

Free

Local Area Guide



Polk County,
Florida

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- *Area History*
- *Parks & Rec. Info*
- *Local Attractions*
- *Residential Services*
- *Fishing Fees*
 - *FWC License Centers*
 - *Local Events*

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www.cfbhn.org



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Polk County

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Local Area Events

JANUARY

- Lakeland First Friday (Year Round)
- Lakeland Food Truck Rally (Year Round)
- Second Saturday Car Cruise-In - Auburndale
- 3 Kings Day Celebration - Lakeland
- Marting Luther King Jr Celebration - Lakeland
- MLK Jr Clibrations 7 Parade - Winter Haven
- Swan City Jazz Festival
- Living History @ The Alfalfa River Rendezvous - Bartow
- Lakeland Pigfest
- Lakeland Farmers Market (Year Round, No August)

FEBRUARY

- Spring Bloom at BOK Tower Gardens - Lake Wales
- Annual VISTEBall - Lakeland
- Valentine's Day Market & Block Party - Downtown Lakeland
- Movie on the Promenade - Lakeland
- SMOKE OFF the Water BBQ - Winter Haven
- Ribs on the Ridge - Haines City
- Mardi Gras Celebrations - Lakeland
- Lake Wales Mardi Gras Parade & Festival
- Annual 5K Glow Run - Lake Wales
- Rotary Twilight 5K - Lakeland
- Flippin' for Charities - Lakelands Pancake Festival
- SYFY - Bartow
- Black History Festival - Lakeland
- Lake Wales Art Festival
- Detroit Tigers Spring Training Begins - Lakeland
- L.B. Brown History Heritage Festival - Bartow
- Mustangs & Havin' Fun Car Show - Lakeland
- Plantopia - Lakeland
- Valentine Night Market - Lakeland
- Spirit of the Buffalo Pow Wow & Native American Fundraiser
- Annual Light up the Night 5K- Winter Haven

FEBRUARY (CONTD)

- National Ice Cream for Breakfast Day - Winter Haven
- Polar Plunge - Winter Haven
- Annual Taste of Winter Haven
- Annual Classic Car & Truck Show - Winter Haven
- Polk County Youth Fair - Bartow

MARCH

- U- Pick Strawberry Season begins - County Wide
- St. Patrick's Day Street Party & Concert - Lakeland
- UNParade - Bartow
- Bloomin' Arts Festival - Bartow
- Central Florida Art Festival - Winter Haven
- Community Festival - Winter Haven
- Spring Obsession - Lakeland
- Swan City Improv Show - Lakeland
- Tropical Sunday & Car Meet - Haines City
- Annual Bean Soup & Cornbread Luncheon - Haines City
- Sunshine Foundations Family Fun Fair - Davenport
- Relay for Life - Winter Haven
- Spring Bazaar - Haines City
- Springtime Smiles Festival - Haines City
- Shamrocks & Shenanigans - Haines City
- Lakeland Punk Rock Flea Market
- Polk County Senior Games - Winter Haven
- CoommunityFest - Winter Haven
- Annual Top Chef - Polk County - Winter Haven
- Champagne & Shamrocks - Winter Haven
- Streamsong Spring Classin - Winter Haven
- Bark in the Park - Winter Haven

APRIL

- Swan Derby - Lakeland
- Judd Jog 5K - Winter Haven
- Lakeland Downtown Farmers Curb Market (April-July)

APRIL (CONTD)

- Winter Haven Farmers Market (April-July)
- Winter Haven Saturday Market (April-June)
- Saturday Night Rodeo - River Ranch (April-June)
- SUN N' FUN Aerospace Expo - Lakeland
- STEMAlpooza - Lakeland
- Spring Fling 7 BBQ Festival - Bartow
- World of Reading Festival - Lakeland
- Lakeland Book Crawl
- U Pick Blueberry Season Begins - Area Wide
- Bonnet Spring Parks Caribbean Carnival - Lakeland
- Auburndale Business Expo
- Annual Wine & Cheese at the Parks - Haines City
- Spring Festival @ Trinity Cgurch - Haines City
- Business Expo - Haines City
- Davenport Annual Easter Egg Hunt
- Haines City Annual Easter Egg Hunt
- Easter Egg Hunt & Festivities - Lakeland
- Lake Morton Historic Home & Garden Tour - Lakeland
- Water Ski & Wake Sports Hall of Fame Event - Davenport
- Heritage Day Fesitval - Winter Haven
- Lewis Family Cancer Fund Kick Off Cocktail Party - Winter Haven
- Project E.A.G.L.E. - Winter Haven
- Auburndale City Fest

MAY

- Cypress Gardens ater Ski Show - Winter Haven (May-June)
- Mayfaire by The Lake Art Festival - Lakeland
- Mayfaire Run & Walk 5K - Lakeland
- Caffiene & Gasoline at Bonnet Sprig Park - Lakeland
- Cinco De Mayo Margarita Run - Auburndale
- Bartow Antiques & Collectibles Market
- Tasty Tuesdays in Downtown Lakeland

MAY (CONTD)

- UWCF Annual Celebraton - Lakeland
- Annual Mothers Day Event - Lakeland
- Annual Mothers Day Glam Party - Lakeland
- Cinco De Mayo Celebrations - Polk County Wide
- Watermelon Festival @ Floridas Childrens Museum - Lakeland
- Kids Museum Day at the Florida Air Museum - Lakeland
- Haines City Wine & Food Tasting
- Memorial Day Ceremony - Haines City
- Sherry's Breakfast Music Festival & Cancer Benefit - Lakeland
- SPCA Florida "Run for Their Lives" 5K - Lakeland
- Blue Devil Days - Winter Haven
- Heart for Winetr Haven Golf Tournament

JUNE

- Polk County History Center Architectural Tour - Bartow
- CFSRA Annual Fathers Day Rod Run - Lakeland
- Hot Rods & Hot Dogs - Haines City
- Miss Florida Scholarship Pageant - lakeland
- Polk Pride Festival
- Juneteenth - Lakeland
- Bandit Market Summer Party - Winter Haven
- Streamsong Family Cup - Winter Haven
- DigiMarCon Southeast - Winter Haven

JULY

- Fancy Flea Market - Lakeland
- 4th of July Fireworks - Area Wide
- Annual LAA Fine Arts Exhibition - Lakeland
- Red, White & KABOOM - Lakeland

