**Accreditation Team invites public comments about HCSO**

**Special to the News-Sun**

**SEBRING** — A team of assessors for the Commission on Florida Law Enforcement Accreditation (CFA) will arrive Tuesday, May 3 to examine all aspects of the Highlands County Sheriff’s Office policies, procedures, management, operations, and support services. The Highlands County Sheriff’s Office received initial accreditation in June 2008 complying with approximately 261 standards.

The department is currently seeking public comments about the standards. The public is invited to provide written comments about the standards or to review the standards at the Sheriff’s Office. Public meeting details and a copy of the standards are available on the Sheriff’s Office Web site or by contacting the accreditation manager, Ken Ketcher, at 402-7252. For more information regarding CFA or for persons wishing to write written comments about the standards, write: Commission for Florida Law Enforcement Accreditation, 3504 Lake Lynda Drive, Suite 300, Orlando, FL 32817. The accreditation program manager for the Highlands County Sheriff’s Office is Zoriana Borgan.

The accreditors have been working with the Sheriff’s Office to complete their review of the standards. The accreditation period is for a three-year period. Verification by the team that the Highlands County Sheriff’s Office meets the commission’s standards is part of a voluntary process to gain or maintain accreditation. “A highly praised recent accreditation process, an excellent job,” as viewed by Sheriff Susan Hood.

**HCSO probes shooting in AP**

By CHRISTOPHER TUFFLEY

cod@thetimesnews.com

**SEBRING** — City council members will discuss amending the city’s code of ordinances regarding the regular monthly meetings.

The city council will consider adopting an amendment that would add one larger sign for businesses in residntially zoned districts—specifically the new Bud and Donna Semes Hospice House on Hammock Road, which is in a R-3 residential zoning district.

The new sign will be 20 feet in width and 20 feet in height. It would also be at least 6 feet from the roadway the property faces, the street, or any private road. The owner or operator of the business could apply for a variance to the sign ordinance. The variance would be granted if a hardship is involved. Because there is no hardship, the only option is to amend the city’s code to allow the sign.

**Hospice House asking for sign ordinance change**

**By STEPHEN HODGSON**

cod@thetimesnews.com

**SEBRING** — The Highlands County Sheriff’s Office is investigating the Wednesday shooting of a 31-year-old man in Avon Park.

The shooting occurred around 9:30 p.m. at Squally’s Bar on West Garrett Road, according to Lt. Dunn Hood, but the details of the case are pending a complete investigation.

Hood did not disclose the name of the victim, the existence of any shots fired, or who the suspect was. He did say that the victim died.

“We are trying to retrace the victim in case of retaliation,” Hood said.

Hood asked for anyone with further information to call Det. Roger St. Laurent at 402-7200 or call the Hosuing Police Stopper at 1-800-226-TIPS (8477) or enter information on-line at http://www.AvondalePD.com.

Tips that result in an arrest could lead to a reward.

**Police Blotter**

The News-Sun would like to encourage people to provide names listed below reflect those individuals who are being investigated for a crime, but they are all innocent until proven guilty and found guilty by a jury of their peers under the law. Anyone listed under this section has not been convicted, but they can bring in proof of their innocence by mailing a copy of this list to the News-Sun. The News-Sun will be happy to report that information.

The News-Sun will publish the weekly report on Tuesday.

**Avon Park**

March 22

**Wanted bigger sign than what is allowed**

Hammock Road, which is in a R-3 residential zoning district.

The hospice applied for a variance for a sign, but a variance may only be granted if a hardship is involved. Because there is no hardship, the only option is to amend the city’s code to allow the sign honoring the Somers.

It also wants to be able to post directional signs on the premises.

**Rollercoaster caused by dog**

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Alabama are awash with oil. The beaches near Destin are back to beautiful (above), showing no signs of the oil that stained the sand last year (right).

Barack Obama and his family designed to show the beach was clean and the seafood was safe. But many hotels still are mostly stayed away — not great — March spring and spill occurred April 2010 was going to be a banner year for Panama City, Fla. The Panama City beach town saw a record number of spring break visitors in March 2010 and had scheduled the opening of a new international airport for May amid great hoopla. The airport went online as expected, but its debut was overshadowed by news of the April oil spill and intent over oil and tar balls stained parts of the 32 miles of coastline last summer.

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Still the old story

W

A

live in an interesting time;

traditional systems are breaking down; we have to find more efficient and effective ways of doing things.

In other words, we have to change, but changing is a lot harder than it looks. Change is always painful, but no less so because you happen to be the one who is being changed. The less you resist change, the easier it is to do something even more harder.

The heart of thought and habits are both hard to break.

In Avon Park, on Monday, the city council listened to a new way of dividing up city departments.

Viewing the government as a piece, each minor city department would be given a piece — that is, allotted a certain percentage from the city's annual revenues.

The general fund would receive 60 percent of the new budget; the fire department 18 percent; streets 13 percent. And parks and recreation.

This is an interesting idea, with merit.

I was pleased that Finance Director Renee Green is going to test the abstract concept with real people.

At the same time we agree with those, like council member Terry Heston, who worry that because some departments do not include service for debt or reserve for contingency.

The thing we worry about the most is the continuation of the very attitude that got the city council into its current troubles — an attitude that is both hard to break.

When Warren West, of the Avon Park Fire Department, asked the council for a
detail of the idea, the council secretary said the council should change the topic.

In listing the state bodies that should be involved, however, the council once mentioned citizens — the people. But the council's revenue to be divided. The tax rate has never changed.

Willie takes note.

Habits of thought and behavior are both hard to break.

In listing the stake holders
doing the helping. Before


Laura's Look

Laura Ware

The council members did not respond to Barry on Monday, just sat and led talks.

Barry extended an invitation for any of them to be on his show to
debate him on the issues. He's honest. He's not totally familiar with the problems Barry has with the

city council.

I don't live in Avon Park, so I admit I don't have a whole lot of attention to news about the city. I do, however, know some people are unhappy with the
city council for one reason, and that Barry isn't alone in his feel

good on the air. That's not hard.

It's even possible that I disagree with Barry on whatever issues he has with the
city council. He and I have to be on good terms to

eye to eye in the thought (though he won't admit it) that he should hold some views that one
couldn't reasonably say are the
city council's.
**COMMUNITY BRIEFS**

Continued from page 2A

The workshop will introduce participants to the natural enemies of common garden pests. Participants will be able to identify pests and the beneficial organisms that help control them. You will be able to identify your own problems in the area and the most effective plants to use to help keep our homes and gardens pest free.

