

Issues Today 14-41

Date Aired: 11/12/14 Time Aired: 7am  
Length: 28 Min.

1. Jay Fitter, Parenting Expert and Author

He weighed in on the corporal punishment controversy. He also talked about how parents can better guide their children.

Issues covered:

1. Youth
2. Parenting

2. David Crouse, Divorce Attorney

He gave some tips on when couples can spot when their relationship is in trouble. He also talked about how better financial planning can help relationships.

Issues covered:

1. Divorce
2. Communication

3. Dr. Mary Ann Block, Medical Doctor and Author

She gave research information that vaccines can be harmful and may cause asthma. She also talked about the chemicals that are included in vaccines.

Issues covered:

1. Health
2. Youth

Issues Today 14-42

Date Aired: 11/19/14 Time Aired: 7am  
Length: 28 Min.

1. Wayne Windgarden, Senior Fellow at Pacific Research Institute

He gave the results of a study on energy regulation and its effects on the economy. He also commented on the need for diversity in energy projects.

Issues covered:

1. Energy Costs
2. Environment

2. Patricia Damery, Psychotherapist and Biodynamic Farmer

She detailed the differences between biodynamic and organic farming. She also talked about the economic advantages of new farming techniques.

Issues covered:

1. Environment
2. Economy

3. Ted Coine, Keynote Speaker and Author

He described why companies should embrace social media. He also talked about the need for more interactive communication between company personnel and customers.

Issues covered:

1. Communication
2. Consumerism

Issues Today 14-43

Date Aired: 11/26/14 Time Aired: 7am  
Length: 28 Min.

1. Greg Kozera, Environmental Engineer

He discussed the history of hydro-fracking and why it is so important for energy production in the U.S. He also talked about environmental plusses to using the technique.

Issues covered:

1. Energy
2. Environment

2. Ross Kenneth Urken, Personal Financial Editor, thestreet.com

He gave some tips to parents on how to teach their children about financial topics. He also talked about the lack of money education in schools.

Issues covered:

1. Education
2. Youth

3. Joe Flower, Healthcare Researcher and Author

He discussed the in's and out's of national healthcare. He also talked about prevention measures that are contained in it.

Issues covered:

1. Health
2. Big Government

Issues Today 14-44

Date Aired: 11/2/14 Time Aired: 7am  
Length: 28 Min.

1. Anne Mitchell, Attorney and Speaker

She commented on the new sexual consent law that was passed in California. She also talked about changes that need to be made to better clarify it.

Issues covered:

1. Sexual Abuse
2. Women

2. Cathleen Enright, Executive Director of Council on Biotechnology Information

She detailed why her organization feels GMO's are safe. She also touted the environmental plusses of growing GMO crops.

Issues covered:

1. Health
2. Environment

3. Dr. Christine Horner, Breast Cancer Prevention Expert

She discussed alternative ways to help fight breast cancer. She also talked about the need for more exercise and healthy eating.

Issues covered:

1. Women
2. Health

Issues Today 14-45

Date Aired: 11/9/14 Time Aired: 7am  
Length: 28 Min.

1. Dick Morris, Political Commentator and Author

He gave his perspective on hot button issues in the country. He also talked about the need for more adherence to the Constitution.

Issues covered:

1. Big Government
2. National Healthcare

2. Dave Foreman, Herbal Pharmacist

He detailed how people can reduce carbs in their diet. He also addressed the growing obesity problem in the U.S.

Issues covered:

1. Health
2. Obesity

3. Walter Biondi, Former Deputy U.S. Marshal and Author

He gave his story of how he went from being homeless to becoming a U.S. Deputy Marshal. He also talked about the challenges law enforcement officers face.

Issues covered:

1. Youth
2. Law Enforcement Challenges



Issues Toda 14-46

Date Aired: 11/16/14 Time Aired: 7am  
Length: 28 Min.

1. Barbara Rhine, Attorney and Former Labor Activist

She detailed a parallel between the farmer workers movement of the 70's to the current immigration struggle. She also talked about her novel based on those times.

Issues covered:

1. Immigration
2. Labor

2. Dr. Frank Moncher, Social Science Fellow at Culture of Life Foundation

He detailed growing violence against women and the connection to internet porn. He also talked about the changing womens' movement.

