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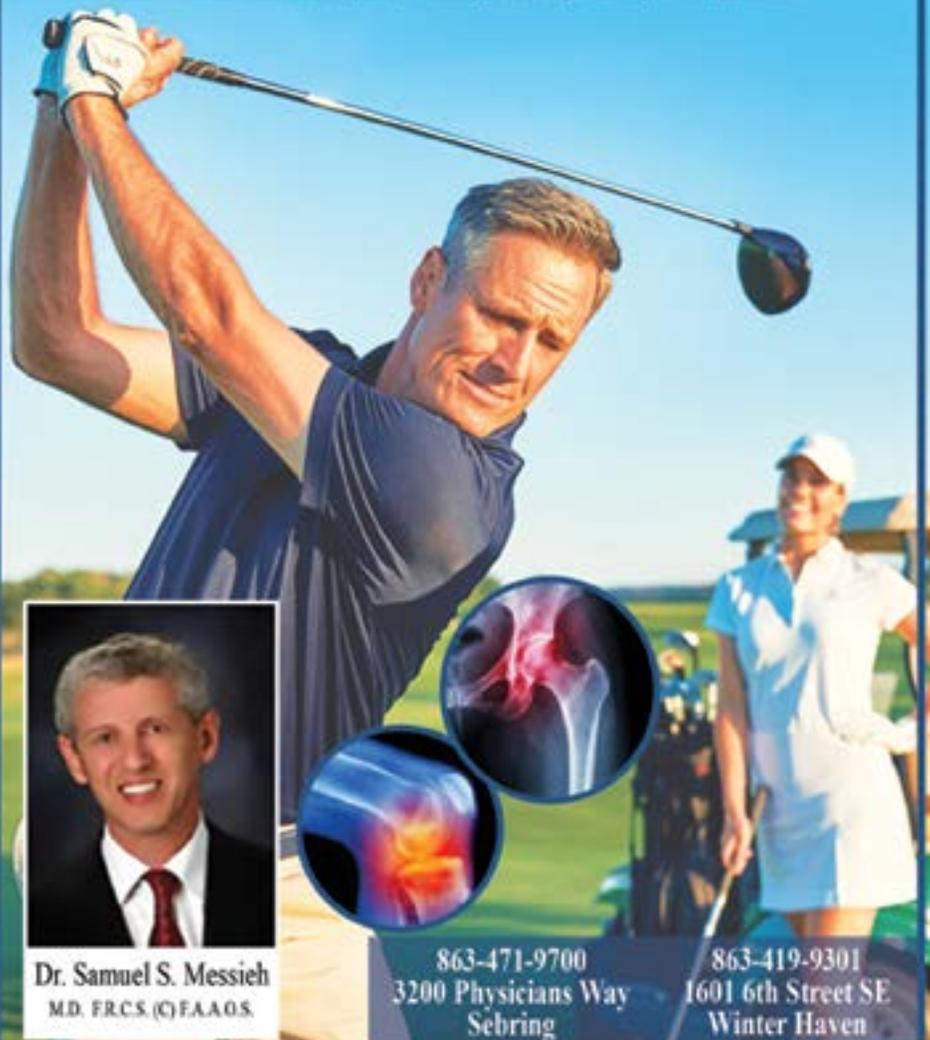
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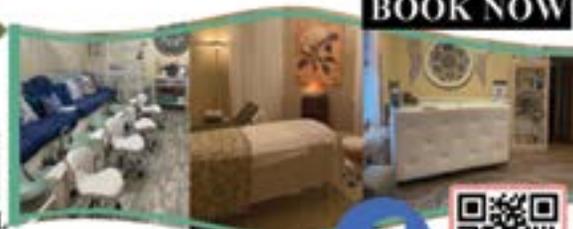
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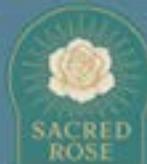
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www.sacredrosehealth.com



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Just down the road, **Sacred Rose Wellness Center** takes a holistic approach to health and spiritual balance. We combine advanced natural wellness technologies with faith-centered care to promote deep healing and renewal. Services include massage therapy, frequency therapy, hydrogen inhalation, infrared sauna, cold plunge therapy, DNA-based nutrition, and the **BioWell Energy Scan**, which measures the body's energetic field to identify imbalances before they manifest physically.

Sacred Rose also offers **Yoga by Prana Rising** and **Rise & Shine** exercise classes set to uplifting music, designed to strengthen the body and elevate the spirit. Our in-house artisan, **Light of Dawn Designs**, creates linen and organic cotton clothing—fabrics known for their healing resonance and natural well-being.

Whether you seek renewal, peace, or alignment, both **Bella Rose** and **Sacred Rose** are places where **Science meets Spirit, and Beauty meets Restoration**.