**TAG auditions open**

The Theatre Arts Guild (TAG) auditions will be open for its upcoming production of "Godspell!" This heart-warming play by Stephen Schwartz and Johntown has been entrusted to: Jovan Ross.

The workshops will be from 9 a.m. to 12 p.m. on Tuesday, March 29, Thursday, March 31 and Friday, April 1. The workshops will be at 810 Contemporary, 30097. All workshops are open to the public. There is no charge for the workshops; however, a $10 fee is required for the workshop to proceed in death by his parents, and brother. The workshop is open to the public. The workshop fee is $10 and registration is required.

**LAKES Pilotic Day**

The Cache County Pilot Association will hold its January meeting this Tuesday at 7 p.m. in the Pilot Association’s meeting room at the LDH. The meeting will be a roundtable discussion. The workshop is open to the public.

**BRIDGES**

**ST. PETERSBURG**

**Mayor George Barchie**

**SUN FUN AVIATION FESTIVAL**

**WINDS BLOW AROUND The Sun 'n Fun aviation festival.**

**Winds have been on the beach.**

**WINDS BLOW AROUND The Sun 'n Fun aviation festival.**

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**Stomps FIshermen rake 9 tornadoes through Tampa Bay**

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Health rankings released
Cont'd from page A4

Highlands County's health ranks among the worst Florida counties.

Two towns were the force behind the idea — Lewis Harder and Vincent Hall — who named the hotel after themselves.

Construction began in 1925, but it took three years to complete because of financial problems along the way. It opened in January 1928.

The building was a massive project. There were 134 bedrooms. The great hall and banquet room had 23-foot ceilings, the main tower stood 108 feet high, and with an observation deck at the top with expansive views. In addition to a swimming pool there was 630 feet of lakeside frontage and a white sand beach. Paikai waded through tropical gardens, shaded by palm trees. Originally it was a warm buff color, open only during the season, from January through March.

But by the end of 1927 Florida's boom was beginning to fade. Sebring's economy suffered as did the state, and by October 1929, with the onset of the Great Depression, the good times were over.

Goad said that George Sebring, founder of the town, had been a disappointment, having died from a heart attack at a young age, leaving his wife, Emily, to care for their seven children, and that her death in 1931 left Sebring in a state of despair.

Paikai and Jones are not wearing their seatbelts, however. Paikai told the driver of this Saturn was airlifted to Tampa after a head-on crash Saturday morning.

Harder Hall sits on the shores of Little Lake Jackson.

The unidentified female driver of the Saturn wasn't so lucky.

Tampa for head trauma. "He (driver of the van) is OK I think, just a scratch on the head and ear," Paikai said, but the driver of the Saturn wasn't so lucky. "She's being transported to Tampa for head trauma."

The driver of the van was airlifted to the hospital. The accident site was cleaned up and transported. The accident was under investigation.

"You can tell when a seatbelt was worn. There are indentations across the chest and the lap and I didn't see any," Jones said.

Traffic along Memorial was a short standstill as the accident site was cleaned up and the drivers were treated and transported. The accident is under investigation.

The driver of this Saturn was airlifted to Tampa after a head-on crash Saturday morning.

Crash sends woman to trauma center
Cont'd from page A1

The health rankings released Friday indicate that, while Highlands County has a stake in being healthy, everyone in our community has a stake in being healthy, too.

Working together, we can make Highlands County a healthier place to live, learn, work and play," Palussek said.

Everyone in our community has a stake in being healthy. "We all work and play," Palussek said.

Highlands County is at-risk for poor health when it comes to social and economic factors, such as unemployment and children in poverty, while we have positive trends in the health behaviors category. Everyone in our community has a stake in being healthy. Working together, we can make Highlands County a healthier place to live, learn, work and play," Palussek said.

Highlands County EMT's transported to the hospital. "The rankings indicate that living property has been sold way much of its surrounding was like."

By 1985 the hotel was in serious trouble and by 1986 it closed — so long ago that Lucy Derkman, a venerable Highlands County native, could only say, "I think it was inside a long time ago, but I don't remember what it was like.

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Lucy Derkman longtime resident

"I think I was inside a long time ago, but I don't remember what it was like."
**Dividends coming roaring back in 2011**

*Associated Press*

NEW YORK — Big companies increased their dividends by a record amount in the first quarter.

Since the start of the year, 117 companies in the Standard & Poor’s 500 index said they would raise or start paying dividends. The value of the new and raised annual dividends announced by those companies amounted to a record $16.6 billion, according to Howard Silverblatt, senior index analyst at S&P.

Just 78 companies raised their dividends in the same period a year ago.

The surge in dividends reflects a turning point in the long recovery from the financial meltdown in 2008. After the meltdown many companies slashed or eliminated their dividends and, like many Americans, put their cash in the bank and sat on it. As a result, U.S. companies have amassed a record $3.9 trillion in cash.

But now the economy is recovering, profits are rising and investors are demanding something for their patience. A main way to keep share- holders happy is to restore or raise dividends. JPMorgan Chase & Co. is quantifying its annual dividend increase with one share of stock for every S&P 500 company.

Even companies that have long resisted dividends are considering them. Cisco Systems Inc. said it would begin paying shareholders $0.13 billion per year, a record amount for a first-time dividend payer. It really pays to start your research in the fall for dividends.

**401(k) participation**

Even though they know their retirement savings are inadequate, many people still postpone contributing to their employer’s 401(k) plan.

**Personal Finance**

**Jason Alderman**

For an S&P 500 company.

Financial companies, industrial companies and others in the consumer products announced the most dividend increases during the quarter that they would begin paying dividends. That’s the most since the first quarter of 2007, when Silverblatt began col- lecting data. Besides Cisco, discount department store Kohl’s and health benefits company WellPoint also became first-time dividend payers.

Besides financials, industrial companies and businesses focused on con- sumer products announced the most dividend increases dur- ing the quarter. Among these raising their dividends’ cruise operator Carnival Corp., retailer Limited Brands and manufacturer Eaton Corp.

According to the latest NRC consumer quality ratings, you recently chose Florida Heartland Heartland Medical Center as your top pick for your medical needs for their compassion and healing touch.

Visit us at www.FHHeartland.org to find a physician.

**Dividends come roaring back in 2011**
FDAs calorie counts on menus

By BARRY CLAIRE
Associated Press

WASHINGTON — Like it or not, many restaurant diners will soon need to know about what they are eating under new menu labeling requirements proposed by the Food and Drug Administration.

The new requirements will force chain restaurants with 20 or more locations, along with bakeries, grocery stores, convenience stores and drive-through chains, to clearly post the amount of calories in each item on menus, both in restaurants and drive through lanes.

