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Afternoon  
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## GRANT'S ATHLETICISM PUTS HIM AMONG ELITE

The Charlotte Fightin' Tarpons Jayden Grant is a multi-sport athlete, who will be a critical component in his teams' success. He is a dual threat on the football field, a steady presence on the basketball court and an elite weightlifter. *See Our Town, page 10*

Sunday, August 19, 2018

Vol. 126 | Issue No. 231

www.yoursun.com

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## 2 shot at South Fla. high school football game

WELLINGTON, Fla. (AP) — A high school football stadium was evacuated after gunshots rang out during a practice football game in South Florida on Friday night in what authorities say stemmed from an altercation between students.

Palm Beach County Sheriff's officials said two people were injured in the gunfire during the game at Palm Beach Central High School. The victims were not identified.

Florida Highway Patrol spokesperson Lt. Alvaro A. Feola said in a statement early Saturday that both adult male victims remain hospitalized, and one is in critical condition. No information about the condition of the second victim was given.

Sheriff spokeswoman Teri Barbera said a group of students got into a fight during the game. One of the victims was found on school property and the second victim was taken to the hospital by a friend. Authorities did not release any information about a possible suspect.

The Palm Beach Post reports a helicopter landed on the field, and a man was being treated on the track.

Lynn Monnette told the newspaper that she was watching her son play when she heard four shots fired during the fourth quarter. She said the shots were coming from the far end of the bleachers underneath where the band sits. She said chaos broke out and shoes and other personal belongings went flying as people fled the area.

The worried mom said authorities arrived on scene almost immediately.

It was not immediately clear whether the shots were fired in or near the stadium.

Authorities said they don't have a motive or suspects but said the violent crimes division would take over the investigation.

The game was between Palm Beach Central and William T. Dwyer high schools.



CHARLIE SAYS

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# Now, schools must trust in God

## Fla. law makes schools display motto

By KAYLA GLEASON  
STAFF WRITER

### READ THE RULE

The state's Patriotic Program law can be found here, including the new requirement to display "In God We Trust": <https://bit.ly/2BnEilv>

Local students are being met with a new motto that they've probably heard before, just not in their schools: In God We Trust.

The national and state motto, already featured on American currency, the state flag and even some Florida license plates, is now required by law to be displayed in all Florida schools.

In March, Governor Rick Scott signed a handful of education-related bills into law, including the Marjory Stoneman Douglas High School

Public Safety Act. He also signed in the changes to state statute 1033.44.

According to the law, "each district school board shall adopt rules to require, in all of the schools of the district and in each building used by the district school board, the display of the state motto, 'In God We Trust,'



SUN PHOTO BY KAYLA GLEASON

Students, staff and visitors at Peace River Elementary School are greeted by the now-required motto hung in the front office.

SCHOOLS | 5

# 'We haven't reached the abyss yet'



## Local doctors and law enforcement say it's too early to tell what the effects of HB 21 will be

By LIZ HARDAWAY  
STAFF WRITER

His pain started in April 2014.

Russell Wilcox's back looked like "the Brooklyn Bridge on an X-Ray," he said.

An initial series of surgeries didn't correct the 83-year-old Port Charlotte resident's issues, which included a degenerative disc disease, and shooting sciatic nerve torture that typically fires through each side of the lower spine, into the back of the thigh and all the way down to the foot. That kept getting worse.

"The pain becomes unbearable," said Wilcox, who tried

Tylenol, Naproxen and other over-the-counter medications he hoped would ease the throbbing, but he "couldn't stand it anymore."

The retired college professor, who resides in the Heritage Oak Park neighborhood, started taking opiates that May and continued until October. Like many others, he used this prescribed medication to just be able to get through the motions of his daily routine without persistent agony.

Today, doctors say Wilcox would not be able to receive this same type of treatment in Florida because of a new law, House Bill 21.

"The problem," Wilcox said, is HB 21 "penalizes innocent people dealing with severe pain, many of whom are severely limited in their

### FLORIDA OPIATE PRESCRIPTIONS PER 1,000 COUNTY RESIDENTS 2012-2015

Year	Charlotte	Sarasota	DeSoto	Lee
2012	968	888	646	708
2013	942	861	659	674
2014	999	907	682	716
2015	1,092	965	748	794

Source: Florida Drug-Related Outcomes Surveillance and Tracking System (FROST)



mobility and cannot cope with these restrictions."

In the wake of a national and statewide crisis that's killing thousands of Floridians, local lawmakers decided to combat the opioid epidemic with HB 21.

As of July 1, doctors could

only prescribe a three-day supply of schedule II opiate medication to help patients with their acute pain. In some cases, the physician can extend the prescription to seven days if deemed medically necessary.

The law "affected legitimate

HB 21 | 4

## Number of pregnant women abusing opioids skyrockets

By LAUREN CLASON  
CQ-ROLL CALL

The number of women giving birth with opioid use disorder quadrupled between 1999 and 2014, a new report from the Centers for Disease Control and Prevention shows.

The increase underscores the severity of the country's opioid epidemic as a legislative package aimed at helping states curb addiction rates idles in the Senate. Newborns exposed to drugs while in

the womb can suffer severe complications, including withdrawal, preterm birth and death.

The CDC study released this month found "significant increases" in the number of women with opioid use disorder at the time of delivery in 28 states with available data. The agency analyzed information from a database of inpatient discharges operated by the Agency for Healthcare Research and Quality, finding that the prevalence of pregnant

women addicted to opioids increased from 1.5 per 1,000 deliveries in 1999 to 6.5 in 2014.

"These findings illustrate the devastating impact of the opioid epidemic on families across the U.S., including on the very youngest," CDC Director Robert Redfield said. "Untreated opioid use disorder during pregnancy can lead to heartbreaking results. Each case represents a mother, a child, and a family in need of continued treatment and support."

The CDC reported in March that 63,632 Americans died of drug overdoses in 2016, a 22 percent increase over the previous year. Two-thirds of those deaths were linked to opioids.

Congress is looking to pass a package of opioid-related bills this year with several measures aimed at improving care for pregnant women and newborns. The House passed its version in June, but the Senate has yet to finalize its own package.

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# Sarasota County Schools to discuss charter school funds

By **ALEXANDRA HERRERA**  
STAFF WRITER

SARASOTA — Following backlash from Sarasota County Schools charter school partners Aug. 7, the School Board will discuss its charter school capital agreement Tuesday.

The conversation comes just two weeks after the board decided to not share the capital dollars for the 2018-19 school year.

Along with the charter school capital, the board will also discuss the review of the School Avenue community workshops. The closure of School Avenue has been on the forefront of the board's priority for this school year.

School Avenue runs through the Sarasota High School campus, and is opened to traffic after the school is closed

for the day. The road has pedestrian access during the day, which according to the district poses a threat to students.

The district has been meeting with city officials from Sarasota to work on the closure of the street.

It's also been meeting with residents who use the road and live near the school to try and get it closed.

Also during the morning workshop the board will discuss its 2019 board meeting calendar, and cellphone use among students.

The last two items on the agenda is the extend-day program access for employee dependents and its legislative platform. Following its morning workshop, the board will meet at 3 p.m. for its regular board meeting.

During its regular 3 p.m. board meeting, the board will discuss

three items under new business.

One of the items on the 3 p.m. agenda is the approval of the 2018-19 five year capital improvement plan. The capital plan is used for construction projects, which are funded in year one and only in the planning stages in years two through five.

This year's capital plan had many of the construction projects shifted in order to harden schools and add additional fencing.

Another item under new business is the approval to advertise the updated chapter two in the board's policy book. The second chapter deals with rental of district owned spaces, such as fields, performing arts centers and schools for community use.

Following the discussion of the policy, the board will also discuss

the rental rates for the district. According to board documents the rental rates cover the use of classrooms, gyms, media centers, as well as the use of performing arts centers.

Rates vary by space and are done by the hour, there are different rates for profit and non-profit groups.

The Sarasota County School Board will meet at 8:30 a.m. Tuesday for its monthly workshop, followed by its 3 p.m. meeting in the board chambers, 1980 Landings Blvd., Sarasota.

Meetings and workshops are broadcast live on The Education Channel, Comcast channel 20 and Frontier channel 33. Meetings are also streamed live on the district's website www.sarasotacounty.schools.net.

Email: [aherrera@sun-herald.com](mailto:aherrera@sun-herald.com)

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### COMMUNITY NEWS BRIEFS

#### Golf to help basketball team

The Pride Parents of North Port High School Bobcats boys basketball team will host a golf tournament fundraiser Saturday, Aug. 25 at Riverwood Golf Club, 4100 Riverwood Drive,

Port Charlotte. The entry is \$300 per foursome and includes green fees, golf cart, bag handling, two meals and two drink tickets per player, according to Pride Parents. Check-in and breakfast is 7 a.m. and the tourney starts at 8:30 a.m. Entry deadline is noon, Thursday, Aug. 23. Checks can be made payable to Pride Parents, Inc. and sent to Ryan Power, care of North Port High School, 6400 Price Blvd., North Port, 34291. For more information, email [prideparentsinc@gmail.com](mailto:prideparentsinc@gmail.com).

gmail.com.

#### Volunteers sought

Literacy Volunteers of South Sarasota County seeks residents in the area who want to help other adults working to learn English or improve their reading skills. There are more than 60 adults waiting for a tour, according to LVSSC. An orientation session is set from 11 a.m.-noon, Sept. 19 in the Start Now! office at 6919 Outreach Way, Suite B111, North Port. For more information, contact

Karen Bridgam at 941-861-1320, or email north.port.literacy@gmail.com.

#### Wing Fest

The Sons of AMVETS Post 2000 hosts Wing Fest from 2-8 p.m. Saturday, Aug. 25 with 10 flavors of wings with a choice of five for \$5.50 or 10 for \$9. Fries are available for \$2 with carry outs available. Music begins at 7:30 p.m. The post is at 401 Ortiz Blvd., Warm Mineral Springs. For more information, call 941-429-1999.

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# New law: More than just opioids

By NASEEM S. MILLER  
ORLANDO SENTINEL

When Dr. Pamela Trout, a pediatrician and a solo practitioner, heard about the state's new opioid law, she didn't worry because she rarely prescribes opioids.

But then she learned the law, which went into effect on July 1, covers more than just opioids.

Almost all medications that are classified as Schedule II through V drugs, including steroids; anti-seizure medications; stimulants like Adderall, Ritalin and ADHD medications; Ambien and Xanax are included in the law.

The Controlled Substances law doesn't put a limit on the prescription of non-opioid drugs. But it adds a new requirement for doctors to check a statewide database when prescribing from a list of more than 100 scheduled drugs before putting pen to the prescription pad.

And while many local doctors agree that the law is a step toward reducing the availability of opioids, they also find its mandates onerous and time-consuming.

"The number of patients

that I see that are on ADHD medications that I refill every day is crazy," said Trout. "It is more regulation and more consequences for something that we already did pretty smoothly. It just adds to the work for the day, and I don't think it's necessary for my patients."

Florida is now one of two dozen states to have passed legislation related to prescription of opioids. It's part of a nationwide effort to curb the opioid epidemic that's killing more than 115 people each day.

The laws vary from state to state. In Florida, it places a three- and seven-day limit on the prescription of opioids for acute pain. It also requires that health providers check the state's prescription drug monitoring program before writing a new prescription for most controlled substances for patients who are 16 years and older.

Called E-FORCSE, Florida's prescription drug database was created by the Legislature in 2009 to encourage safer prescribing of controlled substances. The database collects and stores scheduled drug prescriptions, which

are mainly dispensed by pharmacists. The database can help providers identify patients who are "doctor shopping."

Under the new law, providers who fail to check the database can result in penalties, including a disciplinary action against their license.

There's still a lot of misinformation about the law among providers and patients.

Local health systems have launched massive education campaigns for their staff and patients about the new law, emphasizing mostly limitations on opioid prescriptions, to prepare the patients for what they should expect when they see their doctors.

Earlier this month, the state Department of Health made live Take Control, an educational website to educate the public about the new law.

"The department is committed to working with patients and the health-care community to clear up any possible confusion about the new law to ensure that patients are able to obtain and fill necessary prescriptions for pain medication," said

State Surgeon General and Secretary Dr. Celeste Philip.

"I think it has had a bigger impact than any law that I can remember in recent years," said Dr. Jennifer Keehbauch, chief medical officer of Winter Park Memorial Hospital. "It touches you wherever you practice and whatever your specialty is."

In addition to the new E-FORCSE requirement, the law's restrictions on opioid prescriptions have also raised concern among some physicians, particularly surgeons.

"I think the idea was good, but it went too far ... for a person who has major surgery, the seven-day limit is totally inadequate," said Dr. Larry Halperin, an orthopedic surgeon. "It is yet another addition to our workload forcing us to spend more of our office time looking down at the computer."

Executives at Jewett Orthopaedic, a large Florida practice with more than a dozen offices treating between 700 and 900 patients each day, say that the law's restrictions create an inconvenience for patients after surgery and worry about the impact of patient requests

for new prescriptions.

"If we have to renew prescriptions every three days, or even every seven days, you can imagine the workload," said Jewett CEO Chad Wiggins.

More than a month after the law went into effect, Dr. Benjamin Kaplan, an internal medicine doctor, calculated the financial cost of the legislation in his practice.

"If you include log-in time, and then checking the patient's name, it takes about 30 seconds to 1 minute to check the database," said Kaplan.

He said he spends between half-an-hour to 45 minutes a day on the E-FORCSE, which adds up to about \$750 loss because of the patients he can't see.

"Then you can extrapolate out the rest of the loss for the year: five days a week; 48 weeks, taking into account vacation, per year," he said. "You should be very careful when prescribing opioids. I get it and I know that. But making a blanket statement affecting all physicians in the state of Florida, that's a big deal without really knowing the true validity of that decision."

Although studies have

shown that opioid prescriptions have dropped in recent years, there's little data to show that laws limiting opioid prescription have made an impact in curbing the current epidemic.

"The laws do service to reduce opioid prescription, but the ultimate goal is to reduce overdose deaths, and laws like HB 21 are unlikely to do that," said Dr. Joanna Starrels, associate professor of medicine at Albert Einstein College of Medicine.

While the prescription opioids are to blame for the onset of the epidemic, the main driver of overdose deaths today is illicit opioids, including heroin, fentanyl and the deadly carfentanyl, researchers say.

"I struggle to think of anywhere that opioid overdose deaths have been reduced," said Starrels, whose research is focused on opioids and related practices and policies. "As we role out well-intentioned initiatives to reduce the risks associated with prescription opioids, we need to keep the big picture in mind. Our ultimate goal needs to be to reduce opioid overdose deaths."

## HB 21

FROM PAGE 1

users, taking (opiates) as prescribed," said Dr. Dan Smith, an anesthesiologist running Liberate

Physician Centers in Port Charlotte. "They were looking for functionality."

Many doctors were

skeptical of the new law, considering it a "knee-jerk reaction carried out by non-physicians" as described by Dr. Joseph Ravid, a primary care physician at Bayfront Port

Charlotte and Punta Gorda. Dr.

John Mason, a family physician at Sarasota Medical Center called it a form of "state-imposed torture."

"I just don't understand how you're going to be able to remedy something without consulting with the people who are in the trenches," Ravid said.

Has it been as bad as anticipated?

Some say the real test hasn't come yet: That's when the population surges with the arrival of winter residents.

"The biggest challenge that we are facing right now among my other colleagues," Ravid said, "is educating the patient. They just don't understand why they have to jump through all these hoops being that they've been on a medication for years and years."

"We're educating rather than remedying their issues."

There also has been some cases where communication between pharmacists and doctors has been unclear.

Though a patient is prescribed a three or seven-day supply, there have been instances

### WHAT THE LAW REQUIRES

Before prescribing Schedule II to V controlled substances to patients 16 years and older, providers have to check the state's prescription drug monitoring program.

For patients who have acute pain and need an opioid medication, providers are limited to a three-day prescription. If doctors can justify an exemption, they can extend the prescription to seven days.

The opioid prescription limit does not apply to the treatment of non-acute (chronic) pain. It also exempts patients who have pain because of cancer, terminal diseases, palliative care or severe traumatic injuries.

Health providers, including physicians, dentists, podiatrists, optometrists, advanced registered nurse practitioners and physician assistants who prescribe scheduled drugs are required to take a state-approved two-hour course on prescribing controlled substances by Jan. 31, 2019.

Health providers who violate the law will be penalized, the details of which are currently being worked out by the professions' state boards.

Source: Orlando Sentinel

### NEW CONTROLLED SUBSTANCES LAW

Here are some of the drugs included in the Controlled Substances law. Health providers have to check the state database before writing a prescription for these drugs. Only Schedule II drugs (opioids) are subject to three and seven-day prescription limits. There are also no refills for opioids:

Schedule II drugs: hydromorphone (Dilaudid), methadone (Dolophine), meperidine (Demerol), oxycodone (OxyContin, Percocet), and fentanyl (Sublimaze, Duragesic). Other Schedule II narcotics include morphine, opium, codeine, and hydrocodone.

Schedule III drugs: buprenorphine (Suboxone), benzphetamine (Didrex), phendimetrazine, ketamine, and anabolic steroids such as Depo-Testosterone.

Schedule IV drugs: alprazolam (Xanax), carisoprodol (Soma), clonazepam (Klonopin), clorazepate (Tranxene), diazepam (Valium), lorazepam (Ativan), midazolam (Versed), temazepam (Restoril), and triazolam (Halcion).

Schedule V drugs (excluding non-opioid drugs): cough preparations containing not more than 200 milligrams of codeine per 100 milliliters or per 100 grams (Robitussin AC, Phenergan with Codeine), and ezogabine.

Source: Orlando Sentinel

lately where pharmacies will not fill the legitimate prescription, said Fraser Cobbe, the executive director of the Florida Orthopaedic Society.

One patient, Cobbe said, was denied a three-day prescription because it was not labeled for acute pain. However, this labeling is only required for seven-day prescriptions.

Patients are "denied service of a prescription that leaves them scrambling," Cobbe said. "It makes it extremely troublesome and burdensome for the patient."

The Florida Orthopaedic Society is working with the state Board of Pharmacy to encourage communication to its members to ensure congruent interpretations of the new law. To address confusion with HB 21, the state Department of Health recently issued an updated Frequently Asked Questions statement that included clarifying that the three-day rule doesn't require an "acute pain" designation but needs to have the words, "acute pain exception."

"The first few weeks we're just weeding through all these issues," Cobbe said. However, Cobbe considers the transition to be

going relatively smooth, especially with the state-mandated course being administered to clear up any confusion.

One of the largest concerns was whether the law would cause patients to flood the emergency rooms. Though a handful of pain patients do go to the emergency room before being able to get an appointment with their doctor, it doesn't seem to have affected wait times for patients yet.

"Since The Florida Senate Controlled Substances House Bill 21 (HB 21) went into effect," Bevin Holzschuh, the system director of marketing and public relations for Bayfront Health, said, "neither Bayfront Health Port Charlotte nor Bayfront Health Punta Gorda emergency departments have seen an influx of patients seeking pain management for acute pain."

As a result, Bayfront emergency rooms still are completing their pledge for a patient to be seen by a medical profession within 30 minutes of arrival, Holzschuh said.

Sarasota Memorial Healthcare emergency rooms, located in both North Port and Sarasota, have not seen much a difference either. According to the most recent available data,

average wait times had increased by less than two minutes in July compared to June's numbers.

Dr. Eugene Pereira, director of pain management centers in Sarasota Memorial Healthcare Systems, said he hasn't seen much of a change in the way he practices. Though it's too premature to really see the effects of the bill, Pereira says patients are more aware that opioids are no longer the "good guys in pain management."

Pereira even cited a study conducted by the U.S. Department of Veteran Affairs that compared opioid and non-opioid therapies for pain.

"Opioids were not superior to non-opioid approaches in terms of efficiency but were associated with significant side effects," the study said.

Pereira said a lot of doctors and patients experienced a lot of anxiety regarding the new law, but "people will get used to the new norm."

One alternative that patients have explored even before the implementation of HB 21 is medicinal marijuana. Smith, who works Liberate Physician Centers in Port Charlotte, which assists qualifying



PHOTO PROVIDED

Image of Russell Wilcox's back, which he described as "the Brooklyn Bridge on an X-Ray."

patients in obtaining medical marijuana, said there has been a steady increase in interest, saying roughly 60 percent of his practice is made up of patients trying to manage their chronic pain.

With an average patient age of 59 years old, Smith says medical marijuana has helped patients with their withdrawal symptoms. Though chaos hasn't ensued from the new law, doctors are skeptical how that will change in six months.

"We're not at the most overly-stressed time of the year," said Rep. Julio Gonzalez (R-Venice), who is also an orthopedic surgeon in Venice. Our doctors aren't as busy as they are during season."

Gonzalez said so far the transition hasn't been too strenuous, as his practice already gives seven-day prescriptions anyways.

"We haven't reached the abyss yet," Ravid said. "We don't have the infrastructure in Charlotte County to deal with this problem right now."

Though local law enforcement was optimistic that the bill would "totally change up the game" of drug dealing, Ron Beck, a detective for the Charlotte County Sheriff's Office narcotics unit, said it's simply too early to tell. In six months, however, he said they should be able to compare their numbers and see.

"I'm not saying the bill is perfect," said Rep. Michael Grant (R-Port Charlotte), "but it's a step in the right direction."

"No one's trying to impose harm on individuals; we're trying to begin to fix a societal problem that is draining precious resources."

Harm is what concerns Wilcox, the patient with the "Brooklyn Bridge" back.

The former Rhode Island professor had been prescribed Vicodin in May 2014 and had corrective surgery that July, leaving him somewhat disabled afterward with both legs suffering from nerve damage. Wilcox, who worked at Stonehill College in Massachusetts, logged each of his three daily pills as to not overuse during his six-month period.

Once the pain started to subside, Wilcox decided to wean himself off of the addictive drug, tapering down to two pills, then one and finally none in a little over a week. Three of those days, Wilcox did say he felt uncomfortable while experiencing withdrawal.

"I definitely felt I was going through something," Wilcox said. "That 'something' just took the form of not being able to sleep."

He didn't feel he wanted another pill, and hasn't had the need for one since.

# North Port support group arrives for families of suicide victims

By LAUREN COFFEY  
STAFF WRITER

NORTH PORT — After a person dies of suicide, family members and friends are often left with a slew of emotions and questions.

Some North Port residents want to offer help for those families, right in the city.

“The reason why you just try to put (those affected by suicide)

together is because of the stigma, the wondering, people are embarrassed,” said Amy Vogel, Holly’s Hope education coordinator. “So it’s a support place where people have all dealt with the same issue and it’s a common ground.”

Holly’s Hope, a group formed by Joan and Ed Morgan after their daughter Holly died by suicide in 2017, will host the first support group to help

with grief from suicide.

The closest support group currently for “survivors of suicide” is at Tidewell Hospice in Sarasota.

“The survivor of suicide groups are needed and they’re hard, but they do help,” Joan Morgan said. “A lot of the people around here aren’t going to go up to Sarasota and unfortunately we have a lot of people who need it.”

The group is especially

needed in the area, Morgan said, as suicides continue to occur in North Port and the county.

“There’s a lot of people in this area hurting,” she said. “I can’t believe all the stories. It is so prevalent, it is here. Most families and most people I talk with — oh my gosh there’s some story in most families.”

And for those left behind, they need a

different type of grief support group, according to Vogel.

“You could go to bereavement group where someone died of cancer or even murder; we understand murder more than suicide, unfortunately,” she said. “(With a suicide support group) those people feel comfortable, they know other people are feeling the same thoughts and questions and it’s easier to open up

knowing they have lost a family by suicide.”

The group will meet on the fourth Monday of every month at 6 p.m. in the Module Three at New Hope Community Church, 5600 S Biscayne Drive. The first meeting will be Aug. 27.

For more information on the group, contact Vogel at 317-250-7316 or email at amy.vogel98@gmail.com

Email: lcoffey@sun-herald.com

## SCHOOLS

FROM PAGE 1

designated under s. 15.0301, in a conspicuous place.”

Other than “a conspicuous place,” the state has not provided any specific guidelines or instructions for display.

Locally, Charlotte County Public Schools plans to comply with the law by installing six-inch raised black letters that spell out the motto. Every school lobby, as well as the Board Room, will now feature “In God We Trust.”

Mike Riley, CCPS spokesman, reported that the fabrication and installment of all the letters will cost the district \$14,000.

Some Charlotte schools are already displaying the phrase, like Peace River Elementary School which has had the letters up since this summer, according to Assistant Principal Melissa White.

“We currently have 11 of our 20 schools in compliance and are working on the others at this time,” Riley said.

A deadline has also not been set, though many schools, such as those in Sarasota County, hung up temporary signage for the start of the academic year.

“Signs have been placed in all schools and school district buildings as of the first day of school. We had them in all front offices on last Monday. We are having permanent signs made now and we will replace the paper copies when they are complete,” said Kelsey Whealy, Sarasota County Schools spokesperson.

Unlike Charlotte County’s large lettering, Sarasota is meeting the new requirement with a specially designed sign.

“We drew upon best practices from Duval County and incorporated the motto, SCS logo and seal of the State of Florida,” Whealy said.

State Sen. Denise Grimsley (R-Lake Placid), whose district covers part of Charlotte County, is running for the office of Florida Commissioner of Agriculture. She said a school is the perfect place to implement the phrase and help teach young minds.

“We have placed ‘In God We Trust’ on our money, our public buildings, our state flag, and even in the fourth verse of our national anthem. So I can’t think of a better place for our motto than Florida classrooms. Students are subject to a lot of influences in life, but I’ve never seen anyone harmed by the proud display of our motto,” she said.

### Controversy

The introduction of this rule, however, has some concerned over separation of church and state.

In 2012, Scott passed another, similarly controversial law. Section 1003.45 made it legal for public schools to allow

under two minutes of silent prayer or meditation.

While the U.S. Constitution prohibits public schools from encouraging the practice of religion, the Florida law gets around this by not requiring any specific prayer.

According to Riley, CCPS simply has a “moment of silence for all staff and students.”

To minimize disruptions, students with certain religious requirements can also use time between classes, at lunch, or before and after school to pray.

Supporters of the new motto requirement have also stated it is a significant aspect of American history and government.

“[The motto] has been ruled constitutional [when challenged],” said Anthony Verdugo, Executive Director of the Christian Family Coalition of Florida, at a hearing on the bill earlier this year.

“It’s just a reaffirmation and recognition of what we already know to be true. Our students should not be denied that knowledge of our history and our heritage here in America.”

Verdugo, who “[serves] as a voice for the pro-family citizens of Florida,” according to his Twitter bio, has also spoken in favor of bills that would ban transgender Floridians from using the restroom matching their gender identity and fought against rulings that overturned the ban on same-sex marriage.

“We believe that this is a very simple step in the right direction for Florida,” he said of the new motto requirement.

Others in favor of the law have also cited the importance of the phrase over the course of U.S. history as the driving motivation. Many of them also have strong ties to Christianity or are members of a Christian denomination.

Gov. Scott, who is running for U.S. Senate, helped found Naples Community Church.

Rep. Kimberly Daniels, D-Jacksonville, sponsored the bill and is also a pastor and author of numerous faith-based books, including “Prayers that Bring Change,” “The Demon Dictionary” and “Spiritual Bootcamp.”

“Everyone should have a right to their own faith but we’re not talking about just our faith, we’re talking about a symbol that we need to get back to the basics of,” she said at the bill’s hearing.

Daniels went on to cite a Psalm that conveys the same “In God We Trust” message.

In fact, the initial

institution of the phrase in the U.S. carried a very strong religious connotation.

“The motto ‘In God We Trust’ was placed on United States coins largely because of the increased religious sentiment existing during the Civil War. Secretary of the Treasury Salmon P. Chase received many appeals from devout persons throughout the country, urging that the United States recognize the Deity on United States coins,” according to the U.S. Department of

the Treasury.

Even if implementing the phrase was meant in a truly historical context, it’s hard to mention the Christian God without bringing in or somehow promoting faith.

At least some organizations are looking to combat this.

A Tampa-based group, Atheists of Florida, is designing special “In God We Trust” signs to donate to schools with the hope of expanding on the typical, Christian association. One example would feature a variety

of different gods and figures as to not alienate students practicing non-Christian religions or no religion at all.

Census data as of 2010 at least shows less than half of Charlotte County residents are religious — about 40 percent.

Other mentions of God or religion in schools allow students to opt out if they or a parent/guardian so chooses. Students, for instance, can get permission to not perform the Pledge of Allegiance or they can

not say “one nation under God.”

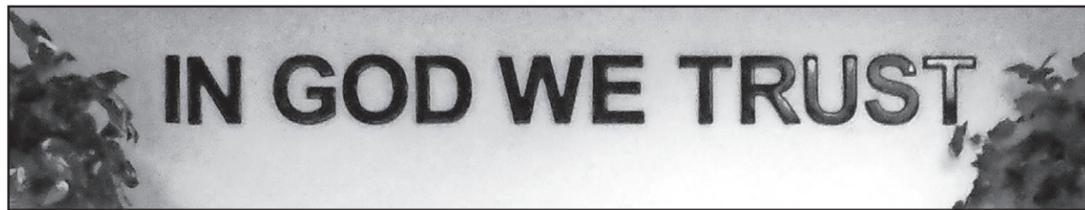
Even the earlier controversial prayer bill lets students decide how and if they pray.

Sarasota County schools also requires teachers get approval from the school board before teaching any course that features an objective study of the Bible or a comparative study of religion.

An opt-out of the new signage is not available, and there has not been a specific deadline imposed to implement it, according to Riley.

Riley said he was unaware of anyone coming in from the state to check every single campus for signage. He said no official deadline or explicit instructions on erecting the signage were imposed.

Email: kgleason@sun-herald.com



SUN PHOTO BY KAYLA GLEASON

To create and hang the motto in all schools and the School Board meeting room, the district will have to pay \$14,000.

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# VIEWPOINT

## OUR VIEW

Publisher — Glen Nickerson  
Executive editor — Jim Gouvellis  
Editorial page editor — Stephen Baumann  
Commentary Editor — John Hackworth

Email letters to [letters@sun-herald.com](mailto:letters@sun-herald.com)

## Study of water issues is needed

**OUR POSITION:** *The time for finger-pointing is over. Let's commission a comprehensive study of the problems with our water.*

If we were Gov. Rick Scott's campaign manager, we would urge him to immediately announce a multi-million-dollar study of the state's water problems. When we say water problems we mean the algae oozing from Lake Okeechobee and the red tide choking our beaches.

The governor could use some of the \$700 million he slashed from the state's water management districts in his first couple of years in office. That was money that would have paid for things like monitoring water quality.

The South Florida Water Management District (on the east side of the state) saw its budget go from \$1.07 billion in 2011 to \$576 million in 2012.

Our own Southwest Florida Water Management District's budget was cut by \$124 million in 2012. Scott was proud of the cuts to the state budget, claiming in a radio address in 2011 that he "took action" to cut "more than \$700 million" from the state's five water management districts.

To be transparent, we should add that in the past couple of years he has restored about \$300 million of that money. And no one can prove that cutting that money had anything to do with the terrible problems we have right now.

It may be just a coincidence. Realistically, though, that increasingly seems unlikely.

Funding a major study is, in our book, a necessary first step toward trying to avoid another summer like the one beachgoers, business owners and those who just enjoy a nice day

on the water are experiencing here in Southwest Florida.

It's nasty, it's frustrating and it's killing Florida tourism. When will we recover?

Red tide, which is nothing new to Florida, has killed thousands, probably millions, of fish and a whole bunch of turtles, dolphins and manatees. It can cause respiratory irritation for humans; for those with severe or chronic respiratory problems, it can result in a serious illness.

Scott has declared a state of emergency. He has agreed to fund Visit Florida and Mote Marine with \$600,000 or so to pay for monitoring the situation and to begin an advertising campaign to bring visitors back to our beaches — when they are clean of dead fish, of course, and when air along the beaches won't make them choke.

Theories abound as to why red tide is so pervasive this summer. Some would tie it to the algae-clogged Lake Okeechobee, which has sent horribly polluted runoff down the Caloosahatchee River to our shoreline, the islands and the bays along the Gulf Coast. The belief is that the high concentrations of nutrients from that goop is feeding the red tide algae and keeping it close to the beach.

Another theory is that climate change — a term the governor detests — is helping red tide survive. We have now experienced three years of record-setting temperatures. The Gulf has become warmer. One weather service said the Gulf reached 90 degrees in May this year — the earliest in history. A warmer Gulf also means a better environment for hurricanes, should they form there or survive the

cooler Atlantic Ocean to reach us. Is the phenomenon of higher Gulf temperatures linked to climate change? A proper study could help us understand, and it's a vital step; acknowledging the possibility is the first step, though, and we'd like to hear Scott acknowledge that possibility without hesitation.

Red tide was not caused by Rick Scott. But the people along the Gulf Coast sure would like to know what did cause this year's outbreak to be labeled the worst in memory by residents who have lived here for decades.

The only sure way to figure it all out is with an in-depth, comprehensive study that, we hope, could lead to some strategies to fight back so that we'll never have to suffer through another miserable summer like this one.

## LETTERS TO THE EDITOR

### Trump has done plenty for country

Editor:

It's amazing how people keep their head in the sand for over a year and a half and then ask the question on the Sunday Viewpoint what has this president done. Well here are some things for you to go check.

How about GDP over 4.1 percent up from 1.9, how about unemployment at a all time low 3.9, how about more blacks unemployment at a all time low. How about more women are working, how about the tax cut that was for every one not just the rich, like you claim, how about the middle class has gotten bigger, how about the average pay has gone up for most people for the first time in years. How about the 52 heroes from the Korean War that President Trump got home from the North Koreans, yes a lot more has to come home but this is a start. Can you tell me if any other president even talked to anyone from North Korea. (No.)

You pull your head out of the sand like an ostrich after 18 months and make all kinds of stupid statements like you have 4,000 verifiable lies he told since he was elected. You must be thinking about Obama or Hillary.

Before you make a bigger fool of yourself do a fact check, or keep your comments to yourself.

**Allen R. Svihlik**  
Arcadia

### Price should condemn mailer

Editor:

If you, like me, received a political mailer that attacked Rob Hancik and you were taken aback, then you should be mad as hell, as I surely am. There is not one word of truth to the scandalous print.

So, who may benefit from such a vile political ad? Julie Price, little Miss Innocence?

Now, we all see to what she and her supporters will stoop to in an effort to win an election. Price's last mailer depicted three of her supporters: Bill Trux, Bill Prummell and Roger Eaton, each of whom declare that their administration is the most ethical, honest and professional.

Well, gentlemen, it's time to put up or shut up. Julie Price and her backers should come out

immediately and condemn this vicious and dishonest political manure. And if they do fail to do so, then I say that they are all complacent in this Chicago-type corrupt politics.

Prove me wrong!

**Bob Reichert**  
Punta Gorda

### Vote for Yates, a district resident

Editor:

Regarding the letter, on Aug. 13. As a resident of North Port for 18 years, I read with interest the letter to the editor, "Candidate must move to district."

Fortunately, the voters in District 74 do not need to await legislative changes to consider this issue in this election.

Linda Yates, candidate for representative District 74, is running as a 12-year-plus resident of North Port, has served and is now termed out as commissioner, vice mayor and mayor for an aggregate of eight years.

During that time, the city of North Port has grown exponentially, and in my view this commission brought the city along as a great place to live.

Her knowledge and hard examining ethic should be carried forward to the next level.

Vote Yates for state

representative, District 74.

**Clinton K. Shantz**  
North Port

### Smoking marijuana is a bad choice

Editor:

It is bad enough to fool people into believing cannabis is good for many ailments, but to suggest smoking it is absurd.

The smoke from marijuana is toxic to the lungs, just as the smoke from any other substance would be. Every physician and most lay people know that inhaling smoke in any form is bad for the alveolae and bronchial tubes of the lungs and causes chronic inflammation.

According to the American Lung Association, regardless of the source of smoke one inhales — whether it is from burning wood, paper, coal, diesel fuel, tobacco, marijuana, corn silk, etc. — combustion releases toxins, particulate matter and carcinogens into the air that are damaging to the lungs and are likely to cause chronic obstructive pulmonary disease, chronic bronchitis and hypoxemia (low blood oxygen levels).

These chronic changes make one more susceptible to lung infections, i.e. pneumonia and cardiovascular disorders such as

heart attack and strokes. When marijuana is heated and burned it changes the chemical structure and acidity of the THC, which in turn negates its debatable therapeutic value.

In summary, there is no justification for smoking marijuana for its medicinal purposes and anyone who states otherwise should be held responsible and liable for the consequences of misleading and misinforming the general public. This includes the people behind the ads that bombard us on daily television with marijuana propaganda for their own financial gain.

**Pierre J. Fisher**  
Lake Suzy

### Very good shopping experience

Editor:

I had to get a new washing machine a month ago, and found that the North Port Home Depot was the least expensive. Ordered my wash machine, set a delivery date, was in and out in 15 minutes. That was already awesome. Delivery was another awesome.

Then, of all things, I get a personal thank you card from Joe P. from Home Depot thanking me for my purchase. Who does that?

Just saying, my dryer is about to die, so I will, for sure, be going to HD again.

**Jane Spaid**  
North Port

### Rob Hancik is the clear choice

Editor:

The Punta Gorda Airport will be undertaking some major growth changes over the next 18-24 months. These changes will not only affect the airport but will have a huge effect on Charlotte County on a whole.

This is certainly not the time to consider individuals with no experience in the aviation field nor any experience in airport management.

Rob Hancik, who is running for re-election, currently is the vice chairman of the Airport Authority. He brings a world of experience in airport management, coupled with overall aviation knowledge that will be paramount in the decision-making process that will be taking place. It's critical for us to place our trust in an individual like Rob Hancik with proven experience to insure a bright future for the Punta Gorda Airport and for the citizens here in Charlotte County.

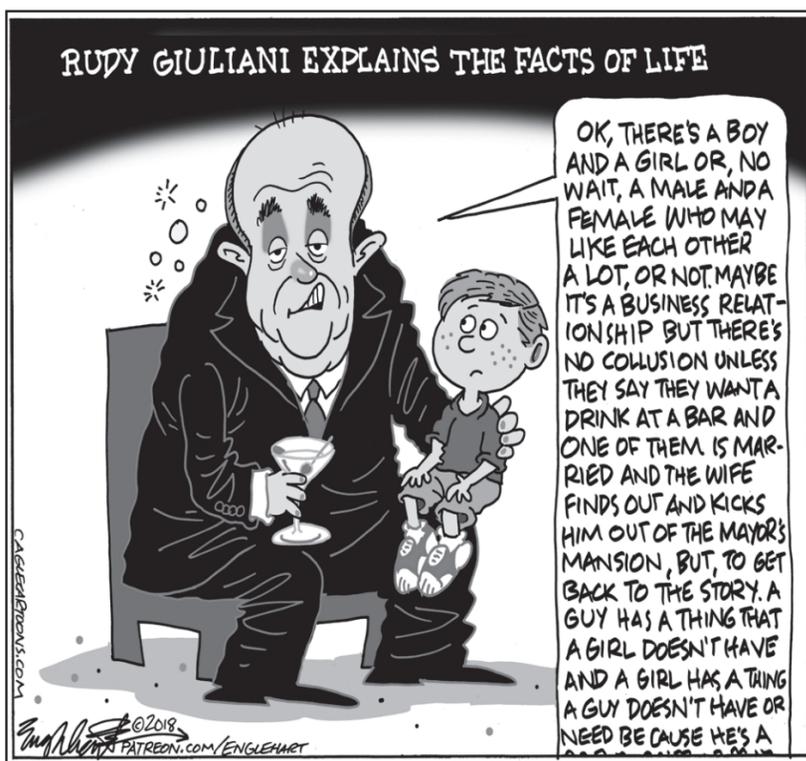
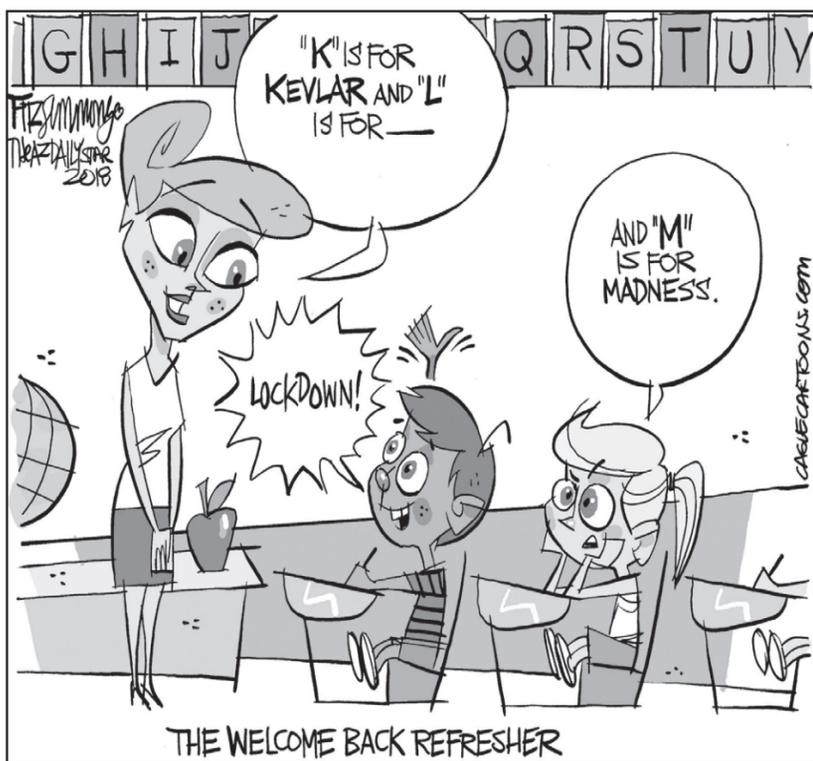
**Vic Poitras**  
Punta Gorda

## HOW TO SUBMIT A LETTER TO THE EDITOR

Letters are welcome on virtually any subject, but we do have some rules. Please keep them to less than 250 words. Letters will be edited to length as well as for grammar and spelling. All letters must be signed with full name — not initials. An address and telephone number must be included. The phone number and address are not for publication, but must be provided. Due to the number of letters received, we are able to run only one letter per person per month.

The Letters to the Editor section is designed as a public forum for community discourse, and the opinions and statements made in letters are solely those of the individual writers. The newspaper takes no responsibility for the content of these letters. Please send or bring correspondence to the Sun, Letters to the Editor, 23170 Harborview Road, Charlotte Harbor, FL 33980. Readers may email Letters to the Editor at [letters@sun-herald.com](mailto:letters@sun-herald.com). Further questions or information, call 941-681-3003.

# WEEK IN REVIEW



## Has Trump delivered on his economic promises?

Is President Trump fulfilling candidate Trump's promises? You can make a case that he is, based on some surprising and widely unexpected economic developments. Vice President Mike Pence, writing in *The Des Moines Register*, put it succinctly: "The evidence is clear: America is back." He adds, "It's no accident." Pence and other Trump enthusiasts can point to increasing macroeconomic growth. Growth rose 4.1 percent in the second quarter and is up more than 3 percent for the year. Unemployment was down to 3.9 percent in July. The S&P 500 stock index is up 6 percent since the Trump presidency, while the rest of the world's stock markets are down 6 percent. These are numbers any recent administration would boast about. More notable are positive trends among subgroups that weren't doing so well before Trump took office. Former Obama administration



Columnist  
**Michael BARRON**

chief economic adviser Jason Furman, writing for *Vox*, notes that in the past three years "recent wage growth ... at the low end of the wage scale" is stronger than growth among the higher-paid. Similarly, Bloomberg columnist and portfolio manager Conor Sen makes the point that job growth has been greatest among "goods-producing workers and the least-educated workers." Both Furman and Sen contrast current trends with those in the 1998-2001 period of torrid economic growth, when income gains were concentrated at the top of the economic spectrum and employment gains were concentrated in office jobs and "meds and eds" — the government-financed or heavily regulated health care and

education sectors. So maybe growing income inequality isn't inevitable after all. And maybe the economic prospects of groups clustered at the low end of the economic scale are not as dire as has long been assumed. The unemployment rate among young millennials — those over 25 — is only 5.1 percent, according to Sen, the lowest since the government began measuring this in 1994. So much for mom's basement sofa. Black unemployment was down to 5.9 percent in May, and Hispanic unemployment was down to 4.6 percent in June, both the lowest number since the early 1970s, when government began tracking them. Moreover, the labor force is expanding, with 600,000 entrants in June, notes American University economist Evan Kraft, writing in *The Hill*. Simultaneously, the disability rolls are decreasing. All of which suggests that incentives to work are returning to Appalachia and other

previously forlorn areas where so many idle people have been driven to opioid dependency. Blue-collar employers have been searching hard to fill job vacancies, ditching educational requirements and following the advice of liberal and conservative politicians to take a chance on former felons who have served their time, as the Manhattan Institute's Aaron Renn reports. Historically, Democratic candidates have promised to create economic opportunities for those starting off with disadvantages, especially racial minorities and those from non-college households. But recent Democratic presidents, like recent Republican presidents, have seen economic growth concentrated among the affluent, highly educated and well-positioned. Candidate Trump's call to "Make America Great Again," however unspecified, was taken, and intended to be taken, as a promise

to deliver different better results for the downscale. He constantly talked about reopening factories, strengthening manufacturing and encouraging blue-collar job growth. As an electoral strategy, this seemed to ignore courting minorities and rely on an inevitably shrinking segment of the electorate. But the segment hadn't shrunk enough (and its size was consistently underestimated, as *The New York Times*' Nate Cohn demonstrated) to prevent Trump from winning 100 Obama electoral votes in Florida, Pennsylvania, Ohio, Michigan, Wisconsin, Iowa and Maine. Now it looks like Trump is creating the kind of economy he promised, with growth targeted at the downscale (including blacks and Hispanics) rather than the upscale, with lower economic inequality and with growth spreading to regions that have seen little of it for decades. Do you remember any

mainstream media or liberal economist who envisioned such results? Of course you can add caveats. You can say these numbers are just statistical noise, not harbingers or long-term trends. You can argue, as Furman does, that some of these trends started in the late Obama years. You can make the broader point that presidents' policies have only limited economic effects, and that trends like the apparent revival of manufacturing may owe more to exogenous factors rather than to Trump's policies. So maybe this is not a case of promises kept but just dumb luck. Of course you can say the same thing — just dumb luck — about the 100 electoral votes Trump targeted and won. But after a while, you might wonder. *Michael Barone is a senior political analyst for the Washington Examiner, resident fellow at the American Enterprise Institute and longtime co-author of The Almanac of American Politics.*

## America is overdue for another Lehman-like episode

Eric Sevareid (1912-1992), the author and broadcaster, said he was a pessimist about tomorrow but an optimist about the day after tomorrow. Regarding America's economy, prudent people should reverse that. This Wednesday, according to the *Financial Times*' Robin Wigglesworth and Nicole Bullock, "the U.S. stock market will officially have enjoyed its longest-ever bull run" — one that rises 20 percent from its low, until it drops 20 percent from its peak. And Sept. 15 will be the 10th anniversary of the collapse of Lehman Bros., the fourth-largest U.S. investment bank. History's largest bankruptcy filing presaged the October 2008 evaporation of almost \$10 trillion in global market capitalization. The durable market rise that began March 6, 2009, is as intoxicating as the Lehman anniversary should be sobering: Nothing lasts. Those who see no Lehman-like episode on the horizon did not see the last one. Economists debate, inconclusively, this question: Do economic expansions die of old age (the current one began in June 2009) or are they slain by big events or bad policies? What is known is that all expansions end. God, a wit has warned, is going to come down and pull civilization over



Columnist  
**George WILL**

for speeding. When He, or something, decides that today's expansion, currently in its 111th month (approaching twice the 58-month average length of post-1945 expansions), has gone on long enough, the contraction probably will begin with the annual budget deficit exceeding \$1 trillion. The president's Office of Management and Budget — not that there really is a meaningful budget getting actual management — projects that the deficit for fiscal 2019, which begins in six weeks, will be \$1.085 trillion. This is while the economy is, according to the economic historian in the Oval Office, "as good as it's ever been, ever." Leaving administration

euphoria with facts, Yale's Robert Shiller, writing in *The New York Times*, notes that since quarterly GDP enumeration began in 1947, there have been 101 quarters with growth at least equal to the 4.1 percent of this year's second quarter. The fastest — 13.4 percent — was 1950's fourth quarter, perhaps produced largely by bad news: The Cold War was on, the Korean War had begun in June, fear of the atomic bomb was rising (New York City installed its first air-raid siren in October), as was (consequently) a homebuilding boom outside cities and "scare buying" of products that might become scarce during World War III. Today, Shiller says, "it seems likely that people in many countries may be accelerating their purchases — of soybeans, steel and many other commodities — fearing future government intervention in the form of a trade war." And fearing the probable: higher interest

rates. Another hardy perennial among economic debates concerns the point at which the ratio of debt to GDP suppresses growth. The (sort of) good news — in that it will satisfy intellectual curiosity — is that we are going to find out where that point is: Within a decade the national debt probably will be 100 percent of GDP and rising. As Irwin Stelzer of the Hudson Institute says, "If unlimited borrowing, financed by printing money, were a path to prosperity, then Venezuela and Zimbabwe would be top of the growth tables." Jay Powell, chairman of the Federal Reserve, says fiscal policy is on an "unsustainable path," but such warnings are audible wallpaper, there but not noticed. The word "unsustainable"

in fiscal rhetoric is akin to "unacceptable" in diplomatic parlance, where it usually refers to a situation soon to be accepted. A recent IMF analysis noted that among advanced economies "only the United States expects an increase in the debt-to-GDP ratio over the next five years." America's complacency caucus will respond: But among those economies, ours is performing especially well. What, however, if this is significantly an effect of exploding debt? Publicly held U.S. government debt has tripled in a decade. Despite today's shrill discord between the parties, the political class is more united by class interest than it is divided by ideology. From left to right, this class has a permanent incentive to

run enormous deficits — to charge, through taxation, current voters significantly less than the cost of the government goods and services they consume, and saddling future voters with the cost of servicing the resulting debt after the current crop of politicians have left the scene. This crop derives its political philosophy from the musical "Annie": Tomorrow is always a day away. For normal people, however, the day after tomorrow always arrives. *George Will's email address is georgewill@washpost.com.*

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# Charlotte schools earn energy stars

By **KAYLA GLEASON**  
STAFF WRITER

While students were busy getting gold stars their first week back, Charlotte County Public Schools pulled in nine Energy Star Awards.

The Energy Star Awards are presented by the United States Environmental Protection Agency and recognize applicants who have gone above and beyond energy efficiency and conservation.

At Tuesday's meeting of the Charlotte County School Board, Charlotte High School, Hope Day Care at Charlotte Technical College, Liberty Elementary School, Meadow Park Elementary

School, Neil Armstrong Elementary School, Peace River Elementary School, Port Charlotte High School, Punta Gorda Middle School, and Sallie Jones Elementary School were awarded for "demonstrating superior energy performance," according to the board agenda.

"CCPS has come a long way since we started down the road of energy efficiency," said Jerry Olivo, Assistant Superintendent for District Support.

"Charlotte High was designed as energy efficient but has leaped even farther forward by embracing the program."

Plaques noting CHS's sustainability efforts

even line the halls of the campus, explaining everything from usage of solar panels to energy efficient light bulbs to native flora planted in the courtyard.

Many teachers and students at the awarded schools have introduced and taken part in games and competitions that help reduce energy usage.

Light switch competitions were a big hit, according to Olivo, where classes will try to out-save their neighbors by remembering to turn lights off in the en-suite restrooms or when the classroom is unoccupied.

"This achievement, it takes a lot of trying to remember to turn those

lights off every time you leave the room, so thank you for that," said board member Wendy Atkinson.

Most of the schools are repeat winners of the award. This is Sallie Jones's seventh win and Liberty's sixth. Both CHS and PCHS have also been recognized for three years now.

Meanwhile, Meadow Park received its first win this year.

"This is a great leap into a greener tomorrow... We're creating a culture of environmental sensitivity," Olivo said.

"The Energy Star program is so important, I just can't thank teachers enough for doing the right thing."

Email: [kgleason@sun-herald.com](mailto:kgleason@sun-herald.com)

# Traffic enforcement locations set

**CHARLOTTE COUNTY** — Beginning Monday, the Charlotte County Sheriff's Office will increase traffic enforcement at the following locations:

**Speed enforcement:**

- School zones

**Top crash locations:**

- Veterans Boulevard and Murdock Circle
- Tamiami Trail and Cornelius Boulevard
- Tamiami Trail and Cochran Boulevard
- Tamiami Trail and Conway Boulevard
- Veterans Boulevard and Kings Highway
- I-75 and Jones Loop Road
- I-75 and Duncan Road

**The Charlotte County Sheriff's Office reported the following arrests:**

- Nicholas Patrick Barron, 36, 28400 block of Yacht Club Blvd., Punta Gorda. Charge: out of county warrant. Bond: \$4,000.
- Anthony Battista, 40, 26100 block of Concepcion Dr., Punta Gorda. Charge: battery by intentional touch or strike. Bond: \$2,500.
- James Anthony Popovich, 30, 2300 block of Pinegrove Cir., Punta Gorda. Charge: discharging a firearm in public, improper exhibition of dangerous weapons or firearms and resisting an officer without violence. Bond: \$10,500.
- Richard Austin Lynch, 27, 500 block of Berry St., Punta Gorda. Charge: violation of probation or community control. Bond: none.

## POLICE BEAT

The information for Police Beat is gathered from police, sheriff's office, Florida Highway Patrol, jail and fire records. Not every arrest leads to a conviction and guilt or innocence is determined by the court system.

- Alexis Floy Dahl, 25, 23100 block of Glen Ave., Port Charlotte. Charge: two counts violation of probation or community control. Bond: none.
- Travis Joel McMinn, 20, of Machesney Park, Ill. Charge: knowingly driving while license suspended or revoked. Bond: \$1,000.
- Brooke Elaine Edwards, 25, of Arcadia. Charge: out of county warrant, possession of a controlled substance without a prescription, possession of under 20 grams of marijuana and possession or use of drug paraphernalia. Bond: \$13,500.
- Savannah Lynn Wolfe, 19, 5700 block of Caburn Rd., North Port. Charge: possession or use of drug paraphernalia, possession of cocaine and possession of under 20 grams of marijuana. Bond: \$2,500.

**The Punta Gorda Police Department reported the following arrests:**

- Pedro Carrilo, 25, of North Fort Myers. Charge: possession of a controlled substance without a prescription and possession or use of drug paraphernalia. Bond: \$8,500.
- Andres Garcia, 25, of Fort Myers. Charge: possession or use of drug paraphernalia and possession of cocaine. Bond: \$7,500.

— Compiled by Kayla Gleason

# New members named to Sarasota Education Foundation board

By **ALEXANDRA HERRERA**  
STAFF WRITER

**SARASOTA** — Six new board members have been named to the Sarasota County Education Foundation, including a teacher and two students.

The board members will serve a three-year term that began on May 2018.

The three board members who will serve a three year term are Nancy Harris, Kent A. Hayes and Anne Rollings, according to a release by the Education Foundation.

According to the Education Foundation, this is the first year that a teacher will serve on the board — the foundation chose William "B.J." Ivey who was the 2017 teacher of the year.

Ivey is a coach and



SUN PHOTO BY SCOTT LAWSON

**From left, Sarasota County Education Foundation Board officers are Tom Koski, Juan Villaveces, Britt Riner, Linda Jellison and Lisl Liang.**

teacher at Riverview High School in Sarasota. Along with Ivey, the foundation also named North Port High School senior Stephanie Hawkins to the board along with Michael

Feltovic, a senior at Riverview High School.

Hawkins, Feltovic and Ivey will serve a one-year term on the board.

Harris is a retired arts educator, museum

archivist, oral historian and entrepreneur. Harris was named the 2017 adult volunteer of the year at Alta Vista Elementary School.

Hayes is the director of client services at Sarasota-based tandem construction, has experience with start-ups and small businesses, and has supported growth strategies for the Education Foundation, according to the foundation.

Rollings is the manager of corporate office operations for Gecko's Hospitality Group, which is the parent company of locally owned restaurants.

The group will serve on the board along with existing board members, and Education Foundation President Jennifer Vigne.

Email: [aherrera@sun-herald.com](mailto:aherrera@sun-herald.com)

# PCMS makes the grade

By **KAYLA GLEASON**  
STAFF WRITER

Port Charlotte Middle School rewarded its students and teachers for being an 'A' school with a special pep rally.

This year, the school ranked number one in the district, thanks to the hard work and dedication of everyone involved, according to Principal John LeClair.

"Your teachers did their job but you know who else did their job? Students," he said.

"Now, we have to show the sixth graders how it's done."

After the crowd was sufficiently hyped from

chanting and stomping on the wooden bleachers, a few student representatives from each grade were selected to compete in activities like a cup stacking contest.

Some lucky students and teachers even got to decorate Assistant Principal Matthew Kunder with colorful hairspray and silly string.

Part motivation, part revenge, Kunder then suggested they do something different next year — shave LeClair's head.

"I will shave my head next year, this time if you get an A again," LeClair said.

Email: [kgleason@sun-herald.com](mailto:kgleason@sun-herald.com)



SUN PHOTOS BY KAYLA GLEASON

**PCMS teachers spray Assistant Principal Matthew Kunder's hair festive Terrier colors.**

## WINNERS CIRCLE

### American Legion Post 110

• Bridge winners **Aug. 13:** Marty DeWitte, 4130; Niki Stroudt, 3880; Judy Tayler, 3660; Pat Schram, 3410.

### Charlotte County Bridge Club

• Winners **Aug. 10:** Blanche Thum, 5050; Connie Oberlander, 4330; Jay Oberlander, 3480; Jim Ellsworth, 3400.

### Charlotte Harbor Yacht Club

• Ladies Bridge winners **Aug. 14:** 1-Janie Ressel; 2-Chris Green.  
• Slam Bridge winners **Aug. 15:**

1-Emine Sahin; 2-Glen Tschetter; 3-Irene Runkle.

### Charlotte Square Condominium Complex

• Charlotte County Bridge Group winners **Aug. 11:** Virginia Clayton, 6950; Trudy Riley, 5920; Dee Weisenberg, 3580; Bill Kutschman, 3190.

### Cultural Center of Charlotte County

• Mahjong winners **Aug. 9:** Table 1: Kathy Cimaglia, Linda Kopp; Table 2: Merry Davine, Doris Marlin.

**Aug. 14:** Table 1: Doris Marlin, Toni Trezise; Table 2: Carole Drake, Cindy Robertson; Table 3: Linda Paholsky; Table 4: Doreen Foster; Table 5: Dorothy Quirk, Marie Devlin; Table 6: Emily Hughes, Judy Sprauge.

• Port Charlotte Cribbage Club 147 winners **Aug. 15:** Sharon Liotta-19; John McPherson-15; Frank White-14.

### Isles Yacht Club

• Scrabble winners **Aug. 10:** Joanne Collins, 189; Diana Lehr, 343.  
• Duplicate Bridge winners **Aug.**

**15:** 1-Bob and Jackie Whitaker; 1-Jane Seatter, Jan Savino; 2-Arlene and Ray Rothhaar; 3-Debbie and John Greenslade.

### Kings Gate

• Wednesday Night Double Deck Pinochle winners **Aug. 15:** Bob Garbowicz, 1385; Gary Sblendorio, 1316.

• Friday Night Double Deck Pinochle winners **Aug. 10:** Osborne Davis, 1351; Lynn Davis, 1119; Bob Garbowicz, 1013.

### Monday Bridge winners Aug. 13:

1-Anna Saxson, 4030; 2-Jenny Shoemaker, 3870; 3-Bill Kutschman, 3540; 4-David Beard, 3410.

### Kingsway Country Club

• Ladies Bridge winners **Aug. 10:** 1-Sara Croak; 2-Carol Fisher. **Aug. 15:** 1-Carol Taylor; 2-Marlene Warburton.

### Moose Lodge 2121

• Contract Bridge winners **Aug. 8:** Trudy Riley, 6180; Bud Barnhouse, 5440; Ernie Kamaitis, 4510; Jay Oberlander, 4200.

### Euchre Card Game winners

**Aug. 9:** Ginger Emerine, 69; Bonnie M. Weithman, 68; Harry Godfrey, 65; Mike Emerine, 64; Jim Knott, 64.

### Twin Isles Country Club

• Duplicate Bridge winners **Aug. 15:** 1-Terri Leavy, Shirley Carlson; 2-(tie) Nancy Padgett, Susan Baird, Nancy Scheer, Kathy Strayton. **Aug. 16:** 1-(tie) Maria Antanelis, Barbara Clay, Joan Shute, Joanne Ryder. *Want to add your group? Email [sdennis@sun-herald.com](mailto:sdennis@sun-herald.com) for details.*

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\*\*Annual Percentage Yield (APY) accurate as of 07/06/2018, subject to change without notice. Membership qualification and account opening required. Rates valid for new accounts only. \$500 minimum deposit to open and obtain the APY. APY assumes dividends remain on deposit until maturity date. Penalty will or may be imposed for early withdrawal with no loss of initial investment: 180 days of dividends on terms longer than 12 months. Dividends are compounded daily and credited monthly.

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## 3138 OTHER NOTICES

## NOTICE OF PROPOSED RULE:

The Southwest Florida Water Management District is proposing to amend the following rule(s):

40D-3.037, F.A.C. Rules, Publications and Agreements Incorporated by Reference

The purpose and effect of this amendment is to update the Application for a Water Well Contractor's License to conform to section 373.323(3)(b)(1), F.S., as amended in 2016.

The Notice of Proposed Rule-making appeared in the Florida Administrative Register, Vol. 44, No. 160, on August 16, 2018. A copy of the proposed rule can be viewed on the District's website at <https://www.swfwmd.state.fl.us/business/epermitting/rules/proposed-rule-amendments>.

Pursuant to the provisions of the Americans with Disabilities Act, any person requiring special accommodations to participate in this workshop/meeting is asked to advise the agency at least 5 days before the workshop/meeting by contacting: SWFWMD Human Resources Office Chief, (352) 796-7211, ext. 4703; 1-800-423-1476 (FL only), ext. 4703; or to ADACoordinator@WaterMatters.org. If you are hearing or speech impaired, please contact the agency using the Florida Relay Service, 1(800)955-8771 (TDD) or 1(800)955-8770 (Voice).

IF REQUESTED WITHIN 21 DAYS OF THE DATE OF THIS NOTICE, A HEARING WILL BE SCHEDULED AND ANNOUNCED IN THE FAR.

THE PERSON TO BE CONTACTED REGARDING THE PROPOSED RULES AND TO OBTAIN A COPY IS: James B. Fussell, Jr., Staff Attorney, SWFWMD, 7601 U.S. 301 North, Tampa, FL 33637, (813)985-7481, Ext. 2139 (J2018015-3).  
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# Englewood Indivisible recommends candidates

By **ELAINE ALLEN-EMRICH**  
ENGLEWOOD COMMUNITY  
NEWS EDITOR

ENGLEWOOD — This political season, Englewood Indivisible members are making recommendations they believe match the group's platform.

In addition to holding a meet-and-greet event in North Port to attract new guests from Charlotte and Sarasota counties, to recently rallying in Tampa, local members remain vocal.

Englewood Indivisible is a non-partisan group resisting the Trump agenda, respectfully making their voices heard by elected representatives, according to the group's website.

Lately, members have been participating in community-wide events to bring attention to the persistent red tide issues.

"I can hardly breathe in my own yard," said Englewood resident Judith Schumacher during the meet-and-greet in North Port. "What is red tide doing to our community? Think of all of the waitresses who are single parents who aren't making money. Their bills don't stop coming in. It's really bad here. We need something done about it."

Wesley Anne Beggs, candidate for Sarasota County Commission District 4, who is running against Al Maio, spoke

to the crowd about the environment. Beggs said county commissioners should restrict the use of pesticides and fertilizers for four additional weeks during the year.

Beggs said red tide is a crisis here and the algae bloom is a crisis in Okeechobee.

"Every time I go out to Venice Beach, every time I go out to Englewood Beach, I'm dodging dead fish," said Beggs, a Tampa native, who owns her own marketing and media company.

The group is recommending Beggs, who said she would fight for smart growth to prevent "paving over paradise." Jane Hunter of Englewood Indivisible said 10 members of the group decided on endorsements. They admitted to not interviewing all of the candidates, but based their decisions on those candidates who drove the group's agenda.

The group picked Lourdes Ramirez and Alexandra Coe for Sarasota County Commissioner seats.

"Lourdes talks of limiting development until the necessary infrastructure is in place. In the last election, the Republicans took a picture of her and took it out of context and made contributions in her name to Democrats. Her site is about local issues, while her opponent, incumbent Al Maio, talks

vaguely about what he's done on the board," said member Sue Busko.

"We decided that, given the arrival of vote-by-mail ballots, we would make recommendations to our members, rather than continue with our slow endorsement process," Hunter wrote in an email to members.

The group endorses Sarasota School Board candidates Jane Goodwin, Shirley Brown and Nick Guy. They also picked state House District 74 candidate Tony Mowry, and state Senate District 23 candidate Olivia Babis. Babis, was at the meet and greet. She said she is the only candidate with a visible disability. She was born without arms. She uses her legs to drive and her toes to hold a microphone to speak during forums.

Mowry said he's disturbed by how the Stand Your Ground Law is protecting people who may be guilty of crimes.

"I believe the Stand Your Ground Law has been misapplied in several instances," he said during the meet and greet. Mowry said one reason he ran for District 74, is because he met an elderly couple who were nearly homeless after their rent went up and they only had social security and a small pension to pay their bills.

"They needed a lot more help than to just



SUN PHOTO BY ELAINE ALLEN-EMRICH

**Olivia Babis, right, is running for Florida Senate District 23. She spoke to a crowd at a meet and greet held at St. Nathaniel's Episcopal Church in North Port sponsored by the Englewood Indivisible group.**

write a will," Mowry said.

He helped the couple get federal housing assistance.

"They would have been evicted and homeless by the time any social services agency could help them," he said. "If I get elected to the state house, I can help all of the Dorothys out there."

The group also endorsed Maria Ruhl, for 12th Judicial Circuit Court in Sarasota County.

In Charlotte County the group endorsed School Board candidates Cara Reynolds because she is an experienced teacher in Charlotte County and a strong supporter of public schools.

"Her main opponent, Geri Waksler, is a land-use attorney who

represents developers, most recently the Mosaic Company in its (failed) effort to mine potash in DeSoto County," Hunter said. "She also founded Charlotte Academy, a charter school. A third candidate filed at the last minute and is viewed by some 'insiders' as intending to force Reynolds and Waksler into a runoff."

