



DEATH TOLL CLIMBS AS FLORENCE POURS ON THE RAIN

With rivers rising toward record levels, thousands of people were ordered to evacuate for fear the next few days could bring the most destructive round of flooding in North Carolina history. *See The News Wire*

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Some agencies struggle to recruit new cops

By ANNE EASKER
STAFF WRITER

Of all local law enforcement agencies, the Charlotte County Sheriff's Office currently has the highest number of open positions, with 32 vacancies, including 18 in law enforcement and 14 in the detention bureau.

MINIMUM STARTING SALARIES

- Charlotte County Sheriff's Office: \$40,093
- Sarasota County Sheriff's Office: \$43,264 (\$40,000 for corrections)
- Punta Gorda Police Department: \$41,225
- North Port Police Department: \$40,081

INSIDE

• The Charlotte County Court Clerk's Office also has vacancies to fill. *See page 10*

According to Prummell, and other local agencies, difficulty hiring has been a problem across the state and nation.

At one point in the past year, the North Port Police Department had 17 vacancies for police officers and 24 total open positions in the agency. Now, they're at seven officer vacancies and eight for civilian staff.

"We are seeing agencies that are experiencing a large number of officers and command staff retiring all at the same time due to when they were all hired back in the late '80s and '90s," said North Port Spokesperson Josh Taylor. "Back then, agencies were hiring like crazy. History is now repeating itself when those same officers are now leaving due to retirement across the state."

The Punta Gorda Police Department is currently fully staffed for sworn positions, but Public Information Officer Lt. Dylan Renz admitted recruiting

"People aren't running into this profession right now," Sheriff Bill Prummell has said several times in recent months, discussing the struggle to fill open positions with quality candidates.

RECRUIT | 8



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Deadly dispute was 2nd degree murder, NPPD rules

John Krug jailed in death of his North Port neighbor, Carl Berryman

STAFF REPORT

Carl Berryman was arrested for shooting his neighbor's house 25 times earlier this month.

He bonded out of jail Thursday, returned to his neighborhood along Erie Court, and then that neighbor, John Krug, fatally shot Berryman Friday morning, according to North Port police. There was no "stand your



BERRYMAN

ground" in this case of second-degree murder, police announced later that night.

Krug, 65, cooperated with police, they said after investigating Friday's fatal shooting. But most of whatever Krug may have told them was redacted from a report police released



KRUG

late Friday night to the media.

What is known is that Berryman, 62, died at the scene and according to police, he had a gunshot wound to the back of his shoulder.

It's not immediately clear what may have transpired between Berryman and Krug

on Friday.

But the redacted police report does say that before Berryman was let out of jail Thursday he was served with a no contact order "protecting the defendant's (Krug's) family."

North Port police told television station WFLA that they had seized all the guns they knew about from Berryman.

DISPUTE | 8

REALITY CHECK:

BRAVING SOUTHWEST FLORIDA'S NEW FUTURE

Can the boom continue past the hurdles ahead?



PHOTO PROVIDED BY TRANSDEV

An autonomous bus drives by Babcock Neighborhood School.



THE BOTTOM LINE

This is the 8th part of an ongoing series this year examining the surging growth in Charlotte County and North Port, and what's ahead for the region and the state.

Long overlooked as other parts of the Peninsula near and far exploded and nestled between Sarasota and Fort Myers, the area has remained one of the few relatively undiscovered coastal spots.

But that's quickly changing as Florida's Final Frontier experiences a development boom.



SUN PHOTO BY TOM O'NEILL

Punta Gorda is among the communities trying to position its downtown to compete against the world of online shopping. Aerial view of Marion Avenue in downtown Punta Gorda.

By STEVE REILLY
STAFF WRITER

Florida State University urban planning professor Dennis Smith and Department of Transportation officials are sitting down now and mapping out what challenges the region and the state will face in 50 years.

They're preparing for the day when automated vehicles will see dedicated lanes and take over highways, when Florida's population grows from 21 million people now to 34 million or more residents by 2070.

"Some of the changes are here today," Smith said, citing how some automobiles feature the ability to parallel park themselves. "Meanwhile, GPS devices replaced AAA maps, and then pretty quickly, apps on your phone replaced your suddenly antiquated GPS."

Technology and other advances, along with a transforming population and climatic setbacks, are going to keep altering life in Southwest Florida in the coming decades.

In Englewood, Don Musilli hopes to build his first home utilizing 3D printing technologies early next year.

Babcock Ranch developer Syd Kitson intends for the ranch to be the first solar-powered town in the country. It's expected that future Babcock Ranch residents will get around their community in autonomous, driverless electric vehicles. Even the school bus is self-operated.

Brick-and-mortar stores are taking a hard hit from online shopping, but Smith can envision a future with the resurgence of downtowns repopulated with specialty boutique shops. Punta Gorda is among the communities trying to position itself for that time.



SUN PHOTO BY ANNE EASKER

Florida State University urban planning professor Dennis Smith and Department of Transportation officials are mapping out what traffic challenges the region and the rest of the Peninsula will face in 50 years.

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Charlotte County gives Sunseeker more time with plans



FROM SUNSEEKER RESORT

A recent rendering of the planned Sunseeker Resort along Charlotte Harbor.

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Timeline slows for planned Charlotte Harbor resort

By **BETSY CALVERT and LIZ HARDAWAY**
STAFF WRITERS

The county has given Allegiant Travel Company a second three-week extension to address issues with the final site plan for Sunseeker resort. The development is anticipated to sprawl across more than 20 acres of Charlotte Harbor waterfront. The request for an extension came last week, said Charlotte County Zoning Official Shaun Cullinan. The current extension was due to expire Tuesday, two days before Allegiant announced

its financing and cost plans for the project on Thursday. A major outstanding issue with the site plan remains the public easement for a 2,150-foot harbor walk. Cullinan said Friday that he is not aware that the issues have been resolved. Calls Friday to Allegiant for comment were not immediately returned, but company officials have previously said they are working out legal technicalities with the county. The 90-foot towers are an apparent hallmark of the resort architecture. They require public access to the harborwalk, according to the rules of the Charlotte Harbor

Redevelopment Authority. Without that easement, Allegiant could build up to 35 feet above the flood level, Cullinan said. Allegiant told its investors in a presentation Thursday morning that the company will build roughly 680 units, which is less than half of the 1,495 sought in their unapproved site plan. Among other changes, Sunseeker will now be completed in phases — the first with two condo towers. Originally, plans stated there would be a total of nine towers, but now the website states “any additional condo towers would be built in subsequent phases.”

Cullinan said he was not aware of any issues with Sunseeker’s scaled-back plan. “We’re trying to digest it all ourselves,” he said. The construction completion date has also been pushed back to fall 2020. Previous reports stated the resort planned to open in Feb. 2020. The resort will feature 17 original restaurants, bars and cafés “ranging from a vibrant Italian style coffee shop, to a sports bar overflowing with TVs, to a steakhouse styled for your special occasion,” the Sunseeker website states. Non-guests will also be welcome at Sunseeker’s restaurants and stores. *Email: lhardaway@sun-herald.com*

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BOOM

FROM PAGE 1

Changing landscape

"Tampa will be the beating heart," Smith said of the impact of future development in Southwest Florida.

He wouldn't be surprised if the coastal corridor from Fort Myers north through Charlotte County and North Port to Tampa grows much like the East Coast corridor has from Fort Lauderdale to West Palm Beach.

"A lot of undeveloped (properties) between Fort Myers and Sarasota is fair game," Smith said.

Florida's demographics will also change, becoming more diverse statewide.

The young people now — particularly the generation coming up behind the Millennials, known as Generation Z — will be less resistant to accelerated change, Smith said. They are the ones who grew up in the digital age and teathed on smartphones.

In its "Post-Millennial Behavior and Long-Range Planning" report, FSU Florida Planning and Development Lab examined the impacts of the post-Millennial generation — those born between 1996 and 2016 — on the state including transportation. They now make up 25 percent of Florida's population.

"In addition to being relatively numerous, they are significantly more ethnically diverse than previous generations, especially with respect for people identifying themselves as Hispanic," the report noted.

Generation Z may be the last generation nationwide with a majority of white individuals.

As far as their perspective, the report states, "Generation Z were still learning what values they hold when they saw their parents and communities struggle to make ends meet in the Great Recession.

"For many in Generation Z, the first president they will remember will have been an African-American. These are experiences that affect the development of values and behaviors of generations in indelible ways, and are a valid indicator of their future needs."

Generation Z is also the generation which grew up post 9/11 and with school shootings. Safety is a prime concern for them, including transportation and bike safety.