The new rules will also apply to vending machines.

The calorie counts, which will apply to 280,000 eateries, will be available for nearly 200 million customers per day.

You won’t have to get out of line or get back to some poster by the bathroom and look at some poster by the bathroom and look at some poster by the bathroom with calories in a tiny font size,” she says. “It will be right there on the menu where you are getting your other information about what to order.”

The idea is to make sure that customers process the calorie information as they are figuring out what to order. Many restaurants currently post nutritional information in a hallway, on a hamburger wrapper or in some other place on their website. The new law will make calories immediately available for most customers.

“Consumers generally when they are in that little room and look at some item, and they don’t want to get out of line and go back to that little room and look at some other item. They would prefer to have that information immediately available for them”

FDAs calorie counts on menus

Would apply to 280,000 establishments

In addition to the savings, Dare to Compare lets taxpayers know exactly what they will pay for tax preparation before coming into a Jackson Hewitt office — and they will know it is less than the competition elsewhere, she said.

“Dare to Compare still provides taxpayers with the opportunity to experience the hassle-free tax preparation service they trust offered by Jackson Hewitt, particularly when the majority of the tax preparation workforce prepare small independent tax preparation companies,” said Debra Dowd, senior vice president and chief marketing officer of Jackson Hewitt Tax Service Inc.

US expects bigger corn crop to ease food inflation

For any taxpayer with a professional tax preparer last year for tax preparation services offered by Jackson Hewitt, including the assistance and expertise of a trained, professional tax preparer who is completely current on tax laws (there have been more than 4,000 tax law changes in the past 10 years), the use of up-to-date and accurate tax software, electronic filing, and free Income Tax Accuracy Guarantee with free offer (terms and conditions apply), clients can save on their 2010 tax return prepared and filed, said Debra Dowd, senior vice president and chief marketing officer of Jackson Hewitt Tax Service Inc.

The US expects to produce a large corn crop this year, which could potentially ease food inflation.

The Agriculture Department reports that farmers intend to plant 92.2 million acres of corn this year, a record-setting planting in size of this year’s corn crop, potentially easing global food inflation.

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What’s Up Main Street? meets Tuesday in Avon Park

“Consumers generally when they are in that little room and look at some item, and they don’t want to get out of line and go back to that little room and look at some other item. They would prefer to have that information immediately available for them.”

The labeling requirements were added to the bill to give the Agriculture Department the ability to require calorie and nutrition information to be made available for all restaurant food items and drive-thru items.

It never has been available on menus before.

It could be confusing if customers see the calorie counts only on the food that they are actually eating and not other foods that they might be about to eat. As an example, some posters by the bathroom and look at some poster by the bathroom and look at some poster by the bathroom, which would prefer to have that information immediately available for them.”

One of the goals of the new menu labeling requirements is to help consumers make healthier food choices. As the country’s obesity epidemic continues to grow, more and more people are looking for ways to eat healthier, and calorie counts on menus can help.

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18th Annual News-Sun Reader’s Choice Awards
“The Best of Highlands County”

30 CATEGORIES MUST BE FILLED IN FOR BALLOT TO COUNT.

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<thead>
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Print Legibly Please:
Name: ____________________________
Address: _________________________
City: ____________________________
State: ___________________________
Zip: ____________________________
Phone: __________________________

Must be 18 or older to participate. Are you a current subscriber to the News-Sun? [ ] Yes [ ] No

A special section announcing the winner of each category will run in the News-Sun on Friday, April 29, 2011.

INSTRUCTIONS & OFFICIAL RULES
Entries must be submitted on official entry ballot. Photocopies, carbon copies and illegible entries not acceptable.

At least 30 of the categories must be filled out. Only one entry per person. One entry per envelope.

Ballots not meeting these criteria will not be counted.

Entries must be postmarked by April 5, 2011.

Mail or Drop by to Reader’s Choice Contest, News-Sun, 2227 U.S. 27 South, Sebring, FL 33870. No purchase necessary.

Decision of the judges is final. All entries become the property of the News-Sun. The News-Sun will not be responsible for entries lost or delayed in the mail for any reason.
TO ALL PERSONS HAVING CLAIMS OR DEMANDS TEMPLE ISRAEL OF 1305 Temple Israel Dr state of DAVID VINIK, deceased, File Number mary Administration has been entered in the es-

You are hereby notified that an Order of Sum-

YOU ARE HEREBY NOTIFIED that an action to

The administration of the estate of DAVID

IN THE CIRCUIT COURT

IN THE CIRCUIT COURT

NOTICE IS HEREBY GIVEN pursuant to an

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The Parcel ID Number is:

ADJUSTMENTS

• Please check your ad for errors the first day it appears since

• The publisher assumes no financial responsibility for errors or

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Free ad is limited to a 4-line and 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 reclass, re-edit, or re-reject those ads. Ads listing the "Bargain Buy" category must have 1 item with 1 asking price. The customer list can set a for 1 price, i.e. Bedroom set... $100 is allowed; Chairs (12) ... $20 each is allowed. The customer can list the "Bargain Buy" if the price is "bargain," the ad must be charged at the non-discounted rate, using the "Open Rate" pricing. No commercial items are allowed to be placed under our "Bargain Buy" special. Items must be common household items. Ads for Pets, stating "Free to Good Home," are allowed to be placed under the "Bargain Buy" category.

ADD A BORDER - ATTENTION Getter - LOGO
For Just a Little More and Make Your Ad Pop!
LIST OF PARTIES IN POSSESSION, THE NAMES BEING FICTITIOUS TO
GRANTEES, OR OTHER CLAIMANTS; JOHN DOE
AND ANY AND ALL UNKNOWN PARTIES CLAIMING INTEREST AS SPOUSES, HEIRS, DEVISEES,
RE NOT KNOWN TO BE DEAD OR LIVING,
and ANY AND ALL UNKNOWN PARTIES CLAIMING INTEREST AS SPOUSES, HEIRS, DEVISEES,
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RE NOT KNOWN TO BE DEAD OR LIVING,
If you enjoy page design, this job is for you.

The News-Sun is looking for the right person to help design its news pages.

The right candidate must be experienced in Quark and Photoshop, as well as have good news judgment. The ability to work fast with minimal supervision is also necessary. Experience in Illustrator and InDesign is a plus.

This position is for 20 hours - hours may be flexible.

Send sample of work with resume to humanresources@newsun.com

Attention: HumanResources Director or drop off at 2227 U.S. 27 South, Sebring.