For Commissioner of Agriculture, R. David Walker was the group's pick.

"David Walker is by far the most qualified and experienced candidate, as he is a marine biologist and has served at the US Geological Institute. Additionally, he was a founder of Indivisible Broward," Hunter said.

Email: [eallen@sun-herald.com](mailto:eallen@sun-herald.com)

## New Punta Gorda police chief gets good early review

By **ANNE EASKER**  
STAFF WRITER

Since Chief Pam Davis took over the leadership of the Punta Gorda Police Department in January, she's gotten to know residents and business owners and made some policy changes.

"People have already made me feel a part of the department," she told the Sun. "Day one, I didn't feel like an outsider."

Davis came from the Baltimore Police Department, where she was the director of the professional development and training academy. Moving to a smaller department was a big change.

"Chief Davis has accomplished a great deal in her first six months and most noteworthy is her ability to move the department forward in training and policies, enhance morale, fill position vacancies, stabilize department leadership and establish a genuine rapport with all sectors of our community," said City Manager Howard Kunik. "She has ingrained herself into Punta Gorda, and the feedback I receive from the business and residential community are overwhelmingly positive and reassuring. We look forward to progressive, community-oriented policing for years to come."

Mayor Rachel Keesling said it was clear Davis' background in police training and assessments would be a valuable asset to the community, and that's evidenced by her first six-month review.

"She has praise for the department, but yet she is able to outline a specific plan to move forward," Keesling said. "I personally feel she has added a level of stability we needed."

Prior to Davis' hire, the department had experienced a difficult year and a half.

In August 2016, retired citizen Mary Knowlton



SUN PHOTO BY ANNE EASKER

### Chief Pam Davis at the Punta Gorda Police Department.

was fatally shot by former Punta Gorda Police Officer Lee Coel during a community demonstration. Both Coel and former police chief Tom Lewis were charged by State Attorney Stephen Russell for crimes related to the incident.

While Lewis was acquitted of culpable negligence by a jury trial last summer, he was ultimately fired from the department for a lack of attention to citizen safety in repeated community events.

After months with an interim chief and several changes among command staff, Davis entered the department with plans to begin by assessing morale. As a former fellow with the Police Executive Research Forum, she had experience working with struggling agencies throughout the country — talking to staff, analyzing policies, and making recommendations for improvement.

"Every single one of them, when we talked to the officers, they would tell you the morale is the worst it's ever been, this place is terrible, I hate change, I hate what I'm doing right now," she said. "But here I did not get that at all."

At PGPD, she said there was initially some anxiety, as there always is with changes in leadership, but everyone was receptive and excited to move forward. Policy changes

were a group effort, with input from everyone affected.

The biggest change so far, she said, has been additional safety requirements for training exercises. While the department previously required a safety officer for training exercises, the officer's responsibilities were never spelled out clearly.

"You can't have a safety officer who's also participating in the training or is an instructor," she said. "That person has to be there just by themselves watching everything that's going on as well as checking weapons and making sure everybody's been searched."

The new policy gives detailed responsibilities for the designated safety officer, including participating in a planning meeting, inspecting the training site for any hazards and developing a plan to mitigate those hazards, conducting a safety briefing at the start of the training, and maintaining general awareness during the training to address any safety concerns.

Both officer training and any demonstrations with citizen involvement now require a written safety plan, which must be approved by the employee development coordinator, the operations captain, and Davis herself.

"Once we all like how

it's written out and we're all happy with the safety measures taking place, then we sign off on it and say OK, you can do the training," she said.

In a recent community event with Leadership Charlotte, the department used the agency's use of force simulator, which is like a video game that responds to officers' actions. By observing the simulation, community members got an idea of the training officers do and how officers should behave in a certain situation.

Even for that simulation, Davis said everyone was searched prior to entering the sectioned off area to make sure no weapons were brought into the area. For community events, Davis said she would avoid using even Simunition weapons, which fire non-lethal rounds used for officer training.

"Even though the Simunition guns are designed that they will not take live rounds, it doesn't matter to me, and it doesn't matter to anyone in this agency," she said. "Everyone's searched, and you will not bring anything in there."

The agency, and agencies across the country, all learned from the tragedy in 2016, Davis said. Last week marked the two-year anniversary of the incident, and Davis said it was probably tough for members of the agency, though they keep moving along.

"The one thing you've got to remember is they don't forget that that happened," she said. "These guys have learned, we've all learned from that. Yeah, it was probably tough, but again they're very talented, dedicated people here trying to move forward, but they remember it every day."

Other policy changes since Davis started include removing the no-tolerance policy for drugs in Punta Gorda schools, which previously required arrests, rather than civil

citations, for all juveniles found with any type of drug.

"Here in Charlotte County we have a diversion program where if it's a first-time offense and it's a small amount of marijuana, they can be given a civil citation and put into a diversion program," Davis said. "So to us, that makes a lot more sense to have these kids educated about the reasons you don't want to use these drugs as opposed to just putting handcuffs on them and now you're done with them."

The change brought the department in line with other schools in the county, where Charlotte County Sheriff's Office deputies generally issue citations.

The biggest challenges for Davis have been adjusting to a small department, which has limited resources. Coming from a bigger agency, she said she's used to being able to pull five officers to attend a community event or do foot or bike patrol, but with PGPD, there may only be four officers on patrol on any given day.

"We're doing well, I think, with what we have," she said. "There's just other things I hope I'll be able to do at some point in time."

The agency is always looking for innovative ideas, Davis said, and has recently started some new things, including incorporating a K-9 team at Charlotte High School.

"More kids will want to interact with that school resource officer if they can come up and pet that dog," Davis said. "Think about the relationship that's going to build with those kids. We're testing it out and it's working great so far."

The department is also creating a new volunteer service unit focusing on pedestrian and bicycle safety, which they hope to get up and running this month.

Email: [aeasker@sun-herald.com](mailto:aeasker@sun-herald.com)

## LEE HEALTH PLANS



Lee Health plans to expand its role at Babcock Ranch solar community soon, after opening a Healthy Life Center there earlier this year.

See page number 4

## PIRATES TREASURE TROT



Plenty of Pirates and community members set a course for the Port Charlotte High School track Saturday

See page number 7

## GRANT'S ATHLETICISM PUTS HIM AMONG ELITE



It was while he was attending elementary school in Savannah, Georgia, that the future Fightin' Tarpon would get his first exposure to football.

See page number 10

# OUR TOWN: SUNCOAST HOMES

Sunday, August 19, 2018

## Is my home worth the median sales price?

**Question:** In your last column, you stated that median sales price of a 3/2/2/pool home (3-bedroom, 2 bath, 2 car garage, with pool) was \$275,000 during the first half of 2018 in Charlotte County. I recently purchased a fixer-upper that meets that same description. Does that mean I should price it to sell for \$275,000 since that's the average price 3/2/2/pool homes are selling for?



Columnist

**Brett SLATTERY**

are moving up or down more dramatically than they are. That is why the universal standard of practice has been to use the median sales price. It's not perfect, but it is recognized as the best tool we have for generalizing the direction and velocity of home prices over time.

Drilling deeper into your question, the median sales price has nothing to do with your home because the only thing we know your home has in common with the other homes used to calculate the median sales price is that they are also 3/2/2/pool homes.

To determine the value of your home, you will need an appraisal or CMA (comparative market analysis). That involves researching homes that are comparable to yours on many levels, including year built, location, upgrades, amenities, cleanliness, move-in-readiness, architectural features, landscaping, and a long list of other attributes.

Median sales prices are most commonly used when comparing year-over-year, monthly prices. For example, the next reporting cycle will focus on the change in the median sales price in August 2018 compared to August 2017.

I prefer using a three, six, and sometimes 12-month rolling median because the larger sampling eliminates the often-ridiculous gyrations when using single month comparisons.

A six-month rolling period would mean, for example, we compare prices for the first six months of 2018 compared to the first six months of 2017. This will create more consistency and less distortion than comparing prices in June 2018 compared to June 2017.

*Brett Slattery is broker/owner of Brett Slattery Realty llc in Charlotte County. Brett responds to all questions and column suggestions, including those not printed due to space limitations. Reach him via 941-468-1430, Brett@BrettSlattery.com, or www.BrettSlattery.com.*

**Answer:** No. The median sales price reported in the media cannot be used to determine the market value of any specific home. It is a general indicator used to gauge changes in the entire market.

The median sales price is simply the price at where half the homes sold for less, and half sold for more. The reason we narrowed the criteria to 3/2/2/pool homes is that this has been the most popular configuration for homes sold over the years. Another reason for using this specific configuration is that we were comparing the median sales price of homes from 2011 to 2018. Limiting our comparison to a fixed configuration of homes produces a more apples-to-apples comparison. For example, what if from 2011 to 2018, the need for affordable housing produced a wave of new homes with a 2-bedroom, 1-bath, 1-car garage, and no-pool configuration?

Including this wave of smaller, lower-priced homes in our 2011 to 2018 comparison of home prices would have pushed the median price down, erroneously suggesting most home prices went down during these years.

Also noteworthy is that you are equating the median sales price with the average sales price. They are not the same. The average price is the total dollar amount that all the homes sold for divided by the number of homes sold. The median is the price at which half the homes sold for more, half for less.

Why is the median used instead of the average? It's common for sales prices at the high or low end of the price spectrum to have a much greater deviation from the norm. That can distort the numbers to suggest all home prices

## 6 Fairway Dr, Englewood



6 Fairway Dr, Englewood, FL 34223  
County: Sarasota  
Year Built: 1979  
Price: \$399,900  
LP/SqFt: 188.72  
Garage: Yes  
Beds: 3  
Baths: 2/0  
SqFt Heated: 2,119  
Total Acreage: 1/4

Acre to 21779 Sq. Ft.  
Pool: Yes  
Location: Boca Royale  
Listing Agent/  
Brokerage: Jamie Mullis, 941-716-1375, Jamie.mullis@floridamoves.com, Coldwell Banker Residential Real Estate

## 607 Bayshore Rd, Nokomis



607 Bayshore Rd, Nokomis, FL 34275  
County: Sarasota  
Year Built: 1990  
List Price: \$750,000  
LP/SqFt: \$ 277.88  
Garage/Carport: Yes, Attached, 3 Spaces  
Beds: 4  
Baths: 2/1  
Sq Ft Heated: 2,699

Total Acreage: 1/4 Acre to 21779 Sq. Ft.  
Pool : Yes  
Location: Tierra Sonada  
Listing Agent/  
Brokerage: Clark Bowman, 941-504-5488, Clark.bowman@floridamoves.com, Coldwell Banker Residential Real Estate

## 4521 Hansard Ave, North Port



4521 Hansard Ave, North Port, FL 34286  
County: Sarasota  
Year Built: 1998  
Price: \$248,500  
LP/Sqft: 178.91  
Garage: Yes, Attached, 2 Spaces  
Beds: 3  
Baths: 2/0  
SqFt Heated: 1,389

Total Acreage: 1/4 Acre to 21779 Sq. Ft.  
Pool: Yes  
Location: Port Charlotte  
Listing Agent/  
Brokerage: Jim Bartlett, 941-234-7514, jim.bartlett@floridamoves.com, Coldwell Banker Residential Real Estate

# Realtor board leaders represent Englewood

By KIM PARKS

BOARD OF REALTORS

The Englewood Area Board of Realtors attended the largest real estate event of the year. The Florida Realtors 102nd Convention and Trade Expo was held in Orlando along with Governance meetings Aug. 8-12.

EABOR Board President, Kathi Obendorfer, President-Elect Mark Spurgeon, Past President Kevin Hyde, and RPAC/Government Affairs and Board Director David Haynes attended, along with Interim CEO, Linda Pizarro.

A topic of top priority was Amendment 2 that will be on the November general election ballot. It gives voters the chance to make a 10 percent cap on annual non-homestead property tax increases permanent.

"This event showcases our awesome workforce, which is made up of 180,000 Realtors in our state and nine thousand in our district" Obendorfer said.

"Our senators, congress and state representatives

listen to us about the issues we support: Obtainable Flood Insurance, Affordable Housing along with Amendment 2 and Clean Water," she said.

"EABOR received an award from Florida Realtors for the highest participation in all of Florida for Call to Action," Obendorfer said. "When there is a Call to Action, EABOR responds. These calls to action are sent to our legislature to prompt immediate action," Obendorfer said. "Realtors are local, state and national advocates."

The Trade Expo featured more than 200 industry experts and exhibitors showcasing their products including the latest technology. The event featured more than 50 speakers and workshops that covered everything from negotiating techniques, artificial intelligence, legal and professional standards, property management to the latest technology trends in real estate. This year's theme was "Make Magic," and it featured performances by magicians from "America's

Got Magic" and "Penn & Teller's Fool Us."

Florida Realtors mission is to support the American dream of home ownership and building strong communities, as well as to advance the state's real estate industry by shaping public policy on real property issues. EABOR has been the local voice for real estate since 1962. The mission is to support the success and professionalism of their members while improving our community and protecting private property rights.

Learn more about EABOR and their involvement in the community by following them on Twitter and Instagram at @EABORFL or find them on Facebook.

PHOTO PROVIDED

Englewood Area Board of Realtors members attending the Florida Realtors 102nd Convention and Trade Expo in Orlando include, from left, Past President Kevin Hyde, Director David Haynes, President Kathi Obendorfer and President-Elect Mark Spurgeon.



# Amendment 2 failure will trigger tax increase

By KIM PARKS

BOARD OF REALTORS

The Englewood Area Board of Realtors, along with backing from The Florida Realtors, believes communities will thrive

under Amendment 2. The initiative will appear on Florida's November general election ballot.

Every Floridian will be protected, explained Kathi Obendorfer, president of the EABOR. It

gives voters the chance to make a 10 percent cap on annual non-homestead property tax increases permanent.

Prior to the 10 percent cap, if the value of a business owner's property

increased significantly compared to the previous year, they could see their property tax bill skyrocket. Owners of investment homes also faced steep property tax hikes, which could be passed along to tenants in the form of higher rents.

Florida TaxWatch released a study recently that projects that property taxes could increase by more than \$700 million

on non-homestead properties like businesses, apartments and second homes should Florida fail to extend a property tax yearly rate cap. According to TaxWatch, the increase would happen if voters reject a proposed constitutional amendment that they'll consider in November.

"If Amendment 2 fails, 2.2 million properties will face an immediate tax

increase in 2019 of up to \$700 million," Obendorfer said. "It would have a widespread negative impact on business owners, renters, shoppers, jobs and the Florida economy."

The 10 percent cap on non-homestead properties was part of the Save Our Homes portability constitutional amendment voters approved in 2008. The 10 percent cap portion of the amendment sunsets on Jan. 1, 2019. More information can be found online at Everybodyisfor2.com

EABOR has been the local voice for real estate since 1962. The mission is to support the success and professionalism of their members while improving our community and protecting private property rights.

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# Your house isn't a piggy bank

By LIZ WESTON  
NERDWALLET

Your home equity could keep you afloat in retirement or bail you out in an emergency — but not if you spend it first.

U.S. homeowners are sitting on nearly \$6 trillion of home value they could tap as of May 2018, according to data provider Black Knight. Lenders are eager to help many do just that through home equity loans, home equity lines of credit and cash-out refinancing.

The rates are often lower than other kinds of borrowing, and the interest may still be deductible, despite last year's tax reform changes. But you can lose your home to foreclosure if you can't pay back the loan, which is why financial planners generally frown on using equity for luxuries, investing or

consolidating credit card debt.

Many planners point to the foreclosure crisis that started a decade ago as an example of what can go wrong when people binge on home equity debt.

"Having equity in your home is a huge financial advantage that can provide for significant flexibility, security and peace of mind," says Howard Pressman, a certified financial planner in Vienna, Virginia. "It is not an ATM that can be used to supplement your lifestyle."

## You may need that money later

Retirement experts predict many Americans will need to use home equity to support them when they stop working. They may do that by selling their homes and downsizing or by using a reverse mortgage,

which doesn't require payments. Reverse mortgages give people 62 and older access to their equity through lump sums, lines of credit or a series of monthly checks, and the borrowed money doesn't have to be paid back until the owner sells, dies or moves out.

Home equity also can be used to supplement emergency funds, planners say. Pressman recommends home equity lines of credit to his clients who don't have debt problems and who are disciplined and won't spend the money frivolously.

## Put your own limits on borrowing

Before the Great Recession, several lenders allowed people to borrow over 100 percent of their home's value. These days, the maximum is typically

80 percent. (Black Knight used this 80 percent loan-to-value standard to calculate how much tappable equity people have, based on current home values and existing home loans. The answer: \$5.8 trillion.)

Homeowners would be smart, though, to set their own limits lower to ensure they still have access to equity in an emergency and are able to pay off all of their mortgage debt before retirement.

## Is the potential benefit worth the risk?

Financial planners generally frown on using equity for luxuries such as vacations, high-risk ventures such as investing in the stock market or starting a business, or for debts that should be paid off more quickly. (The typical mortgage lasts 30 years, while

home equity loans and lines of credit can stretch for 20 or more years.)

"If the money is being used to pay down credit cards or buy a car, then think twice about doing it at all," says Monica Dwyer, a certified financial planner in West Chester, Ohio. "Those kinds of debts should be paid off in the short term, not with long-term borrowing."

Many people use home equity to pay college bills for their kids, but planners urge caution since it's easy to overspend on higher education. In general, parents shouldn't borrow more for college than they can pay off before retirement, and the debt shouldn't prevent them from saving enough for that retirement. Federal education loans may be a better option, since they have fixed rates and consumer protections such as forbearance and

deferral.

Investing in home improvements can be a good use of home equity, financial planners say, as long as the projects add value to the home. (The IRS has said that interest on home equity borrowing may still be deductible if the taxpayer itemizes deductions and the money is used to "buy, build or substantially improve the taxpayer's home that secures the loan.")

Even then, Kristin Sullivan, a certified financial planner in Denver, likes her clients to have a plan to pay off the loan within five years. That's "a reasonable time period to pay off something you don't really need," she says. *Liz Weston is a columnist at NerdWallet, a certified financial planner and author of "Your Credit Score." Email: lweston@nerdwallet.com. Twitter: @lizweston.*

## Adjusting the home mortgage to meet the retirement funds crisis: the role of deductibility

By JACK GUTTENTAG  
THE MORTGAGE PROFESSOR

Most economists are negative or ambivalent about the provision in the U.S. tax code that allows homeowners to deduct mortgage interest from their taxable income. The major concern is that the provision is regressive. Up to some limit, the benefit increases with wealth. The wealthier the consumer, the more costly the homes they buy, the larger the mortgages they take, the higher the interest charge on the mortgage and the greater the deduction.

Some of this ambivalence is reflected in the recently enacted Tax Cuts and Jobs Act. While it did not generate a lot of attention at the time, that legislation reduced the maximum mortgage amount on which interest is deductible from \$1.1 million to \$750,000. However, that legislation did not adapt

the deduction provision to emerging new social priorities.

## Change in Priorities

A new priority is the amelioration of the retirement funds crisis, as net worth at retirement declines and life expectancy rises. Since home equity is a potential buffer against economic hardship after retirement, the focus of tax deductibility should shift from increasing the affordability of home ownership to inducing homeowners to build equity more quickly. One way to do that is to shift the deductibility provision from interest to principal. Such a shift would result in faster equity growth, and could be implemented in such a way that it did not cost the government any more than the current rule.

Shifting deductibility from interest to principal would cause a swing

away from 30-year mortgages to shorter terms by borrowers who can afford them. This would result from the much larger tax benefit on the shorter-term mortgage.

For example, a \$100,000 loan at 4.5 percent for 30 years has a monthly payment of \$506, of which only \$131 is principal in month one. A loan of \$100,000 at 4 percent for 15 years has a payment of \$739, of which \$406 is principal. The deduction in month one would be \$275 larger on the 15-year term, and the difference increases over time. By month 60, the difference has grown from \$275 to \$331, and by month 120 it is \$398.

Equally important is the swing in the incentive to make extra payments. The present system discourages prepayments because they reduce future deductions. The proposed system would encourage prepayments because they would

generate deductions.

## Rules of the Game

To keep the costs down and the incentives properly aligned, the principal payments that are deductible must be properly defined. They consist of the principal component of the recurring monthly payment, and extra payments that reduce the loan balance by the same amount. They do not include repayments of the loan balance on sale of the house, since there is no reason to reward house sales.

The eligible mortgage

is one that was used to purchase the house, or one that refinanced the mortgage that was used to purchase the house. A mortgage placed on a house that does not have a mortgage would not be eligible. This prevents a homeowner from taking out a mortgage in order to pay it off immediately for a large deduction.

Shifting the deduction from interest to principal would probably cost the government a little more because principal payments usually exceed interest payments. For example, on a \$100,000 mortgage for 30 years

at 4.5 percent, principal payments add to \$100,000. Interest payments add to \$82,407 if the loan runs to term, \$57,437 if it is paid off in 12 years. If necessary, the cost of the new system could be reduced by scaling down the percentage of principal payments that is deductible, from 100 percent to a smaller figure as needed.

*Jack Guttentag is professor emeritus of finance at the Wharton School of the University of Pennsylvania. Comments and questions can be left at <http://www.mtgprofessor.com>.*



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## OBITUARIES

## William J Hillis

William J Hillis, 83, of Placida, Fla., passed away unexpectedly, within days of a diagnosis of an aggressive leukemia, on Saturday, Aug. 4, 2018, in Fort Myers, Fla., with his dear Joanie by his side.

Bill was born on March 14, 1935, in his grandmother's home in Sullivan, Ind., to Paul and Eunice (Robinson) Hillis.

He spent his childhood and teenage years in Sullivan, Terre Haute, Detroit and Chicago, and much of his adult life in Indianapolis and Carmel, Ind.

He will be dearly missed by his devoted wife, Joan; his cherished children, and their families — daughters Bridget (Jim) Sisson, of Jeffersonville, Indiana, and their children, Zach and Natalie (Dustin) Harryman and great-grandson, Cade; Stephanie Rollings of New Braunfels Texas, and her children, Sean and Meridith (Jerry) Purtle and great-grandson, Hudson; Pamela (Doug) Crowe, of Bloomington, Indiana and their children, Olivia, Luke and Joey; son, Andrew (Melanie), of Sheridan, Indiana, and their children, A.J., Peyton, and Jordan; and stepson, Gregory (Shefali) Martens of Birmingham, Alabama.

Friends and family may gather on Friday, Aug. 24 for a Mass of Christian Burial at 10 a.m. at Our Lady of Mount Carmel in Carmel, Ind., with a reception with family one hour prior beginning at 9 a.m. Following lunch at the church, full military honors will be held at 1 p.m. at Crown Hill Cemetery, Indianapolis, Ind. A memorial will be held in Placida, Fla., at a later time. Full obituary can be found in The Indianapolis STAR in the Sunday, August 19, 2018 publication.

The family suggests donations in Bill's memory to Progress House at 201 Shelby St. Indianapolis IN 46202 or S.O.A.R. Initiative at 3901 Rookwood Avenue Indianapolis IN 46208. Semper Fi. Go in Peace and Soar with the Eagles.

## Eugene H. Engebrecht

Eugene H. Engebrecht, 92, of Punta Gorda, died on August 10, 2018. Gene

was born on July 6, 1926, in Marshfield, Wisconsin, the son of Henry and Rose (Winkler) Engebrecht.

He joined the US Navy in June 1944 and was stationed on the island of Saipan. Following his discharge, he returned to his hometown where he assisted his parents in their dry-cleaning business. In 1949, he married Marilyn (Polly) Senn, and they would

## In Loving Memory

## Robert J. Aruta Jr.



February 26, 1964- August 19, 2007

## Life

Life, a God given gift often taken for granted  
Life, always too short but meaningful in it's length  
Life, not how long it is but how well it's lived  
music, laughter, memories, your gifts to us.

Thank you,  
By: Wendy (neè Aruta) Shaw

have celebrated their 69th anniversary this year.

Gene and Polly moved to Waukesha, Wisconsin, where he was a founding member of Senn Plywood and Door. In 1954, their daughter, Christine Ann, was born and was the light of his life.

He retired in 1977 and was able to pursue his favorite activities: cheering on his beloved Chicago Cubs, fishing, golfing, and traveling. He and Polly explored the four corners of the world.

Gene and Polly moved to Sarasota, Florida in 1982 and later to Punta Gorda in 2012. Gene was active in the United Church of Christ congregations to which he belonged, most recently in the Congregational United Church of Christ, Punta Gorda. He could be counted on to prep the coffee for fellowship hour.

Gene was preceded in death by his parents, his older sister Jean Lish, and his daughter Chris.

He is survived by his wife, Polly, son-in-law, the Rev. Bill (Hazel) Klossner, grandchildren, Jacob (Jenna), Michael, and Emily, as well as great-grandchildren, Caden, Kiersten, Dylan, Alaina, and Easton, and his niece, Diane Lish, of Nashville.

The Memorial Service celebrating Gene's life will be held on Saturday, August 25th at 1:30 pm at the Congregational United Church of Christ, 1201 Aquí Esta Drive, Punta Gorda, with Pastor Mike Ford officiating. Inurnment at Sarasota National Cemetery with military honors will be held at a later date.

Memorial contributions may be made in Gene's name to the Congregational United Church of Christ or the charity of choice.

To express condolences to the family, please visit [www.LTaylorfuneral.com](http://www.LTaylorfuneral.com) and sign the online guest book. Arrangements are by Larry Taylor Funeral and Cremation Services.

## Words of Comfort

What the heart has once owned and had, it shall never lose.

- Henry Ward Beecher



## DESOTO

## Colonel Douglas J. Mann I

Colonel Douglas J. Mann I, 82, of Arcadia, Fla., passed away on

Tuesday, Aug. 7, 2018 in Sarasota, Fla.

He was born on Nov. 10, 1935, in Urbana, Ill.

Col. Mann graduated in 1958 from Florida Southern College and was commissioned as a 2nd Lieutenant for the Army in May of that year. He served for 37 years as a Ranger and Aviator, was a Vietnam veteran, and retired a full Colonel in 1995 with the following honors: Distinguished Flying Cross, Bronze Star Medal, and Air Medal with Ten Oak Leaf Clusters.

Col. Mann was a member of the Arcadia community since 1969. He was of the Baptist faith and loved fishing, hunting, reading, and raising Weimaraners. Col. Mann was especially fond of playing cards with his friends and family.

He is survived by his daughter, Catherine "Cathy" Nott (Danny Smith); son, Douglas J. "Dutch" (Roberta) Mann; sister, Marsha Cooper of Algonquin, Ill.; nephews, David, Darren, and Rick Brents; granddaughters, Jennifer (Jeffrey) Scharf, Ashley (Jose) Nieto, and Danielle (Bryan) Backer; and great-grandchildren, Perry, Lily, and Colton Scharf and Holden Backer. Preceding Col. Mann in death are his loving wife of 49 years, Carol A. "Cay" Mann; his parents, Wayne and Dorothy Mann; and his brother-in-law, Alan Cooper.

A Celebration of Life and Memories will be held on Saturday, Aug. 25, at the First Presbyterian Church of Arcadia, in Pfrangle Hall from 9 a.m. to 11 a.m.

In lieu of flowers, contributions may be made to the DeSoto County Education Foundation Cay Mann Memorial Scholarship 530 LaSolona Ave. Arcadia, FL 34266.

Online condolences can be made at [www.pongerkaysgrady.com](http://www.pongerkaysgrady.com). Ponger-Kays-Grady Funeral Home has been entrusted with the arrangements.

## Lee Health plans to expand at Babcock Ranch

By ANDREA PRAEGITZER  
ASSISTANT EDITOR

Lee Health plans to expand its role at Babcock Ranch solar community soon, after opening a Healthy Life Center there earlier this year.

Babcock Ranch is located off State Road 31 in Charlotte County, near the border of Lee County.

In May, the 26,000-square-foot Healthy Life Center run by Lee Health opened in the Babcock community's town center.

That was after Babcock welcomed its first residents in January.

The center currently offers a fitness center, services such as yoga, massage therapy and acupuncture, rehabilitation services, along with classes and seminars.

"Lee Physician Group will be opening a Family Medicine practice beginning the first week of December to complement the Wellness and Rehabilitation services already provided within our Healthy Life Center

at Babcock Ranch," said a Lee Health spokesperson, Jonathon Little.

Lee Health is the largest not-for-profit public health system in Florida that receives no direct tax support, and has more than 1,480 physicians. The system in Lee County includes four acute care hospitals and two specialty hospitals, according to its website.

In January, Lee Health and Babcock Ranch struck a deal to give the public hospital system "exclusive rights" to perform medical services in the emerging Babcock Ranch community for five years, with an option to renew after another five.

At build out, the community may one day have an estimated 19,500 homes, along with 6 million square feet of commercial space.

Other hospital systems in Charlotte County are for-profit, including Bayfront Health Port Charlotte, Bayfront Health Punta Gorda, and Fawcett

Memorial Hospital.

So far, Lee Health's reach has extended into Charlotte County through its presence at Babcock Ranch, as well as Lee Physician Group offices at 22655 Bayshore Rd., in Port Charlotte.

"We will be happy to provide additional operational details of our newest primary care office soon, as our planning for the clinic is ongoing," said Little about emerging plans at Babcock.

Though no additional short-term projects are planned, Little said Lee Health intends to "partner with Babcock Ranch to expand services offered as the surrounding community grows."

And even more of a Lee Health presence in Charlotte County isn't out of the question.

"While additional expansion in the county is possible in the future, we have nothing to announce at this time," said Mary Briggs, spokesperson for Lee Health.

Email: [Apraegitzer@sun-herald.com](mailto:Apraegitzer@sun-herald.com)

## Charlotte County holds 'community conversations'

By BETSY CALVERT  
STAFF WRITER

Make government better. Make it smaller. Make it obedient.

These were among the ideas proposed at one of Charlotte County's first "Community Conversations."

Thirty men and women of Charlotte County, representing different age groups and ethnicities, gathered at Herald Court Square in Punta Gorda for one of many sessions scheduled by the county's Community Services Division. The moderators said they would forward the ideas to managers in county government.

Some anti-government rhetoric heated up, but by the meeting's end more than an hour later, everyone seemed on good terms.

As they identified more area needs such as transportation, many in the group realized that taxpayers would have to front the money for those services.

That led Dave Kesselring to call for less government.

"Keep government as small as possible," he said. Private charities do a better job with social services, he added.

Former County Commissioner Adam Cummings stressed the role that government can play in setting controls on development and taxing developers to help pay for services. Government can also encourage the right kind of businesses to come into the region, he said

## AUGUST CONVERSATIONS SCHEDULED

Upcoming schedule of "Community Conversations" sponsored by the Libraries and History Division of Charlotte County:

- Tuesday, Aug. 21, 2 p.m. St. Vincent de Paul Society, 25200 Airport Rd., Punta Gorda
- Wednesday, Aug. 22, 5 p.m. Murdock Baptist Church, 18375 Cochran Blvd, Port Charlotte
- Wednesday, Aug. 29, 10 a.m. Punta Gorda Housing Authority, 340 Gulf Breeze Avenue, Punta Gorda
- Wednesday, Aug. 29, 2 p.m. Verandas of Punta Gorda, 24500 Airport Road, Punta Gorda

— businesses that bring in outside money over retail that circulates the same dollars.

Stanley Stewart agreed, saying "Money will come from industry and commerce, not development. Eventually, there's not enough people to move here."

Kesselring acknowledged the gulf between his view of limited government, and Cummings' view of government as a change agent.

"We have totally opposite beliefs," Kesselring said politely to Cummings.

Michael Zarzano wants more direct control over government, the local one in particular. When asked what he wants, he said people with low income need better ways to gain redress against government officials.

He also asked for a citizen-controlled cable access channel.

As residents mentioned more and more problems in the area, from over-regulation of small business, to low wages for young people, one man decided to point out what is good with the area.

"Twenty-six years I've been in the county, and I'm proud of it, and I have a fantastic lifestyle," said John Milone. He described how he raised his children here

and how his grandchildren are thriving in local schools.

"Government is a very difficult job to do. We don't like to pay taxes, but something has to pay for services."

"Statistics show that you sir, are the exception," said Zarzano. "Many don't have living wages."

Shushila Chierian summarized a wide range of issues and the feelings of the audience saying, "I think this is a wonderful community. I've heard some pie-in-the-sky ideas of bringing in millennials. No millennial is going to come here with entry level jobs. We have to see what can be fixed, not moan about what is wrong."

The calm cracked momentarily when Michael Hirsh said he had heard enough from Andrew Sheets, who believes area law enforcement is out of control.

"I'm a little concerned. I'm sitting in a meeting with conspiracy theorists," he said. "I see a lot of positives in the Punta Gorda community, and the ability of citizens to have an impact."

The two moderators, historian Annette Snapp and librarian Leann Beckwith, kept the peace. After the meeting, Sheets said, "I thought that went really well."

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# AREA PROPERTY TRANSFERS

## CHARLOTTE COUNTY/NORTH PORT - COURTESY OF PUNTA GORDA, PORT CHARLOTTE, NORTH PORT ASSOCIATION OF REALTORS

ML#	STATUS	ADDRESS	ZIP CODE	CITY	LIST PRICE	AREA	SOLD PRICE	SOLD DATE	POOL	BE	FB	HB	BUILT	PROPERTY STYLE	SOLD TERMS	LP/SQFT	SP/LP	LP/SQFT
C7401021	Sold	PORT CHARLOTTE	33952	3006 CARING WAY #208	\$59,900	656	\$58,000	8/10/2018	Community	1	1	0	1981	Condominium	Conventional	91.31	0.97	88.41
A4405796	Sold	PORT CHARLOTTE	33952	2360 WILEY ST	\$69,900	880	\$60,000	8/11/2018	None	3	1	0	1960	Single Family Residence	Cash	79.43	0.86	
A4400628	Sold	PUNTA GORDA	33980	22481 WESTCHESTER #A19	\$73,800	1,046	\$62,000	8/15/2018	Community	2	2	0	1981	Condominium	Cash	70.55	0.84	59.27
C7402738	Sold	PORT CHARLOTTE	33952	22115 MIDWAY BLVD	\$90,000	897	\$90,000	8/13/2018	None	2	1	1	1961	Single Family Residence	Conventional	100.33	1	65.55
C7401162	Sold	PORT CHARLOTTE	33952	2200 CONWAY BLVD	\$99,000	806	\$90,000	8/13/2018	None	2	1	0	1962	Single Family Residence	FHA	122.83	0.91	67.16
C7235323	Sold	PORT CHARLOTTE	33953	14459 RIVER BEACH #110	\$100,000	1,150	\$85,000	8/09/2018	Community	2	2	0	1986	Condominium	Cash	86.96	0.85	73.91
C7249977	Sold	PUNTA GORDA	33983	2140 HERON LAKE #104	\$104,900	924	\$102,000	8/09/2018	Community	2	2	0	2006	Condominium	Conventional	113.53	0.97	110.39
C7402805	Sold	PUNTA GORDA	33983	2061 WILLOW HAM #304	\$112,900	924	\$111,500	8/09/2018	Community	2	2	0	2006	Condominium	Conventional	122.19	0.99	120.67
D6101513	Sold	ENGLEWOOD	34223	1504 FAIRLESS RD	\$118,000	1,038	\$118,000	8/15/2018	None	2	2	0	1969	Single Family Residence	Cash	113.68	1	63.51
C7403209	Sold	PORT CHARLOTTE	33952	1490 KENSINGTON ST	\$119,900	1,063	\$123,000	8/10/2018	None	2	1	0	1969	Single Family Residence	FHA	112.79	1.03	107.61
N6100216	Sold	ENGLEWOOD	34223	835 S BROADWAY	\$124,900	1,008	\$121,500	8/10/2018	None	2	1	0	1956	Single Family Residence	Conventional	123.91	0.97	120.54
C7248712	Sold	PORT CHARLOTTE	33980	161 GUAVA ST	\$127,000	1,140	\$127,000	8/09/2018	None	2	2	0	1960	Single Family Residence	FHA	111.4	1	98.91
C7403295	Sold	PORT CHARLOTTE	33952	1294 W CORKTREE CIR	\$127,900	923	\$110,500	8/13/2018	Community	2	2	0	1985	Single Family Residence	Cash	138.57	0.86	82.1
C7249701	Sold	PUNTA GORDA	33983	2120 HERON LAKE #302	\$127,900	996	\$122,900	8/10/2018	Community	2	2	0	2006	Condominium	Conventional	128.41	0.96	123.39
C7402809	Sold	PORT CHARLOTTE	33952	642 HARTFORD DR NW	\$128,900	968	\$127,400	8/10/2018	None	2	2	0	1982	Single Family Residence	FHA	133.16	0.99	
A4408165	Sold	PORT CHARLOTTE	33952	22332 NYACK AVE	\$129,900	1,364	\$113,284	8/14/2018	Private	2	2	0	1973	Single Family Residence	Cash	95.23	0.87	67.31
C7401788	Sold	NORTH PORT	34287	8239 COCO SOLO AVE	\$129,900	1,104	\$129,000	8/10/2018	None	3	1	0	1970	Single Family Residence	FHA	117.66	0.99	117.17
C7402637	Sold	PORT CHARLOTTE	33952	4370 GARDNER DR	\$138,333	1,148	\$137,000	8/10/2018	None	3	2	0	1974	Single Family Residence	Conventional	120.5	0.99	
A4215078	Sold	PORT CHARLOTTE	33981	6309 CUTLER TER	\$138,900	914	\$137,000	8/13/2018	Community	2	2	0	1973	Single Family Residence	FHA	151.97	0.99	87.09
C7402046	Sold	ENGLEWOOD	34224	10406 DEERWOOD AVE	\$139,000	1,180	\$139,001	8/09/2018	None	2	2	0	1989	Single Family Residence	Cash	117.8	1	78.53
C7402701	Sold	PORT CHARLOTTE	33952	21107 IONIA AVE	\$139,900	1,456	\$136,000	8/14/2018	None	3	2	0	1960	Single Family Residence	Conventional	96.09	0.97	
D6101356	Sold	NORTH PORT	34287	4234 ABBOTSFORD ST	\$140,000	1,236	\$138,000	8/10/2018	None	3	2	0	1980	Single Family Residence	Cash	113.27	0.99	79.4
C7401401	Sold	PORT CHARLOTTE	33948	18326 SHADOWAY AVE	\$144,900	1,135	\$145,600	8/10/2018	None	2	2	0	1984	Single Family Residence	VA	127.67	1	
C7249428	Sold	PORT CHARLOTTE	33952	23044 PEYTON PL	\$144,900	1,573	\$140,000	8/13/2018	None	3	2	0	1973	Single Family Residence	FHA	92.12	0.97	78.43
C7402108	Sold	PORT CHARLOTTE	33952	22524 BOLANOS CT	\$147,700	1,788	\$145,000	8/10/2018	None	3	2	0	1964	Single Family Residence	Conventional	82.61	0.98	54.33
C7251512	Sold	PORT CHARLOTTE	33952	3625 BROOKLYN AVE	\$149,900	1,329	\$139,900	8/10/2018	None	3	2	0	1980	Single Family Residence	Cash, Conv FHA	112.79	0.93	80.63
05566083	Sold	PORT CHARLOTTE	33952	120 CONCORD DR NE	\$154,900	1,242	\$128,000	8/15/2018	None	2	2	0	1964	Single Family Residence	Conventional	124.72	0.83	66.05
C7402320	Sold	PORT CHARLOTTE	33952	22027 CATHERINE AVE	\$155,000	1,048	\$143,200	8/13/2018	None	2	1	0	1961	Single Family Residence	Conventional	147.9	0.92	110.49
C7401349	Sold	PUNTA GORDA	33982	30097 N ELM RD N	\$158,000	1,120	\$158,000	8/14/2018	None	2	1	1	1982	Single Family Residence	USDA	141.07	1	92.94
C7248988	Sold	ENGLEWOOD	34224	6280 BROOKRIDGE ST	\$158,000	1,301	\$158,000	8/14/2018	None	2	2	0	1989	Single Family Residence	Conventional	121.45	1	78.57
N5917191	Sold	ENGLEWOOD	34224	6699 SAN CASA DR #L4	\$159,900	1,028	\$157,000	8/10/2018	Community	2	2	0	1982	Condominium	Cash	155.54	0.98	152.72
D6101362	Sold	PORT CHARLOTTE	33981	5413 COLFAX TER	\$165,000	1,323	\$170,000	8/15/2018	None	3	2	0	2009	Single Family Residence	Conventional	124.72	1.03	
A4409283	Sold	PUNTA GORDA	33983	2158 AMARILLO LN	\$169,900	2,188	\$176,500	8/14/2018	Private	3	2	0	1987	Single Family Residence	Cash	77.65	1.04	
C7402149	Sold	NORTH PORT	34287	3055 PAN AMERICAN	\$169,900	1,374	\$169,900	8/09/2018	None	3	2	0	1979	Single Family Residence	FHA	123.65	1	
U8010724	Sold	PUNTA GORDA	33950	240 W END DR #621	\$174,700	1,586	\$163,000	8/15/2018	None	3	2	0	2006	Condominium	Cash	110.15	0.93	102.77
C7400225	Sold	PORT CHARLOTTE	33952	3187 FULTON ST	\$174,900	1,666	\$186,000	8/10/2018	None	3	2	0	1974	Single Family Residence	FHA	104.98	1.06	85.71
C7402938	Sold	PORT CHARLOTTE	33954	392 WATERSIDE ST	\$175,000	2,208	\$179,550	8/10/2018	Private	3	2	0	1987	Single Family Residence	Cash	79.26	1.03	
C7401931	Sold	PORT CHARLOTTE	33953	7 RAMBLEWOOD ST	\$175,000	1,213	\$175,000	8/14/2018	None	3	2	0	1984	Single Family Residence	FHA	144.27	1	89.97
D6100731	Sold	ENGLEWOOD	34223	550 DENBURN CT	\$179,000	1,166	\$169,000	8/15/2018	None	2	2	0	1964	Single Family Residence	Conventional	153.52	0.94	93.06
C7402655	Sold	PORT CHARLOTTE	33952	22440 LEWISTON AVE	\$185,000	1,741	\$179,000	8/9/2018	None	4	2	0	1976	Single Family Residence	Conventional	106.26	0.97	68.95
C7402262	Sold	NORTH PORT	34286	3498 BARTIGON AVE	\$189,500	1,372	\$190,000	8/10/2018	None	3	2	0	2004	Single Family Residence	FHA	138.12	1	94.06
A4407328	Sold	NORTH PORT	34291	5488 SHAFFER AVE	\$194,900	1,323	\$192,500	8/15/2018	None	3	2	0	2018	Single Family Residence	Conventional	147.32	0.99	103
C7402673	Sold	NORTH PORT	34287	5165 BROPHY ST	\$194,900	1,422	\$190,000	8/14/2018	Private	3	2	0	1980	Single Family Residence	Conventional	137.06	0.97	
C7402966	Sold	PORT CHARLOTTE	33948	381 CAPATOLA ST	\$195,500	1,558	\$193,000	8/13/2018	Private	3	2	0	1987	Single Family Residence	Conventional	125.48	0.99	
C7401783	Sold	PORT CHARLOTTE	33952	157 CARLISLE AVE NW	\$197,500	1,747	\$210,000	8/13/2018	None	2	2	0	1977	Single Family Residence	VA	113.05	1.06	79.67
C7404143	Sold	PORT CHARLOTTE	33948	980 SIDNEY TER NW	\$199,900	1,545	\$193,000	8/14/2018	Private	3	2	0	1977	Single Family Residence	Cash	129.39	0.97	
C7402681	Sold	PORT CHARLOTTE	33952	21293 COACHMAN AVE	\$199,900	1,483	\$190,000	8/10/2018	Private	3	2	0	1979	Single Family Residence	VA	134.79	0.95	85.16
C7401504	Sold	PUNTA GORDA	33950	208 LEWIS CIR #4A	\$199,900	1,180	\$182,200	8/09/2018	Community	2	2	0	1985	Condominium	Conventional	169.41	0.91	
C7401453	Sold	NORTH PORT	34286	2770 BADGER LN	\$199,900	1,762	\$200,000	8/10/2018	None	3	2	0	2005	Single Family Residence	VA	113.45	1	
C7403140	Sold	NORTH PORT	34286	3778 LAMARQUE AVE	\$205,000	1,826	\$205,000	8/09/2018	None	3	2	0	2006	Single Family Residence	Conventional	112.27	1	112.27
N6100888	Sold	NORTH PORT	34286	4305 CINDERELLA RD	\$210,000	2,246	\$215,000	8/15/2018	None	3	2	0	2006	Single Family Residence	FHA	93.5	1.02	
C7402060	Sold	NORTH PORT	34288	2556 HOLLAND ST	\$210,000	2,015	\$212,000	8/15/2018	None	3	2	0	2006	Single Family Residence	VA	104.22	1.01	75.42
C7403217	Sold	NORTH PORT	34287	4150 FAIRWAY PL	\$214,900	1,488	\$206,000	8/15/2018	Private, Comm	3	2	0	2003	Single Family Residence	Cash	144.42	0.96	
N5915965	Sold	ENGLEWOOD	34223	750 W PERRY ST	\$215,000	2,963	\$199,000	8/14/2018	None	4	4	0	1952	Single Family Residence	Conventional	72.56	0.93	55.68
N6100720	Sold	PUNTA GORDA	33982	28137 ARROWHEAD CIR	\$217,630	1,756	\$217,630	8/13/2018	None	3	2	0	2018	Single Family Residence	VA	123.94	1	94.83
C7401063	Sold	NORTH PORT	34291	5396 PONCE DE LEON	\$219,900	1,670	\$224,900	8/13/2018	None	3	2	0	2018	Single Family Residence	FHA	131.68	1.02	98.12
D5923944	Sold	ENGLEWOOD	34224	8539 GATEWAY CT	\$219,900	1,627	\$195,000	8/10/2018	Community	2	2	0	2000	Single Family Residence	Conventional	135.16	0.89	93.66
A4211172	Sold	NORTH PORT	34286	3588 N SALFORD BLVD	\$220,000	2,042	\$215,000	8/15/2018	None	4	2	0	1997	Single Family Residence	FHA	107.74	0.98	79.93
C7249772	Sold	PUNTA GORDA	33983	1726 BLUE LAKE CIR	\$224,900	2,093	\$220,000	8/14/2018	None	3	2	0	1987	Single Family Residence	Conventional	107.45	0.98	73.78
C7402253	Sold	NORTH PORT	34288	1268 W HILLSBOROUGH	\$225,000	1,732	\$205,000	8/15/2018	Private	3	2	0	2004	Single Family Residence	Cash	129.91	0.91	86.53
C7251561	Sold	PUNTA GORDA	33982	415 SUNSET BLVD E	\$225,000	1,297	\$218,000	8/14/2018	None	3	2	0	2018	Single Family Residence	Conventional	173.48	0.97	124.43
D6101124	Sold	ENGLEWOOD	34223	612 LINDEN DR	\$229,900	1,381	\$220,000	8/13/2018	Community	2	2	0	1985	Condominium	Cash	166.47	0.96	104.81
U8008388	Sold	NORTH PORT	34288	1424 EXCHANGE AVE	\$229,900	1,552	\$228,000	8/14/2018	None	3	2	0	2018	Single Family Residence	Conventional	148.13	0.99	105.21
C7247749	Sold	NORTH PORT	34286	3995 W PRICE BLVD	\$229,900	1,946	\$203,000	8/10/2018	Private	3	2	0	2000	Single Family Residence	Cash	118.14	0.88	79.27
D5922260	Sold	ENGLEWOOD	34223	1098 IOWA AVE	\$229,900	1,767	\$229,900	8/14/2018	None	3	2	0	1981	Single Family Residence	VA	130.11	1	90.62
C7245094	Sold	PUNTA GORDA	33950	237 COLDEWAY DR #B6	\$229,900	1,111	\$220,000	8/9/2018	Community	2	2	0	1985	Condominium	Conventional	206.93	0.96	198.02
N6100694	Sold	ENGLEWOOD	34224	7428 BRANDYWINE DR	\$231,000	1,652	\$212,000											

# About Learning . . .

By **BONNIE LEROY**

LLI BOARD OF DIRECTORS

A young friend recently expressed to me that he had been thinking a lot about learning, and he was concerned about his parents' disinterest in learning new things as they age. Knowing that I am an active supporter of the Lifelong Learning Institute (LLI) at Florida SouthWestern State College, he asked me why some people continue to learn but not his parents. It was a great question. Why do some people enjoy learning throughout their lives while others stop and say, "I'm done with all of that!"?

LLI provides an opportunity for adult learners to continue pursuing their quest for knowledge, believing that learning enriches lives and contributes to the well-being of our communities. An "army" of LLI volunteers devotes many hours and energy to providing learning opportunities and events, fulfilling our motto of "learning – just for the fun of it!"

The LLI fall schedule begins Oct. 11 at 11:30 a.m. with a presentation by Lucienne Pears, Charlotte County Economic Director, providing important updates on some of the county's projects, in collaboration with the Punta Gorda Isles Civic Association in their center. It is free and open to the public.

LLI will host "Coffee and Registration" at the FSW Charlotte Campus auditorium on Oct. 16, 9-11:30 a.m. Complete schedule and registration information for all fall activities will be available during the event. The public is invited and there is no charge.

"New Discoveries from the 1559 Colonization

Attempt in Pensacola" is the first fall class scheduled for Oct. 23 at 10 a.m. Rachael Kangas, with the Southwest Region of the Florida Public Archaeology Network, will tell the story of 11 ships, carrying 1,500 soldiers and settlers who landed in Pensacola Bay in late August and were met with devastation by a severe hurricane that September. Learn about Don Tristan De Luna's fateful journey, why it failed, and how archeology helps us to better understand Florida's early colonization.

On Dec. 11, a docent-led tour of St. Armand's Circle is scheduled, highlighting the historical significance to this Sarasota area from John Ringling and the Ringling Brothers Circus, followed by a progressive lunch in four different restaurants. Another trip, scheduled for Jan. 30, 2019, requires 30 paid reservations received in the LLI office by Sept. 3. This trip includes lunch at Seasons 52 and a matinee stage performance of "The Revolutionists," an explosive comedy that puts a modern twist on a historical French period. More trips will be scheduled in 2019.

LLI program schedules and online registration can be found at [www.lifelonglearning-charlotte.org](http://www.lifelonglearning-charlotte.org), at the LLI office on the FSW Charlotte Campus, Room B-114, or by calling 941-637-3533.

It's encouraging to see many Charlotte County residents and LLI participants who are still very eager to continue their learning. Kudos to all of you! Maybe my young friend's parents will find their way to us, too.

*Bonnie Leroy is a member of the LLI Board of Directors.*

# Red Dot Program lets first responders quickly access patients' medical history

By **ANNE EASKER**  
STAFF WRITER

When 911 personnel respond to a medical emergency, they need to access a home quickly and get information on medical history, allergies and emergency contacts.

That's why Charlotte County created the Red Dot program more than 10 years ago, which allows first responders to easily access participants' information. There are currently between 1,500 and 1,800 participants, said E911 Coordinator Laurie Anderson.

"If there's certain things they're allergic to that the paramedics would not want to be administered, or something the paramedics need to know right away, they would need to know it when they get on scene," Anderson said. "Any emergency contacts, gate codes, key codes to get access into the home during an emergency,

emergency contacts — they fill all that stuff out."

The program is paid for by the four area hospitals and is entirely free to participants. Anyone wishing to participate can pick up a Red Dot packet at all four Charlotte County Sheriff's district offices, the Charlotte County Fire & EMS headquarters, the Punta Gorda Police Department, or area hospitals.

The packet includes a brochure with directions, a carbon copy form, a Red Dot sticker, a Red Dot magnetic pouch, and a return envelope. The top portion of the form is kept by the patient in the red magnetic holder to be kept on the refrigerator door, while the bottom part of the form is mailed to 911.

E911 staff enter the information into the 911 computers, where it's stored in the E911 database. In the event of an emergency, 911 dispatchers can provide the information to

emergency responders while they are enroute to patients' homes.

The Red Dot sticker, along with the dispatcher's notes, alerts emergency responders that there is a Red Dot Medical Information Form on the patient's refrigerator.

"If this person can't speak or communicate effectively, depending on the situation, they can grab that paper, and it can tell them all the major medical information about this person," Anderson said.

If a patient requires hospital care, the Red Dot information is transported to the hospital as well and copies are provided to emergency room staff.

Anyone who has additional questions or is unable to travel to a location to pick up the Red Dot packet can contact CCSO's E911 Office at 941-639-2101, or Charlotte County Fire & EMS at 941-833-5600.

Email: [aeasker@sun-herald.com](mailto:aeasker@sun-herald.com)

## BIRTHDAYS

### CONTACT FOR BIRTHDAYS

Each week in Sunday's *Sun*, we run free birthday announcements, along with a photo. Email your .jpg photo of the birthday boy or girl of any age, along with the person's name, age, and birthday month and date, to Sherri Dennis at [sdennis@sun-herald.com](mailto:sdennis@sun-herald.com). Deadline is noon Wednesday. Note: If you bring or mail in a hard-copy photo (to 23170 Harborview Road, Charlotte Harbor, FL 33980), we will try to accommodate you, but we CANNOT guarantee the ability to return it to you. For more information, call Sherri at 941-206-1010.



**Happy 3rd birthday to Drew Pinkman on his special day, Aug. 21.**



**Happy 95th birthday to Anne Dye on her special day, Aug. 17.**

## BRIDGE WINNERS

### Bridge Winners for Aug. 6, 2018

#### North Port Senior Center

North/South

1st: Helen Norris and Dave Johnson;

2nd: Leslie Clugston and Robert Heidbrink; 3rd: Sharon Redmond and Ron Baxter.

East/West

1st: Marcia Lanphear and John Herrmann; 2nd: Ann Benmayor and Warren Prince; 3rd: Donna and George Przybylek.

Bridge Winners for Aug. 13, 2018

North Port Senior Center

North/South

1st: Carol Schuldt and Homer Baxter; 2nd: Helen Norris and Dave Johnson; 3rd: Sharon Redmond and Ron Baxter.

East/West

1st: Donna and George Przybylek; 2nd: Leslie Clugston and Robert Heidbrink; 3rd: Ann Benmayor and Warren Prince.

## AREA PROPERTY TRANSFERS CONTINUED

ML#	STATUS	ADDRESS	CITY	ZIP	LEGAL SUBDIVISION NAME	SQFT	PRICE	BE	FB	HB	BUILT	POOL	PROPERTY STYLE	SOLD TERMS	CLOSE	LP/SQFT	SP/SQFT	SP/LP
D6101047	SLD	8407 PLACIDA RD #401	PLACIDA	33946	CAPE HAZE RESIDENCE C 7/9	1,272	\$252,500	3	2	0	2007	None	Condominium	Cash	8/8/2018	\$200.47	\$198.51	0.99
D6100629	SLD	1145 CAPLES ST	ENGLEWOOD	34223	BAY VISTA BLVD	1,421	\$259,000	2	2	0	1980	Private	Single Family Residence	Cash	8/10/2018	\$182.90	\$182.27	1
D6100333	SLD	8491 CREEKVIEW LN	ENGLEWOOD	34224	OYSTER CREEK PH 01	1,760	\$254,000	3	2	0	1992	Community	Single Family Residence	Cash	8/10/2018	\$147.67	\$144.32	0.98
C7247149	SLD	10 LONG MEADOW LN	ROTONDA WEST	33947	ROTONDA W LONG MEADOW	2,030	\$272,500	3	2	0	1998	Private	Single Family Residence	Conventional	8/10/2018	\$135.47	\$134.24	0.99
D6100763	SLD	9446 RUM RUNNER RD	PLACIDA	33946	GASPARS HIDEAWAY	1,220	\$325,000	2	2	0	1986	None	Single Family Residence	Cash	8/10/2018	\$270.49	\$266.39	0.98
D5921263	SLD	1920 PENNSYLVANIA AVE	ENGLEWOOD	34224	GROVE CITY SHORES	1,220	\$335,000	3	2	0	1968	None	Single Family Residence	Cash	8/8/2018	\$285.82	\$274.59	0.96
D6100486	SLD	15380 ALSACE CIR	PORT CHARLOTTE	33981	PORT CHARLOTTE SEC 081	2,072	\$345,000	3	2	0	1999	Private	Single Family Residence	Cash	8/9/2018	\$171.28	\$166.51	0.97
D5922471	SLD	84 MARINER LN	ROTONDA WEST	33947	ROTONDA WEST PINEHURST	1,899	\$354,900	3	2	0	2018	Private	Single Family Residence	Conventional	8/7/2018	\$187.41	\$186.89	1
D6100149	SLD	13029 RIDGELY CIR	PORT CHARLOTTE	33981	PORT CHARLOTTE SEC 095	2,178	\$370,000	4	3	1	2018	Private	Single Family Residence	Cash	8/10/2018	\$172.13	\$169.88	0.99
D5923310	SLD	15312 LAKELAND CIR	PORT CHARLOTTE	33981	PORT CHARLOTTE SEC 082	1,823	\$379,900	3	3	0	2018	Private	Single Family Residence	VA	8/10/2018	\$208.39	\$208.39	1
D6101201	SLD	1315 FORKED CREEK DR	ENGLEWOOD	34223	OVERBROOK GARDENS	1,748	\$450,000	3	2	0	1977	Private	Single Family Residence	Conventional	8/8/2018	\$263.10	\$257.44	0.98
C7248490	SLD	2100 BAY DR	ENGLEWOOD	34224	ROLLS COVE	2,805	\$1,140,000	3	3	0	1988	None	Single Family Residence	Conventional	8/10/2018	\$461.68	\$406.42	0.88
D5921144	SLD	16010 GULF SHORES DR	BOCA GRANDE	33921	GULF SHORES NORTH 04	2,657	\$2,200,000	3	3	1	2016	None	Single Family Residence	Cash	8/7/2018	\$901.39	\$828	0.92

## SOUTH SARASOTA COUNTY - COURTESY OF VENICE AREA BOARD OF REALTORS

ML#	STATUS	ADDRESS	BE	FB	HB	YEAR BUILT	SW SUBDIV COMMUNITY NAME	PROPERTY STYLE	SOLD TERMS	SP / SQFT	SP / LP	CLOSE DATE	CLOSE PRICE	POOL Y/N
N6100461	Sold	519 ALBEE FARM RD #117	2	2	0	1974	Las Palmas	Condominium	Cash	94.24	0.89	8/10/2018	\$85,000	FALSE
A4406641	Sold	4956 POMPANO RD	2	1	1	1964	South Venice	Single Family Residence	Cash	97.3	0.78	8/7/2018	\$90,000	FALSE
N6100597	Sold	1027 CAPRI ISLES BLVD #21	2	1	0	1982	Greenview Villas	Condominium	Cash	173.39	1	8/8/2018	\$129,000	FALSE
N5915662	Sold	647 BIRD BAY CIR #86	2	2	0	1978	Bird Bay	Condominium	Cash	139.92	0.86	8/7/2018	\$136,000	FALSE
D6100903	Sold	1211 E VENICE AVE	2	2	0	1964	East Gate	Single Family Residence	FHA	143.26	1.03	8/10/2018	\$154,000	FALSE
N6101151	Sold	800 MIRABELLA CIR #101	2	2	0	2005	Mirabella	Condominium	Conventional	141.7	0.97	8/10/2018	\$175,000	FALSE
A4404143	Sold	1041 CAPRI ISLES BLVD #132	3	2	0	1997	Golf Green	Condominium	Cash	134.56	1	8/10/2018	\$183,000	FALSE
N6101220	Sold	472 MISSOURI RD	2	2	0	1974	South Venice	Single Family Residence	VA	160.07	1.01	8/10/2018	\$186,000	FALSE
N6100949	Sold	308 LYNBROOK CIR #103	2	2	0	2003	West Preserve At Waterside Village	Condominium	Cash	137.7	0.98	8/6/2018	\$187,000	FALSE
N6101534	Sold	132 PATTERSON AVE	2	2	0	2004	Ogburns T B Add To Town Of Osprey	Single Family Residence	Conventional	165.95	1	8/10/2018	\$192,000	FALSE
N6100042	Sold	742 DEVON RD	2	2	0	1981	South Venice	Single Family Residence	Conventional	137.19	0.88	8/7/2018	\$197,000	TRUE
A4208253	Sold	125 SHADY PINE LN	3	2	0	1986	Laurel Pines	Single Family Residence	Conventional	142.57	0.98	8/6/2018	\$215,000	FALSE
N6101032	Sold	252 MARLIN RD	3	2	0	1997	South Venice	Single Family Residence	Cash	150.34	0.97	8/9/2018	\$218,000	FALSE
N5915489	Sold	106 PORTA VECCHIO BND #101	2	2	0	2017	Toscana Isles	Condominium	Cash	167.62	0.98	8/6/2018	\$235,000	FALSE
N5914837	Sold	182 CIPRIANI WAY	2	2	0	2005	Venetian Golf & River Club	Single Family Residence	Cash	157.58	0.96	8/10/2018	\$239,200	FALSE
N6100726	Sold	124 BRAEMAR AVE	2	2	0	1999	Westford On The Green	Single Family Residence	Cash	153.92	0.95	8/6/2018	\$247,500	FALSE
A4206223	Sold	1303 MANGO AVE	3	2	0	1965	East Gate	Single Family Residence	Conventional	171.32	0.93	8/8/2018	\$270,000	TRUE
T3106128	Sold	13831 CAMPOLLEONE STREET	3	2	0	2018	Not Applicable	Single Family Residence	Cash	190.47	0.99	8/11/2018	\$272,944	FALSE
N5916446	Sold	980 COOPER ST #401	3	2	0	2006	Island Park	Condominium	Cash	185.37	0.94	8/9/2018	\$282,500	FALSE
N6100466	Sold	157 HOURGLASS DR	2	2	0	1985	Hourglass Lakes	Single Family Residence	Cash	171.95	0.96	8/10/2018	\$287,500	TRUE
N5915699	Sold	2542 CORTENOVA CT	2	2	0	2011	Grand Palm	Single Family Residence	Cash	167.43	0.97	8/10/2018	\$292,000	FALSE
A4405509	Sold	2898 ARROWHEAD RD	3	2	0	2000	South Venice	Single Family Residence	FHA	154.64	0.98	8/7/2018	\$294,900	FALSE
E2400165	Sold	2049 MESIC HAMMOCK WAY	4	2	0	2018	Stoneybrook At Venice	Single Family Residence	Cash	176.02	0.95	8/6/2018	\$295,010	FALSE
A4406189	Sold	937 HARBOR TOWN DR	3	3	0	1989	Patio Homes Of Chestnut Creek	Single Family Residence	Cash	165.22	0.97	8/8/2018	\$305,000	TRUE
A4215601	Sold	11595 BLACKFIN ST	3	2	0	2016	Venetia	Single Family Residence	FHA	155.75	0.98	8/10/2018	\$309,000	FALSE
N6101315	Sold	1128 MISTI CT	3	2	0	1983	Venice Gardens	Single Family Residence	Seller Financing	149.9	1.05	8/10/2018	\$310,000	TRUE
A4179880	Sold	201 TURQUOISE LN	2	2	0	2001	Oaks The	Single Family Residence	Cash	133.51	0.89	8/8/2018	\$310,000	TRUE
A4209336	Sold	12632 RICHELZA DR	4	3	0	2016	Gran Paradiso	Single Family Residence	Cash	155.51	1	8/10/2018	\$316,000	FALSE
N5916743	Sold	1000 SAN LINO CIR #1011	2	2	0	2008	San Lino	Condominium	Cash	155.9	0.98	8/9/2018	\$324,900	FALSE
N6101089	Sold	1507 SAN YSIDRO WAY	3	2	0	2000	Pelican Pointe Golf & Country Club	Single Family Residence	Conventional	199.06	0.97	8/10/2018	\$340,000	TRUE
N5916741	Sold	100 AURORA ST E	3	2	0	1957	Beach Manor	Single Family Residence	Cash	250.35	0.89	8/10/2018	\$357,000	TRUE
N6100543	Sold	302 CIPRIANI WAY	3	2	0	2006	Venetian Golf And River Club	Single Family Residence	Conventional	176.03	0.97	8/8/2018	\$379,000	TRUE
N6101081	Sold	150 FIESOLE ST	3	2	0	1968	Venezia Park	Single Family Residence	Cash	215.93	0.81	8/8/2018	\$385,000	FALSE
N6101504	Sold	264 BENEDETTO CT	3	2	1	2018	Nokomis	Single Family Residence	Conventional	193.38	1.3	8/8/2018	\$399,134	TRUE
N6101140	Sold	1441 GLENEAGLES DR	3	2	0	1989	Waterford	Single Family Residence	Cash	164.61	0.96	8/10/2018	\$400,000	TRUE
A4215336	Sold	808 GOLDEN POND CT	3	2	0	2004	Rivendell The Woodlands	Single Family Residence	Cash	177.01	0.98	8/8/201		

# Pirates young and old turn out at Treasure Trot

By **KAYLA GLEASON**  
STAFF WRITER

Plenty of Pirates and community members set a course for the Port Charlotte High School track Saturday during the fourth annual Treasure Trot.

The Treasure Trot incorporates both a 5k and a mile “Fun Run” to help raise gold doubloons — which is money for the PCHS boys and girls cross country and track and field teams.

“We hope to raise enough money to give us opportunities to travel to bigger, more competitive meets and have new uniforms and warm-ups. That amount varies, but generally falls in the \$2,000 to \$3,000 range,” said PCHS coach and Treasure Trot Director Ray Chumbley.

He estimated anywhere between 250 and 300 runners showed up Saturday morning, ranging from under nine to over 65 years old. One runner even pushed a baby stroller with her during the race.

Games, food and activities were also set up near the track for those cheering from the sidelines.

“I have grandchildren in cross country so we came out to support them,” said Kim Mault, whose grandsons Chandler and Connor run for PCHS and were busy volunteering in the concession booth.

Chumbley says that the students’ help is

imperative in ensuring the event runs smoothly.

“I was just really impressed with all the kids volunteering. They were really just incredible, so when it came up, I had to come back and do it again,” said Brian Ward, last year’s Treasure Trot winner and a former high school cross country runner.

“It’s just a small, fun race for the community.” For many participants, it was clear a love of running starts at a young age. Katrina Machado is only 12 years old and placed within the top five female finishers, even after taking a break from the sport over summer.

Kylin Marquez was also eagerly awaiting her turn to race as she cheered on her older brother. “I like running. Sometimes I get tired but I never give up,” she said, standing on tip-toes to see the track over the chain-link fence.

