

LET'S GO

Looking for something fun to do today? Get your pickleball rating! **D1**

THE WEATHER TODAY, C2

8 a.m. 74° Noon 89° 4 p.m. 91° 8 p.m. 84°

Mickelson a Mainstay for U.S. Team

Lefty has played in every major team event in golf for the U.S. since 1994. Sports, B1

NATIONAL NEWS

PLAYBOY MAGAZINE FOUNDER HUGH HEFNER DIES AT 91

Playboy magazine founder and sexual revolution symbol Hugh Hefner died at his home of natural causes Wednesday night surrounded by family. Founding the magazine in 1953, Hefner built a brand that defined the sexual culture of the second half of the 20th century. **National News, A8**



Associated Press file

Hugh Hefner built a multimedia empire of clubs, mansions, movies and television, symbolized by bow-tied women in bunny costumes.

Top of the News

INSIDE THE ISSUES SHAPING OUR COMMUNITY

Pilates Enthusiasts Take Exercise Outdoors



Bill Mitchell | Daily Sun

Jill Wells, bottom, of the Village of Bridgeport at Lake Sumter and local residents take part in the Pilates on the Square Wednesday at Lake Sumter Landing Market Square.

The Villages Recreation and Parks Department hosted the event Wednesday at Lake Sumter Landing.

By VALENTINA BORÉ
Daily Sun Staff Writer

It was a peaceful Wednesday morning at Lake Sumter Landing Market Square as dozens of women — and a handful of men — worked on their cores and stretched their muscles during Pilates on the Square.

The Recreation and Parks Department sponsored the

event so some of the resident lifestyle group leaders could come together to teach Pilates outdoors, said Chris Arrowood, recreation supervisor at Moyer Recreation Center.

"It's an opportunity for residents to be outside, enjoying the fresh air and doing some of the things they really enjoy but typically do indoors," Arrowood said.

Five resident lifestyle volunteers led the hourlong session, with residents scattered around the square on their mats.

Lisa Parkyn, lifestyles event manager for The Villages Recreation and Parks Department, said the event was a good opportunity for residents to

THE BENEFITS OF PILATES

According to physiatrist Dr. Susan Sorosky, co-author of a study examining the benefits of Pilates on lower-back pain, the exercises decrease pain and disability in those with chronic lower-back issues. Sorosky says Pilates' emphasis on proper breathing and focus should benefit those with most any type of chronic pain.

— AARP

try something new or for more experienced residents to stretch their muscles.

"This is an activity that a lot of residents express interest in, but they may not want to go to a class," Parkyn said. "This is a no-presure environment, and you can leave whenever you want."

Eva Shore, one of the instructors, said she has wanted to organize an event like Pilates on the Square for a while, but she couldn't do it without the help of the recreation department.

"It's an exercise appropriate for all ages. You can do it until you're as old as I am, and

Please See PILATES, A16

FRUSTRATIONS GROW IN SHELTERS AFTER EARTHQUAKE

As mistrust for their government to set things right grows, Mexicans displaced by the 7.1 earthquake wonder how long they will be stuck in crowded shelters. **World News, A10**

THAT'S AMAZING

VIRGINIA POLICE CATCH ROGUE PIG ON THE LOOSE

A pot-bellied pig that had been on the loose for weeks in a Virginia neighborhood has been nabbed by police.

The pig had become a familiar sight in Henrico's Twin Hickory subdivision as it scurried around the neighborhood.

Lt. Shawn Sears of the Henrico Animal Protection Police said officers heard reports for weeks about sightings of the pig.

On their Facebook page, Henrico police posted video of them chasing the animal.

"Just another day at the office," police wrote. — The Associated Press

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COMMUNITY & CONNECTIONS

Only in The Villages

LIFE IN FLORIDA'S FRIENDLIEST HOMETOWN

The Villages Polo Club Opens Its Fall Season With Matches This Weekend

Brace yourselves — the ponies are coming.

One of the most popular sources of entertainment in The Villages returns this weekend when the 2017 fall polo season kicks off Friday and Sunday at The Villages Polo Club.

The upcoming campaign, which will highlight the 20-year anniversary of the club, will feature nine weekends of polo action through the Thanksgiving holiday weekend.

Paige McCabe, director of The Villages Polo Club, said the excitement and anticipation for the upcoming season is at an all-time high, and this weekend will be

Please See POLO SEASON, A16



Michael Johnson | Daily Sun

Brent Hamill, 1, of McLin Burnsed, tries to move the ball from Charly Cendoya, 4, of Citizen's First in the first chucker during the Nov. 18, 2016 match.

THE DIGIT

9

Sets

The Villages High School volleyball team has lost just nine sets so far this season, helping propel the Buffalo to a 9-2 record on the court. VHS has won seven matches by a score of 3-0. The Buffalo will play at 6:30 p.m. tonight at Mount Dora High School.

