. McCuaig. Stephenson (triple), and Ian included Darrell Richards

Ron and Sylvia West, John and Gloria Service Center.

Lake June West

A Scramble was played on

LAKE PLACID – In Lake

Howland at minus 1.

The Men’s Association played a Pro-Am tournament on Thursday, Jan. 19.

The Men’s Association played a game on

Winning first place was the team of Joe and Joyce

Martha Mathew, Jane

Joe and Joyce

Charlotte Mathew, Jane

Joe and Joyce

Lefty St. Pierre, Dick Garceau with plus-3.5.

C Flight - Dick Stoddart with even; B Flight - Len

Pierre with plus-2.5. Tying for second/third places, Charles Rogers, who scored 210.

Dale Stevens and Red Bohanon, who took second place with 79 points.

Gann and Joe Austin came in third with 82 points.

Gordon Reid and John Starks with 82 points.

On Day 1 (Tuesday), only the best

In the B Flight, the winners were

Johnny Wehunt and Paul Johnson; and third place, Cliff Steele, Len

Streeter, Gerry Page, and Bob Berg, who scored 204.

and Bob Berg, who scored 204.

and Bill Jennings also had a high-scor-

Dave Docherty at 213.

and Bill Jennings also had a high-scor-

Rogers, who scored 210.

There was a tie for second place

There was a tie for second place

For the fourth straight

Joe Hyzny scored plus 2 for first

Jim Cozine tied for second at +5.

Wanda Jones, 5-feet-2-inches. Tying for second/third places were Marilyn Armstrong and Mary

Hettinga. Tying for second/third places with plus-2 each.

The Limited Group played a tournament Thursday, Jan. 19.

The Men’s Association played a tournament Thursday, Jan. 19.

Joe Hyzny scored plus 2 for first

Placid Senior Softball

Joe and Joyce

Tying for second/third places were C. Roy and P.

Eades, Charles Stave,

Supa with 45; first place, Ron

and Frank Conroy with plus-5. Individual winners were: First place, Marilyn Clauses, Pat Gowen, Betty

Houliihan, Margaret

and Kim Fries with 49 and Anne Kelly with plus-7; and third place, Dennis Hill with plus-8; second place, Marybeth Carby, with 62 each. Tying for third/fourth places were John O’Neill’s +4, and Bob Wimmers 29; second place, Lucy Roberts, with 65 each.

John O’Neill’s +4, and Bob Wimmers 29; second place, Lucy Roberts, with 65 each.

Joe and Joyce

Sylvia West and Carol Colbert with 39.

Lefty St. Pierre and Frank Conroy with minus-2.5. Tying for second place, John O’Neill’s +4, and Bob Wimmers 29; second place, Lucy Roberts, with 65 each.

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Continued from 1B

the line, and consecutive Lake Placid hoops narrowed the gap.

Amanda Osborne took an assist from Alex Coyne on the break for two and Coyne followed through with a shot to cut it to 21-18.

English hit a free throw, but Coyne was back ing up. The senior went 5-of-6 from the line to give the Dragons their first lead. She followed that up with a three. I knew once we corrected our mistakes we would be in good shape,” Gayle said. “At that point, I thought we were right where we needed to be,” coach Coyne said. “(Avon Park) had played so hard and we had made so many mistakes, missed so many free throws, and yet we were only down three. I knew once we corrected our mistakes we would be in good shape.”

That certainly played out in the second half as K’unshe Wilson started the third with a score inside to cut the lead to one. Coyne then hit a pair at the line to give the Dragons their first lead.

English drove for two to get the lead back, but Coyne came right back, driving the length of the floor for a score that would put Lake Placid up for good.

Because for the rest of the period, the Lady Devils would score three straight and the Dragons would score to life with seven seconds left in the game.

Gayle scored five, Coyne got a basket and free throw and Coyne-connected on a pair from the line dur- ing the run.

The period then ended with K’unshe nailing a steal off the Lake Placid press and laying it in just before the buzzer sounded.