Mom, Marie Thompson added: “My older son goes to North Port and does cross country there. She saw him doing it and started running at Imagine through their program.”

Even if running wasn’t normally their cup of tea, community members were still up and ready to support the cause.

Philip Cruz just started running two months ago at the Firecracker 5k, since taking a break for the last few years.

“I play Ultimate Frisbee with the organizer and, when he told me about



SUN PHOTOS BY KAYLA GLEASON

The 5k path covered the track and parts of the PCHS and Charlotte Technical College campuses.

it, I thought it sounded fun and I wanted to help out,” he said.

“It’s been good to get back into it. My time was 24:15 and last time it was 25:30, so little by little I’m improving.”

Now, he plans to run in Remember the Fallen in September, a 5k honoring first responders and armed forces members.

At the end of the day, winning a shiny trophy wasn’t the first thing on people’s minds, it was all about coming together to support Charlotte County students and what they love to do.

Email: kgleason@sun-herald.com



Cross country runners John Perez, Kaya Hensler, Chandler Mault and George Mancinn, volunteer at Saturday’s event.



Kylin Marquez cheers on her brother on Saturday morning.



Katrina Machado was one of the first girls to finish the 5k Saturday.



Barbie Lisson, Lucie Lisson, Makayla Bueno and Kim Mault pose in a pirate scene painted by cross country runner Kaya Hensler.

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*Provided by: Richard C. - Current Resident*

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# North Port families get their glow on

It was a recent fun family night playing bingo with a twist: florescent colors, black lights and music. The Binglo Family Game Night took place recently at the Morgan Family Community Center. A variety of prizes were won, including pints of custard and family fourpacks to other events in the area.



Above: North Port Park and Recreation organizers and counselors pose for a photograph during the recent event of Binglo Family Game Night at Morgan Family Community Center in North Port.



SUN PHOTOS BY MONICA AMAYA

Angela Adams helps her daughter, Rebecca, 6, find the numbers on the scorecard while they take part in North Port's Binglo recently.



At left: Savannah Holland, 14, and her mother, Desiree, were winners of the first Binglo, which included one pint of Custard each month for a year, from Culver's. Other prizes included a family fourpack to VIP skip the line at Trick o Treat at City Hall; family fourpack to IMAG, and a family canoe trip from Canoe Outpost Peace River.



Jamie and Erlene Larson, along with their daughter, Hayden, 6, spent a recent night playing Binglo as a family.



Brant Bissainthe and his sons, Nicolas, 9, and Noah, 3, enjoy the family Binglo night held through the city of North Port.



Dennis DeCame III, 9, came along with his parents to play some Binglo at North Port's Morgan Family Community Center.

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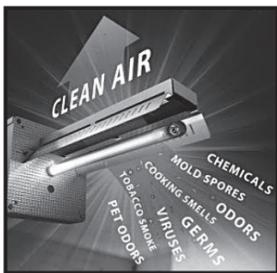
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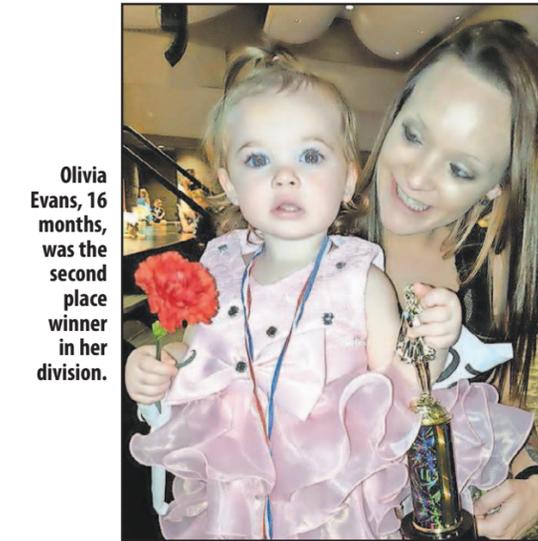
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# Contestants crowned Little Miss and Mr. Englewood



SUN PHOTOS BY ELAINE ALLEN-EMRICH

Khloe Hooper, 6, participated in her first pageant.



Olivia Evans, 16 months, was the second place winner in her division.



Baby Rex Brown is held by his dad during the pageant.



Left: Oceanna Beach, 8, loves being out on the water. She competed in the pageant and received support from her grandma Lisa Beach.



Makenzie Kelley is comfortable on stage as a contestant in the Little Miss and Mr. Englewood Pageant.



Cash Marsolek, 9 months, is held by his mom Carina. Cash was among the winners in the Little Miss and Mr. Englewood Pageant Saturday at Lemon Bay High School.

By ELAINE ALLEN-EMRICH  
STAFF WRITER

ENGLEWOOD — Amid bright lights, and screaming and laughing babies, 16-month-old Olivia Evans slept peacefully in her mom's lap on stage.

She awoke to a second place win, trophy and carnation.

Looking pretty in a frilly pink dress, Olivia was one of about 80 contestants in the Little Miss and Mr. Englewood Pageant Saturday at Lemon Bay High School. The annual pageant is part of the Pioneer Days events celebrating Englewood families leading up to Labor Day.

For 2-year-old Wyatt Dion, waiting for the winner's names to be called meant trying to escape from his mom while on the stage. Wyatt belly laughed each time his mom grabbed his legs and pulled him back to her.

Nearby a handsome Dylan Carter cupped his dad John Cummings' hands to stand up on stage. The 5-month-old wore a tie and a smile for his part in the pageant.

Older contestants were asked their favorite place to go and most said Disney or LEGOLAND.

However, 8-year-old Oceanna Beach didn't say amusement parks were her favorite. Instead, she loves being on the water boating and fishing with her family. She described herself as a caring, funny and adventurous person who loves manatees and mermaids.

Vineland Elementary School student Oscar Zapata, 7, said he wasn't scared to go out in front of the crowd.

"I have to beat two others in my age group to come in first place," said Oscar, who considers himself energetic, outgoing and compassionate. "I did this last year. I'm not nervous."

Oscar won in his age group.

Someone who was shy was Khloe Hooper, 6, a Glenallen Elementary School student.

"This is my first time, she said. "I am nervous."

Makenzie Kelley had no problem telling the judges she is going to play volleyball in college. She said she considers herself unique.

Ella Howell said she is "fearless."

Mexi Font, who was in the 10 to 14 age group, didn't mind saying she was "a little strange" and smiled as it was announced.

"We had a really great turn out," said Chris Phelps, who is heading the Pioneer Days committee. "We had some sound issues at the theater. We will get them worked out next year. We will be adding a talent portion to the pageant next year."

"I give a lot of credit to Melissa Whittemore who just had a C-section and did a wonderful job heading the pageant. She also had a great team of judges Diane Charest, Nicole DeSantis and Toy Coxey," Phelps said. "It was a great day. The parents were very nice and the children were wonderful."

Pioneer Days events continue from 2 p.m. to 6 p.m. today with a charity bowling event at Englewood Bowl, 299 South Indiana Ave. Games are \$4 with a portion going to an Englewood charity of the team's choice.

For more information, call 941-474-5400.

Email: eallen@sun-herald.com



Garlin Boling, 7, and Oscar Zapata, 7, both from Vineland Elementary School came out winners on Saturday.



Brinley Dexter, 2, stands with her mom, Heather at the pageant.

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# LOCAL SPORTS

■ **TARPONS: Football**

## Grant's athleticism puts him among elite

By **BEN BAUGH**  
SPORTS EDITOR

An encouraging word can open a series of opportunities. Sports have played a significant role in Jayden Grant's life from a young age.

It was while he was attending elementary school in Savannah, Georgia, that the future Fightin' Tarpon would get his first exposure to football, through a person who could recognize Grant's potential based on his physical attributes.

"My principal was the Rec Coach, and he saw that I had good size, and wanted to see what I would look like on the football field," said Grant.

However, Grant's introduction to football, left him with some uncertainty regarding his future in the sport.

"When I got out there, I didn't like it at first, but as I kept growing, I grew to like it, and now it's my favorite sport."

A three-sport athlete, Grant has emerged as a formidable force, not only on the gridiron, but on the hard court and as a weightlifter.

It's his dedication, adeptness and work ethic that have allowed Grant to evolve into a leader, a paragon of discipline and determination when competing, and someone who exemplifies humility off the field.

Grant's leadership qualities have seen him



PHOTO BY CHRISTOPHER BLAKE

**Charlotte Fighting Tarpons Jayden Grant carries the ball for a substantial gain against the Mariner Tritons on Friday evening.**

accept more responsibility, and the senior embodies the spirit of a program whose emphasis is on excellence.

"He's a tough kid," said Binky Waldrop, Charlotte Fighting Tarpons head coach. "He's a great athlete, weightlifter and by far the toughest kid on the football field. At 7:25 on a Friday night, you know he's ready to go."

It's his intense level of concentration, an attribute that's made him a productive performer as an athlete, that has enabled him to evolve both mentally and physically.

"It's not an easy job, it's very hard, you have to stay mentally focused

because everything isn't going to go your way all the time," said Grant.

Competence and reliability are attributes synonymous with Grant's athletic performances, and are an inherent part of his character.

"You always have to go over your stuff," said Grant, who had 554 all purpose yards in 2017. "At home, I think about it at night, what I'm going to do on every play, and I watch film to be prepared."

Fitness has also played a large role in Grant's success, allowing him to perform at an optimal level.

"Jayden seldom comes

off the football field," said Waldrop. "It's not often that you can get a kid who can do that. In the Port Charlotte game, he didn't come off the field for one play. And he was on two special teams."

A standout on both sides of the ball, Grant rushed for 494 yards and six touchdowns in 2017. He had 108 yard games against Ida Baker and Cape Coral. He was equally impressive on defense, with a 46-yard interception return against Dunbar, a game where he also recovered a fumble. Against Fort Myers, he had nine solo tackles and caused a fumble.



PHOTO BY BEN BAUGH

**Jayden Grant has enjoyed success as a multi-sport athlete. He is a key member of the Charlotte Fighting Tarpons football, basketball and weightlifting programs.**

"As a defensive player, I try to go after the ball, make my reads the right way, make sure everyone is in the right position, keep my defense together, so we all can flex the ball," said Grant.

The 5'10", 195 pound senior, also excels on the basketball court, having averaged 9.4 points, 3.1 assists, 3 rebounds and 3 steals per game during the 2017-18 season.

Grant also distinguished himself as a weightlifter, finishing

fourth in the FHSAA State Championship in the Class 2A 199 lbs. division, with a bench press of 310 pounds and a clean and jerk of 300 pounds, totaling out at 610 pounds.

"Jayden's a very strong young man," said Ray Hixson, Charlotte high school weightlifting coach and assistant football coach. "His overall strength makes him a very powerful football player that's tough to bring down when he's carrying the football."

### LOCAL SPORTS CALENDAR

#### MODEL SAILING

**Charlotte Harbor Multihull Association:** For multihull owners or those interested in them. No dues. Meets first Monday of each month 6 p.m. at Harpoon Harry's. Visit <http://groups.yahoo.com/group/CHMA/> or call Ron, 941-876-6667.

**Charlotte Harbor Community Sailing**

**Center:** Year-round weekly sailing classes for youth and adults. Monthly Portsmouth racing second Saturday each month. Family membership \$140 per year includes use of boats on days open. Discounts available for multiple family members taking a class. Classes open to public and include beginning learn to sail, learn to race,

advanced race training, tactical racing, water safety. Contact 941-456-8542 or email at [thesailingcenter.org@gmail.com](mailto:thesailingcenter.org@gmail.com) or web at [www.thesailingcenter.org](http://www.thesailingcenter.org) or Facebook page Charlotte Harbor Community Sailing Center.

**Club schedules:** Sun Coast Club meets Monday, Wednesday and Saturday, 10 a.m. to 3 p.m. at South County

Regional Park in Punta Gorda. Open to the public. 941-628-8802.

**Dragon boat club:** The Charlotte Harbor Dragons Boat Club meets Wednesday and Saturday at 8 a.m., at the Port Charlotte Beach Complex, 4500 Harbor Boulevard, Port Charlotte for practices. This club races Dragon Boats at various venues in Florida year round. Learn more about us by joining us for practice. Contact Eddie Amara at 941-740-1286 or [eamara1@comcast.net](mailto:eamara1@comcast.net).

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#### SOFTBALL

**The 60+ Evening Slow Pitch Softball League** is looking for players 60 years and older. Season starts in September. For more information call Vince 941-624-3630.

The Charlotte County 55+ Senior Morning Softball League will be holding batting practice and sign ups beginning at 9:30 a.m. on Aug. 27, Aug. 30 and Sept. 6 at the Carmalita Softball Field Complex in Punta Gorda. Players fee is \$30. League games will begin on Sept. 10 and run through Dec. 17. Questions, call Tim Seagreaves at 941-276-7048, Tim Casey at 203-996-6632 or Fred Stankovich at 908-415-9379.

#### BASEBALL

**Senior Men:** The South Florida Suns, men's over-50 baseball team, is looking for players. All positions needed. Call 941-456-5229.

**Little League:** Port Charlotte Little League Baseball Fall Ball sign ups.

Sign ups are being held at the Harold Ave. Rec Center at 23400 Harold Ave. on Aug. 23 from 6 p.m. to 8 p.m. and Aug. 25 from 10 a.m. to 12 p.m.

Player's birth certificate is required.

The fee for the fall season is \$45 per player and the season starts September 10 and lasts for approximately 10 weeks.

We're also looking for coaches.

Please call Lou at 941-629-1220 with any additional questions or if you're interested in coaching.

**CONTACT US**

**Benjamin Baugh** • Editor  
[bbaugh@sun-herald.com](mailto:bbaugh@sun-herald.com) or 941-206-1175

**Jacob Hoag** • Staff writer  
[jhoag@sun-herald.com](mailto:jhoag@sun-herald.com) or 941-206-1122

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Intoned weekly by actor Sam Jaffe as Dr. Zorba and later by Franchot Tone as Dr. Freeland, the line opened the show with Vince Edwards as an intense but idealistic neurosurgeon serving his residency under chief of neurosurgery Dr. Zorba/Freeland. “Ben Casey was my hero,” said Dr. Johnson, “surly but absolutely



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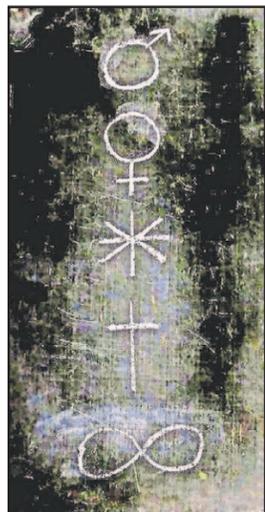


PHOTO PROVIDED/

Man, woman, birth, death, infinity

## Study: How kids' brains react to food may cause them to overeat



PHOTO PROVIDED

Researchers found children whose brains were more excited by a food reward also had a tendency to overeat at the buffet and eat when not hungry.

By MARY BERNARD  
THE PHILADELPHIA INQUIRER

Nearly one in five U.S. children is obese, according to the most recent estimates from the Centers for Disease Control and Prevention.

A new study by Pennsylvania State University that linked overeating to the brain's response to food rewards may help to shed light on the national epidemic that can lead to Type 2 diabetes, high blood pressure and breathing problems.

Among the kids in the study, a high responsiveness to food rewards, rather than money, indicated a higher likelihood to overeat and to eat even when

they weren't hungry. The researchers measured responsiveness using blood-oxygen-level dependent imaging (BOLD) on a functional magnetic resonance imaging scan (fMRI), which indicates the locations in the brain with the most activity.

The results remained the same, regardless of the children's weight and body mass index.

“(Responsiveness) was happening independently of if the child had obesity, so the parent might not even realize that their child is on a trajectory to overeat,” said Shana Adise, coauthor of the study and current post-doctoral fellow at the University of Vermont. Adise worked on

the study while completing her Ph.D. at Penn State.

Certain food habits as a child, such as an inability to stop eating or a tendency to hide snacks, can indicate an unhealthy relationship with food. Even if the child has a healthy BMI, such habits might precede obesity later in life.

Parents should avoid behaviors that put a lot of emphasis on food, such as using food consistently as a reward and, even, restricting kids' access to food, said Kathleen Keller, coauthor of the study and an associate professor in the department of nutritional sciences and food science at Penn State.

“Children are still developing, so this is a

really critical period of time,” Adise said. “Things could become a permanent habit later in life.”

The 59 children in the study, ages 7 to 11, visited a lab on four occasions. Once, they ate a meal to establish a baseline appetite. That same day, 20 minutes later, they were offered more food to judge their tendency to eat when they aren't hungry. Another time, the children were offered a buffet of food to measure their proclivity to overeat.

At the final session, the fMRI scanned the children's brains while they played a guessing game and were given either a food, money or neutral reward for a correct answer.

The researchers found

children whose brains were more excited by food rewards also had a tendency to overeat at the buffet and eat when not hungry.

“People who are vulnerable to overeating, they are people who value food over other types of rewards,” Keller said. “It's clearly starting at a time when children are young, before they develop obesity.”

However, certain eating behaviors might have been exacerbated in the study. By only meeting four times and serving foods that the child may not be exposed to at home, eating habits in the lab may not necessarily mimic normal eating habits perfectly.

“This is the beginning of the road,” Adise said.

## Easy ways to boost your family's veggie intake

PROVIDED BY STATEPOINT

Nutritious, delicious and low-calorie, vegetables should be the star player of all your meals. But sometimes providing veggies for your family can be time consuming and costly. Luckily, there are a number of simple ways to boost your veggie intake, and it all starts in your grocery store's freezer aisle.

• **Go frozen:** Frozen vegetables are often one of the most affordable options and the quickest to prepare, reducing time spent slicing and dicing on busy weeknights. What's more, by opting for

frozen veggies, your family will likely reduce its food waste. Frozen vegetables are easy to store for long periods of time, and recent studies have found that freezing actually helps lock nutrients in.

• **Swap it out:** Little ones and even some adults can be resistant to certain vegetables at first. But there are ways to incorporate them into family meals with no one the wiser. Consider cooking with vegetables that offer the look, feel and taste of traditional starches such as rice, pasta and potatoes. For example, Green Giant's

frozen Veggie Swap-Ins line, which includes riced veggies, veggie spirals and mashed cauliflower are easy go-to items in any kitchen for quick family meals. Indeed, 52 percent of American consumers who noted they had purchased Green Giant Swap-Ins products within three months of taking the survey, said they have introduced the product into their kids' meals without their kids knowing they weren't traditional potatoes, rice and/or pasta, and 49 percent admit to swapping these items for potatoes, rice and pasta one to two

times per week.

• **Be mindful:** Dining out can be especially tricky territory for those looking to eat more vegetables. Be mindful of what you order. Read the menu carefully and ask questions. Many restaurants are happy to make substitutions to accommodate your preferences. For example, see if you can replace a side of fries with a garden salad or sautéed seasonal vegetables like green beans.

• **Get creative:** Whether you're hosting a barbecue, attending a potluck or simply making your family dinner, consider



PHOTO PROVIDED

Are you looking to simplify your family's clean-eating routine and increase your vegetable intake? With a few tips and tricks, you can incorporate broccoli, beets, squash and more into your family's diet while saving time and money in the process.

reducing calories in salads and sides by upping your vegetable intake in these dishes. Make an Italian pasta salad out of

zucchini or carrot spirals. Swap out traditional rice with riced cauliflower to make a simple pilaf. The possibilities are endless.

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**President**  
Michael Beatty

**Publisher**  
Glen Nickerson

**Feeling Fit Editor**  
Marie Merchant  
feelingfit@sun-herald.com  
941-206-1135

**Medical Advertising Executives**

Bibi R. Gafoor  
941-258-9528  
bgafoor@sun-herald.com

Jim Commiskey  
941-258-9526  
jcommiskey@sun-herald.com

Elaine Schaefer  
eschaefer@sun-herald.com  
941-205-6409

## Deadlines:

Support groups and News & Notes are published as space permits. To be included send the information to feelingfit@sun-herald.com. Deadlines for listings are the Monday prior to publication.

# Is Medicare's latest change a step too far?

By **PAUL SISSON**  
THE SAN DIEGO  
UNION-TRIBUNE

Though its name sounds like a trendy workout craze, Medicare's new "step therapy" policy has nothing to do with getting people in their 60s to move their feet.

Sometimes called "fail first," step therapy is the term used when a health insurance company forces doctors to prescribe the cheapest medication first, providing access to more expensive alternatives only if the first option doesn't get results.

The U.S. Centers for Medicare and Medicaid Services recently announced that privately administered Medicare Advantage plans will be allowed to create step therapy policies for drugs delivered in doctors' offices and other outpatient settings. Such measures are already allowed in Medicare "Part D" medication plans.

Allowing step therapy for doctor-administered drugs represents a significant change, especially since this class of medication often is used to treat serious illness such as cancer, said Juliette Cubanski, director of the Program on Medicare at the nonpartisan Kaiser Family Foundation.

"This is definitely a fundamental change in terms of giving plans more authority," Cubanski said.

"I would think that health plans would tread carefully because they don't want to end up driving customers away."

Sarah Emond, executive vice president and chief operating officer for the Institute for Clinical and Economic Review in Boston, said it will be incumbent on health insurance companies to make sure that they're not ignoring evidence which shows that one drug can deliver better results than another even though it costs more.

"You would definitely want something like this to be anchored in solid evidence," Emond said.

The federal government touted the move as a positive for the millions of Medicare recipients nationwide who feel drug prices are too high, saying in a statement that the move "empowers patients with more choices" and that it shows that the Trump administration is taking "action to lower drug prices."

But many have been quick to say the change could slow down the often-frantic process of finding the right drug among many options to treat deadly diseases. In its own statement, the American Cancer Society said allowing step therapy for Medicare Part B plans "could erect barriers to care for cancer patients" while the American College of Rheumatology

called the decision "an affront to America's sickest Medicare patients."

Those concerns, though, rub up against public outrage over drug prices. According to Health System Tracker, a service of the non-partisan Kaiser Family Foundation, Americans continue to pay drastically higher prices for drugs. For example, the average 2014 price for a 28-day supply of Humira, a drug used to treat rheumatoid arthritis and other conditions, was \$2,669 in the United States, a sum that is 96 percent higher than the average paid in the United Kingdom.

Some private health plans already employ step therapy for some drugs on their formularies. A 2011 analysis in the Journal of Managed Care and Specialty Pharmacy, which examined the evidence in 14 different step therapy studies, found that forcing patients to take the cheapest drug, with the exception of antipsychotic medications used to treat conditions such as schizophrenia or bipolar disorder, does save money.

However, many have questioned the ethics of fail-first policies.

Noting that many states have limited step therapy amid doctor and patient stories of long waits for approval after first-step drugs fail or side effects appeared,

researchers argued in a 2014 paper that step therapy can pose ethical problems when forcing a patient to take a cheaper drug could cause significant harm such as when treating "cancer, mental health, or seizure conditions."

Medicare's step therapy rule does give doctors and patients an out, allowing them to request an exception to a fail-first requirement and get a decision within 72 hours. Denied exceptions can be appealed to Medicare.

Any Medicare Advantage plan that decides to implement a step therapy program must notify all current policy holders of the change in writing, and Medicare has extended the amount of time that it will allow beneficiaries to change plans in 2019.

But the big picture remains a significant issue. The whole point of step therapy is to reduce drug costs and, while experts agree that the approach could cut costs somewhat, none predicted price shrinkage large enough that the average Medicare beneficiary would notice a significant difference.

A much more fundamental re-think of the way Medicare pays for drugs is necessary to start driving costs down closer to what the citizens of other countries pay, said Kristof Stremikis, director

of market analysis and insight at the California Health Care Foundation.

Currently, he noted, Medicare uses a drug's average price in the wider market as a baseline for what it will pay. But the reasons why those prices are what they are are often murky. If the government truly wants to make a big dent in drug prices, unpacking those prices and demanding more transparency from drug companies will be necessary.

"The baseline we have today does not necessarily incorporate an objective assessment of a drug's value, and until that happens, the game isn't fundamentally changed. That's where significant savings are hiding," Stremikis said.

Cubanski, the Kaiser expert, agreed. She noted that the new step-therapy policy does require insurance plans to pass 50 percent of money saved by requiring the use of cheaper drugs onto patients, but, in the aggregate, she said, no one should expect a reversal of ever-increasing drug price trends.

"It's another opportunity to try and wring some savings out of Medicare, but, just because they're given this opportunity to use step therapy doesn't mean drug prices are coming down," Cubanski said.

# US approves new generic competitor to EpiPen

By **MATTHEW PERRONE**  
AP HEALTH WRITER

WASHINGTON — U.S. health officials on Thursday approved a new generic version of EpiPen, the emergency allergy medication that triggered a public backlash due to its rising price tag.

The new version from Teva Pharmaceuticals is the first that will be

interchangeable with the original penlike injector sold by Mylan. The Food and Drug Administration announced the approval in a statement.

EpiPen injections are stocked by schools and parents nationwide to treat children with severe allergies. They are used in emergencies to stop potentially fatal allergic reactions to insect bites

and stings and foods like nuts and eggs.

EpiPen maker Mylan has dominated the \$1 billion market for the shots for two decades. Several other companies sell competing shots containing the drug epinephrine, but they aren't heavily marketed or prescribed by doctors.

In 2016, Congress blasted Mylan in letters

and hearings for raising EpiPen's to \$600 for a two-pack, a five-fold increase over nearly a decade. The company responded by launching its own lower-cost generic version for \$300.

Mylan continues to sell both versions at those prices, according to data from Elsevier's Gold Standard Drug Database.

Teva's generic shot will

be the first version that pharmacists can substitute even when doctors prescribe the original EpiPen.

A Teva spokeswoman declined to comment on the drug's price but said it would launch "in the coming months." Generic drugs can be priced as much as 80 percent lower than the original product. But those price cuts usually appear after several

companies have launched competing versions.

Teva's bid to sell a generic EpiPen faced multiple setbacks at the FDA, which rejected the company's initial application in 2016. While epinephrine is a decades-old generic drug, Teva and other would-be competitors struggled to replicate the EpiPen's auto-injector device.

## SUPPORT GROUPS

### Alzheimer's support groups

The Alzheimer's Association holds monthly caregiver support groups for spouses, adult children and family members who want to connect and share insight with others in similar situations. RSVP is not required to attend. For questions on groups

and services through the Alzheimer's Association, please call 941-235-7470.

Port Charlotte area  
• 3 p.m. third Tuesday at South Port Square (Harbor Terrace), 23033 Westchester Blvd., Port Charlotte.

• 3 p.m. third Thursday at Port Charlotte United Methodist Church, 21075 Quesada Ave., Port Charlotte.

Punta Gorda area  
• 3 p.m. third Monday at Life Care center, 450 Shreve St., Punta Gorda.

• 3 p.m. second Tuesday at Punta Gorda Civic Association, 2001 Shreve St., Punta Gorda.

Englewood area  
• 10:30 a.m. third Friday, Englewood United Methodist Church, 700 E. Dearborn St., Englewood.

### Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 3 p.m. to 4 p.m. the second Tuesday every month at The Springs at South Biscayne, 6235 Hoffman St., North Port. Call 941-426-8349 to register.

## Victoria Scanlon appointed Organizational Treasurer of Florida Council for Community Mental Health

By **KELLY POMERVILLE**  
CHARLOTTE BEHAVIORAL  
HEALTH CARE

Established more than 40 years ago in 1976, The Florida Council for Community Mental

Health (FCCMH or the Council) is a nonprofit, 501(c)(3) statewide association of community-based mental health

and substance abuse treatment providers. The number one priority for the FCCMH and its member organizations is to ensure that Floridians have access to a comprehensive and effective system of coordinated mental health and substance abuse treatment services.

Charlotte Behavioral Health Care is proud to announce that its CEO, Victoria Scanlon, LMHC, has been appointed

as the Council's new Organizational Treasurer.

Scanlon has worked as a clinician and administrator in community behavioral health for over 20 years. Her clinical career focus created a passion in treating adults with serious mental illnesses, emphasis on criminal justice diversion, and eliminating suicide. She joined Charlotte Behavioral Health Care in 2006 as Clinical Director, and quickly assumed oversight of Quality Management. She was then promoted to Chief Operating Officer in 2007 and remained in that position for nine years, until assuming the role of Chief Executive Officer in May, 2016. Scanlon holds a Bachelor's Degree in Psychology and an Educational Specialist/Master's in Education with a speciality of Community Counseling/Mental Health Counseling from the University of Florida.



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• Englewood Beach: Daily at 8:30 a.m.; and Wednesday at 6:30 p.m. 941-473-0135.

• Manasota Beach: Monday-Saturday at 8 a.m.

• Venice Beach Pavilion: Monday-Thursday at 7:30 p.m.

• North Jetty, Nokomis Beach Yoga: 9 a.m. Monday, Tuesday and Friday

• Pop Up Yoga classes at local business led by The Yoga Sanctuary will be held all throughout the summer. You never know where until the week prior to a Pop Up Class. The Yoga Sanctuary is excited to be working with other businesses in town (and sometimes beyond) to provide people with even more

opportunities to explore their yoga practice and shop local! These surprise yoga classes will be held all over — you never know when or where until that week. To find out about these special complimentary classes be sure to “like” and follow us and other Punta Gorda businesses on Facebook. That’s where we’ll be announcing each class.

Other things to know:  
 1. A limited number of mats will be available for use. But if you have your own, feel free to bring it.  
 2. There is no cost for these classes. However, there will be some events held at nonprofit locations and some done to support are nonprofits. Consider having some funds to donate or even shop local in some of the shops after class.  
 3. All classes will be approximately

45 minutes long.

4. Some classes will be held outside. These events will be weather permitting.

For more information, Facebook: <https://www.facebook.com/yogasanctuary>.

• Yoga Tots — The Punta Gorda Library, 424 W. Henry St., hosts the free program Yoga Tots Storytime from 10:15 a.m. to 10:45 a.m. on Fridays for children ages 12-36 months. Bring your toddler, towels or yoga mat to stretch your mind and muscles with a story and fun yoga poses. For more information, call 941-833-5460 or email: [PuntaGordaLibrary@charlottecountyfl.gov](mailto:PuntaGordaLibrary@charlottecountyfl.gov).

*If you would like your free yoga event added to our events, email [feelingfit@sun-herald.com](mailto:feelingfit@sun-herald.com).*

**SUPPORT GROUPS**

**Cancer Support Ministry**

First United Methodist Church offers a scripturally based cancer support ministry to anyone affected by this life altering diagnosis. Whether you are new diagnosis or have been battling for a long time, the cancer ministry provides a place where people who understand the treatment journey are available to help, listen and support patients, as well as survivors, caregivers and family members. The Cancer Support Ministry meets the first Wednesday of every month at 6:30 p.m. in room 9 at 507 W. Marion Ave., Punta Gorda. All adult cancer survivors and their caregivers are

welcome to attend, regardless of cancer type, church affiliation or faith base. For more information, contact Mitzi Kohrman, [kohrman1562@comcast.net](mailto:kohrman1562@comcast.net).

**Food Addicts Anonymous**

A 12-step program for those who wish to recover from food addiction. Group meets from 6 p.m. to 7 p.m. on Thursdays, at First Alliance Church, 20444 Midway Blvd., Port Charlotte. For more information, call 941-380-6550.

**Courage Over Cancer**

Gulf Cove United Methodist Church's cancer care program, Courage

Over Cancer, offers support and ministry to men, women, and families who are affected by cancer. Church and community members touched by this disease are provided with help and spiritual counsel that are specific to their needs as a cancer patient, caregiver, or loved one. This ministry is based on the outreach program Our Journey of Hope which was developed by the Cancer Treatment Centers of America. If you or someone you know could benefit from a friend to support them through this journey, contact the church at 941-697-1747 or [GulfCoveUMC@gmail.com](mailto:GulfCoveUMC@gmail.com). Gulf Cove UMC is located at 1100 McCall Road, in Port Charlotte.

**Dollars for Mammograms**



Sue Smith; Alice Walker; Rita Bertler, Director for Dollars for Mammograms; and Marge Jones

Missin' Mammaries, a breast cancer dragon boat racing team from Punta Gorda, presented a check of \$5,000 to Dollars for Mammograms. For more information, visit [www.dollarsformammograms.org](http://www.dollarsformammograms.org).



Members of Missin' Mammaries: Deb Dehmel, Sue Smith, Alice Walker, Marge Jones and Eileen Wein

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## BAYFRONT NEWS &amp; NOTES

Aug. 21, 9 a.m. to 10 a.m. Cardiac Diet Nutrition Class. Bayfront Health Wellness & Rehab Center, 733 E. Olympia Ave., Punta Gorda. Learn heart-healthy, low fat and low sodium food options. Free. Call 941-637-2450 to register.

Aug. 21, 11:30 a.m. to 1 p.m. Massage Therapy. Punta Gorda Isles Civic Association, 2001 Shreve St., Punta Gorda. Massage therapy can improve blood flow and soothe tired and sore muscles, but it also can be an effective form of stress relief. Led by a licensed massage therapist, join us and learn the health benefits, types and various techniques of massage therapy. Free. Lunch provided. RSVP required. Call 941-637-1655 to register.

Aug. 21, 6 p.m. to 8:30 p.m. Breastfeeding Class. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. Taught by a Registered Nurse, this class will give expectant mothers important information to prepare for a successful breastfeeding experience. Free. Register at www.BayfrontHealthEvents.com.

Aug. 22, 5 p.m. to 6 p.m. What Do You Have To Lose? Bayfront Health Punta Gorda Medical Office Plaza, 3rd Floor, Suite 131, 713 E. Marion Ave., Punta Gorda. If you're considering weight loss surgery, the best

place to start is with the right information. That's why we offer free weight loss seminars as an opportunity to talk with the experts. Seminars are interactive and include members of our weight loss team. You are invited to bring a family member, friend, or other support person with you. Free. Register at www.BayfrontCharlotteWeightLoss.com or call 941-766-4564 to schedule a free consultation.

Aug. 25, 9 a.m. to 5:00 p.m. Childbirth and Newborn 1-Day Course. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. In this course, you will leave with a better understanding of labor and delivery, the birthing process, anatomy and physiology, birth basics, comfort techniques, hospital procedures and medical interventions. (\$) or ask how you can take this course for Free. Register at www.BayfrontHealthEvents.com.

Aug. 25, 9 a.m. to 10 a.m. What Do You Have To Lose? Bayfront Health Port Charlotte Bariatric Services Suite, 2500 Harbor Blvd., Port Charlotte. If you're considering weight loss surgery, the best place to start is with the right information. That's why we offer free weight loss seminars as an opportunity to talk with the experts. Seminars are interactive and include members of

our weight loss team. You are invited to bring a family member, friend, or other support person with you. Free. Register at www.BayfrontCharlotteWeightLoss.com or call 941-766-4564 to schedule a free consultation.

Aug. 25, 11 a.m. to noon. Bayfront Baby Place Tours. Bayfront Health Port Charlotte, Lobby, 2500 Harbor Blvd., Port Charlotte. Expecting? View the birthing suites, meet the staff and get questions answered in preparation for an exceptional experience. Free. Register at www.BayfrontHealthEvents.com.

Aug. 27, 2:30 p.m. to 4:30 p.m. Quit Your Way. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. Quitting tobacco isn't easy. Finding help should be. Bayfront Health and Tobacco Free Florida offer free tools and services to help you get started. Free. Call 866-534-7909 to register.

Aug. 28, 1:15 p.m. to 2:15 p.m. Emotions of the Heart: Stress Management Class. Bayfront Health Wellness & Rehab Center, 733 E. Olympia Ave., Punta Gorda. Everyone experiences stress from time to time; however, excessive stress can take a toll on your health. Learn techniques to recognize, manage, overcome and cope. Free. Call 941-637-2450 to register.

## So much still to teach as students start final year of high school

By NICOLE VILLALPANDO  
AUSTIN AMERICAN-STATESMAN  
(TNS)

We have hit the home stretch — that final year of grade school. Senior year.

How did this happen? Wasn't it just yesterday that my husband and I dropped 5-year-old Benjamin off at his kindergarten classroom and stood outside the doorway trying to see what was going on while hoping he didn't see us?

We've done it all: parent-teacher conferences, trips to the principal's office, field trips, clubs, science fairs, impossibly challenging projects that had us cursing teachers' names, tests failed, tests aced, school performances that had us beaming with pride.

Now, in this senior year, I can't help thinking about all the things we still need to teach him. We thought we had more time.

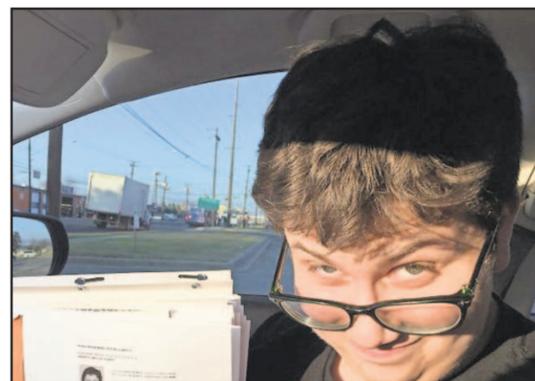
Luckily, this year Benjamin is actually taking a class called "How to Be an Adult," because in between physics and calculus, sometimes real life skills take a backseat.

So, for Ben, here's my list of things to learn this year:

**1. How to drive.** Yes, you have a permit, and yes, we practice, but in this world where Uber is at the touch of your fingertips, you're not really seeing the point. And you're not alone. A lot of your classmates aren't licensed drivers either. Dude, it's a life skill. Let me help you get it.

**2. How to manage money.** Debit cards, credit cards, checking accounts, that's all something that happens in theory. This year we're moving beyond the savings account to having a checking account with a debit card to practice working within a budget before college next year.

**3. How to advocate**



TNS PHOTO

Benjamin Villalpando is working on learning to drive. He recently started his senior year of high school.

**for your own medical care.** It's time to practice how to make a doctor's appointment, refill medication and use the insurance card. Mom needs to ease out of being the medical manager.

**4. How to feed yourself.** Yes, you're wiz at making cookies, sandwiches and frozen pizza. Let's try to expand those chef skills.

**5. How to clothe yourself.** Hooray, you finally mastered the washer and dryer, but shockingly, we haven't really had you go shopping for clothes. Why? Because you hate it. It's time to head to the store, pick out your size and try things on, and then buy them with your debit card. Maybe if you knew how much those jeans cost, they wouldn't be on the floor all the time.

**6. How to read a map and navigate public transportation.** If Mom or Dad has always driven you everywhere, can you find your way? Next year at college will you be able to get from your dorm to class, to the grocery store or anywhere else you might want to go?

**7. How to have a conversation.** In this world of texting, let's make sure you can talk to people, make eye contact and be comfortable talking to a stranger. (Yes, I know we told you never to talk to strangers, but now you're going to have to.)

**8. How to advocate for yourself to get something fixed.** If you have an issue with a store, a professor, a service provider, your dorm room, will you know how to effectively state your case and ask for what you need? Mom or Dad won't be there to do it for you next year.

**9. How to manage your time.** That nice alarm that wakes you up every morning with a kiss? That won't be coming to your dorm room. Nor will the reminder service that tells you to get off your phone and do your homework. You'll have to do it yourself. Senior year is a great year to build up these skills.

**10. How to access resources.** If you had a problem, would you know where to turn? If Mom or Dad are the only ones with the power to Google or ask a school administrator what is available to you, what will happen next year? Will you be able to find academic counseling services, tutoring, or even know what the weather is going to be like that day and what clothing is appropriate?

I'm sure there is more to consider, more to teach and more to learn. This time next year, you'll be off on a new adventure. And that will be wonderfully exciting — and a little bit scary, too. Good luck, sweet Ben.

## SUPPORT GROUPS

## Alcoholics Anonymous

Call 941-426-7723 for information on meetings in the Arcadia, Venice, Port Charlotte, Punta Gorda, North Port and Englewood areas, including dates times and places.

## Amputee Support Group

The Amputee Support Group meets at 3 p.m. on the second Monday of every month at the Life Care Center, Punta Gorda. Contact George Baum at 941-787-4151 for more information.

## At Ease, Veterans

During World War II, and the wars in Korea, Vietnam, Afghanistan and Iraq, the percentage of American soldiers who shot their weapons with the intent to kill steadily rose from just 15 percent to almost 100 percent. The Department of Housing

& Urban Development estimates that in January 2017, over 40,000 veterans are more likely to be homeless each night. As recently as 2014, an average of 20 veterans died from suicide each day. These brave men and women need a listening ear, and they need to know that God's grace is still with them.

Combat veterans from Gulf Cove United Methodist Church are providing some of the support and discussion that our veterans deserve. On the first Tuesday of each month at 6 p.m., they are at the American Legion Post 113, at 3436 Indiana Road in Rotonda West. Veterans are invited and encouraged to join them. Gulf Cove UMC is located at 1100 McCall Road in Port Charlotte, just ¾ mile south of the Myakka River on Route 776. The church can be reached at 941-697-1747 or GulfCoveUMC@gmail.com and their website is found at <http://GulfCoveChurch.com>.

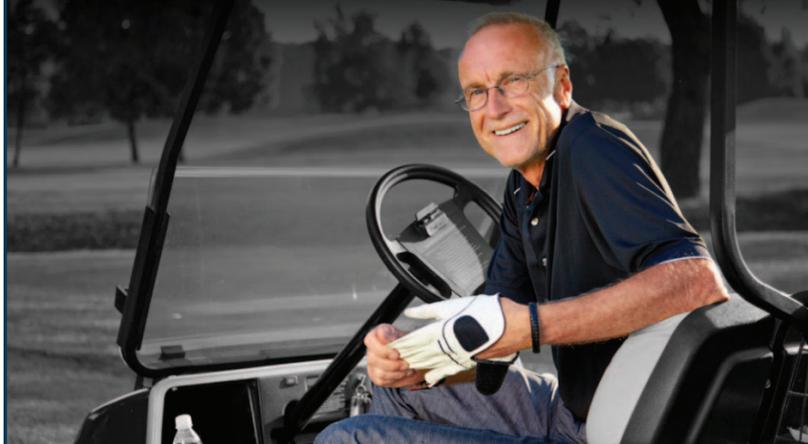
## Breast cancer networking

Breast Cancer Networking in Venice offers support and sharing with other breast cancer survivors. Meetings are on the third Monday of each month from 11 a.m. to noon at the Venice Health Park, Suite 1217 (north side), Jacaranda Blvd., Venice. For more information, call 941-408-9572.

## Caregivers Support Group

Port Charlotte United Methodist Church, 21075 Quesada Ave., Port Charlotte, hosts a caregiver support group from 1 p.m. to 2:30 p.m. every Wednesday. The cost is free and is open to any caregiver dealing with any debilitating disease. There are no requirements to join the group. For more information, contact Mike Boccia at 941-815-6077.

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# Multi-gene test may find risk for heart disease and more

By **LAURAN NEERGAARD**  
AP Medical Writer

WASHINGTON — You know your cholesterol, your blood pressure ... your heart gene score? Researchers say a new way of analyzing genetic test data may one day help identify people at high risk of a youthful heart attack in time to help.

Today, gene testing mostly focuses on rare mutations in one or a few genes, like those that cause cystic fibrosis or sickle cell disease, or the BRCA gene responsible for a small fraction of breast cancer. It is less useful for some of the most common diseases, such as heart disease or diabetes, because they are influenced by vast numbers of genes-gone-wrong working together in complicated ways.

Monday, researchers reported a new way to measure millions of small genetic variations that add up to cause harm, letting them

calculate someone's inherited risk for the most common form of heart disease and four other serious disorders. The potential cardiac impact: They estimated that up to 25 million Americans may have triple the average person's risk for coronary artery disease even if they haven't yet developed warning signs like high cholesterol.

"What I foresee is in five years, each person will know this risk number, this 'polygenic risk score,' similar to the way each person knows his or her cholesterol," said Dr. Sekar Kathiresan who led the research team from the Broad Institute, Massachusetts General Hospital and Harvard Medical School.

If the approach pans out and doctors adopt it, a bad score wouldn't mean you'd get a disease, just that your genetic makeup increases the chance — one more piece of information in deciding care. For example, when

the researchers tested the system using a DNA database from Britain, less than 1 percent of people with the lowest risk scores were diagnosed with coronary artery disease, compared to 11 percent of people with the highest risk score.

"There are things you can do to lower the risk," Kathiresan said — the usual advice about diet, exercise, cholesterol medication and not smoking helps.

On the flip side, a low-risk score "doesn't give you a free pass," he added. An unhealthy lifestyle could overwhelm the protection of good genes.

The scoring system also can predict an increased risk of Type 2 diabetes, inflammatory bowel disease, breast cancer and an irregular heartbeat called atrial fibrillation, the team reported in the journal *Nature Genetics* — noting that next steps include learning what might likewise lower

those risks.

It doesn't require the most sophisticated type of genetic testing. Instead, Kathiresan can calculate risk scores for those five diseases — eventually maybe more — simply by reanalyzing the kind of raw data people receive after sending a cheek swab to companies like 23andMe.

A geneticist who specializes in cardiovascular disease, he hopes to open a website where people can send in such data to learn their heart risk, as part of continuing research. Kathiresan and co-author Dr. Amit Khera, a Mass General cardiologist, are co-inventors on a patent application for the system.

Other scientists and companies have long sought ways to measure risk from multiple, additive gene effects — the "poly" in polygenic — and Myriad Genetics has begun selling a type of polygenic test for breast cancer risk.

But specialists in heart disease and genetics who weren't involved with the research called the new findings exciting because of their scope.

"The results should be eye-opening for cardiologists," said Dr. Charles C. Hong, director of cardiovascular research at the University of Maryland School of Medicine. "The only disappointment is that this score applies only to those with European ancestry, so I wonder if similar scores are in the works for the large majority of the world population that is not white."

Hong pointed to a friend who recently died of a massive heart attack despite being a super-fit marathon runner who'd never smoked, the kind of puzzling death that doctors have long hoped that a better understanding of genetics could help to prevent.

"Most of the variation

in disease risk comes from an enormous number of very tiny effects" in genes, agreed Stanford University genetics professor Jonathan Pritchard. "This is the first time polygenic scores have really been shown to reach the level of precision where they can have an impact" on patient health.

First, the Boston-based team combed previous studies that mapped the DNA of large numbers of people, looking for links to the five diseases — not outright mutations but minor misspellings in the genetic code.

Each variation alone would have only a tiny effect on health. They developed a computerized system that analyzed how those effects add up, and tested it using DNA and medical records from 400,000 people stored in Britain's UK Biobank. Scores more than three times the average person's risk were deemed high.

# HPV and throat cancer in men: How vaccines can help

PROVIDED BY STATEPOINT

Human papillomavirus (HPV) is the most commonly diagnosed sexually transmitted disease in the U.S. and cases of HPV-related oropharyngeal cancer — a cancer that develops on the back and sides of the throat, tonsils and base of the tongue — in middle-age men have tripled in the past three decades.

But did you know that vaccines can help reverse this trend? August is Immunization Awareness Month and a good opportunity to learn more.

"Nearly all sexually active men and women get exposed to HPV at some point in their lives," said Dr. Tom Thomas, director, Head and Neck Reconstructive Surgery and Transoral Robotic Surgery at Atlantic Health System's Morristown Medical Center. "Symptoms may develop decades after you become infected, so it's often impossible to know who transmitted the virus to you."

You're at higher risk for oral HPV if you:

- Haven't been vaccinated against HPV
- Have had unprotected oral sex
- Have many sexual partners
- Have a sexual partner who has had many sexual partners
- Started having sex when you were 16 or younger

The good news is that when caught early, treatment for HPV-related throat cancer is often successful.

Symptoms include a lump on the neck that isn't painful but doesn't go away, a sore throat or difficulty swallowing that doesn't go away after 3-4 weeks, unexplained weight loss and a change in voice.

If you have any of these symptoms, see your doctor right away. If you have a history of known HPV infection or other sexually transmitted diseases, see a head and neck expert.

"Even with no symptoms, you can pass HPV on to others, and you can get HPV from someone who doesn't show

any symptoms," said Dr. James Wong, medical director, Leonard B. Kahn Head and Neck Cancer Institute at Morristown Medical Center.

As one of the leaders of the new Atlantic HPV Center, the country's first center dedicated to the diagnosis, treatment, research and survivorship of HPV-associated cancers of the head and neck, Dr. Wong points out that understanding HPV and cancer can mean catching the disease early.

Unfortunately, experts say that persisting misconceptions associated with throat cancers caused by HPV create stigmas and fears and prevent many patients from having important conversations with loved ones and doctors.

"We need to overcome the embarrassment associated with throat cancer caused by HPV," said Dr. Thomas. "Anyone who's sexually active is at risk for getting HPV, even if you've had only one sexual partner."

There are more than



PHOTO PROVIDED

Vaccines in childhood can protect against HPV-related throat cancers.

150 types of HPV, but the HPV vaccine protects against both types 16 and 18, which cause the majority of cases of oropharyngeal cancer. More widespread use of the vaccine could lower the rate of high-risk HPV infection in men and women and

consequently lower the rate of HPV-related cancer in both sexes. The Centers for Disease Control recommends getting the HPV vaccine for children at ages 11-12, before they are exposed to HPV, in order to protect them from certain cancers

later in life. However, those who have already been infected can still get some protection from the vaccine, which is recommended for females aged 13 through 26 and males aged 13 through 21 who were not adequately immunized previously.

## DAN FROM PAGE 1

dedicated."

"Ben Casey" debuted in 1961 at a time TV was nominated by westerns like "Wagon Train" and "Bonanza." Doctor shows were rarities, with the exceptions of "City Hospital," which first aired in 1951 and is considered to be the first televised medical drama, and "Medic," which featured Richard Boone, ran from 1954-56 and was the first show to focus on medical procedures.

The still ongoing genre of hero doctors began with "Ben Casey" and another show that began the same year, "Dr. Kildare," based on the successful movie serial and referred to in some quarters as the "anti-Ben Casey." Dr. Kildare, as played the handsome Richard Chamberlain, was an intern learning the ropes under the senior Dr. Gillespie (Raymond Massey). Both shows dominated the ratings.

"Kildare dated his female patients," noted Dr. Johnson. "First of

all, that's unethical. Secondly, Richard Chamberlain would not have been interested in women."

(Chamberlain, an award-winning actor, was outed at the age of 55 by a French magazine in 1989 and confirmed his homosexuality in his 2003 autobiography "Shattered Love.")

In 1969 came "Marcus Welby, M.D." and "Medical Center," two popular series that took a different approach to medical cases. The former starred Robert Young as the title character, a kindly family practitioner who made house-calls along with his young partner, Dr. Steve Kiley, played by James Brolin.

"Medical Center" starred Chad Everett and James Daly as young/old surgeons Joe Gannon and Paul Lochner at a big-time Los Angeles university hospital. Both "Medical Center" and Marcus Welby, M.D., went off the air in 1976 tied as the longest-running medical dramas on American television at the time.

Another long-running series, "Emergency!,"

began as a midseason replacement in 1972 and lasted five years, followed by a half-dozen, two-hour television movies. The first medical drama ever to combine both a paramedic program with an emergency room hospital, the show featured Robert Fuller and Julie London as Dr. Kelly Brackett and head nurse Dixie McCall, Emergency Room staff members who saw the patients brought in by the EMTs.

Dr. Johnson liked this one.

"Julie London as Dixie who wore very flattering, skin-tight, silk nurse uniforms," he recalled. "Talk about a fantasy for a young, pre-medical Dr. Johnson."

Dr. Johnson had some things to say about another cast member, singer-songwriter Bobby Troup, who played neurosurgeon Dr. Joe Early.

"Bobby wrote the 'Route 66' song," he informed me. "You might also remember him from the 'MASH' movie. He picked up the doctors at the airport in Tokyo and kept saying 'Gosh darned army' over and over."

Jack Webb of "Dragnet" fame was the creator and producer of "Emergency!"

"Julie the nurse was married to Jack, then divorced him, then married Bobby," said the

good doctor. "That must have been cozy. Troup also wrote 'Girl Talk,' which was a hit for Julie. Jack always wanted 'just the facts ma'am, just the facts.' I have a feeling that he was a 'Wham

Bam' kind of man. That might have been the problem."

Comments and suggestions are always welcome. Call Dan Mearns at 941-893-9692 or email danmearns@gmail.com.

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## NEWS & NOTES

### Beating addiction is possible

Beating addiction is possible, and Fellowship Church of Englewood wants to get that message of hope out there to the Greater Englewood Community. Addiction is a huge problem in our culture and is affecting more families than ever before in our nation's history.

Special guest speaker Joe Hamblen, a former addict himself, will give his personal story of success and how others can make it too. Hamblen now serves as the Director for Loving Hands Ministry which strives to rehabilitate men who have addictive problems.

Beating addiction is possible! Find out how on Sunday, Aug. 19, at 8:30 a.m. and 10:30 a.m. Fellowship Church is located at 140 Rotonda Blvd. W., in Rotonda. Nursery and Kids Programs are available during both services. Complimentary hot coffee, donuts and juice are served at our Fellowship Hospitality Center at 9:30 a.m. For more information, visit [www.fcenglewood.com](http://www.fcenglewood.com) or call 941-475-7447.

### Neuro Challenge Foundation for Parkinson's

- Special Event, North Port, "Understanding the Medical Infinity Deep Brain Stimulation System and Parkinson's Disease with Chad Davie, Abbott Labs; Neuro Challenge Foundation: North Port, 5600 Peace River Road, North Port, 1:30 p.m. to 3 p.m. Aug. 20.
- North Port JFCS Care Partner Connection with Carolyn Stephens, LCSW and Parkinson' Power Hour with Carisa Campanella, Open Forum and Sharing; Neuro Challenge Foundation: North Port, 5600 Peace River Road, 1:30 p.m. to 3 p.m. on Aug. 22.

- North Port JFCS Care Partner Connection with Carolyn Stephens, LCSW and Parkinson' Power Hour with Karla Brody, Open Forum and Sharing; Neuro Challenge Foundation: North Port, 5600 Peace River Road, 1:30 p.m. to 3 p.m. on Aug. 22.

- North Port Voice Aerobics with Mary Spemulli, SLP; An exercise program focusing on breath support, posture, and vocal function exercises for improved vocal performance: Neuro Challenge Foundation: North Port, 5600 Peace River Road, 11 a.m. to 12:30 p.m. on Aug. 23.

- Venice Movers and Shakers PD Discussion Group: Open discussion with Care Partner Relationships with Alex Addona. Facilitated by Dr. John Moore: Jacaranda Public Library, 4143 Woodmere Park Blvd., Venice, 3 p.m. to 4:30 p.m. on Aug. 23.

- Punta Gorda Parkinson's Support Group Care Partners and People with Parkinson's Breakout Groups: Punta Gorda Civic Association, 2001 Shreve St., 10 a.m. to 11:30 a.m. Aug. 24.

- Venice Parkinson's Wellness Club: "In-Home Assessments for Safety and Better Living" featuring Cindy Anderson, OT; Jacaranda Trace Retirement Community, 2nd Floor Classroom, 3600 William Penn Way, Venice, 10 a.m. to 11:30 a.m. on Sept. 6.

### Quarters for a Cause

Join The Homeless

Coalition for Quarters for a Cause at 6 p.m. on Aug. 21, at the Charlotte Harbor Event and Conference Center located at 75 Taylor St., Punta Gorda.

A Quarter Auction is a game where bidders play for prizes valued from \$12-\$50 and even higher. Bring lots of enthusiasm and \$3 for a paddle rental, rolls of quarters for bidding, cash for 50/50 drawing. All proceeds benefit The Programs and Services at The Homeless Coalition. There will be items for sale from various vendors and a cash bar and food also for purchase. For more information, call Darcy Woods at 941-627-4313, ext.134 or email [events@cc.homelesscoalition.org](mailto:events@cc.homelesscoalition.org).

### Childbirth Education Programs

Sarasota Memorial Hospital offers comprehensive childbirth education programs at its North Port Health Care Center, 2345 Bobcat Village Center Road, North Port. All sessions are taught by qualified instructors, on a rotating monthly schedule. For the educational sessions, you'll need to sign-up in advance. We recommend signing up for classes by your second trimester and finishing them four weeks prior to your due date. Upcoming classes include:

- Wednesday, Aug. 22: CPR for Infants 6:30 p.m. to 8 p.m.
- Monday, Sept. 10: Baby Care Basics 6:30 p.m. to 8:30 p.m.
- Saturday, Sept. 15: Prepared Childbirth Class 9 a.m. to 5 p.m.
- Wednesday, Sept. 26: Breastfeeding Basics 6:30 p.m. to 8:30 p.m. Register online at [babies.smh.com](http://babies.smh.com).

### Tibetan Singing Bowl and Yoga Immersion

The Yoga Sanctuary, 112 Sullivan St., Punta Gorda, will host a Tibetan Singing Bowl and Yoga Immersion from 4 p.m. to 5:30 p.m. on Aug. 19. The therapeutic sounds of Tibetan Singing Bowls have been used for centuries for healing and meditative purposes. The range of sounds and vibrations that come from the bowls are meant to awaken, refresh, and relax people in sacred spaces. Experience the sounds and vibrations of the bowls as they move throughout your being, bringing balance to the physical, mental, emotional and spiritual bodies. Cost is \$25 per person. For more information, visit [www.theyogasanctuary.biz](http://www.theyogasanctuary.biz) or call 941-505-9642.

### Dart tournament

Royal Palm and Interim Healthcare present the third Annual Dart Tournament Fundraiser at 5 p.m. on Aug. 23, at the Ice House Pub, 408 Tamiami Trail #111, Punta Gorda. All proceeds to support the Alzheimer's Association. For more information, call Tanyah Lockett at 941-627-6762.

### Community Class, A Benefit for the Peace River Wildlife Center

September is Yoga Month and The Yoga Sanctuary, 112 Sullivan St., Punta Gorda, is

celebrating. Join us as we kickoff this special month with August's Community Class from 6 p.m. to 7:15 p.m. on Aug. 29, in honor of the Peace River Wildlife Center (PRWC). Class will open with an introduction by PRWC's veterinarian Dr. Robin Jenkins, highlighting PRWC's role in the care, preservation, and protection of our native wildlife. You will then be led through an all levels yoga class. This donation-based class is open to everyone and kicks off The Yoga Sanctuary's Yoga Month Bingo Challenge. All donations collected go directly to PRWC. For more information, visit [www.theyogasanctuary.biz](http://www.theyogasanctuary.biz) or call 941-505-9642.

### Yoga month bingo challenge

September is National Yoga Month. During Yoga Month, designated by the Department of Health & Human Services, festivities occur across the country. Hundreds of studios, teachers, and students join in. Come celebrate with The Yoga Sanctuary and discover the transformational power of a consistent yoga practice. Participate in our monthlong game of Yoga Month Bingo and see the difference yourself! In addition to feeling stronger, more relaxed, and less stressed, you will also be supporting the Peace River Wildlife Center (PRWC). Our Aug. 29 Community Class at PRWC kicks off the Bingo game, which culminates with a celebration for all participants and supporters on Sunday, Sept. 30. Visit [www.theyogasanctuary.biz](http://www.theyogasanctuary.biz) or call 941-505-9642 to learn more about this month long event.

### Fall Festival

A fall festival will be held from noon to 4 p.m. on Sept. 22, at Quality Health Care Center, 6940 Outreach Way, North Port. There will be food, games, face painting, baked goods and more. All proceeds benefit the Walk to End Alzheimer's disease. For more information, call 941-626-8411.

### Family-to-Family program

Family-to-Family, a free, 12-session educational program for family, partners and friends of adults living with mental illness will be offered by NAMI Sarasota County starting Friday, Sept. 7, through Nov. 30, from 6:30 p.m. to 9 p.m. at Venice United Church of Christ, 620 Shamrock Blvd., Venice. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Family-to-Family also offers skill-building workshops on problem-solving, communication and empathy. This life-changing program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

To register contact NAMI at 941-376-9361 or email [info@NAMISarasotaCounty.org](mailto:info@NAMISarasotaCounty.org). Visit the website at [namisarasotacounty.org](http://namisarasotacounty.org) for more information.

### NAMI Family Support Group Training

NAMI Sarasota County will offer statewide

Family Support Group (FSG) Training on Oct. 6-7 in Sarasota. Prospective facilitators must be family members (parents, siblings, adult children, spouses or partners) of a person with mental illness. If you would like to train as a volunteer facilitator and can commit to co-facilitating a monthly support group, please consider this unique opportunity. Additional FSG facilitators are needed in Sarasota County, particularly for the Venice and North Port areas, and NAMI Sarasota County will cover the cost of training for applicants from Sarasota County.

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. The groups provide an opportunity to gain insight from the challenges and successes of others facing similar circumstances. FSG is confidential and provided free of cost to participants.

For more information or an application contact Colleen Thayer, Executive Director, NAMI Sarasota County, at [colleen@NAMISarasotaCounty.org](mailto:colleen@NAMISarasotaCounty.org) or call 941-376-9361.

### Run like a Bandit

The Port Charlotte Bandits Youth Football and Cheer Programs will host its inaugural running of Run like a Bandit 5K/10K from 7 a.m. to 11 a.m. on Oct. 14, at Port Charlotte Beach Park, 400 Harbor Blvd., Port Charlotte. All proceeds from the event benefit this amazing program for the kids in the area. It is a 5K and a 10K road race on all paved surfaces, with a \$200 overall male/female prize for the 10k and \$100 overall male/female for the 5K. Overall youth male/female will have prizes as well. There will also be awards for all the masters categories. There will be a custom finishers medal for every finisher of both races. Each participant will also receive an official custom race shirt. There will be food and beer at the after party. There will also be inflatables for the kids, cornhole for the adults and music by DJ Justin of Party Pro DJ's. Registration is \$45 for 10K and \$30 for 5K. To register or for more information, visit [www.runsignup.com/Race/FL/PortCharlotte/RunLikeABandit5k10k](http://www.runsignup.com/Race/FL/PortCharlotte/RunLikeABandit5k10k).

### Annual Tour de North Port

The 9th Annual Tour de North Port, "It's the Green Pumpkin!" that will take place at 7 a.m. on Oct. 28, at Imagination High School, 2575 Sycamore St., North Port.

A fundraiser event sponsored by People for Trees, a nonprofit native tree advocacy group since 1997, the Tour de North Port is not a race but an organized bicycle ride where cyclists follow a 15, 35, or 65-mile route through North Port that highlights the city's parks and natural settings. The ride includes breakfast, lunch, rest stops, and SAG support. Advance registration is \$40 (www.peoplefortrees.com) or \$45 at door. For more information, contact Alice White at 941-426-9752 or email [treelady12001@yahoo.com](mailto:treelady12001@yahoo.com).

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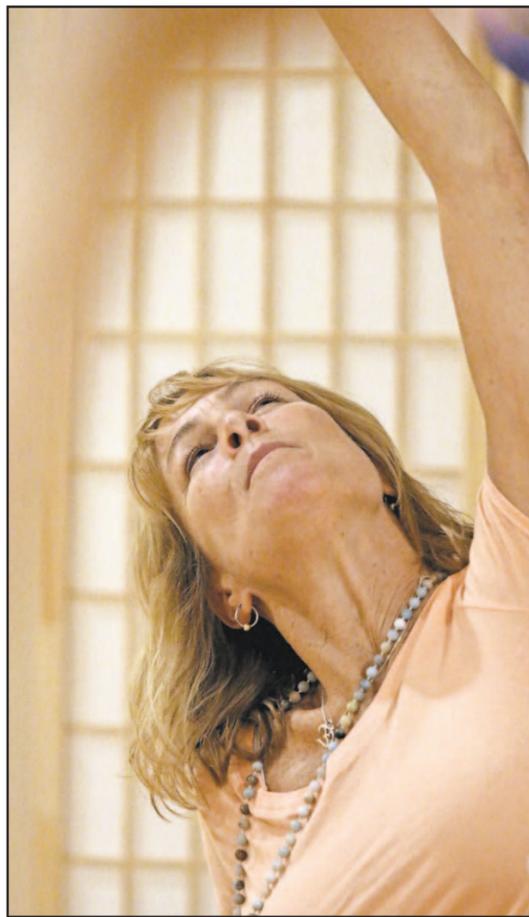
# North Port Yoga + Wellness hosts summer open house

North Port Yoga + Wellness Studio hosted a summer open house August 3, including free 45-minute demonstrations with chair yoga, all levels yoga, meditation 101, yoga with Nidra, as well as ongoing massage therapy and energy healing mini-sessions throughout the day.

For more information on class scheduling and other events hosted by North Port Yoga + Wellness visit [www.northportyoga.org](http://www.northportyoga.org).



Amy Osborne, right, and her mother Bea participate in several yoga poses during the 45-minute session.



FEELING FIT PHOTOS BY TAMI GARCIA

Dianne Saywell, yoga instructor, hosted a free, 45-minute chair yoga demonstration.



Martha Case, left, receives assistance from Diane Saywell, while stretching during chair yoga at North Port Yoga's recently held summer open house.



Bea Osborne utilizes a Pilates toning ring during the 45-minute chair yoga session.



Those who attended the free chair yoga demonstration follow the lead of Dianne Saywell, instructor.



Martha Case uses a toning ring.



Amy Osborne, owner and studio director, stretches her arm above her head while participating in a yoga pose.

## New hepatitis C drugs mean diseased organs can be used for transplants

By **MARIE MCCULLOUGH**  
THE PHILADELPHIA INQUIRER

PHILADELPHIA — Unthinkable until a few years ago, the practice of putting hepatitis C-infected organs into uninfected patients has been embraced by the transplant world as a way to whittle long waiting lists for life-saving kidneys, livers, hearts and lungs.

The main reason for this about-face is simple: New, easy-to-tolerate antiviral drugs with better than 95 percent effectiveness have transformed the treatment of hepatitis C, a virus that can slowly destroy the liver. A small but growing body of research by the University of Pennsylvania and other pioneers shows these medications can cure hep C infection in transplant patients who accept infected organs, typically with just four to 12 weeks of therapy. At the same time, the opioid crisis has meant there are more organs available from people with hep C, which can be spread by the use of injection drugs.

Now, the question is whether this approach should continue to be studied in clinical trials, or opened right away to the 114,000 Americans awaiting transplants. Patients are told about the potential risks of accepting organs with the virus and do not lose their place on transplant lists if they decline.

At least one transplant center, at the University of Washington, is not holding off. It announced in June that all heart

transplant patients will be offered suitable hearts from hep C-infected donors. Infected hearts may eventually account for as many as eight of the 48 heart transplants UW performs annually, it said in a press release.

"Greater donor-organ availability means faster transplants for people on the wait list — and shorter waits are associated with better patient outcomes," said Shin Lin, a UW cardiologist and heart transplant specialist.