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DAY SPA & SALON

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311 N.E. 2nd St., Okeechobee, FL 34972 | (863) 357-3333

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Highlands County



Okeechobee County



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Local Area Events



JANUARY

Crazy Chili Pepper Cook Off - Sebring
 Okeechobee Main Street Farmers Market (Yr Round, 1st & 3rd Thurs)
 Lake Okeechobee 5K Run the Rim - Okeechobee
 Yeehaw Music Fest - Okeechobee
 Florida Junior High Rodeo - Okeechobee
 All Florida Junior Rodeo - Okeechobee
 Bassmaster College Series - Okeechobee
 Great Florida Cattle Drive End of the Trail & Heritage Day - Okeechobee
 Touch-A-Truck - Okeechobee
 Mexican Concert - Okeechobee
 American Legion Free Fair - Okeechobee

Battle of Okeechobee Reenactment
 Top of The Lake Art Fest & Taste of Okeechobee

MARCH

IMSA Mobil 1 Twelve Hours of Sebring
 Mexican Concert - Okeechobee
 Breast Feast - Okeechobee
 Okeechobee Cowtown Rodeo (2nd weekend)
 Speckled Perch Festival & Parade - Okeechobee (2nd weekend)
 Okee Youth Livestock Show & Sale - Okeechobee
 Okeechobee County Fair
 Okeechobee Music & Arts Fest

APRIL

Sebring Soda Festival
 Heritage Festival at the Pearce Homestead - Sebring
 Hurricane Junior Golf Tour - Sebring
 Annual Avon Park Blueberry Festival
 Crackerboys Spring Fishing Tournament - Okeechobee

MAY

PVO Water Cross - Sebring
 All Florida Junior Rodeo - Okeechobee
 Florida High School Rodeo - Okeechobee
 Cowtown Classic - Okeechobee
 Florida Junior High School Rodeo - Okeechobee

JUNE

Florida Blast LaCrosse Tournament - Sebring
 Lax N' Lakes - Sebring
 Annual Okeechobee Summer Classic Rodeo
 Art & Wine Walk - Okeechobee

JULY

Annual Caladium Festival - Lake Placid
 4th of July Okeechobee Fireworks in the Air
 Southern Most Timed Event Challenge - Okeechobee

AUGUST

Pro Water Cross - Avon Park
 Florida Junior High School Rodeo - Okeechobee

SEPTEMBER

Motosurf Games - Sebring
 Labor Day Festival - Okeechobee

OCTOBER

Barktoberfest - Lake Placid
 SCCA Track Night in America (Oct-Dec) - Sebring
 GFNY Cycling Expo - Sebring
 Terror Train - Sebring
 Mason G. Smoak 5K & Family Fun Day - Sebring
 Pioneer Daze at Alan Jay Arena - Sebring
 Oktoberfest City Walk - Okeechobee
 Florida High School Rodeo - Okeechobee
 Fast & Furious Barrel Racing - Okeechobee
 Annual Floating Pumpkin Patch - Okeechobee
 Cowtown Classic - Okeechobee
 Lake & Trail 2 Day Championship - Okeechobee
 Okeechobee Halloween Extravaganza

NOVEMBER

World Racing League Eastern Championship - Sebring
 "Let it Grow" Garden & Plant Festival - Sebring
 Carousel of Lights (Nov-Dec) - Sebring
 Highlands Arts & Crafts Festival - Sebring
 Turkey Trot 5K at Highlands Hammock State Park - Sebring
 Sebring Classic Pistons & Props
 Citrus Golf Trial Open - Sebring
 Celebrity Golf Tournament - Sebring
 Santa Express Steam Engine Holiday Train Rides (Nov-Dec) - Sebring

Mexican Concert - Okeechobee
 Extreme Rodeo - Okeechobee
 Fall Horse Ride - Okeechobee
 All Florida Junior Rodeo - Okeechobee
 Tour of Champions 4d Barrel Race - Okeechobee
 The Christmas Market - Okeechobee
 Small Business Saturday - Area Wide

DECEMBER

Carousel of Lights - Sebring
 Central Florida Spartan Trifecta - Sebring
 Citrus Golf Trial Ladies Invitational - Sebring
 Santa Express - Sebring



Sebring Classic 12 Hour Pistons & Props
 Central Florida Spartan Trifecta Weekend - Lake Placid
 Festival of Lights - Okeechobee
 Monster Truck Chaos & Extreme Racing - Okeechobee
 Toys for Tots - Okeechobee
 Christmas Festival & Parade - Okeechobee
 Santa Claus is Coming to Town & Pictures w/ Santa - Okeechobee
 The Christmas Cowtown Classic - Okeechobee
 Christmas Boat Parade - Okeechobee
 New Years Eve Weekend Celebration - Okeechobee