The three-point halftime deficit was now a 16-point lead at 38-22.

Avon Park tried to get back into it, with Johntavia Perry getting three points early on in the fourth.

But Coyne kept the Dragons rolling with a drive through the lane and hit 3-of-4 from the line.

K’unshe Wilson added five points during the run to push it to 51-26, before a new defined Devil squad got another score from Perry.

Lake Placid senior Katie Tucciarone added a three from the corner and Tucciarone got the final Avon Park score to provide for the final margin.

“The losing streak is over,” Gayle said. “It feels good to have the whole team playing so well. Our energy and confidence keeps us getting better.”

With the win, the Dragons handed the Devils their first losing loss of the season, putting both teams at 6-1.

“Can’t imagine watching it, because as a coach you can’t see it like that,” coach Coyne said. “But it was just a great game for us. I think we’ve underestimated a lot, but these girls play hard from start to finish and you can’t ask for anything more than that.”

Each team finishes up in the district schedule tonight, with Avon Park hosting Deltona and Lake Placid at Mulberry.

But both squads finished up with non-district games next week, before the District Tournament begins the week of Nov. 50 at Avon Park.

Continued from 1B

Sebring falls in Districts

Sebring was another McKeel forward, and scrumble back again to search the ball as the left forward attempted to recover it.

The Blue Streaks were putting up quite a fight, with Kristina Williams and Sarah Smith both putting pressure on the McKeel keeper as the last minutes ticked away.

As the battle continued, packet stolen from Sebring on one more goal before the half, putting Sebring behind 5-0.

Sebring came out with a vengeance when play began for the final 40 minutes, refusing to give up just yet.

Illustrating Sebring’s determination to play will Martin, who took a shot to the head from a McKeel defender attempt ing to clear the ball up field.

She quickly stood up and brushed off the injury and continued playing without missing a beat - one of many sacrifices the girls made for Sebring’s season. The Dragons went back on track to continue the 1-1 tie into the final 40 minutes.

And for almost 25 of those minutes, it remained deadlock.

But another Schub shot found the back of the net at the 15:22 mark put the Panthers on top.

The Dragons went back on the attack and created some opportunities, but their shots on goal weren’t finding their marks.

Instead Hudson sealed the deal when she got past the Lake Placid defense and beat the keeper for a 3-1 lead.

With just over five minutes left to play, “We had them pretty good both times during the sea son,” coach forward Brittany Collison said. “But as a whole, we just didn’t play well tonight.”

Not the best time to turn in a bad performance after the brilliance of a regular season that had seen just one loss and two ties.

But as head coach John Merlo was quoted as saying, “Any game does not define.”

“I’m proud of how hard my girls played all year and how they worked,” he said. “These are great young ladies that will do great things in life.”
Different types of orthotics help treat different problems

Orthotics are shoe inserts that are intended to correct an abnormal, or irregular, walking pattern. Orthotics are not truly and solely “arch supports” although some people can use these words to describe them and they perhaps can be understood with those words in mind. They perform functions that make standing, walking and running more comfortable and efficient, by altering slightly the angles at which the foot strikes a walking or running surface.

Doctors of podiatric medicine prescribe orthotics as a conservative approach to many foot problems or as a method of control after certain types of foot surgery; their use is a highly successful, practical treatment form.

Foot orthotics fall into three broad categories: Those that primarily attempt to alter weight-bearing forces that could ultimately cause foot deformity and pain.

Orthotics for children
Orthotic devices are effective in the treatment of children with foot deformities. Most pediatric physicians recommend that children with such deformities be placed in orthotics soon after they start walking, to stabilize the foot. The devices can be placed directly into a standard shoe, or an athletic shoe. Usually, the orthotics need to be replaced when the child’s foot has grown two sizes. Different types of orthotics may be needed as the child’s foot develops and changes shape.

The length of time a child needs orthotics varies considerably, depending on the seriousness of the deformity and how soon correction is addressed.