In addition, they're a generation environmentally aware, concern and supportive of preservation. Their principles tend to collide with some of the massive development going on today and the build first, ask questions later mentality that has contributed to ecological disasters like Southwest Florida's current red tide crisis.

Bracing for tomorrow

"If we continue developing land the way we do now, more than a third of the state will be paved over by 2070," said Ryan Smart, president of the advocacy group 1000 Friends of Florida. "Millions of acres of agricultural and natural lands — essential to maintaining our quality of life, jobs, water supply and more — will be lost."

Already, businesses have closed or cutback and jobs disappeared as many summer tourists bypassed Southwest



PHOTO PROVIDED

Babcock Ranch developer Syd Kitson intends for the ranch to be the first solar-powered town in the country.

BUZZKILL: CLIMATE CHANGE AND SOUTHWEST FLORIDA

What William Butler, Associate Professor, Florida State University Department of Urban and Regional Planning, says about:

Sea levels

"Accelerating sea level rise has become the poster child of climate change, and it will be quite impactful. Indeed, Florida is likely to be the most impacted state in the U.S. within this century given our low-lying topography and high population concentrations on the coast."

Hurricanes

"Hurricane season may get longer, and storms may get bigger although these trends are as yet inconclusive."

Brush fires

"Fire season is already longer than it used to be and continues to lengthen and worsen."

Droughts

"Droughts, when they happen, are likely to last a little longer and be a little more intense."

Heat

"Illnesses that result from heat events are likely to be more frequent."

Forecasting

"There is generally strong agreement that our weather-based hazards are going to be less predictable in the future."

Disease

"Diseases that used to be confined to the tropics may make their way north, and indeed seem already to be heading our way."

— Compiled by staff writer Steve Reilly

Florida's noxious beaches that were littered with dead fish, deceased dolphins, lifeless turtles and other suffocated sea creatures. Even birds not poisoned by rancid red tide seem to have flown elsewhere, and locals drove to other parts of the Sunshine State to enjoy its shores.

Scientists widely agree that increasing runoff from the continuing growth, coupled with other factors such as leaky septic tanks and farm and lawn fertilizer, is playing a lethal role. That development is having other impacts.

The 1000 Friends group with the University of Florida and Florida Department of Agriculture and Consumer Services issued its "Florida 2070" report with particular focus on future growth and impacts on water demands.

In 2010, Floridians consumed 3 billion gallons of water statewide. That could more than double by 2070. The report recommends more compact development, including infill, mixed-use development and redevelopment "sensitive to existing communities."

Water conservation and Florida-friendly landscaping should be not only promoted but adopted.

"If enough people conserve water, community infrastructure costs associated with supplying water and addressing sewage and stormwater can be significantly reduced, resulting in tax savings," the report concluded.

But what could reduce the water demand, possibly to as little as a 20-percent increase over today's usage and protect the state's water resources, is the promotion of conservation land acquisitions, development of wildlife corridors, and incentives for agricultural land use, according to the 1000 Friends of Florida.

'Resilience'

A lot is coming at Southwest Floridians, and

climate change is at the core of much of it. The effect on weather and life will be noticeable. In fact, it's already happening today, with increasing brush fires, record-breaking hurricanes and other impacts.

"The magnitude and pace of change fits with the Future Shock idea of dealing with an overwhelming amount of change in a compressed time period that places stress on individuals, cities, regions, states and societies," said William Butler, associate professor at Florida State University Department of Urban and Regional Planning. "Florida is already a hazard prone state, and climate change makes our existence here that much more tenuous requiring increasing commitment to maintain our resilience in the face of complexity and uncertainty associated with climate change and its impacts on our natural and built environment."

What this will do to continued migration to Southwest Florida isn't known. But new research this year shows the risk of sea level rise is chipping away at home values.

Jesse Keenan, a professor with Harvard's Graduate School of Design, said his work is the first dollars-and-cents indicator that climate change has begun affecting the real estate market.

His team reviewed sales of more than 100,000 homes in Miami-Dade County from 1971 to 2017 and found that the lower elevation houses gained value slower than higher elevation homes. That gap grew even wider after 2000, which Keenan said is when sunny day flooding became more frequent in South Florida.

"It really stood out that low elevation properties essentially serve now as inferior investments," Kennan told the Miami Herald. "It's hard to argue it's not climate change."

Some have argued that snowbirds and future residents won't want to go much further south than the higher ground of the North Central region, generally an 11-county

FLORIDA: LAST IN PREPAREDNESS

More than 57 percent of Florida residents do not have money set aside in case of an emergency, which ranks them last in the nation for emergency savings. This lack of a cushion means that in the wake of an extreme weather disaster, nearly six out of 10 Floridians may not be able to pay for food, critical health care services, child care, emergency housing, or home repairs without going into debt or falling deeper into poverty.

— Source: Center for American Progress

inland area anchored by Gainesville, which would also serve as an escape for climate migrants from the Peninsula's increasingly watery basement.

A report in the scientific journal Nature Climate Change finds that up to 13 million people, with up to half of those in Florida, could be forced to adapt or flee their homes if seas rise six feet by 2100 as many scientists project. The Florida Department of Economic Opportunity has concluded that Charlotte Harbor could rise by nearly four feet in that time.

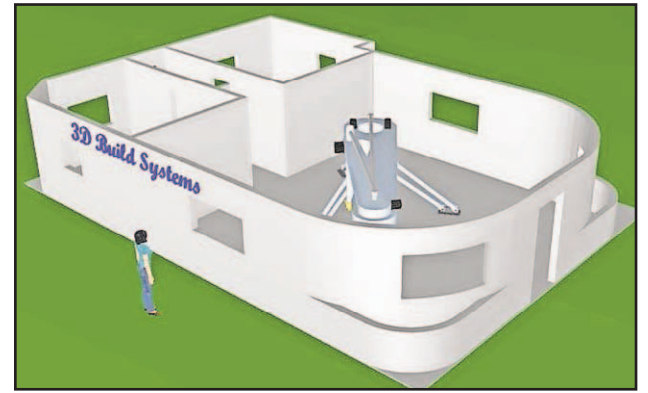
In the Nature Climate Change study, FSU demographer Mathew Hauer predicted about 3.5 million people alone moving out of Lee, Pinellas, Dade and Broward counties after a population surge that has lasted well-over 100 years, according to the Huffington Post. Florida has gone from the middle of the pack with more than 2 million total residents halfway through last century, almost the same as Iowa at the time, to more than 21 million now, the third largest state. In that same period, Iowa has picked up 500,000 more residents.

Meanwhile, the North Central region is noted for its protection from sea-level rise, freshwater resources, mild climate and quality indicators, such as more educated residents and various college options, according to environmental scientist Stephen Mulkey, advisor to former Florida Gov. Charlie Crist.

Joyce DiBenedetto-Colton considers herself one of the early climate change migrants, leaving for the Gainesville corridor from her South Florida job as an instructor and administrator focused on environmental sustainability. She and others tracking climate change and sea-level rise predict that she will be followed by many others.

"People will not move unless they are forced, and for me, sea-level rise was a good enough reason," DiBenedetto-Colton said. "I believe North Central Florida will be an attractive option."

Rolling Stone magazine this year proclaimed the "welcome to the age of climate migration" after 2017's string of climate disasters: six big hurricanes in the Atlantic, wildfires in the



PROVIDED BY 3D BUILD SYSTEMS

This illustration shows what the first home built locally with 3D printing technologies might look like. The goal is to have the first home built in the first quarter of next year.

BY THE NUMBERS: STATE OF FLORIDA

- \$1 trillion** — Florida's gross domestic product in July
- 17th** — Its economic ranking in world if it were a nation
- 3rd** — Ranking nationally on income inequality
- 15 percent** — Living in poverty, among highest in U.S.
- 6 inches** — Sea level rise between 1985-2016
- 6 feet** — Expected sea level rise by end of the century
- 75** — Additional 95-degree days as soon as 2041
- 98 percent** — Commuters not using public transit

— Source: Center for American Progress, Economic Policy Institute



SUN PHOTO BY KAYLA GLEASON

An unfinished portion of Harbor Walk recently next to the southbound U.S. 41 bridge on Charlotte Harbor. By the end of the century, its waters could rise by as much as four feet.

WHAT A HALF-INCH RISE IN SEA LEVEL LOOKS LIKE

Between 2006 and 2016, Miami averaged .2 to .5 inches per year hike in sea level. In that time, flooding from high tide surged 400 percent.

If present patterns persist, Charlotte Harbor could rise in the range of 1.8 inches to nearly a foot within about seven years and to almost 4 feet by 2100.