Paul E. Sax, an infectious disease specialist at Harvard Medical School, favors such fast adoption. "There are advances in medicine that are so dramatic that they're obvious," he said. "This has to move quickly into standard of care."

But a committee convened by the American Society of Transplantation urges a go-slower approach. The 15-member panel, including Penn liver transplant specialist David S. Goldberg, last year published a review that concluded more studies are needed to fully understand the long-term risks and benefits.

"I know there are some centers that think it's the right thing to do" to offer hep C-infected organs, said lead author Josh Levitsky, a Northwestern University liver transplant specialist. "I just would encourage that it be done under research protocols so they can report the data."

Niraj Desai, director of the kidney transplant program at Johns

Hopkins University, echoed that concern. "At this point," he emailed, "it is still important that patient outcomes are followed and reported so everyone in the field of organ transplantation can learn what the outcomes are in larger numbers of patients than what has so far been reported."

So far, small studies — about 100 published cases in total — have shown success with all major thoracic organ transplants, even lungs. Among the centers researching the approach besides Penn are Hopkins, Vanderbilt University, Brigham and Women's Hospital, and Massachusetts General Hospital.

Penn — the first to leap into the uncharted ethical territory starting two years ago — has eradicated hep C in 20 kidney transplant patients using the drug Zepatier, donated by Merck. Penn has done the same in 10 heart transplant patients, and is about to expand to lung transplants. So far, no transplant patients' hep C has been incurable.

Normally, hep C-infected organs are offered only to patients who already have the virus — or else the precious donations are thrown away.

Using such organs would put a small but meaningful dent in the national waiting list, enabling a few thousand additional organ transplants each year, experts estimate.

However, both the number and quality of

hep C infected organs has been dramatically increasing because so many young people are dying of opioid overdoses. Between 2000 and 2016, the number of infected donors more than tripled, from 181 to 661, one study found.

In a blog post for the New England Journal of Medicine, Harvard's Sax wrote that using infected organs to save people on the waiting list is "a tragic silver lining to the horrible opiate epidemic cloud."

Still, questions remain to be answered about the best treatment regimen, when therapy should begin, and how long it should last. Long term safety concerns are also unsettled.

"We don't have the kind of data we need to say whether patients (who receive infected kidneys) have more rejection," said Penn kidney transplant specialist Peter P. Reese. "We can't rule it out. It's possible there's more immunological injury with hep C infection."

One potential barrier to widespread adoption may be easing. The cost of the mainstay antiviral therapies has been falling because of competition. Merck, for example, recently slashed the list price for a course of Zepatier by 60 percent, to \$21,840. That undercuts the \$24,600 price of the newest entrant, Abbvie's Mavret.

Medicare would cover antiviral treatment for transplant-induced hep C infection, the Centers for Medicare and Medicaid Services

said in an email. Private insurers may also be amenable to the approach, which is more cost-effective in the long run than supportive therapies such as kidney dialysis.

"These are expensive drugs and it is a factor, but the experience of other centers that have gone down this road has been 100 percent of patients getting covered," UW cardiothoracic surgeon Jason Smith said in the press release. "We haven't heard of a center getting a denial (from an insurer) that has stood."

Experts agree that patients — in or outside of studies — must be informed of the small risk of transmitting an infection that does not respond to antiviral drug treatment and goes on to cause harmful liver inflammation.

But Robert S. Brown Jr.,

director of the liver transplant center at Weill Cornell Medical College, put that risk in perspective. "The failure rate of these drugs is 3 percent," he said in an article on the health website Heallo. "The risk of dying on the waiting list is greater than that. It is certainly not an ethical issue in terms of risk-benefit."

Kiran Shelat, 65, of Yardley, agrees. The infected kidney he received two years ago at Penn freed him from debilitating dialysis and restored his ability to enjoy life — to exercise, hike, and travel with his wife.

"Of course, people should make an informed decision," said the recently retired civil engineer. "But at the same time, people should not fear it. That's my message."

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# Why is cancer so rare in elephants? They might thank their 'zombie gene'

By **MELISSA HEALY**  
LOS ANGELES TIMES

Maybe it's the elephant's genes that never forget.

In addition to having great memories, elephants are known for having a very low incidence of cancer. In what might seem a wild mash-up of the SyFi channel and National Geographic, new research has uncovered a surprising factor that protects elephants against the dread disease: a gene that had gone dormant in their mammalian ancestors, but got turned back on as their evolving bodies grew ever bigger.

Scientists call it a "zombie gene" — cue the chilling music here — "a reanimated pseudogene that kills cells when expressed."

The zombie gene is not just a curiosity.

Along with elephants, several kinds of whales as well as bats and the naked mole rat share enviably minuscule rates of cancer. Biologists suspect that each of those species has evolved a different strategy to ward off malignancies, and they want to understand them all. In time, they might find ways to approximate those strategies

in humans and drive down our vulnerability to cancer.

"That's not easy," said Vincent J. Lynch, who led the research published this week in the journal *Cell Reports*.

Nor, he added, would it always be safe. After all, mechanisms that thwart fast-growing cells or turbocharge cellular-repair machinery have evolved over countless generations in fine balance with other checks and balances, Lynch said. Transfer one of these mechanisms willy-nilly to another species, and it would very likely run amok, he said.

"But if you don't do the research, you'll never know," added Lynch, a geneticist and evolutionary biologist at the University of Chicago.

So Lynch's team went looking for LIF (short for Leukemia Inhibiting Factor) genes in 53 mammals, including the African elephant, the bowhead and minke whales, bats and naked mole rats.

In most species, they found a single active LIF gene. But in the modern African elephant — as well as in the manatee and the rock hyrax, both distant cousins of the elephant — they

found between seven and 11 additional copies of the LIF gene, called pseudogenes.

In every species but the elephant, these LIF genes and their extra duplicates were inactive: That is, they didn't turn on or off to produce proteins. If they had been active in the past, their function had been phased out. In the march of evolution, they had fallen by the wayside and been left for dead, like vast stretches of every species' genomes.

But in the elephant, Lynch and his colleagues saw that one of the additional copies of the LIF gene was active. When the researchers induced cell stress — a step that would have led to cancer in most other animals — a widely recognized tumor-suppressor mechanism turned on. That, in turn, activated the LIF6 pseudogene.

Stirred to life, the zombie gene proceeded to carry out its grim program, entering the internal machinery of damaged cells and ordering them to kill themselves. In elephant tissue, the damaged cells turned themselves inside-out,



TNS PHOTO

**Elephants are known for having a very low incidence of cancer. New research has uncovered a surprising factor that protects elephants against the dread disease: a gene that had gone dormant in their mammalian ancestors, but got turned back on as their evolving bodies grew ever bigger.**

and cancer was thwarted before it could gain any momentum.

And when the researchers suppressed the action of the LIF6 "zombie gene," they found that stressed cells were more likely to form tumors in elephant tissue.

"It's a fascinating study," said molecular and cell biologist Vera Gorbunova of the University of Rochester in New York, who has studied the mechanisms by which naked mole rats thwart cancerous cells.

The collective research of Lynch's group "also raises intriguing questions," said Gorbunova, who was not involved in the new work. The group has offered evidence that in their evolution,

all complex creatures have made trade-offs, such as taking on genes (including anti-cancer genes) that increase their life span but reduce their reproductive prowess, or vice versa.

The reanimation of the LIF6 gene may be one way in which elephants have countered what would seem to be a growing threat as they evolved to become bigger, said Lynch.

How? Biological reasoning would suggest that bigger animals would have a greater propensity than very small ones to develop cancer — mainly because they are made up of more cells.

Theoretically, the more cells there are, the higher

the odds that one or more will go rogue and seed a tumor.

That is true within species: big dogs (and tall humans) are more likely to develop cancer than smaller members of their species. But strangely, very large species are not, in general, more likely to develop cancer than are small species — an observation made by epidemiologist Richard Peto that has come to be known as Peto's Paradox.

In part, "elephants and their extinct relatives (proboscideans) may have resolved Peto's Paradox" by giving LIF6 new life as a killer of would-be cancer cells, wrote Lynch and his colleagues.

Apparently, not all zombies are to be feared.

# Avoid extreme emotions to improve relationships

By **JUDI LIGHT HOPSON, EMMA H. HOPSON and TED HAGEN**  
TRIBUNE NEWS SERVICE

Do you feel a lot of anger and disappointment? Does your temper get the best of you?

Or, do you watch the news, wondering if the world is coming to an end?

Most of us can get fired up over a lot of things. However, these extreme emotions can put a lot of strain on our relationships.

"I was in a bad mood for over a year," says a friend of ours we'll call Rebecca.

"I was involved in a

lawsuit at my workplace." Rebecca says her bad mood nearly wrecked a couple of friendships.

While no one should ignore society's problems or danger in the world, it's critical to guard our emotional health. Having a healthy mind and spirit helps us defeat negativity and danger.

These tips can help:

- Strive to be the adult in the room. If something terrible has happened, you certainly need to acknowledge this. But, watch your words carefully so you help to stabilize the emotions of others.
- Realize that self-control helps you feel better.

Keep in mind that if you speak with calmness and strive to make good decisions, you won't feel as baffled or upset.

- Act out of sound logic when things get rough. Even if you feel like screaming at someone, hold your fire. You can always show anger later. Once you've screamed at a friend or relative, this is tough to take back.

"I've learned to devise a plan of action for everything," says a teacher we'll call Mrs. Jackson. She often helps the principal in her school deal with unruly students. "When I sit down and come up with

a cool-headed plan of action, this helps me talk more calmly with the students."

She told us, "Kids are often stressed by problems before they get to school. That's why I tell them we can work these problems out. I try to offer hope and help them maintain a sense of humor, regardless of how bad the issues are."

Students, employees and married couples who feel lots of emotions can send out a ripple effect. To be the sane voice in any situation, take control by voicing hope and a clear-headed approach to fixing what's wrong. For example, tell

someone: "I'm sure we can work this out, so let's look at our options here. We're not going to attack a person. Instead, let's go after the problem and fix it."

When we get extremely emotional, we are usually trying to "go after" a person. But as long as we're doing a character assassination on someone, we usually aren't making a dent in correcting the problem.

"I dealt with a student stealing another student's money last week," says Mrs. Jackson.

"When I drilled down into the problem, I found out the student who stole five dollars had not eaten

in two days. Her parents had left town on a trip and failed to leave her any money."

Mrs. Jackson said she had a long talk with the student over stealing. "When I demonstrated how she might have come to someone to ask for help, she was shocked. She told me she didn't know how to ask for help from other people. She really didn't know this was a viable option."

When you calmly act as the adult in the room, so to speak, you define good choices. This takes practice; but, the more you do it, the more adept you'll become at overcoming rocky emotions.

## SUPPORT GROUPS

### Cancer support group

Fawcett Memorial Hospital, an HCA affiliate, now offers a cancer support group for cancer patients, their families and caregivers. The group meets the last Wednesday of each month from noon to 1:30 p.m. with lunch provided. Research shows that social

support has benefits for cancer patients, those recovering from treatment and their family and loved ones by reducing anxiety and stress, emotional distress and depression, fatigue and the experience of pain while improving mood, self-image, ability to cope with stress and feelings of control. In addition, having a supportive social network can help with recovery and adjusting to life after treatment. The support group allows those experiencing a cancer diagnosis to cope with the emotional aspects by providing a safe place to share their feelings and challenges while allowing people to learn from others facing similar situations.

Cancer patients and their family members are encouraged to attend. Active participation is not required, listeners are welcome. Physicians and other health professionals will periodically speak to the group on cancer related topics. For more information or to RSVP, please call Fawcett's oncology patient navigators at 941-624-8318.

### Lung cancer support group

The North Port Lung Cancer Support Group meets from 2 p.m. to 3 p.m. the third Wednesday of every month at Sarasota Memorial ER in North Port along Toledo Blade Boulevard. The group is for people with lung cancer along with their caregivers. No RSVP nor charge is required. For more information, call or email Marc Cohen at 941-240-8989 or marcscohen@aol.com.

### Lung Matters support group

Lung Matters support group meets from 2:30 p.m. to 3:30 p.m. on the third Tuesday of each month. Call Port Charlotte Rehab Center for locations and more information at 941-235-8011.

### NAMI Family Support groups

Port Charlotte: The National Alliance on Mental Illness will have a Family Support Group meeting from 7 p.m. to 8:30 p.m. the second Tuesday of each month

at Unitarian Universalist Fellowship, 1532 Forrest Nelson Blvd., Port Charlotte. This is for family members and caregivers of individuals with a mental illness. For more information, contact Karen at 941-456-3100.

North Port: The family support group meets from 6:30 p.m. to 8 p.m. on the fourth Monday of the month at Anchor House, 3555 Bobcat Village Center Road, North Port. The National Alliance on Mental Illness family support group is a peer-led group for family members and caregivers of adults living with mental illness. All meetings are free and confidential. For more information, call 941-376-9361 or visit the website at [namisarasotacounty.org](http://namisarasotacounty.org).

Venice: The family support group meets from 7 p.m. to 8:30 p.m. on the first Wednesday of the month at Venice Health Park, 1201 Jacaranda Blvd., room 1283. The National Alliance on Mental Illness family support group is a peer-led group for family members and caregivers of adults living with mental illness. All meetings are free and confidential. For more

information, call 941-376-9361 or visit the website at [namisarasotacounty.org](http://namisarasotacounty.org).

Sarasota: The family support group meets at 6:30 p.m. on the third Thursday of the month at the Beneva Christian Church, 4835 S. Beneva Road, Sarasota. For more information, call 941-376-9361 or visit the website at [namisarasotacounty.org](http://namisarasotacounty.org).

### NAMI Connection Recovery Support Group

The National Alliance on Mental Illness meets from 6 p.m. to 7:30 p.m. the first and third Tuesday of the month at the Mental Health Community Center (Prospect House), 240 S. Tuttle Ave., Unit B, Sarasota. Connection is a recovery support group program for adults living with mental illness providing a place that offers respect, understanding, encouragement and hope. It offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. All meetings are free and confidential. Call 941-376-9361 or visit the website at [namisarasotacounty.org](http://namisarasotacounty.org) for more information.

### Neuro Challenge for Parkinson's patients, caregivers

St. David's, 401 S. Broadway, Englewood, is welcoming Neuro Challenge, a non-profit organization dedicated to improving the quality of life of people with Parkinson's and their caregivers.

Neuro Challenge provides ongoing monthly support groups, educational programs, and individualized care, advising to help empower people with Parkinson's and their caregivers with A Better Approach to Parkinson's. They will meet in St. David's Parish Hall every third Friday of every month at 10 a.m. Neuro Challenge serves Manatee, Sarasota and Charlotte counties — there are an estimated 9,000 people with Parkinson's in the three county service area.

For more information, call 941-926-6413, 941-474-3140 or go to [www.neurochallenge.org](http://www.neurochallenge.org). Neuro Challenge is happy to include people with other neurological illnesses — ie: MS; ALS; etc.

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# Why your mother's age could be the key to longevity

By **BRADLEY J. FIKES**  
THE SAN DIEGO  
UNION-TRIBUNE

SAN DIEGO — Women whose mothers lived to 90 years have a 25 percent greater chance to also live that long, compared with those whose mothers didn't, according to a new study led by University of California, San Diego researchers.

Moreover, the women achieved this extreme longevity while staying healthy. They had no major chronic diseases, such as heart disease, diabetes, cancer, hip fracture or physical limitations.

When both parents survived to 90 years, the advantage jumped to 38 percent, said the study, published Wednesday in the journal *Age and Ageing*.

If only the father lived to be 90, there was no increase in healthy longevity for the daughter.

These results are probably a combination of genetics, environment and behavior, said UCSD's Aladdin Shadyab, who led the study. It examined the

health records of a racially and ethnically diverse population of more than 20,000 women.

The study used information from the Women's Health Initiative, a large, long-term study on major risk factors for chronic diseases. It enrolled more than 160,000 post-menopausal American women when it was launched in 1993.

Since only women are tracked in the initiative, the study did not examine men or parental life span effects on sons.

The initiative has yielded a wealth of information about women's health, including the effects of hormone therapy, diet and supplementation with calcium and vitamin D.

Previous research jibes with the study's findings, including health in the greatly long-lived, the study said.

"In the New England Centenarian Study, offspring of centenarians had 78 percent, 83 percent and 86 percent lower risk of developing myocardial infarction, stroke and

diabetes, respectively, than a similarly aged referent cohort," the study said.

A lot of factors go into total life expectancy. This effect of long-lived parents adds an additional calculation.

For a baseline comparison, 34 percent of all American women 65 years old will live to 90, according to the Social Security Administration. The increase in life expectancy is calculated compared to this base. Just 22 percent of men of that age will reach 90.

In addition, total life expectancy has grown over the decades. In 1965, just 25 percent of 65-year-old American women lived to 90, and only 10 percent of the men.

In addition to outside factors such as exercise and diet, researchers in recent years have found some genetic traits that appear more commonly in those who achieve very long lifespans.

"There are specific genes that predict your ability to live longer, which these women likely inherited

from their parents," Shadyab said. Researchers don't know, however, why the mother's longevity seems to play a more important role in a daughter's lifespan than the father's.

"Further, the women whose parents lived longer had higher socioeconomic status, meaning that they were more educated with higher income," he said. "And growing up in a high socioeconomic environment predicts your chances of living longer and aging well."

Those in high-income households tend to have access to better health care and education on healthy habits and presumably those influences play a role.

It's possible that the parents who lived to 90 also practiced good health habits that they passed along to their daughters.

"More studies are needed to determine how genetic factors interact with behavioral factors like physical activity and socioeconomic status to influence our future aging outcomes," Shadyab said.



TNS PHOTO

**According to a new study, women whose mothers lived to 90 years have a 25 percent greater chance to also live that long, compared with those whose mothers didn't.**

Other studies have looked at health in aging. In San Diego, the ongoing "Welllderly" study tracks men and women who have reached their 80s and beyond, to look for genetic and lifestyle factors that may influence their longevity.

If women want to know how the results apply to them, their present age makes a difference.

Older people have a better chance of great

longevity than younger people. That's because some younger people will die prematurely, whether by illness or injury, and never reach old age. By definition, the elderly have already survived these dangers.

For young women, this means that environmental and behavioral patterns are much more important to attaining extreme longevity than for those who are already older.

# Dive in to the fascinating lifestyles of Long Island's mermaids

By **KADIA GOBA**  
NEWSDAY (TNS)

A recent summer day found Nicole Oliva sitting at the edge of her swimming pool in Holbrook, not dangling her feet over the water's edge but wriggling, twisting and willing her legs — slathered in hair conditioner — into a 30-pound silicone mermaid tail.

Step 1: Oliva spreads the tail out on a mat in front of her, positioning it so that she can finesse her way into it.

Step 2: She applies the conditioner to both legs, from her feet to her thighs.

Step 3: Oliva sits poolside and puts one leg at a time into the tail, pushing her feet into the monofin at the end that resembles a flipper.

Step 4: With her pelvis raised off the ground and her elbows planted on the mat, she pulls the mermaid tail up from her knees toward her waist.

Step 5: The shimmying begins, as Oliva adjusts the tail to her contours and pulls at the silicone until it is wrinkle-free.

Oliva said she knows when she's done based on how the tail feels against her skin. What used to require a half hour now takes Oliva a little less than 10 minutes.

For some, the magical world of mermaids means more than an animated Disney character. It's a lifestyle that encourages camaraderie and a sense of belonging. That was so much the case for Oliva that in 2016 she started a Facebook page and created a pod — a group of men and women who perform or practice as mermaids and mermen — that has grown from seven people to about 30 active members on Long Island.

"As a kid, I've always been a pretty good swimmer," said Oliva, 28. "When I was younger, I would tie those detachable Velcro skirts that come with bathing suits around my legs and practice swimming like a mermaid."

Six years ago, while designing a costume, Oliva set out to create her own mermaid's tail. Her research and Google searches revealed an entire community of mermaids, in pods from North Carolina to Singapore and at mermaid festivals that have sprung up in Michigan, Georgia and North Carolina and include the annual and long-running Mermaid Parade on Coney Island.

Oliva's pod meets every other month for group swims at aquatic facilities, public pools or members' homes. They practice technical swimming and theatrical performance stunts, such as front and back flips, barrel rolls and fluke stands — which involve them standing on the tip of their mermaid tail.

They also work on making underwater bubble rings, bubble hearts and bubble kisses that are part of their shows at the Long Island Aquarium in Riverhead. On "Mermaid Mondays," from July to Labor Day, visitors can pay \$39.95 to swim with the mermaids in one of four daily sessions or interact with them on dry land during meet-and-greets.

In the real-life mermaid world, pod members have alternate identities and speak in mermaid jargon. Oliva goes by the name Mermaid Aria, and others are known as Mermaid Marina, Mermaid Caylis and Mermaid Rose. Helpers or assistants are known as mer-tenders, boyfriends are merwranglers, and if you are a member of the mermaid collective, you are merfolk.

Kai Wagner, 27, who identifies as a transgender man, joined the Long Island pod three years ago but has been

## MERMAID-SPEAK

Clamini: bikini  
Fintastic: fantastic  
Merfolk: mermaid people (men and women)  
Mermazing: amazing  
Mersona: persona  
Mervelous: marvelous  
Mersaurus: thesaurus  
Mertender: assistant or helper  
Merwrangler: boyfriend  
Sand dollars: currency  
Shellfie: selfie  
Shellabrate: celebrate  
Shellphone: cellphone

—Source: Long Island mermaid pod

interested in the mermaid lifestyle for five years. The Lindenhurst resident has gender-specific mermaid personas. As a woman, she is Mermaid Pearl, as a man he is Merman Atlas.

"I love the aesthetics of both lady mermaids and male mermaids," said Wagner, who owns and operates Spoonful of Sugar Entertainment, a staffing agency that provides mermaid and princess personas for private events, birthday parties and the Long Island Aquarium.

His company employs four mermaids, plus Wagner, at the aquarium in Riverhead, all of whom belong to a micro-pod within the larger Long Island pod. Mermaid Mondays began in 2016 and attract visitors from as far away as New Jersey, said Darlene Puntillo, the aquarium's spokeswoman.

"We've also introduced a dry meet-and-greet, which has been very popular among young girls," Puntillo said.

The aquarium mermaids said their relationships extend beyond just being co-workers.

"It brings everyone together," said Daniella Tiranno, 26, of Bayport, who recalled having to lie face down as her co-worker wrestled with the zipper on the back of her mermaid tail.

The first time Tiranno, aka Mermaid Marina, tried on her tail, she said it didn't register that she wouldn't be able to walk, and she quickly fell to the mercy of her mer-tenders.

"It feels good to swim with people you know and trust," she said.

Though Oliva's pod is relatively new to Long Island, the world is well-familiar with mermaids. Half-man, half-fish legends date to Greek mythology, with characters such as Triton, the fish-tailed sea god. Jules Verne's 1870s novel, "Twenty Thousand Leagues Under the Sea," also featured underwater creatures that resemble men. Modern-day mermaid enthusiasts also take inspiration from the 1950s, when Disneyland employed eight mermaids to launch the new Submarine Voyage attraction in California, and more recently from Hannah Mermaid and Mermaid Kariel, who have been featured in a national advertising campaign for Atlantis Paradise Island, a resort in the Bahamas.

Long Island's pod of mermaids gets together once a month to craft headdresses and shell bikini tops or teach each other tricks. Their "second skin" usually consists of neoprene, silicone and spandex. Tails can weigh up to 60 pounds and range from \$100 to \$4,000. Some mermaids use monofins, a finlike rubber or plastic accessory that fits inside the fin portion of the mermaid's tail and helps them swim underwater.

Many of the mermaids purchase their



TNS PHOTO

**Long Island Mermaid Pod member Nicole Oliva, aka Mermaid Aria, helps Merman Andrew Weinstein put his tail on as they prepare to swim in Nicole's backyard pool on the morning of July 26.**

tails but create their own shell bikini tops for a more hands-on approach. Crafting is a big part of the mermaid lifestyle and allows merfolk bonding time with one another. The process of making a top begins by applying a thick acrylic paint to the lion's-paw shells. Next, iridescent faux gemstones are affixed with an adhesive. In the final stages, a waterproof sealant is applied and then a decorative strap using fishnets, imitation pearls or flowers to keep the top in place.

Sinead Atkinson, 26, of Hauppauge, is a substitute teacher and a member of the Long Island pod. Her elaborate, 26-pound tail is a silicone and neoprene hybrid with iridescent, multicolored resin scales that she bought used for \$950 (it would have cost \$1,500 if purchased new). Like many of her fellow mermaids, Atkinson — she was a student at SUNY New Paltz when she discovered a video of someone making a mermaid tail out of spandex — has a background in theater and costume design.

"I've always had a childhood connection with mermaids and water," said Atkinson, whose alter ego is Mermaid Mist and whose younger sister, Mairead (aka Mermaid Caylis), 23, is also a member of the pod. "This is my way of reconnecting with that."

For Hannah Palmer, 31, who last year moved from Aurora, Colorado, to Hicksville, with a stop in Florida, camaraderie and her new pod family are everything. She said she applied dozens of times to be a princess at Disney World in Orlando, Florida, before she "finned-up" last year for her first mermaid swim at a birthday party for a 1-year-old.

"I got in the water and was like, 'Oh, this is where I have always been meant to be,'" said Palmer, who is known as Mermaid Meara.

Members of the pod said relatives, friends and co-workers have been supportive of their mermaid personas.

"I've always been a creative person, being into theater and costuming and mermaid lore as a kid, so when I took that first leap, people were very happy for me," Atkinson said. "There is still an element of surprise when I tell people what I do. The reaction is usually somewhere along the lines of, 'You do what, and get paid for it?' But a lot of people think it's cool."

Wagner said those he knows have taken it in stride. "It's more or less I have always been the black sheep (in my family). So something that is odd or strange

coming from me isn't new," Wagner said. "Sometimes they ask me for pictures, because it's an interesting subject to bring up to people . . . Something like 'Look at what my child, niece/nephew, grandchild does.' It is somehow simultaneously bragging about me while also making a spectacle of me."

## Signature dolphin kick

Mermaids need to look good underwater, but they also need to be strong swimmers. A strong core is an important part of performing the signature dolphin kick, the only viable swim movement for mermaids, whose tails impede the movement of their legs. The whipping motion propels them forward while their legs are bound by fabric. All the mermaids in the Long Island pod said it's important to stretch for three to five minutes before entering the water.

Breathing techniques are just as important as the athleticism, and the ability to hold your breath is key as a performer. Wagner said he can hold his breath for 90 seconds, enough time for him to swim a lap in an Olympic-size pool or 50 meters.

Aside from the rigors of performance, being a mermaid has helped some in the Long Island pod to overcome life challenges.

Mary Grecco, 26, said she turned to swimming and video games as early as elementary school to cope with being bullied. The combination, along with her childhood fascination with the movies "Splash" and "The Little Mermaid," pulled her into a life a mermaiding, she said.

"My demons tried to drown me, but they did not know I could breathe underwater," said Grecco, who lives in Centereach and credits the mermaid community for helping her feel better about herself.

She goes by the name Mermaid Rose and works with children with disabilities. "They call me Miss Mermaid," Grecco said. "To them, it's not a hobby. To them, I'm a mermaid and I leave the water and take care of them every day."

The mermaids in Long Island's pod all agree that children are their biggest advocates and fans.

"You believe you are a mermaid, but they convince you," Wagner said.

And for those who remain unconvinced? "I just give them a little splash with my tail," he said.

# Losing weight with Fusion One

**By GREGORY WHYTE**  
THE CULTURAL CENTER  
OF CHARLOTTE COUNTY'S  
FITNESS CENTER

According to the World Health Organization more than 1.9 billion adults (18 years and older) were overweight in 2016.

Of these, over 650 million were obese. Information acquired from other sources also showed that between 2015 and 2016, almost 40 percent of adults in the United States were obese. Being overweight can

be dangerous and should be taken seriously.

According to WHO, most of the world's population live in countries where overweight and obesity kill more people than underweight. It should also be kept in mind that one's risk for osteoarthritis, diabetes, cardiovascular diseases and cancers such as liver, colon, kidney, breast, etc., increases with increased body weight.

Each year, Americans spend over 60 billion dollars to lose weight. This

price tag includes such things as gym membership, personal training services, the services of weight reduction specialists and programs and even the foods used in the weight reduction process. The sad new is, according to the CDC, we are losing the war with overweight and obesity.

For over 25 years, the weight and pot belly reduction component of the Fusion One holistic health system has been providing services, the quality of which could be

considered exceptional. The effectiveness of the program is due, primarily, to the following:

- It is comprehensive enough to address the many causative factors of the overweight condition.
- It makes use of weight reduction principles and practices that are backed by science and those that have passed the test of time.
- Drugs and surgical operations are not a part of the program. Furthermore, the food and other items that the

program advocates are natural and friendly to those using them.

- The use of pre-determined timeframes ("Lose 10 pounds in two weeks, etc.) are not used by the program.

- The functional elements of the program are quite expansive and include: knowledge of weight reduction, exercise, nutrition and proper eating, behavior modification and social support.

To impart its principles and practices, the Fusion

One weight reduction program uses lectures, workshops, classes, personal and special training. Many of these are offered through the Cultural Center's Learning Place and its Fitness Center. Members of the general public are encouraged to visit the Fitness Center to discuss (free of cost) their weight reduction concerns.

For more information, visit the Cultural Center at 2280 Aaron St., Port Charlotte or call 941-625-4175, ext. 263.

# Maintenance a must when wearing contact lenses

PROVIDED BY MCC

An alternative to eyeglasses, contact lenses are widely used across the globe. Contact lenses provide the inconspicuous clarity many people desire, and the wide array of materials used to make lenses coupled with the assortment of styles of contact lenses have helped to make them more comfortable than ever before.

It may seem like contact lenses are a relatively recent invention, but they've actually been around far longer than one would think. As far back as 1508, Leonardo da Vinci illustrated the concept of contact lenses. Three hundred years later a British astronomer named Sir John Herschel conceptualized the practical lens design. First designs of contact lenses covered the entire eye and were made from glass. By 1948,

plastic contact lenses came on the scene and were designed to cover only the eye's cornea. Through the 20th century, contacts continued to evolve. It is believed that now more than 30 million people in the United States alone wear contact lenses. Two-thirds of those wearers are female, says the Centers for Disease Control and Prevention.

Because contact lenses come in direct contact with the eye, maintenance is especially important. Medical professionals say that teenagers as young as 13 may be able to wear contacts. It's never too early to share the proper care procedures. The following are contact lens care guidelines, courtesy of the American Academy of Ophthalmology.

- Wash hands with soap and water and dry with a lint-free towel before handling contact lenses.

- Never store lenses in water (tap or sterile). Contact lenses must be stored in special disinfecting lens solution.

- Saliva is not a sterile solution and should not be used to moisten dry contacts.

- Minimize lenses' contact with water. Remove them before swimming.

- Always follow the recommended lens cleaning and storage guidelines from an eye care professional and the contact solution manufacturer.

- Many professionals advise you to rub and rinse contact lenses even if the solution used is a "no-rub" variety.

- Leave empty contact cases open to air dry.

- Replace storage cases and contact lenses as advised by the manufacturer or your eye care professional. Cases can be a source of contamination if they are cracked, dirty or



PHOTO PROVIDED

damaged.

- Do not allow the tip of the solution bottle to come in contact with any

surface, and keep the bottle tightly closed when not in use.

Following these

recommendations and adhering to proper hygiene can prevent eye infections and injury.



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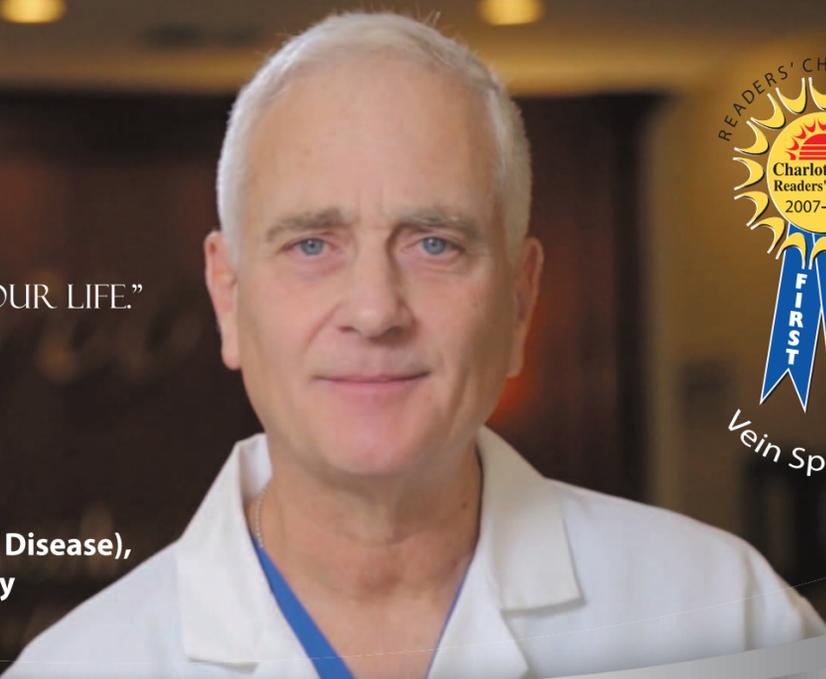


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## Health & Hope

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My good friend Dr. Johnson stopped by the other day while I was writing the symbols on my chalkboard.

"Ah-ha," he exclaimed. "Man, woman, birth, death, infinity — opening line of the old 'Ben Casey' television show."

Intoned weekly by actor Sam Jaffe as Dr. Zorba and later by Franchot Tone as Dr. Freeland, the line opened the show with Vince Edwards as an intense but idealistic neurosurgeon serving his residency under chief of neurosurgery Dr. Zorba/Freeland. "Ben Casey was my hero," said Dr. Johnson, "surly but absolutely



Dan MEARNS  
COLUMNIST

DAN | 5

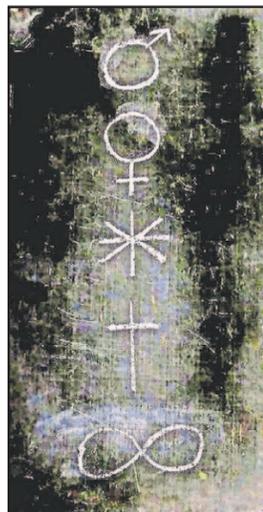


PHOTO PROVIDED/

Man, woman, birth, death, infinity

## Study: How kids' brains react to food may cause them to overeat



PHOTO PROVIDED

Researchers found children whose brains were more excited by a food reward also had a tendency to overeat at the buffet and eat when not hungry.

By MARY BERNARD  
THE PHILADELPHIA INQUIRER

Nearly one in five U.S. children is obese, according to the most recent estimates from the Centers for Disease Control and Prevention.

A new study by Pennsylvania State University that linked overeating to the brain's response to food rewards may help to shed light on the national epidemic that can lead to Type 2 diabetes, high blood pressure and breathing problems.

Among the kids in the study, a high responsiveness to food rewards, rather than money, indicated a higher likelihood to overeat and to eat even when

they weren't hungry. The researchers measured responsiveness using blood-oxygen-level dependent imaging (BOLD) on a functional magnetic resonance imaging scan (fMRI), which indicates the locations in the brain with the most activity.

The results remained the same, regardless of the children's weight and body mass index.

"(Responsiveness) was happening independently of if the child had obesity, so the parent might not even realize that their child is on a trajectory to overeat," said Shana Adise, coauthor of the study and current post-doctoral fellow at the University of Vermont. Adise worked on

the study while completing her Ph.D. at Penn State.

Certain food habits as a child, such as an inability to stop eating or a tendency to hide snacks, can indicate an unhealthy relationship with food. Even if the child has a healthy BMI, such habits might precede obesity later in life.

Parents should avoid behaviors that put a lot of emphasis on food, such as using food consistently as a reward and, even, restricting kids' access to food, said Kathleen Keller, coauthor of the study and an associate professor in the department of nutritional sciences and food science at Penn State.

"Children are still developing, so this is a

really critical period of time," Adise said. "Things could become a permanent habit later in life."

The 59 children in the study, ages 7 to 11, visited a lab on four occasions. Once, they ate a meal to establish a baseline appetite. That same day, 20 minutes later, they were offered more food to judge their tendency to eat when they aren't hungry. Another time, the children were offered a buffet of food to measure their proclivity to overeat.

At the final session, the fMRI scanned the children's brains while they played a guessing game and were given either a food, money or neutral reward for a correct answer.

The researchers found

children whose brains were more excited by food rewards also had a tendency to overeat at the buffet and eat when not hungry.

"People who are vulnerable to overeating, they are people who value food over other types of rewards," Keller said. "It's clearly starting at a time when children are young, before they develop obesity."

However, certain eating behaviors might have been exacerbated in the study. By only meeting four times and serving foods that the child may not be exposed to at home, eating habits in the lab may not necessarily mimic normal eating habits perfectly.

"This is the beginning of the road," Adise said.

## Easy ways to boost your family's veggie intake

PROVIDED BY STATEPOINT

Nutritious, delicious and low-calorie, vegetables should be the star player of all your meals. But sometimes providing veggies for your family can be time consuming and costly. Luckily, there are a number of simple ways to boost your veggie intake, and it all starts in your grocery store's freezer aisle.

• **Go frozen:** Frozen vegetables are often one of the most affordable options and the quickest to prepare, reducing time spent slicing and dicing on busy weeknights. What's more, by opting for

frozen veggies, your family will likely reduce its food waste. Frozen vegetables are easy to store for long periods of time, and recent studies have found that freezing actually helps lock nutrients in.

• **Swap it out:** Little ones and even some adults can be resistant to certain vegetables at first. But there are ways to incorporate them into family meals with no one the wiser. Consider cooking with vegetables that offer the look, feel and taste of traditional starches such as rice, pasta and potatoes. For example, Green Giant's

frozen Veggie Swap-Ins line, which includes riced veggies, veggie spirals and mashed cauliflower are easy go-to items in any kitchen for quick family meals. Indeed, 52 percent of American consumers who noted they had purchased Green Giant Swap-Ins products within three months of taking the survey, said they have introduced the product into their kids' meals without their kids knowing they weren't traditional potatoes, rice and/or pasta, and 49 percent admit to swapping these items for potatoes, rice and pasta one to two

times per week.

• **Be mindful:** Dining out can be especially tricky territory for those looking to eat more vegetables. Be mindful of what you order. Read the menu carefully and ask questions. Many restaurants are happy to make substitutions to accommodate your preferences. For example, see if you can replace a side of fries with a garden salad or sautéed seasonal vegetables like green beans.

• **Get creative:** Whether you're hosting a barbecue, attending a potluck or simply making your family dinner, consider



PHOTO PROVIDED

Are you looking to simplify your family's clean-eating routine and increase your vegetable intake? With a few tips and tricks, you can incorporate broccoli, beets, squash and more into your family's diet while saving time and money in the process.

reducing calories in salads and sides by upping your vegetable intake in these dishes. Make an Italian pasta salad out of

zucchini or carrot spirals. Swap out traditional rice with riced cauliflower to make a simple pilaf. The possibilities are endless.

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President  
Michael Beatty

Publisher  
Glen Nickerson

Feeling Fit Editor  
Marie Merchant  
feelingfit@sun-herald.com  
941-206-1135

Medical Advertising  
Executives

Bibi R. Gafoor  
941-258-9528  
bgafoor@sun-herald.com

Jim Commiskey  
941-258-9526  
jcommiskey@sun-herald.com

Elaine Schaefer  
eschaefer@sun-herald.com  
941-205-6409

## Deadlines:

Support groups and News & Notes are published as space permits. To be included send the information to feelingfit@sun-herald.com. Deadlines for listings are the Monday prior to publication.

# Is Medicare's latest change a step too far?

By **PAUL SISSON**  
THE SAN DIEGO  
UNION-TRIBUNE

Though its name sounds like a trendy workout craze, Medicare's new "step therapy" policy has nothing to do with getting people in their 60s to move their feet.

Sometimes called "fail first," step therapy is the term used when a health insurance company forces doctors to prescribe the cheapest medication first, providing access to more expensive alternatives only if the first option doesn't get results.

The U.S. Centers for Medicare and Medicaid Services recently announced that privately administered Medicare Advantage plans will be allowed to create step therapy policies for drugs delivered in doctors' offices and other outpatient settings. Such measures are already allowed in Medicare "Part D" medication plans.

Allowing step therapy for doctor-administered drugs represents a significant change, especially since this class of medication often is used to treat serious illness such as cancer, said Juliette Cubanski, director of the Program on Medicare at the nonpartisan Kaiser Family Foundation.

"This is definitely a fundamental change in terms of giving plans more authority," Cubanski said.

"I would think that health plans would tread carefully because they don't want to end up driving customers away."

Sarah Emond, executive vice president and chief operating officer for the Institute for Clinical and Economic Review in Boston, said it will be incumbent on health insurance companies to make sure that they're not ignoring evidence which shows that one drug can deliver better results than another even though it costs more.

"You would definitely want something like this to be anchored in solid evidence," Emond said.

The federal government touted the move as a positive for the millions of Medicare recipients nationwide who feel drug prices are too high, saying in a statement that the move "empowers patients with more choices" and that it shows that the Trump administration is taking "action to lower drug prices."

But many have been quick to say the change could slow down the often-frantic process of finding the right drug among many options to treat deadly diseases. In its own statement, the American Cancer Society said allowing step therapy for Medicare Part B plans "could erect barriers to care for cancer patients" while the American College of Rheumatology

called the decision "an affront to America's sickest Medicare patients."

Those concerns, though, rub up against public outrage over drug prices. According to Health System Tracker, a service of the non-partisan Kaiser Family Foundation, Americans continue to pay drastically higher prices for drugs. For example, the average 2014 price for a 28-day supply of Humira, a drug used to treat rheumatoid arthritis and other conditions, was \$2,669 in the United States, a sum that is 96 percent higher than the average paid in the United Kingdom.

Some private health plans already employ step therapy for some drugs on their formularies. A 2011 analysis in the Journal of Managed Care and Specialty Pharmacy, which examined the evidence in 14 different step therapy studies, found that forcing patients to take the cheapest drug, with the exception of antipsychotic medications used to treat conditions such as schizophrenia or bipolar disorder, does save money.

However, many have questioned the ethics of fail-first policies.

Noting that many states have limited step therapy amid doctor and patient stories of long waits for approval after first-step drugs fail or side effects appeared,

researchers argued in a 2014 paper that step therapy can pose ethical problems when forcing a patient to take a cheaper drug could cause significant harm such as when treating "cancer, mental health, or seizure conditions."

Medicare's step therapy rule does give doctors and patients an out, allowing them to request an exception to a fail-first requirement and get a decision within 72 hours. Denied exceptions can be appealed to Medicare.

Any Medicare Advantage plan that decides to implement a step therapy program must notify all current policy holders of the change in writing, and Medicare has extended the amount of time that it will allow beneficiaries to change plans in 2019.

But the big picture remains a significant issue. The whole point of step therapy is to reduce drug costs and, while experts agree that the approach could cut costs somewhat, none predicted price shrinkage large enough that the average Medicare beneficiary would notice a significant difference.

A much more fundamental re-think of the way Medicare pays for drugs is necessary to start driving costs down closer to what the citizens of other countries pay, said Kristof Stremikis, director

of market analysis and insight at the California Health Care Foundation.

Currently, he noted, Medicare uses a drug's average price in the wider market as a baseline for what it will pay. But the reasons why those prices are what they are are often murky. If the government truly wants to make a big dent in drug prices, unpacking those prices and demanding more transparency from drug companies will be necessary.

"The baseline we have today does not necessarily incorporate an objective assessment of a drug's value, and until that happens, the game isn't fundamentally changed. That's where significant savings are hiding," Stremikis said.

Cubanski, the Kaiser expert, agreed. She noted that the new step-therapy policy does require insurance plans to pass 50 percent of money saved by requiring the use of cheaper drugs onto patients, but, in the aggregate, she said, no one should expect a reversal of ever-increasing drug price trends.

"It's another opportunity to try and wring some savings out of Medicare, but, just because they're given this opportunity to use step therapy doesn't mean drug prices are coming down," Cubanski said.

# US approves new generic competitor to EpiPen

By **MATTHEW PERRONE**  
AP HEALTH WRITER

WASHINGTON — U.S. health officials on Thursday approved a new generic version of EpiPen, the emergency allergy medication that triggered a public backlash due to its rising price tag.

The new version from Teva Pharmaceuticals is the first that will be

interchangeable with the original penlike injector sold by Mylan. The Food and Drug Administration announced the approval in a statement.

EpiPen injections are stocked by schools and parents nationwide to treat children with severe allergies. They are used in emergencies to stop potentially fatal allergic reactions to insect bites

and stings and foods like nuts and eggs.

EpiPen maker Mylan has dominated the \$1 billion market for the shots for two decades. Several other companies sell competing shots containing the drug epinephrine, but they aren't heavily marketed or prescribed by doctors.

In 2016, Congress blasted Mylan in letters

and hearings for raising EpiPen's to \$600 for a two-pack, a five-fold increase over nearly a decade. The company responded by launching its own lower-cost generic version for \$300.

Mylan continues to sell both versions at those prices, according to data from Elsevier's Gold Standard Drug Database.

Teva's generic shot will

be the first version that pharmacists can substitute even when doctors prescribe the original EpiPen.

A Teva spokeswoman declined to comment on the drug's price but said it would launch "in the coming months." Generic drugs can be priced as much as 80 percent lower than the original product. But those price cuts usually appear after several

companies have launched competing versions.

Teva's bid to sell a generic EpiPen faced multiple setbacks at the FDA, which rejected the company's initial application in 2016. While epinephrine is a decades-old generic drug, Teva and other would-be competitors struggled to replicate the EpiPen's auto-injector device.

## SUPPORT GROUPS

### Alzheimer's support groups

The Alzheimer's Association holds monthly caregiver support groups for spouses, adult children and family members who want to connect and share insight with others in similar situations. RSVP is not required to attend. For questions on groups

and services through the Alzheimer's Association, please call 941-235-7470.

Port Charlotte area  
• 3 p.m. third Tuesday at South Port Square (Harbor Terrace), 23033 Westchester Blvd., Port Charlotte.

• 3 p.m. third Thursday at Port Charlotte United Methodist Church, 21075 Quesada Ave., Port Charlotte.

Punta Gorda area  
• 3 p.m. third Monday at Life Care center, 450 Shreve St., Punta Gorda.

• 3 p.m. second Tuesday at Punta Gorda Civic Association, 2001 Shreve St., Punta Gorda.

Englewood area  
• 10:30 a.m. third Friday, Englewood United Methodist Church, 700 E. Dearborn St., Englewood.

### Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 3 p.m. to 4 p.m. the second Tuesday every month at The Springs at South Biscayne, 6235 Hoffman St., North Port. Call 941-426-8349 to register.

## Victoria Scanlon appointed Organizational Treasurer of Florida Council for Community Mental Health

By **KELLY POMERVILLE**  
CHARLOTTE BEHAVIORAL  
HEALTH CARE

Established more than 40 years ago in 1976, The Florida Council for Community Mental

Health (FCCMH or the Council) is a nonprofit, 501(c)(3) statewide association of community-based mental health

and substance abuse treatment providers. The number one priority for the FCCMH and its member organizations is to ensure that Floridians have access to a comprehensive and effective system of coordinated mental health and substance abuse treatment services.

Charlotte Behavioral Health Care is proud to announce that its CEO, Victoria Scanlon, LMHC, has been appointed

as the Council's new Organizational Treasurer.

Scanlon has worked as a clinician and administrator in community behavioral health for over 20 years. Her clinical career focus created a passion in treating adults with serious mental illnesses, emphasis on criminal justice diversion, and eliminating suicide. She joined Charlotte Behavioral Health Care in 2006 as Clinical Director, and quickly assumed oversight of Quality Management. She was then promoted to Chief Operating Officer in 2007 and remained in that position for nine years, until assuming the role of Chief Executive Officer in May, 2016. Scanlon holds a Bachelor's Degree in Psychology and an Educational Specialist/Master's in Education with a speciality of Community Counseling/Mental Health Counseling from the University of Florida.



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• Manasota Beach: Monday-Saturday at 8 a.m.

• Venice Beach Pavilion: Monday-Thursday at 7:30 p.m.

• North Jetty, Nokomis Beach Yoga: 9 a.m. Monday, Tuesday and Friday

• Pop Up Yoga classes at local business led by The Yoga Sanctuary will be held all throughout the summer. You never know where until the week prior to a Pop Up Class. The Yoga Sanctuary is excited to be working with other businesses in town (and sometimes beyond) to provide people with even more

opportunities to explore their yoga practice and shop local! These surprise yoga classes will be held all over — you never know when or where until that week. To find out about these special complimentary classes be sure to “like” and follow us and other Punta Gorda businesses on Facebook. That’s where we’ll be announcing each class.

Other things to know:  
 1. A limited number of mats will be available for use. But if you have your own, feel free to bring it.  
 2. There is no cost for these classes. However, there will be some events held at nonprofit locations and some done to support are nonprofits. Consider having some funds to donate or even shop local in some of the shops after class.  
 3. All classes will be approximately

45 minutes long.

4. Some classes will be held outside. These events will be weather permitting.

For more information, Facebook: <https://www.facebook.com/yogasanctuary>.

• Yoga Tots — The Punta Gorda Library, 424 W. Henry St., hosts the free program Yoga Tots Storytime from 10:15 a.m. to 10:45 a.m. on Fridays for children ages 12-36 months. Bring your toddler, towels or yoga mat to stretch your mind and muscles with a story and fun yoga poses. For more information, call 941-833-5460 or email: [PuntaGordaLibrary@charlottecountyfl.gov](mailto:PuntaGordaLibrary@charlottecountyfl.gov).

*If you would like your free yoga event added to our events, email [feelingfit@sun-herald.com](mailto:feelingfit@sun-herald.com).*

**SUPPORT GROUPS**

**Cancer Support Ministry**

First United Methodist Church offers a scripturally based cancer support ministry to anyone affected by this life altering diagnosis. Whether you are new diagnosis or have been battling for a long time, the cancer ministry provides a place where people who understand the treatment journey are available to help, listen and support patients, as well as survivors, caregivers and family members. The Cancer Support Ministry meets the first Wednesday of every month at 6:30 p.m. in room 9 at 507 W. Marion Ave., Punta Gorda. All adult cancer survivors and their caregivers are

welcome to attend, regardless of cancer type, church affiliation or faith base. For more information, contact Mitzi Kohrman, [kohrman1562@comcast.net](mailto:kohrman1562@comcast.net).

**Food Addicts Anonymous**

A 12-step program for those who wish to recover from food addiction. Group meets from 6 p.m. to 7 p.m. on Thursdays, at First Alliance Church, 20444 Midway Blvd., Port Charlotte. For more information, call 941-380-6550.

**Courage Over Cancer**

Gulf Cove United Methodist Church's cancer care program, Courage

Over Cancer, offers support and ministry to men, women, and families who are affected by cancer. Church and community members touched by this disease are provided with help and spiritual counsel that are specific to their needs as a cancer patient, caregiver, or loved one. This ministry is based on the outreach program Our Journey of Hope which was developed by the Cancer Treatment Centers of America. If you or someone you know could benefit from a friend to support them through this journey, contact the church at 941-697-1747 or [GulfCoveUMC@gmail.com](mailto:GulfCoveUMC@gmail.com). Gulf Cove UMC is located at 1100 McCall Road, in Port Charlotte.

**Dollars for Mammograms**



Sue Smith; Alice Walker; Rita Bertler, Director for Dollars for Mammograms; and Marge Jones

Missin' Mammaries, a breast cancer dragon boat racing team from Punta Gorda, presented a check of \$5,000 to Dollars for Mammograms. For more information, visit [www.dollarsformammograms.org](http://www.dollarsformammograms.org).



Members of Missin' Mammaries: Deb Dehmel, Sue Smith, Alice Walker, Marge Jones and Eileen Wein

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## BAYFRONT NEWS &amp; NOTES

Aug. 21, 9 a.m. to 10 a.m. Cardiac Diet Nutrition Class. Bayfront Health Wellness & Rehab Center, 733 E. Olympia Ave., Punta Gorda. Learn heart-healthy, low fat and low sodium food options. Free. Call 941-637-2450 to register.

Aug. 21, 11:30 a.m. to 1 p.m. Massage Therapy. Punta Gorda Isles Civic Association, 2001 Shreve St., Punta Gorda. Massage therapy can improve blood flow and soothe tired and sore muscles, but it also can be an effective form of stress relief. Led by a licensed massage therapist, join us and learn the health benefits, types and various techniques of massage therapy. Free. Lunch provided. RSVP required. Call 941-637-1655 to register.

Aug. 21, 6 p.m. to 8:30 p.m. Breastfeeding Class. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. Taught by a Registered Nurse, this class will give expectant mothers important information to prepare for a successful breastfeeding experience. Free. Register at www.BayfrontHealthEvents.com.

Aug. 22, 5 p.m. to 6 p.m. What Do You Have To Lose? Bayfront Health Punta Gorda Medical Office Plaza, 3rd Floor, Suite 131, 713 E. Marion Ave., Punta Gorda. If you're considering weight loss surgery, the best

place to start is with the right information. That's why we offer free weight loss seminars as an opportunity to talk with the experts. Seminars are interactive and include members of our weight loss team. You are invited to bring a family member, friend, or other support person with you. Free. Register at www.BayfrontCharlotteWeightLoss.com or call 941-766-4564 to schedule a free consultation.

Aug. 25, 9 a.m. to 5:00 p.m. Childbirth and Newborn 1-Day Course. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. In this course, you will leave with a better understanding of labor and delivery, the birthing process, anatomy and physiology, birth basics, comfort techniques, hospital procedures and medical interventions. (\$) or ask how you can take this course for Free. Register at www.BayfrontHealthEvents.com.

Aug. 25, 9 a.m. to 10 a.m. What Do You Have To Lose? Bayfront Health Port Charlotte Bariatric Services Suite, 2500 Harbor Blvd., Port Charlotte. If you're considering weight loss surgery, the best place to start is with the right information. That's why we offer free weight loss seminars as an opportunity to talk with the experts. Seminars are interactive and include members of

our weight loss team. You are invited to bring a family member, friend, or other support person with you. Free. Register at www.BayfrontCharlotteWeightLoss.com or call 941-766-4564 to schedule a free consultation.

Aug. 25, 11 a.m. to noon. Bayfront Baby Place Tours. Bayfront Health Port Charlotte, Lobby, 2500 Harbor Blvd., Port Charlotte. Expecting? View the birthing suites, meet the staff and get questions answered in preparation for an exceptional experience. Free. Register at www.BayfrontHealthEvents.com.

Aug. 27, 2:30 p.m. to 4:30 p.m. Quit Your Way. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. Quitting tobacco isn't easy. Finding help should be. Bayfront Health and Tobacco Free Florida offer free tools and services to help you get started. Free. Call 866-534-7909 to register.

Aug. 28, 1:15 p.m. to 2:15 p.m. Emotions of the Heart: Stress Management Class. Bayfront Health Wellness & Rehab Center, 733 E. Olympia Ave., Punta Gorda. Everyone experiences stress from time to time; however, excessive stress can take a toll on your health. Learn techniques to recognize, manage, overcome and cope. Free. Call 941-637-2450 to register.

## So much still to teach as students start final year of high school

By NICOLE VILLALPANDO  
AUSTIN AMERICAN-STATESMAN  
(TNS)

We have hit the home stretch — that final year of grade school. Senior year.

How did this happen? Wasn't it just yesterday that my husband and I dropped 5-year-old Benjamin off at his kindergarten classroom and stood outside the doorway trying to see what was going on while hoping he didn't see us?

We've done it all: parent-teacher conferences, trips to the principal's office, field trips, clubs, science fairs, impossibly challenging projects that had us cursing teachers' names, tests failed, tests aced, school performances that had us beaming with pride.

Now, in this senior year, I can't help thinking about all the things we still need to teach him. We thought we had more time.

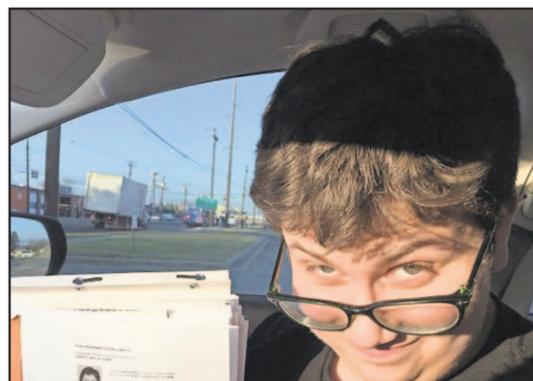
Luckily, this year Benjamin is actually taking a class called "How to Be an Adult," because in between physics and calculus, sometimes real life skills take a backseat.

So, for Ben, here's my list of things to learn this year:

**1. How to drive.** Yes, you have a permit, and yes, we practice, but in this world where Uber is at the touch of your fingertips, you're not really seeing the point. And you're not alone. A lot of your classmates aren't licensed drivers either. Dude, it's a life skill. Let me help you get it.

**2. How to manage money.** Debit cards, credit cards, checking accounts, that's all something that happens in theory. This year we're moving beyond the savings account to having a checking account with a debit card to practice working within a budget before college next year.

**3. How to advocate**



TNS PHOTO

Benjamin Villalpando is working on learning to drive. He recently started his senior year of high school.

**for your own medical care.** It's time to practice how to make a doctor's appointment, refill medication and use the insurance card. Mom needs to ease out of being the medical manager.

**4. How to feed yourself.** Yes, you're wiz at making cookies, sandwiches and frozen pizza. Let's try to expand those chef skills.

**5. How to clothe yourself.** Hooray, you finally mastered the washer and dryer, but shockingly, we haven't really had you go shopping for clothes. Why? Because you hate it. It's time to head to the store, pick out your size and try things on, and then buy them with your debit card. Maybe if you knew how much those jeans cost, they wouldn't be on the floor all the time.

**6. How to read a map and navigate public transportation.** If Mom or Dad has always driven you everywhere, can you find your way? Next year at college will you be able to get from your dorm to class, to the grocery store or anywhere else you might want to go?

**7. How to have a conversation.** In this world of texting, let's make sure you can talk to people, make eye contact and be comfortable talking to a stranger. (Yes, I know we told you never to talk to strangers, but now you're going to have to.)

**8. How to advocate for yourself to get something fixed.** If you have an issue with a store, a professor, a service provider, your dorm room, will you know how to effectively state your case and ask for what you need? Mom or Dad won't be there to do it for you next year.

**9. How to manage your time.** That nice alarm that wakes you up every morning with a kiss? That won't be coming to your dorm room. Nor will the reminder service that tells you to get off your phone and do your homework. You'll have to do it yourself. Senior year is a great year to build up these skills.

**10. How to access resources.** If you had a problem, would you know where to turn? If Mom or Dad are the only ones with the power to Google or ask a school administrator what is available to you, what will happen next year? Will you be able to find academic counseling services, tutoring, or even know what the weather is going to be like that day and what clothing is appropriate?

I'm sure there is more to consider, more to teach and more to learn. This time next year, you'll be off on a new adventure. And that will be wonderfully exciting — and a little bit scary, too. Good luck, sweet Ben.

## SUPPORT GROUPS

## Alcoholics Anonymous

Call 941-426-7723 for information on meetings in the Arcadia, Venice, Port Charlotte, Punta Gorda, North Port and Englewood areas, including dates times and places.

## Amputee Support Group

The Amputee Support Group meets at 3 p.m. on the second Monday of every month at the Life Care Center, Punta Gorda. Contact George Baum at 941-787-4151 for more information.

## At Ease, Veterans

During World War II, and the wars in Korea, Vietnam, Afghanistan and Iraq, the percentage of American soldiers who shot their weapons with the intent to kill steadily rose from just 15 percent to almost 100 percent. The Department of Housing

& Urban Development estimates that in January 2017, over 40,000 veterans are more likely to be homeless each night. As recently as 2014, an average of 20 veterans died from suicide each day. These brave men and women need a listening ear, and they need to know that God's grace is still with them.

Combat veterans from Gulf Cove United Methodist Church are providing some of the support and discussion that our veterans deserve. On the first Tuesday of each month at 6 p.m., they are at the American Legion Post 113, at 3436 Indiana Road in Rotonda West. Veterans are invited and encouraged to join them. Gulf Cove UMC is located at 1100 McCall Road in Port Charlotte, just ¾ mile south of the Myakka River on Route 776. The church can be reached at 941-697-1747 or GulfCoveUMC@gmail.com and their website is found at <http://GulfCoveChurch.com>.

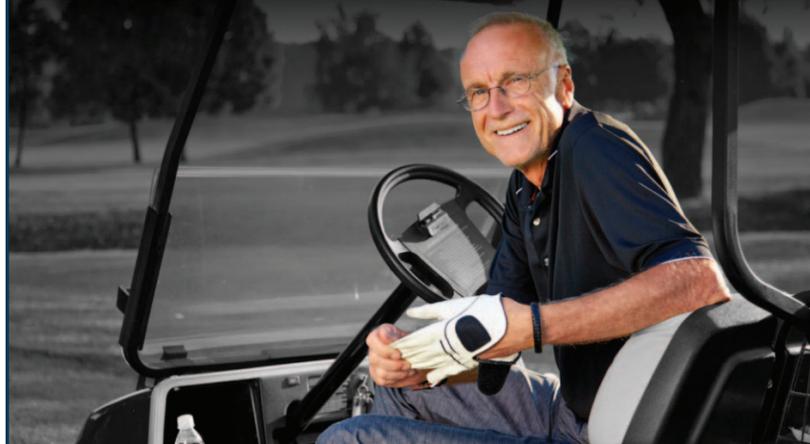
## Breast cancer networking

Breast Cancer Networking in Venice offers support and sharing with other breast cancer survivors. Meetings are on the third Monday of each month from 11 a.m. to noon at the Venice Health Park, Suite 1217 (north side), Jacaranda Blvd., Venice. For more information, call 941-408-9572.

## Caregivers Support Group

Port Charlotte United Methodist Church, 21075 Quesada Ave., Port Charlotte, hosts a caregiver support group from 1 p.m. to 2:30 p.m. every Wednesday. The cost is free and is open to any caregiver dealing with any debilitating disease. There are no requirements to join the group. For more information, contact Mike Boccia at 941-815-6077.

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# Multi-gene test may find risk for heart disease and more

By LAURAN NEERGAARD  
AP Medical Writer

WASHINGTON — You know your cholesterol, your blood pressure ... your heart gene score? Researchers say a new way of analyzing genetic test data may one day help identify people at high risk of a youthful heart attack in time to help.

Today, gene testing mostly focuses on rare mutations in one or a few genes, like those that cause cystic fibrosis or sickle cell disease, or the BRCA gene responsible for a small fraction of breast cancer. It is less useful for some of the most common diseases, such as heart disease or diabetes, because they are influenced by vast numbers of genes-gone-wrong working together in complicated ways.

Monday, researchers reported a new way to measure millions of small genetic variations that add up to cause harm, letting them

calculate someone's inherited risk for the most common form of heart disease and four other serious disorders. The potential cardiac impact: They estimated that up to 25 million Americans may have triple the average person's risk for coronary artery disease even if they haven't yet developed warning signs like high cholesterol.

"What I foresee is in five years, each person will know this risk number, this 'polygenic risk score,' similar to the way each person knows his or her cholesterol," said Dr. Sekar Kathiresan who led the research team from the Broad Institute, Massachusetts General Hospital and Harvard Medical School.

If the approach pans out and doctors adopt it, a bad score wouldn't mean you'd get a disease, just that your genetic makeup increases the chance — one more piece of information in deciding care. For example, when

the researchers tested the system using a DNA database from Britain, less than 1 percent of people with the lowest risk scores were diagnosed with coronary artery disease, compared to 11 percent of people with the highest risk score.

"There are things you can do to lower the risk," Kathiresan said — the usual advice about diet, exercise, cholesterol medication and not smoking helps.

On the flip side, a low-risk score "doesn't give you a free pass," he added. An unhealthy lifestyle could overwhelm the protection of good genes.

The scoring system also can predict an increased risk of Type 2 diabetes, inflammatory bowel disease, breast cancer and an irregular heartbeat called atrial fibrillation, the team reported in the journal Nature Genetics — noting that next steps include learning what might likewise lower

those risks.

It doesn't require the most sophisticated type of genetic testing. Instead, Kathiresan can calculate risk scores for those five diseases — eventually maybe more — simply by reanalyzing the kind of raw data people receive after sending a cheek swab to companies like 23andMe.

A geneticist who specializes in cardiovascular disease, he hopes to open a website where people can send in such data to learn their heart risk, as part of continuing research. Kathiresan and co-author Dr. Amit Khera, a Mass General cardiologist, are co-inventors on a patent application for the system.

Other scientists and companies have long sought ways to measure risk from multiple, additive gene effects — the "poly" in polygenic — and Myriad Genetics has begun selling a type of polygenic test for breast cancer risk.

But specialists in heart disease and genetics who weren't involved with the research called the new findings exciting because of their scope.

"The results should be eye-opening for cardiologists," said Dr. Charles C. Hong, director of cardiovascular research at the University of Maryland School of Medicine. "The only disappointment is that this score applies only to those with European ancestry, so I wonder if similar scores are in the works for the large majority of the world population that is not white."

Hong pointed to a friend who recently died of a massive heart attack despite being a super-fit marathon runner who'd never smoked, the kind of puzzling death that doctors have long hoped that a better understanding of genetics could help to prevent.

"Most of the variation

in disease risk comes from an enormous number of very tiny effects" in genes, agreed Stanford University genetics professor Jonathan Pritchard. "This is the first time polygenic scores have really been shown to reach the level of precision where they can have an impact" on patient health.

First, the Boston-based team combed previous studies that mapped the DNA of large numbers of people, looking for links to the five diseases — not outright mutations but minor misspellings in the genetic code.

Each variation alone would have only a tiny effect on health. They developed a computerized system that analyzed how those effects add up, and tested it using DNA and medical records from 400,000 people stored in Britain's UK Biobank. Scores more than three times the average person's risk were deemed high.

# HPV and throat cancer in men: How vaccines can help

PROVIDED BY STATEPOINT

Human papillomavirus (HPV) is the most commonly diagnosed sexually transmitted disease in the U.S. and cases of HPV-related oropharyngeal cancer — a cancer that develops on the back and sides of the throat, tonsils and base of the tongue — in middle-age men have tripled in the past three decades.

But did you know that vaccines can help reverse this trend? August is Immunization Awareness Month and a good opportunity to learn more.