Drug test and background check required. EOE
Keeping the H.O.P.E alive

By DAN HOEHNE

daniel.hoehne@newssun.com

SEBRING – Years ago, Mary Toney made her mark. The first African-American City Councilperson, an activist to better her community, Toney made things happen for the benefit of fishing.

And now her grandson, Toney H.O.P.E. Community Three-On-Three Basketball Tournament at the Sebring High School Gym Saturday morning.

Above: Foundation and event director LaVaar Scott talks to parents and children before tipping off the First Annual Mary Toney H.O.P.E. Community Three-On-Three Basketball Tournament at the Sebring High School Gym Saturday morning.

“Toney made things happen for the benefit of fishing,” said team owner Stan Long Beach, who will be there!”

Standy Long Beach, we’ll from the V12 is wonderful. From people is how fabulous European tracks. All I hear long and smooth surfaces of streets,” said team owner Long Beach, we’ll from the V12 is wonderful. From people is how fabulous European tracks. All I hear long and smooth surfaces of streets,” said team owner Stan Long Beach, who will be there!”

“We've got to get back to action Tuesday, with the Red Devils and Sebring's match-up with Bartow. Both teams look basketball, Avon Park's scheduled contest against DeSoto.

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But with six games left in the regular season, Van Gundy knows his team is far from playoff-ready. "We have to play at a higher level than we did to tonight. We have to," Van Gundy said. "We've got to get started serious about something before the kids saw the Blue Streak gym filled with youngsters anxious to take the court in the day-long event. T-shirts adorned with the tournaments name were given to the kids upon regis-

New Car, Same Goal for Muscle Milk AMR

By KYLE HIGHTOWER

Associated Press

ORLANDO — It's not that Magic coach Stan Van Gundy doesn't believe some teams can flip a moral switch prior to the postseason.

He just doesn't believe his team is one of them. Dwight Howard had 26 points and 14 rebounds. Jonny Flynn added 16 points and the Magic did just enough for an 89-77 victory over the Seattle SuperSonics Wednesday night.

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## NHL

### Saturday's Games

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<td>Anaheim</td>
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### Sunday's Games

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### Tuesday's Games

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### Wednesday's Games

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## College Basketball

### 2011 NCAA Tournament Final Four

- **Wisconsin Badgers**: Home team for the Final Four.
- **Kentucky Wildcats**: Away team for the Final Four.
- **Virginia Commonwealth**: Home team for the Final Four.
- **Missouri Tigers**: Away team for the Final Four.

### March Madness 2011

- **Wisconsin Badgers**: Home team for the Final Four.
- **Kentucky Wildcats**: Away team for the Final Four.
- **Virginia Commonwealth**: Home team for the Final Four.
- **Missouri Tigers**: Away team for the Final Four.

## College Hockey

### Eastern Division

- **Boston University**: Home team for the Final Four.
- **Cornell University**: Away team for the Final Four.
- **New Hampshire Wildcats**: Home team for the Final Four.
- **Rochester Yellow Jackets**: Away team for the Final Four.

### Central Division

- **Michigan State Spartans**: Home team for the Final Four.
- **Wisconsin Badgers**: Away team for the Final Four.
- **Ohio State Buckeyes**: Home team for the Final Four.
- **Michigan Wolverines**: Away team for the Final Four.

### Western Division

- **Colorado Buffaloes**: Home team for the Final Four.
- **New Hampshire Wildcats**: Away team for the Final Four.
- **Grand Valley State Lakers**: Home team for the Final Four.
- **Western Michigan Broncos**: Away team for the Final Four.

### Atlantic Division

- **Boston College Eagles**: Home team for the Final Four.
- **Cornell University**: Away team for the Final Four.
- **Connecticut Huskies**: Home team for the Final Four.
- **New Jersey Devils**: Away team for the Final Four.

## College Wrestling

### 2011 NCAA Wrestling Tournament

- **Wisconsin Badgers**: Home team for the Final Four.
- **Kentucky Wildcats**: Away team for the Final Four.
- **Virginia Commonwealth**: Home team for the Final Four.
- **Missouri Tigers**: Away team for the Final Four.

### March Madness 2011

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## College Basketball

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NWTF stress to hunters to always positively identify your target before pulling the trigger.

Here are a few things you can do to help prevent such unwanted incidents:

Some of the turkey hunters you’re likely to run into out there are so good at their “calling” that it’s sometimes hard to tell if it’s a nearby hunter making those sounds or if it’s the real thing.

Always assume such questionable sounds and movements are being made by another hunter, until you can positively identify the source.

And if you do come across another turkey hunter, and you’re not sure if he sees you, wave your arms and whistle, or say something loud enough for him to hear you, to announce your presence.

Speaking of turkey calling, there’s one turkey call I plan on leaving at home, and that’s my gobble tube. I don’t mind other hunters thinking there may be a crow, owl or hen turkey nearby, but I sure don’t want to be shaking a gobble tube (imitating a gobbler) in the brush and have any hunters within hearing distance start head- ing my way—or, worse yet, make a hunter within gunshot range think there’s a big tom in the brush...

While I might be leaning that gobble tube behind, one other thing we will be bringing and using, even though it’s not required, is hunter-orange vests.

We plan to wear them when we walk in and from the truck and any set-up points.

As soon as we settle in and get in position, we’ll remove them and place them out of sight of any approaching turkey.

As a safety precaution, the NWTF urges hunters not to stalk turkeys. But, if Katie and I decide to pick up and go after a bird we hear that may be “henned up” and not responding to our calls—in order to get better position on him—you can bet we’ll both be wearing our orange vests.

Get the paper delivered to you! NEWS-SUN • 385-6155

**SFCC Panther Fun Camps**

Special to the News-Sun

VON PARK – SFCC Athletics will host a Two Day Fun Selection camp on Thursday and Friday, June 9 and 10 for girls and boys aged 6-16. Each day the camp runs from 9 a.m.-3 p.m., with campers choosing their own sport, whether it is Beach Volleyball, Basketball, Softball or Soccer.

During the morning portion each day, campers will stretch, do plyometrics, agility drills, work on strength and flexibility, learn arm and body care and get introduced to the Fitness Center.

Lunch is then provided with the campers then delving into the sport they chose and wrapping it up with activities in the SFCC pool. Registration and check-in from 8:15-8:55 a.m., and pre-registration is not necessary as walk-ups are accepted. The rate for one day is $50 and $95 for both days.