— Source: The Weather Channel, Florida Department of Economic Opportunity

West, horrific mudslides and high-temperature records breaking all over the country. More than 1 million Americans deserted their homes including 300,000 Puerto Ricans who came to Charlotte and Sarasota counties and the rest of Florida.

Progress toward averting the issues the state now faces started coming to a halt as President Reagan symbolically removed the solar panels off the White House upon his election more than three decades ago. During the time, somewhat under the radar, there had been momentum for the U.S., in its past role as world leader, taking on the conditions contributing to the earth's warming and bringing major powers together on a binding, global framework to reduce carbon emissions, according to last month's New York Times investigative blockbuster, "Losing Earth." Before those efforts disintegrated, scholars and scientists said there was still time to avert disaster.

Today, while there's no turning back, groups say we can do something to reduce the pain in Florida and make life, as it is, a little more comfortable. For example, last week, the Center for American Progress was the latest to focus on the topic, putting together a hefty blueprint for the state after an extensive investigation and calling for a Florida Future Fund "to leverage private sector capital with public dollars and to exponentially expand investment in needed infrastructure solutions."

"Florida state leaders have an opportunity to support investments in innovative and future-ready transportation, energy systems, and flood protections so that communities can better withstand sea level rise and extreme weather threats," the

MORE ON THE TOPIC

- Go to americanprogress.org and search Florida Future Fund.
- Search "climate gentrification from theory to empiricism" on Google to find a Harvard study at the top of your results.
- Search "Losing earth New York Times" on Google to read its investigation from last month.
- Search "Project Blue Ether" on Google to see a University of Florida project.
- Search "Rolling Stone climate migration" on Google for the magazine's report.

— Source: Sun research

report said. "The demand in Florida is high for future-ready community development and infrastructure projects that will reduce extreme weather and flooding damages, lower local air pollution, cut energy bills for households and business, and improve economic mobility. Yet Florida still faces a wide infrastructure investment gap that has left much of this demand unmet."

And with all the difficulties ahead for local residents and the rest of the state, the center provided a glimmer of hope at the end of its extended report:

"With the cost of living increasing across the state and the majority of Floridians living without emergency savings, projects supported by the Florida Future Fund would expand economic opportunities for all Floridians and help people keep more of their hard-earned money in their wallets. By creating a Florida Future Fund to support new, long-term, and 21st century infrastructure solutions, state leaders will improve the lives of every Floridian in ways that count: protecting public health and safety, communities, and businesses from future threats."

Sun Regional Editor Phil Fernandez and the University of Florida's Project Blue Ether research contributed to this report.

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

- Dean Alan Thomas, 21, of Tampa. Charge: possession or use of drug paraphernalia and possession of under 20 grams of marijuana. Bond: \$3,000.
- Cortez Edward Anderson, 23, 2200 block of Bremen Ct., Punta Gorda. Charge: possession or use of drug paraphernalia and possession of under 20 grams of marijuana. Bond: \$3,000.
- Brandon Gerald Schwager, 41, 25500 block of Heritage Lake Blvd., Punta Gorda. Charge: two counts possession of a controlled substance without a prescription and possession or use of drug paraphernalia. Bond: \$11,500.
- Kelly Conover, 27, 22200 block of Edgewater Dr., Port Charlotte. Charge: DUI, introduction of contraband into county detention facility, possession of cocaine and possession or use of drug paraphernalia. Bond: \$12,500.
- Mark Anthony Gilbert, 47, 8000 block of Swiss Blvd., Punta Gorda. Charge: fugitive from justice. Bond: none.
- Kenneth Francis Mizell Jr., 49, 28100 block of Pasadena Dr., Punta Gorda. Charge: possession of methamphetamine with intent to sell, resisting officer with violence, possession or use of drug paraphernalia and failure to register motor vehicle. Bond: \$18,000.

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.

- Richard Paul Lemmon, 53, 21300 block of Higgs Dr., Port Charlotte. Charge: aggravated battery on person 65 years or older. Bond: \$25,000.
- William Thomas Fino, 24, 1200 block of Red Oak Ln., Port Charlotte. Charge: possession of a controlled substance without a prescription, possession or use of drug paraphernalia, out of county warrant, resisting officer without violence and attempting to elude law enforcement officer. Bond: \$27,500.
- Jaime Ramirez Francisco, 37, 1700 block of Hayworth Rd., Port Charlotte. Charge: operating a motor vehicle without a valid license. Bond: \$1,000.
- Damaris Anabelly Ventura, 19, 3400 block of Normandy Dr., North Port. Charge: out of county warrant. Bond: \$7,000.
- Tony Orlando Perez, 35, 4200 block of Platt St., North Port. Charge: violation of probation or community control. Bond: none.
- Kaleb Devin Crowell, 26, 1700 block of Bobcat Trl., North Port. Charge: violation of probation or

community control. Bond: none.

- Coral Brittany Collins, 27, of Fort Myers. Charge: underlying charge, failure to appear and violation of condition of pretrial release. Bond: \$5,000.
- Dylan Michael Paquin, 24, 900 block of Suncrest Ln., Englewood. Charge: unarmed burglary of an unoccupied structure. Bond: \$7,000.
- Michael Jonathon Magritz Sr., 61, 23100 block of Central Ave., Charlotte Harbor. Charge: battery by intentional touch or strike and tampering with a witness misdemeanor proceeding. Bond: \$6,000.
- Amie Lee Head, 22, of Cape Coral. Charge: failure to appear and underlying charge. Bond: \$5,000.
- Michael Lynn Innocenti, 35, of Bookeelia. Charge: possession of firearm, ammunition or weapon by Florida convicted felon, possession or use of drug paraphernalia and possession of a controlled substance without a prescription. Bond: \$16,500.
- Calob Charles Herrmann, 22, of Arcadia. Charge: two counts underlying charge and failure to appear. Bond: \$7,500.
- Anthony Wayne Lanier Sr., 51, of Arcadia. Charge: knowingly driving while license suspended or revoked. Bond: \$1,500.

The Punta Gorda Police Department reported the following arrests:

- Eugene Joseph Michaud IV, 32,

of Woonsokent, RI. Charge: battery by intentional touch or strike. Bond: \$5,000.

- Todd William Jenkins, 52, 300 block of West Retta Esplanade, Punta Gorda. Charge: knowingly driving while license suspended or

revoked. Bond: none.

- Robert Andrew Nicholas IV, 38, 3000 block of Roma Ct., Punta Gorda. Charge: possession of weapon on school property and possession of a harmful new legend drug without a prescription.

Bond: \$12,500.

- Kele Bree Johnson, 23, 100 block of Colonial St., Port Charlotte. Charge: three counts grand theft of a controlled substance. Bond: \$15,000.

—Compiled by Kayla Gleason

Career center opens at North Port High

By ALEXANDRA HERRERA
STAFF WRITER

NORTH PORT — North Port High School will host a ribbon-cutting Monday to commemorate the opening of its new career center. The career center was created in partnership with The Education Foundation of Sarasota County. At the center, students can explore different options following graduation. Jenna Theil, from The Education Foundation, oversees the center, and acts as college and career adviser. Theil explained that the center works to help students plan ahead and lets them look at options for either technical education or college.

Theil said they'll be using Naviance to help students find a career path that works for them. Along with helping with college and careers, the center will also provide guidance for scholarships, SAT and ACT scores for colleges and job shadowing. Along with helping with jobs and planning for the future, Theil said

there are plans to host workshops and career chats for students. Theil encourages parents and guardians to come by and learn more about the services offered.

To learn more about The Education Foundation of Sarasota County, visit www.educationfoundation.org. Email: aherrera@sun-herald.com

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BUSINESS Journal

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VIEWPOINT

OUR VIEW

Local tax new norm for schools

OUR POSITION: *Charlotte County Schools are certainly not alone in seeking taxpayers' help to boost performance.*

It is pitiful that state lawmakers in Tallahassee find it easier to burden local school districts with the challenge of funding education than shouldering their responsibility to do so.

Despite claims you hear from state legislators about record funds being handed out, Florida does not dedicate enough money to pay for all the costs involved with education. As a matter of fact, Florida's funding for schools ranks 42nd in the nation for spending per student according to TheStacker.com.

Local school districts are more and more turning to special taxes to make up the difference.

You have to look no further than Sarasota County for evidence. For 16 years now the residents of that county have overwhelmingly supported a special tax that brings in more than \$50 million to boost teachers' pay and fund technology in the classroom.

Sarasota charges a 1 mill tax — \$1 for every \$1,000 value of a piece of property.

