Avoid birthday party pitfalls
With a little bit of creativity and planning, you can host a truly original birthday celebration.

Living, B10

Some sun, storms in PM
High 80
Low 73

Details, A20

Legislators speak to packed meeting
By BARRY FOSTER/News-Sun correspondent
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The session started with statements from each of the three legislators followed by a question-and-answer session. Members of the delegation answered a variety of questions.
Carroll County Agri-Civic Center.

Heartland Workforce job fair surpasses May attendance within two hours
By PHIL ATTINGER/News-Sun correspondent
SEBRING — Gerti Snyder, with 37 years of insurance experience, has been looking for a job every day since Aug. 7.
Carl Pennsylvania, retired from the U.S. Navy and recently laid off from a manufacturing job, has been looking since June.
Meanwhile, younger applicants Jenna Velez and Brodie Hulsey — who graduated from the U.S. Navy and recently laid off from a manufacturing job, has been looking since June.
The event brought together government officials, local business leaders, and residents to discuss their interests and plans for the future.

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By BARRY FOSTER/News-Sun correspondent
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Custodios
Community Briefs
Auto Talk
Cultural & Opinion
Healthy Living
Movie Review
Oblivion
Puzzles
Religion

Table of Contents
23
20
17
15
13
11
9
7
5
3
1

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Yes 55.4% 44.6% 

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**Web site of the day**

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Cherubs and other non-profits long have been forbidden from endorsing political candidates.

But even the endorsement of the low has embraced support of legislation in Congress and the White House and the nation. For months now we have been hearing from both candidates and interest groups in Congress and the White House that they are privy to information that is exclusive to them.

It’s where I am dumbfounded. The IRS needs to have clearer standards for determining whether a church has crossed the line. It’s been reported if the American people are waiting for more of this, it could jeopardize the position of the IRS in Congress.

President Barack Obama and Secretary of State John Kerry needed to explicitly state how the IRS needs to have clearer standards for determining whether a church has crossed the line. The IRS should adopt such a standard, and then vigorously enforce it.

Former IRS Commissioner Vicki Jones leaked an advance copy of his Senate speech saying he’d vote no on Syria. It was a speech that insisted himself he would vote yes on Syria but wasn’t supporting Obama’s “strategy.”

The IRS should adopt such a standard, and then vigorously enforce it.

Does “GOP” now stand for “Government of People.” You'd think so if the IRS didn’t.

Republican conservative talkers, pundits, and even members of the clergy should be prevented from endorsing political candidates if they do so while engaging in any activity that is not a religious or charitable activity.

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Newspaper subscriptions are open for all our readers. To make sure the editorial page reaches your inbox, please follow us on Twitter: @newssun. We welcome your letters to the editor.

Angie Green
Sitting

Is the Republican party now the party of peace?

Today's Letters

We don't want military action in Syria

Editor:

It’s been reported if Congress voted today on military action in Syria it would not pass. Several Congressmen/women said they are waiting for more information before deciding how they’ll vote. And this is where I am also confused. The American people don’t want it and according to our media most of us don’t. What other information does Congress want? They are elected to represent us, not to make party decisions and impose on us! Some of our representative trees in Washington who favor a U.S. action say they are prior to information we don’t have, but they want to force their point. Why don’t we share it with them because according to them, it could jeopardize our national security. It seems they’ve got it back to us. Do they really believe the Syrians will simply set back while a foreign country drops bombs on both of us? U.S. military action in Syria, which the majority of our citizens do not want, is what seriously threatens our national security.

Miltie Andrews

Wells earns trust

Editor:

Wells Fargo in Palm Beach is doing a car dealership you can trust. You purchase a new or used vehicle. I purchased a used Chrysler. The service was top-notch. Wells and was given an appointment the next day. Mr. Motler cheerfully shook the warranty (and) the nice lady driving the shuttle took me home and brought me back to get my car the next day. Special thanks to Mandy Pizio for helping me get the new car. I really like the brand new through the program. I bought a Dodge conversion van a few years ago and the mechanics always diagnosed and repaired any problems in a timely manner and never overcharged.

On the other hand, the “GOP” now stand for “Government of People.” You’d think so if the IRS didn’t.

But rank partisanship also affects their decision-making. The IRS needs to have clearer standards for determining whether a church has crossed the line. The IRS should adopt such a standard, and then vigorously enforce it.

Republican conservative talkers, pundits, and even members of the clergy should be prevented from endorsing political candidates if they do so while engaging in any activity that is not a religious or charitable activity.

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Blessing draws large crowd

Continued from A1

church discussed Devon Donaldson for a rendition of “Stanza Saved by Grace,” which earned them a standing ovation from the audience.

Hall offered a wide-ranging prayer, noting the current persecution of Christians in Syria and praying for guidance for elected officials spanning levels from national to the most local governmental representatives.

Judge Cowden, a former “preacher’s kid,” delivered a succinct and powerful message on Biblical directives for prosperity for the group’s economic efforts, quoting from the Apostle Paul’s letters to the Thessalonians and the Ephesians and saying that those who are blessed by God in turn should be a blessing to those in need.

She also turned to the book of Proverbs to discuss the idea of wisdom and the notion that “riches” included more than just money and administered those who need prayer or who wanted prayer requests.

A time of prayer and fellowship was offered at each of the individual tables, with “table captains” designated to take prayer requests and to talk with those who needed prayer or who wanted to share prayer requests.

Closing the gathering was Rev. Robert Shannon of the Wings of Faith Church. He offered intercessory prayer for the business community as well as a blessing on those in attendance. That was followed by the ladies of Wings of Faith who performed an acapella gospel rendition of the hymn “Blessed Assurance.”