** Events are subject to change.**



Residential Services

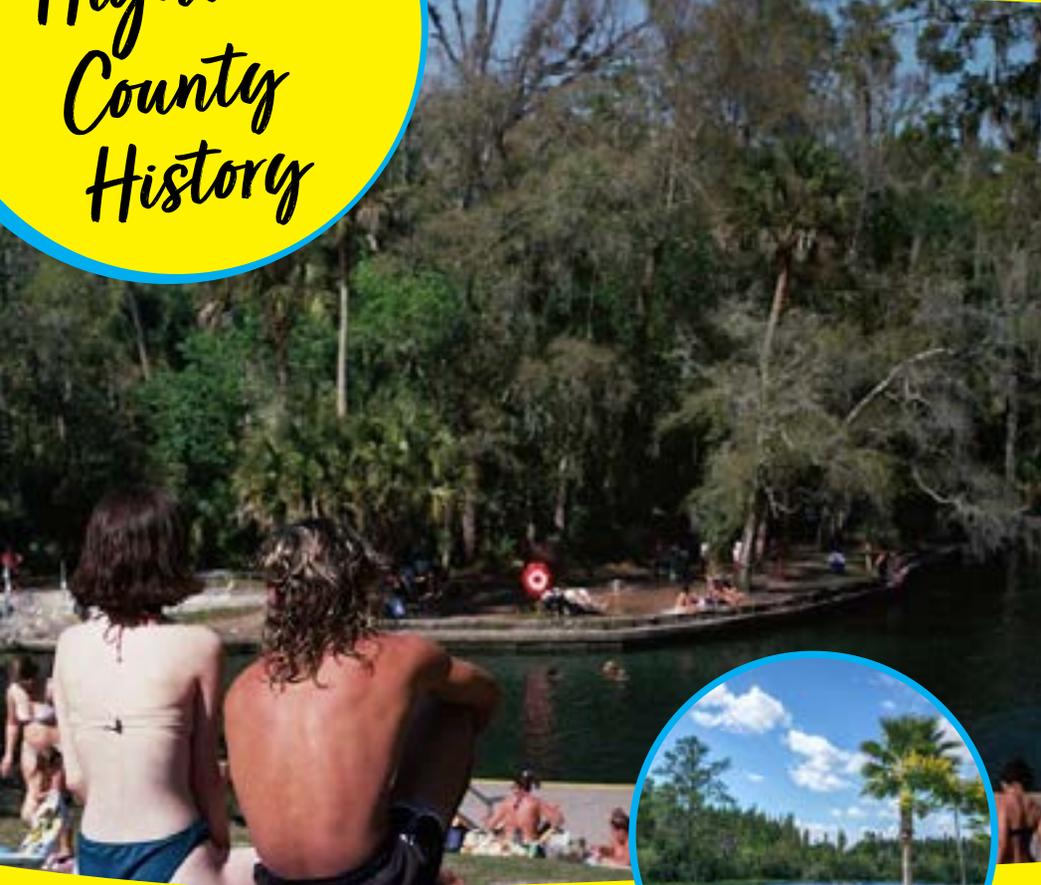
HIGHLANDS COUNTY

ADA (Americans with/ Disabilities).....	863-402-6509
Administration.....	863-402-6517
AG Extension/4H.....	863-402-6540
Building.....	863-402-6643
Clerk of Court.....	863-402-6565
County Attorney.....	863-402-6501
County Parks & Recreation.....	863-402-6783
County Probation.....	863-402-7100
Economic Development.....	863-402-6906
Emergency.....	911
Emergency Management.....	863-402-7600
Fire.....	863-402-7600
GIS.....	863-402-6713
Human Services.....	863-403-6940
Libraries.....	Sebring Public Library.....863-402-6716
	Avon Park Public Library.....863-452-3803
	Lake Placid Memorial Library..863-699-3705
Planning.....	863-402-6650
Public Information.....	863-402-6833
Public Safety.....	863-402-7600
Records.....	863-402-6832
Recycling.....	863-402-7786
Road & Bridge.....	863-402-6529
Sheriff.....	863-402-7600
Solid Waste.....	863-402-7780
Surveyor.....	863-402-6877
Tourist Development.....	800-545-6021
Treasurer/Tax Collector.....	863-402-6659
Veterans Services.....	863-402-6623
Zoning.....	863-402-6638

OKEECHOBEE COUNTY

Administration.....	863-763-6441 x 6
Affordable Housing.....	863-824-3078
Airport & Industrial Park.....	863-467-5505
Animal Control.....	863-357-3225
City of Okeechobee Police.....	863-763-5521
Clerk of Court.....	863-763-2131
Community Development.....	863-763-5548 x 3073
Community Services.....	863-763-6950
	AGRI-Civic Center.....863-763-1666
	Library.....863-763-3536
	4-H Extension.....863-763-6469
	Senior Services.....863-462-5180
	Tourist Development.....863-763-3959
	Veterans Services.....863-763-6950 #5
Clerk of Court.....	863-763-2131
County Attorney.....	561-370-7360
Department of Health.....	863-462-5800
Emergency.....	911
Emergency Management.....	863-763-3212 x 5
Fire Department.....	863-763-5544
Parks & Recreation.....	863-763-6950
Public Works.....	863-763-3514
Sheriff.....	863-763-3117
Solid Waste Collection.....	863-763-4818
Utilities..FPL.....	800-468-8243
Waste Management.....	866-909-4458

Highlands County History



Established in 1921, Highlands County is situated within Florida's Heartland region and was formed by dividing DeSoto County, alongside Charlotte, Glades, and Hardee counties. The county's name reflects its distinctive landscape. In 2012, it ranked as having the fifth-oldest population in the United States. According to the 2020 census, Highlands County had a population of 101,235, with Sebring serving as the county seat.

CITIES

Avon Park - 9,658
Sebring - County Seat - 11,379

TOWN

Lake Placid

UNINCORPORATED COMMUNITIES

Avon Park Lakes
Brighton
Cornwell
DeSoto City
Fort Basinger
Fort Kissimmee

Hicoria
Lorida
Placid Lakes
Spring Lake
Sun Lake of Sebring
Sylvan Shores
Venus

**Populations are approximate.*

Highlands County Communities

Avon Park

Oliver Martin Crosby, originally from Connecticut, became the first permanent resident of Avon Park when he relocated there in 1884 to research the Everglades' wildlife. By 1886, the population had grown sufficiently to establish the "Town of Lake Forest." Serving as president of the Florida Development Company, Crosby attracted numerous settlers to the region, many of whom arrived from England, particularly from Stratford-upon-Avon, which inspired the town's name. According to the 2020 census, Avon Park's population stood at 9,658.