AUGUST - SEPTEMBER

- Streamsong Black & Blue Tournament - Winter Haven
- Annual Pig Roat & Political Mingle - Davenport

Local Area Events

AUGUST - SEPTEMBER (CONTD)

- Fine Art of The Magnolia & Scholarship - Lakeland
- Harvest Holler Corn Maze - Lakeland (Sept-Oct)
- Annual Hispanic Festival of Lakeland
- Lakeland Punk Rock Flea Market
- Celebrate Winter Haven
- Ladies Night Downtown - Winter Haven

OCTOBER

- Annual Warrior Walk - Lakeland
- Polk County Sheriff Office Haunted Jail Tour - Bartow
- Wonder House Halloween Tour - Bartow
- Lake Mirror Classic Concourse & Car Show - Lakeland
- Full Night Market - Lakeland
- Fall Festival - Lakeland
- Streamsongs Fall Classic - Winter Haven
- Oktoberfest - Winter Haven
- Annual Sunshine Foundation Gala - Winter Haven
- Rock N' Brews BBQ Festival - Winter Haven
- Trunk or Treak - Winter Haven
- Central Florida Health EXPO - Auburndale

NOVEMBER

- Auburndale FallFest
- Harvest FestiFALL - Dundee
- Family Fun Festival at the Rock of Winter Haven
- All Saints Academy Fall Festival - Winter Haven
- 39 Mile Long Yard Sale - Haines City
- Bartow Chalk Walk
- Wonders of the Wildlife Festival
- Tunes by the Lake Colt Creek State Park - Lakeland
- Annual Veterans Day Parade - Lakeland
- Small Business Saturday - County Wide
- Margarita Ball - Lakeland

NOVEMBER (CONTD)

- Art Crawl - Lakeland
- Wine, Chocolate & Cheese - Winter Haven
- Gents & Bourbon Event - Winter Haven
- Annual Haven Holiday Market
- Festival of Trees - Winter Haven
- Cardboard Boat Races & Friendsgiving Event - Winter Haven
- Tree Lighting Ceremony - Winter Haven

DECEMBER

- The Wonderland of Lights - Auburndale
- Havendale Christmas Parade - Begins in Winter Haven & Ends in Auburndale
- Christmas Live Nativity Drive Thru - Auburndale
- Light up Bartow - Bartow
- Goerge Street Christmas Light Tour - Bartow
- Annual Christmas Tree Burning - Bartow
- Festival Flix - Lakeland
- Snofest - Lakeland
- Selfies with Santa - Lakeland
- Holiday Night Market - Lakeland
- Breakfast with Santa - Lakeland
- Annual Lakeland Christmas Parade
- Christmas Caroling in the Park - Winter Haven
- Streamsong Holiday Cup - Winter Haven
- Starlight Nights - Winter Haven
- Grinchmas in the Park - Winter Haven
- Humae Societys SANTA PAWS - Winter Haven
- Kiwanis Club of Winter Haven Open House
- Starlight Stroll - Winter Haven
- Annual Clays for Change - Winter Haven
- Winter Haven Christmas Stroll
- Santas Run Fest - Winter Haven

** Events are subject to change*

Residential Services

Animal Control.....	863-577-1762
Building.....	863-534-6564
Budget & Management.....	863-534-5985
Clerk & Comptroller.....	863-534-4000
Code Enforcement.....	863-534-6054
Commissioners District.....	863-534-6450
District 2.....	863-534-6434
District 3.....	863-534-6050
District 4.....	863-534-6422
District 5.....	863-534-6049
Communications.....	863-534-6083
Cooperative Extension Services.....	863-519-8677
County Attorney.....	863-534-6730
County Manager.....	863-534-6444
Court Services.....	863-534-4125
Emergency Management.....	863-298-7000
Equity & Human Resources.....	863-534-6030
Facilities Management.....	863-534-5511
Fire Rescue.....	863-519-7350
Health & Human Services.....	863-534-5202
Information Technology.....	863-534-6473
Land Development.....	863-534-6473
Planning & Development.....	863-534-6792
Property Appraiser.....	863-534-4777
Risk Management.....	863-534-5265
Roads & Drainage.....	863-534-2200
Senior Connection.....	813-740-3888
Sheriff.....	863-298-6200
Tax Collector.....	863-534-4700
Tourism & Sports Marketing.....	863-551-4717
Transportation.....	863-534-6554
Utilities.....	863-298-4100
Veterans Services.....	863-534-6000
Waste & Recycling.....	863-284-4319



Located in the central part of Florida is Polk County, with its county seat in Bartow and its largest city being Lakeland. Over 12,000 years ago, the Paleoindians were the first inhabitants of what is now known as Polk County, settling in Florida towards the end of the last ice age when the sea level was significantly lower due to large amounts of water being trapped in continental ice caps. Florida became a U.S. territory in 1821 through the Adams-Onís Treaty, followed by the establishment of a reservation for the Seminoles and other Native Americans in central Florida in 1823, known as the Treaty of Moultrie Creek, which encompassed the area that would later become Polk County. Although Florida achieved statehood in 1845, Polk County was not established until after Florida seceded from the Union, formed from the eastern section of Hillsborough County and named in tribute to former U.S. President James K. Polk, who was highly esteemed by the Southern population. The county's population stood at 725,046 as of the 2020 census.