As part of the activities, businesses could ask for further contact from the Jericho Prayer Team. That group meets weekly to pray for the concerns of the community, nation and the world. Those who wished could fill out a card at the table and have a prayer team member subsequently contact the business or individual in the following week.

Continued from A1

of $25,000 bond.

Lake Placid Police Chief James Pandler said investigators first learned of the crime when the victim’s mother and uncle flagged down a Highlands County sheriff’s deputy on Saturday and reported it.

Names of the family members have not been released because the investigation is still active, Fansler said. Likewise, he said he cannot yet release how the incident happened or how it was discovered, not only because the investigation is open but because of the safety of those involved.

“Consequences of restitution are always a concern in cases like this,” Pandler said. The mother and uncle told the deputy that Calderon-Vazquez was a family friend.

Pandler said Lake Placid has had a few child sexual assault cases and hadn’t had one in many months, but it has been a “little while” since he saw a case with such an age difference.

“The majority are somewhat close in age,” he said. Teenagers tend to assault young children or people in their 20s and to assault teenagers.

Pandler believes there may be more victims and is asking anyone with information to contact the Lake Placid Police Department at 863-699-3757.

Man jailed for sexual assault

Continued from A1

The Blessings of the Businesses was well attended with nearly every seat in the house full for the annual event held by the Highlands County Chamber of Commerce and community to pray for local businesses and honored first responders of Sept. 11, 2001.

Karen Simmons/News-Sun

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She said she might apply for an open position as a train-
}
Mountain Top Ministry honored for News-Sun Unsung Hero

Scott Dressel/News-Sun

The Mountain Top Ministry logo.

Continued from A2

in miscellaneous services and $195,000 in debt service and capital improvement funds.

The school board voted in favor of a total tax rate of $7.27 per $1,000 of taxable property value in the county, compared with last year’s combined rate of $7.70 per $1,000.

The budget document states that a homeowner with a $125,000 home and a $25,000 homestead exemption would pay $272 in annual school district taxes in the coming fiscal year.

In total, school district taxes are expected to bring in $13,536,623, with $2,323,220 from district property tax and $1,000,000 in value tax.

— $5.45 in millions in district discretionary tax of 17 cents per dollar.
— $60.62 in millions in district improvement tax of 1% per dollar.
— $2.52 million from district property tax of $50 per dollar.

As for the school board only has discretionary capital improvement tax, and that, at over, only $1.50 of the proposed improvement rate and its set amount.

Finally, the district plans to pay 8 percent of the general fund toward purchased services and 4 percent for utilities and energy.

Financially, the district hopes to see $88.1 million over the coming year for federal food programs, including free and reduced-price meals.

The district also has allocated $4.19 million of this for the direct reimbursement, another $2 million comes from U.S. Department of Agriculture commodities, food service supplements, interest and federal funding.

Averyt said, but that would take away from clocking too many miles, he added.

Averyt said, three years,” Averyt said.

Capital improvement taxes and service budget.

The district also has allocated $5.71 million in service funds, transfers and revenue toward debt service, which when added with the current fund balance should give the district $6.7 million to pay in debt payments in the coming year.

For now, the budget makes up for any losses by using existing fund balances, transferred funds and both state and federal funding.

The district also has allocated $578,324 left over from the coming year’s federal service budget.

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Within 3 months after the date of the decedent’s estate must file their claims with this court. Time of the first publication of this notice and the personal representative’s attorney are set forth or Final Judgment entered in Case No. 28-2010-CA-000216, in its discretion, may enlarge the time of publication place by: Notice is hereby given pursuant to an order of the court, in its discretion, may enlarge the time of publication. Any person claiming an interest in the surplus may claim the surplus. Notice is hereby given pursuant to an order of the Court. The administration of the estate of Stanley Arevalo, Husband and Wife are defendant(s), I, Arevalo, Husband and Wife are defendant(s), I, To-wit: on Kahane & Associates, P.A., Attorney for Plaintiff.}

Classified

Index
1000 Anouncements
2000 Employment
3000 Financial
4000 Real Estate
5000 Mobile Homes
6000 Rentals
7000 Merchandise
8000 Recreation
9000 Transportation

ADD A BORDER - ATTENTION GETTER - LOGO
For Just A Little More And Make Your Ad Pop!

Deadline:
Publication Place: By: /s/ Priscilla Michalak
Page A7

ADJUSTMENTS
• Please check your ad for errors the first day it appears twice. If any errors are being made for corrections on the day after first day of publication. If you find an error, call the classified department on weekdays at 1-863-534-4686, at least 7 days before your scheduled appearance is less than 7 days; if you are hearing impaired, please contact the office of the court administrator, 255 N. Broad-

MISCELLANEOUS
merchandise over $100 5 lines - 6.cols $17.50
(Additional lines $1 each)
REAL ESTATE
employment transportation 5 lines - 6.cols $31.50
(Additional lines $3 each)

Subscribe to the News-Sun
Call 385-6155

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 week and can return the ad ad 2 times to 30 days. The price is as stated on this ad. Ad charged at the "Bargain Buy" discount rate must have 1 item with 1 asking price. The customer can list a set of 2 price, i.e. Bed set ... $100 is quoted. Claims (2) — $180 each to be filed. The customer can use the "Bargain Buy" discount. The ad must be charged at the non-discounted rate, using the "Open Best" pricing. No commercial items are allowed to be placed under our "Open Best" category. Items must be common household items. Ads for Pets, stating "Free to Good Home," are allowed to be placed under the "Bargain Buy" category.
NOTICE TO CREDITORS

IN THE CIRCUIT COURT
PROBATE DIVISION
OF DEATH IS BARRED.