"Nearly all sexually active men and women get exposed to HPV at some point in their lives," said Dr. Tom Thomas, director, Head and Neck Reconstructive Surgery and Transoral Robotic Surgery at Atlantic Health System's Morristown Medical Center. "Symptoms may develop decades after you become infected, so it's often impossible to know who transmitted the virus to you."

You're at higher risk for oral HPV if you:

- Haven't been vaccinated against HPV
- Have had unprotected oral sex
- Have many sexual partners
- Have a sexual partner who has had many sexual partners
- Started having sex when you were 16 or younger

The good news is that when caught early, treatment for HPV-related throat cancer is often successful.

Symptoms include a lump on the neck that isn't painful but doesn't go away, a sore throat or difficulty swallowing that doesn't go away after 3-4 weeks, unexplained weight loss and a change in voice.

If you have any of these symptoms, see your doctor right away. If you have a history of known HPV infection or other sexually transmitted diseases, see a head and neck expert.

"Even with no symptoms, you can pass HPV on to others, and you can get HPV from someone who doesn't show

any symptoms," said Dr. James Wong, medical director, Leonard B. Kahn Head and Neck Cancer Institute at Morristown Medical Center.

As one of the leaders of the new Atlantic HPV Center, the country's first center dedicated to the diagnosis, treatment, research and survivorship of HPV-associated cancers of the head and neck, Dr. Wong points out that understanding HPV and cancer can mean catching the disease early.

Unfortunately, experts say that persisting misconceptions associated with throat cancers caused by HPV create stigmas and fears and prevent many patients from having important conversations with loved ones and doctors.

"We need to overcome the embarrassment associated with throat cancer caused by HPV," said Dr. Thomas. "Anyone who's sexually active is at risk for getting HPV, even if you've had only one sexual partner."

There are more than



PHOTO PROVIDED

Vaccines in childhood can protect against HPV-related throat cancers.

150 types of HPV, but the HPV vaccine protects against both types 16 and 18, which cause the majority of cases of oropharyngeal cancer. More widespread use of the vaccine could lower the rate of high-risk HPV infection in men and women and

consequently lower the rate of HPV-related cancer in both sexes. The Centers for Disease Control recommends getting the HPV vaccine for children at ages 11-12, before they are exposed to HPV, in order to protect them from certain cancers

later in life. However, those who have already been infected can still get some protection from the vaccine, which is recommended for females aged 13 through 26 and males aged 13 through 21 who were not adequately immunized previously.

## DAN FROM PAGE 1

dedicated."

"Ben Casey" debuted in 1961 at a time TV was nominated by westerns like "Wagon Train" and "Bonanza." Doctor shows were rarities, with the exceptions of "City Hospital," which first aired in 1951 and is considered to be the first televised medical drama, and "Medic," which featured Richard Boone, ran from 1954-56 and was the first show to focus on medical procedures.

The still ongoing genre of hero doctors began with "Ben Casey" and another show that began the same year, "Dr. Kildare," based on the successful movie serial and referred to in some quarters as the "anti-Ben Casey." Dr. Kildare, as played the handsome Richard Chamberlain, was an intern learning the ropes under the senior Dr. Gillespie (Raymond Massey). Both shows dominated the ratings.

"Kildare dated his female patients," noted Dr. Johnson. "First of

all, that's unethical. Secondly, Richard Chamberlain would not have been interested in women."

(Chamberlain, an award-winning actor, was outed at the age of 55 by a French magazine in 1989 and confirmed his homosexuality in his 2003 autobiography "Shattered Love.")

In 1969 came "Marcus Welby, M.D." and "Medical Center," two popular series that took a different approach to medical cases. The former starred Robert Young as the title character, a kindly family practitioner who made house-calls along with his young partner, Dr. Steve Kiley, played by James Brolin.

"Medical Center" starred Chad Everett and James Daly as young/old surgeons Joe Gannon and Paul Lochner at a big-time Los Angeles university hospital. Both "Medical Center" and Marcus Welby, M.D., went off the air in 1976 tied as the longest-running medical dramas on American television at the time.

Another long-running series, "Emergency!,"

began as a midseason replacement in 1972 and lasted five years, followed by a half-dozen, two-hour television movies. The first medical drama ever to combine both a paramedic program with an emergency room hospital, the show featured Robert Fuller and Julie London as Dr. Kelly Brackett and head nurse Dixie McCall, Emergency Room staff members who saw the patients brought in by the EMTs.

Dr. Johnson liked this one.

"Julie London as Dixie who wore very flattering, skin-tight, silk nurse uniforms," he recalled. "Talk about a fantasy for a young, pre-medical Dr. Johnson."

Dr. Johnson had some things to say about another cast member, singer-songwriter Bobby Troup, who played neurosurgeon Dr. Joe Early.

"Bobby wrote the 'Route 66' song," he informed me. "You might also remember him from the 'MASH' movie. He picked up the doctors at the airport in Tokyo and kept saying 'Gosh darned army' over and over."

Jack Webb of "Dragnet" fame was the creator and producer of "Emergency!"

"Julie the nurse was married to Jack, then divorced him, then married Bobby," said the

good doctor. "That must have been cozy. Troup also wrote 'Girl Talk,' which was a hit for Julie. Jack always wanted 'just the facts ma'am, just the facts.' I have a feeling that he was a 'Wham

Bam' kind of man. That might have been the problem."

Comments and suggestions are always welcome. Call Dan Mearns at 941-893-9692 or email danmearns@gmail.com.

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## NEWS & NOTES

### Beating addiction is possible

Beating addiction is possible, and Fellowship Church of Englewood wants to get that message of hope out there to the Greater Englewood Community. Addiction is a huge problem in our culture and is affecting more families than ever before in our nation's history.

Special guest speaker Joe Hamblen, a former addict himself, will give his personal story of success and how others can make it too. Hamblen now serves as the Director for Loving Hands Ministry which strives to rehabilitate men who have addictive problems.

Beating addiction is possible! Find out how on Sunday, Aug. 19, at 8:30 a.m. and 10:30 a.m. Fellowship Church is located at 140 Rotonda Blvd. W., in Rotonda. Nursery and Kids Programs are available during both services. Complimentary hot coffee, donuts and juice are served at our Fellowship Hospitality Center at 9:30 a.m. For more information, visit [www.fcenglewood.com](http://www.fcenglewood.com) or call 941-475-7447.

### Neuro Challenge Foundation for Parkinson's

- Special Event, North Port, "Understanding the Medical Infinity Deep Brain Stimulation System and Parkinson's Disease with Chad Davie, Abbott Labs; Neuro Challenge Foundation: North Port, 5600 Peace River Road, North Port, 1:30 p.m. to 3 p.m. Aug. 20.
- North Port JFCS Care Partner Connection with Carolyn Stephens, LCSW and Parkinson' Power Hour with Carisa Campanella, Open Forum and Sharing; Neuro Challenge Foundation: North Port, 5600 Peace River Road, 1:30 p.m. to 3 p.m. on Aug. 22.

- North Port JFCS Care Partner Connection with Carolyn Stephens, LCSW and Parkinson' Power Hour with Karla Brody, Open Forum and Sharing; Neuro Challenge Foundation: North Port, 5600 Peace River Road, 1:30 p.m. to 3 p.m. on Aug. 22.

- North Port Voice Aerobics with Mary Spemulli, SLP; An exercise program focusing on breath support, posture, and vocal function exercises for improved vocal performance; Neuro Challenge Foundation: North Port, 5600 Peace River Road, 11 a.m. to 12:30 p.m. on Aug. 23.

- Venice Movers and Shakers PD Discussion Group: Open discussion with Care Partner Relationships with Alex Addona. Facilitated by Dr. John Moore; Jacaranda Public Library, 4143 Woodmere Park Blvd., Venice, 3 p.m. to 4:30 p.m. on Aug. 23.

- Punta Gorda Parkinson's Support Group Care Partners and People with Parkinson's Breakout Groups: Punta Gorda Civic Association, 2001 Shreve St., 10 a.m. to 11:30 a.m. Aug. 24.

- Venice Parkinson's Wellness Club: "In-Home Assessments for Safety and Better Living" featuring Cindy Anderson, OT; Jacaranda Trace Retirement Community, 2nd Floor Classroom, 3600 William Penn Way, Venice, 10 a.m. to 11:30 a.m. on Sept. 6.

### Quarters for a Cause

Join The Homeless

Coalition for Quarters for a Cause at 6 p.m. on Aug. 21, at the Charlotte Harbor Event and Conference Center located at 75 Taylor St., Punta Gorda.

A Quarter Auction is a game where bidders play for prizes valued from \$12-\$50 and even higher. Bring lots of enthusiasm and \$3 for a paddle rental, rolls of quarters for bidding, cash for 50/50 drawing. All proceeds benefit The Programs and Services at The Homeless Coalition. There will be items for sale from various vendors and a cash bar and food also for purchase. For more information, call Darcy Woods at 941-627-4313, ext.134 or email [events@cc.homelesscoalition.org](mailto:events@cc.homelesscoalition.org).

### Childbirth Education Programs

Sarasota Memorial Hospital offers comprehensive childbirth education programs at its North Port Health Care Center, 2345 Bobcat Village Center Road, North Port. All sessions are taught by qualified instructors, on a rotating monthly schedule. For the educational sessions, you'll need to sign-up in advance. We recommend signing up for classes by your second trimester and finishing them four weeks prior to your due date. Upcoming classes include:

- Wednesday, Aug. 22: CPR for Infants 6:30 p.m. to 8 p.m.
- Monday, Sept. 10: Baby Care Basics 6:30 p.m. to 8:30 p.m.
- Saturday, Sept. 15: Prepared Childbirth Class 9 a.m. to 5 p.m.
- Wednesday, Sept. 26: Breastfeeding Basics 6:30 p.m. to 8:30 p.m. Register online at [babies.smh.com](http://babies.smh.com).

### Tibetan Singing Bowl and Yoga Immersion

The Yoga Sanctuary, 112 Sullivan St., Punta Gorda, will host a Tibetan Singing Bowl and Yoga Immersion from 4 p.m. to 5:30 p.m. on Aug. 19. The therapeutic sounds of Tibetan Singing Bowls have been used for centuries for healing and meditative purposes. The range of sounds and vibrations that come from the bowls are meant to awaken, refresh, and relax people in sacred spaces. Experience the sounds and vibrations of the bowls as they move throughout your being, bringing balance to the physical, mental, emotional and spiritual bodies. Cost is \$25 per person. For more information, visit [www.theyogasanctuary.biz](http://www.theyogasanctuary.biz) or call 941-505-9642.

### Dart tournament

Royal Palm and Interim Healthcare present the third Annual Dart Tournament Fundraiser at 5 p.m. on Aug. 23, at the Ice House Pub, 408 Tamiami Trail #111, Punta Gorda. All proceeds to support the Alzheimer's Association. For more information, call Tanyah Lockett at 941-627-6762.

### Community Class, A Benefit for the Peace River Wildlife Center

September is Yoga Month and The Yoga Sanctuary, 112 Sullivan St., Punta Gorda, is

celebrating. Join us as we kickoff this special month with August's Community Class from 6 p.m. to 7:15 p.m. on Aug. 29, in honor of the Peace River Wildlife Center (PRWC). Class will open with an introduction by PRWC's veterinarian Dr. Robin Jenkins, highlighting PRWC's role in the care, preservation, and protection of our native wildlife. You will then be led through an all levels yoga class. This donation-based class is open to everyone and kicks off The Yoga Sanctuary's Yoga Month Bingo Challenge. All donations collected go directly to PRWC. For more information, visit [www.theyogasanctuary.biz](http://www.theyogasanctuary.biz) or call 941-505-9642.

### Yoga month bingo challenge

September is National Yoga Month. During Yoga Month, designated by the Department of Health & Human Services, festivities occur across the country. Hundreds of studios, teachers, and students join in. Come celebrate with The Yoga Sanctuary and discover the transformational power of a consistent yoga practice. Participate in our monthlong game of Yoga Month Bingo and see the difference yourself! In addition to feeling stronger, more relaxed, and less stressed, you will also be supporting the Peace River Wildlife Center (PRWC). Our Aug. 29 Community Class at PRWC kicks off the Bingo game, which culminates with a celebration for all participants and supporters on Sunday, Sept. 30. Visit [www.theyogasanctuary.biz](http://www.theyogasanctuary.biz) or call 941-505-9642 to learn more about this month long event.

### Fall Festival

A fall festival will be held from noon to 4 p.m. on Sept. 22, at Quality Health Care Center, 6940 Outreach Way, North Port. There will be food, games, face painting, baked goods and more. All proceeds benefit the Walk to End Alzheimer's disease. For more information, call 941-626-8411.

### Family-to-Family program

Family-to-Family, a free, 12-session educational program for family, partners and friends of adults living with mental illness will be offered by NAMI Sarasota County starting Friday, Sept. 7, through Nov. 30, from 6:30 p.m. to 9 p.m. at Venice United Church of Christ, 620 Shamrock Blvd., Venice. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Family-to-Family also offers skill-building workshops on problem-solving, communication and empathy. This life-changing program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

To register contact NAMI at 941-376-9361 or email [info@NAMISarasotaCounty.org](mailto:info@NAMISarasotaCounty.org). Visit the website at [namisarasotacounty.org](http://namisarasotacounty.org) for more information.

### NAMI Family Support Group Training

NAMI Sarasota County will offer statewide

Family Support Group (FSG) Training on Oct. 6-7 in Sarasota. Prospective facilitators must be family members (parents, siblings, adult children, spouses or partners) of a person with mental illness. If you would like to train as a volunteer facilitator and can commit to co-facilitating a monthly support group, please consider this unique opportunity. Additional FSG facilitators are needed in Sarasota County, particularly for the Venice and North Port areas, and NAMI Sarasota County will cover the cost of training for applicants from Sarasota County.

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. The groups provide an opportunity to gain insight from the challenges and successes of others facing similar circumstances. FSG is confidential and provided free of cost to participants.

For more information or an application contact Colleen Thayer, Executive Director, NAMI Sarasota County, at [colleen@NAMISarasotaCounty.org](mailto:colleen@NAMISarasotaCounty.org) or call 941-376-9361.

### Run like a Bandit

The Port Charlotte Bandits Youth Football and Cheer Programs will host its inaugural running of Run like a Bandit 5K/10K from 7 a.m. to 11 a.m. on Oct. 14, at Port Charlotte Beach Park, 400 Harbor Blvd., Port Charlotte. All proceeds from the event benefit this amazing program for the kids in the area. It is a 5K and a 10K road race on all paved surfaces, with a \$200 overall male/female prize for the 10k and \$100 overall male/female for the 5K. Overall youth male/female will have prizes as well. There will also be awards for all the masters categories. There will be a custom finishers medal for every finisher of both races. Each participant will also receive an official custom race shirt. There will be food and beer at the after party. There will also be inflatables for the kids, cornhole for the adults and music by DJ Justin of Party Pro DJ's. Registration is \$45 for 10K and \$30 for 5K. To register or for more information, visit [www.runsignup.com/Race/FL/PortCharlotte/RunLikeABandit5k10k](http://www.runsignup.com/Race/FL/PortCharlotte/RunLikeABandit5k10k).

### Annual Tour de North Port

The 9th Annual Tour de North Port, "It's the Green Pumpkin!" that will take place at 7 a.m. on Oct. 28, at Imagine High School, 2575 Sycamore St., North Port.

A fundraiser event sponsored by People for Trees, a nonprofit native tree advocacy group since 1997, the Tour de North Port is not a race but an organized bicycle ride where cyclists follow a 15, 35, or 65-mile route through North Port that highlights the city's parks and natural settings. The ride includes breakfast, lunch, rest stops, and SAG support. Advance registration is \$40 (www.peoplefortrees.com) or \$45 at door. For more information, contact Alice White at 941-426-9752 or email [treelady12001@yahoo.com](mailto:treelady12001@yahoo.com).

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# North Port Yoga + Wellness hosts summer open house

North Port Yoga + Wellness Studio hosted a summer open house August 3, including free 45-minute demonstrations with chair yoga, all levels yoga, meditation 101, yoga with Nidra, as well as ongoing massage therapy and energy healing mini-sessions throughout the day.

For more information on class scheduling and other events hosted by North Port Yoga + Wellness visit [www.northportyoga.org](http://www.northportyoga.org).



Amy Osborne, right, and her mother Bea participate in several yoga poses during the 45-minute session.



FEELING FIT PHOTOS BY TAMI GARCIA

Dianne Saywell, yoga instructor, hosted a free, 45-minute chair yoga demonstration.



Martha Case, left, receives assistance from Diane Saywell, while stretching during chair yoga at North Port Yoga's recently held summer open house.



Bea Osborne utilizes a Pilates toning ring during the 45-minute chair yoga session.



Those who attended the free chair yoga demonstration follow the lead of Dianne Saywell, instructor.



Martha Case uses a toning ring.



Amy Osborne, owner and studio director, stretches her arm above her head while participating in a yoga pose.

## New hepatitis C drugs mean diseased organs can be used for transplants

By MARIE MCCULLOUGH  
THE PHILADELPHIA INQUIRER

PHILADELPHIA — Unthinkable until a few years ago, the practice of putting hepatitis C-infected organs into uninfected patients has been embraced by the transplant world as a way to whittle long waiting lists for life-saving kidneys, livers, hearts and lungs.

The main reason for this about-face is simple: New, easy-to-tolerate antiviral drugs with better than 95 percent effectiveness have transformed the treatment of hepatitis C, a virus that can slowly destroy the liver. A small but growing body of research by the University of Pennsylvania and other pioneers shows these medications can cure hep C infection in transplant patients who accept infected organs, typically with just four to 12 weeks of therapy. At the same time, the opioid crisis has meant there are more organs available from people with hep C, which can be spread by the use of injection drugs.

Now, the question is whether this approach should continue to be studied in clinical trials, or opened right away to the 114,000 Americans awaiting transplants. Patients are told about the potential risks of accepting organs with the virus and do not lose their place on transplant lists if they decline.

At least one transplant center, at the University of Washington, is not holding off. It announced in June that all heart

transplant patients will be offered suitable hearts from hep C-infected donors. Infected hearts may eventually account for as many as eight of the 48 heart transplants UW performs annually, it said in a press release.

"Greater donor-organ availability means faster transplants for people on the wait list — and shorter waits are associated with better patient outcomes," said Shin Lin, a UW cardiologist and heart transplant specialist.

Paul E. Sax, an infectious disease specialist at Harvard Medical School, favors such fast adoption. "There are advances in medicine that are so dramatic that they're obvious," he said. "This has to move quickly into standard of care."

But a committee convened by the American Society of Transplantation urges a go-slower approach. The 15-member panel, including Penn liver transplant specialist David S. Goldberg, last year published a review that concluded more studies are needed to fully understand the long-term risks and benefits.

"I know there are some centers that think it's the right thing to do" to offer hep C-infected organs, said lead author Josh Levitsky, a Northwestern University liver transplant specialist. "I just would encourage that it be done under research protocols so they can report the data."

Niraj Desai, director of the kidney transplant program at Johns

Hopkins University, echoed that concern. "At this point," he emailed, "it is still important that patient outcomes are followed and reported so everyone in the field of organ transplantation can learn what the outcomes are in larger numbers of patients than what has so far been reported."

So far, small studies — about 100 published cases in total — have shown success with all major thoracic organ transplants, even lungs. Among the centers researching the approach besides Penn are Hopkins, Vanderbilt University, Brigham and Women's Hospital, and Massachusetts General Hospital.

Penn — the first to leap into the uncharted ethical territory starting two years ago — has eradicated hep C in 20 kidney transplant patients using the drug Zepatier, donated by Merck. Penn has done the same in 10 heart transplant patients, and is about to expand to lung transplants. So far, no transplant patients' hep C has been incurable.

Normally, hep C-infected organs are offered only to patients who already have the virus — or else the precious donations are thrown away.

Using such organs would put a small but meaningful dent in the national waiting list, enabling a few thousand additional organ transplants each year, experts estimate.

However, both the number and quality of

hep C infected organs has been dramatically increasing because so many young people are dying of opioid overdoses. Between 2000 and 2016, the number of infected donors more than tripled, from 181 to 661, one study found.

In a blog post for the New England Journal of Medicine, Harvard's Sax wrote that using infected organs to save people on the waiting list is "a tragic silver lining to the horrible opiate epidemic cloud."

Still, questions remain to be answered about the best treatment regimen, when therapy should begin, and how long it should last. Long term safety concerns are also unsettled.

"We don't have the kind of data we need to say whether patients (who receive infected kidneys) have more rejection," said Penn kidney transplant specialist Peter P. Reese. "We can't rule it out. It's possible there's more immunological injury with hep C infection."

One potential barrier to widespread adoption may be easing. The cost of the mainstay antiviral therapies has been falling because of competition. Merck, for example, recently slashed the list price for a course of Zepatier by 60 percent, to \$21,840. That undercuts the \$24,600 price of the newest entrant, Abbvie's Mavyret.

Medicare would cover antiviral treatment for transplant-induced hep C infection, the Centers for Medicare and Medicaid Services

said in an email. Private insurers may also be amenable to the approach, which is more cost-effective in the long run than supportive therapies such as kidney dialysis.

"These are expensive drugs and it is a factor, but the experience of other centers that have gone down this road has been 100 percent of patients getting covered," UW cardiothoracic surgeon Jason Smith said in the press release. "We haven't heard of a center getting a denial (from an insurer) that has stood."

Experts agree that patients — in or outside of studies — must be informed of the small risk of transmitting an infection that does not respond to antiviral drug treatment and goes on to cause harmful liver inflammation.

But Robert S. Brown Jr.,

director of the liver transplant center at Weill Cornell Medical College, put that risk in perspective. "The failure rate of these drugs is 3 percent," he said in an article on the health website Healio. "The risk of dying on the waiting list is greater than that. It is certainly not an ethical issue in terms of risk-benefit."

Kiran Shelat, 65, of Yardley, agrees. The infected kidney he received two years ago at Penn freed him from debilitating dialysis and restored his ability to enjoy life — to exercise, hike, and travel with his wife.

"Of course, people should make an informed decision," said the recently retired civil engineer. "But at the same time, people should not fear it. That's my message."

# Why is cancer so rare in elephants? They might thank their 'zombie gene'

By **MELISSA HEALY**  
LOS ANGELES TIMES

Maybe it's the elephant's genes that never forget.

In addition to having great memories, elephants are known for having a very low incidence of cancer. In what might seem a wild mash-up of the SyFi channel and National Geographic, new research has uncovered a surprising factor that protects elephants against the dread disease: a gene that had gone dormant in their mammalian ancestors, but got turned back on as their evolving bodies grew ever bigger.

Scientists call it a "zombie gene" — cue the chilling music here — "a reanimated pseudogene that kills cells when expressed."

The zombie gene is not just a curiosity.

Along with elephants, several kinds of whales as well as bats and the naked mole rat share enviably minuscule rates of cancer. Biologists suspect that each of those species has evolved a different strategy to ward off malignancies, and they want to understand them all. In time, they might find ways to approximate those strategies

in humans and drive down our vulnerability to cancer.

"That's not easy," said Vincent J. Lynch, who led the research published this week in the journal *Cell Reports*.

Nor, he added, would it always be safe. After all, mechanisms that thwart fast-growing cells or turbocharge cellular-repair machinery have evolved over countless generations in fine balance with other checks and balances, Lynch said. Transfer one of these mechanisms willy-nilly to another species, and it would very likely run amok, he said.

"But if you don't do the research, you'll never know," added Lynch, a geneticist and evolutionary biologist at the University of Chicago.

So Lynch's team went looking for LIF (short for Leukemia Inhibiting Factor) genes in 53 mammals, including the African elephant, the bowhead and minke whales, bats and naked mole rats.

In most species, they found a single active LIF gene. But in the modern African elephant — as well as in the manatee and the rock hyrax, both distant cousins of the elephant — they

found between seven and 11 additional copies of the LIF gene, called pseudogenes.

In every species but the elephant, these LIF genes and their extra duplicates were inactive: That is, they didn't turn on or off to produce proteins. If they had been active in the past, their function had been phased out. In the march of evolution, they had fallen by the wayside and been left for dead, like vast stretches of every species' genomes.

But in the elephant, Lynch and his colleagues saw that one of the additional copies of the LIF gene was active. When the researchers induced cell stress — a step that would have led to cancer in most other animals — a widely recognized tumor-suppressor mechanism turned on. That, in turn, activated the LIF6 pseudogene.

Stirred to life, the zombie gene proceeded to carry out its grim program, entering the internal machinery of damaged cells and ordering them to kill themselves. In elephant tissue, the damaged cells turned themselves inside-out,



TNS PHOTO

**Elephants are known for having a very low incidence of cancer. New research has uncovered a surprising factor that protects elephants against the dread disease: a gene that had gone dormant in their mammalian ancestors, but got turned back on as their evolving bodies grew ever bigger.**

and cancer was thwarted before it could gain any momentum.

And when the researchers suppressed the action of the LIF6 "zombie gene," they found that stressed cells were more likely to form tumors in elephant tissue.

"It's a fascinating study," said molecular and cell biologist Vera Gorbunova of the University of Rochester in New York, who has studied the mechanisms by which naked mole rats thwart cancerous cells.

The collective research of Lynch's group "also raises intriguing questions," said Gorbunova, who was not involved in the new work. The group has offered evidence that in their evolution,

all complex creatures have made trade-offs, such as taking on genes (including anti-cancer genes) that increase their life span but reduce their reproductive prowess, or vice versa.

The reanimation of the LIF6 gene may be one way in which elephants have countered what would seem to be a growing threat as they evolved to become bigger, said Lynch.

How? Biological reasoning would suggest that bigger animals would have a greater propensity than very small ones to develop cancer — mainly because they are made up of more cells.

Theoretically, the more cells there are, the higher

the odds that one or more will go rogue and seed a tumor.

That is true within species: big dogs (and tall humans) are more likely to develop cancer than smaller members of their species. But strangely, very large species are not, in general, more likely to develop cancer than are small species — an observation made by epidemiologist Richard Peto that has come to be known as Peto's Paradox.

In part, "elephants and their extinct relatives (proboscideans) may have resolved Peto's Paradox" by giving LIF6 new life as a killer of would-be cancer cells, wrote Lynch and his colleagues.

Apparently, not all zombies are to be feared.

# Avoid extreme emotions to improve relationships

By **JUDI LIGHT HOPSON, EMMA H. HOPSON and TED HAGEN**  
TRIBUNE NEWS SERVICE

Do you feel a lot of anger and disappointment? Does your temper get the best of you?

Or, do you watch the news, wondering if the world is coming to an end?

Most of us can get fired up over a lot of things. However, these extreme emotions can put a lot of strain on our relationships.

"I was in a bad mood for over a year," says a friend of ours we'll call Rebecca.

"I was involved in a

lawsuit at my workplace." Rebecca says her bad mood nearly wrecked a couple of friendships.

While no one should ignore society's problems or danger in the world, it's critical to guard our emotional health. Having a healthy mind and spirit helps us defeat negativity and danger.

These tips can help:

- Strive to be the adult in the room. If something terrible has happened, you certainly need to acknowledge this. But, watch your words carefully so you help to stabilize the emotions of others.
- Realize that self-control helps you feel better.

Keep in mind that if you speak with calmness and strive to make good decisions, you won't feel as baffled or upset.

- Act out of sound logic when things get rough. Even if you feel like screaming at someone, hold your fire. You can always show anger later. Once you've screamed at a friend or relative, this is tough to take back.

"I've learned to devise a plan of action for everything," says a teacher we'll call Mrs. Jackson. She often helps the principal in her school deal with unruly students. "When I sit down and come up with

a cool-headed plan of action, this helps me talk more calmly with the students."

She told us, "Kids are often stressed by problems before they get to school. That's why I tell them we can work these problems out. I try to offer hope and help them maintain a sense of humor, regardless of how bad the issues are."

Students, employees and married couples who feel lots of emotions can send out a ripple effect. To be the sane voice in any situation, take control by voicing hope and a clear-headed approach to fixing what's wrong. For example, tell

someone: "I'm sure we can work this out, so let's look at our options here. We're not going to attack a person. Instead, let's go after the problem and fix it."

When we get extremely emotional, we are usually trying to "go after" a person. But as long as we're doing a character assassination on someone, we usually aren't making a dent in correcting the problem.

"I dealt with a student stealing another student's money last week," says Mrs. Jackson.

"When I drilled down into the problem, I found out the student who stole five dollars had not eaten

in two days. Her parents had left town on a trip and failed to leave her any money."

Mrs. Jackson said she had a long talk with the student over stealing. "When I demonstrated how she might have come to someone to ask for help, she was shocked. She told me she didn't know how to ask for help from other people. She really didn't know this was a viable option."

When you calmly act as the adult in the room, so to speak, you define good choices. This takes practice; but, the more you do it, the more adept you'll become at overcoming rocky emotions.

## SUPPORT GROUPS

### Cancer support group

Fawcett Memorial Hospital, an HCA affiliate, now offers a cancer support group for cancer patients, their families and caregivers. The group meets the last Wednesday of each month from noon to 1:30 p.m. with lunch provided. Research shows that social

support has benefits for cancer patients, those recovering from treatment and their family and loved ones by reducing anxiety and stress, emotional distress and depression, fatigue and the experience of pain while improving mood, self-image, ability to cope with stress and feelings of control. In addition, having a supportive social network can help with recovery and adjusting to life after treatment. The support group allows those experiencing a cancer diagnosis to cope with the emotional aspects by providing a safe place to share their feelings and challenges while allowing people to learn from others facing similar situations.

Cancer patients and their family members are encouraged to attend. Active participation is not required, listeners are welcome. Physicians and other health professionals will periodically speak to the group on cancer related topics. For more information or to RSVP, please call Fawcett's oncology patient navigators at 941-624-8318.

### Lung cancer support group

The North Port Lung Cancer Support Group meets from 2 p.m. to 3 p.m. the third Wednesday of every month at Sarasota Memorial ER in North Port along Toledo Blade Boulevard. The group is for people with lung cancer along with their caregivers. No RSVP nor charge is required. For more information, call or email Marc Cohen at 941-240-8989 or marcscohen@aol.com.

### Lung Matters support group

Lung Matters support group meets from 2:30 p.m. to 3:30 p.m. on the third Tuesday of each month. Call Port Charlotte Rehab Center for locations and more information at 941-235-8011.

### NAMI Family Support groups

Port Charlotte: The National Alliance on Mental Illness will have a Family Support Group meeting from 7 p.m. to 8:30 p.m. the second Tuesday of each month

at Unitarian Universalist Fellowship, 1532 Forrest Nelson Blvd., Port Charlotte. This is for family members and caregivers of individuals with a mental illness. For more information, contact Karen at 941-456-3100.

North Port: The family support group meets from 6:30 p.m. to 8 p.m. on the fourth Monday of the month at Anchor House, 3555 Bobcat Village Center Road, North Port. The National Alliance on Mental Illness family support group is a peer-led group for family members and caregivers of adults living with mental illness. All meetings are free and confidential. For more information, call 941-376-9361 or visit the website at [namisarasotacounty.org](http://namisarasotacounty.org).

Venice: The family support group meets from 7 p.m. to 8:30 p.m. on the first Wednesday of the month at Venice Health Park, 1201 Jacaranda Blvd., room 1283. The National Alliance on Mental Illness family support group is a peer-led group for family members and caregivers of adults living with mental illness. All meetings are free and confidential. For more

information, call 941-376-9361 or visit the website at [namisarasotacounty.org](http://namisarasotacounty.org).

Sarasota: The family support group meets at 6:30 p.m. on the third Thursday of the month at the Beneva Christian Church, 4835 S. Beneva Road, Sarasota. For more information, call 941-376-9361 or visit the website at [namisarasotacounty.org](http://namisarasotacounty.org).

### NAMI Connection Recovery Support Group

The National Alliance on Mental Illness meets from 6 p.m. to 7:30 p.m. the first and third Tuesday of the month at the Mental Health Community Center (Prospect House), 240 S. Tuttle Ave., Unit B, Sarasota. Connection is a recovery support group program for adults living with mental illness providing a place that offers respect, understanding, encouragement and hope. It offers a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. All meetings are free and confidential. Call 941-376-9361 or visit the website at [namisarasotacounty.org](http://namisarasotacounty.org) for more information.

### Neuro Challenge for Parkinson's patients, caregivers

St. David's, 401 S. Broadway, Englewood, is welcoming Neuro Challenge, a non-profit organization dedicated to improving the quality of life of people with Parkinson's and their caregivers.

Neuro Challenge provides ongoing monthly support groups, educational programs, and individualized care, advising to help empower people with Parkinson's and their caregivers with A Better Approach to Parkinson's. They will meet in St. David's Parish Hall every third Friday of every month at 10 a.m. Neuro Challenge serves Manatee, Sarasota and Charlotte counties — there are an estimated 9,000 people with Parkinson's in the three county service area.

For more information, call 941-926-6413, 941-474-3140 or go to [www.neurochallenge.org](http://www.neurochallenge.org). Neuro Challenge is happy to include people with other neurological illnesses — ie: MS; ALS; etc.

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# Why your mother's age could be the key to longevity

By **BRADLEY J. FIKES**  
THE SAN DIEGO  
UNION-TRIBUNE

SAN DIEGO — Women whose mothers lived to 90 years have a 25 percent greater chance to also live that long, compared with those whose mothers didn't, according to a new study led by University of California, San Diego researchers.

Moreover, the women achieved this extreme longevity while staying healthy. They had no major chronic diseases, such as heart disease, diabetes, cancer, hip fracture or physical limitations.

When both parents survived to 90 years, the advantage jumped to 38 percent, said the study, published Wednesday in the journal *Age and Ageing*.

If only the father lived to be 90, there was no increase in healthy longevity for the daughter.

These results are probably a combination of genetics, environment and behavior, said UCSD's Aladdin Shadyab, who led the study. It examined the

health records of a racially and ethnically diverse population of more than 20,000 women.

The study used information from the Women's Health Initiative, a large, long-term study on major risk factors for chronic diseases. It enrolled more than 160,000 post-menopausal American women when it was launched in 1993.

Since only women are tracked in the initiative, the study did not examine men or parental life span effects on sons.

The initiative has yielded a wealth of information about women's health, including the effects of hormone therapy, diet and supplementation with calcium and vitamin D.

Previous research jibes with the study's findings, including health in the greatly long-lived, the study said.

"In the New England Centenarian Study, offspring of centenarians had 78 percent, 83 percent and 86 percent lower risk of developing myocardial infarction, stroke and

diabetes, respectively, than a similarly aged referent cohort," the study said.

A lot of factors go into total life expectancy. This effect of long-lived parents adds an additional calculation.

For a baseline comparison, 34 percent of all American women 65 years old will live to 90, according to the Social Security Administration. The increase in life expectancy is calculated compared to this base. Just 22 percent of men of that age will reach 90.

In addition, total life expectancy has grown over the decades. In 1965, just 25 percent of 65-year-old American women lived to 90, and only 10 percent of the men.

In addition to outside factors such as exercise and diet, researchers in recent years have found some genetic traits that appear more commonly in those who achieve very long lifespans.

"There are specific genes that predict your ability to live longer, which these women likely inherited

from their parents," Shadyab said. Researchers don't know, however, why the mother's longevity seems to play a more important role in a daughter's lifespan than the father's.

"Further, the women whose parents lived longer had higher socioeconomic status, meaning that they were more educated with higher income," he said. "And growing up in a high socioeconomic environment predicts your chances of living longer and aging well."

Those in high-income households tend to have access to better health care and education on healthy habits and presumably those influences play a role.

It's possible that the parents who lived to 90 also practiced good health habits that they passed along to their daughters.

"More studies are needed to determine how genetic factors interact with behavioral factors like physical activity and socioeconomic status to influence our future aging outcomes," Shadyab said.



TNS PHOTO

**According to a new study, women whose mothers lived to 90 years have a 25 percent greater chance to also live that long, compared with those whose mothers didn't.**

Other studies have looked at health in aging. In San Diego, the ongoing "Welllderly" study tracks men and women who have reached their 80s and beyond, to look for genetic and lifestyle factors that may influence their longevity.

If women want to know how the results apply to them, their present age makes a difference.

Older people have a better chance of great

longevity than younger people. That's because some younger people will die prematurely, whether by illness or injury, and never reach old age. By definition, the elderly have already survived these dangers.

For young women, this means that environmental and behavioral patterns are much more important to attaining extreme longevity than for those who are already older.

# Dive in to the fascinating lifestyles of Long Island's mermaids

By **KADIA GOBA**  
NEWSDAY (TNS)

A recent summer day found Nicole Oliva sitting at the edge of her swimming pool in Holbrook, not dangling her feet over the water's edge but wriggling, twisting and willing her legs — slathered in hair conditioner — into a 30-pound silicone mermaid tail.

Step 1: Oliva spreads the tail out on a mat in front of her, positioning it so that she can finesse her way into it.

Step 2: She applies the conditioner to both legs, from her feet to her thighs.

Step 3: Oliva sits poolside and puts one leg at a time into the tail, pushing her feet into the monofin at the end that resembles a flipper.

Step 4: With her pelvis raised off the ground and her elbows planted on the mat, she pulls the mermaid tail up from her knees toward her waist.

Step 5: The shimmying begins, as Oliva adjusts the tail to her contours and pulls at the silicone until it is wrinkle-free.

Oliva said she knows when she's done based on how the tail feels against her skin. What used to require a half hour now takes Oliva a little less than 10 minutes.

For some, the magical world of mermaids means more than an animated Disney character. It's a lifestyle that encourages camaraderie and a sense of belonging. That was so much the case for Oliva that in 2016 she started a Facebook page and created a pod — a group of men and women who perform or practice as mermaids and mermen — that has grown from seven people to about 30 active members on Long Island.

"As a kid, I've always been a pretty good swimmer," said Oliva, 28. "When I was younger, I would tie those detachable Velcro skirts that come with bathing suits around my legs and practice swimming like a mermaid."

Six years ago, while designing a costume, Oliva set out to create her own mermaid's tail. Her research and Google searches revealed an entire community of mermaids, in pods from North Carolina to Singapore and at mermaid festivals that have sprung up in Michigan, Georgia and North Carolina and include the annual and long-running Mermaid Parade on Coney Island.

Oliva's pod meets every other month for group swims at aquatic facilities, public pools or members' homes. They practice technical swimming and theatrical performance stunts, such as front and back flips, barrel rolls and fluke stands — which involve them standing on the tip of their mermaid tail.

They also work on making underwater bubble rings, bubble hearts and bubble kisses that are part of their shows at the Long Island Aquarium in Riverhead. On "Mermaid Mondays," from July to Labor Day, visitors can pay \$39.95 to swim with the mermaids in one of four daily sessions or interact with them on dry land during meet-and-greets.

In the real-life mermaid world, pod members have alternate identities and speak in mermaid jargon. Oliva goes by the name Mermaid Aria, and others are known as Mermaid Marina, Mermaid Caylis and Mermaid Rose. Helpers or assistants are known as mer-tenders, boyfriends are merwranglers, and if you are a member of the mermaid collective, you are merfolk.

Kai Wagner, 27, who identifies as a transgender man, joined the Long Island pod three years ago but has been

## MERMAID-SPEAK

Clamtini: bikini  
Fintastic: fantastic  
Merfolk: mermaid people (men and women)  
Mermazing: amazing  
Mersona: persona  
Mervelous: marvelous  
Mersaurus: thesaurus  
Mertender: assistant or helper  
Merwrangler: boyfriend  
Sand dollars: currency  
Shellfie: selfie  
Shellabrate: celebrate  
Shellphone: cellphone

—Source: Long Island mermaid pod

interested in the mermaid lifestyle for five years. The Lindenhurst resident has gender-specific mermaid personas. As a woman, she is Mermaid Pearl, as a man he is Merman Atlas.

"I love the aesthetics of both lady mermaids and male mermaids," said Wagner, who owns and operates Spoonful of Sugar Entertainment, a staffing agency that provides mermaid and princess personas for private events, birthday parties and the Long Island Aquarium.

His company employs four mermaids, plus Wagner, at the aquarium in Riverhead, all of whom belong to a micro-pod within the larger Long Island pod. Mermaid Mondays began in 2016 and attract visitors from as far away as New Jersey, said Darlene Puntillo, the aquarium's spokeswoman.

"We've also introduced a dry meet-and-greet, which has been very popular among young girls," Puntillo said.

The aquarium mermaids said their relationships extend beyond just being co-workers.

"It brings everyone together," said Daniella Tiranno, 26, of Bayport, who recalled having to lie face down as her co-worker wrestled with the zipper on the back of her mermaid tail.

The first time Tiranno, aka Mermaid Marina, tried on her tail, she said it didn't register that she wouldn't be able to walk, and she quickly fell to the mercy of her mer-tenders.

"It feels good to swim with people you know and trust," she said.

Though Oliva's pod is relatively new to Long Island, the world is well-familiar with mermaids. Half-man, half-fish legends date to Greek mythology, with characters such as Triton, the fish-tailed sea god. Jules Verne's 1870s novel, "Twenty Thousand Leagues Under the Sea," also featured underwater creatures that resemble men. Modern-day mermaid enthusiasts also take inspiration from the 1950s, when Disneyland employed eight mermaids to launch the new Submarine Voyage attraction in California, and more recently from Hannah Mermaid and Mermaid Kariel, who have been featured in a national advertising campaign for Atlantis Paradise Island, a resort in the Bahamas.

Long Island's pod of mermaids gets together once a month to craft headdresses and shell bikini tops or teach each other tricks. Their "second skin" usually consists of neoprene, silicone and spandex. Tails can weigh up to 60 pounds and range from \$100 to \$4,000. Some mermaids use monofins, a finlike rubber or plastic accessory that fits inside the fin portion of the mermaid's tail and helps them swim underwater.

Many of the mermaids purchase their



TNS PHOTO

**Long Island Mermaid Pod member Nicole Oliva, aka Mermaid Aria, helps Merman Andrew Weinstein put his tail on as they prepare to swim in Nicole's backyard pool on the morning of July 26.**

tails but create their own shell bikini tops for a more hands-on approach. Crafting is a big part of the mermaid lifestyle and allows merfolk bonding time with one another. The process of making a top begins by applying a thick acrylic paint to the lion's-paw shells. Next, iridescent faux gemstones are affixed with an adhesive. In the final stages, a waterproof sealant is applied and then a decorative strap using fishnets, imitation pearls or flowers to keep the top in place.

Sinead Atkinson, 26, of Hauppauge, is a substitute teacher and a member of the Long Island pod. Her elaborate, 26-pound tail is a silicone and neoprene hybrid with iridescent, multicolored resin scales that she bought used for \$950 (it would have cost \$1,500 if purchased new). Like many of her fellow mermaids, Atkinson — she was a student at SUNY New Paltz when she discovered a video of someone making a mermaid tail out of spandex — has a background in theater and costume design.

"I've always had a childhood connection with mermaids and water," said Atkinson, whose alter ego is Mermaid Mist and whose younger sister, Mairead (aka Mermaid Caylis), 23, is also a member of the pod. "This is my way of reconnecting with that."

For Hannah Palmer, 31, who last year moved from Aurora, Colorado, to Hicksville, with a stop in Florida, camaraderie and her new pod family are everything. She said she applied dozens of times to be a princess at Disney World in Orlando, Florida, before she "finned-up" last year for her first mermaid swim at a birthday party for a 1-year-old.

"I got in the water and was like, 'Oh, this is where I have always been meant to be,'" said Palmer, who is known as Mermaid Meara.

Members of the pod said relatives, friends and co-workers have been supportive of their mermaid personas.

"I've always been a creative person, being into theater and costuming and mermaid lore as a kid, so when I took that first leap, people were very happy for me," Atkinson said. "There is still an element of surprise when I tell people what I do. The reaction is usually somewhere along the lines of, 'You do what, and get paid for it?' But a lot of people think it's cool."

Wagner said those he knows have taken it in stride. "It's more or less I have always been the black sheep (in my family). So something that is odd or strange

coming from me isn't new," Wagner said. "Sometimes they ask me for pictures, because it's an interesting subject to bring up to people . . . Something like 'Look at what my child, niece/nephew, grandchild does.' It is somehow simultaneously bragging about me while also making a spectacle of me."

## Signature dolphin kick

Mermaids need to look good underwater, but they also need to be strong swimmers. A strong core is an important part of performing the signature dolphin kick, the only viable swim movement for mermaids, whose tails impede the movement of their legs. The whipping motion propels them forward while their legs are bound by fabric. All the mermaids in the Long Island pod said it's important to stretch for three to five minutes before entering the water.

Breathing techniques are just as important as the athleticism, and the ability to hold your breath is key as a performer. Wagner said he can hold his breath for 90 seconds, enough time for him to swim a lap in an Olympic-size pool or 50 meters.

Aside from the rigors of performance, being a mermaid has helped some in the Long Island pod to overcome life challenges.

Mary Grecco, 26, said she turned to swimming and video games as early as elementary school to cope with being bullied. The combination, along with her childhood fascination with the movies "Splash" and "The Little Mermaid," pulled her into a life a mermaiding, she said.

"My demons tried to drown me, but they did not know I could breathe underwater," said Grecco, who lives in Centereach and credits the mermaid community for helping her feel better about herself.

She goes by the name Mermaid Rose and works with children with disabilities. "They call me Miss Mermaid," Grecco said. "To them, it's not a hobby. To them, I'm a mermaid and I leave the water and take care of them every day."

The mermaids in Long Island's pod all agree that children are their biggest advocates and fans.

"You believe you are a mermaid, but they convince you," Wagner said.

And for those who remain unconvinced? "I just give them a little splash with my tail," he said.

# Losing weight with Fusion One

**By GREGORY WHYTE**  
THE CULTURAL CENTER  
OF CHARLOTTE COUNTY'S  
FITNESS CENTER

According to the World Health Organization more than 1.9 billion adults (18 years and older) were overweight in 2016.

Of these, over 650 million were obese. Information acquired from other sources also showed that between 2015 and 2016, almost 40 percent of adults in the United States were obese. Being overweight can

be dangerous and should be taken seriously.

According to WHO, most of the world's population live in countries where overweight and obesity kill more people than underweight. It should also be kept in mind that one's risk for osteoarthritis, diabetes, cardiovascular diseases and cancers such as liver, colon, kidney, breast, etc., increases with increased body weight.

Each year, Americans spend over 60 billion dollars to lose weight. This

price tag includes such things as gym membership, personal training services, the services of weight reduction specialists and programs and even the foods used in the weight reduction process. The sad new is, according to the CDC, we are losing the war with overweight and obesity.

For over 25 years, the weight and pot belly reduction component of the Fusion One holistic health system has been providing services, the quality of which could be

considered exceptional. The effectiveness of the program is due, primarily, to the following:

- It is comprehensive enough to address the many causative factors of the overweight condition.
- It makes use of weight reduction principles and practices that are backed by science and those that have passed the test of time.
- Drugs and surgical operations are not a part of the program. Furthermore, the food and other items that the

program advocates are natural and friendly to those using them.

- The use of pre-determined timeframes ("Lose 10 pounds in two weeks, etc.) are not used by the program.

- The functional elements of the program are quite expansive and include: knowledge of weight reduction, exercise, nutrition and proper eating, behavior modification and social support.

To impart its principles and practices, the Fusion

One weight reduction program uses lectures, workshops, classes, personal and special training. Many of these are offered through the Cultural Center's Learning Place and its Fitness Center. Members of the general public are encouraged to visit the Fitness Center to discuss (free of cost) their weight reduction concerns.

For more information, visit the Cultural Center at 2280 Aaron St., Port Charlotte or call 941-625-4175, ext. 263.

# Maintenance a must when wearing contact lenses

PROVIDED BY MCC

An alternative to eyeglasses, contact lenses are widely used across the globe. Contact lenses provide the inconspicuous clarity many people desire, and the wide array of materials used to make lenses coupled with the assortment of styles of contact lenses have helped to make them more comfortable than ever before.

It may seem like contact lenses are a relatively recent invention, but they've actually been around far longer than one would think. As far back as 1508, Leonardo da Vinci illustrated the concept of contact lenses. Three hundred years later a British astronomer named Sir John Herschel conceptualized the practical lens design. First designs of contact lenses covered the entire eye and were made from glass. By 1948,

plastic contact lenses came on the scene and were designed to cover only the eye's cornea. Through the 20th century, contacts continued to evolve. It is believed that now more than 30 million people in the United States alone wear contact lenses. Two-thirds of those wearers are female, says the Centers for Disease Control and Prevention.

Because contact lenses come in direct contact with the eye, maintenance is especially important. Medical professionals say that teenagers as young as 13 may be able to wear contacts. It's never too early to share the proper care procedures. The following are contact lens care guidelines, courtesy of the American Academy of Ophthalmology.

- Wash hands with soap and water and dry with a lint-free towel before handling contact lenses.

- Never store lenses in water (tap or sterile). Contact lenses must be stored in special disinfecting lens solution.

- Saliva is not a sterile solution and should not be used to moisten dry contacts.

- Minimize lenses' contact with water. Remove them before swimming.

- Always follow the recommended lens cleaning and storage guidelines from an eye care professional and the contact solution manufacturer.

- Many professionals advise you to rub and rinse contact lenses even if the solution used is a "no-rub" variety.

- Leave empty contact cases open to air dry.

- Replace storage cases and contact lenses as advised by the manufacturer or your eye care professional. Cases can be a source of contamination if they are cracked, dirty or



PHOTO PROVIDED

damaged.

- Do not allow the tip of the solution bottle to come in contact with any

surface, and keep the bottle tightly closed when not in use.

Following these

recommendations and adhering to proper hygiene can prevent eye infections and injury.



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MONSTER

# Turnover: Preventing it and dealing with the aftermath

By **JOYCE M. ROSENBERG**  
AP BUSINESS WRITER

NEW YORK — A tight labor market and a shrinking pool of talented workers make “I’m quitting” some of the most dreaded words a small business owner can hear.

Staff turnover is a fact of life, but it’s particularly painful at small companies competing with larger businesses for workers. Owners learn they must make staff retention efforts a priority — including mentoring or changing workplace policies — and do some soul-searching if turnover increases.

When five out of 22 staffers left Dash Design last year, owner David Ashen understood that some naturally wanted to move on to new challenges. But he also discovered after talking to employees that they felt the culture in his New York-based interior design company had changed since he brought in a new business partner. Ashen realized he needed to help employees feel more connected to the business, and focused on mentoring younger staffers.

“We ask them, where do you want to be in six months or three years, and create a path to do that. When we failed to do that, people were less satisfied in their work,” he says. Ashen has also started letting workers have flexible schedules

and bring their dogs to the office.

Many companies find that a staff can be stable for some time, and then several employees leave at once. And with fewer employees, small businesses aren’t as able as big corporations to shuffle assignments when people leave.

At The SEO Works, a digital marketing company in Sheffield, Britain, five staffers out of 30 left in a short period last year for a mix of professional and personal reasons, managing director Ben Foster says.

When staffers who are on teams leave, co-workers can pitch in while a replacement is hired, Foster says. But when employees who work by themselves quit, the managing director “just had to step up and take on two roles,” he says.

The company has been changing its policies to try to improve retention, and recently also introduced flex time.

Owners find that one big thing they can do is be clear with younger workers who want to know there’s a chance for them to grow and develop new skills. Jeff Rizzo and business partner Matt Ross aim for each of their 10 staffers at product review website RIZKNEWS to understand what they need to do to win a promotion or a raise.

“If employees do not see a clear career path or



AP PHOTO

In this photo, Dash Design’s founder David Ashen poses for a picture in his office in New York. When five out of 22 staffers left Dash Design last year, owner Ashen understood that some naturally wanted to move on to a new challenge. But he also discovered after talking to employees that they felt the culture in his New York-based interior design company had changed since he brought in a new business partner. Ashen sought help from a team-building expert to help employees feel more connected to the business, and he focused on mentoring younger staffers.

opportunity for advancement, chances are they’ll look elsewhere after a year or two,” Rizzo says.

Many of the employees at the Reno, Nevada-based company have been hired straight out of college. Rizzo is philosophical about young people wanting to try something new eventually — but, he says, “we’re going to fight like heck to keep them.”

Companies that want

to reduce turnover need to let employees know they’re valued and that what they do matters, says Leigh Branham, owner of Keeping the People, a human resources consultancy.

“People want to feel their job is meaningful,” Branham says. He suggests telling staffers, “I want you to know why you do what you do — and why it’s important to this company.”

Staffers also need regular feedback, and not have to wait for an anxiety-provoking annual review, says Nina Velasquez, a senior vice president at North 6th Agency, a public relations firm based in New York and with offices in Toronto and Boulder, Colorado. North 6th Agency gives its nearly 60 employees monthly feedback that is intended to be part of their training and development.

The company also has a rewards system allowing staffers to accumulate points in return for good performance. The points can be redeemed for perks including cash, commuting passes, groceries and time off.

Small businesses that hire freelancers, particularly those that don’t offer steady work, also struggle with turnover.

**TURNOVER | 2**



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MONSTER

# The best things you can say in a job interview

By DANIEL BORTZ

MONSTER CONTRIBUTOR

These buzzwords and phrases are music to any hiring manager's ears.

Prepare what you want to say in your job interview.

Sweaty palms. Nervous laughter. Fidgeting. Welcome to the job interview! Unless you're made of titanium, the question-and-answer process is likely to rattle your nerves no matter how many years you've been working a job.

Thing is, the key to acing your next job interview is pretty simple: Say the things that hiring managers want to hear. That's not meant to be a joke! There are a few standard phrases that will go over well no matter what industry you're in or what job you're interviewing for.

These phrases and buzzwords will delight every hiring manager.

"I was so excited when I learned this position was open."

To persuade an employer that you're the best person for the job, you have to show enthusiasm, says Vicki Salemi, career expert at Monster. That means expressing upfront that you're stoked about the position and the company.

Kelly Marinelli, president and principal consultant at Solve HR, Inc., recommends coupling this statement with something specific about the position: "I love creating content for

clients in this space, and I'd love to do it here with this team." There's no shame in being blunt.

"This job aligns well with my experience and qualifications, and here's why."

"A job interview is an extension of your cover letter," says Salemi. "It gives you the opportunity to explain, in detail, why someone should hire you."

Hence, it's important to have anecdotes prepared that demonstrate your expertise. Choose stories that highlight your best strengths and core skills.

By telling such stories, you'll be helping to explain what contributions you can make to the company and how you produce measurable results.

"Let me tell you about a time that I solved a problem like that."

According to the National Association of Colleges and Employers Job Outlook 2018 survey, problem solving is one of the soft skills new college graduates lack the most. But there's a big difference between saying "I'm a problem solver" and actually showing how you're one.

Your best approach, says Marinelli, is to find out what challenges the company is facing, and explain how you've solved similar problems in the past.

"I read about that project on your website."

"Any time you can demonstrate you've done your homework is a way



SHUTTERSTOCK PHOTO

you set yourself apart," says Marinelli. So, do a little detective work before you interview by reading not only the company's website but also its social media, business reports, and press releases—and look at recent news stories about the company for timely insight into the company's agenda.

## Keywords from the job description

Job postings don't just outline what the requirements are for a position—they provide you with buzzwords that you can use during a job interview to make you a more appealing candidate.

"You have to speak the company's language," says

Salemi. For instance, "I know that data analysis is one of the crucial skills for this position. Let me give you a few examples of how I've applied this skill in my career thus far."

## "Can you clarify?"

Asking simple follow-up questions during an interview shows you're fully engaged in the conversation, says Lynda Zuec, managing director at HR consulting firm The Workforce Consultants. For instance, asking for clarification demonstrates that you care about really understanding what the other person is saying. You let them know they're not wasting their time with you.

## The interviewer's name

One way to forge a connection with a hiring manager is to casually use the person's name two or three times during the interview.

"Job interviews are very much about intuition and chemistry," says Lynda Spiegel, resume writer and job search coach at Rising Star Resumes. "Saying the interviewer's name can help you cement a relationship."

## Give smart answers

You always want to

choose your words carefully during a job interview because it's your prime opportunity to make a great impression on hiring managers. Want some help crafting compelling answers to their questions? Join Monster today. As a member, you'll get interview insights, career advice, and job search tips sent directly to your inbox to help you become a top-shelf candidate. It's not recommended to go in blind on questions like, "Can you tell us about yourself?" or "Why do you want to leave your current job?" But with Monster's expert help, you'll know just what to say.

# How to find a job at any age

By WINA STURGEON

ADVENTURE SPORTS WEEKLY

It's a common story for folks who have spent most of their adult life working in lower-paying jobs and are now middle age or seniors; people who don't have a pension and didn't established a consistent savings program for

retirement. When they age to the point where Social Security becomes available, they leave their job in order to live on their SS Benefits. That's when they learn that their Social Security doesn't offer the income they were expecting. They need more money.

Some of these people try to get back into

the workforce but find it difficult to obtain employment. Age discrimination may be against the law, but that doesn't stop it. Just ask any 55-plus job applicant who is vying with folks in their 20's for the same opening.

This is despite the fact that older employees are well known for their

honesty, loyalty and work ethic. Most have spent a lifetime training to possess those qualities. An older hire is also a lot less likely to jump from job to job.

At the same time, those who spent many years on the job at a small business find that they are actually not marketable as an

employee because their skills have not been updated in a decade or more. They are behind in knowledge about electronics and computer operations. Where can they go to get the necessary training?

Though it doesn't get much publicity, there has developed a wide community specifically

for the older worker. This is where the nonprofits come in. One of the best known is Easter Seals. This well-known nonprofit offers job coaching and training for those who want to get back into the workforce, and also has a strong program of job placement

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## TURNOVER FROM PAGE 1

TrivWorks, which runs trivia contests for corporate entertainment and team-building exercises, uses freelancers to emcee and produce between 50 and 100 events a year. The events require skills like running something akin to a game show, and the people who have them are hard to find, owner David Jacobson says. His approach is to treat these workers as if they were employees.

"I pay excellent wages, work to advance their career goals/development, and will basically bend over backward to keep them happy," says Jacobson, who is based in Los Angeles and also has events in New York.

When staffers say they're

leaving, some owners will try to persuade them to stay, offering money or benefits like flextime and working remotely. Sometimes it works, but Casey Hill, who uses freelance artists, graphic designers and videographers for his board game manufacturer, Hill Gaming Co., finds the opposite is true.

"By the time staffers inform you they are leaving, 95 percent of the time it is too late," says Hill, whose company is based in Camarillo, California. His suggestion: Always know what your next step is when a worker leaves. Hill has a team of three or four backups, and he also hires people who have multiple skill sets.

"We need to have cross-pollination of skills so we don't have substantial downtime on products," he says.





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941-240-1010

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The Venice Gondolier Sun is now taking applications for carriers in Venice and surrounding areas. Must have dependable vehicle, a valid Florida Drivers License and proof of insurance.

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- 1010 Open House
- 1015 Real Estate Auctions
- 1020 Homes/General For Sale
- 1030 Waterfront Homes For Sale
- 1031 Foreclosures For Sale
- 1035 Golf Course Community For Sale
- 1040 Condos/Villas For Sale
- 1060 Townhouses For Sale
- 1070 Duplexes For Sale
- 1075 Tri-Plex For Sale
- 1080 Apartments For Sale
- 1090 Mobile Homes For Sale
- 1100 Interval Ownership
- 1100 Out of Area Homes For Sale
- 1115 Trade/Exchange
- 1120 Wanted To Buy

### RENT

- 1205 Lease Option
- 1210 Homes
- 1240 Condos/Villas
- 1280 Townhouses
- 1300 Duplexes
- 1320 Apartments
- 1330 Hotel/Motel
- 1340 Mobile Homes
- 1345 Misc. Rentals
- 1350 Efficiencies
- 1360 Room To Rent
- 1370 Rentals To Share
- 1390 Vacation/Seasonal
- 1420 Wanted To Rent

### LOTS

- 1500 Lots & Acreage
- 1515 Waterfront
- 1520 Out Of Area Lots
- 1530 Commercial Lots
- 1540 Trade/Exchange

### BUSINESS

- 1600 Business For Sale
- 1610 Business Rentals
- 1615 Income Property
- 1620 Commercial/Industrial Prop.
- 1640 Warehouse & Storage
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08/19/18

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**DEEP CREEK OPEN HOUSE SAT. & SUN. 1-4PM**  
1493 Navigator Road Beautiful NEW Construction Home on Deep Creek golf course. 3 bdrm, 2 bath, 3 car garage, 2,000 sq.ft. All Custom Upgrades. \$299,900 **941-626-7682**

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**SUNDAY 8/19/2018:**

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### 1020 HOUSES FOR SALE



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**DEEP CREEK** Gorgeous WELL MAINTAINED CUSTOM HOME W/ JACUZZI, SUMMER KITCHEN, HUGE LANAI, LAKE VIEW, ALL ON 2 LOTS. 4BR/3BA/4CG 3076SF/AC, 4772SF TOTAL. \$369,900. By Owner 941-456-6500



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**NORTH PORT 2434 Bartek Place** FINANCING FELL THROUGH! PRICED FOR IMMEDIATE (RE) SALE! LOVE AT FIRST SIGHT! YOU'D EXPECT TO SEE THIS GORGEOUS 3/2/2 1900 SF IN HOUSE BEAUTIFUL MAGAZINE! In the quiet, serene, beautiful Woodlands community with quick access to I-75! NOT in flood zone! ONCE YOU SEE IT, YOU WILL NEVER LET ANYONE ELSE BUY IT! \$236K Patty Gillespie, Remax Anchor 941-875-2755

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### 1030 WATERFRONT HOMES



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### 1030 WATERFRONT HOMES



**PORT CHARLOTTE 41 Robina Street** Stunning 4/3/2 Waterfront **SALTWATER POOL & SPA** Home w/ Great Room, Split Bedroom Floor Plan, Gourmet Kitchen w/ Aquarium Window Breakfast Nook. Fabulous Master Bedroom w/ Separate Shower, Dual Sinks and Garden Tub! Upgrades Galore! Situated on a Dead End Street, this Location Offers a Peaceful, Natural Setting w/ Wildlife, Birds & Tranquility of Living on the Water. 1 Year Home Warranty at Closing! \$348,900 **Sharon Kerr 941-286-7315 Coldwell Banker Sunstar Realty**



**PUNTA GORDA- SAY WOW TO THIS 2 STORY 4/5.5/2 ESTATE ON 30 ACRES INCLUDES FREESTANDING 2 STORY GARAGE WITH 2 IN-LAW APTS. & DETACHED 1 STORY HOME. PRIVATE BOAT RAMP, NATURAL SPRING, SECURITY CAMERAS, GATED, GRANITE, 10-20' CEILINGS, TRAVERTINE, MARBLE, ONYX, & SO MUCH MORE!! COME AND SEE THE PINNACLE OF LUXURY IN PARADISE! \$4,500,000. STEFANIE PISH, 941-716-1334 COLDWELL BANKER SUNSTAR**

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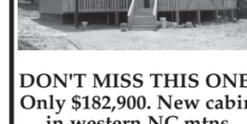


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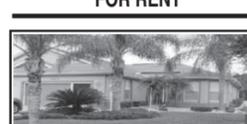


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**PORT CHARLOTTE/LAKE SUZY** 13370 SW Pembroke Cir N, Fully Furn/or Not 3/2/2. Gorgeous with Granite, SS, Tile, Crown, Fla. Shutters. Employment, Credit. No Animals or Smoking. Annual. \$1,400. 508-974-5084

**1240 CONDOS/VILLAS FOR RENT**



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**3000**



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**3065 BIBLE STUDY & CHURCHES**



**BIBLE STUDY BEGINNING SUNDAY, SEPTEMBER 2ND-SEPTEMBER 30TH @5PM. "The End of Me" (No Meeting on September 16th)** New Hope Baptist Church Fellowship hall. 2100 Englewood Rd. Eng. FL 34223 Public is invited and encouraged to attend. \$10/ Workbook fee. www.NewHopeBC4U.org To register or for more information, call the church office at 941-474-7647 or e-mail kay@newhopebc4u.org.

**CALVARY BIBLE CHURCH** 1936 E. Venice Ave. Venice Friday at 9am. Study features video teachings of noted Bible Scholars on various subjects. For more info. Call Rev. Jones at: 941-485-7070 or visit [www.CBCVenice.com](http://www.CBCVenice.com)

**CERTIFIED CHRISTIAN COUNSELING** 941-876-4416 Liberty Community Church North Port Charlotte

**Charlotte County House of Prayer Night Watch Fridays 7pm-9pm** Worship-Word-Prayer One River-One Stream 992 Tamiami Trail Unit I Port Charlotte 941 249-8946 cchop.org

**COMMUNITY CENTER** 4PM - 7PM each Wednesday. Christ the King Lutheran Church, 23456 Olean Blvd. PC, Open to All Ages. For more info 941-766-9357

**FAITH BUILDERS** A Basic Study to Build your Christian Faith. Call Pastor Gumm at Christ the King Lutheran Church for times. 941-766-9357 Port Charlotte

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**3065 BIBLE STUDY & CHURCHES**

Lutheran Church of the Cross 2300 Luther Rd., Deep Creek Bible Study - Thursdays 10-11:30 and Sunday's @ 9 AM Questions and/or Info (941) 627-6060

**NEW SEASON FULL GOSPEL MINISTRIES** Meets Every Wednesday at 3320 Loveland Blvd Port Charlotte, FL (Held at Board of Realtors Building Near Visani's Restaurant) Food at 6:30PM and Fellowship Starts at 7:00PM Everyone Welcome!! **Pamela Sams 941-268-3589**

**THE SOUND OF SOUL** Saturday, August 25, 11:00 a.m.-12:00 noon, Mid-County Regional Library, Room B, Forrest Nelson Blvd., Port Charlotte. Sing HU, an ancient name for God, and learn how to connect to the Holy Spirit. Experience inner peace and calm, divine love, expanded awareness, spiritual self-discovery and growth, and healing of the heart. Then participate in Spiritual Conversation. Fellowship, Light refreshments, and Free CD. Presented by Eckankar in Port Charlotte for people of all faiths. 941-766-0637. www.TheSoundofSoul.org.

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**AGE FROM PAGE 2**

On its Senior Community Service Employment Program. On its website, Easter Seals notes, "Since getting its first grant in 2003, Easter Seals has provided training in Chicago and at affiliates nationwide, for about 38,000 participants. Their educational levels varied widely: Some lacked high school diplomas, others had doctoral degrees." The site adds that since the 2003 inception of the program, "Easter Seals has served nearly 40,000 older job seekers, with over 4,500 people transitioning out to employment." Check out their site at, http://www.easterseals.com/our-programs/employment-training/senior-community-service-employment-program-scsep.html

Another national nonprofit also offers training and career support to bring the participant's skills up to par, as well as job placement. This is the National Able Network, with offices throughout the country. Their site can be viewed at, www.nationalable.org/jobseekers/ National Able Network says it serves 76,000 job seekers annually, and many clients obtained a job with a 19 percent increase over the wages they had once been getting. New career training and assistance is free at both agencies. Even the Federal Government has developed programs that exist to help older workers find new employment. Whether an older worker is doing it for the money or just to make new friends and have a more active social life, America is becoming a lot more friendly to older workers.