Cities

Auburndale - 15,616
 Bartow - 19,309 - County Seat
 Davenport - 9,043
 Eagle Lake - 3,008
 Fort Meade - 5,100
 Frostproof - 2,877
 Haines City - 20,535
 Lake Alfred - 6,374
 Lakeland - 112,641
 Lake Wales - 16,361
 Mulberry - 3,952
 Polk City - 2,713
 Winter Haven - 49,219

Towns

Dundee - 5,235
 Hillcrest Heights - 243
 Lake Hamilton - 1,537

Census Designated Places

Alturas - 4,084
 Babson Park - 1,182
 Bradley Junction - 542
 Combee Settlement - 5,436
 Crooked Lake Park - 1,682
 Crystal Lake - 1,385
 Cypress Gardens - 10,169
 Four Corners - 56,381
 Fuller Heights - 10,467
 Grenellefe - 2,495
 Highland City - 2,051
 Homeland - 305
 Inwood - 6,925
 Jan Phyl Village - 5,633
 Kathleen - 3,280
 Lakeland Highlands - 11,056
 Loughman - 1,385
 Medulla - 10,871

Poinciana - 69,309
 Wanetta - 4,731
 Waverly - 1,927
 Willow Oak - 4,917

Other Unincorporated Communities

Gibsonia - 4,507
 Lakeshore
 Mountain Lake
 Nalcrest
 Pittsburg
 Winston - 9,024

Village

Highland Park - 251

**Populations are approximate.*

Auburndale

Founded in 1880 by Frank Fuller, seeking respite from the cold winters of the Northeast United States, Auburndale was originally known as Sanatoria, after a hotel situated in the area. With the arrival of the railroad in the 1880s, settlers from Auburndale, Massachusetts proposed the renaming of the town to Auburndale. The inspiration for this name change was derived from the New England town's namesake, taken from the initial verse of Oliver Goldsmith's poem "The Deserted Village." According to the 2020 census, Auburndale boasted a population of 15,616 people.

Bartow

Dating back to 1851, Bartow was originally established as Fort Blount before being later renamed to honor Francis S. Bartow, the first Confederate Army brigade commander to die in combat during the American Civil War. The city, located in Polk County, Florida, serves as both a city and the county seat. Settlement in the region was facilitated by the Armed Occupation Act of 1842, which aimed to encourage European-American settlers in the 1840s. Despite limitations on settlement near the Peace River due to it being considered Seminole land, enforcement of this restriction was lax, leading to eventual settlement in the area. After Florida seceded in 1861, Polk County was established from the eastern part of Hillsborough County approximately a month later. Finally, on July 1, 1882, Bartow was officially incorporated as a city. As of the 2020 Census, its population was recorded at 19,309.

Haines City

In 1885, the area where Haines City stands today was platted shortly after the South Florida Railroad was built. Originally named Clay Cut, the city lacked a railroad station at first. The residents managed to persuade the railroad company to construct a station by agreeing to change the city's name to Haines City, in honor of Colonel Henry Haines, a former official of the Confederate States Army. On February 23, 1914, the Town of Haines City was initially incorporated under Florida's General Statutes. The first state legislative measure that impacted the city was put into effect on May 20, 1919, leading to its re-incorporation under a Mayor-Council government structure. According to the 2010 census, Haines City had a population of 20,535.

Lakeland

In the 1870s, European-American settlers migrated to Lakeland from Missouri, Kentucky, Tennessee, Georgia, and South Carolina. These settlers, including European immigrants, were attracted by the prospects in land development, particularly in agriculture, citrus farming, cattle ranching, and phosphate industry. Lakeland's origins date back to the 1870s, gaining momentum as railway connections were established in 1884. The freedmen's arrival in 1883 marked the commencement of the development of Moorehead, an African-American neighborhood. On January 1, 1885, Lakeland was formally incorporated. Abraham Munn, a resident of Louisville, Kentucky, is credited with founding the town after acquiring 80 acres of land in downtown Lakeland in 1882 and subsequently planning the town in 1884. The town derived its name from the abundance of nearby lakes. According to the 2020 U.S. Census Bureau data, Lakeland had a population of 112,641 residents.

Winter Haven

The Winter Haven area was originally inhabited by the Timucua and the Calusa, the earliest known residents. War and disease brought by the Spanish conquest of Florida in the early 1500s had a profound impact on both groups. Hernando de Soto's expedition had a particularly devastating effect on the Timucua. By the 19th century, both groups had disappeared. Spanish explorers during their expeditions asserted the Spanish monarchy's control over the entire Florida peninsula. In the 1840s and 1850s, the United States government initiated the first surveys of the region. The initial survey, conducted by Henry Washington, was completed in 1843. Subsequently, Dr. John Westcott conducted a thorough survey in 1849, including mapping many local lakes. The introduction of the railroad sparked significant growth in the area. Harris Corners, named after F.A.K. Harris who launched the first store in the region, was established from 1884 to 1885. Later, the name Winter Haven was proposed due to the pleasant climate of the area. The city's current population, as of the 2020 census, stands at 49,219 inhabitants.

Four Corners

In the state of Florida, there is a region known as Four Corners, which is an unincorporated suburban area and census-designated place (CDP). It is situated at the convergence of Lake, Orange, Osceola, and Polk counties. The area derives its name from the fact that it is located at the crossroads of the Lake, Orange, Osceola, and Polk County boundaries at the heart of the CDP. The population of Four Corners was recorded at 56,381 during the 2020 census.

Poinciana

Located in Polk County, Poinciana is a designated settlement and census-designated place (CDP) that first took shape in the 1960s. Initially envisioned as a haven for retirees by its original developer, the community saw its initial homes constructed in 1973. Despite modest growth that saw the population reach around 8,000 by 1994, Poinciana has since experienced a significant surge in residents. According to the 2020 census data, the CDP's population stood at 69,309.