In November, Charlotte County schools will ask voters to do the same. Only that 1 mill of tax will bring in only about \$15 million because of lower property values and less property to tax.

Charlotte and Sarasota are not alone in seeking help from local homeowners and business owners.

According to a story in the Tampa Bay Times by Marlene Sokol, 10 local education funding measures on Primary Election ballots in Florida passed last month.

"The citizens recognize that the Florida public schools are the backbone of our future," said Andrea Messina, executive director of the Florida School Boards Association and a former member of the Charlotte County School Board. "They want to invest in quality schools.

"If we let our educational system and our facilities decay, that will have a negative impact on Florida's economy and on the citizens of Florida," she told Sokol.

The funding problems did not begin this year — or even since Republicans took over Tallahassee. No, they began when the Class Size Amendment forced local districts to hire more teachers and build more classrooms. But since then, lawmakers have piled on by placing mandates on local school districts without providing the funding to pay for them. Among those mandates and expenses is a multitude of tests — most of which require computers.

Local school districts have had to come up with initiatives to meet the challenge. One-third of Florida's school districts either have a local option property tax, like Sarasota, or impose a sales tax. Under state law, the property tax can be used to boost teacher salaries and pay for enhanced classroom activities and equipment. A sales tax can only be used to fund capital expenses — like new school buildings.

The scenario is not a healthy one. Even if a county is successful in passing a special tax, a neighboring county with higher taxable property values can still use its advantage in funding to raid the poorer county for teachers. That is exactly what is happening here as more and more teachers leave Charlotte County for Sarasota County.

The only real solution is for Tallahassee to live up to its responsibility to properly fund education in Florida.

We won't hold our breath.



LETTERS TO THE EDITOR

Corrupt president, corrupt party

Editor:

While a corrupt president is certainly as much of a consequence of a corrupt party as it is a corrupted electorate, it is the party that ultimately must bear the responsibility.

The electors' blatant silence and failure to respond to undemocratic behavior among leaders and supporters may also pave the way for candidates like our current president to get elected. Although corrupt politicians must also be held accountable, we must not forget that it is the party in power who put him there, and who now keeps him there.

Like the power behind the head of most countries, both good and bad, gives strength and support to their leaders, so it is with ours, and a Congress of inaction is as consequential as one that supports. Therefore, we must not allow an impotent Congress to keep in place a president who knows no bounds, and threatens our democracy.

Vote for our country's future, as well as the candidate.

David L. DeGeorge
North Port

Turn off phones during board meetings

Editor:

Simple solution to Sarasota School Board members' dispute: "No cell phone calls during school board meetings." An adult can be designated to take calls from dependents and children can be given the contact number. I respect both Eric and Zucker, especially Eric serving without compensation.

Alice C. Olejnik
North Port

Parking ordinance will harm city

Editor:

The North Port City Commission passed a

city-wide parking ordinance that will impact the quality of life of every neighborhood within the city's boundaries. This commission has compromised the integrity and overall stability of a city that is striving to reach its full potential.

Our commissioners have an obligation to ensure safeguards are in place to protect, preserve and enhance our neighborhoods, not add insult to injury and expand upon a parking ordinance that will have unforeseen and possibly devastating consequences.

It is presently unclear why the North Port City Commission has taken a position that is contrary to what many residents foresee: a city off course and going in the wrong direction. They no longer seem to be advocating for positive change to improve the city's image. They are taking North Port into another place where slowly eroding living conditions will escalate dramatically under this city-wide parking ordinance.

With the stakes so high, this parking ordinance will eventually erode property values, not to mention the adverse environmental impact it will have on the unimproved right-of-way plus the overall well being of a city that is desperately trying to flourish.

Jeff Scott
North Port

Weather station a great gift

Editor:

I'm sure the sailing and power boating public in this area is grateful to the Punta Gorda Boater's Alliance and Ron Jones for the marker 4 weather station. However, as John Welsh so accurately stated, the Learn to Sail operation at Bayfront is especially thankful to have this vital information in real time.

Jones overcame a host of equipment and siting problems to get this station working, and our thanks to him and his helpers for persevering. Thanks again for a job well done.

David Blair
Punta Gorda

Issues found with POA

Editor:

Burnt Store Meadows residents: Can someone tell me, that when you make a complaint to the POA, is their standard answer that this is a civil matter and they can do nothing about it? Have you ever heard of a POA giving someone permission to park on your private property?

To the fire department, do you let your employees park their cars and trucks on tall weeds and grass because they want to? If not, I may have someone arrested just to teach them a lesson.

Since you people and POA don't care if you pollute the air I have to breathe, even though I'm in my home and on oxygen 24/7. When you get your notice to appear, you can assume that I have filed criminal charges against both parties. You can now explain why you allow your friends and family to park on a lot, even though you were told not to park on that lot due to all the complaints from other people. The POA can explain how they legally gave you permission to park on someone else's private property.

We all need to help our POA to steer them in the direction of making this a nice and safer place to live for everybody, and hopefully it won't take three years to do it.

Richard Boyer
Punta Gorda

The Bible is a blood-thirsty book

Editor:

"In God we trust," when governor Rick Scott finds out that his bible God promotes rape, self mutilations, infanticide, the killing of gay people, hatred for parents, obscene performances, along with virgins being used as war booty, he will regret that he should have read the Old Testament first before signing his education — related bills into law.

If this Bible God is to be a role model, shouldn't he be

opposed to wars, violence, dishonesty, killings and massacres? Who is it that Christians are horrified at school shootings, but not horrified at all of the bloodthirsty horror stories in their Bible?

The Jewish priests who fabricated this deity did so for race-glorification and claimed themselves as the "chosen people of God." Before this "war God" could be introduced into the New Testament, he had to be cleaned up and sanitized and then and only then did he love "the whole world," John 3:16. He now turns from a war God into a loving God.

The Bible is a most bloodthirsty and perilous book that young school children should not read or trust this vindictive, evil, war God at all. The Bible God is a mythical deity and a "Magenot Line" of comfort when all is well, but useless in time of trouble. One of the evils of religion is that it promotes sin and wrongdoing, just as the Catholic church hid decades of sex abuse by priests.

Lawrence Mraz
Arcadia

Trump battling Left, fifth column

Editor:

All should understand that Obama's administration significantly contributed to the Trump administration's remarkable economic success.

The sluggish economy of the Obama era was arguably due to his anti-business, expanded regulatory state and several anti-growth policies. Trump lifted the Obama boot from the throat of our economy by eliminating thousands of stifling regulations, thus releasing a burst of pent-up growth. Therefore, Obama policies made Trump look better.

Currently, Trump is negotiating with China, Mexico, Canada, Japan and the E.C. to achieve fairer trade agreements. This process requires a heavy hand at times and may result in the gnashing of teeth by our trading partners, but these negotiations are necessary and long overdue.

It appears obvious to me that Trump is a once in a lifetime president as he is actually delivering on his campaign promises. How unique!

He is battling the Democrats, a largely left leaning MSM, a "deep state" entrenched government and a fifth column of "never Trumpers."

When one adds in a corrupt, poorly led Justice Department one wonders how he has accomplished so much so quickly.

The left can take heart that we are unlikely to again see anyone like Trump during this century. The rest of us should be troubled to realize this unique president with his controversial style and incredible energy was our nation's best hope before we slip into a corrupt and stifling socialist abyss. A president elected because many of us realized our country was losing what had made us great.

Carl A. Hansen
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. Further questions or information, call 941-681-3003.

WEEK IN REVIEW



In Texas, a Democratic template for national victory in 2020

HOUSTON — Nationally, the Democratic Party, which gave indispensable assistance (“Basket of deplorables”!) to the election of today’s president, seems intent (“Impeach!”, “Abolish ICE!”, “Free stuff!”, “I am Spartacus!”) on a repeat performance. Here, however, in the 7th Congressional District, in what might turn out to be the year’s most instructive House race, Democrats seem serious about winning, and if they do with Lizzie Fletcher, they will have a template for 2020 nationally.

One of her handouts inexplicably describes her as a “fierce advocate,” as though Americans are experiencing a fierceness deficit and pine for a ferocity infusion. Actually, she speaks with the measured precision of an attorney who has worked at a major law firm (Vinson & Elkins) and who is fluent in the



Washington Post
George WILL

business school patois (“The delta last time was ...”) of her corporate clients. The ginger group Our Revolution, which is a residue of Bernie Sanders’ 2016 presidential campaign, supported a candidate to her left in the seven-candidate primary, perhaps because Fletcher would not genuflect at the requisite altars: She has endorsed neither a single-payer health care system nor Medicare for all nor putting lipstick on socialism, least of all a ban — this is Texas, for Pete’s sake — on off-shore drilling.