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Hundreds of neo-Nazis march in Berlin, protected by police  
See page 8.



## 'A guiding force for good'



In this file photo dated Sunday, Aug 10, 1997, Swedish Prime Minister Goran Persson, right, and UN General Secretary Kofi Annan, sit in a rowboat on a lake near the Swedish premiere's summer residence in Harpsund, Sweden. It is a tradition many decades old for the Swedish Prime Minister to row at Harpsund with foreign visitors. Annan, one of the world's most celebrated diplomats and a charismatic symbol of the United Nations who rose through its ranks to become the first black African secretary-general, has died at age 80, according to an announcement by his foundation Saturday.

## Former UN Secretary-General Kofi Annan dies at age 80

By JOHN HEILPRIN and FRANCIS KOKUTSE  
ASSOCIATED PRESS

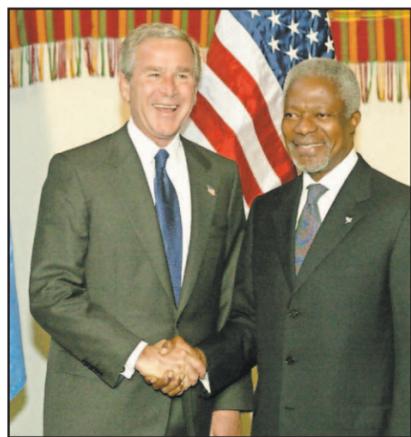
GENEVA — Kofi Annan, one of the world's most celebrated diplomats and a charismatic symbol of the United Nations who rose through its ranks to become the first black African secretary-general, has died. He was 80.

His foundation announced his death in Switzerland's capital, Bern, on Saturday in a tweet, saying he died after a short unspecified illness. It did not give details and remembered the Nobel Peace Prize winner as "radiating genuine kindness, warmth and brilliance in all he did."

The president of Ghana, where Annan was born, said in a tweet that "I am ... comforted by the information, after speaking to (Annan's wife) Nane Maria, that he died peacefully in his sleep."

Annan spent virtually his entire career as an administrator in the United Nations. His aristocratic style, cool-tempered elegance and political savvy helped guide his ascent to become its seventh secretary-general, and the first hired from within. He served two terms from Jan. 1, 1997, to Dec. 31, 2006, capped nearly mid-way when he and the U.N. were jointly awarded the Nobel Peace Prize in 2001.

During his tenure, Annan presided over some of the worst failures and scandals at the world body,



In this Tuesday, Sept. 21, 2004 file photo United Nations Secretary-General Kofi Anna, right, greets United States President George Bush, at the United Nations, in New York.

one of its most turbulent periods since its founding in 1945. Challenges from the outset forced him to spend much of his time struggling to restore its tarnished reputation.

His enduring moral prestige remained largely undented, however, both through charisma and by virtue of having negotiated with most of the powers in the world.

When he departed from the United Nations, he left behind a global organization far more aggressively engaged in peacekeeping and fighting poverty, setting the framework for the U.N.'s 21st-century response to mass atrocities and its emphasis on human rights and development.

"Kofi Annan was a guiding force for good," current U.N. Secretary-General



In this April 13, 2005 file photo former President Bill Clinton, the United Nations special envoy for tsunami recovery, meets U.N. Secretary-General Kofi Annan, at U.N. headquarters.



In this Sunday, July 22, 2007 file photo Nelson Mandela and former United Nations Secretary-General Kofi Annan arrive together at the 5th Nelson Mandela Annual Lecture, held at the Linder Auditorium in Johannesburg, South Africa.

Antonio Guterres said. "It is with profound sadness that I learned of his passing. In many ways, Kofi Annan was the United Nations. He rose through the ranks to lead the organization into the new millennium with matchless dignity and

determination." Even out of office, Annan never completely left the U.N. orbit. He returned in special roles, including as the U.N.-Arab League's special envoy to

ANNAN | 4

## Trump, former CIA director swap insults over security clearance revocation

By MICHAEL RILEY  
BLOOMBERG NEWS (TNS)

WASHINGTON — President Donald Trump lashed out at John Brennan Saturday in the latest effort to counter criticism of his decision to revoke the former CIA director's security clearance.

Trump said in a Twitter post Saturday that Brennan "will go down as easily the WORST" CIA director in history and called him "a loudmouth, partisan, political hack who cannot be trusted with the secrets to our country!"

The president also suggested that unspecified "mistakes" Brennan made while serving as CIA director should be "looked at."

Trump's comments came after days of criticism from former U.S. national security officials and military leaders who cast Trump's cancellation of Brennan's clearance — apparent retaliation for his criticism of the president — as a dangerous precedent.

A joint letter from more than a dozen former senior intelligence officials who served Republican and Democratic

administrations said Trump's decision "has nothing to do with who should and should not hold security clearances — and everything to do with an attempt to stifle free speech."

That letter followed an op-ed article published in The Washington Post from the retired admiral who oversaw the capture of Osama bin Laden. The retired special operations commander, William H. McRaven, called Brennan "one of the finest public servants I have ever known" and challenged Trump to revoke his security clearance too.

Before being appointed CIA director by President Barack Obama, Brennan, 62, spent 25 years at the agency, including a stint as the station chief in Saudi Arabia. He was also director of the National Counterterrorism Center.

Brennan said on MSNBC Friday that Trump's is "drunk with power," and criticized Republicans in Congress for turning a blind eye to the president's actions.

"Are the Republicans on the Hill who have given him a pass going to wait for a disaster to happen before they actually find their backbones?" Brennan said.

## Effects of stripped-down US Embassy in Havana after health incidents

By MIMI WHITEFIELD  
MIAMI HERALD (TNS)

MIAMI — Since the United States withdrew all but a bare-bones staff from its embassy in Havana last September after mysterious incidents that affected the health of American diplomats, no Cubans have been admitted to the United States as refugees and the U.S. will likely fall far short of its annual commitment to admit Cuban immigrants.

As a result of the staff reduction, it's also been difficult for diplomats to "cover significant economic and political developments in Cuba," reach out to human rights activists and members of Cuban civil society and to monitor how the Cuban government is treating

returned migrants, according to a memorandum released this week by the Congressional Research Service.

The memorandum was prepared at the request of New York Democratic Rep. Eliot L. Engel, the ranking member on the House Committee on Foreign Affairs, who wanted information on the impact of the staff reduction.

At the time the delegation visited, the embassy had a staffing level of 14 and several positions were being filled by foreign service officers on temporary duty or retired diplomats called back on an intermittent basis under a special program. Before the ordered

EMBASSY | 4

## Trump backed space force after months of lobbying by officials with ties to aerospace industry

By DAVID S. CLOUD and NOAH BIERMAN  
LOS ANGELES TIMES (TNS)

WASHINGTON — When President Donald Trump spoke to Marines at the Miramar Air Station in San Diego March 13, he threw out an idea that he suggested had just come to him.

"You know, I was saying it the other day, because we're doing a tremendous amount of work in space — I said maybe we need a new force. We'll call it the 'space force,'" he said. "And I was not really serious. And then I said what a great idea — maybe we'll

have to do that."

The origin of the space force wasn't that simple.

The concept had been pushed unsuccessfully since 2016 by a small group of current and former government officials — some with deep financial ties to the aerospace industry — who see creation of the sixth military service as a surefire way to increase Pentagon spending on satellite and other space systems.

The idea of a space force "is not a new thing," said Stuart O. Witt, an aerospace executive and a member of White House's National Space Council Users

Advisory Group. "The president just acted upon it."

But Rep. Jim Cooper, (D-Tenn.), one of the early supporters of a separate service, complained that Trump's impromptu endorsement had "hijacked" the issue and could vastly inflate the budget process. "There are many vendors of all types who are excited at the prospect of an explosion of new spending, which was not our goal," he said.

Still, when Trump embraced the idea at Miramar — and began promoting it at other



PHOTO PROVIDED

# Judge's biggest case: The Parkland school shooting

By RAFAEL OLMEDA  
SOUTH FLORIDA SUN SENTINEL

FORT LAUDERDALE — Before she found herself presiding over one of the highest-profile cases in the country, Broward Circuit Judge Elizabeth Scherer did little to draw attention. Her rulings tended to be non-controversial. Appellate judges found fault with only two of her decisions — an impressively low number for someone who has been on the bench for six years.

But Scherer, 42, couldn't avoid the spotlight once she was randomly assigned the murder case of Nikolas Cruz, the Parkland teenager who admitted killing 17 people at Marjory Stoneman Douglas High School on Feb. 14 and wounding 17 more.

She ignited a firestorm on social media in August when she ripped into the South Florida Sun Sentinel, two of its reporters and its attorney for publishing sensitive information about the shooter that the Broward School Board had released unintentionally. Worse, she vowed to restrain what the media reports in the future, a practice found repeatedly to be unconstitutional.

Lawyers in Broward were reluctant to discuss Scherer's professional reputation because they have cases pending in front of her. But her outburst did not surprise some of them.

Some called her temperamental and they said she is known to start her docket an hour or more after hearings are scheduled.

But another defense lawyer said she is consistently courteous, prepared and polite — "and she rules against me every time."

Scherer is still considering whether to hold the Sun Sentinel and two of its reporters in contempt for publishing the information after agreeing that the school board was authorized to withhold it from public release. Her office declined an interview request Friday morning.

Before she became a judge at the end of 2012, Scherer was

a prosecutor in the Broward State Attorney's Office's career criminal unit. Her only direct brush with media attention was decidedly negative — in 2009 her husband of seven years was arrested and charged with dealing cocaine and marijuana.

She filed for divorce the next day, though her husband told police they had separated three months before that.

Scherer is the daughter of one of the most politically connected Republican fundraisers in South Florida. William Scherer, co-founder of the prestigious Conrad & Scherer law firm, was one of the attorneys working for George W. Bush on the presidential election recount of 2000. He was a longtime member of the county's Judicial Nominating Commission and an adviser to Gov. Rick Scott.

William Scherer declined to be interviewed at length, saying only that he was proud of his daughter and that he resigned from the commission in 2011 when it became clear that she would be seeking an appointment to the bench.

That appointment came a year later. She was elected without opposition in 2014 and faces her next election campaign in 2020.

Scherer is now married to a Hollywood police detective, which became an issue in 2016 when she declined to remove herself from an attempted murder case investigated by her husband's department. The Fourth District Court of Appeal stepped in and removed her from the case.

Scherer now does not accept cases or sign warrants emanating from Hollywood, according to the Broward chief administrative judge's office.

"Judge Scherer is a dedicated, hard-working judge who has served the 17th Circuit with distinction since her appointment to the bench," said Chief Administrative Judge Jack Tuter.

With the Parkland case, Scherer found it necessary to exert her authority after lawyers went to another judge for an emergency hearing when she

was not available. She issued an order in March, two weeks after the shooting, making it clear that she was in charge of the case.

"She tries to do the right thing, and her heart's in the right place," said Bill Gelin, whose "JAABlog" website doesn't shy from criticizing judges. "But she has a tendency to micromanage. She needs to get out of the way and let lawyers litigate their cases."

In August, she berated the Sun Sentinel's lawyer, Dana McElroy, for defending the newspaper's right to publish information on the Stoneman Douglas shooter that had not been properly redacted by the Broward School Board. She threatened to personally use a magic marker to indicate what the paper could and could not publish about the case in the future.

"From now on if I have to specifically write word for word exactly what you are and are not permitted to print — and I have to take the papers myself and redact them with a Sharpie — then I'll do that," she said.

Her outburst drew criticism from free press advocates.

"The notion that a court can presume to dictate to a newspaper what it can and cannot print is offensive to the very core of the First Amendment and antithetical to constitutional jurisprudence over the last 100 years," said Jeffrey Robbins, a Massachusetts attorney who has represented the Boston Herald and the New York Post on First Amendment issues.

National security would have to be at stake for government to prohibit the media from reporting factual information, he said, using troop movement plans as an example of coverage that could be restricted.

Nova Southeastern University law professor Bob Jarvis said that while the Sun Sentinel is on solid legal ground, its attorney may have been better served if the paper disclosed its possession of the confidential information and advised the judge prior to publishing.

## HEADLINES AROUND THE STATE

### Sheriff: Body found in vehicle fire near Walt Disney World

ORLANDO (AP) — Authorities say a body has been found in the wreckage of a vehicle fire near Walt Disney World in Florida.

The Orange County Sheriff's Office said in a news release that the fire was reported shortly after 4 a.m. Saturday. The Reedy Creek Fire Department found a victim inside after putting out the fire.

Authorities say the vehicle fire happened on a road near Disney's Epcot attraction outside Orlando.

The victim was not immediately identified. Officials say an investigation is continuing.

### Man faces life in prison for killing infant

FORT MYERS (AP) — A 29-year-old Florida man faces life in prison after jurors found him guilty of abusing and killing an 8-month-old child he was babysitting.

The state attorney's office in southwest Florida said in a news release that jurors deliberated for under two hours following a four-day trial.

Prosecutors say Rafael Antonio Carrion Jr. had been babysitting the baby and two other children in November 2016. On Thanksgiving Day, he called 911 because the baby was unresponsive. The child was taken to a hospital where he later died of blunt force trauma to the skull. He also had significant bruising and had cocaine in his system.

Officials say Carrion gave conflicting accounts of how the child was injured, but didn't admit to harming him.

Sentencing is scheduled for Oct. 1.

### Baby dies after being left in hot car in driveway

SPRING HILL (AP) — Authorities say a baby has died after being left in a hot car in Florida.

Hernando County Sheriff's officials say Eric O'Callaghan found his son, 9-month-old Keyton, in the car in the driveway Friday morning. The father performed CPR on his son until rescuers arrived. The boy was pronounced dead at the hospital.

Authorities say the baby had been in the care of his mother Cami Lee Moyer since Thursday night. Investigators are still interviewing her.

It's unclear how long Keyton had been in the car.

### Work begins on \$50M project to clean Keys canals post Irma

MARATHON (AP) — A \$50 million clean-up project to remove debris from Hurricane Irma has begun in the Florida Keys where a crew lifted a sunken motor-home from a canal.

The project started Friday and will target 103 of the most impacted canals in the Keys. It will include a crew of 60 people, 15 barges and five sonar boats. The project is slated to take several months.

Keys officials say they struggled to get funding from the federal government for the clean-up efforts and eventually obtained alternative funding from the Emergency Watershed Protection Program.

FEMA does not have a reimbursement policy for removing hurricane debris from canals.

Local officials called the funding a miracle and said they did not want to pass along the clean-up costs to residents who had already been through so much since Hurricane Irma slammed through the state last fall.

### School board sued over teacher abuse allegation

FORT LAUDERDALE (AP) — A lawsuit has been filed against a Florida school board for allegedly allowing an elementary school substitute teacher fired for fondling a child to be hired by another school.

Attorney Jeff Herman says his client was 8-years-old when teacher Christopher Falzone began sexually abusing her in 2012. The lawsuit filed Friday alleges he touched and sexually harassed the victim and other female students, sometimes right in front of the principal. Falzone was fired in 2013 and was hired by a charter school.

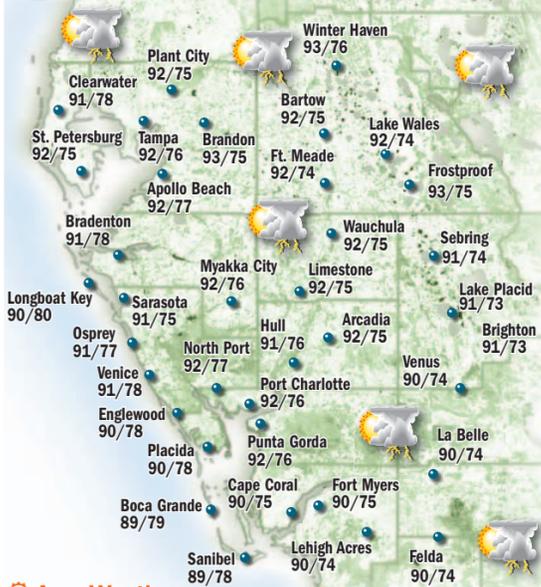
The lawsuit says he was also hired by a nearby summer camp where he was recently arrested on charges that he sexually molested a girl there.

## TODAY / TONIGHT MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Today / Tonight	Monday	Tuesday	Wednesday	Thursday	Friday
An afternoon thunderstorm Partly cloudy and humid HIGH 92° LOW 76° 50% chance of rain	Partly sunny, a t-storm in spots; humid 92° / 76° 40% chance of rain	Mostly sunny and humid; a p.m. t-storm 91° / 76° 50% chance of rain	Clouds and sun with a thunderstorm; humid 91° / 75° 55% chance of rain	Partly sunny and humid with a thunderstorm 90° / 75° 50% chance of rain	Chance for an afternoon thunderstorm 92° / 75° 30% chance of rain

**86° GULF WATER TEMPERATURE**

Shown is today's weather. Temperatures are today's highs and tonight's lows.



### FLORIDA CITIES

City	Today	Mon.
Apalachicola	88 77 pc	89 77 pc
Bradenton	91 78 pc	91 77 pc
Clearwater	91 78 pc	91 78 pc
Coral Springs	91 79 pc	91 79 sh
Daytona Beach	92 75 t	90 75 pc
Fort Lauderdale	89 82 pc	90 81 sh
Fort Myers	90 75 t	91 75 pc
Gainesville	93 74 pc	92 75 c
Jacksonville	93 74 pc	93 73 pc
Key Largo	88 81 pc	89 80 pc
Key West	91 83 sh	91 82 pc
Lakeland	92 75 t	92 74 pc
Melbourne	92 75 t	92 74 s
Miami	90 80 pc	90 80 sh
Naples	89 75 t	90 75 c
Ocala	93 73 t	92 74 c
Okeechobee	90 74 t	90 72 pc
Orlando	93 76 t	92 75 pc
Panama City	85 74 pc	88 75 pc
Pensacola	86 76 pc	89 76 t
Pompano Beach	90 82 pc	91 82 sh
St. Augustine	89 73 t	89 74 pc
St. Petersburg	92 75 pc	91 75 pc
Sarasota	91 75 pc	91 74 pc
Tallahassee	87 73 pc	90 75 pc
Tampa	92 76 pc	91 76 pc
Vero Beach	90 73 t	91 72 sh
West Palm Beach	89 80 t	90 80 sh

### TIDES

Location	High	Low	High	Low
Punta Gorda	Today 9:39a	3:26a	---	6:09p
Mon.	1:13a	4:23a	10:43a	7:16p
Englewood	Today 8:16a	1:42a	11:50p	4:25p
Mon.	9:20a	2:39a	---	5:32p
Boca Grande	Today 7:41a	3:26p	---	---
Mon.	8:40a	4:26p	---	---
El Jobean	Today 10:11a	3:55a	---	6:38p
Mon.	1:45a	4:52a	11:15a	7:45p
Venice	Today 6:31a	12:21a	10:05p	3:04p
Mon.	7:35a	1:18a	11:19p	4:11p

### MARINE

Wind	Speed	Seas	Bay/Inland
direction	in knots	in feet	chop
Cape Sable to Tarpon Springs	SSE 6-12	0-1	Light
Tarpon Springs to Apalachicola	SSE 3-6	0-1	Light

### SUN AND MOON

The Sun	Rise	Set
Today	7:02 a.m.	8:02 p.m.
Monday	7:02 a.m.	8:01 p.m.
The Moon	Rise	Set
Today	3:06 p.m.	1:24 a.m.
Monday	3:58 p.m.	2:07 a.m.

### SOLUNAR TABLE

Minor	Major	Minor	Major
Today	1:02a	7:14a	1:26p
Mon.	1:47a	7:59a	2:11p
Tue.	2:30a	8:42a	2:54p

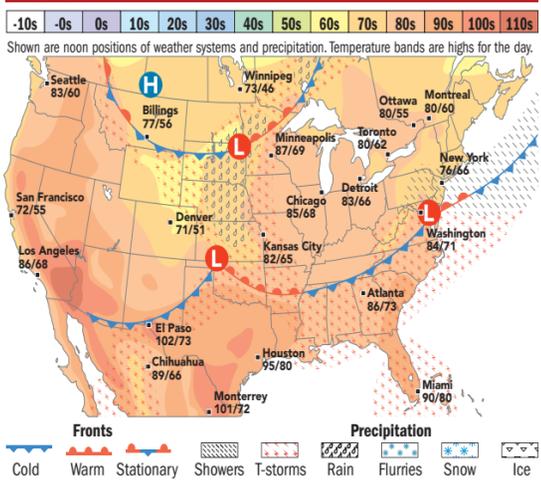
### WEATHER HISTORY

After dumping 2.6 inches of rain on Cape Hatteras, N.C., the day before, Hurricane Bob moved into the Maine on Aug. 19, 1991.

### WEATHER TRIVIA™

Q: What location in the U.S. has the highest annual average temperature?

## THE NATION



### U.S. Extremes

High	Low
106° at Needles, CA	37° at Truckee, CA

### U.S. Extremes (For the 48 contiguous states yesterday)

City	Today	Mon.	City	Today	Mon.
Albuquerque	91 65 s	88 69 s	Jackson, MS	89 72 t	88 72 t
Anchorage	60 55 r	60 55 r	Kansas City	82 65 t	77 60 t
Atlanta	86 73 t	85 73 t	Knoxville	83 69 t	83 72 t
Baltimore	82 67 t	82 68 pc	Las Vegas	109 87 s	107 85 s
Billing	77 56 pc	72 51 c	Los Angeles	86 68 s	86 68 s
Birmingham	86 74 t	86 73 t	Louisville	88 72 pc	86 74 t
Boise	96 64 s	91 61 s	Memphis	89 74 t	88 72 t
Boston	72 65 c	73 64 pc	Milwaukee	80 70 s	79 68 r
Buffalo	80 63 s	83 69 pc	Minneapolis	87 69 pc	76 62 sh
Burlington, VT	82 62 pc	83 64 pc	Montgomery	87 73 pc	89 73 t
Charlotte, WV	82 64 pc	86 70 t	Nashville	89 73 t	87 73 t
Charlotte	88 71 t	86 72 t	New Orleans	88 76 pc	88 77 t
Chicago	85 68 s	81 67 t	New York City	76 66 c	76 67 pc
Cincinnati	84 67 pc	85 70 t	Norfolk, VA	87 75 t	85 75 t
Cleveland	82 65 s	86 72 pc	Oklahoma City	85 66 t	83 62 s
Columbia, SC	89 74 t	90 75 t	Omaha	81 64 t	73 59 sh
Columbus, OH	83 65 s	86 72 c	Philadelphia	76 66 sh	81 66 pc
Concord, NH	77 57 pc	78 53 c	Phoenix	108 87 c	109 87 s
Dallas	96 76 pc	94 72 pc	Pittsburgh	80 63 pc	80 66 pc
Denver	71 51 pc	78 55 pc	Portland, ME	75 58 pc	75 57 pc
Des Moines	86 66 pc	75 62 r	Portland, OR	87 60 pc	93 67 pc
Detroit	83 66 pc	83 62 r	Providence	74 63 c	77 61 pc
Duluth	82 60 pc	68 53 sh	Raleigh	87 71 t	86 72 t
Fairbanks	69 50 t	70 55 c	Salt Lake City	89 65 s	93 68 pc
Fargo	71 52 r	75 48 pc	St. Louis	88 73 pc	84 70 t
Hartford	76 58 c	79 57 pc	San Antonio	99 78 s	96 77 pc
Helena	84 53 t	67 47 sh	San Diego	81 72 pc	82 71 pc
Honolulu	91 79 pc	91 77 pc	San Francisco	72 55 pc	68 57 pc
Houston	95 80 pc	95 79 t	Seattle	83 60 pc	88 63 pc
Indianapolis	84 67 pc	83 70 t	Washington, DC	84 71 t	84 72 pc

### WORLD CITIES

City	Today	Mon.	City	Today	Mon.
Amsterdam	74 62 pc	73 60 c	Mexico City	75 55 t	74 56 t
Bahgdad	109 80 s	110 83 s	Montreal	80 60 c	82 65 pc
Beijing	79 73 sh	87 73 t	Ottawa	80 55 pc	82 60 c
Berlin	85 62 pc	81 58 pc	Paris	84 63 s	79 61 pc
Buenos Aires	53 37 pc	51 36 pc	Regina	74 44 s	73 43 c
Cairo	95 78 s	97 79 s	Rio de Janeiro	77 64 s	80 64 s
Calgary	67 45 pc	68 47 pc	Rome	87 68 s	88 69 s
Cancun	89 77 pc	89 77 pc	St. John's	63 51 r	66 50 c
Dublin	71 61 c	70 58 c	San Juan	88 76 pc	87 78 sh
Edmonton	69 41 s	71 39 s	Sydney	81 47 s	82 46 s
Halifax	75 60 pc	72 58 c	Tokyo	85 71 pc	84 75 t
Kiev	80 61 t	82 62 t	Toronto	80 62 t	81 70 pc
London	76 61 c	79 61 c	Vancouver	78 57 s	80 61 pc
Madrid	91 65 s	92 65 s	Winnipeg	73 46 c	73 47 s

### PORT CHARLOTTE

Temperatures	
High/Low	93°/77°
Normal High/Low	92°/74°
Record High	96° (1998)
Record Low	70° (1972)
Precipitation (in inches)	
24 hours through 2 p.m. Sat.	0.04"
Month to date	6.25"
Normal month to date	4.54"
Year to date	42.58"
Normal year to date	33.72"
Record	1.31" (1999)

### VENICE

Temperatures	
High/Low	91°/77°
Normal High/Low	91°/75°
Record High	97° (2001)
Record Low	65° (1975)
Precipitation (in inches)	
24 hours through 2 p.m. Sat.	Trace
Month to date	2.66"
Normal month to date	4.43"
Year to date	26.75"
Normal year to date	32.49"
Record	1.31" (2013)

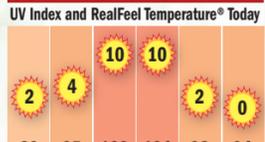
### SEBRING

Temperatures	
High/Low	92°/74°
Precipitation (in inches)	
24 hours through 2 p.m. Sat.	0.00"

### AIRPORT

Hi/Lo	Outlook	Delays
Ft. Myers	90/75	storms afternoon
Punta Gorda	92/76	storms afternoon
Sarasota	91/75	part dly afternoon

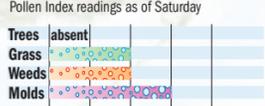
### CONDITIONS TODAY



### POLLEN INDEX



### AIR QUALITY INDEX



### Main pollutant: Ozone

Source: scgov.net

# Short sentence recommended for former Trump campaign adviser

By CHAD DAY  
ASSOCIATED PRESS

WASHINGTON — A former Trump campaign adviser should spend at least some time in prison for lying to the FBI during the Russia probe, prosecutors working for special counsel Robert Mueller said in a court filing Friday that also revealed several new details about the early days of the investigation. The prosecutors disclosed that George Papadopoulos, who served as a foreign policy adviser to President Donald Trump's campaign during the 2016 presidential race, caused irreparable damage to the investigation because he lied repeatedly during a January 2017 interview.

Those lies, they said, resulted in the FBI missing an opportunity to properly question a professor Papadopoulos was in contact with during the campaign who told him that the Russians possessed "dirt" on Hillary Clinton in the form of emails.

The filing by the special counsel's office strongly suggests the FBI had contact with Professor Joseph Mifsud while he was in the U.S. during the early part of the investigation into Russian election interference and possible coordination with Trump associates.

According to prosecutors, the FBI "located" the professor in Washington about two weeks after Papadopoulos' interview and Papadopoulos' lies "substantially hindered investigators' ability to effectively question" him. But it doesn't specifically relate any details of an interview with the professor as it recounts what prosecutors say was a missed opportunity caused by Papadopoulos. "The defendant's lies undermined investigators' ability to challenge the Professor or potentially detain or arrest him while he was still in the United States," Mueller's team wrote, noting that the professor left the U.S. in February 2017 and has not returned since.

Prosecutors note that investigators also missed an opportunity to interview others about the professor's comments or anyone else at that time who might have known about Russian efforts to obtain derogatory information on Clinton during the campaign. "Had the defendant told the FBI the truth when he was interviewed in January 2017, the FBI could have quickly taken numerous investigative steps to help determine, for example, how and where the Professor obtained the information, why the Professor provided

the information to the defendant, and what the defendant did with the information after receiving it," according to the court filing.

Prosecutors also detail a series of difficult interviews with Papadopoulos after he was arrested in July 2017, saying he didn't provide "substantial assistance" to the investigation. Papadopoulos later pleaded guilty to lying to the FBI as part of a plea deal.

The filing recommends that Papadopoulos spend at least some time incarcerated and pay a nearly \$10,000 fine. His recommended sentence under federal guidelines is zero to six months, but prosecutors note another defendant in the case spent 30 days in jail for lying to the FBI.

Papadopoulos has played a central role in the Russia investigation since its beginning as an FBI counterintelligence probe in July 2016. In fact, information the U.S. government received about Papadopoulos was what triggered the counterintelligence investigation in the first place. That probe was later taken over by Mueller.

Papadopoulos was also the first Trump campaign adviser to plead guilty in Mueller's investigation.

Since then, Mueller has returned two sweeping indictments that detail

a multi-faceted Russian campaign to undermine the U.S. presidential election in an attempt to hurt Clinton's candidacy and help Trump.

Thirteen Russian nationals and three companies are charged with participating in a conspiracy to sow discord in the U.S. political system primarily by manipulating social media platforms.

In addition, Mueller brought an indictment last month against 12 Russian intelligence operatives, accusing them of hacking into the computer systems of Clinton's presidential campaign and the Democratic Party and then releasing tens of thousands of private emails through WikiLeaks.

According to that indictment, by April 2016, the Russian intelligence operatives had already stolen emails from several Democratic groups including the Clinton campaign and were beginning to plan how they were going to release the documents. That same month, according to court papers, Mifsud told Papadopoulos that he had met with senior Russian government officials in Moscow and had learned that they had "dirt" on Clinton in the form of "thousands of emails."

Read the sentencing memo: <http://lapne.us/tNIPFAC>.

# Downgraded alert level for Hawaii volcano

HONOLULU (AP) — Slowing activity at Hawaii's Kilauea volcano has prompted scientists on Friday to downgrade their alert level for the mountain.

The U.S. Geological Survey issued a "watch" for Kilauea's ground hazards, down from a "warning."

But scientists say this doesn't mean the eruption, which has destroyed more than 700 homes since May, is over. Kilauea has paused for days, weeks and even months during previous eruptions.

Lava mostly stopped flowing on Aug. 6. There's a crusted-over lava pond inside a fissure cone and just a few spots where lava is entering the ocean.

The volcano's summit hasn't collapsed since Aug. 2. Sulfur dioxide emissions are the lowest they've been since 2007.

The agency has maintained a "warning"

alert for Kilauea since May 3, when cracks began shooting lava out of the ground in the Big Island's Leilani Estates neighborhood.

Hawaii Volcanoes National Park, meanwhile, said it was taking advantage of the lull to assess damage to the park.

The damage assessment produced by specialized team will provide the foundation of the park's recovery plan, the National Park Service said.

Cindy Orlando, the park superintendent, said the agency is exploring short-term repairs to safely reopen at least part of the park.

Two million people visit the Big Island park each year, making it the state's biggest tourist attraction.

The park has been closed since May because of the dangers posed by the eruption.



This photo provided by the National Park Service shows a large sinkhole at an intersection inside Hawaii Volcanoes National Park on Friday.

## HEADLINES AROUND THE NATION

### George Washington letter to be read at oldest US synagogue

NEWPORT, R.I. (AP) — A letter from George Washington will be read at the nation's oldest synagogue to celebrate freedom of religion.

The annual reading is scheduled for 1 p.m. Sunday at the 255-year-old Touro Synagogue in Newport, Rhode Island.

Touro Synagogue holds an important place in the history of the nation's commitment to religious liberty. In 1790, Washington visited Touro, then

sent its congregants a letter saying the government of the United States "gives to bigotry no sanction, to persecution no assistance."

The synagogue, dedicated in 1763, is a national historic site that draws tens of thousands of visitors annually.

### Health officials confirm fifth case of rat lungworm disease

HONOLULU (AP) — Hawaii has confirmed that a Big Island toddler is the fifth victim this year of rat lungworm, a disease that is expected

to continue to spread due to climate change.

It's the third confirmed case of rat lungworm disease on the Big Island.

The state Department of Health says the toddler started showing symptoms in late July and was taken to an emergency room last week.

The child was discharged after several days in the hospital.

The state department health suspects the child may have contracted the disease by accidentally ingesting a slug or snail carrying a roundworm parasite, which can cause significant damage to the nerves, brain and spinal cord.

# ETFs and Mutual Funds Explained

Dear Mr. Berko: What's the difference between exchange-traded funds

and mutual funds? I just read your column on convertible bonds and noticed that you only recommend

ETFs and didn't write about mutual funds. I bought \$10,000 worth of Franklin Convertible Securities Fund in 2007, and it's worth about \$17,000 today. I'd appreciate it if you could recommend several other convertible bond mutual funds like that one. — VF, Kankakee, Ill.

Dear VF: There are some important differences between an exchange-traded fund and a mutual fund that are worth a tinker's dam, and they are:

1) ETFs are bought and sold just like common stock, through a broker employed by a brokerage house. ETFs trade just like common stocks, such as Verizon, PepsiCo and Microsoft. As with common stocks, ETF prices can change from second to second. With MFs, though a purchase can be made whenever the stock market is open, the actual purchase/pricing is not concluded until after the

market closes.

2) ETFs tend to focus their portfolios on specific market indexes, such as utilities, banks, artificial intelligence, biologics, home construction, gold, real estate, telecommunications, the S&P 500, the Russell 2000, the Dow Jones industrial average, etc. Most ETFs invest passively and tend to do little trading in securities. MFs, however, are actively traded and may rotate their portfolios by 25 to 90 percent during the year.

3) When you purchase an ETF, you pay a commission, just as you do when purchasing a common stock. A 1,000-share purchase of an ETF at J.P. Morgan might cost \$300, whereas that same purchase at a discount brokerage, such as Charles Schwab, would cost you \$4.95. ETFs usually end up costing you much less than MFs because there's never a load with an ETF as there are with MFs. With MFs, entrance and exit fees are sometimes exorbitant. And because of low portfolio turnover and the manner in which they are structured, ETF investment gains are taxed more favorably than gains on MFs.

4) Most importantly, the annual management fees for MFs are often three to four times those of ETFs. As you'll see later, that makes a

significant difference.

There are other differences, but in my opinion, they're insignificant. Meanwhile, I like your Franklin Convertible Securities Fund (FISCX-\$21.50), which has enjoyed three-, five- and 10-year average annual total returns of 10.7 percent, 10.6 percent and 8.9 percent, respectively. But it has a 5.75 percent sales commission plus a 0.8 percent expense ratio.

Check out the Calamos Convertible Fund (CCVIX-\$18.80), which has a \$600 million portfolio that includes Tesla, Wells Fargo, NextEra Energy and Workday. It has a Morningstar rating of three stars, a price-earnings ratio of 12.5-to-1, a price-to-book ratio of 3.5-to-1 and a price-sales ratio of 0.49-to-1. The three-, five- and 10-year average annual total returns are 6.3 percent, 7.3 percent and 6.2 percent, respectively. CCVIX has a 1.2 percent expense ratio every year.

Look at the Putnam Convertible Securities Fund (PRCCX-\$26.18), which has a \$731 million portfolio and owns issues such as Micron Technology, ON Semiconductor, Jazz Pharmaceuticals and Crown Castle. This fund has three-, five- and 10-year AATRs of 5.2 percent, 7.1 percent and 6.2 percent. It is rated three

stars by Morningstar, has a P/E of 20.1-to-1, has a P/B of 2.1-to-1 and has a P/S of 2.3-to-1. Its annual expense ratio is 1.95 percent every year.

The MainStay MacKay Convertible Fund (MCCVX-\$17.81) owns a \$1.2 billion portfolio that includes Anthem, Danaher, Air Lease and Microchip Technology. MCCVX's AATRs for three, five and 10 years are 6.3 percent, 8.4 percent and 6.6 percent. It has a P/E of 17.1, a P/B of 2.4 and a P/S of 1.4. Its expense ratio is 1.89 percent this year.

It seems that almost all mutual funds specializing in convertible securities have lower returns than the S&P 500, which enjoys a 10-year AATR of 9.5 percent. However, the average ETF that owns a passive portfolio of convertibles has a low expense ratio of less than 0.5 percent and a 10-year AATR of 8.8 percent. And in 10 years, a low expense ratio can make a huge difference to your ETF or MF.

Please address your financial questions to Malcolm Berko, P.O. Box 8303, Largo, FL 33775, or email him at [mjberko@yahoo.com](mailto:mjberko@yahoo.com). To find out more about Malcolm Berko and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate website at [www.creators.com](http://www.creators.com).

# Migrant spouse of pregnant woman detained on way to hospital

LOS ANGELES (AP) — A California woman has said she had to drive herself to the hospital and give birth without her husband after he was detained by immigration agents.

Maria del Carmen Venegas said she and her husband, Joel Arrona Lara, were driving to the hospital Wednesday when they stopped for gas in San Bernardino, just east of Los Angeles.

Surveillance footage obtained by several media outlets shows two vehicles immediately flank the couple's van after they pulled into the gas station. Agents with U.S. Immigration and Customs Enforcement questioned the couple and asked for identification, Venegas told KMEX-TV on Thursday.

She said she was able to provide hers but that Arrona had left his at home in their rush to the hospital. The surveillance footage shows the agents handcuffing Arrona and taking him away, leaving a sobbing Venegas alone at the gas station.

Venegas said she drove herself to the hospital for a scheduled cesarean section for the birth of

her fifth child.

Arrona, who is from Mexico, has lived in the U.S. for 12 years without legal authorization, Venegas said, but added that he's a hard worker, the sole provider of the family and has never been in trouble with the police.

ICE confirmed in a statement Saturday that agents detained Arrona on Wednesday and said he remained in custody pending removal proceedings.

The agency said it "will no longer exempt classes or categories of removable aliens from potential enforcement."

"All of those in violation of the immigration laws may be subject to immigration arrest, detention and, if found removable by final order, removal from the United States," the statement said.

Venegas said she has not been able to contact her husband to tell him their new son was born and doing well.

"The last thing he knew was that I was here in the hospital," she said. "I'm sure he's worried."

She said she is seeking an attorney in hopes of getting Arrona released.

## ANSWER TO CROSSWORD

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## ANNAN FROM PAGE 1

Syria in 2012. He remained a powerful advocate for global causes through his eponymous foundation.

Annan took on the top U.N. post six years after the collapse of the Soviet Union and presided during a decade when the world united against terrorism after the Sept. 11 attacks — then divided deeply over the U.S.-led war against Iraq. The U.S. relationship tested him as a world diplomatic leader.

“I think that my darkest moment was the Iraq war, and the fact that we could not stop it,” Annan said in a February 2013 interview with TIME magazine to mark the publication of his memoir, “Interventions: A Life in War and Peace.”

Despite his well-honed diplomatic skills, Annan was never afraid to speak candidly. That didn’t always win him fans, particularly in the case of Bush’s administration, with whom Annan’s camp spent much time bickering. Much of his second term was spent at odds with the United States, the U.N.’s biggest contributor, as he tried to lean on the nation to pay almost \$2 billion in arrears.

Kofi Atta Annan was born April 8, 1938, into an elite family in Kumasi, Ghana, the son of a provincial governor and grandson of two tribal chiefs.

He shared his middle name Atta — “twin” in Ghana’s Akan language — with a twin sister, Efua. He became fluent in English, French and several African languages, attending an elite boarding school and the University of Science and Technology in Kumasi. He finished his undergraduate work in economics at Macalester College in St. Paul, Minnesota, in 1961. From there he went to Geneva, where he began his graduate studies in international affairs and launched his U.N. career.

Annan married Titi Alakija, a Nigerian woman, in 1965, and they had a daughter, Ama, and a son, Kojo. He returned to the U.S. in 1971 and earned a master’s degree. The couple separated during the 1970s and, while working in Geneva, Annan met his second wife, Swedish lawyer Nane Lagergren. They married

in 1984.

Annan worked for the U.N. Economic Commission for Africa in Ethiopia, its Emergency Force in Egypt, and the office of the High Commissioner for Refugees in Geneva, before taking a series of senior posts at U.N. headquarters in New York dealing with human resources, budget, finance, and staff security.

He also had special assignments. After Iraq invaded Kuwait in 1990, he facilitated the repatriation from Iraq of more than 900 international staff and other non-Iraqi nationals, and the release of western hostages in Iraq. He led the initial negotiations with Iraq for the sale of oil in exchange for humanitarian relief.

Just before becoming secretary-general, Annan served as U.N. peacekeeping chief and as special envoy to the former Yugoslavia, where he oversaw a transition in Bosnia from U.N. protective forces to NATO-led troops.

The U.N. peacekeeping operation faced two of its greatest failures during his tenure: the Rwanda genocide in 1994, and the massacre in the Bosnian town of Srebrenica in July 1995.

In both cases, the U.N. had deployed troops under Annan’s command, but they failed to save the lives of the civilians they were mandated to protect. Annan offered apologies, but ignored calls to resign by U.S. Republican lawmakers. After becoming secretary-general, he called for U.N. reports on those two debacles — and they were highly critical of his management.

As secretary-general, Annan forged his experiences into a doctrine called the “Responsibility to Protect,” that countries accepted — at least in principle — to head off genocide, crimes against humanity, ethnic cleansing and war crimes.

Annan sought to strengthen the U.N.’s management, coherence and accountability, efforts that required huge investments in training and technology, a new whistleblower policy and financial disclosure requirements.

Annan’s uncontested election to a second term was unprecedented, reflecting the overwhelming support he

enjoyed from both rich and poor countries. Timothy Wirth, president of the United Nations Foundation, which disburses Ted Turner’s \$1 billion pledge to U.N. causes, hailed “a saint-like sense about him.”

In 2005, Annan succeeded in establishing the Peacebuilding Commission and the Human Rights Council. But that year, the U.N. was facing almost daily attacks over allegations about corruption in the U.N. oil-for-food program in Iraq, bribery by U.N. purchasing officials and widespread sex abuse by U.N. peacekeepers.

Before leaving office, Annan helped secure a truce between Israel and Hezbollah in 2006, and mediated a settlement of a dispute between Cameroon and Nigeria over the Bakassi peninsula.

At a farewell news conference, Annan listed as top achievements the promotion of human rights, the fighting to close the gap between extreme poverty and immense wealth, and the U.N. campaign to fight infectious diseases like AIDS.

Former U.S. ambassador to the United Nations Richard Holbrooke called Annan “an international rock star of diplomacy.”

After leaving his high-profile U.N. perch, Annan didn’t let up. In 2007, his Geneva-based foundation was created. That year he helped broker peace in Kenya, where election violence had killed over 1,000 people.

Annan continued to crisscross the globe. In 2017, his foundation’s biggest projects included promotion of fair, peaceful elections; work with Myanmar’s government to improve life in troubled Rakhine state; and battling violent extremism by enlisting young people to help.

He also remained a vocal commentator on troubles like the refugee crisis; promoted good governance, anti-corruption measures and sustainable agriculture in Africa; and pushed efforts in the fight against illegal drug trafficking.

His homeland of Ghana was shaken by his death. “One of our greatest compatriots,” President Nana Akufo-Addo said, calling for a week with flags at half-mast. “Rest in perfect peace, Kofi. You have earned it.”

## EMBASSY FROM PAGE 1

departure last September, embassy staff numbered more than 50.

The sharp staff reduction has meant the suspension of all but emergency visa-issuing operations in Havana.

Most Cubans seeking non-immigrant visas now must travel and apply for a visa at a U.S. embassy or consulate in another country. The result, the memo said, is that it’s more difficult for Cubans to visit family members in the United States, some Cuban cultural groups have been forced to cancel their U.S. tours, and it’s become more complicated for private Cuban entrepreneurs to travel to the United States to bring back the inputs they need for their businesses.

Interviews and the processing of immigrant visas have been transferred to the U.S. Embassy in Georgetown, Guyana. In a 1994 migration accord between the United States and Cuba, the United States agreed to issue 20,000 travel documents for immigrants from Cuba. However, during the first nine months of fiscal 2018, fewer than 4,000 immigrant visas were granted to Cubans, according to the memo.

The staff reduction also led to closing down the refugee section at the embassy. “Embassy officials estimate that it would take 2 to 3 years to restart operations in Havana,” the memorandum said. “As a result, no Cubans have been admitted to the United States as refugees since September 2017.” In fiscal 2017, at least 177 Cubans were admitted to the United States as refugees.

Staffing was reduced by two-thirds after some diplomats began reporting medical systems ranging from hearing loss, dizziness, headaches, and cognitive issues to fatigue and insomnia — sometimes accompanied by a high-pitched sound and a pressure-like sensation and sometimes not. Not all suffered the same symptoms, but some combination of them.

Two University of Pennsylvania researchers who examined the diplomatic personnel confirmed they had suffered brain injuries or concussion-like symptoms but said they weren’t accompanied by head trauma as would have been expected. Their research is ongoing.

The State Department has referred to the incidents as health attacks but has stopped short of accusing the Cuban government of being behind them. The Cuban government, which is conducting its own investigation into the incidents, denies it had anything to do with causing them.

## SPACE FROM PAGE 1

rallies — a moribund notion opposed by much of the Pentagon hierarchy and senior members of the Senate became a real possibility.

A few days after the San Diego speech, Trump took a phone call at his Mar-a-Lago resort in Florida from Rep. Mike D. Rogers, R-Ala., who is chairman of the House Armed Services subcommittee on strategic forces. He had been promoting the space force to Trump and his advisers for months.

“This is something we have to do,” Rogers said he told Trump. “It’s a national security imperative.”

“I’m all in,” Trump replied, Rogers said. “We are going to have a space force.”

The story of how that happened is a window into the chaotic way Trump sometimes makes decisions, often by bypassing traditional bureaucracy to tout ideas that work well as applause lines but aren’t fully thought out.

Only Congress can create a new military service, and the administration still has not said what the space force would do, what it would look like or what it would cost. The existing services — the Army, Navy, Air Force, Marine Corps and Coast Guard — not only deploy forces. They also run war colleges, recruiting stations, security and vast contracting operations, with costs in the billions of dollars.

Vice President Mike Pence said this month that the administration would send a legislative proposal to Capitol Hill next year and aims to establish a

space force by 2020.

Congress has shown little appetite for a costly new expansion of government, especially one that would cut the Air Force budget, a service with powerful backing on Capitol Hill.

Those political headwinds could reduce the space force to a presidential rallying cry, like his unfulfilled vow to build a “big, beautiful wall” on the border with Mexico. But Trump’s enthusiasm has clearly provided momentum, exciting proponents who see a rare opportunity to win more attention and resources for space defense.

They agreed on the threat. China and Russia were building weapons and cyber capabilities aimed at knocking out satellites that the Pentagon relies on for communication, precise targeting of bombs and missile defense, according to U.S. intelligence.

Last summer, Rogers and Cooper inserted an amendment in the annual defense policy bill to create a separate service they called the space corps. It would be part of the Air Force, just as the Marine Corps is technically part of the Navy.

But Rogers worried that putting it in the Air Force might not fly. The Air Force is dominated by flyers more interested in warplanes than in outer space, he noted in a speech last year, explaining Air Force opposition to a separate service.

“I mean, this is about money,” Rogers said. “As long as space is in the (Air Force) portfolio, they can move money from space to support fighter jets, bombers or whatever. The Air Force is run by fighter

pilots. Space will always lose.”

Moreover, defense contractors involved in space “were complaining to us about how impossible it was to deal with the Air Force,” Rogers said. “They kept describing this bureaucratic morass in Air Force procurement, where nobody had decision-making authority.”

Rogers, who was first elected to Congress by a narrow thin margin in 2002, has solidified control of his rural district, with a campaign fund that has received considerable contributions from the aerospace industry. Defense industry companies have contributed \$395,000 to his campaign committee and leadership PAC since 2017, becoming by far his largest industry donor, according to Open Secrets, a campaign spending database.

Also pushing for the space corps was Douglas L. Loverro, a retired Air Force officer and the former executive director of its Space and Missile Systems Center in El Segundo, Calif. Loverro said in an interview that a dedicated corps of space experts would be necessary to ensure that a space force could fulfill its mission.

The Air Force focus on conventional air combat prevents it from “building the best space war fighters — the ones who can conceive of, imagine, prepare for, and think doctrinally, operationally and technically about space,” Loverro said at an industry conference in April. “But those are precisely the people we need today.”

The space corps never got off the ground.

The Air Force lobbied to kill it. Defense Secretary James Mattis took the unusual step of sending a

letter to Congress voicing his objections.

“At a time when we are trying to integrate the Department’s joint warfighting functions, I do not wish to add a separate service that would likely present a narrower and even parochial approach to space operations,” Mattis wrote.

Even the Trump White House called the idea “premature at this time” in a July 2017 statement.

That was enough to kill the plan in the Senate, though Rogers got other lawmakers to agree to order the Pentagon to study the idea and report on its findings.

He also began trying to enlist Trump.

Last December, Rogers said, he arranged for an intermediary to give Trump information his subcommittee had collected about Russian and Chinese development of anti-satellite weapons, and about the Air Force effort to kill a separate military service. He declined to identify the intermediary.

“With the Air Force having poisoned the well, I knew I needed to get some energy back in it,” he said.

Once elected, Trump revived the space council, an advisory panel led by Pence that had been dormant since the early 2000s. The vice president had attended three space shuttle launches while serving in Congress, and was deeply interested in space.

When Pence gave an update during a Cabinet meeting in March, Trump marveled at model rocket ships displayed on the table in front of him. He touted the private space launch companies owned by billionaire businessmen, including

Amazon’s Jeff Bezos, Tesla’s Elon Musk and Microsoft founder Paul Allen.

“We’re letting them use the Kennedy Space Center for a fee,” Trump said. “And you know, rich guys, they love rocket ships, and that’s good. That’s better than us paying for it.”

But Trump showed no interest publicly in a space force until his speech in San Diego in March, indicating that it was his idea. By then, the Pentagon’s attitude was beginning to shift. A Trump appointee, Deputy Defense Secretary Patrick Shanahan, had begun preparing the report ordered by Congress on whether to create an independent space force.

A former senior Boeing executive, Shanahan was familiar with the cumbersome Air Force procurement system. He became the administration’s space force point person, consulting with Pence, Rogers, the Air Force and other Pentagon players, and the space council.

“I can hear my dad kind of whispering in my ear, ‘Don’t screw anything up,’” Shanahan said Aug. 9. “There are extensive military operations going on throughout the world right now and they’re heavily reliant on space.”

Trump began talking up a space force privately, telling Pence to take on the project, according to an administration official who confirmed reporting first published in Axios.

The aerospace industry, which was initially cool to the plan, began to come around, seeing a space force as a lucrative avenue not just for expensive new space systems, but also for uniforms, construction projects, support services and other needs of a new military service.

## ALMANAC

Today is **Sunday, Aug. 19**, the 231st day of 2018. There are 134 days left in the year.

### Today in history

On **August 19, 2004**, Google began trading on the Nasdaq Stock Market, ending the day up \$15.34 at \$100.34.

### On this date

In **A.D. 14**, Caesar Augustus, Rome’s first emperor, died at age 76 after a reign lasting four decades; he was succeeded by his stepson Tiberius.

In **1814**, during the War of 1812, British forces landed at Benedict, Maryland, with the objective of capturing Washington D.C.

In **1934**, a plebiscite in Germany approved the vesting of sole executive power in Adolf Hitler.

In **1936**, the first of a series of show trials orchestrated by Soviet leader Josef Stalin began in Moscow as 16 defendants faced charges of conspiring against the government (all were convicted and executed).

In **1942**, during World War II, about 6,000 Canadian and British soldiers launched a disastrous raid against the Germans at Dieppe, France, suffering more than 50-percent casualties.

In **2003**, a suicide truck bomb struck U.N. headquarters in Baghdad, killing 22, including the top U.N. envoy, Sergio Vieira de Mello. A suicide bombing of a bus in Jerusalem killed 22 people.

**Ten years ago:** Tropical Storm Fay rolled ashore in Florida short of hurricane strength but mysteriously gained speed as it headed over land.

### Today’s birthdays

Actor **L.Q. Jones** is 91. Actress **Debra Paget** is 85. Former MLB All-Star **Bobby Richardson** is 83. Actress **Diana Muldaur** is 80. Singer **Johnny Nash** is 78. Actress **Jill St. John** is 78. Singer **Billy J. Kramer** is 75. Former President **Bill Clinton** is 72. Actor **Gerald McRaney** is 71. **Tipper Gore**, wife of former Vice President Al Gore, is 70. Actor **Jim Carter** is 70. Rock musician **John Deacon** (Queen) is 67. Actor-director **Jonathan Frakes** is 66. Actor **Peter Gallagher** is 63. Actor **Martin Donovan** is 61. Rhythm-and-blues singer **Ivan Neville** is 59. Actor **Eric Lutes** is 56. Actor **John Stamos** is 55. Actress **Kyra Sedgwick** is 53. Country singer **Lee Ann Womack** is 52. Actor **Matthew Perry** is 49. Rapper **Fat Joe** is 48. Olympic gold medal tennis player **Mary Joe Fernandez** is 47. Actor **Callum Blue** is 41. Actor **Peter Mooney** is 35. Olympic silver medal snowboarder **Lindsey Jacobellis** is 33. Rapper **Romeo** is 29.

### Bible verse

“Faithful is he that calleth you, who also will do it.” — **1 Thessalonians 5:24**.

*Stay open to God’s call and when you hear it say yes. That’s what God wants to hear. Then he has something to work with. Excitement and fulfillment will follow in his time. God bless, and I know he will.*

## ODD NEWS

### Germany: No preparations made in case of aliens

BERLIN (AP) — The German government says it has made no preparations for the possibility that aliens might land in the European country.

In a response to questions from opposition Green Party lawmaker Dieter Janecek, the government said “there are no protocols or plans for a possible first contact with alien life.”

Justifying that stance, the government added it believes “a first contact on German territory is extremely unlikely, based on today’s scientific knowledge.” Janecek linked the government’s responses to a media article Saturday.

Separately, German news agency dpa reported Saturday the classic children’s book “The Little Prince” has been translated into Klingon — the fictitious language of the eponymous space race in the science fiction franchise “Star Trek.”

Dpa quoted translator Lieven L. Litaer as saying the book, titled “*ta’puq mach*,” will be published in October.

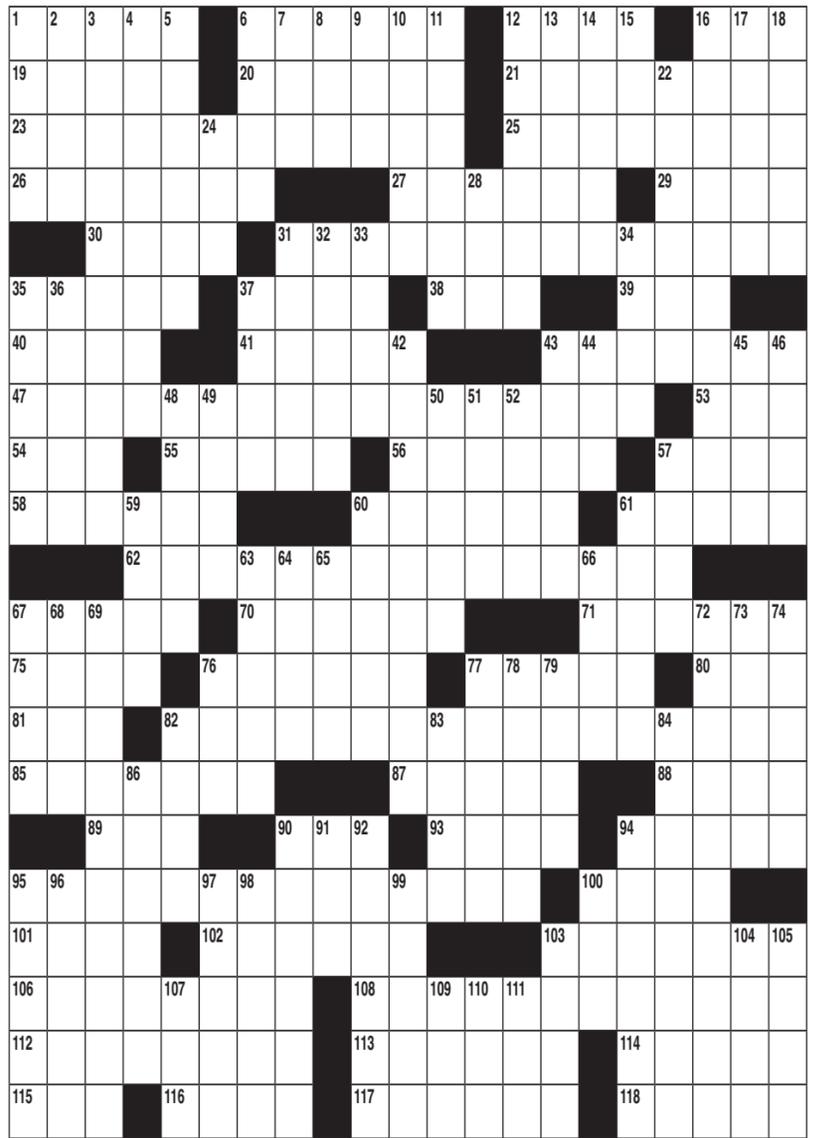
NEW YORK TIMES SUNDAY CROSSWORD

No. 0812

IF I WERE YOU...

BY ROSS TRUDEAU / EDITED BY WILL SHORTZ

- ACROSS
1 Begin
6 Commercial aunt since 1889
12 Prep to find fingerprints
16 Checkup sounds
19 Deduce
20 Rabid supporters
21 Steel head?
23 Land O'Lakes and Breakstone's?
25 Part of the SkyTeam Alliance
26 With severity
27 The only way to get respect, so they say
29 Kind of torch
30 Commies
31 Ministering?
35 Giant in direct sales
37 Pro or con
38 Vientiane native
39 Stag's mate
40 Laundry unit
41 "Inside the N.B.A." analyst beginning in 2011
43 Wunderkinds, say
47 "Damn, I can't seem to get a ball into fair territory!"?
53 Fabrication
54 Chicago airport code
55 Wide divide
56 Lose an all-in hand, say
57 Vitriol
108 Entering your middle name, then date of birth, then adding a "1," etc.?
112 Missile in a mating ritual
113 Best of all possible worlds
114 Amounts to
115 Amount to
116 "... ish"
117 Nitpicky know-it-all
118 Scoring factor at a crossword tournament
17 Poem name whose singular and plural forms are the same
18 Slowness embodied
22 Betrays, in a way
24 "Treasure Island" monogram
28 Genetic messenger
31 Excessive lovers of the grape
32 Classical theater
33 Concrete
34 Temptation location
35 Big name in soda cans and foil
36 Show grief
37 Guest bed, in a pinch
42 Extended writer's blocks?
43 Scrapbooking need
44 Big success
45 Good source of calcium
46 Grasps
48 Hosiery shades
49 This Hebrew letter: װ
50 American Girl products
51 Keep watch for, maybe
52 Overdo it on the praise
57 "The Lord of the Rings" actor Billy
59 He fought alongside Achilles
60 Remote button
61 Aspirin maker
63 Narrow valleys
64 Oreo ingredient until the mid-'90s
65 One ogling
79 Raced
82 [The light turned green! Go!]
83 Free trial version
84 Where you might open a whole can of worms?
86 Track down
90 Move in the direction of
91 Jerk
92 Rise to the occasion
94 Comedic duo?
95 Skipping syllables
96 Difficulty
97 2022 World Cup host
98 Alternatives to cabs
99 About to blow one's top
100 3, 4 or 5, usually
103 What a 76-Down pulls
104 Certain buy-in
105 Vet's malady, for short
107 Kerfuffle
109 Turf
110 Luxury-hotel amenity
111 Get gold from one's lead?



FOR ANSWERS TURN TO PAGE 3

Ask the Fool

Market Expectations

I began investing a few years ago, and my first investments' gains have averaged around 30 percent. I suspect this won't last. What average annual returns I can expect over a 10-year period — maybe 15 percent? — T.B., Baton Rouge, Louisiana

There's no way to know exactly how any stock or the overall market will do in any time period. Over decades, though, the stock market has averaged close to 8 or 10 percent annually — more than that with dividends reinvested. Over your particular investing years, you might average 6 percent, or 12 percent, or something else.

A market-topping average is hard to achieve over the long run. Yes, Apple stock has averaged annual gains of about 30 percent over the past 20 years, but IBM has averaged 5.7 percent and Johnson & Johnson has averaged 9 percent.

Since trying to beat the market is so difficult, superinvestor Warren Buffett has recommended low-cost broad-market index funds for most people. They offer an easy way to roughly match the market's return.

Where can I study and compare mutual funds? — P.L., Grand Rapids, Michigan

The internet is great for that.

Morningstar.com is a major mutual fund resource, offering details about thousands of funds' performance, fees, taxes, holdings and much more.

The folks at the Financial Industry Regulatory Authority (FINRA), meanwhile, offer useful comparisons and data via their Fund Analyzer tool at finra.org/fundalyzer. There you can enter fund names or ticker symbols and compare fees and performances of various funds — as well as assessing their performances after fees have been subtracted. That can be a great way to see how often inexpensive index funds outperform managed funds, even if the managed funds sport higher pre-fee returns.

Want more information about stocks? Send us an email to foolnews@fool.com.



Fool's School

Value and Quality

Successful investing boils down to being able to answer two key questions whenever considering a stock for your portfolio:

- 1) Is this a healthy, high-quality company?
2) Is the company's stock priced attractively right now?

If you focus on only one, you might end up buying overvalued shares of a terrific company, or seemingly bargain-priced shares of a troubled or doomed business. Investors have lost a lot of money doing either or both of those things.

Many good companies are rather apparent, but a close examination is wise. You can discern quality by assessing a company's profitability, growth and health via measures such as sales and earnings growth rates, profit margins, return on equity (ROE), return on assets (ROA), inventory turnover and market share, among other things. Management quality and candor is also important.

Once you find a great prospect, it can be tricky to figure out at

what price it's a good buy. Price-related measures help you determine whether a stock is overpriced, underpriced or priced just right. They address a company's valuation or stock price and include its market capitalization, enterprise value, price-to-earnings (P/E) ratio and price-to-sales ratio.

It's easy to think that as long as the company is wonderful, the stock price doesn't matter much. You might assume that if an overvalued company keeps growing, it'll eventually grow into and surpass its current price. That could take a long time, though, and instead, the stock might fall closer to its fair value. Even if the stock grows, it might not do so briskly, if it's already overvalued. To reduce your risk and have a better chance of realizing solid gains, aim to buy into stock only at attractive prices. That's what value investors do, and they call it seeking a margin of safety.

When you evaluate possible investments, focus on quality and price. These two factors can also help you determine when to sell. Learn more about successful investing at fool.com/how-to-invest.

Name That Company

I trace my roots back to 1936 and a guy selling peanuts out of his car in Los Angeles. Over the years, I've been involved in businesses as diverse as publishing and child care, but today, based in Philadelphia and with a market value recently topping \$9 billion, I'm a major food service company. I employ 270,000 people worldwide and regularly serve more than 5,400 dining locations, 2,000 health care facilities, 1,500 colleges and schools and 100 million sports fans at various venues. I've served at many Olympics, Super Bowls, FIFA World Cups and more.

Who am I?

Think you know the answer? We'll announce it in next week's edition.



My Dumbest Investment

Reverse Splits

I should have known better, but I took investment advice from a rag that repeatedly failed me. More than half the companies I invested in had reverse splits of 1-to-10 or 1-to-20. After those splits, most of them went down the drain completely. — J.H., online

The Fool Responds: Ouch. Too many investors don't sufficiently understand what stock splits and reverse splits are and mean.

With a regular stock split, such as a 2-for-1 split, if you have 100 shares of a stock priced at \$50 per share (total value: \$5,000), post-split you'll have 200 shares priced around \$25 apiece (total value: \$5,000). Splits lower share prices, but investors' stakes remain the same.

There's little reason to rejoice or lament a regular stock split, but a reverse split is usually a red flag, signaling a company in trouble. With a 1-for-10 split, 100 shares valued at \$5 per share would become 10 shares valued at \$50. Reverse splits can be used to inflate a stock's price so that it looks less worrisome.

Be careful with any investing newsletter — make sure that its record is available and impressive. (You can access some rankings of newsletters at hulbertratings.com.) Ideally, make your investment decisions based on your own research, perhaps with the help of a good newsletter — or just stick with low-fee, broad-market index funds. They instantly and easily set you up to earn the stock market's approximate return.