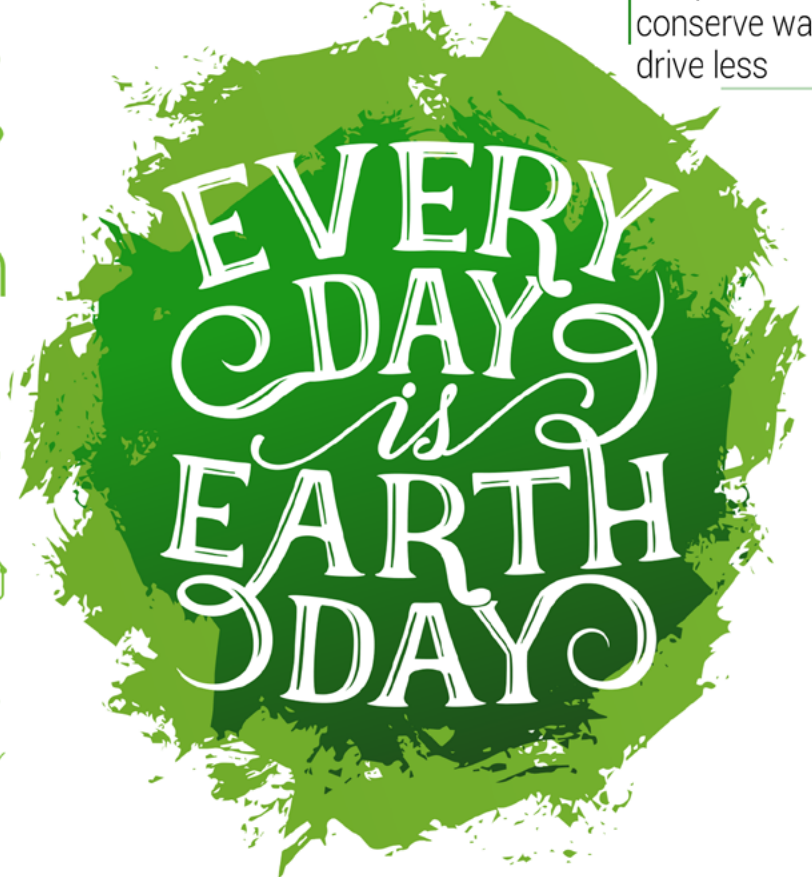


GO GREEN

Reduce, Reuse, Recycle

reduce waste, reuse materials & recycle properly

Cut back on single-use plastics, conserve water, drive less



Community/Home Gardens: Really good at absorbing carbon dioxide. Cuts down on pesticides/fertilizers. Also benefits mental health and provides fresh food.

Composting: Decreases the amount of trash in landfills and reduces carbon emissions.

Plant Trees: Planting trees is a classic Earth Day activity.

Local Food: Buy local sustainable food.

Clean-Up Events: Organize or participate in local clean-up efforts.

Upcycle Crafts: Get creative by turning old items into new useful objects.



Health Benefits of Physical Activity

Major Research Findings

from the Center for Disease Control and Prevention



- Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Substantial health benefits for adults occur with 150 to 300 minutes a week of moderate-intensity physical activity. Additional benefits occur with more physical activity.
- Both aerobic and muscle-strengthening physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with chronic conditions or disabilities.
- The benefits of physical activity generally outweigh the risk of adverse outcomes or injury.

Guidelines for Adults

- For substantial health benefits, you should do at least 2.5hrs a week of moderate-intensity, or 1.25hrs a week of vigorous-intensity aerobic activity, or a combination of the two activities. Aerobic activity should be performed in episodes of at least 10 minutes, and should be done throughout the week.
- For even better health benefits, adults should increase their aerobic physical activity to 5hrs a week of moderate-intensity, or 2.5hrs a week of vigorous-intensity aerobic physical activity, or a combination of the two activities.

Guidelines for Children and Adolescents

- Children and adolescents should do an hour or more of physical activity daily.
- Aerobic: Most of the hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity.
- Muscle-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- Bone-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.

Intensity Examples

Moderate Intensity

- Walking briskly (3 mph or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10mph
- Tennis (doubles)
- Ballroom dancing
- General gardening

Vigorous Intensity

- Race walking, jogging, running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10mph or faster
 - Jumping rope
 - Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack

Mosquitoes

Prevention & Health Risks



A MOSQUITO FREE YARD

Create an environment in your yard that invites animals that like to eat mosquitoes. Some things that enjoy eating mosquitoes are: • Bats • Frogs • Fish • Turtles • Birds • Dragonflies

To help repel mosquitoes, plant some of the different vegetation listed: • Citronella • Geranium • Eucalyptus • Rosemary • Basil • Anise • Mint • Marigolds • Catnip • Wormwood • Tansy • Lavender • Cedar • Cloves

Don't have stagnant water sitting around in things like buckets or tires.

BE SAFE WHILE OUTDOORS

When a mosquito bites you it can leave saliva in your body. If the mosquito is infected it can transfer diseases to you. A few of the more common diseases transmitted to people are: • Dengue • Encephalitis • Malaria • Yellow Fever. Mosquitoes can also transmit diseases to animals. A couple of these diseases are: • Heartworm (mostly to dogs & cats) • Encephalitis. To reduce your chance of getting a disease from mosquitoes you can, apply mosquito repellent to your skin and clothing.

RANDOM MOSQUITO FACTS

- More than 3,000 different mosquito species can be found around the world.
- Female mosquitoes feed on blood. Male mosquitoes feed on plant nectar.
- Some mosquito species prefer to feed on animals or reptiles over humans.
- All mosquitoes need water to complete their life cycle.
- One female mosquito can lay over 200 eggs at one time.
- Mosquito larvae only need a week in water to hatch.
- Mosquito eggs can survive for more than five years.
- Mosquitoes can fly around 1 to 2 mph.
- Mosquitoes find food by sight, infrared radiation and chemicals in the air.
- Around 1,000 Americans get ill or die from mosquito bites each year.
- Mosquitoes are a huge food source for birds, bats and some reptiles.



POLK COUNTY FLORIDA PARKS, RECREATION AREAS, PARK PRESERVE & RESERVES

Alafia River Preserve
4872 Indian Oak Dr. | Mulberry

Aldine Combee Park
1140 Fish Hatchery Rd. | Lakeland

Babson Park Playground
5th Ave. | Babson Park

Banana Lake Park
5002 Tillery Rd. | Lakeland

Bartow Peace River Landing
2419 E State Rd. 60 | Bartow

Bone Valley ATV Park
10427 CR 630 W | Mulberry

Bonnet Springs Park
400 Bonnet Springs Blvd. | Lakeland

Bradley Junction Park
609 Pine St. E | Mulberry

Christine Park
625 CR 540A | Lakewood

Circle B-Bar Reserve & Nature Center
4399 Winter Lake Rd. | Lakeland

Coleman Landing @ Shady Oaks Recreation Area
1450 Shady Oaks Dr. | Lake Wales

Crooked Lake Prairie
985 Ohlinger Rd. | Babson Park

Crooked Lake Sandhill
801 Hollister Rd. | Babson Park

Crystal Lake Park
2500 N Crystal Lake Dr. | Lakeland

East Central Park
5555 Lake Trask Rd. | Dundee

Eaton Park
2930 Park St. | Eaton Park

Fort Fraiser Trail
CR 540 & US 98 | Lakeland

Fort Meade Park
1205 NE 9th St. | Fort Meade

Fuller Heights Park
2205 4th St. | Mulberry

Gator Creek Park Reserve
9725 US 98 N | Lakeland

Gordon Heights Park
2901 Dudley Rd. | Bartow

Gordonville Park
2671 Richardson Rd. | Bartow

Green Swamp Wilderness Preserve - East Tract
Entrance @ intersection of Rock Ridge Rd. and Dean Still Rd. | Lakeland | 863-648-3200