Issues covered:

1. Internet Pornography
2. Women

3. Dr. Susan Smith Jones, Allergy Expert

She addressed the growing number of Fall allergies that occur. She also stressed the need for better health education.

Issues covered:

1. Health
2. Education

Issues Today 14-47

Date Aired: 11/23/14 Time Aired: 7am  
Length: 28 Min.

1. Judge Glenda Hatchett, TV Jurist

She gave opinions regarding parenting issues and the increase of child abuse. She also talked about the challenges of family court.

Issues covered:

1. Child Abuse
2. Parenting

2. Dr. Gina Myers, Personal and Professional Dev. Coach

She described her personal experiences with domestic violence. She also talked about how women can have better self esteem.

Issues covered:

1. Domestic Violence
2. Women

3. Annabelle Ascher, Food Expert

She gave some tips on how people can save money on their groceries. She also talked about buying more healthy foods.

Issues covered:

1. Food Costs
2. Health

Issues Today 14-48

Date Aired: 11/30/14 Time Aired: 7am  
Length: 28 Min.

1. Dr. Meryl Nass, Immunization Expert

She talked about the country's readiness for a massive Ebola epidemic. She also discussed the need for more openness about healthy issues.

Issues covered:

1. Disaster Preparedness
2. Health

2. Dr. Kevin Leman, Parenting Expert

He gave some tips on how parents can better handle their teens. He also talked about discipline procedures.

Issues covered:

1. Youth
2. Parenting

3. Doug Ingoldsby, Nutrition Expert

He discussed ways to survive holiday sugar shock season. He also talked about alternative health techniques.

Issues covered:

1. Stress
2. Health



Issues Today 14-49

Date Aired: 6/7/14 Time Aired: 7am  
Length: 28 Min.

1. Jae Oh, Author of "Maximize Your Medicare"

He discussed the many options available for seniors regarding medical care. He also talked about the ramifications of national healthcare.

Issues covered:

1. Seniors
2. National Healthcare

2. Dr. Mario Martinez, Owner of Institute of Biocognitive Psychology

He detailed the relationship between the mind and the body and how they work together as a unit. He also talked about the effects on seniors.

Issues covered:

1. Health
2. Seniors

3. Julianne Soviero, Hazing and Peak Performance Expert

She discussed the growing problem of hazing, particularly in schools. She also talked about how self-esteem can be enhanced.

Issues covered:

1. Youth
2. Hazing

Issues Today 14-50

Date Aired: 12/14/18 Time Aired: 7am  
Length: 28 Min.

1. Theodore Bikel, Actor and Rights Advocate

He discussed his life in the arts. He also talked about his work in support of various support programs.

Issues covered:

1. Civil Rights
2. Discrimination

2. Rory Fanning, Author of "Worth Fighting For"

He described his work in advocating for more vets benefits. He also questioned the motives of being involved in middle east wars.

Issues covered:

1. War
2. Terrorism

3. Stephanie Erickson, Director of Erickson Resource Group

She gave some tips on how kids and their parents can work together to plan healthcare. She also talked about growing costs involved in nursing homes.

Issues covered:

1. Health
2. Seniors

Issues Today 14-51

Date Aired: 12/21/14 Time Aired: 7am  
Length: 28 Min.

1. Brian Sozzi, Analyst with thestreet.com.

He discussed the growing trend of morning places like Starbucks that are now serving dinner. He also talked about the trends of consumers.

Issues covered:

1. Economy
2. Consumerism

2. Patrick O'Donnell, Combat Historian

He weighed into the Navy Seals controversy regarding their code of silence. He also talked about the birth of Seals that took place in World War II.

Issues covered:

1. Veterans Rights
2. Communication

3. Don Miller, Epilepsy Expert and Author

He described his life with epilepsy. He also talked about the public's Growing awareness of the disease.

Issues covered:

1. Health
2. Education

Issues Today 14-52

Date Aired: 12/28/14 Time Aired: 7pm  
Length: 28 Min.

1. Luis Tijerina, Native American Healing Expert

He discussed the native American healing system that utilizes natural plants, roots and herbs. He also talked about the need for the public to be better informed about treatments.

Issues covered:

1. Health
2. Education

2. Catana Tully, Author of "Split at the Root"

She talked about racism in America and how people need to talk about it more. She also discussed her adoption to white parents.