Semi-rigid orthotics
The third type of orthotic device (semi-rigid) provides for dynamic balance of the foot while walking or participating in sports. This orthotic is not a crutch, but an aid to the athlete. Each orthotic has its own demand and each sport orthotic needs to be constructed appropriately with the sport and the athlete taken into consideration. This functional dynamic orthotic helps guide the foot through proper functions, allowing the muscles and tendons to perform more efficiently. The classic, semi-rigid orthotic is commercialized of layers of soft material, reinforced with more rigid materials.

Orthotics for children
Orthotic devices are effective in the treatment of children with foot deformities. Most pediatric physicians recommend that children with such deformities be placed in orthotics soon after they start walking, to stabilize the foot. The devices can be placed directly into a standard shoe, or an athletic shoe. Usually, the orthotics need to be replaced when the child’s foot has grown two sizes. Different types of orthotics may be needed as the child’s foot develops and changes shape.

The length of time a child needs orthotics varies considerably, depending on the seriousness of the deformity and how soon correction is addressed.

Other types of orthotics
Various types of orthotics may be used for multi-directional sports or edge-control sports by casting the foot within the ski boot, ice skate boot, or in-line skate boot.
health-conscious recipes to eat while she promotes much of it she’ll continue though it isn’t clear how that made her a star, recipes on TV.

Eggs have gotten a bad rap, but recent studies show eating them actually lowers cholesterol.

Eggs are a treasure trove of nutrition.

BETTER BREATHING FOR LESS THAN $10 A MONTH

Dear Pharmacist:

I read your Facebook post about how you’ve been using vitamin D to make you feel remarkably better. I feel much better after just one week. I also read where you recommended a supplement for arthritis which I just started taking of Colloidal Fenbukli and N-Acetylcysteine. You are saving my life. Sincerely,

J.R. Rockwell, Texas

Answer: My answer will set you back about $10 per month. If you have a flu-like symptom in health matters, you’ve no doubt heard about the problem associated with too little vitamin D. A deficiency of this powerhouse vitamin has been implicated in just about everything from obesity, heart disease, cancer and international threats to world peace. Okay, I’m exaggerating a bit. But I have another health problem to the list of maladies impacted on the face of this nation: Asthma. Apparently, children reared in cold and humid climates have a higher incidence of asthma. So, let’s do what we can to alleviate this problem.

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Dr. Kelly Pepper
A VON PARK — The Sunday message delivered by Frank Parker, Avon Park Church of Christ, is at 200 S. Forest Ave. For information, call 451-0402.

Christ Lutheran Church - LCSM

AVON PARK — This Sunday, Jan. 22, Pastor Scott Miller will deliver a sermon titled “Our Father.” Call 467-1825 for information.

Christian Science Church

SABBATH — The lesson sermon on Sunday morning is “Love’s Message in the Bible.” The key verse is from John 5:6, “For the Father seeks such of a lost world as the Spirit is to impart Christ within.” The church is at 146 S. Plum St., Avon Park High School. Call 385-0352 or visit the church’s website at christianscience.org for information.

Eastside Christian Church

LAKE PLACID — On Sunday morning, Kathy Whitehead will provide the message Sunday morning. The sermon title will be “Money Matters. Because Money Does Matter.” The evening will be a special concert with Randy and Grace Harmon. Eastside Christian Church is at 101 Ave. A, two miles east of U.S. 27 on County Road 621. The phone number is 458-7696.

Emmanuel United Church of Christ

SABBATH — Rev. George Miller will deliver the morning service. The Wednesday night Bible study is in the Fellowship Hall. For information, call 453-4011.

First Baptist Church of Avon Park

AVON PARK — Rev. Ron Beck is the senior pastor. Church is at 455 Hammock Road. For more information, call 451-5999 or visit avonparkbaptist.org.

First Christian Church (Disciples of Christ)

SABBATH — At the Lord’s Table this Sunday, Randy Beck is the senior pastor. Call 453-4011 or visit avonparkbaptist.org for information.