Heritage Peace River Landing
3301 CR 640/Homeland Harfield Rd. | Bartow

Hickory Lake Scrub
1658 Scenic Hwy. | Frostproof

Highland City Park
3930 Ball Park Rd. | Lakeland

Highland City Senior Field
5901 Strickland Ave. | Lakeland

Holloway Park
2402 Holloway Park Dr. | Lakeland | 863-899-6569

Homeland Heritage Park
249 Church Ave. | Homeland

Hunt Brothers Park
151 Hunt Brothers Rd. | Lake Wales

Hunt Fountain Park
2020 Duff Rd. | Lakeland

Jan Phyl Village Park
50 Coleman Rd. | Winter Haven

Johnny & Freda Brooks Eloise Resource Center
710 Snivley Ave. | Eloise

Kiwanis Park
1000 N. Lake Shore Blvd. | Lake Wales | 863-678-4182

Lake Arbuckle Park
2600 Lake Arbuckle Rd. | Frostproof

Lake Blue Park
North Lake Blue Dr. | Auburndale

Lake Bonny Park
800 US 98 S | Lakeland

Lake Cannon Park
1508 W Lake Cannon Dr. NW | Winter Haven

Lake Crago Outdoor Recreation Complex
525 Lake Crago Dr. | Lakeland | 863-834-2215