AND AGAINST THE HEREIN NAMED
WHETHER SAID UNKNOWN PARTIES
CERTIFICATES, SERIES 2006-AR3
MORTGAGE PASS-THROUGH
HOLDERS OF SAMI II TRUST 2006-AR3,
CHASE BANK, N.A. AS TRUSTEE FOR THE
THE BANK OF NEW YORK MELLON FKA
AS PERSONAL REPRESENTATIVE OF CHARLOTTE LUTZI
IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: 28-2012-CA-000902

IN THE CIRCUIT COURT
PROBATE DIVISION
OF AUGUST, 2013.

NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM, MUST FILE THEIR CLAIMS WITH THIS COURT WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

By: /s/ E. Mark Breed III

E. MARK BREED III

SEBRING, FL 33870
325 NORTH COMMERCE AVENUE

ATTENTION: PERSONS WITH DISABILITIES...
IN RE: ESTATE OF

DEATH IS BARRED.

ALL CLAIMS NOT SO FILED WITHIN THE TIME PERIOD SET FORTH IN SECTION 733.702 OF FLORIDA LAW, AND OTHERS WHO MAY BE ENTITLED TO A CLAIM AS TO THE ESTATE OF THE DECEDENT, ARE HEREBY NOTIFIED TO FILE THEIR CLAIM WITH THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA, PROBATE DIVISION, THE ADDRESS OF WHICH IS 590 S. COMMERCE AVE., LAKE PLACID, FL, 33852, WITHIN THE LATER OF 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER SERVICE OF THIS NOTICE ON THEM.

The date of first publication of this Notice is September 13, 2013.

TO: BRUCE A. STOCKWELL, whose last known address is 401 Ohio Street, Lake Placid, FL 33852, AND ALL OTHERS WHOM IT MAY CONCERN.

PUBLICATION OF THIS NOTICE OR SERVICE OF THIS NOTICE ON ANY OF THE PERSONS ABOVE REFERRED TO SHALL CONSTITUTE NOTICE TO ALL WHO MAY BE ENTITLED TO CLAIM AGAINST THE ESTATE.

IN THE CIRCUIT COURT

BY: /s/ Toni Kopp
DEPUTY CLERK

Purchasing Agent of the City of Sebring/Highlands County, Florida, located at 551 SOUTH COMMERCE AVE., LAKE PLACID, FL 33852, is seeking bids on the following items:

- Dual Compactor
- AED
- Physio-Control LifePak
- Cart for AED

Bids must be received no later than 3:00 p.m. on September 20, 2013. The list of items available for bidding may be obtained by calling 863-385-0112. Only bidders with a valid Florida Sales Tax ID may submit bids.

ANDREW I. STOLZ
City Attorney

Quality Living... at Avon Mobile Home Park

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WHAT'S THE BUZZ ABOUT TOWN?
Subscribe today and find out!
Friday Night Football

Caylin Webb and the Lady Streaks had little trouble with the 'Cats.

7 p.m., Firemen’s Field
Okeechobee, 17-0
Hardee – 5-1, lost to Fort Meade, 18-6

7:30 p.m., Scarborough
Lake Placid – 1-0, game at Moore Haven cancelled by weather
Cardinal Money – 1-0, game against Admiral Farrington cancelled.

7 p.m., Frank S. Parker
Avon Park – 0-2, lost 10-7 to Mulberry
Fort Meade – 2-0, beat Hardee, 18-6

Cross-country sweeps
Avon Park, Lake Placid, Sebring all notch three-set wins

Red Devils bully Bulldogs
By RAN ROSENF
Chief Editor/News-Sun Correspondent

Lake Placid vs. Cardinal Money

7 p.m., Firemen’s Field
Okeechobee, 17-0
Hardee – 5-1, lost to Fort Meade, 18-6

By BRITTANY WHITTINGTON
News-Sun correspondent

Smith and Yate track-
ring sharp servers that were giving the Lady Bulldogs fits.
And when Fireproof was
able to settle in with their serve receiving, heavy hitting from
Marita Torres, Briana Roque, Hanley Yatester and Tate, set up by Smith
and Tate,snagging some aces out the net in Tuesday’s three-set sweep of
visiting Fireproof.

Lake Placid vs. Cardinal Money

Lake Placid – 1-0, game at Moore
Haven cancelled by weather
Cardinal Money – 1-0, game against Admiral Farrington cancelled.

Bass Secrets Bob Underwood

I thought I’d read every definitive book out there on bass fishing but one of my
customers, Dave, brought me a copy of Bob
Underwood’s book “Lunker”, and I can’t believe I missed reading it.
Published in 1978, this particular book is pretty dog-
good, with the cover nearly gone, and it has undoubtedly been read many times by
many people.
Bob Underwood spent over 1,700 hours underwater studying bass and their
behaviors, as well as a lifetime of bass fishing, and his book is filled with some
interesting observations and concepts.
I think one of the most interesting findings that he shares in his book is the importance of
cover to a bass.
In fact, he rates cover as the most important thing there is to a bass – more important
than water temperature, depth and even food.
“The cover protects you everyday. Availability of food places second while proximity to
deer trails third. Temperature rates low in priority. Cover must be such to allow the bass
to hide his head at least when frightened. This rule is absolute.”
Underwood shares his in this chapter:
“Bass have to be aware of his surroundings, but he must not bother them. The fact that he
protects cover and depth has nothing to do with any harmful or paintful effects of light on the
cyphon. As an interesting side-
note, he also believes that bass are near-sighted, and that although he believes
color to be a strong player, its importance quickly fades when a bass is beyond three
feet from the bass. But it does work, and a big bass has the focus on size and shape, combined with action
to determine if he wants to
prolong it. I’ve observed the sound of an electric motor from a boat, and the impact it may have on
nearby bass, particularly when I’m flipping the rod in his face.”
According to Bob’s obser-
vation, that allowed Avon
Park to win the opening set in dominant fashion, 25-6.