— Tyler Breaman, Daily Sun

TONIGHT'S EVENTS ON THE SQUARES

Entertainment runs from 5 to 9 p.m.

Spanish Springs Town Square
Carol Ann
Happy hour, 5-7 p.m.

Lake Sumter Landing Market Square
Sugarbear Band
Happy hour, 5-6 p.m.

Brownwood Paddock Square
Scooter the DJ
Happy hour, 5-6 p.m.

from the front page



Erin Williams | Daily Sun



Bill Mitchell | Daily Sun

Top: Denise Bowman, of the Village of Chatham, was one of the instructors teaching Pilates on the Square. Bottom: Local residents take part in the Pilates on the Square program Wednesday at Lake Sumter Landing Market Square.

PILATES

Continued from A1

I'm 77," said Shore, of the Village of Country Club Hills. "Your core holds up the rest of your body, and it's important to keep it healthy and strong."

Emily Andrews, recreation supervisor at Fish Hawk Recreation Center, was excited to participate in her first recreation event on the square.

"It's beneficial to people new to the area or people who are interested in getting involved in something new," Andrews said. "There's no pressure. They can come here and enjoy it, and if not, they can try something else."

Barbara Tatten, of the Village of Calumet Grove, has been practicing Pilates for more than two years.

"Because our instructors are all here, there wouldn't have been a class anywhere," Tatten joked.

Although she enjoyed the event, Tatten said she prefers practicing in the recreation centers, but being surrounded by a large group didn't affect her experience.

"It didn't make one bit of difference," Tatten said. "You're into your own mind and your own body, so you don't see anyone else here, even the instructors. You just listen."

Carolyn Goldstein, of the Village of Pine Ridge, got a bit more than just a workout out of the event.

Goldstein will teach the newest Pilates class starting Oct. 16 at Moyer Recreation Center, and seeing the instructors in action allowed her to get some tips and tricks for her upcoming class.

"I was getting a feel as to how different instructors work and thinking about the way I learn Pilates and how I will share that," Goldstein said. "Everyone has a different way of expressing the movements and their emphasis, but it's all good."

According to Shore, anyone can practice and benefit from Pilates.

"It really raises energy levels; it connects your body and mind," Shore said. "It's an exercise you have to think about. It gives you balance, it works on the core and it's a lot of fun."

Shore led the class along with Debbie Chalkley, Denise Bowman, Karla Taylor and Heidi Zerbe, all of whom teach Pilates and other fitness classes at different recreation centers.

"We all work at our own

POLO SEASON

Continued from A1

the culmination of months of hard work done to ensure the best possible experience for both players and spectators.

"We are all very excited for the start of the fall season because of all the hard work we've put in over the past few seasons, but this past summer in particular," McCabe said. "We have made a lot of changes and have added new programs and we're really looking forward to seeing it all in action."

One of the many new additions to The Villages Polo Club is the initiation of the club's first polo school, complete with an on-site polo campus and instructor.

McCabe said the club's hiring of polo instructor and veteran United States Polo Association official Mike Harris should pay huge dividends in continuing the local growth of the sport.

"I am eager to see the polo school take shape," McCabe said. "I can't wait to see all the new faces he brings to the club and the sport of polo."

This fall will feature nine weekends of play — a season-opening, four-week pro-pool tournament, a three-week 8-goal tournament, the fan-favorite all-women's weekend of play and the season finale family-themed Thanksgiving weekend. Play is held on Friday and Sunday afternoons at the club, with tickets available at any Villages Box Office location or at the gate on match day.

Earlier this spring, The Villages Polo Club set two new records for the most-attended matches at the club since its opening in 1997, as more than 3,500 fans took in the first two championship Sundays of the spring season in March.

"The community and the booster club support is tremendous and it's something we're very proud of at our club," McCabe said. "Many of our visiting players are blown away by the crowd's support and knowledge of the game, because you don't really see that at other clubs around the country."

One couple looking to join the masses at the three-level stadium this fall are Jean and Joseph Wolfe.

The seasonal residents are staying with friends in The Villages through the winter for the first time, and were pleasantly surprised that the community houses such a unique sport



Michael Johnson | Daily Sun

One of many new additions to The Villages Polo Club this fall is the initiation of the club's first polo school, complete with an on-site polo campus and instructor.

— as they found out at Wednesday's season kickoff Polo 101 educational course at the club.

"Our friends told us, 'Get up, get dressed, we're going to go

teach you polo,' and we were just like, 'Huh?' Jean said. "We had never even heard of it. My husband thought it was the Olympics game in a pool, so he

was way off on the type of polo, we found out. It's really another unique and unusual thing about The Villages that has us thinking just how special things are here."

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