Issues covered:

1. Racism
2. Gun Control

3. Blair London, Child Trafficking Expert

She discussed the growing presence of child trafficking in the country. She also talked about the need for law enforcement to do more about the problem.

Issues covered:

1. Child Trafficking
2. Law Enforcement Funding



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This is Heartland Happenings, your guide to local events throughout the community:

Downtown Sebring Merchants will host Throwback Thursday every Thursday with lots of stores open late, music and fun. For more information and events visit [www.DowntownSebring.org](http://www.DowntownSebring.org)

The Carousel of Lights are aglow on and around the Circle in Sebring. Come and enjoy nightly visits with Santa, puppet show, beautiful light displays and much more.

Christmas on the Mall presents Weekend Visits with Santa every Friday from 5 to 8 PM, Saturday from 6 to 8 PM and Sunday from 5 to 8 PM. Visits will be held through Christmas Eve. Santa will be at Santa Claus Square in Avon Park.

The Avon Park Champions Club will be cooking and selling slabs of ribs to benefit the Avon Park Middle School Basketball Program on Friday, December 12th from Noon to 4 PM. Tickets are \$20.00 and available from APMS basketball players or coaches. For more information call 452-4333.

The Sebring Downtown Merchants will host an "It's a Wrap Drive" on Friday, December 12th from 4 to 8 PM next to Circle Theatre. Bring coats, blankets and wraps to be donated to The New Testament Church and Mission, enjoy shopping, holiday beverages, the Carousel of Lights and much more.



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Highlands County 4H Council presents Parents Night Out on Friday, December 12th from 6 to 9 PM for children ages 5-18 at the Bert J. Harris Agricultural Center. For more information call Tiffany at 402-6540.

The Jarrett Family Foundation presents the 3rd Annual Jingle Bell Fun 5K Run/Walk and 1 Mile Fun Run on Friday, December 12th at 6 PM at Union Church in Avon Park. Proceeds will benefit Avon Park area schools. For more information call 453-3117.

A special Christmas Celebration will be held at the Highlands County YMCA on Friday, December 12th and Saturday, December 13th from 6 to 9 PM. Come and enjoy games, candy, inflatables, cake walk, train rides, free pictures with Santa and the Wacasters and Justis Martin performing live. For more information call the YMCA at 382-9622.

Highlands Little Theatre presents "The Most Wonderful Time" a sweet story with classic carols and youth performers. Tickets are still available for December 12th and 14th. For tickets and more information call 382-2525 or visit [www.highlandslittletheatre.org](http://www.highlandslittletheatre.org)

Bill Jarrett Ford in Avon Park presents Santa Fly In 2014 on Saturday, December 13th starting at 10 AM. See Santa and Mrs. Claus arrive via helicopter from the North Pole, take pictures and visit with them as you enjoy sweet treats, petting zoo, train rides, caricature artist and much more.

The Lake Placid Christmas Parade will be held on Saturday, December 13th at 7 PM.

NLight will be singing the Joys of Christmas with all of your Christmas favorites on Saturday, December 13th with shows at 2:30 PM and 6:30 PM at Unity Life Enrichment Centre and on Sunday, December 14th at 6:30 PM at Union Church.

The Sebring Elks invites everyone to their "Open to the Public Breakfast" on Sunday, December 14th from 8:30 AM to Noon. Tickets are \$8.00. For more information call 471-3557.

Jessica Lopez will make her Christian Artist Debut on Sunday, December 14th at 3 PM at Circle Theatre, 202 Circle Park Drive. This will be a joint Christmas fundraiser for the Children's Advocacy Center and the Christmas Celebration at Crossroads. Donations will be accepted. New unwrapped toys will also be collected. Refreshments will be served.

Sweet Frog presents "Project Deck the Halls" on Tuesday, December 16th to benefit Woodlawn Elementary School Choir. Sweet Frog will donate \$1.00 to the choir for each purchase between 6 and 8 PM. Sweet Frog is located at 2932 US 27 North in Sebring.

VFW Post #4300 on Lakeview Drive will host a Children's Christmas Party on Saturday, December 20th from 11 AM to 1 PM. Come and visit with Santa and Mrs. Claus, enjoy live entertainment, lunch and much more. All Veterans and families are welcome to attend. Admission is free. To RSVP or for more information call 835-1091.