Red Devils bully
Bulldogs

Avon Park at Fort Meade

By DAN HOEHNE
Sports Editor

The Lady Devils seem to have a bet-

Some day before and below the surface, Underwood starchest felt was the importance of “action.”
Although he claims color is important, too, a basic line of a fish, more than any other factor contributes to substrate-
ually more strikes.
There’s no better teacher than being “on the water.”
Books like Underwood’s Lunker can be a big source of information when you’re not fishing.

Woman who winds seven contraction, a forty-pound tarpon from Lake Jackson, was
Dr. Blaine Cresap, who winds mostly everyone weighed in their three-ﬁsh limit.
With a 2-pound fish caught by everyone.
Bass, the lake has consistently released to give up any big
The lake has sponsored the winning weight with three
bass weighing 31 pounds, followed in second

Dragons power past Panthers

By HANNA WALLER
News-Sun correspondent

LAKE PLACID – Hanley was served, li-
terally, on the volleyball court Tuesday as the
Lady Dragons swept the Mulberry Panthers.

The Dragons right the floor with a 3-0
against the lads.

The game marked the second District 5-
4A win for the
Hardee Dragons.

Caylin Webb and the Lady Streaks had little trouble with the
Hardee Wildcats Tuesday to sweep a key district win.

Streaks cruise past ‘Cats
By BRITTANY WHITTINGTON
News-Sun correspondent

Sprinted strong off the
track with a quick jump start and lead a Haines City
close.

This account was
start, then converted her service race
and was able to serve an ace
Another point another point for the
Streaks.

See STREAKS, Page B4

See TOURNEY, Page B3

The lake has stubbornly
up for last Wednesday’s bass
tournament on Lake Jackson.
By BRITTANY WHITTINGTON
News-Sun correspondent

Wednesday, Sept. 4

We have seven teams bow to our last Wednesday’s bass
tournament on Lake Jackson.

But scrape the bottom of the
boat and you’ll have
most everyone weighed in their three-ﬁsh limit.

The lake has consistently released to give up any big
fish but lots of 2-4 pound fish
were caught by everyone.

But scrape the bottom of the
boat and you’ll have
most everyone weighed in their three-ﬁsh limit.

The lake has stubbornly
up for last Wednesday’s bass
tournament on Lake Jackson.
The Scoreboard

Auto Racing

TODAY: NASCAR at Texas Motor Speedway, 2 p.m.; NASCAR at Bristol, 2 p.m.

COLLEGE FOOTBALL

Saturday

Dayton at East Carolina, 11 a.m.; Louisiana-Lafayette at Hofstra, 1 p.m.; Long Beach State at Oregon, 12:30 p.m.; Tennessee at Northern Illinois, 3:30 p.m.; Utah State at Colorado State, 6 p.m.

GOLF

Tuesdays

2 a.m.–6 a.m.; 11 a.m.–11 p.m.; 6–11 a.m.

11 a.m.–Noon; at $20 per athlete.

High School Football

Saturday

Seminole Football Kickoff

The Treasure Coast Classic is hosting a Greene party and games Saturday, Sept. 14, at 3 p.m. at the Seminole Hard Rock Hotel and Casino. Awesome door prizes, food, fun, and free admission! Call (772) 597-3000 to reserve your table. Come and prepare to have fun.

STP USP seeks help

LACEPLACED: A STP UP Youth Ministries Lake Placid celebration of one year anniversary as a ministry, they are looking for other churches to help them in these programs in order to maintain and chal- lenge the influx of teenagers that enter programs in order to maintain and chal-

Sports Sponsorships

Tennis: Awesome tournament in the dome on Sept. 18, 2014; at TVC. Please contact for details.

Racing: STR8 UP seeks help and special rates apply. Registration is Dec. 21, starting at 9 a.m. each day. Please make checks payable to STR8 UP. All Youth League bowlers are eligible and restrictions apply) and free bowling with a $2,000 hole-in-one is being spon-

Local Schedule

TODAY: Football at Fort Meade, 7 p.m.; Volleyball at Fort Meade, 6:30 p.m.; Girls Golf at Ida Baker Invitational, 11 a.m.

THURSDAY: Volleyball at Lake Placid, 4:30 p.m.; Girls Golf at Champions Club, 9 a.m.

SUNDAY: Volleyball at Fort Meade, 7 p.m.; Boys Golf at Ida Baker Invitational, 11 a.m.

Wednesday:

STP UP is seeking to raise $5,700 for 80 youth of county.

Championships Cup

AVON PARK – The inaugural Avon Park Championship Cup golf tournament will be held at Gold Hammock Country Club on Sunday, Sept. 14, at 8 a.m. to 1 p.m. This fundraiser will benefit the acade-

Sporting Events

Wednesday’s Games

Thursdays

3:30 p.m.

Burlington (VB) at Mount. Aiken, 1-7:30 p.m.

Premier League Soccer

Saturday

Volleyball: North Florida State Volleyball coach Ken Crawford will be offering clinics for beginner/inter-

Excel Volleyball Clinics

AVON PARK – South Florida State Volleyball coach Ken Crawford will be offering clinics for beginner/inter-

Golf

THURSDAY:

LOCAL SCHEDULE

For further details, contact, call 414-7052, or email mccluskey@avonpark.com or call 471-0527.

FRIDAY:

1 p.m.–2:30 p.m.; with specific time slots, with a corporate sponsor supplying players and if a corporate sponsor supply food for the games. You may register your team by email from Cheryl Brown at cheryl@avonpark.com or call the coach at 865-732-1524.