Lake Eva Community Park
555 Ledwith Ave. | Haines City

Lake Florence Park
316 S Lake Florence Dr. | Winter Haven

Lake Gwyn Park
137 Avenue A E | Winter Haven

Lake Hollingsworth
Lake Hollingsworth D. | Lakeland

Lake Ina Park
110 West Lake Ina Dr. | Winter Park

Lake Marion Creek / Stokes
CR 580 to Lake Marion Rd. | Haines City

Lake Myrtle Sports Park
2701 Lake Myrtle Park Rd. | Auburndale

Lake Parker Park
910 E Granada St. | Lakeland

Lake Pierce Ranchettes Park
Parkway Boat Ramp Rd. | Lake Wales

Lake Reedy Park
1093 Lake Reedy Blvd. N | Frostproof

Lake Rosalie Park & Campground
2925 Rosalie Lake Rd. | Lake Wales

Lake Summit Park
W Lake Summit Dr. | Winter Haven

Lake Highlands Scrub
6998 Lakeland Highlands Rd. | Lakeland

Lena Vista Park
Florida Dr. & Luna Rd. | Auburndale

Adventhealth Fieldhouse & Conference Center

210 Cypress Gardens Blvd. | Lakeland | 863-268-6733

African American Heritage Museum

585 E Summerlin St. | Bartow | 863-800-6872

Allen David Broussard Catfish Creek Preserve State Park

4335 Firetower Rd. | Haines City | 863-696-1112

Arbuckle Tract @ Lake Waled Ridge State Forest

Lake Arbuckle Rd. & Rucks Dairy Rd. | Frostproof | 863-589-0545

Bok Tower Gardens

1151 Tower Blvd. | Lake Wales | 863-676-1408

Captain Fred's Airboat Nature Tours

4700 Crump Rd. Ste. C | Winter Haven | 863-696-1637

Chain O' Lakes Complex

210 Cypress Gardens Blvd. | Winter Haven | 863-268-6733

Chinoiserie Antiques

110 W Broadway St. | Fort Meade | 863-285-8050

City of Bartow Civic Center

2250 S Floral Ave. | Bartow | 863-534-0120

Colt Creek State Park

16000 FL 471 | Lakeland | 863-815-6761

Crooked Lake Prairie

985 Ohlinger Rd. | Babson Park | 863-534-7377

Crooked Lake Sandhill

801 Hollister Rd. | Babson Park | 863-534-7377

Cypress Lanes Family Fun Center / Incredible Bowl Entertainment

2010 Dundee Rd. | Winter Haven | 863-294-3295

Detroit Tigers

2301 Lakeland Hills Blvd. | Lakeland | 866-668-4437

DiamondPlex

999 Ave. H NE | Winter Haven

Downtown Farmers Curb Market

200 N Kentucky Ave. | Lakeland | 863-687-8900

Eagle Lake Sports Complex

650 Cooley Rd. | Winter Haven

Eagle Ridge Mall

451 Eagle Ridge Dr. | Lake Wales | 863-676-2300

Family Fun Center

4825 Florida Ave. S | Lakeland | 863-644-1728

Feltrim Sports Village / Balmoral Resort

204 Macaulays Cr. | Haines City

Floridas Childrens Museum

600 Bonnet Springs Blvd. | Lakeland | 863-687-3869

Florida Dance Theater

305 W Main St. | Lakeland | 863-802-0399

Florida Natural Grove Store

20205 US Hwy. 27 N | Lake Wales | 863-676-1411

Florida Wildflower Studios

12 E Wall St. | Frostproof | 863-206-9691

Fort Meade Historical Society & Museum

1 N Tecumseh Ave. | Fort Meade | 863-285-7474

Fort Meade Outdoor Recreation Area

1639 Frostproof Hwy. | Fort Meade | 863-285-1111

Frank Lloyd Wright Architecture at Florida Southern College

840 Johnson Ave. | Lakeland | 863-680-4597

Frostproof Historical Museum

210 S Scenic Hwy. | Frostproof | 863-635-7865

George W. Jenkins Field House @ Florida Southern

701 W Lime St. | Lakeland | 863-834-8100

Gram Parsons Derry Down/Main Street Winter Haven

297 5th St. NW | Winter Haven | 863-295-9422

Grape Hammock Fish Camp & Airboat Rides

1400 Grape Hammock Rd. | Lake Wales | 863-692-1500

Hickory Lake Scrub

1658 Scenic Hwy. | Frostproof | 863-534-7377

Holloway Park Disc Golf

2402 Holloway Park Dr. | Lakeland

Inglenuok Antiques & Collectables

3607 N Scenic Hwy. | Lake Wales | 863-678-1641

Kegel Training Center

1951 Longleaf Blvd. | Lake Wales | 800-280-2695

Kelly Recreation Complex

404 Imperial Blvd. | Lakeland | 863-834-3284

KICCO WILDLIFE Management Area

25699 SR 60 | River Ranch | 800-250-4250

Kirkland Farms

2632 Old Medulla Rd. | Lakeland | 863-248-8351

Lakeland Art Guild

Lakeland | 832-205-0345

Lakeland Community Theater

121 S Lake Ave. | Lakeland | 863-603-7529

Lakeland Family YMCA

3620 Cleveland Heights Blvd. | Lakeland | 863-267-9622

Lakeland Flying Tigers

2301 Lakeland Hills Blvd. | Lakeland | 863-413-4140

Lakeland Food Tours

Lakeland | 863-279-0078

Lakeland Ice Arena

3395 W Memorial Blvd. | Lakeland | 863-608-7335

Lakeland Park Center Mall

3715 Hopewell Ave. | Lakeland | 863-853-1702

Lakeland Symphony Orchestra

111 Lake Hollingsworth Dr. | Lakeland | 863-419-3145

Lakeside Village Mall

1479 Town Center Dr. | Lakeland | 863-616-9825

Lake Myrtle Sports Park

2701 Lake Myrtle Park Rd. | Auburndale | 863-551-4750

Lake Wales Arts Council

1099 SR 60 E | Lake Wales | 863-676-8426

Lake Wales History Museum

325 S Scenic Hwy. | Lake Wales | 863-676-1759

Lake Wales Littel Theater

421 E Park Rd. | Lake Wales

Larry Parrish Baseball Complex

2401 E Johnson Ave. | Haines City | 863-421-3700

LB Brown House Museum

470 L.B. Brown Ave. | Bartow | 863-330-3122

Legoland Florida Resort

One Legoland Way | Winter Haven | 888-690-5346

Living Water Boat Cruises

Winter Haven | 877-257-1529

Lloyds of Lakeland

301 N Kentucky Ave. | Lakeland | 863-603-2787

Lucky Low Ski School

1116 Old Lake Alfred Rd. | Lake Alfred | 863-326-0092

Margaret Kampsen Historic Depot

202 E Main St. | Dundee | 863-419-3145

Mister Chris Coffee Gallery & Depot

118 E Wall St. | Frostproof | 863-449-1507

Mulberry Cultural Center

103 E Canal St. | Mulberry | 863-354-3380

Mulberry Phosphate Museum

101 SE 1st St. | Mulberry | 863-425-2823

Orange Bowl Lanes

4318 US Hwy. 98 N | Lakeland | 863-858-3878

Orchid Springs Curiosities & Antiques

605 Overlook Dr. | Winter Haven | 863-206-8782

Peppa Pig Theme Park

One Legoland Way | Winter Haven | 833-451-8004

Picasso Art Cafe

4632 Cleveland Heights Blvd. | Lakeland | 863-688-6545

Platform Art

102 E Pine St #3 | Lakeland | 863-838-2262

Polk County History Center & Genealogical Library

100 E Main St. | Bartow | 863-534-4386

Polk County Sports Hall of Fame

2701 Lake Myrtle Park Rd. | Auburndale |
863-551-4750

Polk Museum Of Art

800 E Palmetto St. | Lakeland |
863-688-7743 x 223

Polk Theater

121 S Florida Ave. | Lakeland | 863-682-7553

Posner Park Shopping Mall

42650 US Hwy. 27 | Davenport | 863-438-3333

Publix Field @ Joker Marchant Stadium

2301 Lakeland Hills Blvd. | Lakeland |
863-686-8075

Ramon Theater

15 E Wall St. | Frostproof | 863-635-7222

REC Room Lakeland

202 N Massachusetts Ave. | Lakeland |
863-213-4073

Ridge Art Association

210 Cypress Gardens Blvd. | Winter Haven |
863-291-5661

Ridge Audobon Center

200 N Crooked Lake Dr. | Babson Park |
863-638-1355

Ritz Theater

263 West Central Ave. | Winter Haven |
863-937-1414

RP Funding Center

701 West Lime St. | Lakeland | 863-834-8100

Rowdy Gaines Aquatic Center Olympic Pool

210 Cypress Gardens Blvd. | Winter Haven |
863-268-6766

Safari Wilderness Ranch

10850 Moore Rd. | Lakeland | 813-382-2120

S7ven Wetlands Park

500 W Carter Rd. | Mulberry | 863-834-7386

Shermans Antiques

1103 6th St. NW | Winter Haven | 863-224-0395

Shoppes of Lakeland

4019 US Hwy. 98 N | Lakeland | 800-225-6765

Silver Moon Drive-In Theater

4100 New Tampa Hwy. | Lakeland | 863-682-0849

Simpson Park Community Center

1725 Martin Luther King Jr. Ave. | Lakeland |
863-834-2577

Ski Fluid

1251 Holy Cow Rd. | Polk City | 407-625-4139

Southwest Complex

1444 W Highlands St. | Lakeland

Spook Hill

600 N Wales Dr. | Lake Wales | 863-676-3445

Street Audobon Center

115 Lameraux Rd. | Winter Haven | 863-324-7304

Sun N' Fun Expo Campus

4075 James C Ray Dr. | Lakeland | 863-644-2431

Theater Winter Haven

210 Cypress Gardens Blvd. | Winter Haven |
863-294-7469

Theater Works Florida

8 W Palmetto St. | Davenport | 407-340-0473

Thom Downs Antiques

235 N Florida Ave. | Lakeland | 863-738-5132

Universal Shooting Academy

4330 Hwy. 630 E | Frostproof | 863-635-3425

USA Water Ski & Wake Sports Hall of Fame

101 Adventure Ct. | Davenport | 863-420-2593

Walk-in-The Water Tract @ Lake Wales Ridge

State Forest

State Hwy. 630E, 6 miles east of Us Hwy. 27 |
Frostproof | 863-635-8589

Westgate River Ranch & Rodeo

3200 River Ranch Blvd. | River Ranch |
863-692-1321

Wilfred Smith Resource Center

135 Ave. Y E | Winter Haven

Winter Haven City Tennis Center

209 Ave. F W | Winter Haven | 863-291-5690

Winter Haven Food Tours

Winter Haven | 863-288-0038

Wonder House Historic Tours

1075 E Mann Rd. | Bartow

Woodlake Tennis Courts

3415 New Jersey Rd. | Lakeland | 863-834-2233

World Barefoot Center

3915 Lake Connie Dry E | Winter Haven |
863-877-0039

DISC GOLF

Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It's also an inexpensive sport to get into. Specialized frisbees for disc golf cost around \$10-\$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.