Sebring (County Seat)

Located in Highlands County, Florida, Sebring serves as both a city and the county seat. Often referred to as "The City on the Circle," this nickname stems from Circle Drive, which lies at the heart of the Sebring Downtown Historic District. Established in 1912, Sebring was named after George E. Sebring (1859–1927), an Ohio pottery manufacturer who was instrumental in the city's development. His vision included a city design centered around a circular layout. The state of Florida officially chartered Sebring in 1913, and in 1921, when Highlands County was established, Sebring was designated its county seat. Interestingly, George E. Sebring's name also graces the village of Sebring, Ohio, reflecting his family's legacy. Sebring is notable for its array of historic structures that have been officially recognized for their heritage. Several buildings, including the Sebring Train Station, the Sebring Fire Station, and the Highlands County Courthouse, are listed on the National Register of Historic Places and remain operational. The entire Sebring Downtown Historic District, which comprises various shops, restaurants, offices, businesses, and residential apartments, is situated alongside the water's edge. Examples of grand hotels from the city's boom period, such as the Harder Hall Resort and the Kenilworth Lodge, have also endured. According to the 2022 United States Census estimates, Sebring's population stands at 11,379.



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Highlands County Communities

Lake Placid

Originally known as "Lake Stearns" when it was officially established on December 1, 1925, the town underwent a name change proposed by Dr. Melvil Dewey, the creator of the Dewey

Decimal System and founder of the Lake Placid Club in Lake Placid, New

York. On April 29, 1927, the commissioners of Lake Stearns approved Dr. Dewey's suggestion to rename the town "Lake Placid." Following this, a formal request was submitted to the Florida State Legislature, which resulted in the community being officially chartered as the Town of Lake Placid on June 6, 1927. The town is affectionately known by two nicknames: the "Town of Murals" and the "Caladium Capital of the World," boasting 47 murals painted on various buildings throughout the area. Remarkably, 98 percent of the world's caladium bulbs originate from Lake Placid, where 14 caladium farms covering 1,200 acres have cultivated these plants since the 1940s. Recognized for its unique charm, Reader's Digest named Lake Placid America's Most Interesting Town in 2013. According to the 2020 census, the town's population stands at 2,360.



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Okeechobee County History

Okeechobee County Communities



Established as a county in 1917, Okeechobee County derives its name from Lake Okeechobee, which in turn comes from the Seminole Indian terms “okee” meaning water and “chobee” meaning big. Situated in Florida’s Heartland region, the county’s administrative center is the city of Okeechobee. According to the 2020 census, the county’s population stood at 39,644.

CITY
Okeechobee – County Seat – 5,254

CENSUS DESIGNATED
Cypress Quarters – 1,215
Taylor Creek – 4,348

**Populations are approximate.*

Okeechobee

Situated near the location where the Battle of Lake Okeechobee took place, Okeechobee witnessed a significant clash during the Second Seminole War. This battle involved troops led by Zachary Taylor fighting against Seminole warriors who opposed forced relocation to the Indian Territory west of the Mississippi during the 1830s. Okeechobee, a city that also serves as the county seat of Okeechobee County, Florida, had a population of 5,254 according to the 2020 United States census. The region around Lake Okeechobee suffered extensive devastation during the 1928 Okeechobee Hurricane, which was the first Category 5 hurricane ever recorded in the North Atlantic and remains one of the deadliest hurricanes to have impacted the United States.

Cypress Quarters

Located in Okeechobee County, Florida, Cypress Quarters is a delightful community surrounded by stunning natural scenery. It offers a peaceful atmosphere that fosters a sense of well-being. The region is celebrated for its scenic beauty, especially its proximity to Lake Okeechobee, Florida’s largest freshwater lake. This remarkable lake presents numerous opportunities for outdoor pursuits such as fishing, boating, and bird watching.

In addition to its natural appeal, Cypress Quarters has a rich cultural and historical background. The area’s strong agricultural heritage is evident in its citrus groves and cattle ranches. Visitors have the chance to visit local farms and immerse themselves in the farming traditions that have shaped this community. According to the 2010 census, the population was recorded at 1,215.

Taylor Creek

In 1855, Seminole leaders gathered at Taylor Creek to deliberate on how to address the growing demands exerted by the United States government. This conference ultimately led to the outbreak of the Third Seminole War. Later, in October 1896, Peter and Louisiana Raulerson became the first Euro-American settlers to relocate to the region from Fort Basinger, Florida. According to the 2010 census, the population stood at 4,348.

Highlands County Boat Ramps

AVON PARK

Arbuckle Creek (Burnt Out Bridge) - 7600 E Arbuckle Creek Road (Temporarily closed)

Lake Adelaide - 2124 Northwest Shore Road

Lake Denton - 800 Lake Denton Road

Lake Glenada - 2475 U.S. 27 South

Lake Isabelle (South end) - North Oak Island Road

Lake Lelia (Gator Lake) - 890 West Martin Road

Lake Letta - 2490 East Victoria Lane

Lake Lotela - 1013 Lake Lotela Drive

Lake Olivia - 2712 Nautilus Drive

Lake Pioneer - 100 Lake Pioneer Boat Ramp Road

Lake Viola - 1500 Oak Park Ave.

Little Lake Bonnet - 2300 Little Lake Bonnet Drive

Little Lake Redwater - 3026 Holiday Beach Drive

SEBRING

Arbuckle Creek - 6401 Arbuckle Creek Road

Dinner Lake - 2100 Arbuckle Creek Road

Istokpoga Park - 720 Istokpoga Park Access Road

Lake Josephine - 425 Lake Josephine Shore Road (No parking area)

Lake Josephine (Sentinel Pt) - 1540 Lake Josephine Drive

Lake Josephine - 2430 Oak Beach Blvd.