GOLF

THURSDAY:

Saturday:

STP USP is seeking to raise $5,700 for 80 youth of county.

Sea Bassing – Mountain Top Productions presents the 2013 “Golf Tournament” – must be accompanied by an adult.

Come and prepare to have fun.

Seminole Football Kickoff

The Treasure Coast Classic is hosting a Greene party and games Saturday, Sept. 14, at 3 p.m. at the Seminole Hard Rock Hotel and Casino. Awesome door prizes, food, fun, and free admission! Call (772) 597-3000 to reserve your table. Come and prepare to have fun.

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AVON PARK – South Florida State Volleyball coach Ken Crawford will be offering clinics for beginner/inter-
Tourneys: see sharing of fish, not fishermen

Continued from B1

by Bob Norton

The Men’s League held an Individual Net Tournament on Wednesday, Sept. 11, with close second going to Vern Hoffman with a net 75 strokes and Jan Hard got third place with a net 78 strokes. In B Flight, Richie Earley was awarded first place at the back of a net 77 and Ron Hoffman took second with a net 79 strokes.

First place is D Flight went to Earley at a 50.76, Don Hoag and Ed Clay got second place with a net 53.62. In D Flight, Dan Porter won first place with a net 60 and John Schroeder took second round with a net 62.49. On the final Tuesday and Thursday of September, the SpringLake’s Men’s and Women’s Association played an Opened Tournament in which the first and second place teams were crowned on Friday, three best balls counted on the back nine, and the team with the lowest score was crowned the champion for the year.

Don Norton is a professional tournament bass fisherman, fishing in the Gulf of Mexico and local area waters. He lives in the Golf Hammock with his wife Lexie, and is the owner of a custom rod building company appropriately named “The American Fisherman”. He is also the owner of REDS II, a full-service fishing tackle store located at 3060 Sering Parkway, in Sebring, FL. You can reach him at 863-272-4998 or by email at donnorton23@gmail.com. Visit his American Fisherman website at theamericanfisherman.com, or stop by the store to see him in person.

Golf Hammock

Last Monday, Sept. 9, the Men’s League Group played an Individual Pro-Am Points event. In A group David Mulligan scored plus 3 to take first place and there were three tied for second place between Tony Scalise, Doug Haine and Bill Parr at plus 3.

Jack Stewart came in first place in Plus B group and Peter McManus came in second place in Plus C group. Tony Francis scored plus 3 to take first place in C group and Doug Lambrick came in second place in Plus D group. Ken Porter came in first place in D group and Jerry Patterson came in second place in Plus E group. Ron Genouque scored plus 3 to take first place in E group and Dick Longnabe came in second place in Plus F group.

Next Monday the Men’s Group will play at Golf Hammock beginning at 7:45 a.m. For more information, call Pete at 318-1000.

Lake June West

A Mixed Scramble was played on Thursday, Sept. 5, with partners of Kevin Heine, Dave Briong, Jan Huggett, and Mark Genouque. Mark Stewart and Joanne Macleod taking first with a 32. Tony Stuckir and In at Scott Rangel, John Hufe and Dave Bourdon at a 34 and coming in with a 36 for third were Oney and Donna Eales, Beth, Linda and Larry Scarbrough and Donna Eales.

First place went to a partnership of Bob McMillan, Jim Huggett and Steve Dubois with 7.16 points. Jim Huggett and Carlos Klein came in second place with 7.25 points, and the third place finishers were John and Gloria Huggett, John and Doris Huggett.

The Men’s League Group played an Individual Net Tournament on Wednesday, Sept. 11, with close second going to Vern Hoffman with a net 75 strokes and Jan Hard got third place with a net 76. In B Flight, Richie Earley was awarded first place at the back of a net 77 and Ron Hoffman took second with a net 79 strokes.

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Strattons atone for DeSoto loss, get in district win column

Continued from B3
An error gave Hardee their first point of the game, but a quick kill ended the set and made the score 1-0. The Lady Blue Streaks went back to serve and was able to serve up an ace which brought the score to 2-1. However, the Lady Blue Streaks called their first time out of the set.
The time out did not slow the Strattons one bit, with yet another quick kill sending Sebring up 22-10. Hardee called their second and final time out of the set.

Continued from B3
It was as if a light switch went on for Lake Placid, who finally shifted their game and finished out the set quickly with a score of 25-22.

Continued from B3
No damage was done and the Lady Dragons added another point to the scoreboard. "I think sometimes they play down to the level of their opponents," Bauder said. "But it's as if a light switch went on for Lake Placid and they suddenly seemed to have shifted momentum in favor of Hardee as they were able to close the Strattons lead just to a two point difference. But a pair of kills by Hinkle extended the lead to four to force Hardee to try to skill momentum by calling their second time out.

No damage was done and the Lady Blue Streaks finished the set 25-16.
The Lady Blue Streaks made an explosive run on the Cats in what would be the final set, starting out at 9-4 and causing Hardee to call an early time out.

It was easy to tell that Stratton was ready to close up shop and end the night going on a 7-5 run with a kill by setter Lindsey Whittington bringing the score up to 17-9. Another kill by Webp put the Strattons up 21-12 and they went on another short run finishing the set and game at 25-12. It was a key win that gets the Stratton Lady Blue Streaks the win column of the District 11-5A standings.

Sebring took a short road trip north to battle their county rival Ridgeland in Sebring Park on Thursday. Check out Sunday’s News-Sun for results.

AP keeps focus, chills Frostproof

Continued from B3
It was a bit of an easy win like this that the Lady Blue Streaks realize they need to fight at a much higher level of play.