Crossroads Fellowship will hold A Christmas Celebration on Christmas Day

from 8 AM to 3 PM. Everyone is welcome to attend and enjoy gifts, breakfast and dinner and Christmas movies. The celebration will be held at the Agri Civic Center at 4505 George Boulevard. For more information call 655-0212.

The YMCA Fire 5K presented by Mid-Florida Credit Union will be held at the Highlands County Fairgrounds on Saturday, January 10th starting at 8 AM. Registration forms are available at the YMCA or online at [www.highlandsymca.org](http://www.highlandsymca.org). For more information call 382-9622.

Sebring High School Project Graduation 2015 will hold their 1st Diploma Dash 5K on Saturday, January 31st at 8 AM at Firemen's Field in Sebring. For more information call 381-8363 or email [shsprojectgrad2015@gmail.com](mailto:shsprojectgrad2015@gmail.com).

Big Brothers Big Sisters of Sun Coast presents their 10th Annual Winter Fest on Saturday, January 31st from 10 AM to 4 PM at Sebring International Raceway. Come and play in the SNOW, enjoy inflatables, live entertainment, games, clowns and much more. Sebring International Raceway is located at 113 Midway Drive.

The Breakfast Rotary and the Avon Park CRA presents Music on the Mall featuring Cory Greenway & Roger Brutus-Prime Country on Saturday, January 31st from 5 to 8 PM at The Bandstand on Main Street. Bring your own chair. Food and drink will be available to purchase. For more information find Make Avon Park Your Destination on Facebook.

The Nu-Hope 5K Strides for Seniors



5K/1M Run-Walk will be held on Saturday, February 7th at Highlands Hammock State Park. Proceeds will benefit NU-HOPE Elder Care Services. For more information call Laurie at 382-2134.

The YMCA presents Run the Lake 15K hosted by Fleet Apparel and Don Jose's Mexican Restaurant on Saturday, February 28th starting at 7:30 AM from Don Jose's. Race the 15K or grab a friend for a two person relay. A Corn Hole Tournament will start at 10:30 AM with proceeds to benefit the Strong Kids Campaign. For more information call the YMCA at 382-9622.

The Sebring Saturday Night Cruise will be held the second Saturday of each month on the Circle in Sebring. See classic cars, enjoy entertainment, food and much more. For more information, visit [www.SebringCruise.com](http://www.SebringCruise.com)

Sebring's Downtown Sidewalk Garage Sale will be held on the 3rd Saturday of each month starting at 7 AM. For more information or to have a space call Gini Beth at GB's Formal Wear at 402-1902.

That's Heartland Happenings. If your group or organization has an event coming up, please let us know. Fax your information to 863-382-1982, or you can mail your information to Heartland Happenings, c/o Cohan Radio Group, 3750 US 27N, Suite 1, Sebring, FL 33870. Keep it here on your favorite Cohan Radio Group Radio Station.





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The Highlands Museum of the Arts invites you to see the Ringling College of Art and Design's Special Exhibit of Fine Art. The exhibit will be on display throughout the month of November. For more information call 385-6682.

The Tanglewood Residents' Cancer Benefit will kick off its 16th season with a concert featuring Marti Capodiferro. The concert will be held on Thursday, November 20th at 7 PM. Tickets are \$10.00 and available at the Tanglewood Clubhouse.

Lotela Gold will be live on stage at the Circle Theatre on Friday, November 21st at 7 PM. Tickets are \$15.00 in advance or \$18.00 at the door. Circle Theatre is located at 202 Circle Park Drive in Sebring. For more information call 382-1029.

Running Junkie presents Sweat Your Colors Team 5K on Saturday, November 22nd at 8 AM at Highlands Hammock State Park. Register online by checking out Running Junkie Adventures on Facebook or contact Stacy Smehyl for more details at 863-214-3437.

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The Heart of Highlands Show Chorus presents Steppin' Out on Saturday, November 22nd at 12 PM at the Chateau Elan. Come and enjoy a spectacular afternoon of great food, fashions, and entertainment. Tickets are \$25.00. For more information call 414-4914.

The Annual Sebring Interfaith Thanksgiving Service will be held on Sunday, November 23rd at 6 PM at the Sebring Church of the Brethren. Bring non-perishables items to be donated. For more information call 446-3695.