In New York and then in Massachusetts, two 10-term House incumbents, both males, have been

defeated in primaries by females running to the incumbents’ left in safe Democratic districts. Here, in a district held by Republicans for the past half-century, a woman is not far behind — in some polls, within the margin of error — the Republican incumbent.

A fifth-generation Houstonian, Fletcher is striving to become just the fourth person to represent the current iteration of the 7th district, which she describes as “leaning purple but still light pink.” It was reconfigured in 1966, when it was won by 42-year old George Herbert Walker Bush, who still lives in it. After his two terms, it was held for 15 terms by Bill Archer, who rose to the chairmanship of the Ways and Means Committee. His successor, John Culberson, 62, wants to “let Texans run Texas” but is not a conscientious objector to non-Texas money he can

send home from his perch on the Appropriations Committee. His conservatism had a Trumpian tang six years before Trump came down his tower’s escalator: In 2009, Culberson co-sponsored a “birther” bill that would have required presidential candidates to prove that they are natural-born citizens.

A legislative lifer, Culberson won the first of seven two-year terms in the state House in 1986 at age 30. He won his 2016 congressional re-election with 56 percent of the vote.

If the best kind of generals are lucky ones, Fletcher, 43, is that kind of candidate. The tight Senate race between incumbent Ted Cruz and Democratic Rep. Beto O’Rourke, who has already visited all 254 Texas counties, is apt to energize Democratic turnout statewide. Culberson perhaps did nothing

untoward when he sold a biotech stock — the one concerning which Rep. Chris Collins, R-N.Y., has been indicted for insider trading — 10 days before the shares lost 99 percent of their value, but the optics are not optimal. And while their city was still prostrate from Hurricane Harvey, Houstonians heard the president’s stupefying statement that the Coast Guard had had to save 16,000 people because they “went out in their boats to watch the hurricane.”

It has been a while since Texas was, in Gene Autry’s lyric, “Where the longhorn cattle feed/On the lowly gypsum weed.” It is the 15th-most urban state (84.7 percent), with the nation’s fourth-, seventh-, ninth-, 11th- and 15th-most populous cities (Houston, San Antonio, Dallas, Austin and Fort Worth). Hillary Clinton mopped the floor with Donald Trump in nearly

all, which is one reason Trump carried 21 states by larger margins than his 9 percentage-point victory in Texas.

A Fletcher victory might be an early tremor of a political earthquake. In presidential politics, Democrats have three large, safe states — California, New York and Illinois — with a combined 104 electoral votes, 38.5 percent of 270. Texas, the Republicans’ only such state, today has 38 electoral votes and after the 2020 census will have two, perhaps three more.

If it turns purple, every year divisible by four will be, for Republicans, a year of living dangerously.

Nationally, Fletcher’s party seems determined to emulate Yasser Arafat’s description of the PLO: They never miss an opportunity to miss an opportunity. Here the party seems serious about winning.

George Will’s email address is georgewill@washpost.com.

More of the same: Misleading GOP attack on Obama

Former President Barack Obama embraced “Medicare for all” last week as he rallied Democrats for the midterm elections. Critics pounced, charging that this rhetorical flourish proved that he always meant to use Obamacare as a stalking horse for government-run health care.

It didn’t. Obama’s version of Medicare for all would be an option for people under 65 to enroll in a basic Medicare plan with the same choices that seniors now have to buy supplemental private insurance for more coverage. By contrast, a government-run plan, also known as single-payer, would replace private insurance and Obamacare.

Yet Republicans have grabbed hold of Obama’s phrase for an attack line against Democratic candidates in the final



Bloomberg News
Albert HUNT

eight weeks before the Nov. 6 elections.

“When it comes to single-payer health care, Barack Obama was against it before he was for it,” a Las Vegas Journal Review editorial charged on Monday. The Journal Review is owned by the billionaire gambling mogul Sheldon Adelson, a Republican activist and campaign contributor.

That’s a political hit job, intended to sow confusion, that Democrats will have to repel.

Substantively and politically, advocacy of single-payer health care is perilous for Democrats. A purely government-run system could require trillions of

dollars of tax increases and, despite widespread complaints about the health-care system, many Americans would rebel at the prospect of losing their existing private coverage. The benefits, including universal coverage and increased ability to control health-care costs, are harder to explain persuasively than the impact of big tax hikes.

Republicans are already on the defensive over their unsuccessful and now unpopular efforts to repeal the Affordable Care Act, Obama’s signature domestic achievement. The current Republican threat to repeal an Obamacare rule that bans discrimination by insurance companies against people with preexisting medical conditions is proving to be a political bonanza for Democrats all over the country.

Only where Democratic candidates

are openly supporting a single-payer plan are Republicans on the offensive.

A Medicare-for-all option is far more appealing politically. Though specifics remain vague, it wouldn’t entail huge tax increases and would be modeled on the familiar and popular Medicare program.

“Unlike a single-payer plan that forces people into a government system, Medicare-for-all offers lots of choices,” said Ezekiel Emanuel, one of the architects of the Affordable Care Act and now vice provost and professor of medicine at the University of Pennsylvania. In an interview this week, he noted that the private insurance supplemental plans now comprise about one-third of Medicare and are well liked by patients, the insurance industry and the medical community.

Obama’s Sept. 7 speech

at the University of Illinois was a blistering assault on President Donald Trump and his administration, breaking a year-and-a-half of incessant and misleading attacks from Trump.

Still, Obama counseled against the increasingly confrontational politics favored by some of his liberal friends. He said Democrats this year are “running on good new ideas like Medicare for all, giving workers seats on corporate boards, reversing the most egregious corporate tax cuts to make sure college students graduate debt-free.”

These proposals aren’t new, and there aren’t enough “egregious” and reversible corporate tax cuts to free up money to pay for all college students to graduate debt-free. But they are mainstream Democratic ideas, not a call for the federal government to run the entire

health-care system.

Medicare-for-all is not, as the right-wing North Carolina Congressman Mark Walker charged this week, “an admission of Obamacare’s failure.” It’s a way to build on Obamacare, just as President George W. Bush’s prescription drug benefits for seniors built on Medicare.

But when it comes to the health-care politics of 2018, struggling Republicans are desperate.

Albert R. Hunt is a Bloomberg Opinion columnist covering politics and policy. He was the executive editor of Bloomberg News, before which he was a reporter, bureau chief and executive Washington editor at the Wall Street Journal.

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WEEKLY RECORD

Charlotte County marriage licenses

• Frances Marie O'Donnell of Port Charlotte, and Robert Charles Kostrowsky of Port Charlotte
• Fernando Saenz Reyes of Englewood and Silvia Fuentes Torres of Englewood
• William Samuel White of Port Charlotte, and Carolyn Sue Dinnan of North Port
• Alex Joshua Dexter of Englewood, and Rebekah Jeanne Blanchette of Rotonda West
• Justice Gray Emerick of Port Charlotte, and Chelsea-Lee Elliott of Port Charlotte
• Michael Edward Bruck of Englewood, and Kathy Joy Cazier-Bruck of Englewood
• Adam Everett Sears-Garke of Port Charlotte, and Christy Lynn Manning, of Port Charlotte
• Alicia Bree Brumley of Port Charlotte, and Joel Majeed Stroude of Port Charlotte
• Alberto Jose Zapata of Punta Gorda, and Nadhiezda Paola Pomares of Punta Gorda
• Albert Leo Petrillo of Port Charlotte, and Nicole Ann Dilorenzo of Port Charlotte
• Jose Ernesto Martinez Gomez of Port Charlotte, and Rocana Blanco of Port Charlotte
• Andrew Neil Robinson of North Port, and Laura Diane Ebel of North Port
• Orest Radionovich Tyrak of Port Charlotte, and Angelica Ruth Gurov Pridyuk of Port Charlotte
• Joleen Elizabeth Arney of Port Charlotte, and Robert Anthony Posa

of Port Charlotte

Charlotte County divorces

• Mary Ellen Bates v. Lawrence George Bates
• Jason Caviston v. Annemarie Caviston
• Ronnie B. Connell v. Laura R. Connell
• Kim D. Durham v. Joseph M. Durham
• Veronica Ann Foss v. Donald Mark Foss
• Teresita Gonzalez Vigil v. Miguel Angel Milian Maury
• Danielle Galhardo Guedes v. Michael L. Hester
• Timothy Ray Harlow v. Melissa O'Guin Harlow
• Hussein A. Jean-Louis v. Christina Danielle Jean-Louis
• Michael Klum v. Paula Klum
• Johnny L. J. Moon v. Kelly Moon
• Onita Lynn Mosier v. Brian Allen Mosier
• Scott A. Mozzar v. Deborah L. Mozzar
• Carlos Manuel Mulero v. Betzaida Mulero
• Diane Jeanette Niebrzydowski v. Victor Alexander Niebrzydowski
• Darce L. Nitz v. Andrew R. Nitz
• William Thomas Pitts v. Jane Marie Pitts
• Jacqueline Purdy v. Ryle D. Purdy
• Diane Sandoval-Maldonado v. Jose Antonio Maldonado
• Antonio Mario Sanzzone v. Erica Noelle Dean
• Yossi Dor Shalom v. Elsa Daniela Palavicini
• Sheena Marie Williams v. Aaron John Williams