Libby Maria Tataris kept the back-line defense rolling, along with Termora and Alexis Williams, and Williams joined in with some big hitting at the net as well. The Devils started out to another big lead and kept building it up, leading 23-9 and looking to hold Frostproof in the singles digits yet again. A slight lull in focus, however, saw an inadvertent net violation to give the Lady Blue Streaks their first point of the game before Avon Park finished off the 25-11 win.

A little bit of that relaxation didn’t come back in during what was the third and final set, though enough could well have been expected after the two lopsided sets.

But the Devils didn’t let it go as far, regrouping and stepping up when needed to for another quick kill clinching win to keep Avon Park undefeated and in the top spot of the District 9-4A standings.

The Lady Devils hosted Sebring Thursday night in the always intense county rivalry, and then travel to Lake Placid to take on the Wildkats Tuesday night for a crucial showdown.

Two key matches up that should definitely help Avon Park keep its’ focus.

Stratton was ready to close up shop and end the night going on a 7-5 run with a kill by setter Lindsey Whittington bringing the score up to 17-9. Another kill by Webp put the Strattons up 21-12 and they went on another short run finishing the set and game at 25-12. It was a key win that gets the Stratton Lady Blue Streaks the win column of the District 11-5A standings.

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Continued from B3
The time out did not slow the Strattons one bit, with yet another quick kill sending Sebring up 22-10. Hardee called their second and final time out of the set.

Continued from B3
But that wasn’t the case with the Lady Blue Streaks, who finally shifted into gear and finished out the set quickly with a score of 25-22.

Continued from B3
With the score now sitting at 21-21 tie, it was as if a light switch went on for Lake Placid, who finally shifted their game and finished out the set quickly with a score of 25-22.

Continued from B3
Not wanting a repeat of the set before, the Lady Dragons started the third set off strong with a quick lead of 6-1, thanks in part to two aces by Joanna Sanchez.

Continued from B3
After a service error, the Lady Dragons went on a 9-1 run, making the score 15-2 and giving the Lady Blue Streaks possession of the ball.

Continued from B3
Jordan Hinkle went back to serve and served an ace, adding another point to the scoreboard.

Continued from B3
The Lady Blue Streaks went on an 8-5 run and forced the Lady Cats to call their first time out of this particular set.

Continued from B3
This time out seemed to have shifted momentum in favor of Hardee as they were able to close the Strattons lead just to a two point difference. But a pair of kills by Hinkle extended the lead to four to force Hardee to try to skill momentum by calling their second time out.

Continued from B3
No damage was done and the Blue Streaks extended the lead back to six to 21-15. The Lady Blue Streaks made an explosive run on the Cats in what would be the final set, starting out at 9-4 and causing Hardee to call an early time out.

Continued from B3
It was easy to tell that Stratton was ready to close up shop and end the night going on a 7-5 run with a kill by setter Lindsey Whittington bringing the score up to 17-9. Another kill by Webp put the Strattons up 21-12 and they went on another short run finishing the set and game at 25-12. It was a key win that gets the Stratton Lady Blue Streaks the win column of the District 11-5A standings.

Sebring took a short road trip north to battle their county rival Ridgeland in Sebring Park on Thursday. Check out Sunday’s News-Sun for results.

Continued from B3
It was as if a light switch went on for Lake Placid, who finally shifted into gear and finished out the set quickly with a score of 25-22.

Continued from B3
But that wasn’t the case with the Lady Blue Streaks, who finally shifted into gear and finished out the set quickly with a score of 25-22.

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Healthy Living

Research shows yoga may help blood pressure, chronic pain

Special to the News-Sun

Dr. Stacy Cohen
Yoga is a religious contemplation with its’s about stretching and breathing. Besides, you’re the boss of who you can party if you turn yourself into a human pretzel. If you’re interested, it may be the result of inflexibility, but it can also questionnaire your knee joint to become misaligned with the other bones in your body—causing pain throughout the body. Scissors is a rather common position that lower back pain occurs into one or both legs, by way of the sciatic nerv. A January 2013 study demonstrated that certain “inversion” or yoga poses released pressures of sciatic including pain, rigidity and weakness. Flexibility helps your posture, and the stress that yoga builds in your bones and muscles and reduces your odds for arthritis. A systematic review that was performed earlier this year in New Zealand evidenced regular yoga practice might alleviate pain caused by musculoskeletal disorders. What about your bones? Different yoga poses and transitions create mild stress on your body and bones in a way to become more denser (and stronger) and to balance our stress.

A 2012 study performed in Germany showed yoga and meditation significantly reduced anxiety and blood pressure and improved mood. That research by Dr. Roula Troupas, 2012, while serving as a guest speaker.

Choose classes carefully. What are you looking for? I’m not the first yoga class, it was 101 days ago. As it’s called “Bikram” yoga, or sometimes “hot yoga.” What a sightseeing for me. I despise heat. I could not even sit without pain. Your own body can make itself into a knot! Because research proves yoga can help improve blood pressure and lower back pain, headaches, neck pain, high blood pressure and osteoarthritis

Cohen is a registered yoga instructor and author of “The 24-Hour Pharmacist” and “Real Solutions.” For more information, visit www.nationalstrokesoci... or call ACE Homecare at 863-655-0400.

Recent studies have examin...re multiple positive emotions, exchange alone.

New stroke recovery group meets weekly

Dr. Robert Russo

New stroke recovery group meets weekly

Special to the News-Sun

The new stroke recovery group for people in the local community who have had a stroke and are living with the effects has started. The purpose of the group is to provide an informal, confidential space to share experiences, support and information.

Meetings will feature support, occasional outings and exercise.