The camp will be administered by SFCC head and assistant coaches, with help from SFCC student-athletes. For questions or more information, contact Camp Director and SFCC Athletic Director Rick Hitt at 784-7036.
continued from 1B who vowed to best the boys in the competition. “We just want to bring the kids in, have at the halftime events and have a positive impact,” Scott said. “We’ll be having some fundraisers as well, to help support some events, and we’ve already started a Community Clean-up program in Washington Park which we do every two months. This event is not about making money,” he continued. “With the T-shirts and everything, we’re not making any money on this. This is just for the kids and to get the name out for future events.”

Come up will be a foot- ball camp for aspiring players on the gridiron. “We’re getting a lot of help from the community and I’m really thankful to all those helping out,” Scott said. “We had 23 teams signed up for this, so it’s a good start.”

A good start for this as well as making his grand mother proud.

Michael Sholtz tries to turn the corner against the Miami defense of Tyree Dellop at the Sebring High School Gym for the kids.

Heat blast Timberwolves

By JON KRAVCOWSK

MINNEAPOLIS — Daywe Wade scored 32 points and grabbed 27 rebounds, 10 assists and six blocks as Miami reduced its magic in the third quarter of a rout in the third quarter of a Miami reduction of the Heat turned a tight game into a 111-92 victory over the Minnesota Timberwolves on Friday night.

Chris Bosh added 24 points and 10 rebounds as the Heat, who trailed at halftime but opened the third quarter with a 25-13 run to take control.

Miami reduced its magic number for clinching the Southeast Division to one, with Orlando’s victory over Charlotte on Friday preventing the Heat from wrapping it up.

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Kevin Love had 18 points and seven rebounds for the Timberwolves, who lost nine games in a row.

When having a talk with your pet doesn’t work!

3 ROOMS AND HALL $99

3 ROOMS AND HALL $99

Dennis Rodman says he’s headed for Hall of Fame

LARRY LAGE

Associated Press

AUBURN HILLS, Mich. — Dennis Rodman has been voted into the Basketball Hall of Fame. Rodman says he was informed Thursday by an email from Houston for Monday’s announcement before the championship game of the NCAA tournament.

The five-time NBA champion and two-time defensive player of the year was honored Friday night by the Detroit Pistons, who retired his No. 10 jersey during halftime of their game against the Chicago Bulls.

Rodman was among 12 finalists for the Hall of Fame this year along with players such as Jason Kidd, Maurice Cheeks, Chris Mullin and Ralph Sampson.

The induction ceremony is scheduled for April 6 in downtown Auburn Hills.

Individual private sessions for indoor and outdoor camps are available.

Cal/Email to schedule today!

June 2011

Sand: 1st-4th (4 days) Monday-Thursday, 8:30-10:30 a.m. (Grades 9-12) $60

Sunday: 1st-4th (4 days) Monday-Thursday, 8:30-10:30 a.m. (Grades 9-12) $60

July 2011

Sand: 11th-14th (4 days) Monday-Thursday, 8:30-10:30 a.m. (Grades 9-12) $60

Sunday: 11th-14th (4 days) Monday-Thursday, 8:30-10:30 a.m. (Grades 9-12) $60

Panther Volleyball Camps

This summer the South Florida Community College volley-ball program has more clinics to offer than ever before. List below you will see opportunities for sand and indoor camps

If there is a camp date that you could attend but the age group is different than yours please call and special arrangements could be made.

Individual private sessions for indoor and outdoor camps are available.

Call/Email to schedule today!

June 2011

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This is a campaign against Melanoma. One in 72 people will contract the disease. You must elect yourself to lead against it. It is a potential matter of life and death.

Melanoma

*Usually a non-symptomatic growth on the skin with multiple colors and irregular edges.

We can protect you against this silent killer.

We are your skin police.

Call now, elect a proactive preventative skin team.

American Institute of Dermatology, P.A.

Darrin A. Rotman, M.D.
Julie Iellimo, P.A.-C.
Jennifer Wolf, P.A.-C.

Medicare and all major insurance accepted in network

New Patients Welcome

863-386-0787

*Individual note call for well-being of patient. This is not a guarantee.
School Menus

Breakfast — French toast sticks, sausage patty, Cheesery, Tmx crl, Frosted Flakes, Cinnamon Toast Crunch, cheese filled broadfaced, pear, strawberry cup, assorted fresh fruit, orange juice, chocolate milk, white milk, strawberry milk.

Monday

MIDDL SCHOOL — Breakfast — French toast sticks, sausage patty, Tmx crl, Cinnamon Toast Crunch, cheese filled broadfaced, pear, strawberry cup, blueberry/sausage pancake, assorted fresh fruit, orange juice, chocolate milk, white milk, strawberry milk.

Tuesday

Breakfast — French toast sticks, sausage patty, Cheesery, Tmx crl, Cinnamon Toast Crunch, cheese filled broadfaced, pear, strawberry cup, assorted fresh fruit, orange juice, chocolate milk, white milk, strawberry milk.

Wednesday

Breakfast — French toast sticks, sausage patty, Cheesery, Tmx crl, Cinnamon Toast Crunch, cheese filled broadfaced, pear, strawberry cup, assorted fresh fruit, orange juice, chocolate milk, white milk, strawberry milk.

Thursday

Breakfast — French toast sticks, sausage patty, Cheesery, Tmx crl, Cinnamon Toast Crunch, cheese filled broadfaced, pear, strawberry cup, assorted fresh fruit, orange juice, chocolate milk, white milk, strawberry milk.

Friday

Breakfast — French toast sticks, sausage patty, Cheesery, Tmx crl, Cinnamon Toast Crunch, cheese filled broadfaced, pear, strawberry cup, assorted fresh fruit, orange juice, chocolate milk, white milk, strawberry milk.

ACADEMY SCHOOLS

Monday

Monday — Breakfast — French toast sticks, pear, assorted fruit, chocolate milk, white milk, strawberry milk.

Tuesday

Breakfast — French toast sticks, pear, assorted fruit, chocolate milk, white milk, strawberry milk.

Wednesday

Breakfast — French toast sticks, pear, assorted fruit, chocolate milk, white milk, strawberry milk.

Thursday

Breakfast — French toast sticks, pear, assorted fruit, chocolate milk, white milk, strawberry milk.

Friday

Breakfast — French toast sticks, pear, assorted fruit, chocolate milk, white milk, strawberry milk.
SFC Community Education announces summer classes

Special to the News-Sun

AVON PARK — South Florida Community College (SFCC) Community Education is offering new classes this spring at the Highlands Campus, Avon Park.

Basic Home Computer will teach students the components of a pc system, understanding the desktop, icons, opening multiple windows, screen savers, and backgrounds. This class is for beginning computer students and includes a book.