WINNERS CIRCLE

American Legion Post 103
• Sunday Darts winners Sept. 9: Game 1: 1-Nancy Heder, Fran Smith; 2-Dale McDaniels, George Holl; 3-Pat Seaman and John Seaman. Game 2: 1-Barb Carroll, John Seaman; 2-Tommie Holl, Ira Hudson; 3-George Holl, John Branscome.
American Legion Post 110
• Bridge winners Sept. 10: 1-Tie Kathy Cimaglia, Tom Zinneman, 4320; 2. Marty De Witte, 3550; 3. Pat Schram, 3510.
Charlotte Harbor Yacht Club
• Ladies Bridge winners Sept. 11: 1-Janie Ressel, 2-Kaye MacDonald.
• Slam Bridge winners Sept. 12: 1-Beverlee Winslow; 2-Maria Couper; 3-Frank Betz.
• Mahjong winners Sept. 4: Bobbye Waksler, Jeri Schaller. Sept. 11: Carol Hyatt.
Charlotte Square Condominium Complex
• Charlotte County Bridge Group winners Sept. 8: Virginia Clayton, 5780; Trudy Riley, 5400; Barbara

Allore, 4330; Harry Huddleston, 3420.
Cultural Center of Charlotte County
• Duplicate Bridge Club winners Sept. 6: (N/S) 1-Sharon Redmond, Yoshi Lapo; 2-Randy Wentworth, Diana Prince; 3-Elizabeth Wood, Alicia Kunisch. (E/W) 1- Marilyn Grant. Pam Dean; 2-David and Donna Vaughn; 3-Ann Benmayor, Warren Prince. Sept. 11: 1-Diana Prince, Randy Wentworth; 2-Helen Sullivan, Anny Poveromo; 3-Christine Beury, Mary Rebins.
• Mahjong winners Aug. 16: Table 1: Bea Oram; Table 2: Julee Craig. Aug. 21: Table 1: Doris Marlin, Linda Kopp; Table 2: Carole Drake, Betty Novick; Table 3: Dee Bell, Linda Paholsky; Table 4: Rosealee Miller, Marie Devlin; Table 5: Marcie Freeman, Judy Sprague. Sept. 6: Table 1: Toni Trezise, Linda Kopp; Table 2: Barb Polisar, Gina Adam; Table 3: Emily Hughes, Marcie Freeman. Sept. 11: Table 1: Tone Trezise, Linda Kopp; Table 2: Barb

Polisar, Gina Adamo. Table 3: Doreen Foster; Table 4: Dorothy Quirk, Marie Devlin; Table 5: Emily Hughes, Judy Sprague.
Englewood Elks
• Trivia Game winners Sept. 11: 1-Barbarians, \$43; 2-Scorpions, \$15.
Kings Gate
• Wednesday Night Double Deck Pinochle winners Sept. 12: Bob Garbowicz, 1108; Kathy Garbowicz, 989.
• Friday Night Double Deck Pinochle winners Sept. 7: Paul Headrick, 1222; Dick Lajoie, 1175; Jim Conway, 1081.
• Monday Bridge winners Sept. 10: 1-Jerry Shoemaker, 3880; 2-Dee Weisenberg, 3190; 3-Anna Sakson, 2870; 4-Georgia Klemm, 2640; Tie: 4-Bill Marsh, 2640.
Kingsway Country Club
• Ladies Bridge winners Sept. 7: 1-Lois Purcell; 2-Helen Christensen. Sept. 12: 1-Judy Mau; 2-Ann Rezek.
Moose Lodge 2121
• Euchre Card Game winners Sept. 6: Mari-Anne Robinson, 85;

Larry Barratt, 74; Tony Rottenbucher, 73; Wanda Clark, 70.
• Contract Bridge winners Sept. 12: Georgia Klemm, 4530; Carolanne Hoehle, 4340; Ernie Kamaitis, 4320; Virginia Clayton, 4150.
PGI
• Duplicate Bridge Club winners Sept. 12: 1-Chip and Sally Smith; 2-Arlene and Ray Rothhaar; 3-Jane Seatter, Jan Savino.
Port Charlotte Bridge Club
• Bridge Club winners Sept. 7: Harold Clark, 4470; Jerry Shoemaker, 3000; Georgia Klemm, 2790; Blanche Thum, 2720.
Riverwood
• Friday Night Riverwood Trivia Game winners Sept. 7: 1-Sawgrass Sharks; 2-Us and Them.
Twin Isles Country Club
• Duplicate Bridge winners Sept. 12: 1-Susan Baird, Kathy Strayton; 2-Katie Costello, Joanne Ryder. Sept. 13: 1-Katie Costello, Joan Shute; 2-Sharon Groff, Joanne Ryder.
Want to add your group? Email sdennis@sun-herald.com for details.

BIRTHDAYS



Happy 14th birthday to Iven Johnson on his special day, Sept. 11.



Happy 33rd birthday to Heather Konesko on her special day Sept. 20.



Happy 5th birthday to Brooklynn Thompson on her special day Sept. 19.



Happy 14th birthday to Nevaeh Campos on her special day Sept. 20.



Happy 87th birthday to Joyce Connor on her special day Sept. 20.

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. 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.

Real Local News in The REAL Local Newspaper.

RECRUIT

FROM PAGE 1

has been a struggle in the last few years. The agency just recently hired nine new officers.
"The economy is strong so there are plenty of job opportunities for people to choose from," he said. "Also, there has recently been a good amount of negative sentiment against the profession nationwide, which likely has an impact on the number of people willing to begin a career in law enforcement."
CCSO Human Resources Director Kevin Ostrowsky said the number of employees leaving the agency has increased by 23 percent more than this time last year. Many are leaving for higher paying positions in today's economy, he said. The economy and

SWORN OFFICER VACANCIES PER AGENCY

Table with 4 columns: Agency, Total officers, Vacancies, % Vacant. Rows include Charlotte County Sheriff's Office, Sarasota County Sheriff's Office, Punta Gorda Police Department, North Port Police Department.

availability of higher-paying jobs is something Renz believes is a contributing factor as well.
"Back in 2010, when the job market was struggling, agencies had far more applicants than they had open positions," he said. "Over the past several years agencies have found that it has been a struggle to get qualified individuals to even apply for open positions."
Recently, things seem to be stabilizing, Renz said, which seems to hold true across most local agencies. The Sarasota County Sheriff's Office had 12 law enforcement vacancies and

10 corrections vacancies last year on Sept. 1, but this year, it's down to 11 open sworn positions total. Spokesperson Kaitlyn Perez attributed SCSO's relatively low number of vacancies to the agency's quality reputation.
"We believe the sheriff's office is a premier agency that facilitates top-notch training, provides high-quality equipment and maintains a strong reputation for professionalism, service, and respect," Perez said.
Renz said PGPD has relied on recruitment efforts such as "good, old-fashioned visits to

police academies, college campuses, technical schools, and military bases, as well as participation in career fairs and an increased use of social media and the internet to advertise positions."
Taylor said what's worked for NPPD has been two-fold. First, the department has sponsored several people to go through the police academy and paid them as if they were working as officers while attending school. They also pay up to \$47,154.34 starting salary for officers with experience.
"Our city has had a significant pay raise for our officers," he said. "With the pay raise, we added a 15 percent above starting salary of officers with experience and that seems to have captured officers from nearby agencies to apply and work for our agency."
Email: aeasker@sun-herald.com

DISPUTE

FROM PAGE 1

When they released the redacted report late Friday, North Port police said they wouldn't be available for any questions until Monday, and a city police spokesperson didn't immediately respond Saturday to questions from the Sun.
The police report shows, though, that the handgun that Krug allegedly used to kill Berryman was found by police on the ground by his body on a driveway. But that driveway wasn't Berryman's.
It was Krug's, according to the police report.
Both men lived on Erie Court, off Elyton Drive. It's a short roadway with a roundabout at the end where Berryman lived at 3597 Erie Court, and Krug resides at 3568 Erie Court. The report states the crime location was 3568 Erie Court.
Based on facts and circumstances of the incident, along with something else — which is redacted from the police report — "it was determined that this incident did not meet stand your ground law," the