The meeting place will be at the Sebring Christian Church, 4514 Hammock Road, from 1-3:30 p.m. The group meets the third Wednesday of each month.

The first meeting will be dedicated to a guest speaker who will facilitate the meeting. Printed information from the National Stroke Association will be distributed.

The third Tuesday will be reserved for “movement therapy.” Therapists adapted to working with people affected from stroke will take the group through different techniques of exercises depending on their ability to participate. Also on the third Tuesdays, students from Avon College will be taking blood pressure readings and pulse rates for those interested.

On Tuesday “Music in Motion” will be demonstrated by Belinda Wright, Sunshine Ambassador CNA/HA with Ace Homecare. Joining Wright will be Care Kelly, RN and Rebecca Moore, Sunshine Ambassador CNA/HA, both also from ACE Homecare. Moreno will be dedicated to treat, diagnose or cure your condition.

Dr. Robert Russo, OD
Pediatric Ophthalmologist
Dr. Arick Savary,

Change of Pace support groups meet weekly

Ace Bronze community

Change of pace caregivers support groups meet weekly to help and stand by family caregivers. Alzheimer’s or a related dementia is a disease that affects caregivers pass before their disease. It is a terrible disease that burdens those caregivers who must use the resources that relieve that stress through its services. For more information call 708-7082, Sebring, FL 33872.

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Outreach activities planned

Ace Bronze community

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Christ Lutheran Church - LCMS
AON PARK – Pastor Scott McLean will be serving as the guest speaker. Music will be "Saved by Grace."

200 S. 27th St. – Sunday School begins at 10:15 a.m.; Worship at 11 a.m. Music will be "Saved by Grace." Place of worship is in the fellowship hall.

Church of the Brethren
SEBBING – On Sunday, Pastor Sheryl Sebbing will preach from Acts 15:47-48. Holy Communion will be "Everyone is an All-Star."

LEOMANDA – The theme for Sunday school is "Roll Up Your Sleeves to Deliver the" from the Brethren. For information, call 351-9939.

Lutheran Church - LCMS
SCHOOL, 9:30 a.m.; Worship, 10:45 a.m.; N. Lake Ave., Avon Park, FL - 453-6681.

Morning Worship, 10:45 a.m.; Sunday School, 9:30 a.m. Choir practice at 5 p.m. Sunday. Prayer Time 6:30 p.m. on Wednesday. For more information about activities of the Faith Lutheran Church, call the church office at 465-0600 or visit www.faithbaptistchurchlp.com. The church is at 680 Holmes Ave.

Faith Lutheran SEBBING – This Sunday’s message will be "A Fifth Quarter" from Isaiah 40:29. Music will be "right in the middle of the crowd."

Father David Boote - Pastor of Faith Lutheran


Church of the Brethren
SEBBING – The sermon on Sunday morning will be "The Heart's Desire; Seeking the Soul's Shelter." For more information, call 351-9939.

First Christian Church
SEBBING – The pastor's sermon on Sunday will be titled "Worship and Folly from Proverbs 9-10." Assignment for the corresponding lesson from the Bible will be Ezekiel 33.8-21.

First Baptist Church
SEBBING – The pastor’s sermon on Sunday will be titled "The Lord’s Heart; Teach Us How to Pray." With scripture from Luke 11:1-4, 13. The church is 1 mile west of U.S. 27 on Converse Road 634 (Hammond Road), Hammond Creek, FL 33843 phone (351) 998-1010. For more information, call 351-9939.

First Baptist Church of Lake Placid
LAKE PLACID – Pastor Jim Smith will conclude the series on Sunday with "The Church and the Sanctuary." Romans 5: The Son Made Sin for Us: Salvation. Rejoice" for Jesus seeking us. John 4:28 continues his series in "the church is a sanctuary."

First Baptist Church of Lake Placid
SEBBING – The Sunday morning message delivered by Rev. Jim Rock will be from Acts 10. The church is at 100 N. Lake Ave., Avon Park, FL 33825. For more information, call 453-6681 or visit www.fblpl.org. For further information about activities of the Faith Lutheran Church, call the church office at 465-0600 or visit www.faithbaptistchurchlp.com.
In a previous article, we emphasized the challenge and wisdom of Romans 12:16. “Do not be wise beyond what is written...” We focused on how God's grace in Jesus, and Jesus’ love for each of us, should inform our perspective on wisdom. Let's consider the remainder of that passage:

“...resist evil, do good, and share in the blessing of others. Be joyful with those in need of joy, sorrow with those in sorrow.”

This speaks to the importance of living in community and the responsibility we have to one another. The call to “resist evil” is not just a call to moral separation, but a call to engage actively with the world, to be a force for good and to share blessings.

In the context of the Church, this means being in community with one another, supporting those who are suffering, and being a witness to the love and grace of Jesus Christ. It means living out the teachings of the Bible in everyday life, and being a light in the world.

This passage reminds us of our responsibility to one another and to our community, and encourages us to resist evil and be a force for good in the world.
Kevin’s Comments

Kevin Patterson

The Bible says that Jesus must take precedence over everything in our lives. That may not be an easy task, but it will always be the right thing to do.

In Matthew 16:24, Jesus said, “If anyone desires to come after Me, he must deny himself, and take up his cross daily and follow Me.” But when we try first to gain the respect of others, our priorities may suffer the alienation or rejection of those same people. We may forsake the respect that we have for Jesus in order to gain the respect that the world has for us. To follow Jesus is the professional relationship we have with the King of kings and Lord of lords. It is that same relationship Jesus had with His heavenly Father.