Lake Sebring - 626 Memorial Drive

Red Beach Lake - 6700 Commerce Drive

Wolf Lake - 6346 Lakeside Drive West

LORIDA

Lake Istokpoga (off Cow House Rd.) - 2011 Lake Blvd.

LAKE PLACID

Lake Apthorpe - 271 East Cemetery Road

Lake Carrie - 1022 Jonquil St.

Lake Clay (East side) - 1650 Lake Clay Drive

Lake Clay (West side) - 1300 Lake Clay Drive

Lake Francis - 300 Cloverleaf Road

Lake Huntley - 125 Lake Huntley Drive (No parking area)

Lake Huntley - 250 Anderson St. (No parking area)

Lake Istokpoga Windy Point - 65 Windy Point Road (Also has a fishing pond with a dock)

Lake Istokpoga (Boggy Branch) - 623 Lakesedge Drive

Lake June - H.L. Bishop Park - 10 Lake June Clubhouse Road

Lake Persimmon - 150 Hillside Drive

Lake Placid (Lake Childs) - 150 Harris Drive (No parking area)

Lake Placid (Lake Childs) - 3280 Placid View Drive

Okeechobee County Boat Ramps

OKEECHOBEE

C. Scott Driver

Recreational Area 10209-10223 FL-78 | Okeechobee

Grassy Waters 5320 US-441 | Okeechobee

Kissimmee River Public Use Area- Paradise Run

Public Boat Ramp 8400 SW 99th Drive | Okeechobee

Nubbin Slough Public Boat Ramp

Florida Trail, Okeechobee

Okee-Tantie Recreation Area Airboat Ramp

,Marina and Boat Ramp 10430 FL-78, Okeechobee,

Platt's Bluff Boat Ramp 15925 Northwest 56th Street | Okeechobee |

(863) 763-6950

Primrose RV Park 6070 US Hwy 441 SE Okeechobee

Rim Canal Water Control

Gate 36 (Unpaved Ramp) U.S. Highway 98 (2/10ths mile south of SE 107th Trail) | Okeechobee

Taylor Creek at 4th Street

East end of SW 4th St. | Okeechobee

FISHING PIER

Okeechobee County Fishing Pier

200 State Road 78 West Okeechobee



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DESOTO CITY PARK
6305 County Rd. 17 S | Sebring

H.L. BISHOP PARK
10 Lake June Clubhouse Rd. | Lake Placid

LAKE ISTOKPOGA PARK
720 Lake Istokpoga Access Rd. | Sebring

LINCOLN HEIGHTS PARK
4523 Muriel Ave. | Sebring

LORIDA PARK
1909 Blessings Ave. | Lorida

MEMORIAL TRAIL-HEAD PARK

37501 Panther Pkwy. | Avon Park



SUN 'N LAKE PRESERVE
5510 Balboa Blvd. | Sebring

WINDY POINT PARK
65 Windy Point Rd. | Lake Placid

HIGHLANDS HAMMOCK STATE PARK
5931 Hammock Rd. | Sebring

SPRING LAKE IMPROVEMENT DISTRICT
115 Spring Lake Blvd. | Sebring

AVON PARK/DONALDSON PARK
109 E Main St. | Avon Park

ALINE MCWHITE PLAYGROUND
240 Hal McRae Blvd. | Avon Park

DURRAH MARTIN COMPLEX
620 S Self Ave. | Avon Park

LAKE TULANE PARK
200 W Shoreline Dr. | Avon Park

MARTIN LUTHER KING JR. MEMORIAL FIELD/RECREATIONAL COMPLEX
207 State St. | Avon Park

LAKE JUNE PARK & SPORTS COMPLEX
883 N Tangerine Dr. | Lake Placid
620 Jackson Rd. | Lake Placid

CHARLIE BROWN PARK
920 Hawthorne Dr. | Sebring

GABE WHITE PARK
1607 Central Park Dr. | Sebring

MARY TONEY PARK
Pear St. & Shirley St. | Sebring

MAX LONG RECREATIONAL COMPLEX
3511 Westminster Rd. | Sebring

WILLIAM H. GENTRY JR. MEMORIAL ECO PARK
1661 Duane Palmer Blvd. | Sebring

OKEECHOBEE COUNTY DARRELL ENFINGER SPORTS COMPLEX
640 Northwest 27th Lane | Okeechobee

OKEE TANTIE
10430 SR 78 West | Okeechobee

HENRY CREEK
10654 Highway 98 South | Okeechobee

WILLIE ALDERMAN FIELD
424 Northeast 15th Ave. | Okeechobee

TAYLOR CREEK STORM WATER TREATMENT AREA
7201 Highway 441 North | Okeechobee

OK SOFTBALL FIELDS Practice Fields
950 Northwest 23rd Lane | Okeechobee
3001 Northwest 10th Terrace | Okeechobee

KIWANIS PARK
350 Northwest 6th Ave. | Okeechobee

CLIF BETTS, JR., LAKE-SIDE RECREATION AREA
(Formerly Lock 7, Jaycee Park)
200 State Rd. 78 West | Okeechobee
Intersection of Highway 441N & State Rd. 78 W

C. SCOTT DRIVER RECREATION
10101 State Road 78 West | Okeechobee

NUBBINS SLOUGH
6206 Highway 441 Southeast | Okeechobee

PLATTS BLUFF
15925 NW 56th Street | Okeechobee

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Top Freshwater Fishing Locations