IMAGE FROM MAPQUEST

report states.
Instead, this was a second-degree murder that was not premeditated, according to North Port police.
That's because, according to the report, Berryman had turned away from Krug before being shot. And police determined "the victim presented no immediate threat to the defendant and therefore, the defendant demonstrated a depraved mind without regard for human life by shooting the victim," the police report states.
It wasn't just Krug's house that Berryman had shot at in the neighborhood.
Police noted in the report that Berryman had shot at another neighbor's residence first, before firing off 25 rounds at Krug's home on Sept. 7.
And at least some neighbors told the Sun Friday after Berryman was killed that they had been fearful of him for their safety.
"Deputy Chief (Chris Morales) gave me his card and said to call him if anything else happens," another neighbor on Erie

Court, Richard Dickman, told the Sun Friday after the shooting. "I made copies and gave them to all the neighbors... But I'm glad he's dead so he couldn't shoot my kids. I was concerned when he (Berryman) was out the next day (after being arrested). It's a very quiet neighborhood. We all look out for each other."
Krug was being held at the Sarasota County Jail Friday night on a \$200,000 bond for the second-murder charge. That was after he was arrested Friday at the North Port Police Department where he had agreed to meet and talk with them after the shooting, records show.
A message left on Krug's phone number listed in the police report was not immediately returned Saturday.
According to jail records online, Krug has an Oct. 19 arraignment date. A criminal case against him for this incident was not immediately appearing Saturday afternoon on the Sarasota County Clerk of Circuit Court website so it's not clear if he has an attorney.

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Clerk of Court recruiting for open positions

By ANNE EASKER
STAFF WRITER

A better economy for private businesses may be bad news for government agencies.

Earlier this year, the Charlotte County Clerk of Court lost seven criminal clerks out of 23 positions, a total of more than 30 percent. Three have been filled, while Clerk Roger Eaton is currently recruiting and interviewing to fill the other four positions.

In February 2017, Eaton raised the minimum wage for Clerk I positions from \$11.19 to \$12 per hour. This year, he's looking into raising that amount again.

Eaton said with the improvement in the economy, many people are leaving for higher-paying positions. At

doctor's offices, law firms, or other private businesses, they may be paid \$17 an hour.

"I am in competition with the local business community such as accounting firms or law firms who often can offer a higher salary to my court employees," he said. "Attracting and retaining the best staff possible with the budget constraints placed on my court budget by the Florida Legislature will remain a challenge."

To keep up with the work, some staff have been utilizing overtime to avoid noticeable delays. Working overtime is optional, not mandatory, Eaton said.

The office recently participated in a job fair at Southwest CareerSource in Charlotte County, where they were

able to use eight typing test stations and meeting rooms, allowing them to conduct more than 50 interviews within an eight-hour period, which normally would have taken weeks.

They've also contracted with NeoGov.com, a national job posting and applicant tracking program, increasing the number of applicants by posting positions on Indeed.com for free. CareerSource also posts the office's positions on employflorida.com.

Eaton said the office has many employee appreciation events, paid for by himself and his leadership team. In July, employees were provided pulled pork sandwiches for Red, White and Blue Day; in June, they had a chocolate fountain;

and Eaton recently paid for an ice cream truck to visit the office. The events are to reward staff and foster a "positive and enjoyable working atmosphere."

"Since taking office, I have been committed to finding ways to attract and retain the best quality employees for our office," he said.

The Sarasota County Clerk of Court currently has 10 vacancies that it's actively recruiting for, compared to 19 in September last year.

"We do not foresee any challenges with filling the current vacancies, as we have been lucky enough to receive several applicants for all of our open positions," said Communications Manager Alicia C. Accardi.

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Punta Gorda rescinds precautionary boil water notice

STAFF REPORT

A boil water notice issued by the city of Punta Gorda Thursday on its website after a water main break was rescinded Saturday morning.

The precautionary notice affected numerous streets in the Solona area and near where the break occurred at Elliott Street and East Marion Avenue.

The precautionary notice was also announced by the city on social media Friday, when the city advised boiling all water used for drinking or cooking, or using bottled water.

It was lifted Saturday at 10 a.m., according to the city's website.

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GUY HARVEY KICKS OFF STORE OPENING



A line of people snaked around clothing displays as North Port residents waited to meet fishing merchandise mogul Guy Harvey. • See page 4

SULLIVAN STREET CRAFT FESTIVAL



The Sullivan Street Craft Festival started Saturday and continues today. • See page 10

CHARLOTTE COUNTY REPUBLICAN CLUB



With bluegrass band the Florida Mountain Men playing in the background and smells of pulled pork and baked beans lingering in the air... • See page 10

OUR TOWN: SUNCOAST HOMES

Sunday, September 16, 2018

Don't let them in your home

I remember the call I got from an adrenaline-charged seller. I had listed her home for sale, and that evening she was home alone. As she went out to her lanai, she was surprised by people walking around her secluded backyard. Her first thought was to retreat inside to fetch her .38 before asking questions. Instead she demanded an explanation with a tone that conveyed her displeasure. That's a good thing. Her husband is an advanced weapons trainer for the military; it's reasonable to think he's taught her a few things.



Columnist

Brett SLATTERY

It did not end well. The day before the closing the buyer backed out with the explanation that The Lord had directed him down another path. However, there were no powers that could save his forfeited deposit.

Power tips

One advantage to today's electronics is that many of us can run our businesses remotely from any web-enabled location using smartphones and mobile devices. When Hurricane Irma struck last year, Deb and I were at a large home in Georgia with 3 other families. As Irma moved north into Georgia, it created power outages that were more widespread than those in Florida. Many of us spent time in our cars recharging our devices. We old-timers did it to keep our business lines open, while the millennials did it because they depend on their devices for life-support.

Many homes today have UPS battery-backup systems, especially to keep computers running during power interruptions. It never occurred to any of us in the house that we could have plugged our phone rechargers into the UPS system rather than into our vehicle's USB ports.

And in case you missed it in this column last year, here's how to tell if the home you've evacuated from has experienced power interruptions. Thanks to FPL's new smart meters, you can log onto your own FPL dashboard on FPL's website. There, you can view an hour-by-hour summary of how much power your home has consumed. It even breaks it into the cost per hour. It is current to the previous day. Being able to view your hour-by-hour power status tells you when, and for how long, your refrigerator was off. That indicates which foods may be spoiled.

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.

The strangers said they saw the "for sale" sign in front. The owner pointed out her car was parked in the driveway, so they had to know someone was home. They replied that they came from a place where it's common for neighbors to park on the driveway of their neighbors' non-occupied homes.

As if that weren't shaky enough, the strangers then said they were interested in the house and wanted to come in and look around. The seller was right on target with her response. She gave them a solid "no," along with an admonition that if they were interested they needed to go through the proper channels by calling the name and number on the for-sale sign out front. We never did hear back from them. No surprise, there.

I had a similar situation a few years ago. It was worse. In that case, the seller went out to the lanai to find strangers poking around inside their lanai and looking through windows. Their explanation was that they saw the lock box on the front door, so they figured the home must be vacant. Huh?

I know most people get this, but for the few who don't, owners who put their homes on the market are not relinquishing their privacy. But if you are a seller, it's good to be prepared should you encounter a similar situation. And please, never, ever let these people in your home. If they are sincere buyers, they will go through the proper channels and the Realtors will pre-screen them.