Jesus taught that of all the priorities we may have that take precedence over the others, their families fill that highest priority. To others, money, their busier than others. For I came to set a man against his father, and a daughter against her moth- er, and a daughter-in-law against her mother-in-law; and a man’s enemies will be the members of his family. And he who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me. And he who does not take up his cross and follow after me is not worthy of me. (Matthew 6:33)

Erich Komosa is a writer for Kevin Patterson and presented in the topic “Away with Paul” with scripture from Romans 16:19. He teaches a very fundamental lesson. If you have Jesus above all others, you may suffer the alienation or loss of all others. No one is going to accept this difficult teach- ing, but those who wish to be worthy in the eyes of Jesus will.

Even at my young age, because of the priority that Jesus plays in my life and the respect that I have for the Bible as the inspired word of God, I suf- fered the alienation and loss of several friends and family members. I did not change, and I give my heart to this day, but I still pursue Jesus Christ as the Lord and Master of my life. Everyone and every- thing else is subordinate to Jesus. The decisions of life are not always easy, and when Jesus becomes your priority, life can become even harder in some ways. But when we put Him first, we pass on eternal rewards that will far out- weigh the sufferings of this life. “But seek first His kingdom and His righteousness, and all these things will be added to you.” (Matthew 6:33)

Continued from page B6

Old family Bibles to be documented in Lake Placid

Mike Flood of Highlands County GenWeb will be in the meeting room of Lake Placid Community Library from 9 a.m. to 1 p.m., Saturday, Sept. 21. He will be available to anyone and to help them and to assist them in finding information in old family Bibles. The information collected will be put on an index and will be made available to anyone who wishes to share with others searching for their family roots. Highlands County GenWeb is part of the Apalachicola GenWeb project. The Highlands County Home page contains many links to other counties of interest to family historians. If you have any questions about the workshops or the website, call Mike Flood at 677-5181.

Heartland Christian Church

SEBRING — Pastor Ted Moon and presented in the topic “Sticks in the Mud will be ‘No Dust in a Clean Room’.” Matthew 5:1-6. the service “No Oxen in a Clean Barn” with scripture from Matthew 5:1-6. The service will be “No Oxen in a Clean Barn” with scripture from Matthew 5:1-6. The service will be “No Oxen in a Clean Barn” with scripture from Matthew 5:1-6.

Continued from page B6

Circle St. (with two entrances on Largo Street). Call 453-3242 or check the website, sebringparkurchurch.com.

First Presbyterian Church of Sebring

SEBRING — Sunday is National Back to Church Sunday. Rev. Steve Grooms, deacon, will preach on “What’s In Your Eye?” The church is at 4500 for more information.

First United Methodist Church

SEBRING — Rev. A. C. Bryant will bring the message “Away with Paul” with scripture from Acts 21:26-36. Wednesday is family night with food, fun and Bible study. Call the church office for information at 453-5184.

New Beginnings Church

SEBRING — On Sunday, Pastor Gary Kelly’s sermon is titled “Dependent on God’s Word” based on Isaiah 119-169-176.

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Dear Abby: Now that California law prohibits drivers from using cell phones while driving, an additional issue needs to be addressed: The act and actual speed. Bicyclists are supposed to follow the same rules as the vehicles code, too, but they rarely do. Many who ride without protective gear. I’m concerned about riders on bikes texting, talking while riding, not obeying traffic signs and other delinquencies.

Disappointingly, I have seen some single riders pull over or ticketed for doing this.ummies because of

Dear Abby! My son serves on a ship in the Navy and has been absent from home for months.

Dear Abby: Navy and police are people who ride at night to wear jackets with reversible linings in a lighter color (I have seen a few with fluorescent trim, but they haven’t been many) and if drivers are pulled over for broken or missing headlights, shouldn’t the same be true for cyclists?

Dear Abby: Some of the film’s most powerful scenes are brutal and graphic. Some of the film’s most powerful scenes are brutal and graphic. In some of the film’s most powerful scenes are brutal and graphic. Although dark colors and facial expressions are used

Dear Abby: This movie is mature and intelligent. 'Blue Caprice' is a disturbing, masterfully controlled story of young men...and women.

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Dear Abby: The motorcycle killer threatened the seatbelt of John's car. When Lee is taken along to meet his Army buddy Ray (Tim Blake Nelson) to tell off someone with some target practice in the woods, he reveals himself to be a natural with a gun. Watching the boy's face as the first semi-automatic "window-maker" is placed in his hands is especially disquieting in light of recent events. After John's erratic behavior get him kicked out by his girlfriend (Cassandra Pederson), they end up staying with Ray and his equally truth-tarfy partner Jaime (Joe Lauren Adams), providing access to Ray's arsenal of firearms. Some of the film's most powerful scenes are brutal and graphic. Some of the film's most powerful scenes are brutal and graphic. Although dark colors and facial expressions are used

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Fun shapes and colors can make healthier food seem more appetizing, such as pink or blue ice cubes in bulk.

■ Avoid any possible allergens, such as nuts.

■ Incorporating cooking or assembling a snack into the party activities kills two birds with one stone.

■ Let kids assemble their own food, such as sandwiches, fruit kabobs on skewers with grapes, strawberries and melon balls.

■ Consider mini-cupcakes instead of cake to control serving size.

■ Make a list of all party supplies, and a separate list of food supplies to ensure you’re not looking for something at the last minute.

■ Have a backup plan if an activity flags or gets canceled out.

■ Keep the games simple and age-appropriate.

■ Make a schedule of how you expect the party to unfold. For very young children, an hour-long party is appropriate. If the party starts to go over, you can cut it short.

■ Incorporate snacks into the menu. For younger children, you might consider cutting the meat times, so you can stick to

■ Make calls to follow up with parents who do not RSVP (and many do not), so you have an accurate head count.

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