Florida is renowned for its abundance of freshwater fishing opportunities, with numerous lakes, rivers, and streams teeming with a wide variety of fish species. Here are some of the top freshwater fishing locations in Florida:



- 1. Lake Okeechobee:** The largest freshwater lake in the state. Anglers can target largemouth bass, crappie, bluegill, & catfish.
- 2. St. Johns River:** One of the few major rivers in the United States that flows north. It's a prime location for bass fishing, particularly in the upper stretches.
- 3. Lake Tohopekaliga (Lake Toho):** The lake is famous for its trophy-sized largemouth bass. It's a popular destination for bass anglers seeking the thrill of catching big fish.
- 4. The Kissimmee Chain of Lakes:** Comprising several interconnected lakes, the Kissimmee Chain offers diverse fishing experiences. Anglers can target bass, crappie, bluegill, and more in these interconnected waters.
- 5. The Harris Chain of Lakes:** Consists of several lakes interconnected by canals. It's known for its bass fishing, with Lake Harris being one of the most popular spots for anglers.
- 6. Rodman Reservoir:** Created by the damming of the Ocklawaha River, Rodman Reservoir is known for its trophy bass fishing. Anglers come here seeking the chance to catch monster-sized bass in a picturesque setting.

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Annual Resident Gold Sportsman's License: \$100.00
Five-Year Resident Gold Sportsman's License: \$494.00
Annual Resident Silver Sportsman's 64+: \$13.50
Five-Year Resident Silver Sportsman's 64+: \$61.50
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License-Free Saltwater Days

First consecutive Saturday & Sunday in June
First Saturday in September
Saturday following Thanksgiving



BAG AND LENGTH LIMITS

ONE DAY BAG LIMITS FOR FRESHWATER GAME FISH:

5 Black Bass (including largemouth, suwannee, spotted, choctaw & shoal bass, individually or in total), only one of which may be 16 inches or longer in total length. There is no minimum length limit for largemouth bass.

* No person shall kill or possess any Suwannee, shoal, spotted, or Choctaw bass that is less than 12 inches in total length.
* Chipola River and its tributaries: No person shall kill or possess shoal bass on the Chipola River or its tributaries. Any shoal bass that are caught must be released immediately.

20 Striped Bass, white bass, & sunshine bass (individually or in total), of which only 6 may be 24 inches or longer in total length.
* In the Suwannee River, areas north & west of the Suwannee River, & in any tributary, creek or stream of the Suwannee River: the bag limit for striped bass is 3, each of which must be at least 18 inches in total length (20 fish combined bag limit).

* In the lower Ochlockonee River (downstream of the Jackson Bluff dam to Ochlockonee Bay): the bag limit for striped bass is 3, only one of which may be 24 inches or longer in total length. There is no minimum length limit (20 fish combined bag limit).

50 Panfish including bluegill, redear sunfish (shellcracker), flier, longear sunfish, mud sunfish, shadow bass, spotted sunfish (stumpknocker), warmouth & redbreast sunfish, individually or in total.

25 Crappie (speckled perch).

2 Butterfly Peacock Bass, only one of which may be 17 inches or longer in total length.

10 Alabama Shad, american shad, hickory shad, & blueback herring (individually or in total), which may only be taken with hook & line gear.

25 American Eels, must be nine inches or greater in total length. The recreational bag limit for american eels is 25 per angler per day. Wholesale/retail purchase exemption. Recreational anglers purchasing american eel as bait may possess more than the legal bag limit provided that the eels were purchased from a licensed dealer.

For more information check online: <https://myfwc.com>, Telephone: (850) 488-4676, or scan the QR code.



Boating safety is critical for anyone who operates a boat or spends time on the water. Here are some general boating safety tips to keep in mind:

• **Wear a life jacket:** Always wear a life jacket while boating. Make sure the life jacket is appropriate for your weight and is U.S. Coast Guard approved. • **Know the weather:** Check the weather forecast before you go boating and keep an eye on changing conditions. If you notice darkening clouds, rough winds or sudden drops in temperature, get off the water. • **Use navigation aids:** Use navigation aids like buoys and beacons to help you navigate safely. • **Maintain your boat:** Keep your boat well-maintained and in good working condition. Make sure all safety equipment is in good condition and functioning properly. • **Avoid alcohol:** Do not drink alcohol while operating a boat. It is illegal and increases the likelihood of accidents. • **Watch your speed:** Observe speed limits and maintain a safe speed based on conditions. Remember, slower speeds may be necessary in crowded areas or in inclement weather. • **Be aware of other boats:** Watch for other boats and be aware of their movements. Always assume other boaters may not see you. • **Know the rules:** Learn and follow boating safety laws and regulations. This includes rules for navigation, safety equipment, and right-of-way. • **File a float plan:** Always let someone know where you are going and when you plan to return. File a float plan with a trusted person or a marina. • **Take a boating safety course:** Consider taking a boating safety course to improve your skills and knowledge.



By following these general boating safety tips, you can reduce the likelihood of accidents and enjoy a safe and enjoyable time on the water.