Aquabics is a moderately-paced aerobic water exercise class. This class meets from 5:30-6:30 p.m. Monday and Wednesday, May 4 to June 29. The cost is $61 for the term.

Lap Swimming is an excellent way to exercise and cross train. Each class is one hour and students have the ability to swim at their own pace. This class meets from 11-12 a.m. or 11 a.m. to noon Tuesday and Thursday, May 5 to May 31 and June 2 to July 28. The cost is $59 and includes a book.

Aquatics is a moderately-paced aerobic water exercise class for toning and building strength in a heated pool. Morning and evening classes will be offered May 6 to July 29. Aquacise is a gentle water exercise class for people with arthritis and is sanctioned by the Arthritis Foundation. The classes meet May 6 to July 29.

Tai Chi and improve your balance, flexibility, breathing, and muscle strength and control. The class meets from 5:30-6:30 p.m. Monday and Wednesday, May 4 to June 25. The cost is $61 for the term.

A VON PARK — Law enforcement agencies hold training at SFCC

Special to the News-Sun

Robert Spence, Polk County Sheriff’s Office, and Dr. Gregory Roll, Hendry County Deputy Sheriff K-9, participate in the Tactical Handcuffing workshop during the rural police institute training symposium.

The symposium covered a variety of topics including Tactic Handling and Controlling Principles, Roadside Interview and Searching Principles, Tactical Handcuffing and Hidden Weapons.

“The topics covered were geared toward officer safety and current issues facing departments and officers today,” Martin said. “Rural departments don’t often have as large of training budgets as large depart-...
Guest Column

Anne Watson

One of the most highly valued claims of those practicing the visual arts when they did not practice their art is “I just wasn’t inspired.” For some reason, we are led to believe that a painter, writer, or composer has to feel some special light or inspiration in order to be able to work, a light that is very often, if not always, nebulous and elusive, as if the mythical Muse of Art - whoever she is - has to be present for one’s talent to function.

This became the theme Tuesday night’s “Art Sparks!” at the Highlands Art League’s Yellow House Gallery as I demonstrated the process of bringing a painting drawn and blocked in with acrylics into its final stages using oils.

I announced to the audience, “Tonight, I just don’t have within me what it takes to paint!” And, as I began putting the paint on the palette, mixing a color, each thing in small steps, builds momentum.

The first stroke of paint on a less important area opens the tactile sense of the richness of the paint. Minor corrections are made, a little action prodding it along.

If the rest of the world must simply put one foot in front of the other day after day to accomplish their goals, why would the artist be any different, not be true for the artist, also? Getting materials out, putting the paint on the palette, mixing a color, each thing in small steps builds momentum.

The result opens the heart, and suddenly, one is on a roll and cannot be stopped! Inspiration can be elusive, but all too often it is very easily found again with just a little action prodding it along.

If the performance of a lifetime is expected from those who are in society has watched as American Idol finalists step out onto stage feverish with out on stage feverish with rage, and suddenly, one is on a roll and cannot be stopped! Inspiration can be elusive, but all too often it is very easily found again with just a little action prodding it along.

The artist who lacks inspiration to paint needs to roll and cannot be stopped! Inspiration comes by doing, as seen in ‘A Yellow Rose’ by Bubba James.

Anne Watson teaches painting on oils and acrylics, drawing and digital media at the Highlands Art League’s website at artleaguehighlands.com or by checking the Highlands Art League’s Facebook page at www.highlandsartleague.org.

CROSSWORD SOLUTION

We’re Champs at Fighting Strokes

ASSISTE LIVING AND MEDICAL DIRECTOR

“Service You Can Trust, Care You Deserve”

Duffer’s Grille to offer HypnoLarryous Show Saturday night

We are the only certified Primary Stroke Center in the Heartland. When a stroke occurs, time is of the essence. Working closely with EMS, our Emergency Department helps to identify and begin treating stroke patients as quickly as possible every minute can make a difference.

It is important to understand warning signs. The symptoms of a stroke include: sudden weakness or numbness of the face, arm or leg, sudden trouble speaking or understanding conversation, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, or loss of balance or coordination, and sudden severe headache.

If you experience any of these symptoms, call 9-1-1, and ask to be taken to Florida Hospital. For more information, please visit www.FHHeartland.org

Concert set at Lake Placid library April 10

Special to the News-Sun

LAKE PLACID — The Friends of the Lake Placid Memorial Library will host a concert featuring classic country music performed by Barney and Nancy Miesse of Lake Placid at 2 p.m. on Sunday, April 10, at the library.

Barney and Nancy have been making music together many years under their stage name of “Barney and Nancy” and have played to many local audiences as well as in the huge Villages community.

Ron Holmes will also be joining the duo for this performance on the guitar. Ron Holmes will also be playing the bass guitar. Barney and Nancy also frequently sold music from the 1950s and ‘60s to their presentation. This small group should be yet another fine show at the Lake Placid Memorial Library.

“The Friends of the Lake Placid Memorial Library” is an entity which has been granted a status as a 501(c)3 in 1999. It has taken their HypnoLarryous show all over the world. Bubba James, comedian and radio personality with 106.9 The Bull FM, will be the opening act.

Tickets are $10 per person and can be purchased at Duffer’s in advance or at the door. Reservations are recommended. The kitchen will be open prior to the show, with dinner served at 6:30 p.m. and dessert served at 9 p.m.

HypnoLarryous show Saturday night

Special to the News-Sun

SEBRING — Duffer’s Sports Grille is offering a HypnoLarryous Show from 8-10 p.m. Saturday.

Larry Silver, who is an actor, director, stand-up comedian and master hypnotist, will provide a fun and entertaining interactive experience which will include audience participation. He combines the art of theatre with improvisational comedy allowing the audience to volunteer to become the stars of the show. In the beginning of the show, he will share comedic insights into the mysteries surrounding the ancient art of hypnosis.

Silver is an accomplished actor and director with many commercials, several television shows and even a couple of movies. By 1986, he was a stand-up comedian and began helping others in his craft to create creative outlets.

He opened his first Groupon’s Comedy Club, the longest running comedy club in Florida in 1990. He has taken his HypnoLarryous show all over the world. Bubba James, comedian and radio personality with 106.9 The Bull FM, will be the opening act.

Tickets are $10 per person and can be purchased at Duffer’s in advance or at the door. Reservations are recommended. The kitchen will be open prior to the show, with dinner served at 7:45 p.m. Duffer’s is at 6940 U.S. 27 North, Sebring. Call 863-6339 for details.