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FWC License Centers

You can purchase hunting and fishing licenses online <https://myfwc.com>, or call Fishing 888-347-4356, Hunting 888-486-8356 or visit one of the FWC agents available throughout the area:

AUBURNDALE

Walmart #718

2120 US Hwy. 92 West | Auburndale |
(863) 967-1164

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Connersville Bait & Tackle

3805 State Rd. 60 E | Bartow | (863) 533-1393

Polk TC-Bartow

430 E MAIN St. | Bartow | (863) 581-8046

Wal Mart #580

1050 Van Fleet Dr. | Bartow | (863) 533-5400

DAVENPORT

Dicks Sporting Goods #706

1300 Posner Blvd. | Davenport |
(863) 424-4444

HAINES CITY

Wal Mart #725

36205 US Hwy. 27 | Haines City |
(863) 422-7537

LAKELAND

Phillips Bait & Tackle

3780 US Hwy. 92 E | Lakeland |
(863) 666-2248

Polk TC - Lakeland

916 N Massachusetts Ave. | Lakeland |
(863) 581-8011

Wal Mart #779

3501 S Florida Ave. | Lakeland |
(863) 644-5676

Dicks Sporting Goods #1037

919 919 Lakeland Park Center Dr. Gateway
Commons | Lakeland | (863) 248-1200

Wal Mart #1245

5800 N Hwy. 98 | Lakeland | (863) 859-3626

LAKE WALES

Rural King - Lake Wales

1970 St. Rd. 60 E | Lake Wales |
(863) 676-1237

Wal Mart #859

2000 St. Rd. 60 E | Lake Wales |
(863) 676-9425

MULBERRY

Wal Mart #5035

6745 No. Church Ave. | Mulberry |
(863) 701-2232

WINTER HAVEN

Wal Mart #968

355 Cypress Gardens Blvd. | Winter Haven |
(863) 299-5527

Wal Mart #3347

7450 Cypress Gardens Blvd. | Winter Haven |
(863) 318-0752

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- Yard Work
- Gardening
- Walk the Dog
- Bike Ride
- Swimming
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Non-Resident 3-Day: \$17.00
Non-Resident 7-Day: \$30.00
Resident Annual Saltwater Shoreline License:
No-Cost
Annual Resident Military Gold Sportsman's License: \$20.00
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
Resident Youth Fishing License: \$17.00
Resident Youth Gold Sportsman's License (available with completion of hunter education requirements): \$100.00

Promotional Prices, Freshwater or Saltwater:

Annual Gold Sportsman - \$50.75, plus applicable fees
5-year Gold Sportsman - \$247.75, plus applicable fees
Lifetime Sportsman:
Age 0-4 - \$201.50, plus applicable fees
Age 5-12 - \$351.50, plus applicable fees
Ages 13-64 - \$501.50, plus applicable fees
License-free Freshwater Days
First consecutive Saturday & Sunday in April
Second consecutive Saturday & Sun. in June
License-Free Saltwater Days
First consecutive Saturday & Sunday in June
First Saturday in September
Saturday following Thanksgiving

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.

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BUTTERED-UP *Steak*



Simple meal with a *Gourmet Feel*

INSTRUCTIONS

- 1 Take the steaks out of the refrigerator and let them come to room temperature for about 30 minutes. This helps the steak cook more evenly.
- 2 Preheat your oven to 400°F.
- 3 Season the steaks generously with salt and pepper on both sides.
- 4 Heat a large skillet over high heat until very hot. Add the steaks and cook for about 2-3 minutes per side, until nicely browned.
- 5 Remove the steaks from the skillet and place them on a baking sheet.
- 6 In the same skillet, add the butter and garlic. Cook for about 30 seconds, stirring constantly, until the garlic is fragrant.
- 7 Pour the garlic butter over the steaks on the baking sheet.
- 8 Place the baking sheet in the oven and cook for about 5-7 minutes for medium-rare doneness, or longer if you prefer your steak more well-done.
- 9 Remove the steaks from the oven and let them rest for a few minutes before slicing.
- 10 Serve the steak with any remaining butter from the baking sheet and fresh herbs if desired.

INGREDIENTS

- 2 steaks (ribeye or sirloin are good choices)
- Salt and pepper
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- Fresh herbs (optional)

*Enjoy your delicious
buttered-up steak!*

PREP: 35 MIN • TOTAL: 50 MIN

Send in YOUR Favorite Recipe

For a chance to
be published in our
next guide!

info@lincolnmarketing.us



So, You want to adopt a dog...BUT WHAT BREED? If the breed is important to you, please consider the following.

- **Lifestyle Assessment:** Consider your lifestyle and daily routine. Different dog breeds have varying exercise needs, energy levels, and temperament. If you lead an active lifestyle and enjoy outdoor activities, a more energetic breed might be a good fit. If you prefer a more laid-back lifestyle, a calmer breed might be more suitable.
- **Living Space:** Assess your living space. If you live in a small apartment or have limited outdoor space, a smaller or low-energy breed might be more appropriate. Larger and more active breeds might require more space and access to a yard for exercise.
- **Allergies:** Consider any allergies that you or your family members might have. Some dog breeds are more hypoallergenic and produce fewer allergens, making them better choices for allergy sufferers.
- **Time Commitment:** Evaluate the time you can dedicate to training, grooming, and general care. Some breeds require more training and grooming, while others are relatively low-maintenance.
- **Family and Children:** If you have young children or other pets, look for breeds known for their compatibility with kids and other animals. Some breeds are more patient and gentle, making them better companions for families.
- **Temperament and Personality:** Research the typical temperament and personality traits of different breeds. Some breeds are more independent, while others are highly affectionate and crave attention. Consider what type of personality would best complement your own.