Sun N Lake Golf Club presents Pilgrim Palooza on Wednesday, November 26th from 7 PM to 1 AM. Come and enjoy the Famous Dueling Pianos, DJ, appetizer and drink specials and much more. For tickets or more information call 382-1191.

The 22nd Annual Turkey Trot 5K Run/Walk will be held on Thursday, November 27th at 8 AM at Highlands Hammock State Park. Register through November 20th for \$20.00. For more information or entry form visit [www.friendsofhighlandshammock.org](http://www.friendsofhighlandshammock.org)

Hill-Gustat Middle School will host a Yard Sale on Black Friday, November 28th and Saturday, November 29th starting at 8 AM. Proceeds will benefit the HGMS athletes. The school is located at 4700 Schumacher Road in Sebring.

The Breakfast Rotary and the Avon Park CRA presents Music on the Mall featuring Lotella Gold on Saturday, November 29th from 5 to 8 PM at The Bandstand on Main Street. Bring your own chair. Food and drink will be available to purchase. For more information find Make Avon Park



Your Destination on Facebook.

Christmas on the Mall presents Weekend Visits with Santa every Friday from 5 to 8 PM, Saturday from 6 to 8 PM and Sunday from 5 to 8 PM. Visits will be held starting December 5th through Christmas Eve. Santa will be at Santa Claus Square in Avon Park.

The Avon Park Christmas Parade will be held on Monday, December 1st at 7 PM. The Sebring Christmas Parade will be held on Friday, December 5th at 7 PM. The Lake Placid Christmas Parade will be held on Saturday, December 13th at 7 PM.

The Sebring High School Key Club will host a 5K Healthy Heart Run/Walk on Saturday, December 6th at 8 AM at Highlands Hammock State Park. For more information email Colleen at polattyc@highlands.k12.fl.us Proceeds will benefit Champion for Children Garden in memory of Jimmy Polatty.

The Lake Placid Cheer Booster's 2nd Annual Rummage Sale will be held on Saturday, December 6th from 8 AM to 2 PM at the Masonic Lodge at 102 North Main Avenue. Vendors are needed to rent spaces. For more information call Sharon at 840-1379.

ABATE of Florida, Inc. Interstate Chapter will host their 29th Annual Toy Run on Saturday, December 6th with line up at 11 AM at the Blue Crab Restaurant. The cost is \$15.00 per person and includes the run, home style dinner and much more. Please donate a new unwrapped toy. For more information call G-Man at 863-873-6202.

The Lake Placid Garden Club is hosting

the 4th Annual Home and Garden Tour on Saturday, December 6th from 1 to 4 PM. Tickets are \$10.00 in advance or \$12.00 on the day of the tour. Proceeds will benefit their college scholarship fund and civic projects in Lake Placid. For tickets or more information call Connie at 465-0487.

St. James Catholic Church will host a Bazaar on Saturday, December 6th from 9 AM to 7 PM and on Sunday, December 7th from 9 AM to Noon. Donations of new or nearly new items are being accepted. Proceeds will benefit needy families. The Bazaar will be held at the church community center at 3380 Placid View Drive in Lake Placid. For more information or to make a donation call Robert at 863-243-4875.

The Jarrett Family Foundation presents the 3rd Annual Jingle Bell Fun 5K Run/Walk and 1 Mile Fun Run on Friday, December 12th at 6 PM at Union Church in Avon Park. Proceeds will benefit Avon Park area schools. For more information call 453-3117.

A special Christmas Celebration will be held at the Highlands County YMCA on Friday, December 12th and Saturday, December 13th from 6 to 9 PM. Come and enjoy games, candy, inflatables, cake walk, train rides, free pictures with Santa and the Wacasters and Justis Martin performing live. For more information call the YMCA at 382-9622.

Crossroads Fellowship will host A Christmas Celebration on Christmas Eve from 7 to 9 PM and Christmas Day from 8 AM to 3 PM. Everyone is welcome to attend. Crossroads Fellowship is located

at 605 Highway 66 in Sebring. For more information call 655-0212.

The Sebring Saturday Night Cruise will be held the second Saturday of each month on the Circle in Sebring. See classic cars, enjoy entertainment, food and much more. For more information, visit [www.SebringCruise.com](http://www.SebringCruise.com)

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The Highlands Museum of the Arts invites you to see the Ringling College of Art and Design's Special Exhibit of Fine Art. The exhibit will be on display throughout the month of November. For more information call 385-6682.