Beaches



- **Lake Jackson & City Pier Beach**
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- **Donaldson Park Beach**
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- **Lake Tulane Beach**
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- **Lake June Beach**
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Barbecue

BARBECUE DO'S:

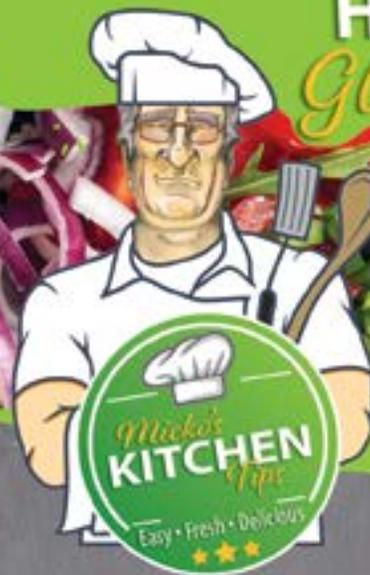
- use proper barbecue equipment and tools, such as a grill, tongs, and spatulas.
- preheat your grill before placing any food on it.
- marinate your meat before cooking to enhance the flavor.
- keep a close eye on your food while grilling to prevent overcooking or burning.
- use a meat thermometer to ensure that your meat is cooked to the correct internal temperature.
- let your meat rest for a few minutes before slicing or serving to allow the juices to redistribute.
- keep your grill and utensils clean to prevent any foodborne illness.

BARBECUE DON'TS:

- use lighter fluid to start your grill. Instead, use a chimney starter or electric starter.
- overcrowd your grill. Leave enough space between the pieces of meat to ensure even cooking.
- use a fork to flip your meat. Piercing the meat can cause it to lose its juices and become dry.
- baste your meat with sugary sauces too early in the cooking process, as it can burn and create a bitter taste.
- leave cooked meat out in the sun for too long, as it can spoil quickly.
- assume that meat is fully cooked by its color. Always use a meat thermometer to check the internal temperature.
- leave your grill unattended while it's still hot. Always make sure to properly cool it down before leaving it.



HONEY Glazed CHICKEN



Simple meal with a *Gourmet* Feel

INSTRUCTIONS

- 1 Preheat the oven to 375°F (190°C).
- 2 In a small bowl, whisk together the honey, soy sauce, olive oil, apple cider vinegar, garlic, salt, and pepper.
- 3 Place the chicken breasts in a baking dish and pour the honey glaze over the chicken, making sure it's evenly coated.
- 4 Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and no longer pink in the center.
- 5 After 15 minutes of baking, remove the chicken from the oven and brush the remaining honey glaze over the chicken. Return the chicken to the oven and continue baking.
- 6 Once done, remove from the oven and let rest for a few minutes before serving.
- 7 You can garnish with sesame seeds and chopped green onions if you like.

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1/2 cup honey
- 1/4 cup soy sauce
- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 2 garlic cloves, minced
- Salt and pepper to taste

Enjoy your delicious
honey glazed chicken!

PREP: 10 MIN • TOTAL: 40 MIN

So, You have decided to get a pet... Now What??



Commitment and Time: Owning a pet is a long-term commitment. Before bringing a pet home, consider your lifestyle and ensure you have enough time to spend with your pet. Dogs, cats, and many other animals require attention, exercise, and mental stimulation.

Choose the Right Pet for Your Lifestyle: Different pets have varying needs, temperaments, and activity levels. Research and select a pet that fits well with your lifestyle, living situation, and family dynamics. Whether you choose a dog, cat, bird, fish, or any other animal, make sure you can provide for its specific needs.

Proper Nutrition: Feed your pet a balanced and nutritious diet suitable for their species and age. Consult with a veterinarian to determine the best food options for your pet's health and well-being.

Regular Exercise: Most pets need regular physical activity to stay healthy and happy. Engage in playtime and exercise with your pet daily, as it helps prevent obesity and provides mental stimulation.

Routine Veterinary Care: Schedule regular check-ups with a veterinarian to monitor your pet's health, get necessary vaccinations, and address any concerns. Early detection of health issues can often lead to better outcomes.

Spaying/Neutering: Consider spaying or neutering your pet if you don't plan on breeding. This helps control the pet population and can have health benefits for your pet.

Training and Socialization: Properly train your pet to follow basic commands and have good manners. Socialize them with other animals and people from a young age to prevent behavioral issues later on.

Provide a Safe Environment: Ensure that your home and yard are safe for your pet. Remove hazards, keep toxic substances out of reach, and provide appropriate shelter from extreme weather conditions.

Grooming: Regular grooming is essential for most pets. Brush their fur, trim nails, and clean their ears as needed to keep them comfortable and healthy.

Identification and Microchipping: Keep identification tags with your current contact information on your pet's collar. Consider microchipping your pet as an extra measure to ensure they can be identified if lost.

Love and Attention: Pets thrive on love and attention from their owners. Spend quality time with your pet, provide affection, and build a strong bond.

Respect and Understanding: Learn to understand your pet's body language and behavior. Respect their boundaries and feelings, and avoid forcing them into uncomfortable situations.

Patience and Forgiveness: Pets, especially young ones, can be mischievous or have accidents. Be patient with them during the training process and forgive any mistakes they make along the way.



Emergency Preparedness: Have a plan in place for emergencies, including natural disasters. Know how to evacuate with your pet safely if needed.

If you have just rescued / adopted a new fur baby, please it is important to remember the 3-3-3 RULE:

3 Days:

In the first 3 days being in its new home, they will be feeling overwhelmed, scared & unsure of what is going on. They may also be uncomfortable being "themselves", and may not want to eat or drink. They may want to "shut down" or hide under a bed or in a crate, and they will test boundaries.

3 Weeks:

At this point, they may be a lot more comfortable & settling in. Learning a new routine can be overwhelming, so please be patient. By now they may have figured out the new environment & accepted that this may be their FURever home. Their personality traits will start to show, as well as any behavior issue that may be present.