First Presbyterian Church of Sebring

SEBRING — “Christian Victory” is the title of Sunday morning’s sermon, taken from the Scripture Galatians 5:24-25. Monday is a joint meal of the Keaton and Brandon Disciples of Christ at 5 p.m. in the conference room. Pastor Bob Moore will deliver “Jesus’ Prayer Breakfast” at 8 a.m. on Sunday at U.S. 27.

First United Methodist Church of Sebring

SEBRING — Today is “Purim Day.” The service will be Sunday at 11 a.m. in the Fellowship Hall. The theme for the day will be “Purim: A Family Day.” Call 385-5184. The church is at 200 Lark St.

Grace Pointe Church

AVON PARK — Rev. John Adams is the senior pastor. Call 458-7502. Church is at 385-0352. The church is at 1310 Alternate Route 17 South in Sebring, on the east side of the highway. Phone number 314-9863.

Heartland Christian Church

SEBRING — Pastor Ted Morrison’s sermon this morning will be “If You Are Righteous,” with Scripture from James 1:22-27. The service will also include the Heartland Singers, singing “I’ll Know,” and Mary Daniel, singing “God’s Song.” Call His Grace On Us. Adult Bible study Tuesday is “Evolution, Creation, the Bible, and Science,” taught by Pastor Ted Moore. The church is at 314-9863.

Memorial United Methodist Church

LAKE PLACID — Rev. Pro Bell, senior pastor, will preach at the Heritage Worship Service, 10 a.m. on Sunday, and the Celebration Worship Service on Sunday evening. Pastor Claude Bumgar will preach at the Noon Service. Call 385-0352. The church is at 1310 Alternate Route 17 South in Sebring, on the east side of the highway. Phone number 314-9863.

Railroad Historical Society

SEBRING — The railroad Historical Society will hold its annual meeting and dinner Feb. 9 at 6 p.m. in the conference room of Calvary Bible Church. Dr. Charles H. Hall is the speaker. Keynote speaker is Dr. John Eriksen, who will speak on “The Railroads in Sebring.” The dinner is at 6 p.m. in the fellowship hall. The evening will be a social event. For information, call 385-5184 or visit avonparkbaptist.org.

Relay for Life

SEBRING — The Relay for Life will be held at Lake Placid High School stadium April 28, 9 a.m.-9 p.m. This year’s theme is “How Shall I Be Remembered?” For registration information, call 385-5184. To support the event, call 453-0922. The committee is accepting donations of new and used items, including furniture, tools, books, and knickknacks for the silent auction. Call 385-0352 to volunteer. For information, call 453-0922. The committee is accepting donations of new and used items, including furniture, tools, books, and knickknacks for the silent auction. Call 385-0352 to volunteer. For information, call 453-0922.

Sabbath School

SEBRING — At the Sunday School this week is “Fishers of Men.” Call 453-0922.

Shrove Tuesday Dinner

SEBRING — Shrove Tuesday Dinner for Lent will be held March 14 at 6 p.m. at the Salvation Army Community Center. Dinner consists of a Shrove Tuesday meal with veggies, salad, soup, and dessert. Cost is $5. Call 453-0922.

Snapshots

Continued on page NYB

Continued on page 9B

Wednesdays at First Presbyterian Church, 315 E. Circle St., with two entrances on Lagrande Street.

Thursday’s Home Bible Study at 6 p.m. is in the fellowship hall. Call 385-5184.

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Photography

Snapshots

Continued from page 7B

at breakfast and dinner, will be served at noon. The Sebring First Baptist Church is at 5870 County Road 621. For more information, call 967-1016.

Rev. J. Peter Sheehan; Decons, 3993; Assisting Priest (retired), Vicar, Rev. Victor Caviedes, 385-7999; Assisting Priest, Rev. Mr. James R. McGarry and Associate Pastors, John E. Hamman Hall. Pastor Gerald L. McCrary, pastor. Sunday worship service begins at 10:30 a.m. with prayer and Bible study, 11 a.m. service on Wednesday evening, 7 p.m. Classes for adult children and youth are available. Church phone: 382-4301. Email, office@stcathe.com

The church phone is 471-6140; the pastor’s phone is 385-0752. For information, call (239) 655-1524.