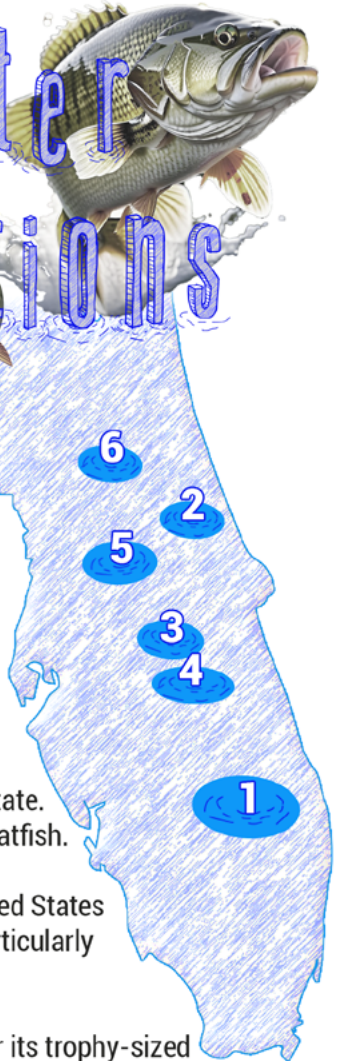
- **Health Considerations:** Some breeds are more prone to certain health issues. Research the common health concerns for the breeds you are interested in and be prepared for potential medical expenses.
- **Rescue or Purebred:** Decide if you want to adopt a dog from a shelter or rescue organization or if you prefer a specific purebred dog. Both options have their merits, and there are wonderful dogs available in both categories.
- **Meet the Breed:** If possible, spend time with dogs of the breeds you are considering. Attend dog shows or local events where you can interact with different breeds and get a sense of their personalities.
- **Talk to Experts:** Consult with veterinarians, breeders, or experienced dog owners to gather insights into specific breeds. They can provide valuable information about breed characteristics, care requirements, and potential challenges.
- **Consider Adoption:** Keep in mind that adopting a mixed-breed dog or a dog from a shelter can be incredibly rewarding. Mixed-breed dogs often combine the best traits of different breeds and can make excellent companions.



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.



ALLIGATORS are in Florida's lakes, rivers, streams, brooks, & canals. Sometimes they are found in people's swimming pools! So, watch-out: They like to eat small mammals.



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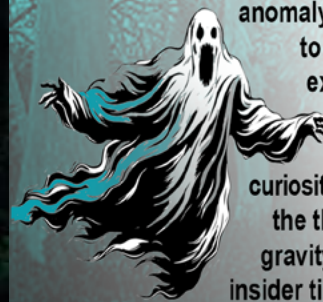
SPOOK HILL

Tucked away in the charming town of Lake Wales, Florida, lies a fascinating phenomenon that has been captivating visitors for generations - Spook Hill, a mystifying gravitational anomaly that has spawned a rich tapestry of legends and folklore. This enigmatic hill, nestled in the heart of Lake Wales, has been a source of wonder and curiosity, beckoning in thrill-seekers, skeptics, and the simply curious alike. With its eerie name and unexplained occurrences, Spook Hill has become an integral part of the town's identity, attracting tourists from far and wide who are eager to experience the thrill of defying gravity. As you step into the realm of Spook Hill, you'll find yourself immersed in a world of mystery, where the laws of physics seem to bend and warp, leaving you questioning the very fabric of reality.

First, arrive early to avoid the crowds and allow yourself ample time to soak in the eerie atmosphere. As you pull in to the designated parking area, take a moment to appreciate the unassuming landscape that belies the strange phenomenon lurking beneath. Be sure to bring a camera to capture the magic, as the surreal sight of your car rolling uphill will leave you and your friends bewildered and giggling.

Next, position your vehicle precisely on the white line, ensuring all wheels are aligned and in contact with the pavement. This will amplify the illusion, making it seem as though your car is being pulled by an invisible force. Don't be afraid to experiment with different car placements, angles, and even occupants to observe how these variables affect the gravitational anomaly.

As you prepare to embark on a journey to uncover the mystique of Spook Hill, Lake Wales' beloved anomaly, it's essential to approach this experience with a sense of wonder and curiosity. To maximize the thrill of defying gravity, follow these insider tips to ensure a unique and unforgettable adventure.



As you bask in the thrill of this paranormal experience, remember to respect the surrounding environment and other visitors. Take your time, enjoy the communal excitement, and relish the opportunity to share in a piece of Lake Wales' folklore. With these tips, you'll be well on your way to unlocking the secrets of Spook Hill, an experience that will leave you questioning the laws of physics and the power of local legends.

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Mosquitoes

Prevention & Health Risks



A MOSQUITO FREE YARD

Create an environment in your yard that invites animals that like to eat mosquitoes. Some things that enjoy eating mosquitoes are:

- Bats
- Frogs
- Fish
- Turtles
- Birds
- Dragonflies

To help repel mosquitoes, plant some of the different vegetation listed:

- Citronella
- Geranium
- Eucalyptus
- Rosemary
- Basil
- Anise
- Mint
- Marigolds
- Catnip
- Wormwood
- Tansy
- Lavender
- Cedar
- Cloves

Don't have stagnant water sitting around in things like buckets or tires.

BE SAFE WHILE OUTDOORS

When a mosquito bites you it can leave saliva in your body. If the mosquito is infected it can transfer diseases to you. A few of the more common diseases transmitted to people are:

- Dengue
- Encephalitis
- Malaria
- Yellow Fever

Mosquitoes can also transmit diseases to animals. A couple of these diseases are:

- Heartworm (mostly to dogs & cats)
- Encephalitis

To reduce your chance of getting a disease from mosquitoes you can, apply mosquito repellent to your skin and clothing.

RANDOM MOSQUITO FACTS

- More than 3,000 different mosquito species can be found around the world.
- Female mosquitoes feed on blood. Male mosquitoes feed on plant nectar.
- Some mosquito species prefer to feed on animals or reptiles over humans.
- All mosquitoes need water to complete their life cycle.
- One female mosquito can lay over 200 eggs at one time.
- Mosquito larvae only need a week in water to hatch.
- Mosquito eggs can survive for more than five years.
- Mosquitoes can fly around 1 to 2 mph.
- Mosquitoes find food by sight, infrared radiation and chemicals in the air.
- Around 1,000 Americans get ill or die from mosquito bites each year.
- Mosquitoes are a huge food source for birds, bats and some reptiles.



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• Play
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LOCALLY



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