3 Months:

For most fur babies, 3 months is enough time to finally be comfortable and begin to build trust and a true bond. A sense of security may be present & a set routine will help this process.

Please know that this is not the rule with every rescued or adopted pet, as some may need 6 months to a year to adjust & adapt, depending on MANY factors. Age of animal, what type of an environment did they come from?

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Sebring International Raceway

THE SEBRING 12 HOURS ENDURANCE RACE

The Sebring 12 Hours Endurance Race stands as one of the most iconic and challenging motorsport events in the world, drawing top-tier drivers, teams, and car manufacturers each year to Sebring International Raceway. Known for its grueling test of speed, strategy, and durability, this race pushes both man and machine to their absolute limits over a continuous 12-hour period. Originating in 1952, the event has a rich history steeped in racing tradition. It has evolved into a cornerstone of the endurance racing calendar, attracting thousands of passionate fans from around the globe.

Set against the backdrop of Highlands County, Florida, the Sebring 12 Hours is renowned not just for its length but also for the uniquely demanding nature of the track itself. The circuit combines smooth asphalt sections with rougher concrete patches-remnants of its past as a World War II airfield-which test the resilience of vehicles and the skill of drivers navigating its tight corners and long straights.

Weather conditions in Florida can add another layer of complexity, with sudden rain showers and intense heat often playing a critical role in race strategy.

Beyond the physical and technical challenges, the Sebring 12 Hours serves as a vital proving ground for automotive innovation. Manufacturers use this prestigious event to showcase the performance and reliability of their latest prototypes and GT cars, often influencing the future direction of sports car design and technology. For fans and participants alike, the race embodies the spirit of endurance racing-where teamwork, perseverance, and unwavering focus culminate in a spectacular display of motorsport at its finest.

Sebring International Raceway is more than just a racetrack; it is a landmark deeply embedded in the culture and history of Highlands County, Florida. Nestled amidst the scenic landscapes of the Sunshine State, Sebring offers a unique blend of natural beauty and high-octane motorsport action. Its strategic location makes it easily accessible for racing enthusiasts traveling from all over the country, while also serving as a vital contributor to the local economy. The raceway's presence has put Highlands County on the global motorsport map, attracting visitors, teams, and media from around the world. This influx of tourism has spurred growth in hospitality, dining, and retail sectors, benefiting local businesses and creating jobs. Furthermore, Sebring's commitment to community engagement is evident through its support of local events, charities, and educational programs, reinforcing its role as a cornerstone of the county. In essence, Sebring International Raceway is not only a premier destination for endurance racing but also a proud symbol of Highlands County's vibrant spirit and its ongoing dedication to preserving motorsport heritage. Whether you're a die-hard racing fan or a curious traveler, Sebring offers an unforgettable experience that captures the heart and soul of Florida's racing culture.



Keep Your Pets Safe



HERE ARE A FEW KEY POINTS TO BE AWARE OF:

- 1. Leashing:** Always keep pets on a leash, especially near water bodies, to prevent them from wandering too close to potential alligator habitats.
- 2. Supervision:** Supervise your pets when they're outside. This is crucial during dawn and dusk, as alligators are more active during these times.
- 3. Avoid Water:** Keep pets away from lakes, ponds, and marshy areas where alligators might be lurking. Even small bodies of water can pose risks.
- 4. Training:** Ensure your pets have good recall and respond well to commands. This can help you quickly call them back if they venture too close to danger.
- 5. Feeding and Food Storage:** Do not feed alligators or leave pet food outside, as this can attract wildlife and increase the likelihood of encounters with alligators.



Health Benefits of the Outdoors



Spending time in nature offers numerous benefits for physical, mental, and emotional well-being.

Stress Reduction: Nature has a calming effect on the mind and body, helping to reduce stress levels. The peaceful surroundings, fresh air, and natural beauty can lower cortisol levels, decrease heart rate, and promote relaxation.

Improved Mental Health: Being in nature is associated with improved mood and mental health. Studies have shown that spending time outdoors can reduce symptoms of anxiety, depression, and other mental health disorders. Nature provides a sense of tranquility and perspective, which can help alleviate negative thoughts and emotions.

Increased Physical Activity: Nature encourages physical activity, whether it's hiking, biking, walking, or simply exploring outdoor spaces. Engaging in outdoor activities promotes exercise, which is essential for maintaining physical health and fitness. Additionally, being in nature often involves exposure to sunlight, which helps the body produce vitamin D and supports overall well-being.

Enhanced Creativity & Cognitive Function: Nature stimulates creativity and cognitive function. Research suggests that spending time in natural environments can improve problem-solving skills, boost creativity, and enhance concentration and focus. Nature provides a rich sensory experience that activates different parts of the brain, fostering cognitive development and innovation.

Connection with the Environment: Spending time in nature fosters a deeper connection with the environment and promotes environmental stewardship. When people experience the beauty and wonder of nature firsthand, they are more likely to develop a sense of appreciation and respect for the natural world. This connection can lead to greater awareness of environmental issues and a desire to protect and preserve natural habitats for future generations.

Overall, being in nature offers a multitude of benefits for both physical and mental well-being, making it essential for maintaining a healthy and balanced lifestyle.

Bicycle Pre-Ride Checklist

Adjust the saddle to the correct height

Make sure the stem and handlebars are secure

Check brake levers

Make sure quick release or wheel nut is tight

Inspect suspension

Go through the gears on the derailleurs, checking for smooth shifting

Clean & lube your chain

Check for loose spokes

Make sure tire pressure is set correctly

Inspect the brakes and brake pads

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