Our motto is "The church for you and your family to visit with Jesus, to worship and be challenged."

The Rev. Clyde Weaver’s Sunday morning message will be "Our Life’s Journey of Faith, Part 4: Onward and Upward." For information, call 707-4655 or visit www.ourlifesojourneyoffaith.org.

The church phone is 398-0050; the pastor’s phone is 398-1427.

For more information, call 453-4851.

First Church of the Nazarene, 101 N. Franklin St. Sunday: 10:30 a.m. Nursery provided. Mid-week prayer meeting at 6 p.m. Wednesday evening service is at 7 p.m. with prayer and Bible study, 11 a.m. worship service on Sunday, 10 a.m.一般信息

1. 约瑟芬音乐学校将举办第20届年度“垃圾和宝藏”音乐会，包括小提琴音乐会，她的音乐会包括小提琴独奏。这是一场美丽的小提琴音乐会，小提琴将被颂扬。
2. 在这个系列中，星期一晚上将有一场由周文思先生主演的戏剧节目。周文思先生将通过整个系列的各个项目表演。
3. 根据节目，这将是一场免费的音乐会，音乐将包括古典音乐，小提琴独奏和 예수 후산이의 연주。
4. 这是约瑟芬音乐学校的第三场演出，也是她表演小提琴的第三场演出。这将是一场免费和令人喜爱的音乐会。

Church News

Continued from page 7B

Contemporary Service in Beth Reynolds Foyer, 2:30 p.m. Flying Reels Free Fishing service at 9 a.m. of Kent Ave., and everyone is welcome. Phone number is 585-7443.

Sunday morning Bible Study, 9 a.m.; Morning Worship, 10:45 a.m. (Spanish), 11:30 a.m. (English). Mid-week Bible Study, Wednesday evening, 7 p.m. with prayer and Bible study. First Church of the Nazarene, 101 N. Franklin St. Sunday: 10:30 a.m. Nursery provided. Mid-week prayer meeting at 6 p.m. Wednesday evening service is at 7 p.m. with prayer and Bible study, 11 a.m. worship service on Sunday, 10 a.m.

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Special to the News-Sun

SALTLAKE CITY—U.S. Attorney General Eric Holder invited the state to agree on a settlement proposal in a case involving a Utah county’s ban on alcohol sales in public places, but Utah’s prosecutor said he wouldn’t accept a deal that would prevent the state from pursuing a lawsuit in court.

The Utah County Commission in January 2008 passed an alcohol-ban measure that bars alcohol sales in public places, including schools, parks and town squares. The measure was intended to prevent minors from drinking alcoholic beverages sold in bars.

In March 2010, the Utah Attorney General’s Office filed a federal lawsuit against the county, alleging the policy violates the U.S. Constitution’s provision for religious freedom. The lawsuit alleged that the policy infringes on the religious freedom of individuals who want to drink alcohol, and also violates the religious freedom of those who don’t want to drink.

Under the proposed settlement agreement, the county would be allowed to ban alcohol sales in parks, playgrounds and school grounds, but not in schools, town squares or other public places.

The settlement agreement is pending approval by the Utah County Commission, but Utah Attorney General’s Office spokeswoman Andrea Paulson said that the county will have to agree to the settlement to avoid a court battle.

In a letter to the county, Springfield, Ill., Attorney General Eric Holder said the state’s proposal is “a fair and reasonable settlement.”

The proposed settlement agreement would allow the county to ban alcohol sales in public places, but not in schools, town squares or other public places.

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In life, an ‘account at the bank’ can be a relative thing

Guest Column
Rev. James L. Snyder

“I don’t know what’s gotten into young folk these days,” she whispered. “Mind-boggling!”