LAST WEEK'S TRIVIA ANSWER

I trace my roots all the way back to a paint ingredient company in 1866. In 1873, I introduced my first paint, raw umber, in oil, and in 1877, my founder patented a re-sealable tin paint can. By the 1880s I was selling ready-mixed paint. I introduced a water-based paint in 1941 and a latex paint in 1950. Over the years I also made items such as insecticide, synthetic resins, automobile lacquer and linseed oil. Today, based in Cleveland and with 4,200-plus stores, I'm America's largest specialty paint retailer. My brands include Krylon, Valspar and Pratt & Lambert. Who am I? (Answer: Sherwin-Williams)



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CROSSWORD PUZZLE

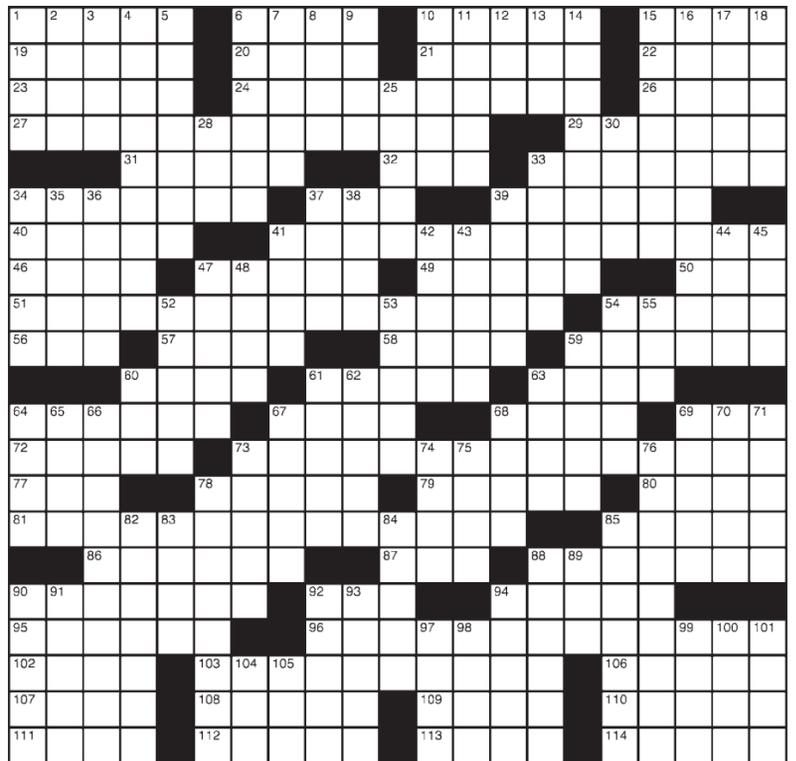
LOAF AFFAIR

By Mike Torch

- ACROSS**
- 1 Breaks off
  - 6 Window framework
  - 10 Kicks off
  - 15 Cake-finishing artist
  - 19 Dugout, for one
  - 20 Either of matching words, in a way: Abbr.
  - 21 Home to the Palazzo della Ragione
  - 22 Pew area
  - 23 Flopped financially
  - 24 '60s protest slogan
  - 26 In
  - 27 Bread worshippers?
  - 29 In a dishonorable manner
  - 31 Makes serious demands on
  - 32 \_\_\_ Geo: cable channel
  - 33 Source of intolerance
  - 34 Frequent savers
  - 37 Time div.
  - 39 "One of Ours" Pulitzer-winning author
  - 40 Kick out
  - 41 Musical composition about a bread-loving pack animal?
  - 46 Cooped-up critters
  - 47 Arms carriers?
  - 49 Concerns
  - 50 Adjective for rapper Kim
  - 51 Bread joke-teller's trait?
  - 54 Diet including wild fruit
  - 56 Vote in favor
  - 57 Music and art genre
  - 58 "Lemme \_\_\_!"
  - 59 Confines
- DOWN**
- 1 Doctor's order
  - 2 Part of TTFN
  - 3 Most eligible for service
  - 4 Ineffective
  - 5 Put a price on freedom?
  - 6 Fine furs
  - 7 Writer Nin
  - 8 Reasonable
  - 9 "Fixer Upper" network
  - 10 Verdi creation
  - 11 L.A.-based brewery
  - 12 Tokyo, formerly
  - 13 O.T. book
  - 14 Religious observances
  - 15 Fretful
  - 16 Bread that only appears for a short time?
  - 17 Harmful aspects
  - 18 Try a new shade on
  - 25 Salon coloring
  - 28 Program file suffix
  - 30 Masseuse's target
  - 33 "See ya!"
  - 34 Architect Frank
  - 35 Yellow-and-white daisy
  - 36 Sleep study subject
  - 37 Soybean paste
  - 38 "Do \_\_\_ you must"
  - 39 PC insert
  - 41 Nursery sch.
  - 42 Sharp
  - 43 Mentions specifically
  - 44 Place
  - 45 Disaster movie?
  - 47 U.S. security
  - 48 Norwegian capital
  - 52 Option for a return
  - 53 Precarious
  - 54 Prefix with frost
  - 55 Mandela's org.
  - 59 Bell sounds
  - 60 Like the Oz woodsman
  - 61 Singing voice, informally
  - 62 Looney Tunes stinker
  - 63 Soften in feeling
  - 64 Hop-jump link
  - 65 Art Deco artist
  - 66 Bread with a winelike aroma?
  - 67 Breathes hard
  - 68 Ocean feature
  - 69 Worship
  - 70 15-Across co-worker
  - 71 Dermatologists' concerns
  - 73 Refines
  - 74 "Good buddy"
  - 75 Pick up
  - 76 Blues musician's "harp"
  - 78 Literally, Greek for "bad place"
  - 82 Lost Colony's island
  - 83 Big biceps, at the gym
  - 84 Chef's supply
  - 85 London football club
  - 88 Aromatic herb
  - 89 Part of MoMA
  - 90 Span
  - 91 The senior Saarinen
  - 92 Ear bone
  - 93 Opposites of squeakers, in sports
  - 94 Davis with an Oscar, Emmy and two Tonys
  - 97 Employed
  - 98 Luxor's river
  - 99 Cook Paula
  - 100 B-school course
  - 101 Rebel against
  - 104 Diplomatic bldg.
  - 105 Pop artist Lichtenstein

Los Angeles Times Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis



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8/19/18

GOREN BRIDGE

GOOD THINKING

Both vulnerable, South deals

NORTH

♠ A J 5 2

♥ 9 7 2

♦ J 3

♣ Q 10 7 2

WEST

♠ 10 6 4 3

♥ K 10 4

♦ 10 6

♣ K J 9 3

EAST

♠ 9 8

♥ J

♦ K 9 8 7 5 4 2

♣ A 6 4

SOUTH

♠ K Q 7

♥ A Q 8 6 5 3

♦ A Q

♣ 8 5

The bidding:

SOUTH WEST NORTH EAST

1♥ Pass 2♥ 3♦

4♥ All pass

Opening lead: Ten of ♦

Would you have bid three diamonds with the East hand? Many would make that bid, hoping to find a fit. When you end up defending, however, the overcall stands as a lead director. Absent the overcall, an aggressive West might have found the club lead to defeat this contract. West cannot be faulted for leading a diamond after the overcall.

South in today's deal was expert Barnet Shenkin. Shenkin is from Scotland, but he relocated to South Florida many years ago. Shenkin played low from dummy at trick one as East unwisely played the nine. The lead now looked like a doubleton and allowed Shenkin to place East with a seven-card diamond suit. Looking at two club losers, the contract seemed to rely on holding the trumps to one loser.

Shenkin won the diamond opening lead with his queen and cashed the ace of hearts, noting the fall of the jack from East. Should the trumps be splitting 2-2, another round of hearts would bring home the contract. Playing East for a seven-card diamond suit, however, Shenkin expected East's jack of hearts to be a singleton. He turned his attention to spades and cashed the king and queen. He led a spade to dummy's ace, and when East discarded, he continued with the jack of spades to discard a club from his hand. One club loser and two heart losers left declarer with 10 tricks and his contract. Well played!

(Bob Jones welcomes readers' responses sent in care of this paper. Please send your e-mail responses to tcaeditors@tribpub.com)

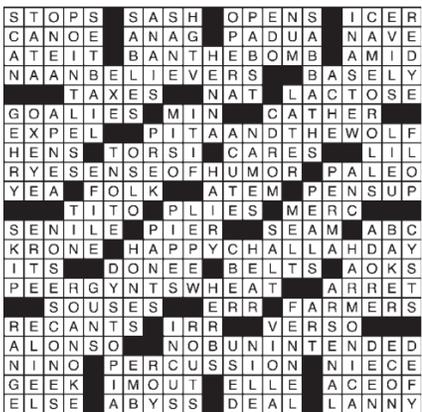
CRYPTOGRAMS

CRYPTOGRAMS FISHERMAN'S FOLLY by Myles Mellor

1. P D O O A X Z V D W E S Q Y G E O C - E Y ' T  
J Z Q A Z S T A Y K F Z E C G P E T G S T Y G Z A  
G S J Z Y G Z E Q K F O T V S W Z T . X Z Q P Z V Y !
2. I Y W O W Q S P S M S P I Z R C L Y I S I I Y W  
P W S R T T N O W P I S B O S M I . I Y O W W R C P Y  
L T I E S I I W O W N . M T Q I Y W Z ' O W T M S  
E B M !
3. Z Y F V ' T V Y H O H T V P M T D B E C S F W  
F W A K H S ? V Y H S H ' T W C R C M O V F E K Q  
E D T Y H S P F W F K Z F Q T W H H R T  
T C P H V Y D W A B F V B Y Q !
4. E Y F S I A Z A U R R Y B I N J P R B ' R  
J Y Q I T P N U L A R P E Y K P F R N T A L U F N ?  
I X Q P I A R K S Y X Y R R Z A P N Y T !

PUZZLE ANSWERS

(Puzzles on previous pages)



JUMBLE

Answer :

HEALTH GUTTER ORNERY  
MONKEY SECEDE UNFOLD

The changing of the guard has been a regular occurrence since before the —

TURN OF THE "SENTRY"

1. Funny peculiar thing- it's very easy to weigh fish as they have their own scales.

Perfect!

2. There was a nasty fight at the seafood restaurant. Three fish got battered. Now

they're on a bun!

3. What's the best music for an angler? There's no doubt a fly fisherman always needs

something catchy!

4. Can you guess a hot fish's favorite musical instrument? Obviously a bass guitar!

HOLIDAY MATHIS HOROSCOPES

**ARIES** (March 21-April 19). People will find out who you are through your actions, your stories or because you share your preferences. So you really don't have to worry about telling them who you are. You're already showing them.

**TAURUS** (April 20-May 20). You're gutsy. You forget that sometimes. Or rather, you take it for granted, believing that everyone else is gutsy, too. Not true! You're lucky when you recognize the quality and make it count today.

**GEMINI** (May 21-June 21). Before a mutually satisfying deal can be struck, the others will want to understand your story. So let them know where you were, what happened, and why they need to know. That should do it.

**CANCER** (June 22-July 22). Self-sufficiency is among your many attractive qualities. You won't ask your friends to help you unless you truly can't do on your own. In that case, a Taurus is your ideal support.

**LEO** (July 23-Aug. 22). Like the cat your sign is named for, you are choosy about who you like, and then obsessively loyal to your chosen ones. Also like a cat, curled up and cozy will be your default mode today.

**VIRGO** (Aug. 23-Sept. 22). People have their own agendas, but they might adopt yours if it is appealing enough. People are usually willing to forgo their plan when there's something more interesting, attainable, lucrative, fun, urgent or important to do.

**LIBRA** (Sept. 23-Oct. 23). If you stop saying yes so often, people will take notice. They will value your time and services a little more, seeing them as limited commodities that others also want.

**SCORPIO** (Oct. 24-Nov. 21). You love to know what's really going on in people's lives, but mostly they show you what their lives look like instead of what they feel like. Good thing you never go strictly by appearances.

**SAGITTARIUS** (Nov. 22-Dec. 21). Your compassion is an enormous strength. You will ideally use it to be helpful, to teach others and/or be the catalyst for their growth. What you don't want is to enable others or "fix" them, which never works.

**CAPRICORN** (Dec. 22-Jan. 19). Aim for the middle of the road. You'll hit the perfect note: surprising, but not obvious; spontaneous, but not impulsive; romantic, but nobody's fool.

**AQUARIUS** (Jan. 20-Feb. 18). If "play" is an art form, you're a fine artist indeed today. You'll be so involved in your process of curious enjoyment that you won't even think to stop and commemorate it. This is living.

**PISCES** (Feb. 19-March 20). In friendship, you'll deal with the other person's flaws or be kind enough to look the other way. But you're stricter when your heart's on the line. There are standards that must be met before you give your trust.

**TODAY'S BIRTHDAY** (Aug. 19). "We are all lions," said the poet Rumi, "but lions on a banner: because of the wind they are rushing onward from moment to moment." This solar return, you'll seize your moment, marching forward for your cause, a purpose that brings out your most regal characteristics.

Windfall months: September and June. Cancer and Capricorn adore you. Your lucky numbers are: 5, 30, 2, 21 and 16.

CROSSWORD PUZZLE

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

- | CLUES                              | SOLUTIONS |
|------------------------------------|-----------|
| 1 Crush competitor (7)             | _____     |
| 2 Sit 'n Spin maker (9)            | _____     |
| 3 jam band from Vermont (5)        | _____     |
| 4 cereal with a spokes-rabbit (4)  | _____     |
| 5 hosting site for short blogs (6) | _____     |
| 6 Hershey's bar with rice (7)      | _____     |
| 7 Meghan Trainor's footwear (8)    | _____     |

AY	TR	OL	EC	ST
KEL	HE	SU	TUM	IX
ISH	SK	PL	BLR	KR
SKO	NKI	RS	AC	PH

Today's Answers: 1. SUNKIST 2. PLAYSKOL 3. PHISH 4. TRIX 5. TUMBLR 6. KRACKEL 7. SKECHERS

JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

3	1	7			9	5		2
	2				3			
	5		7			1		
	6			9				
7				5				9
				3			4	
		5			8		2	
			9				8	
8		2	3			4	1	6

Rating: GOLD

Solution to 8/19/18

3	1	7	4	8	9	5	6	2
9	2	6	5	1	3	8	7	4
4	5	8	7	6	2	1	9	3
2	6	3	1	9	4	7	5	8
7	4	1	8	5	6	2	3	9
5	8	9	2	3	7	6	4	1
1	3	5	6	4	8	9	2	7
6	7	4	9	2	1	3	8	5
8	9	2	3	7	5	4	1	6

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DEAR ABBY

Toxic family members cast doubt on couple's future marriage plans

**DEAR ABBY:** I am in my late 20s and dating a man in his mid-30s whom I am crazy about. We have been dating for a year and are starting to discuss marriage and children. He's kind, hard-working, gives back to the community, and does everything he can to make me happy.



Dear Abby

My problem is his family. His mother curses and yells at him every few months, usually around the holidays when he tells her he's splitting his time between his family and mine. She breaks him down any way she can, such as finding fault with me or bringing up mistakes he made 10 or 15 years ago.

His sister tells him often that she doesn't like me because of things she claims I said or did. She has also attacked me on social media. The rest of the family gets involved in the drama and even blackmailed him (insinuating they would get him fired) when he tried to ignore them. A week or so after these outbursts occur, his family pretends nothing happened.

He admits his family has "issues," but he still wants a

relationship with them. I try to limit my time with them, but I'm worried about our future. He would make an amazing husband, but I am unsure how — or if — I can get past his toxic family. Any words of wisdom would be appreciated. — HAPPILY EVER AFTER?

**DEAR HAPPILY:** I can see why you would question a future with a man from a family that guilts, manipulates and lies to the degree that his does.

Whether you can overcome the baggage he will carry after you leave the altar is debatable.

It might help if the two of you discuss this not only with each other, but also with a clergyperson who can give you unbiased premarital counseling. If you do get married,

consider moving farther away from his family to secure your independence.

He may also have to find another job if he's under their thumb financially.

**DEAR ABBY:** My teenage son came to us because he feels lonely and like no one cares. He says he knows his family is there for him and loves him, but he's looking for that special girl. I talked to him and tried to let him know that right now he needs to focus on himself and where he wants to go with his life, and eventually he will meet someone.

He has now told me that he has had thoughts of hurting himself and wants to talk with a counselor. We have made an appointment for him.

My question is, is it a good sign that he is seeking help now before he has done anything?

He hasn't harmed himself in any way, doesn't use drugs, doesn't drink or engage in risky behavior.

I want to believe that since he is asking early, all will be OK. — VERY CONCERNED MOM IN ARIZONA

**DEAR MOM:** It's appropriate to believe that. Kudos to your son.

The people you have to worry about are the ones who hide their sadness and pretend everything is OK when it really isn't.

I assume that you made an appointment for your son with a licensed mental health professional.

When your son goes, encourage him to be as open with his therapist about his feelings as he can, so he can get the help he is asking for.

*Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.*

*Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$14 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)*

HELOISE

**Dear Readers:** Trying to get everybody ready for school in the morning can be frenetic and stressful. Use these hints to make mornings calmer and more orderly.

— Ask your children to collect their school materials and place them in their backpacks the night before, so there will not be a dramatic search for their stuff in the morning.

— Make certain your older children decide what they are going to wear the next day. For younger kids, you can select their outfits and lay them out at night.

— Set the breakfast table before you go to bed. Put dishes, silverware and a box of dry cereal on the table.

— Heloise

**Dear Heloise:** I bought a pair of shoes on sale, and they are too tight. Is there any way I can stretch them?

— Emily from Kansas

**Dear Emily:** Yes, you can! Use a shoe stretcher along



Hints from Heloise

with a shoe-stretcher spray. Buy these at a shoe-repair shop. First, spritz the spray inside the shoes and then add the stretcher. If this does not work, get the shoes to a shoe-repair shop, which has a stretching machine, which might or might not work.

You can prevent this problem by not being tempted to buy shoes just because they're on sale and are a great bargain, especially ones that are bit too small. They may not ever fit right. — Heloise

**Dear Readers:** Does your family love to eat bacon? And do you hate to cook it because it splatters grease everywhere? Well, today it does

splatter more because commercially sold bacon is cured in liquid brine. In the past, it was cured with dry salt.

Here's how to stop that icky grease from flying out of the frying pan and onto the stove and elsewhere.

1. Dunk the bacon into flour.
2. Start frying the bacon in a cold skillet.
3. Maintain the heat on medium.
4. Get rid of the fat as the bacon cooks. — Heloise

**Dear Heloise:** We have several wonderful pieces of wood furniture that have been in our family for years. I have noticed scratches and small cracks on them. Is there any way I can correct the flaws?

— Steve from Connecticut

**Dear Steve:** Yes, wood furniture needs a good polish from time to time so it doesn't dry out and develop these problems. Age and use contribute to cracks and scratches. If you have big problems, get

the pieces to a furniture professional. For smaller issues, here's how to cover or contain them:

Purchase wax sticks at big box or hardware stores. You can match the wax stick color to your wood finish. These sticks will cover cracks or deep scratches in the wood. Rub the stick into the crack until it is even with the surface. Take a putty knife and heat it in hot water. Use the flat side of the knife to run across the area filled with the wax to be sure there's a smooth and even surface. — Heloise

**Dear Readers:** When you pull off duct tape, it can leave a sticky residue that's hard to remove. Here's how to get it off: Pour a bit of baby oil or vegetable oil on the sticky areas, rub it in with your fingers and leave it on for 30 minutes. Pat cornmeal in the oil and use a plastic scrubber to rub in circles until the residue balls up and you can remove it. — Heloise

KENKEN THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

EASY

12x	2÷		1
	2-	5+	
2		2-	2÷
3-			

CHALLENGING

11+	3	40x		5-
	3-		2	2÷
2÷	1-	3÷		5
		3÷	5-	3÷
1-			5	10+
5-		2-		

**RULES**

- Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.
- The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- Freebies: Fill in single-box cages with the number in the top-left corner.

8-19-18

TODAY'S ANSWERS

1	2	3	4
2	3	4	1
3	4	1	2
4	1	2	3

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JUMBLE

**JUMBLE** THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Kneure

Unscramble these six Jumbles, one letter to each square, to form six ordinary words.

HHLATE  
YONMEK  
TRUGET  
EEEDCS  
NOYERR  
LUFOND

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Check out the new, free JUST JUMBLE app

THE CHANGING OF THE GUARD HAS BEEN A REGULAR OCCURRENCE SINCE BEFORE THE ---

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

PRINT YOUR ANSWER IN THE CIRCLES BELOW

“ ”

# Thousands await rescue amid deadly south Indian floods

By **AIJAZ RAHI**  
ASSOCIATED PRESS

TRIVANDRUM, India — Thousands of stranded people were waiting to be rescued Saturday and officials pleaded for more help as relentless monsoon floods battered the southern Indian state of Kerala, where more than 190 have died in a little over a week and much of the state is partially submerged.

Heavy rains hit parts of the state again Saturday morning, slowing attempts to deploy rescuers and get relief supplies to isolated areas. Many have seen no help for days and can only be reached by boat or helicopter.

More than 300,000 people have taken shelter in over 1,500 state-run relief camps, officials said. But authorities said they were being inundated with calls for assistance, local media reported.

"We are receiving multiple repetitive rescue requests," the office of the state's top official, Pinarayi Vijayan, said Friday in a tweet, asking those in need to provide their exact location and nearby landmarks so rescuers can find them.

Officials have called it the worst flooding in Kerala in a century, with rainfall in some areas well over double that of a typical monsoon season.

The downpours that started Aug. 8 have triggered floods and landslides and caused homes and bridges to



AP PHOTO

**An Indian woman and a child wade past floodwaters after heavy rainfall in Ahmadabad, India, Friday. India receives its annual rainfall from June-October.**

collapse across Kerala, a picturesque state known for its quiet tropical backwaters and beautiful beaches.

Officials estimate more than 6,200 miles of roads have been damaged. One of the state's major airports, in the city of Kochi, has been closed.

Meteorologists expect the rains to ease up over the next few days.

Prime Minister Narendra Modi met Saturday with the state's top officials, promising more than \$70 million in aid. While the central government has dispatched multiple military units to Kerala, state officials are pleading for additional help.

"Please ask Modi to give us helicopters, give us helicopters. ... Please, please!" state legislator Saji Cherian said on a Kerala-based TV news channel, the Indian Express newspaper reported.

Modi said 38

helicopters had been deployed for search and rescue operations in the state, which has a population of more than 33 million.

"We all pray for the safety and well-being of the people of Kerala," he said in a tweet.

Initial storm damage estimates were nearly \$2.8 billion, Vijayan said.

India's navy said it airlifted a pregnant woman from the floods on Thursday in Kerala and she gave birth to a boy shortly after the rescue. A doctor was lowered to assess the woman before she was lifted into a helicopter, the navy said.

At least 194 people have died in the flooding and 36 more are missing, according to Kerala's disaster management office.

More than 1,000 people have died in seven Indian states since the start of this year's monsoon season, including more than 300 in Kerala.

# UK's Farage vows to end Brexit 'sell-out'

LONDON (AP) — In Britain, there is a growing sense of Brexit déjà vu.

Two years after the country voted to leave the European Union, emotional arguments about membership in the bloc are raging as fiercely as they did during the 2016 referendum.

With seven months until Britain officially leaves the bloc, negotiations faltering, chances are rising of an acrimonious divorce — and the one thing that pro- and anti-EU forces have in common is that they are both unhappy.

Former U.K. Independence Party leader Nigel Farage announced Saturday that he was returning to

political campaigning in a bid to derail British Prime Minister Theresa May's plan for future ties with the EU.

Farage, the right-winger who helped lead the successful "leave" campaign in 2016, wrote in the Daily Telegraph that he would join a cross-country bus tour by the group Leave Means Leave to oppose May's "cowardly sell-out."

Referring to U.K. politicians and civil servants, he said "unless challenged, these anti-democrats will succeed in frustrating the result" of the referendum.

Negotiations on future relations between the U.K. and the bloc have faltered, largely due to divisions within May's

Conservative government over how close an economic relationship to seek with EU.

Last month the government finally produced a plan, proposing to stick close to EU regulations in return for free trade in goods. That infuriated Brexit-backers such as Farage and former Foreign Secretary Boris Johnson, who say it would leave the U.K. tethered to the bloc and unable to strike new trade deals around the world.

Opponents of Brexit say that, even if the EU accepts May's plan — which appears unlikely — it would still erect barriers between Britain and the EU, its biggest trading partner.

# Hundreds of neo-Nazis march in Berlin, protected by police

BERLIN (AP) — Hundreds of neo-Nazis waving flags with the colors of the German Reich are marching through central Berlin, protected from counter-protesters by police in riot gear.

Berlin police spokesman Thilo Cablitz said officers had to physically remove some left-wing demonstrators who had staged sit-down protests along the route of Saturday's march.

He added that stones and bottles were thrown at some of the far-right protesters, but couldn't immediately say how many people were injured.

The far-right protesters wore white shirts to commemorate the 31st

anniversary of the death of high-ranking Nazi official Rudolf Hess and carried banners with slogans such as "I regret nothing."

Hess, who received a life sentence at the Nuremberg trials for his role in planning World War II, died on Aug. 17, 1987.



AP PHOTO

**People carry a banner reading 'I don't regret anything' during a demonstration commemorating the 31st death anniversary of Hitler's deputy Rudolf Hess in Berlin Saturday. Hess died 1987 in a prison in Berlin.**

# Send Them Back to School in A Safe & Dependable Ride!



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**2015 KIA SOUL**



AUTOMATIC, NON-SMOKER, AIR, LOW MILES, UNIQUE QUALITY

**\$11,818**

**2014 HYUNDAI ELANTRA**



SE MODEL, AUTOMATIC, ONE OWNER, 37,000 MILES, SMOOTH

**\$11,518**

**2015 JEEP GR CHEROKEE**



LIMITED, LEATHER, SUNROOF, NAVIGATION, 22,000 MILES

**\$26,818**

**2016 HYUNDAI SANTA FE**



ONE OWNER SPORT, CANYON COPPER, SE WITH UPGRADES

**\$17,818**

**2016 RAM 1500**



27,000 MILES, PREFERRED EQUIPMENT PACKAGE, CREW CAB

**\$25,818**

**2015 NISSAN ROGUE**



SV MODEL, ONE OWNER, 34,900 MILES, PEARL WHITE, NICE

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## BIG LEAGUE DREAMS

A number of Major League Baseball Players have taken part in the Little League World Series. **Page 2**

## NFL

# Jaguars defeat Vikings 14-10

By **DAVE CAMPBELL**  
Associated Press

MINNEAPOLIS — Minnesota and Jacksonville had the top two defenses in the NFL last season, a major reason why the Vikings and Jaguars reached their respective conference championship games.

Two joint practices and one exhibition game produced yet more evidence of the exceptional skill and sound scheme each team has on that side of the ball. Yannick Ngakoue

had an 11-yard sack that helped Jacksonville hold Kirk Cousins and Minnesota's starting offense to three completions and three points, before the Jaguars reserves rallied for a 14-10 victory over the Vikings on Saturday.

"The defense got after them pretty good, and their defense got after us pretty good," Vikings coach Mike Zimmer said. "That's kind of how it looked all week."

Cousins was crisp in his only series last week, but the Vikings went

three-and-out on two of their four possessions with their new quarterback. Latavius Murray's second fumble, stripped by Malik Jackson and recovered by Calais Campbell, stopped another drive. Cousins finished just 3 for 8 for 12 yards.

"Frankly, I think that's what we need and maybe want at this time of year," Cousins said. "Nobody feeling comfortable."

About all the ever-demanding Zimmer was pleased with was that the Vikings didn't actually

win.

"It kind of looked like we didn't practice this week, to be honest with you," he said.

Minnesota's defense was closer to midseason form, with an interception by Harrison Smith of Blake Bortles and another sure pick by Mackenzie Alexander that was bobbled and dropped.

Bortles played the entire first half and went 12 for 20 for 159 yards, producing a touchdown run by



AP PHOTO/BRUCE KLUCKHOHN

Jacksonville Jaguars wide receiver Marqise Lee is tackled by Minnesota Vikings defensive back Xavier Rhodes, right, during the first half of an NFL preseason football game, Saturday, Aug. 18, 2018, in Minneapolis.

SEE VIKINGS, A3

## BASEBALL

# Price goes 7, Martinez hits 38th HR; Red Sox beat Rays

By **KEN POWTAK**  
Associated Press

BOSTON — David Price pitched seven solid innings, J.D. Martinez hit his major league-leading 38th homer after Boston jumped to a quick lead and the Red Sox beat the Tampa Bay Rays 5-2 on Saturday night for their 17th victory in 20 games.

Mitch Moreland added an RBI double during Boston's four-run first inning. The Red Sox, who own the majors' best record, improved to a season-high 52 games over .500 and maintained their 10 1/2-game lead over the second-place New York Yankees in the AL East.

C.J. Cron hit a two-run homer for the Rays. Tampa Bay fell to 4-11 against Boston this season.

Price (13-6) gave up  
SEE RAYS, A3



AP PHOTO/MICHAEL DWYER

Tampa Bay Rays' Tyler Glasnow pitches during the first inning of a baseball game against the Boston Red Sox in Boston, Saturday, Aug. 18, 2018.

## AUTO RACING

# Kurt Busch steals spotlight from younger brother at Bristol

By **JENNA FRYER**  
Associated Press

BRISTOL, Tenn. — Kurt Busch stole the spotlight from his younger brother Saturday night at Bristol Motor Speedway to grab an overdue short-track victory.

Busch won for the

first time this season but sixth on the 0.533-mile bullring he once dominated. But that was before younger brother Kyle Busch learned his way around the place, and Kyle Busch has been the master of the Tennessee track.

Kyle Busch, winner of seven career Cup races

at Bristol, chose the song "All I Do Is Win" by D.J. Khaled to play as he was introduced before the race. The crowd responded with a thunderous boo, and Kyle Busch's eventful evening was off to a roaring start.

Kyle Busch triggered a 15-car accident just

two laps into the race. He fell two laps off the pace, came back to race Martin Truex Jr. for second, and moved Truex out the way late in the race. A frustrated Truex kicked his car in anger.

As Kyle Busch was

SEE NASCAR, A3

## NFL: PRESEASON ROUNDUP

# McCarron hurt in Bills win over Browns

Associated Press

CLEVELAND — Buffalo quarterback AJ McCarron sustained a potentially serious shoulder injury, throwing the Bills' quarterback situation into total disarray, during a 19-17 win over the Cleveland Browns on Friday night.

McCarron, who signed with Buffalo as a free agent for a chance to start after four years as a backup in Cincinnati, completed just 3 of 6 for 12 yards during four series.

The 27-year-old didn't show any obvious signs of being hurt — he was hit hard from behind by

Myles Garrett and sacked by Larry Ogunjobi — and the Bills didn't disclose his injury until the fourth quarter.

McCarron is competing with Nathan Peterman and rookie Josh Allen for Buffalo's starting job.

Allen, the No. 7 overall pick, out-performed McCarron and Peterman rallied the Bills (2-0) with a late touchdown pass to tight end Nick O'Leary.

Rookie Nick Chubb and Carlos Hyde had touchdown runs for the Browns (1-1).

SEE NFL, A3

## GOLF

# Snedeker leads Wyndham with play held up due to weather

By **JOEDY MCCREARY**  
Associated Press

GREENSBORO, N.C. (AP) — Brandt Snedeker held a three-stroke lead Saturday in the Wyndham Championship when the third round was suspended because of severe weather.

Snedeker was 16 under for the tournament with 11 holes left in the round at the final event of the PGA Tour's regular season.

Brian Gay was 13 under through 12 holes, and Trey Mullinax, Keith Mitchell, C.T. Pan and D.A. Points were another

stroke back at varying stages of their rounds.

Thirty players were still on the course when play was halted during the mid-afternoon with thunder booming and a threat of lightning. After a 3-hour, 23-minute delay, organizers chose to hold things up overnight and resume the round at 8 a.m. Sunday.

When things resume, Snedeker — who opened with a 59 to become the first tour player this year and just the 10th ever to break 60 — will look to keep himself in position

SEE GOLF, A3

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## Florida Lottery

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### PICK 2

Aug. 18N .....	2-6
Aug. 18D .....	9-4
Aug. 17N .....	8-6
Aug. 17D .....	2-7
Aug. 16N .....	7-0
Aug. 16D .....	4-0

### PICK 3

Aug. 18N .....	2-1-1
Aug. 18D .....	3-5-9
Aug. 17N .....	6-1-2
Aug. 17D .....	2-0-2
Aug. 16N .....	5-9-4
Aug. 16D .....	2-8-0

### PICK 4

Aug. 18N .....	7-7-6-5
Aug. 18D .....	7-8-3-4
Aug. 17N .....	6-7-8-2
Aug. 17D .....	9-9-7-2
Aug. 16N .....	5-5-9-0
Aug. 16D .....	7-9-0-3

### PICK 5

Aug. 18N .....	7-6-1-6-0
Aug. 18D .....	8-3-2-7-8
Aug. 17N .....	6-3-0-4-8
Aug. 17D .....	4-0-7-2-4
Aug. 16N .....	8-9-4-4-1
Aug. 16D .....	9-7-1-2-4

D-Day, N-Night

### FANTASY 5

Late	
Aug. 17 .....	7-11-18-30-31
Aug. 16 .....	14-16-24-28-33
Aug. 15 .....	2-4-5-7-20
***	
PAYOFF for Aug. 17	
0.....	5-digit winner \$0
337	4-digit winners \$555.000
9,794	3-digit winners \$14.50

### CASH FOR LIFE

Aug. 16.....	9-25-28-29-48
Cash Ball .....	1
***	
PAYOFF FOR Aug. 16	

### SPORTS ON TV

**AUTO RACING**  
1 p.m.  
FS1 — IMSA, WeatherTech SportsCar Championship, Michelin GT Challenge at VIR, at Alton, Va.  
2 p.m.  
NBCSN — IndyCar, ABC Supply 500, at Long Pond, Pa.  
2 p.m.  
FS2 — IMSA, WeatherTech SportsCar Championship, Michelin GT Challenge at VIR, at Alton, Va.  
**BASEBALL**  
9 a.m.  
ESPN — Little League World Series, double-elimination game, Seoul (South Korea) vs. Matamoros (Mexico), at Williamsport, Pa.  
11 a.m.  
ESPN — Little League World Series, double-elimination game, Staten Island (N.Y.) vs. Houston, at Williamsport, Pa.  
Noon  
ESPN2 — Junior League World Series, championship game, Taoyuan (Taiwan)-Reynosa (Mexico) winner vs. Lufkin (Texas)-Manhattan Beach (Calif.) winner, at Taylor, Mich.  
1 p.m.  
ESPN — Little League World Series, double-elimination game, Arraijan (Panama) vs. Kawaguchi (Japan), at Williamsport, Pa.  
ESPN — American Legion World Series, Massachusetts vs. Delaware, at Shelby, N.C.  
2 p.m.  
ABC — Little League World Series, double-elimination game, Grosse Pointe Woods (Mich.) vs. Honolulu, at Williamsport, Pa.  
4 p.m.  
ESPN — American Legion World Series, Michigan vs. Idaho, at Shelby, N.C.  
7:30 p.m.  
ESPN — American Legion World Series, Nevada vs. North Carolina, at Shelby, N.C.  
**BEACH VOLLEYBALL**  
4:30 p.m.  
NBC — AVP Pro Tour, Manhattan Beach Open, semifinals & finals, at Manhattan Beach, Calif.  
**DRAG RACING**  
Noon  
FS1 — NHRA, Lucas Oil Nationals, qualifying, at Brainerd, Minn. (taped)  
2 p.m.  
FS1 — NHRA, Lucas Oil Nationals, finals, at Brainerd, Minn.  
**GOLF**  
7 a.m.  
GOLF — European PGA Tour, Nordea Masters, final round, at Gothenburg,

0.....	5-5 CB \$1,000/Day
0.....	5-5 \$1,000/Week
2.....	4-5 CB \$2,500
10.....	4-5 \$500

### LUCKY MONEY

Aug. 17.....	6-28-33-37
Lucky Ball.....	10
***	
PAYOFF FOR Aug. 14	
0.....	4-of-4 LB \$800,000
3.....	4-of-4 \$1,675.00
33.....	3-of-4 LB \$333.50
457.....	3-of-4 \$70.50

ESTIMATED JACKPOT	\$1 million
***	
LOTTO	
Aug. 15.....	2-17-27-32-33-52
***	
PAYOFF FOR Aug. 15	
0.	6-digit winners \$4 million
10	5-digit winners \$8,368.50
761...	4-digit winners \$72.00

ESTIMATED JACKPOT	\$4.5 million
***	
POWERBALL	
Aug. 15.....	12-15-28-47-48
Powerball.....	16
***	
PAYOFF FOR Aug. 15	
0.....	5-5 + PB \$40 Million
0.....	5-5 \$1 Million
1.....	4-5 + PB \$50,000
20.....	4-5 \$100

ESTIMATED JACKPOT	\$50 Million
***	
MEGA MILLIONS	
Aug. 17.....	1-31-32-47-56
Mega Ball.....	3
***	
PAYOFF FOR Aug. 17	
0.....	5 of 5 + MB \$88 Million
0.....	5 of 5 \$1 Million
0.....	4 of 5 + MB \$10,000
12.....	4 of 5 \$500

ESTIMATED JACKPOT	\$102 Million
***	
Sweden	
1 p.m.	
GOLF — PGA Tour, Wyndham Championship, final round, at Greensboro, N.C.	
3 p.m.	
CBS — PGA Tour, Wyndham Championship, final round, at Greensboro, N.C.	
GOLF — Champions Tour, Dick's Sporting Goods Open, final round, at Endicott, N.Y.	
4:30 p.m.	
FS1 — USGA, U.S. Amateur Championship, championship match, at Pebble Beach, Calif.	
5 p.m.	
GOLF — LPGA Tour, Indy Women in Tech Championship, final round, at Indianapolis	
7 p.m.	
GOLF — Web.com Tour, WinCo Foods Portland Open, final round, at North Plains, Ore.	

**GYMNASTICS**  
8 p.m.  
NBC — U.S. Championships, women's competition, at Boston  
**HORSE RACING**  
4 p.m.  
FS2 — Saratoga Live, Summer Colony Stakes, at Saratoga Springs, N.Y.  
**MLB BASEBALL**  
1 p.m.  
TBS — Toronto at N.Y. Yankees  
7 p.m.  
ESPN — N.Y. Mets vs. Philadelphia, at Williamsport, Pa.  
**SOCCER**  
8:30 a.m.  
NBCSN — Premier League, Manchester City vs. Huddersfield Town  
11 a.m.  
NBCSN — Premier League, Brighton & Hove Albion vs. Manchester United  
11:55 a.m.  
ESPNEWS — Serie A, Torino vs. AS Roma  
7:30 p.m.  
FS1 — MLS, New England at D.C. United  
**SURFING**  
3 p.m.  
FOX — Red Bull Signature Series, Volcom Pipe Tour, at Oahu, Hawaii (taped)  
**TENNIS**  
2 p.m.  
ESPN2 — WTA World Tour & U.S. Open Series, Western & Southern Open, women's final, at Cincinnati  
4 p.m.  
ESPN2 — ATP World Tour & U.S. Open Series, Western & Southern Open, men's final, at Cincinnati  
**WNBA BASKETBALL**  
7 p.m.  
ESPN2 — Washington at Minnesota

### BASEBALL

# Stone Crabs defeat Cardinals in 10

Staff reports

A big first inning for Charlotte helped establish an early cushion, but Palm Beach was resolute and kept battling back Saturday evening at the Charlotte Sports Park. The Stone Crabs won a hard fought contest 8-7 in 10 innings.

The game was delayed by rain, but it didn't deter the Stone Crabs from playing heads up baseball. Rene Pinto got the Stone Crabs on the board, with a sacrifice

fly to center field, plating Vidal Brujan. Cardinal pitching would once again have problems with their control, allowing the Stone Crabs to take advantage of the opportunities, with Miles Mastrobuoni scoring on a wild pitch. Tristan Gray would walk, one of three bases on balls he would draw in the game, on a wild pitch, this time allowing Jake Fraley to score. Jermaine Palacios would add to the scoring, delivering an RBI single, plating Gray.

The Stone Crabs would come back with a 3-run 4th inning, with Brujan doubling to center, driving in Palacios. Rene Pinto would reach on a throwing error, allowing Eleardo Cabrera to score. Fraley's sacrifice fly to right field would cap the inning's scoring.

However, a 7-4 lead was hardly secure, and the Cardinals began chipping away, tying the game in the 9th inning.

Charlotte would have to go an extra frame to earn the win, with

Cabrera's infield single plating Gray with the winning run.

Brujan and Palacios had two hits each for the Stone Crabs, who also stole three bases Saturday night, with Brujan, Mastrobuoni and Fraley successfully adding to their theft totals.

Former USF Bull Brandon Lawson started for the Stone Crabs, in a game that saw Charlotte use five relievers, with fireman Trevor Charpie pitching a scoreless 10th inning to earn the win, raising his record to 3-1.

### FOOTBALL: COWBOYS 21, BENGALS 13

# Bengals top Cowboys behind Prescott

By SCHUYLER DIXON  
AP Pro Football Writer

ARLINGTON, Texas — Dak Prescott and the Dallas Cowboys had another efficient pre-season showing.

Andy Dalton bogged down a bit with his Cincinnati Bengals.

Prescott led a pair of scoring drives in three possessions, capped with a scrambling 6-yard scoring pass to Terrance Williams before the Bengals rallied after halftime for a 21-13 exhibition victory Saturday night.

The Bengals had just one first down in four Dalton-led possessions a week after he threw for two touchdowns with an offense that was revamped after finishing last in the NFL. The lone first down was on Dalton's 13-yard scramble



AP PHOTO/MICHAEL AINSWORTH

**Dallas Cowboys quarterback Dak Prescott (4) and wide receiver Terrance Williams (83) celebrate after they connected on a pass for a touchdown against the Cincinnati Bengals.**

after the Bengals (2-0) started with a pair of three-and-outs.

A week after throwing a 30-yard touchdown to rookie Michael Gallup on his only drive of the preseason opener in San Francisco, Prescott was 10 of 15 for 86 yards. The TD drive for a 10-0 lead was kept alive by an

8-yard slant to Gallup, who reached out for a nice catch inside the Cincinnati 10.

The concern for the Cowboys (0-2) was the status of four-time Pro Bowl guard Zack Martin, who left early on what would have been his last drive with a knee injury. There was no immediate

update on the severity of the injury, which happened when Martin bent down to block cornerback Dre Kirkpatrick in the open field on a run by Rod Smith.

Dalton's final possession ended when Dallas defensive end Taco Charlton forced a fumble on a short completion to Tyler Boyd, with cornerback Byron Jones getting the recovery.

Dalton was 5 of 7 for 41 yards.

The Cowboys forced two turnovers after getting three against the 49ers. The highlight was Chidobe Awuzie's leaping interception, which he tipped to himself along the sideline late in the first half.

Cincinnati's first points came on backup kicker Jonathan Brown's 55-yard field goal in the third quarter.

### BASEBALL

# Big leap up: from Williamsport to majors

By TOMMY BUTLER  
Associated Press

SOUTH WILLIAMSPORT, Pa. — Some talented, young baseball players have competed at the Little League World Series over the last 71 years. Fifty-four have gone on to realize another dream — making the majors.

Three of those Little League veterans will be on hand when the Mets play the Phillies in Williamsport on Sunday night: Scott Kingery, Todd Frazier and Michael Conforto.

To mark what's being called the MLB Little League Classic, here are some of the notable players who have made the jump from the LLWS to the majors.

KINGERY: Twelve

years ago, Kingery played for the Ahwatukee All-Stars from Phoenix. Now the rookie Philadelphia shortstop is the most recent LLWS player to get to the majors.

"It's going to be cool to go back there and bring back some memories," he said. "It's going to be a good chance to talk to the kids there now, because I know what they're going through, and I know what they feel like. They're probably a little nervous and excited, too, so it'll be good to go watch a game, hang out with some Little Leaguers and play a big game."

What was it like for him in South Williamsport?

"The (memory) that sticks out is the first time we got off the bus and I stood on top of the hill and saw the fields we

were going to be playing on," Kingery said. "When I get there, it's probably going to hit me that that was me in 2006. It's pretty crazy."

FRAZIER: The Mets third baseman has drawn a lot of attention for his Little League connection.

In the 1998 Little League World Series, Frazier led Toms River, New Jersey, with his bat and his arm — he was a pitcher then — and his team beat Japan for the championship. In the big leagues, Frazier helped bring the New York Yankees to the ALCS in 2017.

CONFORTO: The young outfielder played for the Redmond, Washington, team in 2004. His team did not make it out of pool play.

Still, Conforto is one of only three players to

participate in the Little League World Series, College World Series (with Oregon State) and MLB World Series. Making the majors in 2015 with the Mets, the year they lost to the Kansas City Royals in the World Series, Conforto was named an All-Star in 2017.

BOOG POWELL: The longtime Orioles star appeared in the 1954 Little League World Series, playing for the Orange Little League team out of Lakeland, Florida. His club lost to eventual champions New York 16-0 in their first game.

Powell spent 16 years in the majors, winning two World Series titles with Baltimore. He was named an All-Star four times and won the 1970 AL MVP.

### GOLF

# Salas takes advantage of Park's mistake to grab LPGA lead



AP PHOTO/DARRON CUMMINGS

**Lizette Salas reacts after making a putt on the sixth green during the third round of the Indy Women in Tech Championship golf tournament, Saturday, Aug. 18, 2018, Indianapolis.**

By MICHAEL MAROT  
Associated Press

INDIANAPOLIS — Lizette Salas waited patiently for Sung Hyun Park to make a rare mistake Saturday.

When the South Korean mishit her approach shot into the water on the par-4 16th, Salas capitalized quickly.

She rolled in her birdie putt then watched Park make double bogey — a three-shot swing that gave Salas the lead and the momentum heading into the final round of the Indy Women in Tech Championship. Salas closed out her 8-under 64 with a birdie on No. 18 to reach 21 under — two shots ahead of Park and Amy Yang.

"I have been striking

the ball really well, and I just had to stay patient," Salas said. "And yeah, putts dropped for sure. I just really felt comfortable."

If she keeps it up one more day, Salas could be celebrating her first tour win since the 2014 Kingsmill Championship and her second overall. With five of the next six players on the leader board ranked in the world's top 30, Salas knows it won't be easy.

The changing weather conditions weather may not help, either. If the forecast for mostly sunny conditions Sunday holds, the soft greens that have kept scores at near record-lows through the first three rounds could suddenly become quicker and less forgiving.

But the 29-year-old Californian seems to have the perfect touch for this course, which weaves around and inside the historic Indianapolis Motor Speedway.

She shot three sub-par rounds and finished tied for fifth last year here. This year, she has three more sub-par rounds including a course record-tying 62 on Thursday and has been atop the leader board each of the first three days.

"I have been so confident the whole year," Salas said. "I have a different mentality, I'm a different player. So I'm just going to go out and play as if I'm behind."

Salas' toughest challenge still could from Park, who spent most of

Saturday flirting with a 54-hole scoring record.

She birdied the last four holes on the front side and made back-to-back birdies on Nos. 13 and 14 to reach 21 under with a chance to become the sixth LPGA player to ever finish three rounds at 23 under.

The miscue at No. 16 changed everything.

She never really recovered after dropping two shots, settling for par on the final two holes for a 66 after shooting 68 and 63 the first two days. Yang finished with a 65 after going 68 and 64.

"I was a little weary with right-to-left wind," Park said. "I think a little bit of weariness got to me, but overall, it's OK."

## RAYS

From Page 1

two runs on five hits, striking out eight, walking two and hitting a batter. He is 3-0 with a 1.35 ERA in his five starts since the All-Star break.

Tyler Glasnow (0-1), making his fourth start since being acquired from Pittsburgh at the non-wavier trading deadline, gave up five runs, four earned, and three hits. He walked three and struck out four in 6 2/3 innings.

Craig Kimbrel got the final three outs for his 37th save.

The Red Sox took advantage of Glasnow's wildness to jump ahead 4-0 in the first. Moreland's RBI double made it 1-0 before Martinez and Xander Bogaerts walked to load the bases. The righty then walked Ian Kinsler, forcing in a run.

First baseman Jake Bauers then fired Brock Holt's grounder into left field attempting a force at second and two runs scored, making it 4-0.

In the third, Martinez homered into Boston's bullpen.

Cron's homer cleared the Green Monster and left Fenway Park completely in the sixth.

### HEADS UP

Tampa Bay's Carlos Gomez advanced to third

when it was left uncovered on a popup that was caught between first and the plate in the first inning.

### NOT HEADS UP

With Kinsler on second and Holt on first in the first, Kinsler got caught trying to steal third too quickly when Glasnow stepped off and got him in a rundown. Holt was unsure where to go, standing between first and second before he was tagged out in a rundown for an inning-ending double play.

Three innings later, Tampa Bay's Tommy Pham was doubled off second on a fly ball to the left-field warning track.

### FRIENDLY FENWAY

The Red Sox improved their home record to a majors' best 44-15.

### TRAINER'S ROOM

Rays: C Jesus Sucre missed his fourth straight game with a sore right wrist.

Red Sox: Ace lefty Chris Sale was placed on the 10-day disabled list for the second time in nearly three weeks with mild inflammation in his left shoulder. "It's definitely less than it was last time," Sale said. LHP Eduardo Rodriguez (DL since July 15, sprained right ankle) is scheduled to make a rehab start on Monday.

Minnesota's offensive line, with guards Nick Easton (neck) and Joe Berger (retirement) gone. The new right side, Mike Remmers and Rashod Hill, was held out with ankle injuries. Center Pat Elflein is still recovering from offseason shoulder and ankle surgeries.

The Vikings failed to move the chains on all 12 of their third-down attempts.

### SPARANO TRIBUTE

The wife (Jeanette), daughter (Ryan) and son (Tony Jr.) of former Vikings offensive line coach Tony Sparano, who died suddenly last month of heart disease, were honored before the game. The entire Vikings offensive line joined the family at midfield for the coin flip. Tony Sparano Jr. is the assistant offensive line coach for the Jaguars. Sparano's other son, Andy, was unable to attend. Berger blew the ceremonial Gjallarhorn kickoff.

### NATIONAL ANTHEM

Last week, four Jaguars players remained in the locker room during "The Star-Spangled Banner," cornerback Jalen Ramsey, linebacker Telvin Smith and running backs Leonard Fournette and T.J. Yeldon. Ramsey was not at this game, left at home like Dante Fowler for disciplinary reasons related to the fight at practice last week between Fowler and Ngakoue. Fournette and Yeldon were spotted on the sideline during the anthem, though Smith was not.

### INJURY REPORT

Jaguars: Left guard Andrew Norwell, the team's premier free agent addition, was held out for the second straight game because of a calf injury, as was rookie defensive end Taven Bryan (abdomen). Center Brandon Linder (knee), strong safety Don Carey (hamstring) and left guard Chris Reed (knee) were injured during the game. Reed started for Norwell.

Vikings: Alexander, who's competing with rookie Mike Hughes to play the slot position in the nickel package, hurt his ankle on his dropped interception.



AP PHOTO/WAIDE PAYNE

Kevin Harvick (4) and Kyle Larson (42) lead the field on a restart during a NASCAR Cup Series auto race, Saturday, Aug. 18, 2018, in Bristol, Tenn.

## NASCAR

From Page 1

tending to his wounded race car, older brother Kurt battled Stewart-Haas Racing teammate Clint Bowyer for the

lead. Kurt Busch was relentless on the restart and got his Ford to the front, then Kyle Busch spun to bring out a ninth caution.

Kurt Busch had a good restart but Kyle Larson, on fresher tires, was

desperately trying to catch him for the win. Kurt Busch held him off and Larson, winner of the Xfinity Series race on Friday night, finished second in his bid for the Bristol sweep. Kyle Busch wound up 20th.

UP NEXT: The Cup Series is off next weekend and races again Sept. 2 in the Southern 500 at Darlington Raceway in South Carolina. Denny Hamlin won last year's race.

## GOLF

From Page 1

position to contend for his ninth victory on tour and his first since the 2016 Farmers Insurance Open.

The 2012 FedEx Cup champion won the tournament in 2007, the year before it moved across town to par-70 Sedgefield Country Club.

Snedeker's final 11 holes of the round could wind up being telling: In seven of the 10 previous years since the tournament's move to this course, the third-round leader or co-leader has gone on to win.

And every leader who finished the third round here at 16 under or better has wound up winning, including Henrik Stenson (16 under) last year and Si Woo Kim (18 under) in 2016.

Snedeker started the



AP PHOTO/CHUCK BURTON

Brandt Snedeker watches his tee shot on the second hole during the third round of the Wyndham Championship golf tournament at Sedgefield Country Club in Greensboro, N.C., Saturday, Aug. 18, 2018.

day off strong, rolling in a 60-foot chip for birdie on the par-4 second hole, then pushed his lead to three strokes with a birdie on No. 5 that moved him to 16 under. But after he

sank a short par putt on the seventh, thunder boomed and the horn sounded to stop play.

Gay was 12 holes into a second consecutive strong round when the delay struck. After

shooting a 63 in the second round, he had four birdies and an eagle on the par-5 fifth hole. He placed his 200-yard second shot 10 feet from the flagstick and sank the putt.

## NFL

From Page 1

### PANTHERS 27, DOLPHINS 20

CHARLOTTE, N.C. (AP) — Christian McCaffrey had 120 yards from scrimmage in the first half, including a 71-yard touchdown run and Carolina defeated Miami.

McCaffrey had 92 yards rushing on five carries and caught four passes for 28 yards for Carolina (2-0).

Cam Newton overcame an early interception and two sacks by Robert Quinn to finish 9 of 12 for 89 yards, including a 27-yard touchdown pass to speedy rookie tight end Ian Thomas to give Carolina a 13-9 lead before exiting near the end of the first half.

Ryan Tannehill was an effective 14 of 17 for 100 yards despite playing without wide receivers DeVante Parker and Kenny Stills, but Miami (0-2) struggled to finish drives and settled for three field goals in the first half. Kenyan Drake had 54 yards rushing on eight carries.

### CHIEFS 28, FALCONS 14

ATLANTA (AP) — After a dismal showing in the first preseason game, Matt Ryan and Atlanta found their offensive rhythm. Ryan guided the

Falcons right down the field for a touchdown on their first possession, hooking up with Austin Hooper on a 4-yard scoring pass, and led another impressive drive before calling it a night in a loss to the Kansas City Chiefs.

Ryan finished 5 of 7 for 90 yards, looking very much like the quarterback who won the MVP during the 2016 season even though two of his top weapons, receiver Julio Jones and running back Devonta Freeman, were held out for the second week in a row. It was certainly an encouraging contrast to the preseason opener, when the Falcons (0-2) were blanked 17-0 by the New York Jets and Ryan played only one brief series.

Kansas City's new starting quarterback, Patrick Mahomes, had an up-and-down game. The second-year player was intercepted on a deep throw by Falcons safety Damontae Kazee, who drifted over from the middle of the field to pick a ball intended for Sammy Watkins.

Mahomes caught a break when another ill-advised throw into the end zone was dropped by Falcons cornerback Bliid Wren-Wilson, allowing the Chiefs to salvage a field goal.

But, with just 17 seconds left in the first half, Mahomes made the most of his final pass. Three

Atlanta defensive backs inexplicably allowed Tyreek Hill to get behind them, and Mahomes delivered the pass in stride for a 69-yard touchdown.

Mahomes was 8 of 12 for 138 yards.

### GIANTS 30, LIONS 17

DETROIT (AP) — Davis Webb took advantage of his opportunity to play for Eli Manning, throwing a go-ahead touchdown in the second quarter to help New York beat Detroit.

Webb was 14 of 20 for 140 yards with an 8-yard TD pass to Wayne Gallman Jr., who scored for a second time later in the game. Webb showed poise in the pocket and touch down the field, connecting on a perfectly lofted 40-yard pass to Russell Shepard to set up Aldrick Rosas' 55-yard field goal in the second quarter.

Webb, a 2017 third-round pick, bounced back from a poor performance last week. He was 9 of 22 for 70 yards, sailing passes over open receivers in the preseason opener against Cleveland to raise some concerns about whether he's ready to be the team's No. 2 quarterback.

The Lions started Matthew Stafford after sitting him in last week's game at Oakland and he had a shaky game behind a porous offensive line.

Stafford was 2 of 5 for 51 yards and was sacked twice and hit once as he threw.

Jake Rudock replaced Stafford in the second quarter and finished 23 of 30 for 171 yards with a TD. Rudock came back in the fourth, reliving veteran Matt Cassel, who threw an interception.

### CARDINALS 20, SAINTS 15

NEW ORLEANS (AP) — Free-agent acquisition Sam Bradford and 10th overall draft choice Josh Rosen combined to provide a promising outlook for Arizona's quarterback situation.

After Bradford completed all six of his passes for 61 yards, Rosen went 10 of 16 for 107 yards, including a 13-yard touchdown to rookie Christian Kirk in a preseason victory over New Orleans.

David Johnson bowled his way into the end zone for a 9-yard touchdown to give the Cardinals the game's opening score, capping a six-play, 61-yard drive led by Bradford.

Kirk finished with four receptions for 49 yards, and Chad Williams caught three passes for 44 yards for Arizona.

Saints quarterback Drew Brees sat out the entire game, as he also did when the Saints won their preseason opener in Jacksonville last week.

## VIKINGS

From Page 1

Leonard Fournette on one of his seven series, the last of three possessions the Vikings starters were still in the game.

The Vikings, who led the league with the fewest yards and points allowed in 2017 while the Jaguars finished second, gave Bortles trouble during drills in practices on Wednesday and Thursday at Minnesota's suburban facility.

"We've still got some things to fix," Bortles said.

The Vikings had six sacks, two by Ifeadi Odenigbo. Mike Boone, in a stiff competition for the No. 3 running back spot, had 13 carries for 91 yards and a score.

T.J. Yeldon helped his cause to be Fournette's backup with five catches for 73 yards and 10 carries for 39 yards. With a 57-yard punt return by Rashad Greene to set up the touchdown just after the two-minute warning, Jacksonville took a late lead on a short run by Brandon Wilds.

### FLAGS FLY

The Jaguars were called for 13 penalties for a whopping 140 yards, including 10 infractions in the first half. Ngakoue celebrated his sack with an incendiary hip-thrusting dance, taking one of the 15-yarders.

"Penalties cost you games," Ngakoue said. "We still were lucky enough to win today, but we've got to clean it up."

Cornerback A.J. Bouye was singled out for the NFL's new targeting rule, for lowering his helmet on a tackle attempt.

"Both of our heads were lowered," Bouye said. "I think they should offset, but I've just got to learn from it."

Vikings linebacker Antwone Williams was also flagged for unnecessary roughness, negating a sack of Cody Kessler for driving him into the turf, another point of emphasis this year for officials on the field. Zimmer initially argued, but said afterward he thought the call was correct.

### ON THE LINE

Left tackle Riley Reiff was the only starter from last year suited up on

# MAJOR LEAGUE BASEBALL

## AMERICAN LEAGUE

TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Boston	88	36	.710	—	—	8-2	W-2	44-15	44-21
New York	77	46	.626	10½	—	6-4	W-2	44-20	33-26
Tampa Bay	62	61	.504	25½	12	5-5	L-2	34-24	28-37
Toronto	55	68	.447	32½	19	4-6	L-3	29-32	26-36
Baltimore	37	86	.301	50½	37	3-7	W-1	21-40	16-46

TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Cleveland	70	52	.574	—	—	8-2	L-1	38-24	32-28
Minnesota	58	63	.479	11½	15	6-4	W-4	37-24	21-39
Detroit	50	73	.407	20½	24	3-7	L-4	32-30	18-43
Chicago	45	77	.369	25	28½	4-6	L-1	23-39	22-38
Kansas City	38	85	.309	32½	36	4-6	W-1	18-44	20-41

TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Houston	74	49	.602	—	—	3-7	L-2	33-29	41-20
Oakland	74	49	.602	—	—	7-3	W-2	37-24	37-25
Seattle	70	53	.569	4	4	5-5	L-1	36-25	34-28
Los Angeles	62	62	.500	12½	12½	6-4	L-2	33-30	29-32
Texas	55	69	.444	19½	19½	6-4	W-2	28-37	27-32

## NATIONAL LEAGUE

TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Atlanta	68	53	.562	—	—	6-4	L-2	34-26	34-27
Philadelphia	68	55	.553	1	—	4-6	L-1	41-21	27-34
Washington	62	61	.504	7	5½	4-6	W-2	31-28	31-33
New York	53	69	.434	15½	14	6-4	W-1	24-37	29-32
Miami	48	76	.387	21½	20	1-9	L-6	28-35	20-41

TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Chicago	71	51	.582	—	—	6-4	L-1	38-23	33-28
St. Louis	68	56	.548	4	—	9-1	W-2	34-27	34-29
Milwaukee	68	57	.544	4½	½	3-7	L-3	36-24	32-33
Pittsburgh	62	62	.500	10	6	4-6	W-1	34-31	28-31
Cincinnati	54	69	.439	17½	13½	5-5	W-2	30-35	24-34

TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Arizona	68	55	.553	—	—	6-4	W-3	32-29	36-26
Colorado	66	56	.541	1½	1	6-4	W-2	31-27	35-29
Los Angeles	66	57	.537	2	1½	4-6	W-2	32-30	34-27
San Francisco	61	63	.492	7½	7	4-6	L-3	34-26	27-37
San Diego	48	77	.384	21	20½	3-7	L-5	22-42	26-35

## ROUNDUP/MATCHUPS

**Athletics 7, Astros 1:** Trevor Cahill pitched one-hit ball for seven shut-out innings and the Athletics tied Houston for the AL West lead. **Mets 3, Phillies 1:** Jacob deGrom pitched his first complete game of the season and lowered his major league-leading ERA to 1.71. **Yankees 11, Blue Jays 6:** Giancarlo Stanton hit one of New York's four homers, Luis Severino struck out eight while pitching into the sixth inning and the Yankees beat Toronto. **Orioles 4, Indians 2:** Alex Cobb pitched a five-hitter for his first complete game in five years, and the Baltimore Orioles snapped Cleveland's six-game win streak. **Red Sox 5, Rays 2:** David Price pitched seven solid innings, J.D. Martinez hit his major league-leading 38th homer after Boston jumped to a quick lead and the Red Sox beat

the Tampa Bay Rays for their 17th victory in 20 games. **Reds 7, Giants 1:** Matt Harvey took a no-hit try into the sixth inning, and Jose Peraza and Dilson Herrera backed him with home runs. **Pirates 3, Cubs 1:** Joe Musgrove cruised through seven innings, and the Pittsburgh Pirates snapped a five-game losing streak. **Cardinals 7, Brewers 2:** Marcell Ozuna homered and Miles Mikolas tossed six effective innings to lead St. Louis. **LATE** Miami at Washington Colorado at Atlanta Detroit at Minnesota Kansas City at Chicago White Sox L.A. Angels at Texas Arizona at San Diego L.A. Dodgers at Seattle

## BOX SCORES

### ATHLETICS 7, ASTROS 1

HOUSTON	AB	R	H	BI	BB	SO	AVG.
Springer cf	3	0	0	0	0	0	.248
a-Tucker ph	1	0	0	0	0	0	.154
Bregman 3b	3	0	0	0	1	2	.277
Correa ss	3	0	0	0	0	1	.253
Gonzalez 2b	3	0	0	0	0	1	.239
Gurriel 1b	3	0	1	0	0	1	.281
Gattis dh	3	0	0	0	2	2	.236
Reddick rf	3	0	0	0	0	2	.245
Stassi c	3	0	0	0	0	0	.237
Kemp lf	3	1	1	0	0	0	.280
<b>TOTALS</b>	<b>28</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>9</b>	<b>9</b>	

NEW YORK	AB	R	H	BI	BB	SO	AVG.
Rosario ss	4	1	1	0	0	0	.242
McNeil 2b	4	1	2	1	0	0	.278
Flores 1b	4	0	1	1	0	0	.272
Conforto lf	4	0	0	0	2	2	.238
Frazier 3b	3	0	2	0	0	0	.233
Jackson cf	4	0	0	0	0	4	.287
Bautista rf	4	0	0	0	0	2	.200
Mesoraco c	4	1	1	1	0	1	.219
deGrom p	4	0	0	0	0	3	.115
<b>TOTALS</b>	<b>35</b>	<b>3</b>	<b>7</b>	<b>3</b>	<b>0</b>	<b>12</b>	

Betances, H, 19 1 0 0 0 1 2 17 2.28  
Cole 1 3 1 1 0 2 18 5.66  
Severino pitched to 2 batters in the 6th.  
Inherited runners-scored—Petricka 1-0.  
Santos 1-0, Tepera 3-2, Kahnle 1-1, Holder 3-3. HBP—Santos (Stanton). WP—Reid-Foley 2, Petricka.  
Umpires—Home, Dave Rackley First, Hunter Wendelstedt Second, Jansen Visconti Third, Larry Vanover.  
T—3:29. A—44,778 (47,309).

### METS 3, PHILLIES 1

NEW YORK	AB	R	H	BI	BB	SO	AVG.
Rosario ss	4	1	1	0	0	0	.242
McNeil 2b	4	1	2	1	0	0	.278
Flores 1b	4	0	1	1	0	0	.272
Conforto lf	4	0	0	0	2	2	.238
Frazier 3b	3	0	2	0	0	0	.233
Jackson cf	4	0	0	0	0	4	.287
Bautista rf	4	0	0	0	0	2	.200
Mesoraco c	4	1	1	1	0	1	.219
deGrom p	4	0	0	0	0	3	.115
<b>TOTALS</b>	<b>35</b>	<b>3</b>	<b>7</b>	<b>3</b>	<b>0</b>	<b>12</b>	

### PHILADELPHIA

PHILADELPHIA	AB	R	H	BI	BB	SO	AVG.
Hernandez 2b	4	0	1	0	0	1	.260
Hoskins lf	4	0	2	0	2	2	.257
Santana 1b	4	0	1	0	1	1	.217
W.Ramos c	4	0	0	0	1	3	.304
Williams rf	4	1	1	0	0	0	.265
Franco 3b	3	0	2	0	0	0	.282
Herrera cf	3	0	0	0	0	0	.268
Kingery ss	2	0	0	0	1	2	.225
b-Cabrera ph-ss	1	0	0	0	0	0	.269
Arrieta p	1	0	0	0	0	1	.135
a-Quinn ph	1	0	0	0	0	1	.275
Garcia p	0	0	0	0	0	0	---
E.Ramos p	0	0	0	0	0	0	---
c-Bour ph	1	0	0	0	1	2	.227
Neris p	0	0	0	0	0	0	.000
<b>TOTALS</b>	<b>32</b>	<b>1</b>	<b>7</b>	<b>0</b>	<b>9</b>	<b>9</b>	

### PHILADELPHIA

PHILADELPHIA	AB	R	H	BI	BB	SO	AVG.
a-struck out for Arrieta in the 6th. b-flied out for Kingery in the 8th. c-struck out for E.Ramos in the 8th.							
E—deGrom (1), Santana (9), Arrieta (4). LOB—New York 6, Philadelphia 4. 2B—Frazier (12), Hoskins (29), Franco (16). 3B—McNeil (1). HR—Mesoraco (10), off Garcia. RBIs—McNeil (6), Flores (46), Mesoraco (29). SB—McNeil (1), Hoskins (5). Runners left in scoring position—New York 5 (Flores, Jackson, Bautista 3) Philadelphia 3 (Santana, Williams, Herrera). RISP—New York 1 for 7 Philadelphia 0 for 4. GIDP—W.Ramos. DP—New York 2 (Flores, Rosario, McNeil), (Rosario, McNeil, Flores). <b>NEW YORK</b> IP H R ER BB SO NP ERA deGrom, W, 8-7 9 7 1 0 0 9 108 1.71 <b>PHILADELPHIA</b> IP H R ER BB SO NP ERA Arrieta, L, 9-8 6 4 1 1 0 6 96 3.25 Garcia 1 3 2 2 0 2 23 3.97 E.Ramos 1 0 0 0 2 16 18.5 Neris 1 0 0 0 2 16 6.34 HBP—Arrieta (Frazier). PB—W.Ramos (7). Umpires—Home, Gerry Davis First, Chris Guccione Second, Marty Foster Third, Jeremie Rehak. T—2:31. A—35,158 (43,647).							