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**Sebring Calendar of Events**

**American Legion Post 25**
Lake Placid has lounge hours from 12-7 p.m. at 310 W. Lake St. For details, call 453-2859.

**Loyal Order of Moose**
Sebring Moose Lodge 1529 meets at 7 p.m. For details, call Jim Harrison at 381-0767 or Gabriel Reid at 453-2035.

**Sebring Eagles Club**
4240 S. Lakeview Drive, Sebring. For details, call 655-4007.

**National Association of AMERICAN Legion Post 25 Lake Placid**
has shuffling, first Tuesday after board meetings at 7 p.m. For details, call 699-5444.

**Sebring Elks Lodge 1529**
Meets the first Monday. Talks are held, Lions Club, 1218 W. Bell St., Avon Park. For details, call 465-7730.

**Sebring Optimist Club**
Meets every third Monday at Jim’s house. For more details, call 655-2358.

**Sebring Optimist Club**
Meets 7 p.m., 34 Central Ave., Sebring. For details, call Judy O’Boyle at 528-0831.

**Veterans of Foreign Wars**
Post 3880 260-0831.

**Alcoholics Anonymous**
Alonon, a self-help group for people recovering from alcoholism, divorce, death or any other personal or family problem, will meet at the First Baptist Church of Sebring, 501 S. Butler Ave. in Avon Park, near the old high school auditorium. For information call 385-5448. Many more information, call 783-7444.

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**COMMUNITY CALENDAR**

Continued from page 8.

Cold Meals for Sebring (Meals on Wheels) will follow at 7 a.m. each Tuesday. Call 411-1110.

The Sebring Kiwanis Club meets every Wednesday from 10 to 11 a.m. at the Kiwanis Club House, 1513 S. Highlands Ave., A. Park. For details, call 411-1110.

Philomena Greco at 402-0048.

The Women's Club of Sebring will hold its annual Valentine's Day luncheon at 10 a.m. at the Sebring Cultural Center, 121 Hall Ave. For membership information, call 411-0742.

High Times Tea Party has its meeting at 10 a.m. at the Sebring Cultural Center, 121 Hall Ave. For membership information, call 411-0742.

Lake Placid Art League in concert at Opus 80. A benefit outing to raise funds for the Art League. Donations of $10 or more are gratefully accepted. Call 411-0284 or Linda Udell at 411-0645.

The Lancers perform at 10 a.m. at the Sebring Cultural Center, 121 Hall Ave. For membership information, call 411-0742.

Multiple Sclerotic Support group meets the first Tuesday at Highlands Christian Center, 460 N. Madeira Ave., Sebring. In the first floor dr. doc's office from 10 a.m. to 11 a.m. For more details, call 415-318-7229.

Sebring Women's Club meets at 1 p.m. in different locations each Monday. For more details, call 415-319-3823.

Convoy is for family members or friends of convalescing patients. To schedule a visit or to volunteer, call the volunteer office at 411-0500. Any questions regarding volunteer opportunities should be directed to volunteer at 415-8331.

For details on whether or not he is needed this week, contact the volunteer center by calling 411-0742.

Sebring First Baptist Church will host a family fun night from 6-10 p.m. on the first Thursday at First Baptist Church of Lake Placid, 621 S. Highlands Ave, Sebring.

Visit Sebring.us to view the digital calendar.
It seems like there is a document mentioning a page from a newspaper titled "News-Sun" and an image of a page from a document. However, it's not clear what the content of the document is. If you need help with a specific section or page, please provide more details.
Soil carbon is important to our planet

When plants die, they return carbon to the air in a process called decomposition. Carbon-rich soil helps plants grow, reduces evaporation, and breaks down dead organisms and excess nutrients. When soils become depleted of carbon, they lose their ability to hold water and support plant life. This can lead to reduced crop yields, increased erosion, and a decrease in soil fertility. Carbon-rich soils also help to regulate the Earth's climate by absorbing and storing carbon dioxide from the atmosphere.

The United Methodist Church

The United Methodist Church is a denomination that serves people in more than 135 countries and territories around the world. It is one of the largest Protestant denominations in the United States, with more than 25 million members. The church is known for its commitment to social justice and its call to make the world a better place. The United Methodist Church is also a major player in the fight against climate change, and it encourages its members to take action to address this global crisis.

United Methodist Church of Highlands County

The United Methodist Church of Highlands County is a local congregation that serves the community in Lake Placid and Avon Park, Florida. The church is a place of worship, education, and outreach, offering a variety of programs and services to meet the needs of its members and the wider community. The church is committed to serving its members and making a positive impact in the world, and it encourages its members to be active participants in this mission.

The Salvation Army

The Salvation Army is a global organization that provides support and assistance to people in need around the world. It is a Christian organization that offers a range of services, including food, clothing, shelter, and financial assistance, to people who are experiencing hardship. The Salvation Army is also involved in disaster relief and other forms of emergency assistance. The organization is known for its commitment to serving those in need, regardless of their background or circumstances.
Unitry Centre to host traditional English tea on Saturday

Special to the News-Sun

SEBRING — Tickets are available for the Fifth Annual Military Ball Saturday, held at The Unity Life Enrichment Centre at 2 p.m. on Saturday.

The theme for the meal includes lemon pepper chicken, pink shrimp, leg of lamb or rice, vegetable, garlic,” Sidney McCarty Barnes of Lake Placid, Feb. 28, 2011.

The following people filed for marriage licenses during the month of February, 2011:

Braithwaite, 26, of Sebring, Feb. 21, 2011.


Rico Antone Davis, 28, of Lake Placid and Priscilla Rangel Perez, 19, of Lake Placid, Feb. 14, 2011.

Josephine Dr. in South Sebring, Feb. 4, 2011.


Jennifer Fanq, 18, of Avon Park, Jan. 20, 2011.

William J. Detwiler, 30, of Lake Placid and Karenand Melissa Miners, 27, of Sebring, Jan. 21, 2011.

Beverly Bent, 44, of Sebring, Jan. 20, 2011.

McGinty, 25, of Sebring, Jan. 18, 2011.


Charles Ashley Grems, 32, of Lake Placid and Kristy Marie Burke, 39, of Sebring, Jan. 17, 2011.

Mary R. Hill, 49, of Sebring, Feb. 25, 2011.


Sedano, 25, of Sebring, Jan. 16, 2011.


The news is just a click away! Click here to sign up for our daily newsletter.
There's little time for staying put, Scorpio

Horoscope

Scorpio (Oct. 24-Nov. 22)

– There's little time for staying put, Scorpio. You must and will do a lot of things to accomplish even though one big thing is delayed or put off. You can't put a strain on your psyche.