Jesus said, “Lay not up for yourselves treasures in heaven, where thieves break through and steal: But lay up for yourselves treasures in heaven, where thieves do not break in and no thief approacheth.”

Grandma’s face turned a little red. “I wanna open an account,” she mumbled. “What a crazy way to run a bank on. Jesus said, “Lay not up for yourselves treasures in heaven, where thieves break through and steal: But lay up for yourselves treasures in heaven, where thieves do not break in and no thief approacheth.”

In her first deposit.

She insisted we tip the waiter in that man wants you to pay for our supper. “I’m paying for our supper with my credit card,” I explained. “Oh,” she said. “You know I don’t believe in cards. Cards are of the devil.”

Barely concealing his manager his voice, the manager replied, “There is only one sure account I can bank on. Jesus said, “Lay not up for yourselves treasures in heaven, where thieves break through and steal: But lay up for yourselves treasures in heaven, where thieves do not break in and no thief approacheth.”

O.K. What is your address?”

“Why do you need to know that?”

“I’m opening an account for you, Ma’am.”

“Good morning, Ma’am. I’m Gary of God Fellowship, PO Box 831313, Ocala, FL 34483. Guest columns are the opinion of the writer, not necessarily those of the news staff.

Page 10B

Ocala, FL 34483.
**Dear Abby:** I am cur-
Protecting tooth enamel plays an important role in having a beautiful and healthy smile.

What is tooth enamel?

Enamel is the hardest substance in the human body and it makes up the outer surface of your teeth. It is a great smile builder because of its strength and durability. Enamel is also a highly specialized tissue that gets its strength from calcium and phosphate crystallites. This means that enamel can be repaired and strengthened over time by consuming foods and drinks that provide the body with these minerals.

How strong is enamel?

Enamel is so strong that it can resist the force of biting for about 200 pounds. The only substance stronger than enamel is dental porcelain, which is used in dental crowns and veneers.

What causes enamel erosion?

Enamel erosion occurs when acids in food and drinks wear away the enamel on your teeth, which can lead to the loss of tooth structure. The calculus that’s in saliva will usually help strengthen teeth after you have a small amount of acid, but too much acid can wear down the enamel.

Enamel erosion can be caused by a number of things:

- Excessive consumption of carbonated drinks — soda and other carbonated drinks contain high levels of phosphoric and citric acids, which can damage the enamel on your teeth quickly. The more you drink, or the longer you hold the drink in your mouth, the more damage can be done.
- Fruit drinks (some acids in fruit drinks are more erosive than battery acids)
- Dry mouth or low saliva flow
- Dent (high in sugar and starches)
- Acid reflux disease
- Gastronomic problems
- Medications (antibiotics, antacids)
- Genetics ( inherited conditions)
- Environmental factors (friction, wear and tear, stress and corrosion)

Protecting Tooth Enamel

There are some simple things that you can do to take care of your enamel and keep your teeth healthy.

Brush and floss daily.

Brush your teeth at least twice a day. If you are not going to avoid sodas or other corrosive drinks, then using these types of drinks can help.

Be careful about other beverages, too.

Another study by the AGD found that the damage caused by non-carbonated sports beverages was three to 11 times greater than cola-based drinks, with sports beverages containing high levels of phosphoric acid and other acids that can cause harm to your teeth. The study also found that sports beverages contain additives and organic acids that can advance dental erosion. These organic acids can even break down calcite, which is needed to strengthen teeth and prevent gum disease.

Brushing Basics

What’s the big deal about brushing? The Academy of General Dentistry says that:

- Toothpastes and a correct brushing action work to prevent the sticky, harmful film of bacteria, called plaque, that grows on your teeth and causes caries, gum disease and eventual tooth loss if not controlled.
- To prevent enamel erosion, fluoride makes the entire tooth structure more resistant to decay and allows it to repair early decay before the damage becomes too severe.
- Special ingredients in toothpaste help to clean and polish the teeth and remove stains over time.
- Brushing Basics

Taking good care of your teeth lets you show off a great smile — and a healthy mouth — for a long time.