### RED SOX 5, RAYS 2

TAMPA BAY	AB	R	H	BI	BB	SO	AVG.
Gomez rf	3	0	0	0	1	2	.214
Duffy 3b	4	0	1	0	1	1	.294
Batters 1b	3	1	0	0	1	1	.216
Pham lf	3	0	0	1	3	2	.244
Cron dh	4	1	2	2	0	0	.250
Wendte 2b	4	0	0	0	0	2	.292
Adames ss	4	0	0	0	2	4	.179
Kiermaier cf	4	0	1	0	0	0	.292
Perez c	3	0	1	0	2	1	.346
<b>TOTALS</b>	<b>32</b>	<b>2</b>	<b>5</b>	<b>2</b>	<b>10</b>	<b>10</b>	

### BOSTON

BOSTON	AB	R	H	BI	BB	SO	AVG.
Betts rf	4	0	0	0	1	1	.346
Benintendi lf	4	1	2	0	0	0	.299
Moreland 1b	4	1	1	0	1	2	.257
Martinez dh	2	2	1	1	0	0	.333
Bogaerts ss	2	1	0	1	0	0	.278
Kinsler 2b	2	0	0	1	0	0	.241
Holt 3b	3	0	1	0	0	0	.265
Leon c	3	0	0	0	2	0	.220
Bradley Jr. cf	3	0	0	0	1	2	.220
<b>TOTALS</b>	<b>27</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>5</b>	<b>5</b>	

### TAMPA BAY

TAMPA BAY	AB	R	H	BI	BB	SO	AVG.
Batters 1b	3	0	0	0	1	1	.216
Pham lf	3	0	0	1	3	2	.244
Cron dh	4	1	2	2	0	0	.250
Wendte 2b	4	0	0	0	0	2	.292
Adames ss	4	0	0	0	2	4	.179
Kiermaier cf	4	0	1	0	0	0	.292
Perez c	3	0	1	0	2	1	.346
<b>TOTALS</b>	<b>32</b>	<b>2</b>	<b>5</b>	<b>2</b>	<b>10</b>	<b>10</b>	

### BOSTON

BOSTON	AB	R	H	BI	BB	SO	AVG.
Batters 1b	3	0	0	0	1	1	.216
Pham lf	3	0	0	1	3	2	.244
Cron dh	4	1	2	2	0	0	.250
Wendte 2b	4	0	0	0	0	2	.292
Adames ss	4	0	0	0	2	4	.179
Kiermaier cf	4	0	1	0	0	0	.292
Perez c	3	0	1	0	2	1	.346
<b>TOTALS</b>	<b>32</b>	<b>2</b>	<b>5</b>	<b>2</b>	<b>10</b>	<	

# SCOREBOARD

## PRO BASEBALL

### AMERICAN LEAGUE

All times Eastern

EAST DIVISION	W	L	PCT.	GB
Boston	88	36	.710	—
New York	77	46	.626	10½
Tampa Bay	62	61	.504	25½
Toronto	55	68	.447	32½
Baltimore	37	86	.301	50½
CENTRAL DIVISION	W	L	PCT.	GB
Cleveland	70	52	.574	—
Minnesota	58	63	.479	11½
Detroit	50	73	.407	20½
Chicago	45	77	.369	25
Kansas City	38	85	.309	32½
WEST DIVISION	W	L	PCT.	GB
Houston	74	49	.602	—
Oakland	74	49	.602	—
Seattle	70	53	.569	4
Los Angeles	62	62	.500	12½
Texas	55	69	.444	19½

**Friday's Games**  
 Cleveland 2, Baltimore 1  
 Boston 7, Tampa Bay 3  
 Texas 6, L.A. Angels 4  
 Chicago White Sox 9, Kansas City 3  
 N.Y. Yankees 7, Toronto 5, 7 innings  
 Minnesota 5, Detroit 4  
 Oakland 4, Houston 3, 10 innings  
 L.A. Dodgers 11, Seattle 1  
**Saturday's Games**  
 N.Y. Yankees 11, Toronto 6  
 Baltimore 4, Cleveland 2  
 Oakland 7, Houston 1  
 Boston 5, Tampa Bay 2  
 Kansas City 3, Chicago White Sox 1  
 Detroit at Minnesota, late  
 L.A. Angels at Texas, late  
 L.A. Dodgers at Seattle, late  
**Today's Games**  
 Tampa Bay (TBD) at Boston (Sale 12-4), 1:05 p.m.  
 Toronto (Borucki 2-2) at N.Y. Yankees (Happ 13-6), 1:05 p.m.  
 Baltimore (Cashner 4-10) at Cleveland (Clevinger 8-7), 1:10 p.m.  
 Detroit (TBD) at Minnesota (Odorizzi 5-7), 2:10 p.m.  
 Kansas City (Fillmyer 1-1) at Chicago White Sox (Lopez 4-9), 2:10 p.m.  
 L.A. Angels (Barria 8-7) at Texas (Colon 7-10), 3:05 p.m.  
 Houston (Verlander 11-8) at Oakland (Manaea 11-8), 4:05 p.m.  
 L.A. Dodgers (Kershaw 5-5) at Seattle (Elias 2-4), 4:10 p.m.  
**Monday's Games**  
 Baltimore at Toronto, 7:07 p.m.  
 Chicago White Sox at Minnesota, 7:10 p.m.  
 Cleveland at Boston, 7:10 p.m.  
 Kansas City at Tampa Bay, 7:10 p.m.  
 Texas at Oakland, 10:05 p.m.  
 Houston at Seattle, 10:10 p.m.

### NATIONAL LEAGUE

All times Eastern

EAST DIVISION	W	L	PCT.	GB
Atlanta	68	53	.562	—
Philadelphia	68	55	.553	1
Washington	62	61	.504	7
New York	53	69	.434	15½
Miami	48	76	.387	21½
CENTRAL DIVISION	W	L	PCT.	GB
Chicago	71	51	.582	—
St. Louis	68	56	.548	4
Milwaukee	68	57	.544	4½
Pittsburgh	62	62	.500	10
Cincinnati	54	69	.439	17½
WEST DIVISION	W	L	PCT.	GB
Arizona	68	55	.553	—
Colorado	66	56	.541	1½
Los Angeles	66	57	.537	2
San Francisco	61	63	.492	7½
San Diego	48	77	.384	21

**Friday's Games**  
 Philadelphia 4, N.Y. Mets 2  
 Washington 8, Miami 2  
 Cincinnati 2, San Francisco 1, 11 innings  
 Colorado 11, Atlanta 5  
 Chicago Cubs 1, Pittsburgh 0  
 St. Louis 5, Milwaukee 2  
 Arizona 9, San Diego 4  
 L.A. Dodgers 11, Seattle 1  
**Saturday's Games**  
 N.Y. Mets 3, Philadelphia 1  
 Pittsburgh 3, Chicago Cubs 1  
 Cincinnati 7, San Francisco 1  
 St. Louis 7, Milwaukee 2  
 Miami at Washington, late  
 Colorado at Atlanta, late  
 Arizona at San Diego, late  
 L.A. Dodgers at Seattle, late  
**Today's Games**  
 San Francisco (Suarez 4-8) at Cincinnati (Castillo 6-10), 1:10 p.m.  
 Chicago Cubs (Quintana 10-9) at Pittsburgh (Tallion 9-9), 1:35 p.m.  
 Colorado (Marquez 10-9) at Atlanta (Sanchez 6-3), 1:35 p.m.  
 Miami (Lopez 2-3) at Washington (Gonzalez 7-9), 1:35 p.m.  
 Milwaukee (Chacin 12-4) at St. Louis (Gant 5-4), 2:15 p.m.  
 Arizona (Greinke 12-8) at San Diego (Kennedy 0-2), 4:10 p.m.  
 L.A. Dodgers (Kershaw 5-5) at Seattle (Elias 2-4), 4:10 p.m.  
 N.Y. Mets (Vargas 2-8) vs. Philadelphia (Pivetta 7-9) at Williamsport, Pa., 7:10 p.m.  
**Monday's Games**  
 Atlanta at Pittsburgh, 7:05 p.m.  
 San Francisco at N.Y. Mets, 7:10 p.m.  
 Cincinnati at Milwaukee, 8:10 p.m.  
 St. Louis at L.A. Dodgers, 10:10 p.m.

## PRO FOOTBALL

**NFL PRESEASON**  
 All times Eastern

AMERICAN CONFERENCE	W	L	T	PCT.	PF	PA
New England	2	0	1	0.000	63	37
Buffalo	1	1	0	.500	42	45
N.Y. Jets	1	1	0	.500	30	15
Miami	0	2	0	.000	44	53
SOUTH	W	L	T	PCT.	PF	PA
Houston	1	0	1	0.000	17	10
Indianapolis	1	0	1	0.000	19	17
Jacksonville	1	1	0	.500	34	34
Tennessee	0	1	0	.000	17	31
NORTH	W	L	T	PCT.	PF	PA
Baltimore	2	0	1	0.000	50	23
Cincinnati	2	0	1	0.000	51	40
Cleveland	1	1	0	.500	37	29
Pittsburgh	1	1	0	.500	65	65
WEST	W	L	T	PCT.	PF	PA
Kansas City	1	1	0	.500	38	31
Oakland	1	1	0	.500	31	29
L.A. Chargers	0	1	0	.000	17	24
Denver	0	1	0	.000	28	42

**NATIONAL CONFERENCE**

EAST	W	L	T	PCT.	PF	PA
N.Y. Giants	1	1	0	.500	40	37
Washington	1	1	0	.500	32	39
Dallas	0	2	0	.000	34	45
Philadelphia	0	2	0	.000	34	68
SOUTH	W	L	T	PCT.	PF	PA
Carolina	2	0	1	0.000	55	43
Tampa Bay	1	0	1	0.000	26	24
New Orleans	1	1	0	.500	39	40
Atlanta	0	2	0	.000	14	45
NORTH	W	L	T	PCT.	PF	PA
Green Bay	2	0	1	0.000	82	51
Minnesota	1	1	0	.500	52	42
Detroit	0	2	0	.000	27	46
Chicago	0	2	0	.000	43	47
WEST	W	L	T	PCT.	PF	PA
Arizona	2	0	1	0.000	44	32
San Francisco	1	0	1	0.000	24	21
L.A. Rams	1	1	0	.500	26	48
Seattle	0	1	0	.000	17	19

**WEEK 2 Thursday's Games**  
 New England 37, Philadelphia 20  
 Washington 15, N.Y. Jets 13  
 Green Bay 51, Pittsburgh 34  
**Friday's Games**  
 N.Y. Giants 30, Detroit 17  
 Kansas City 28, Atlanta 14  
 Buffalo 19, Cleveland 17  
 Carolina 27, Miami 20  
 Arizona 20, New Orleans 15  
**Saturday's Games**  
 Jacksonville 14, Minnesota 10  
 L.A. Rams 19, Oakland 15  
 Cincinnati 21, Dallas 13  
 Tampa Bay at Tennessee, late  
 San Francisco at Houston, late  
 Chicago at Denver, late  
 Seattle at L.A. Chargers, late  
**Monday's Games**  
 Baltimore at Indianapolis, 8 p.m.

**WEEK 3 Thursday, Aug. 23**  
 Philadelphia at Cleveland, 8 p.m.

**Friday, Aug. 24**  
 New England at Carolina, 7:30 p.m.  
 N.Y. Giants at N.Y. Jets, 7:30 p.m.  
 Denver at Washington, 7:30 p.m.  
 Seattle at Minnesota, 8 p.m.  
 Detroit at Tampa Bay, 8 p.m.  
 Green Bay at Oakland, 10:30 p.m.  
**Saturday, Aug. 25**  
 Kansas City at Chicago, 1 p.m.  
 Houston at L.A. Rams, 4 p.m.  
 Tennessee at Pittsburgh, 4 p.m.  
 San Francisco at Indianapolis, 4:30 p.m.  
 Atlanta at Jacksonville, 7 p.m.  
 Baltimore at Miami, 7 p.m.  
 New Orleans at L.A. Chargers, 8 p.m.  
**Sunday, Aug. 26**  
 Cincinnati at Buffalo, 4 p.m.  
 Arizona at Dallas, 8 p.m.

## COLLEGE FOOTBALL

**AMWAY PRESEASON COACHES TOP 25 POLL**  
 The preseason Amway Top 25 football poll, with first-place votes in parentheses, 2017 final records, total points based on 25 points for first place through one point for 25th, and last year's final ranking (LYR):

REC.	PTS.	LYR	
1. Alabama (61)	13-1	1621	1
2. Clemson (3)	12-2	1547	4
3. Ohio State (1)	12-2	1458	5
4. Georgia	13-2	1452	2
5. Oklahoma	10-2	1288	3
6. Washington	10-3	1245	15
7. Wisconsin	13-1	1243	6
8. Miami (Fla.)	10-3	1091	13
9. Penn State	11-2	1050	8
10. Auburn	10-4	1004	12
11. Notre Dame	10-3	892	11
12. Michigan State	10-3	870	16
13. Stanford	9-5	768	19
14. Michigan	8-5	752	—
15. Southern California	11-3	691	10
16. Texas Christian	11-3	530	9
17. Virginia Tech	9-4	524	25
18. Mississippi State	9-4	407	20
19. Florida State	7-6	328	—
20. West Virginia	7-6	310	—
21. Texas	7-6	265	—
22. Boise State	11-3	261	22
23. Central Florida	13-0	259	7
24. Louisiana State	9-4	254	18
25. Oklahoma State	10-3	168	14

**Others receiving votes:** South Carolina 138; Florida 135; Oregon 105; Utah 81; Northwestern 67; Texas A&M 67; Kansas State 35; Florida Atlantic 27; Boston College 23; Memphis 23; North Carolina State 22; Arkansas State 19; Troy 19; Appalachian State 16; San Diego State 15; Iowa 8; Iowa State 8; Kentucky 8; Washington State 7; South Florida 6; Duke 5; Fresno State 4; Louisville 3; Arizona 2; Houston 2; Army 1; Northern Illinois 1.

## ODDS

**PREGAME.COM LINE MAJOR LEAGUE BASEBALL**

**Today**

National League	FAVORITE	LINE	UNDERDOG	LINE
at Cincinnati	-105	San Francisco	-105	
at Pittsburgh	-117	Chicago	+107	
at Washington	-220	Miami	+200	
at Atlanta	-125	Colorado	+115	
at St. Louis	-116	Milwaukee	+106	
Arizona	-185	at San Diego	+170	
at Philadelphia	-180	New York	+165	

**American League**

at Boston	Off	Tampa Bay	Off
at New York	-230	Toronto	+210
at Cleveland	-270	Baltimore	+240
at Minnesota	Off	Detroit	Off
at Chicago	-141	Kansas City	+131
at Texas	Off	Los Angeles	Off
Houston	-145	at Oakland	+135

**Interleague**

at Seattle	Off	LA Dodgers	Off
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**NFL PRESEASON Monday FAVORITE OPEN TODAY O/U UNDERDOG** at Indianapolis Pk Pk 43 Baltimore Updated odds available at Pregame.com

## TRANSACTIONS

**BASEBALL**  
**American League**  
 BOSTON RED SOX — Placed LHP Chris Sale on the 10-day DL, retroactive to Wednesday, Aug. 15. Recalled RHP Brandon Workman from Pawtucket (L).  
**National League**  
 COLORADO ROCKIES — Reinstated RHP Antonio Senzateola from the 10-day DL. Optioned INF Pat Valaika to Albuquerque (PCL).  
 SAN FRANCISCO GIANTS — Activated RHP Hunter Strickland from the 60-day DL. Transferred INF Pablo Sandoval to the 60-day DL.  
**American Association**  
 CLEBURNE RAILROADERS — Released OF Matt Helms.  
**ST. PAUL SAINTS** — Released C Connor Olson.  
**TEXAS AIRHOGS** — Acquired OF Javion Randle from San Rafael (Pacific Association).

**FOOTBALL**  
**National Football League**  
 CLEVELAND BROWNS — Placed WR Josh Gordon on the active/non-football injured list. Signed TE Stephen Baggett. Waived-injured TE Julian Allen. Waived DB Micah Hannemann.  
**GREEN BAY PACKERS** — Signed RB LeShun Daniels. Placed RB Akeem Judd on the reserve/waived list.  
**WASHINGTON REDSKINS** — Signed OT Kendall Calhoun, DB Dariusz Hillary and WR Allenzae Staggers. Waived-injured RB Martez Carter. Waived LB Jeff Knox and DE Jalen Wilkerson.

**COLLEGES**  
 FREDONIA STATE — Named Angela Pucciarelli assistant director of athletics/senior woman administrator; Matt Johnson women's tennis coach; Jay Martinez and Troy Trzyna assistant athletic trainers; Derek Fife sports information assistant; Ben Chadley and Taylor Chwalinski assistant swimming coaches; Reid Lesswing men's assistant hockey coach; Ryan Ross men's assistant soccer coach; Madison Spaichner women's assistant volleyball coach and Meghann Kilgallon assistant diving coach.  
 LSU — Suspended junior WR Drake Davis indefinitely following his arrest for allegedly hitting and threatening a woman he was dating.

**GOLF**  
**PGA TOUR WYNDHAM CHAMPIONSHIP**  
 Saturday's leaders at Sedgwick Country Club, Greensboro, N.C. **Purse:** \$6 million. **Yardage:** 7,127; **Par:** 70 (35-35)  
**PARTIAL THIRD ROUND**  
 Michael Thompson 66-70-63-199  
 Jamie Lovemark 66-70-64-200  
 Rory Sabbatini 69-67-64-200  
 Martin Laird 69-66-65-200  
 Sangmoon Bae 67-67-66-200  
 Webb Simpson 68-68-66-200  
 Hideki Matsuyama 69-68-64-201  
 Kevin Tway 67-69-65-201  
 Tom Hoge 69-66-66-201  
 Matthew Fitzpatrick 70-67-65-202  
 Rafa Cabrera Bello 68-69-65-202  
 Shawn Stefani 68-68-66-202  
 Patrick Rodgers 68-67-67-202  
 Chris Kirk 69-65-68-202  
 Hudson Swafford 67-70-66-203  
 Joaquin Niemann 68-69-66-203  
 Scott Piercy 70-67-66-203  
 Sam Saunders 66-70-67-203  
 Johnson Wagner 70-66-67-203  
 Mackenzie Hughes 68-68-67-203  
 William McGirt 69-68-67-204  
 Danny Lee 68-69-67-204  
 Roberto Diaz 68-69-67-204  
 Jonas Blixt 67-68-69-204  
 Dylan Meyer 66-69-69-204  
 Harold Varner III 66-69-69-204  
 Lanto Griffin 69-68-68-205  
 Billy Hurley III 68-69-68-205  
 Bill Haas 69-68-68-205  
 Sam Ryder 72-64-69-205  
 Chesson Hadley 68-68-69-205  
 Martin Flores 66-69-69-206  
 Blyne Barber 68-69-70-206  
 Ricky Barnes 68-67-70-206  
 Stephan Jaeger 67-68-71-207  
 Graeme McDowell 68-67-72-207  
 Xijie Schniederjans 67-67-72-207  
 Xinjun Zhang 71-66-71-208  
 Julian Suri 69-68-71-208  
 Jason Kokrak 68-69-72-209  
 Richy Wernski 68-69-72-209  
 Conrad Shindler 69-68-73-210

**LEADERBOARD**

NAME	PAR	THRU
1. Brandt Snedeker	-16	7
2. Brian Gay	-13	12
3. Trey Mullinax	-12	12
3. Keith Mitchell	-12	8
3. C.T. Pan	-12	7
3. D.A. Points	-12	6
7. Michael Thompson	-11	15
7. Ryan Armour	-11	15
7. Ryan Moore	-11	13
7. Sergio Garcia	-11	9
11. Jamie Lovemark	-10	F
11. Rory Sabbatini	-10	F
11. Martin Laird	-10	F
11. Sangmoon Bae	-10	F
11. Webb Simpson	-10	F
11. Denny McCarthy	-10	16
11. Jim Furyk	-10	13
11. Nick Taylor	-10	11
11. Brett Stegmaier	-10	10
11. Harris English	-10	9
11. David Hearn	-10	7

**LPGA TOUR INDY WOMEN IN TECH**  
 Saturday's leaders at Brickyard Crossing Golf Club, Indianapolis. **Purse:** \$2 million. **Yardage:** 6,456; **Par:** 72 (36-36) (a-denotes amateur)

**THIRD ROUND**

Lizette Salas	62-69-64-195
Amy Yang	68-64-65-197
Sung Hyun Park	68-63-66-197
Lexi Thompson	68-64-64-200
Mina Harigae	69-67-65-201
Nasa Hataoka	64-69-68-201
Jeong Yoo Ko	65-66-70-201
Ang Yin	64-69-69-202
Brianna Do	66-70-67-203
Danielle Kang	65-68-70-203
Marina Alex	68-70-66-204
Hannah Green	69-67-68-204
Ariya Jutanugarn	70-65-69-204
Jennifer Song	68-67-69-204
Mi Hyang Lee	69-69-69-204
Thidapa Suwananapura	67-67-70-204
Bronie Lau	69-69-67-205
Chella Choi	68-70-67-205
Lydia Ko	66-71-68-205
Cristie Kerr	69-67-69-205
Eun-Hee Ji	71-69-66-206
So Yeon Ryu	68-71-67-206
Wichanee Meechai	70-68-68-206
Wei Ling Hsu	67-71-68-206
Emma Talley	70-67-69-206
Madeleine Sheils	67-70-69-206
Caroline Hedwall	65-68-73-206
Jenny Shin	72-68-67-207
Brittany Lang	69-71-67-207
Brooke M. Henderson	70-69-68-207
Jaeung Eun Lee	69-70-68-207
Caroline Inglis	69-70-68-207
Shanshan Feng	69-70-68-207
Angela Stanford	68-71-68-207
Jane Park	65-74-68-207
Jessica Korda	71-67-69-207
Sandra Gal	70-68-69-207

## COLLEGE FOOTBALL: Marshall

## Marshall returns most starters but must replace Litton

By JOHN RABY  
Associated Press

The shock of Chase Litton's departure for the NFL draft has transferred into uncertainty at quarterback for Marshall entering the 2018 season.

The position appears to be the one of the few question marks on a team that has nine starters back on each side of the ball as Marshall goes after its first Conference USA championship since 2014.

Litton, a three-year starter, threw for a career-high 3,115 yards and 25 touchdowns last season, then surprisingly opted to skip his senior season and went undrafted.

The attention at quarterback has turned to Alex Thomson, a graduate transfer from Wagner of the Championship Subdivision. The 6-foot-5 Thomson missed most of last season with a shoulder injury and Marshall coach

Doc Holliday has limited his work in preseason practice. Thomson threw for 2,436 yards and 16 touchdowns with five interceptions in 2016.

Marshall also entered fall camp with junior Garet Morrell and sophomore Isaiah Green. Morrell is the only one among the pair with playing experience. He threw for four touchdowns and three interceptions in five games during the 2016 season.

Marshall also has a new offensive coordinator. Tim Cramsey arrived from Sam Houston State, which led the Championship Subdivision in scoring and total offense and passing yards. Cramsey replaced Bill Legg, who resigned last December and was hired at an offensive consultant at Mississippi State.

Marshall is looking to improve on an 8-5 record from last season, which



FILE - In this Aug. 7, 2018 file photo, Marshall coach Doc Holliday oversees a drill during the NCAA college football team's practice in Huntington, W.Va.

included a win over Colorado State in the New Mexico Bowl.

Holliday, who enters his ninth season, is looking for a few more players to add depth at wide receiver and cornerback.

"We're the deepest we've ever been since I've been here," Holliday said.

Other things to know about the Thundering Herd, who open the season Sept. 1 at Miami (Ohio):

## OFFENSIVE STARS

While it will take time for the new starting quarterback to get acclimated, look for Marshall to rely heavily on running backs Tyler King and Keion Davis. Each surpassed 800 rushing yards a year ago, and Davis returned a pair of kickoffs for touchdowns against Miami last season. Top receiver Tyre Brady also returns. He had 62 catches for 942

yards and eight scores last season and was a Conference USA first team selection.

## DEFENSIVE PROMISE

Marshall's defense is anchored by last year's top two tacklers, senior linebacker Chase Hancock and junior safety Malik Gant.

The Thundering Herd allowed just 19.9 points per game last season, the 17th best in the Bowl Subdivision. Defensive coordinator Chuck Heater left for Maryland in January and Adam Fuller was promoted from linebackers coach.

## KICKERS NEEDED

Kaare Vedvik, who handled punting, place-kicking and kickoffs last season, is gone. Junior college transfer Justin Rohrwasser is likely to take over on field goals and extra points with sophomore Robert

Lefevre and walk-on Shane McDonough battling it out for punting and kickoff duties.

## SOLID O-LINE

Marshall's offensive line returns all five starters. Greg Adkins joins Marshall as offensive line coach this season. He held the same job at Oklahoma State in 2015 and 2016. Adkins also was an assistant at Marshall from 1991 to 1995.

## SCHEDULE

Marshall's tough nonconference schedule includes a Sept. 15 trip to South Carolina and a Sept. 22 home game against North Carolina State. After that, the Thundering Herd could make a run at a league title but has tough tests at home Oct. 5 against Middle Tennessee and Oct. 20 against defending champion Florida Atlantic.

## AUTO RACING

## Power goes for 3rd straight win at Pocono to aid title shot

By DAN GELSTON  
Associated Press

LONG POND, Pa. — Will Power flirted with the idea of hurling a baseball much like a cricket bowler would throw the ball toward a batsman.

Power, an Australian former rugby and cricket player, had second thoughts as he took the mound to throw the first pitch before a recent Philadelphia Phillies game.

"I'd probably get booed," he said, laughing.

Even Aussies know what triggers the official sound of contempt in Philly.

Power might have heard worse had fans tagged him as bad luck when he left in the fifth inning of Philadelphia's 24-4 loss to the New York Mets.

"I felt bad. I was like, whew, this is a tough gig," Power said.

Power finds himself behind on the scoreboard as well, when IndyCar returns from a two-week hiatus for Sunday's race



Will Power looks out from his pit box before a practice session for Sunday's IndyCar series auto race, Saturday, Aug. 18, 2018, in Long Pond, Pa. (AP PHOTO/MATT SLOCUM)

at Pocono Raceway.

The Indianapolis 500 champion is fourth in the standings, 87 points behind leader Scott Dixon. With four races left this season, Alexander Rossi is second in the points race and defending series champion Josef Newgarden is third.

"It's quite a points deficit to come back from," Power said. "But it's not impossible."

Power's run toward a second IndyCar championship — to pair with his 2014 title — shifts into another gear at Pocono, where he's won the last two races and has an

average finish of fourth in the five races since the series returned to the mountains in 2013. He got a nice boost Saturday when he won the pole to match A.J. Foyt for second on the career list with 53.

Power was forced to pit early in last season's race to repair a broken wing and rallied from a lap down to win. He held Mikhail Aleshin at bay after a final restart to win at the track in 2016.

He's had a few missteps in the No. 12 Chevrolet for Team Penske this season that left him looking up at Dixon in the title picture. Power's wins at Indy and Iowa have been offset in the standings a bit by crashes that prevented him from finishing four races.

Dixon, who just signed a contract extension with Chip Ganassi Racing, has been about flawless this season. At 38, he's leading the series in pursuit of his fifth IndyCar title. Dixon has three wins this season and leads Rossi by 46 points in the standings.

## COLLEGE FOOTBALL: Southern Mississippi

## New faces, same expectations for Southern Mississippi

By DAVID BRANDT  
Associated Press

HATTIESBURG, Miss. — Southern Mississippi faces the daunting task of replacing its star running back, top two receivers and multiple talented defensive players. Probably the quarterback, too.

From an outside perspective, it looks like the Golden Eagles might be in for a rebuilding year.

Third-year coach Jay Hopson isn't buying that argument.

"There's always a few spots where we need to stay healthy, but I'm pleased. This team has a lot of talent," Hopson said.

"We just need to keep pressing and get better."

Sophomore Jack Abraham is the Golden Eagles' likely starting quarterback after senior Kwadra Griggs was suspended indefinitely earlier this month "pending resolution of a student conduct matter."

Hopson has not elaborated on Griggs' suspension or if he expects him to be eligible at any point during the season.

Griggs threw for 1,879 yards last season and was the only quarterback on the roster with FBS experience.

Abraham threw for nearly 3,000 yards last year at Northwest Mississippi Community College before transferring to Southern Miss.

"I'm just going out there and showing I can do the right thing every day," Abraham said.

"Putting the ball in the right spots."

Southern Miss hopes that seniors Tez Parks and George Payne can help fill the void at running back after Ito Smith left for the NFL.

The defense will lean on an experienced group of linebackers, including Racheem Boothe, Jeremy Sangster and Paxton Schrimsher.

"We've got guys in certain spots where it's their time to learn it and learn it quick," Hopson said.

"That's always a battle in coaching. Sometimes you have everybody back, sometimes you've got to replace a few guys."

Some other things to know about the Golden Eagles in 2018:

## REPLACING ITO

The Golden Eagles must replace several good players from last year's team, but the toughest to do without might be running back Ito Smith.

The 5-foot-9, 195-pounder was taken in the fourth round of the NFL Draft by the Atlanta Falcons after a stellar college career that included 4,538 yards rushing, 1,446 yards receiving and 49 total touchdowns.

## ANOTHER CHANCE VS THE SEC

Southern Miss is just two years removed from its last win against Southeastern Conference competition when it beat Kentucky 44-35 to open the 2016 season. The Golden Eagles get

another chance for an SEC win when they travel to face Auburn on Sept. 29

## BACK ON TRACK

Southern Miss is going for its fourth straight winning season — a minor miracle considering how badly the program cratered earlier in the decade. The Golden Eagles went 0-12 in 2012 under coach Ellis Johnson before slowly rebuilding the program under Todd Monken, who went 1-11 in 2013, 3-9 in 2014 and then 9-5 in 2015. Hopson's been able to sustain that success through his first two seasons.

## WELCOME BACK PICASSO

The Golden Eagles should get a boost in the secondary thanks to the return of senior Picasso Nelson.

The 5-foot-10, 195-pounder missed all of last season because of an injury, but made more than 130 tackles over three seasons from 2014-16.

## SCOUTING THE SCHEDULE

Southern Miss opens with Jackson State on Sept. 1 and has some difficult road games in the season's first half against Appalachian State, Auburn and North Texas.

The Golden Eagles have a crucial three-game stretch in November against Marshall, UAB and Louisiana Tech. All three of those programs are expected to be C-USA title contenders.



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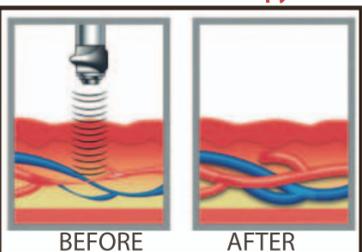
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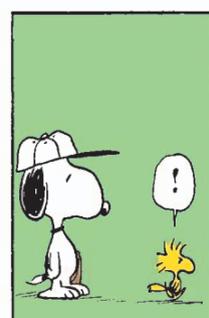
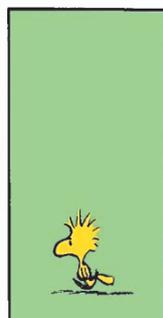
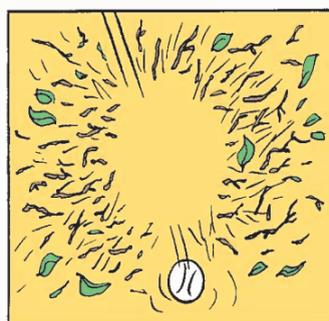
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# The FUNNIES

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featuring  
"Good ol' Charlie Brown"  
by SCHULZ

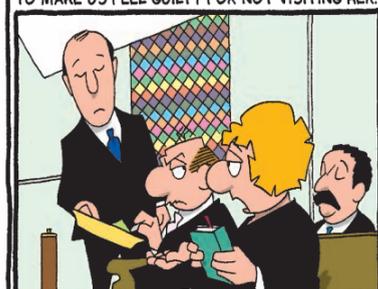
YAWN



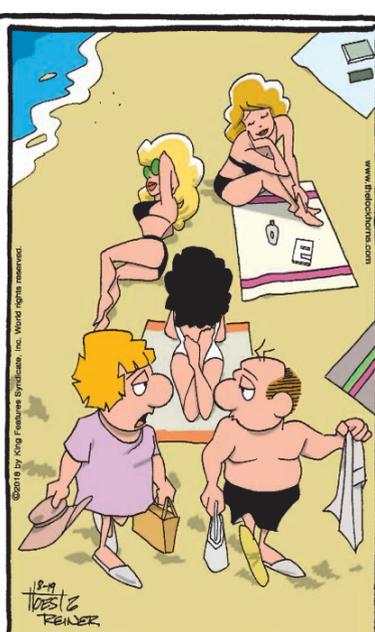
**THE LOCKHORNS**  
BY BUNNY HOEST AND JOHN REINER



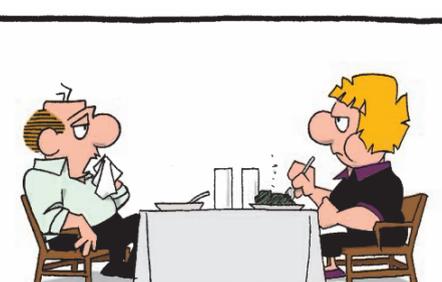
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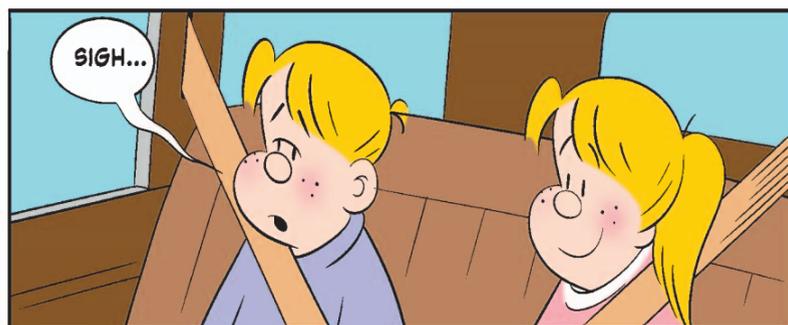


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**Hi and Lois**  
by BRIAN and GREG WALKER

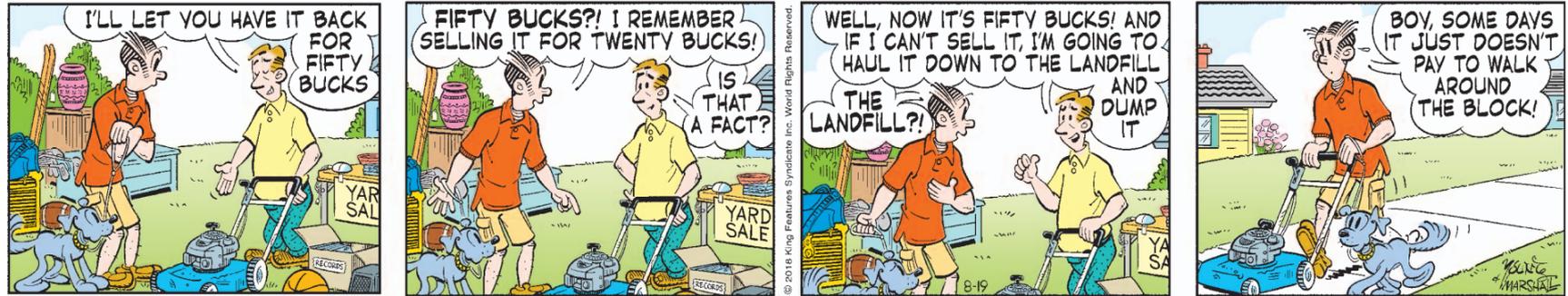
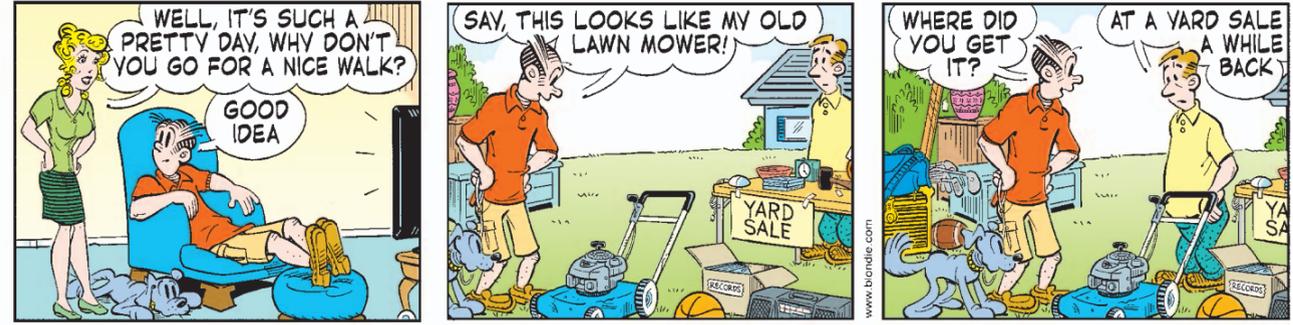
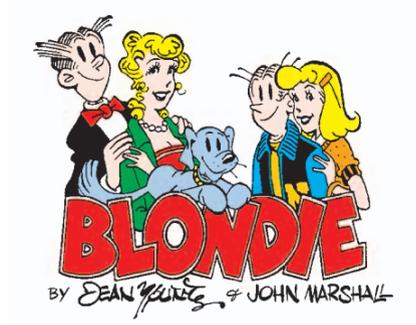
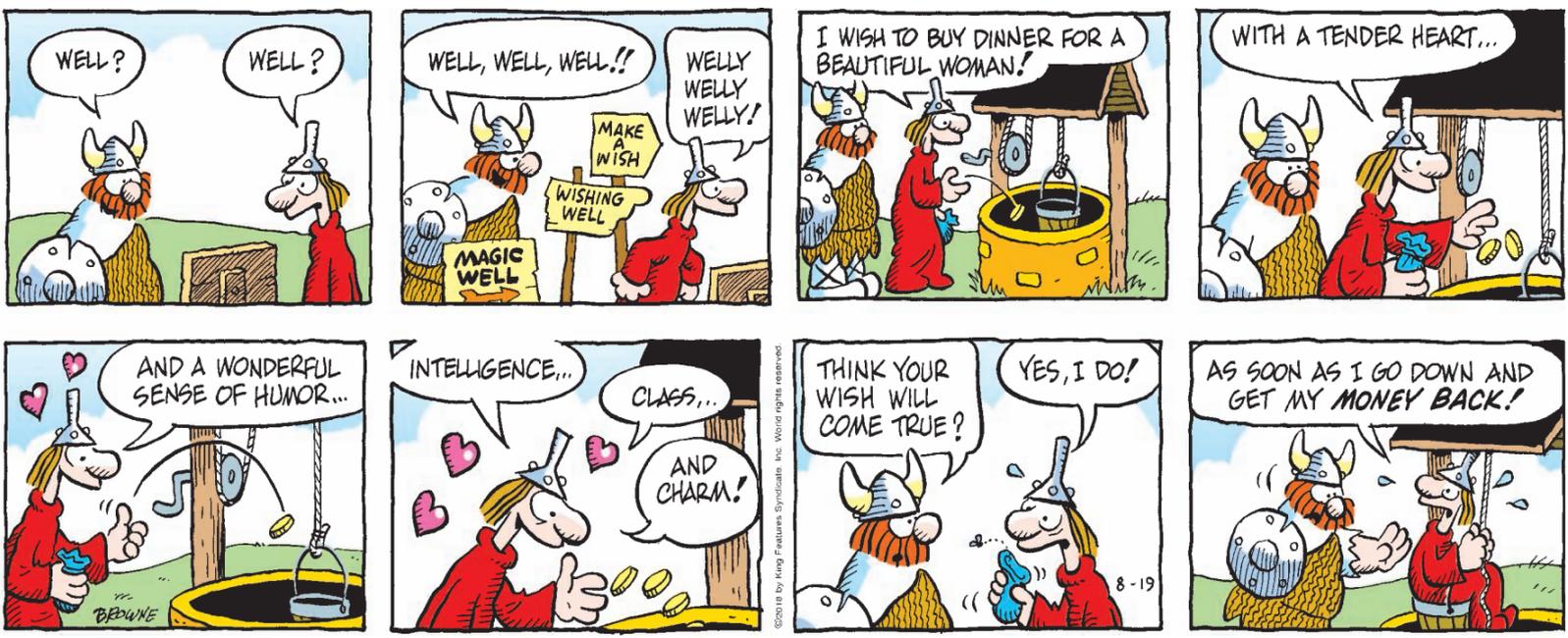
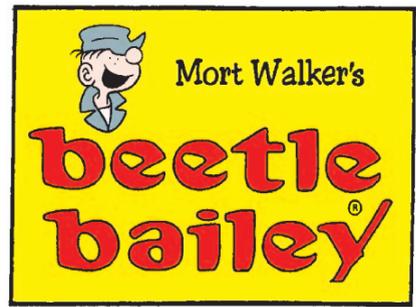
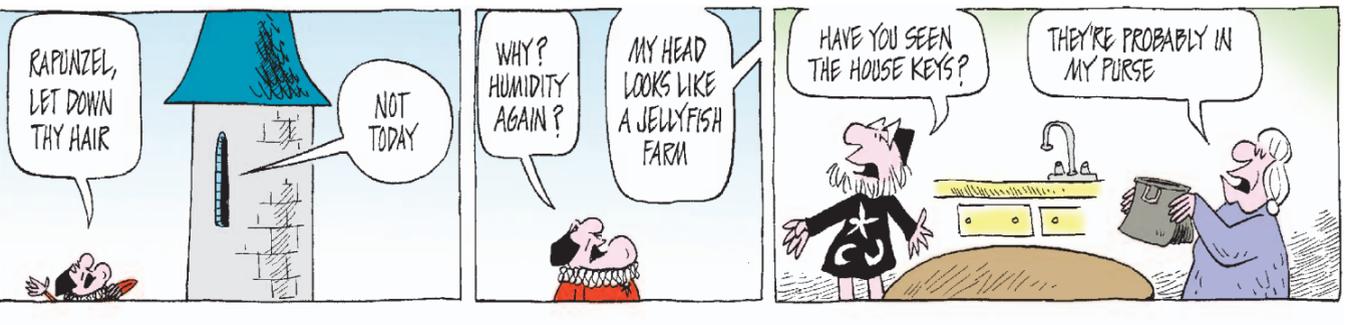
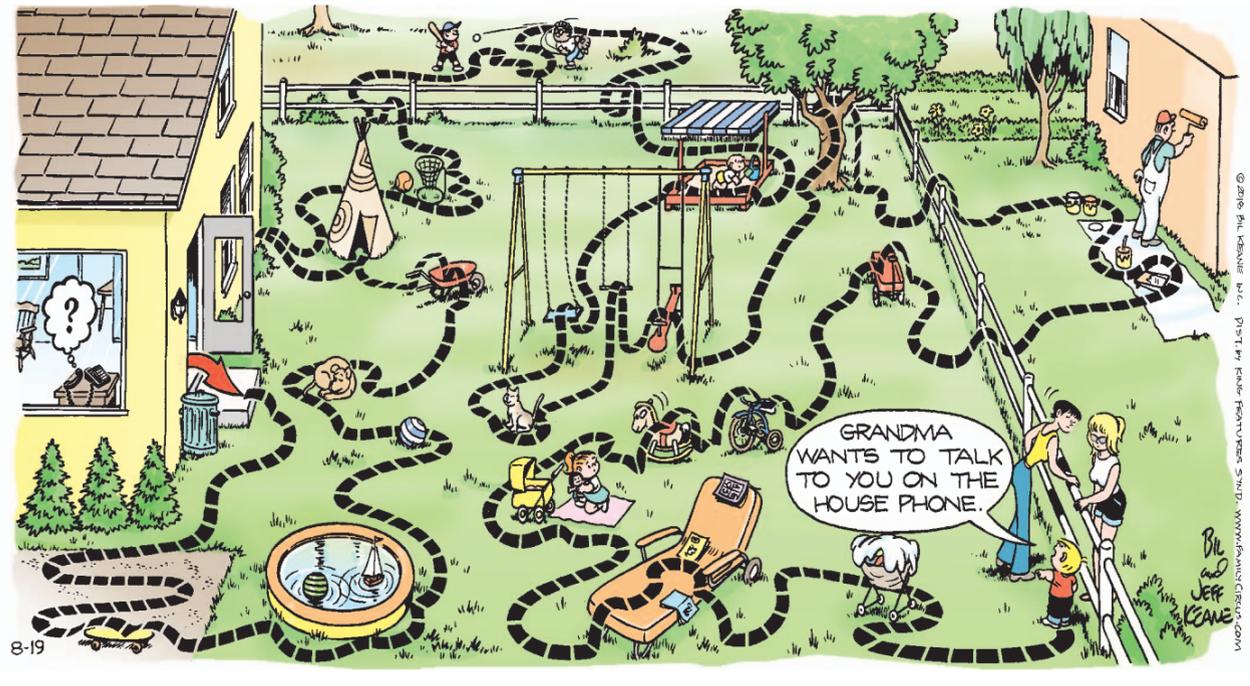
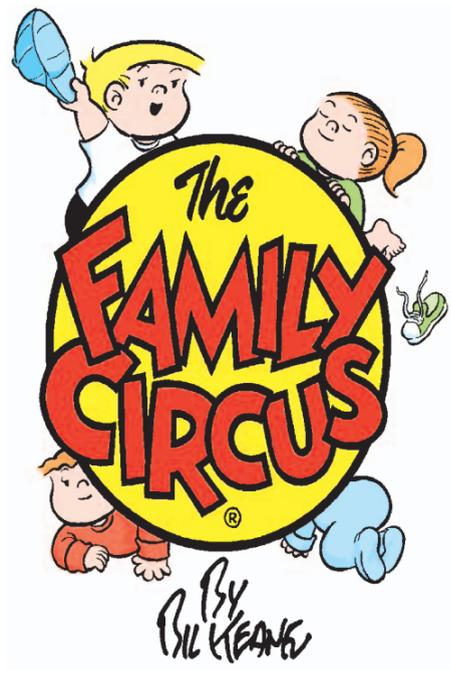


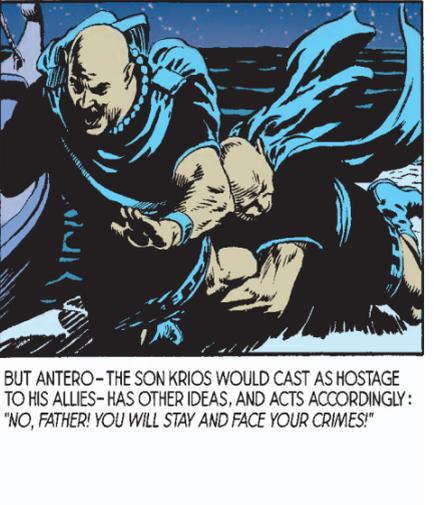
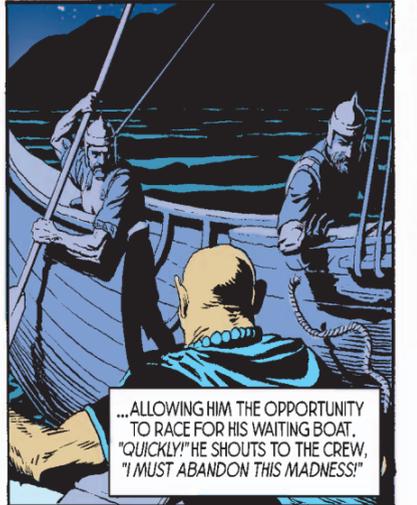
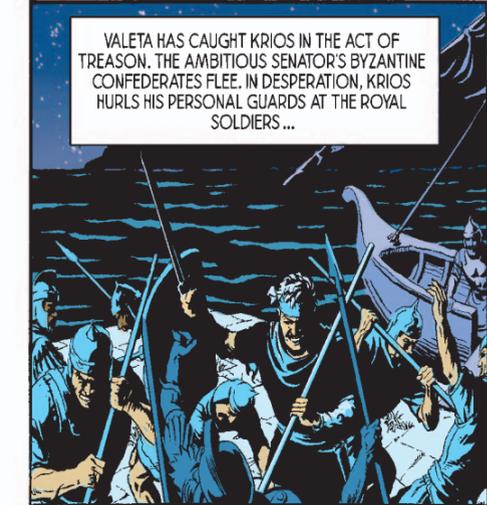
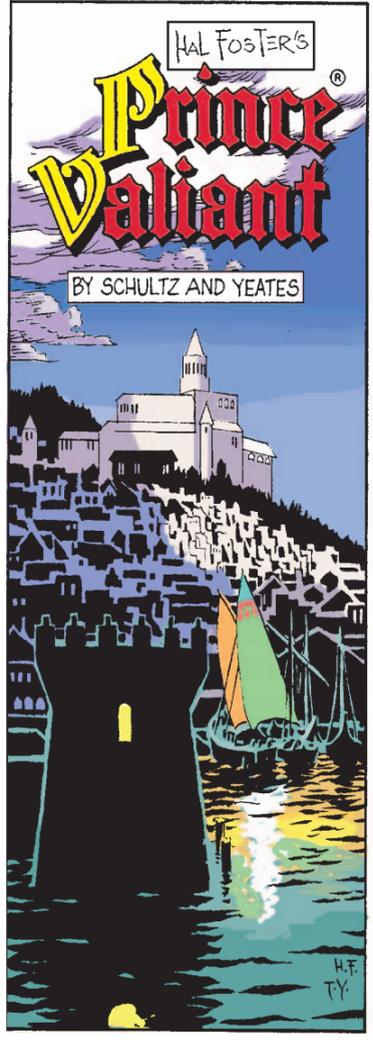
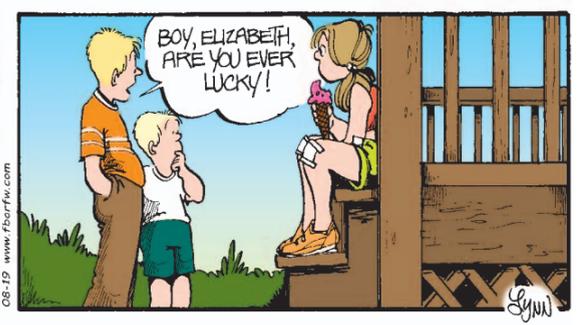
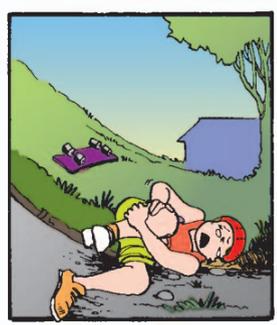
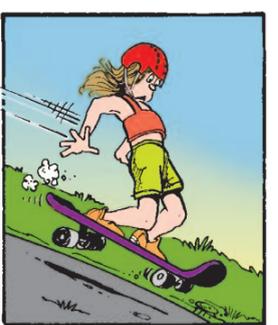
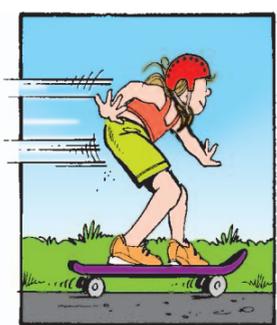
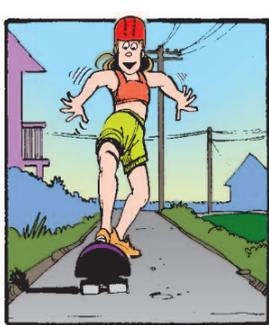
**MARY WORTH**

THERE WAS A TIME I WAS ADDICTED... I WAS A DEALER... I WAS IN PRISON...

"THE TRUTH IS RARELY PURE AND NEVER SIMPLE."  
- OSCAR WILDE

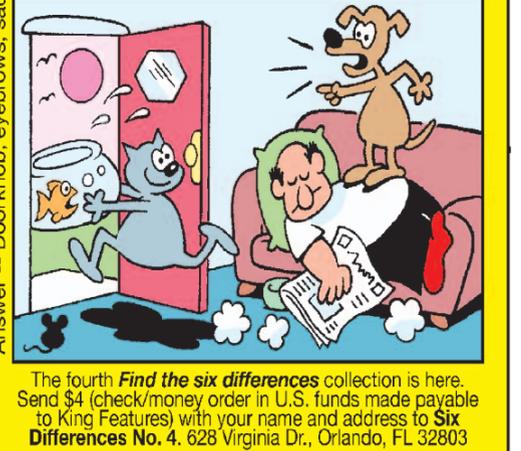
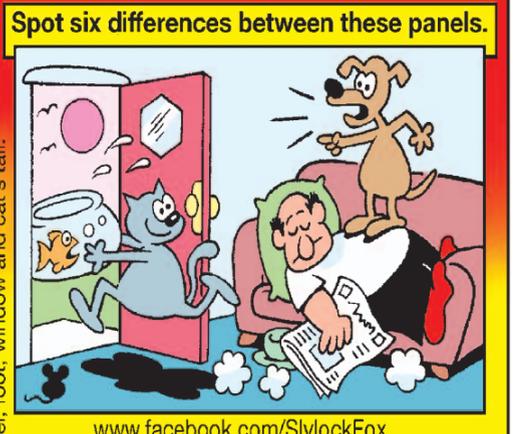
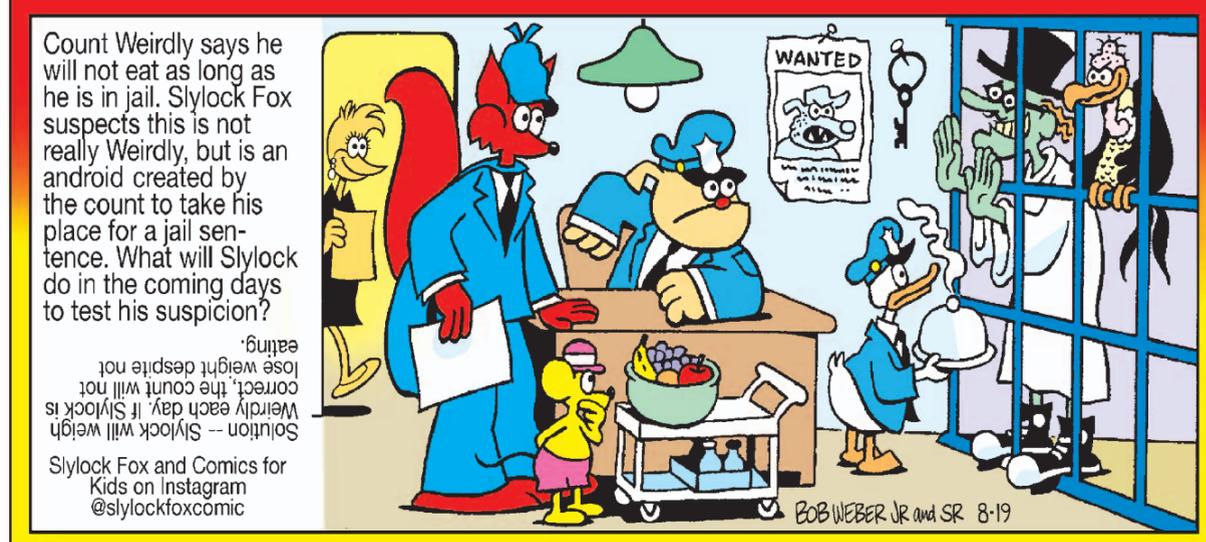






SLYLOCK FOX and COMICS FOR KIDS

BY BOB WEBER JR.





# ZITS

BY JERRY SCOTT and JIM BORGMAN

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8-19  
JERRY SCOTT and JIM BORGMAN  
ZITSCOMICS.COM

HOW WAS JEREMY TODAY?

CATEGORY FOUR.

# JEFF MACNELLY'S SHOE

By Gary Brookins & Susie MacNelly

8/19

ROZ! AS USUAL, I MUST CONGRATULATE YOU ON YOUR GARLIC AND ONION SALAD TOPPED WITH BLUE CHEESE DRESSING!

HOW 'BOUT AN AFTER-DINNER MINT?

SHOECOMICS.COM ©18 MacNelly-Dist. by King Features

Susie MacNelly  
Brookins

# PICKLES

by BRIAN CRANE

Dinner is in the freezer

OPAL IS VISITING HER SISTER, BUT SHE LEFT THIS FROZEN DINNER.

LET'S SEE... REMOVE FILM FROM DESSERT.

CUT SLIT IN FILM OVER CHICKEN AND POTATOES. MICROWAVE ON HIGH FOR 4 MINUTES.

TURN BACK FILM, REARRANGE CHICKEN AND STIR POTATOES. REPLACE FILM.

8/19

HEAT ON HIGH FOR 2 MINUTES. LET COOL FOR 1 MINUTE.

ORDER PIZZA.

# THE BORN LOSER

by Art & Chip Sansom

COACH KEEPS MOVIN' ME AROUND TO FIND A POSITION I CAN HANDLE.

COACH STARTED ME OUT AT CATCHER, BUT I COULDN'T CATCH FASTBALLS.

SO HE MOVED ME TO THE INFIELD, BUT THIRD BASE WAS TOO CLOSE TO THE PLATE FOR HOT GROUNDERS.

THEN HE TRIED ME A LITTLE FARTHER FROM HOME PLATE, AT SECOND BASE, BUT I STILL COULDN'T HANDLE GROUND BALLS THERE.

SO COACH PUT ME OUT IN LEFT FIELD, BUT TOO MANY FLY BALLS CAME MY WAY.

NOW, HE HAS ME HERE IN RIGHT FIELD, BECAUSE NOT AS MANY BALLS ARE HIT THIS WAY.

Art & Chip 8/19  
www.geocomics.com/the-born-loser  
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COACH SAYS IF I CAN'T PLAY THIS POSITION, MY NEXT SPOT IS GONNA BE BEHIND THE OUTFIELD FENCE!

# TIGER

BY BUD BLAKE

SAWHORSE

LUMBER

NAILS

TOOLS

ALL SET- I'VE GOT PLENTY OF WOOD AND NAILS. WHAT WOULD YOU LIKE TO SEE ME MAKE?

A HOT FUDGE SUNDAE!

BUD BLAKE  
8-19

# BABY BLUES

RICK BY JERRY KIRKMAN / SCOTT

**FWEEEEEEET!**

**ADULT SWIM! KIDS OUT OF THE POOL!**

**AWW!**

**GRRR...**

**NO FAIR!**

**GRUMBLE GRUMBLE GRUMBLE**

**I NEED A BETTER DISGUISE.**

**TRY A BIGGER BRAIN.**

**THAT INCLUDES YOU TOO, HAMMIE!**

**BARNEY GOOGLE and SUNS FIFTH**

BY JOHN ROSE

**HMMM... SNUFFY'S ON A CAMPIN' TRIP WIF LUKEY...**

**JUGHAID'S EATIN' AT JAMEY'S...**

**AN' TATER'S VISITIN' SNUFFY'S MAW !!**

**IF IT'S ENNYTHIN' I HATE, IT'S EATIN' ALONE.**

**BUT I GUESS I HAVE NO CHOICE...**

**ZING!**

**BY MASTROIANNI AND HART**

**WHAT ARE YOU DOING?**

**HOPING THIS THING ISN'T REAL.**

**8-19-18**

**FOUUUUUUUUUP**

**TIE TIE**

**EARLY HUMAN ONLY EXPELLED HYDROGEN.**

# SALLY FORTH

by Francesco Marciuliano

**THAT'S BRILLIANT, HIL!**

**YOU KNOW WHAT WOULD REALLY CRANK UP THE FUN WITH THIS SLIP 'N SLIDE?**

**I KEEP TELLING YOU - WE CAN'T ADD A LOOP. THAT ONLY WORKS WITH HOT WHEELS TRACKS.**

**FORGET ABOUT THAT. BUT WHAT IF WE MADE A "TIME-SLIP 'N SLIDE"?**

**A WHAT NOW?**

**A "TIME-SLIP 'N SLIDE"! JUST THINK - ONE MOMENT YOU'RE HAVING A BLAST SLIDING ON WET PLASTIC, AND THE NEXT MOMENT YOU'RE SLIDING INTO MEDIEVAL TIMES! OR ANCIENT EGYPT! OR EVEN THE PREHISTORIC ERA!**

**OF COURSE, THOSE TIMES WON'T HAVE A TIME-SLIP 'N SLIDE TO BRING US BACK, SO WE'LL HAVE TO BRING AN EXTRA ONE. AND WE'LL NEED TO BRING PLUMBING FOR THE HOSE. AND A HOSE. AND THERE'S ALWAYS THE CHANCE WE WIND UP IN POMPEII ON VOLCANO DAY. BUT JUST THINK OF THE PHOTO OPS!**

**I...I...I CAN'T. FAYE, IF YOU PLEASE...**

**I ASSUME YOU HAVEN'T FIGURED OUT ANY OF THE SCIENCE BEHIND THIS AND YOUR BRAIN IS SIMPLY FRIED FROM THE SUMMER SUN?**

**WE DON'T HAVE TO FIGURE IT OUT NOW! THAT'S FOR "FUTURE HILARY" TO GET RIGHT!**

**TEN YEARS LATER...**

**ARE YOU STILL WORKING ON THAT TIME SLIDE?! IF WE'RE LATE AGAIN, THE COFFEE SHOP WILL FIRE US FOR SURE!**

**OH, I GAVE UP ON THAT SLIDE LONG AGO YESTERDAY. BUT HEAR ME OUT - YOU KNOW HOW "LEGOS" AND "EGGOS" NOT ONLY SOUND ALIKE BUT BOTH HAVE INDENTS FOR INTERLOCKING?...**

**8-19**

# CRANKSHAFT

BY BATIUK & DAVIS

**COUNTY FAIR**

**IT'S HARD TO BELIEVE THAT IT'S COUNTY FAIR TIME ALREADY.**

**I KNOW.**

ITALIAN SAUSAGE  
CORN DOGS

**SINCE YOUR DAD SOLD ALL OF THE PRODUCE FROM HIS GARDEN...**

**8-19**

**WHAT'S HE GOING TO ENTER FOR THE COUNTY FAIR JUDGING?**

**FRESH FRENCH**

**I DON'T KNOW... BUT HE SAID HE HAD SOMETHING IN MIND...**

**BUILDING 7 JUDGING**

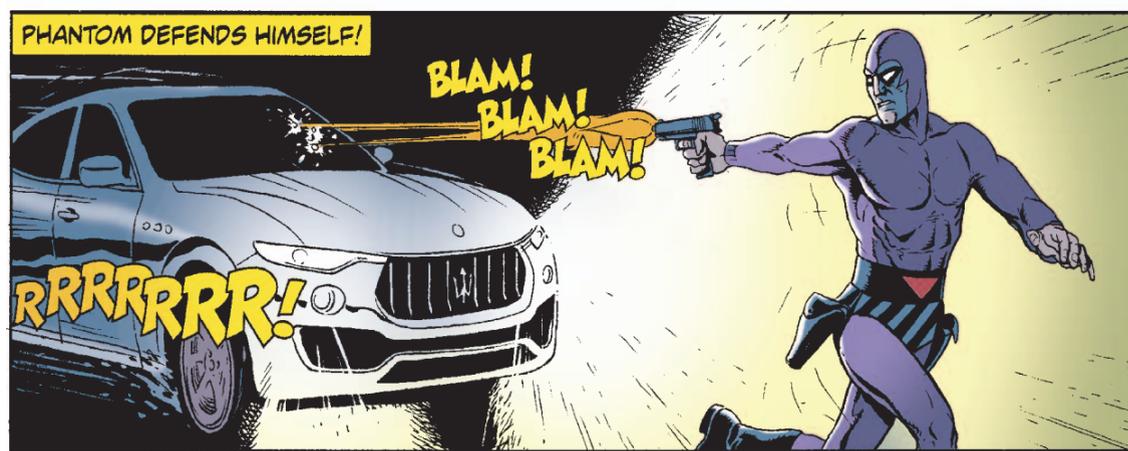
**JUST A DOGGONE MINUTE... THESE ARE PLASTIC!**

**BATIUK & DAVIS**



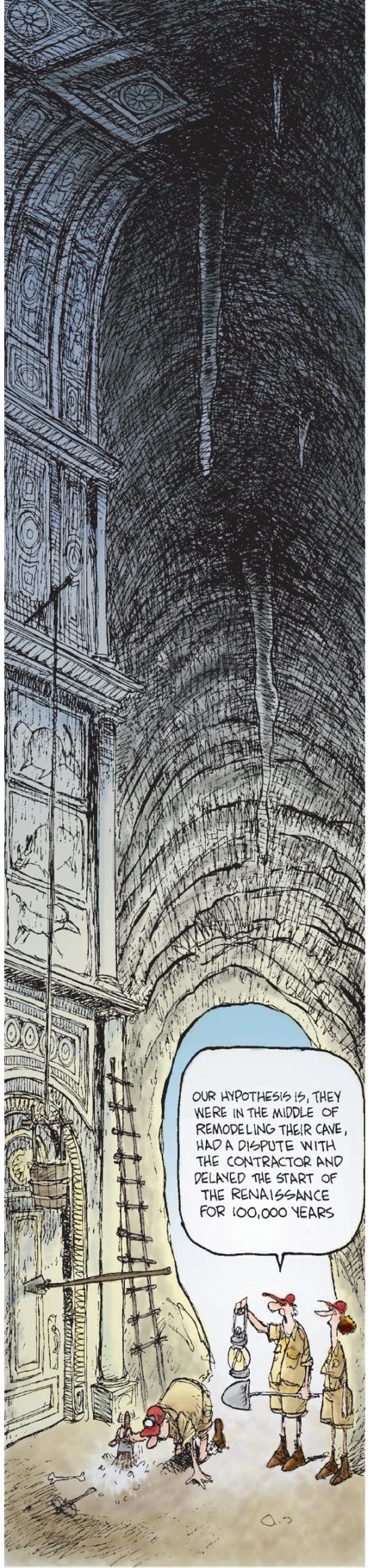
# THE PHANTOM

BY LEE FALK



# NON SEQUITUR

BY WILEY



# DENNIS THE MENACE

BY HANK KETCHAM