The 45th Annual Rotary Club of Sebring's Gene Scheck Apple and Sweet Cider Sale will be held on Thursday, November 13th at Lakeshore Mall. Get there early for best selection. A Bar-B-Que with a portion of the proceeds benefiting the New Testament Church and Mission will be held during the sale. To preorder Boston Butts, Beef Briskets or racks or ribs call Robert at 381-5127.

St. Agnes Episcopal Church presents their Annual Spaghetti Dinner on Thursday, November 13th from 4:30 to 6:30 PM at the church on Lakeview Drive. Tickets are \$8.00 for adults and \$5.00 for kids under 12.

Resurrection Lutheran Church in Avon Park will host their 10th Annual Community Spaghetti Dinner on Friday, November 14th from 4 to 7 PM. Tickets are \$7.00 and proceeds will benefit

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Outreach. The church is located at 324 East Main Street.

The Emmanuel United Church of Christ will host its 24th Annual Harvest Home Craft Festival from 8 AM to 1 PM. Come and shop for arts, crafts, baked goods, jewelry, and much more all while enjoying live entertainment. The church is located at 3115 Hope Street in Sebring. For more information call ~~477~~-1999. 11/15

The American Legion Post #69 of Avon Park will hold their Annual Bazaar on Saturday, November 15th from 8 AM to 2 PM at 1301 West Bell Street. Donations will be accepted November 12th through 15th. There will be baked goods and crafts, raffles and photos with Santa. For more information call 453-4553.

The Lutheran Atonement Church at 1178 Lakeview Drive in Sebring will hold a Rummage Sale on Saturday, November 15th from 8 AM to 3 PM.

The 2014 Highlands Ridge Fine Arts and Crafts Show will be held on Saturday, November 15th from 9 AM to 1PM. The show will be held at Highlands Ridge Founder's Hall located at 3003 East Fairway Vista Drive.

First Baptist Church of Sebring presents Family is Everything a family focused workshop on November 15th and 22nd from 9 AM to 3 PM. For more information call 385-5154.

The Highlands County Genealogical Society will hold a free Celebrate the USA Patriotic Program, Tribute to Veterans and Sing-A-Long on Saturday, November 15th at 2 PM at the Circle Theatre. For more information call 471-6499.



Bras for the Cause will be held on Saturday, November 15th from 6 to 9 PM at St. Johns United Methodist Church in Sebring. \$25.00 bra entry fee and \$5.00 admission fee with all proceeds to benefit The American Cancer Society. For more information or an entry form call Michelle Brooks at 381-1929.

Circle Theatre presents the movie Monumental on Saturday, November 15th at 6:30 PM. Free admission and popcorn is courtesy of Avon Park Lakes Baptist Church. Circle Theatre is located at 202 North Circle Drive in Sebring.

Avon Park Lakes Baptist presents The Pickerings on Saturday, November 15th at 6:30 PM. The church is located at 2600 North Highlands Avenue in Avon Park.

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Crossroads Fellowship will host A Christmas Celebration on Christmas Eve from 7 to 9 PM and Christmas Day from 8 AM to 3 PM. Everyone is welcome to attend. Crossroads Fellowship is located at 605 Highway 66 in Sebring. For more information call 655-0212.

The Sebring Saturday Night Cruise will be held the second Saturday of each month on the Circle in Sebring. See classic cars, enjoy entertainment, food and much more. For more information, visit [www.SebringCruise.com](http://www.SebringCruise.com)

Sebring's Downtown Sidewalk Garage Sale will be held on the 3rd Saturday of each month starting at 7 AM. For more information or to have a space call Gini Beth at GB's Formal Wear at 402-1902.

**That's Heartland Happenings. If your group or organization has an event coming up,**

please let us know. Fax your information to 863-382-1982, or you can mail your information to Heartland Happenings, c/o Cohan Radio Group, 3750 US 27N, Suite 1, Sebring, FL 33870. Keep it here on your favorite Cohan Radio Group Radio Station.

Cohan Radio Group 3750 U.S. 27 N, Sebring, FL 33870 Office Line: 863.382.9999 Fax: 863.382.1982

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