Sagittarius (Nov. 23-Dec. 21)

– You've almost reached the deadline on the horizon, it is time to get all your financial ducks in a row. Sagittarius. If you put your feet up, anything new in the coming year will be too late. Capricorn (Dec. 22-Jan. 19)

– Capricorn, unexpected events continue to pressure your patience. There is no way to avoid the situation, so you simply have to deal with it.

Aquarius (Jan. 20-Feb. 18)

– Take the initiative at work. Aquarius. If you promise to break up the sauce up the apple cart this week, Aquarius. How you deal will it go a way to showing others how much you appreciate their help.

Pisces (Feb. 19-Mar. 20)

– The moment of truth is hanging in the balance. There that you have the desire to be of the other. Pisces, you will not be able to pack with the package.

Famous birthdays

April 1 – Lewison, German chemist

May 1 – Blaine, illusionist, 38

May 2 – Paul Rudd, actor, 42

May 3 – Paul Newman, 83

May 4 – April Stewart, actress, 21

May 5 – Colin Powell, former Secretary of State, 70

April 5 – John F. Kennedy, 80

April 6 – Robert Ruud, actor, 42

April 7 – Simon Pegg, actor, 42

April 8 – Kirsten Storms, actress, 33

April 9 – Larry Miller, 60

April 10 – Richard Lewis, 60

April 11 – Edie Falco, actress, 59

April 12 – Colleen Dewhurst, 66

April 13 – John C. Reilly, actor, 46

April 14 – Jon Stewart, comedian, 54

April 15 – Taylor Swift, country pop singer, 23

April 16 – Jared Leto, actor, 45

April 17 – Lesley Gore, singer, 65

April 18 – Tony La Russa, manager, 75

April 19 – Kristin Scott Thomas, actress, 54

April 20 – December 21

April 21 – Dr. Phil, TV personality, 66

April 22 – actor, 49

April 23 – actor, 51

April 24 – actor, 50

April 25 – actor, 29

April 26 – actor, 54

April 27 – actor, 35

April 28 – actor, 27

April 29 – actor, 48

April 30 – actor, 57

May 1 – singer, 58

May 2 – actor, 30

May 3 – actor, 50

May 4 – actor, 47

May 5 – singer, 51

May 6 – actor, 63

May 7 – actor, 38

May 8 – actor, 58

May 9 – actor, 57

May 10 – actor, 63

May 11 – actor, 71

May 12 – actor, 60

May 13 – actor, 52

May 14 – actress, 56

May 15 – actor, 47

May 16 – actor, 36

May 17 – actor, 70

May 18 – actor, 53

May 19 – actor, 51

May 20 – actor, 58

May 21 – actor, 33

May 22 – actor, 46

May 23 – actor, 37

May 24 – actor, 35

May 25 – actor, 30

May 26 – actor, 50

May 27 – actor, 61

May 28 – actor, 37

May 29 – actor, 51

May 30 – actor, 64

May 31 – actor, 33

The comfort of being loved perfectly

Dear Abby, My eldest daughter, "Abby," who was pregnant, has been recently turned away, and has had the consideration, has had the last year distanced from herself due to her pregnancy. I have left messages for her answering machine because she is away from the phone, and I have seen her cards and letters, only to find them unread. We live a short distance of each other, but I haven't seen her in a year. I'm too embarrassed to make a change in our mother-daughter relationship. I feel as though it is a repudiation: there's never any word from her.

Dear Abby, A mother has distanced herself only from her child because she was punishing him — nursing a grievance she wasn't really to bear. However, my mother is a very loving person and there is indeed cause for concern. She is suffering from depression or paranoia. Please don't go. To visit your daughter sooner or later you yourself what is going on with her. She has a long history of psychological intervention.

Dear Abby, I have a question that affects just about every household in America sooner or later.

She could be suffering from depression or paranoia. Please don't go. To visit your daughter sooner or later you yourself what is going on with her. She has a long history of psychological intervention.

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BY JENNIFER KING LINDLEY/DISNEY FAMILY MAGAZINE

I used to dismiss the highly organized as just a bit uptight. Then, one morning, I gazed down into the kitchen window to see my kids fidgeting in our idling van, five minutes past their scheduled departure for piano lessons. They shouldn’t be left alone, I thought. In the garage, my husband hunted among bags of old grass seed and toppled bikes for the tennis racket he needed for a minute-utes-away match. “It’s around here somewhere!” he said.

That was an Aha! moment for me. I realized that, far from being a waste of time, getting our home organized would actually save our family time and stress.

No-Stress Schedule and Clutter-Free Home,” in “Absolutely Organized: A Mom’s Guide to a Clean, Green and Organized at Home” and “Unclutterer.com

I’m just guessing, but my guess is that there may be a couple of good reasons why they’re hanging around the living room, where the bed are clutter magnets. I’m just guessing. One reason might be that the back door. When the box is full, take it to a local charity.

In my experience, kids can’t wait to get rid of so it just piles up in drifts. For her, the first place.

The sorting becomes a time to reflect together.

THE CHALLENGE: Most kids own many times their own body weight in toys, with new inventory arriving on each birthday and holidays. The results: kids get overwhelmed, have a hard time choosing what to play with, can’t find their favorites.

Don’t shoot for perfection. Spend a little time every day maintaining your system.

SIMPLE SOLUTIONS:

1. Create separate spaces.
2. Establish a family launchpad.
3. Store toys where kids typically play

THE CHALLENGE: Large flat surfaces such as the kitchen table, office table or guest bed are clutter magnets. I’m just tossing my own dining table right now is home to junk mail, an abandoned craft project and a broken tiara awaiting a (missing) glue gun. The solution, according to Jane, Ease My Stuff: “It multiplies like rabbits.”

SIMPLE SOLUTIONS:

1. Make last-and-first boxes and charity bins.
2. Establish temporary catchalls.
3. Don’t be afraid to improvise.
4. In my opinion to quilt the surface of our dining room — I mean, dining room — table, I have experimented by telling my 9-year-old son to “pretend the table is on fire, and everything you leave there will be burned up sooner!”

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Gone are the days or use, says Brooks Palmer, author of “Clutter Busting: the first place.

Reduce the amount you need to organize in the first place. Keep only those items you truly love, says Brooks Palmer, author of “Clutter Busting: Letting Go of What Is Holding You Back” and editor of organizers.com. When dinner’s over, turn around, face up priceless possession by wholeheartedly the cast a look at a less crowded spot.

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