One of my sellers in a similar situation let his guard down. He let the strangers in because the male identified himself as a minister. That buyer did call me and placed the home under contract. But

3041 Rivershore Lane, Port Charlotte



3041 Rivershore Lane, Port Charlotte, FL 33953
 County: Charlotte
 Year Built: 2007
 Current Price: \$799,900
 LP/SqFt: 5,434
 Garage: Oversized 2-car garage
 Beds: 4
 Baths: 5
 Sq Ft Heated: 4,056

Total Acreage: 1-2 acres
 Pool: Heated w/ Spa
 Location: Riverwood Community
 Listing Agent/ Brokerage: Anita Baltierra, 941-626-4720, AnitaBaltierra@msn.com; Riverwood Realty, 941-743-9663



178 Medici Terrace N. Venice



178 Medici Terrace N. Venice FL. 34275
 County: Sarasota
 Year Built: 2006
 List Price: \$299,900
 LP/SqFt: \$145.30
 Garage: 2-Car
 Beds: 3
 Baths: 2
 Sq Ft Heated: 2064

Total Acreage: up to 10,889 sq ft
 Pool: No
 Location: Venetian Golf and River Club
 Listing Agent/ Brokerage: Sandi Tresh, ReMax Platinum Realty, 941-586-1218



163 Long Meadow Lane, Rotonda West



163 Long Meadow Lane, Rotonda West, FL 33947
 County: Charlotte
 Year Built: 1999
 List Price: \$340,000.
 LP/SqFt: \$173.38
 Garage/Carport: 2-car
 Beds: 4
 Baths: 3
 Sq Ft Heated: 1961

Total Acreage: .20
 Pool: Yes
 Location: Rotonda West
 Listing Agent/ Brokerage: Linda Futch, 941-270-2978; Hendricks, Harms & Associates, 5925 Placida Road, Englewood, FL 34224, 941-697-6900



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Englewood Realtor board welcomes new members

By **KIM PARKS**

BOARD OF REALTORS

The Englewood Area Board of Realtors recently held new member orientation. Eighteen new agents took the oath of Realtor and were sworn in by EABOR President, Kathi Obendorfer.

By becoming a member, Realtors are more than just agents, they are professional members of The National Association of Realtors. That means, they subscribe to a strict code of ethics. Realtors are required to complete ethics training that must meet NAR's specific learning objectives and criteria.

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EABOR has been the local voice for real estate since 1962. Keep in touch with EABOR on social media by following them on Twitter and Instagram @EABORFL, and like them on Facebook.



PHOTO PROVIDED/

Posing is a group of members of the Englewood Area Board of Realtors. From left, (front) are: Amanda Erdman of Keller Williams Realty Gold, Marli Walker of Kay Realty, Amber Warner of Keller Williams Realty Gold, Jennifer Melnitouk of Keller Williams Realty Gold, Jen Martin of Paradise Exclusive, Amy Gonzales of Michael Saunders & Company, Renee Boiteau of Keller Williams NRI, Jayda Maher of Keller Williams Realty Gold, Monica Wawrzyniak of Exit King Realty, (standing) Patrick Hesse of Keller Williams Realty Gold, Meg Griffin of Michael Saunders & Company, Tyler Abbott of Tall Pines Realty, Heidi Healey of Paradise Exclusive, Brittany Byrd of Cooperative Realty WelcomeHome, Kathi Obendorfer of {The Kathi "O" Obendorfer Group/}, Will Thomas of Keller Williams Realty Gold, Kathleen Turner of Michael Saunders and Company of Boca Grande, Tailer White of Wendy Reinhardt

Retirees and the asset management challenge

By **JACK GUTTENTAG**
THE MORTGAGE PROFESSOR

Previous generations, retiring with defined-benefit pension plans provided by employers, seldom concerned themselves with the investments that secured those plans. That was the employer's problem — except when the investments turned out to be insufficient to make the required pension payments, when it would suddenly become the retirees' problem. But that was an uncommon aberration.

This generation of retirees is much more likely to depend on defined-contribution plans, in which investments are under the control of the retiree. Whereas defined-benefit plans promised payments

for the retiree's life span, however long that might be, defined-contribution plans leave the retiree with a nest egg of financial assets to be drawn on as the retiree, often with the advice of a financial adviser, considers prudent. Draw too much and you run out of money; draw too little and you needlessly impoverish yourself.

Not all retirees face the challenge. Those who saved little or nothing during their working years and are wholly dependent on Social Security face an impoverished retirement, no matter what. At the opposite pole, those who have accumulated large amounts of assets can draw what they like without worrying about it. Spending more simply means leaving a smaller estate.

The challenged retirees are those in between, who have assets that may or may not last through their life span, depending on how carefully they are managed and how long they live. In most cases, the assets held by challenged retirees are entirely or largely common stock because over long periods, investments in common stock have yielded the highest returns.

The downside of having one's nest egg in common stock is that the returns are unstable and can be negative for extended periods. Somehow, challenged retirees must figure out how to steer themselves safely between the Scylla of impoverishment from the premature depletion of assets and the Charybdis of unnecessary deprivation from excessive caution.

To provide some guidance to that challenge, my colleague Allan Redstone has developed tables that, for a specified nest egg amount and life expectancy, show the monthly draw amounts associated with estimated probabilities of nest egg depletion. The tables are based on an available database covering monthly rates of return on common stock during the period 1926-2012 and assume a constant annual inflation rate of 2 percent.

Here is an example. When retiree Jones stopped working at 64, he had a common stock nest egg valued at \$1 million and a life expectancy of 20 years. The median

RETIREES | 3



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I'm disappointed by the home I bought pre-construction; Do I have to close?

By GARY M. SINGER
SUN SENTINEL

Q: Several years ago, we signed a contract with a developer to purchase a new construction condo. After several delays, they finally told us we had to close in just 10 days. When we went to look at our new home, we found it to be very different from the floor plan in the brochure. Do we have to close? — Anne

A: Purchasing a new home pre-construction can be a great way to get all the designs, colors and features you want and to

make the perfect home for your family in a trendy new community. For these reasons, along with a slick marketing team, these properties are usually in high demand. This, more than the wealth and experience of the developers, puts the buyers at a competitive disadvantage when negotiating the sales contract.

Having reviewed hundreds of these contracts, I have found them to usually be extremely one-sided, allowing the seller to plan changes and delay while requiring the buyer to close on

the purchase on very short notice. With these contracts, even more than most, make sure to read and understand all the fine print and decide if you can live with the terms before signing and putting your large deposit into escrow.

Most of these contracts will allow the builder to delay for a variety of reasons and will even allow it to deviate from the floor plan and specifications under certain circumstances. Look at the floor plan you were provided, and you will likely find small print advising

that the plans were for illustrative purposes only and are subject to change. This is what you agree to when you sign the contract.

I have seen many people purchase, own and love their new construction home. I am not telling you to avoid these deals, just to know exactly what you are getting into.

The seller, just like you, is bound by what the contract says and can be held responsible for its breach. The relevant laws rely on full disclosure, so if developers hide something or outright lie, they

can be held to task.

To answer your question, you will need to review what you agreed to in the contract carefully. If the developer did not hide anything and lived up to the contract — taking into consideration the exceptions, fine print and all — then you will need to move forward or lose your deposit. However, if it failed to live up to its promises, you should find a good attorney to hold them accountable.

Gary M. Singer is a Florida attorney and board-certified as an expert in real estate law

by the Florida Bar. He practices real estate, business litigation and contract law from his office in Sunrise, Fla. He is the chairman of the Real Estate Section of the Broward County Bar Association and is a co-host of the weekly radio show *Legal News and Review*. He frequently consults on general real estate matters and trends in Florida with various companies across the nation. Send him questions online at www.sunsentinel.com/askpro or follow him on Twitter @GarySingerLaw.

RETIREEES FROM PAGE 2

initial draw amount, based on 733 20-year periods during 1926-2012, was \$8,951. The median rate of return that made this draw amount possible was 11.3 percent. If the same median historical return experience occurs over the next 20 years, and Jones lived exactly that long, he could draw \$8,951 monthly (increasing at 2 percent per year), with the last check that closed his account arriving the month he died.

But there is an estimated probability of 50 percent that \$8,951 will turn out to be too high and he will run out of money. If he started out drawing \$6,343, which requires a rate of return of 6.6 percent, the probability of running out drops to 20 percent. To reduce the risk of running out to 5 percent, he would have to reduce the initial monthly draw to \$4,178, which requires a return of

only 1.9 percent.

There is the additional risk that he will live past his life expectancy. Extending the period to 25 years, the initial draw with 5 percent risk would be \$3,741, requiring a rate of return of 2.9 percent.

The uncertainties involved in managing investments support an industry of investment advisers. They have come up with the widely cited "4 percent rule," which says that it is probably safe for a retiree to draw

an amount every year equal to 4 percent of the current value of a stock portfolio.

A weakness of the 4 percent rule is that the retiree does not know how much risk is involved, or the extent to which the risk would be increased by going to 4.5 percent, or reduced by going to 3.5 percent. However, the Redstone tables can fill that gap. Applying the 4 percent rule to retiree Jones, the draw amount would be \$3,333, which

over 25 years carries a risk of running out of about 4 percent.

Information on the probability that a specified draw amount will result in the retiree running out of money does not make the process of deciding how much to draw any easier. On the contrary, basing

the decision on probabilities is the difficult way. The easy way is to just accept the adviser's recommendation.

The capacity to generate a complete table of draw amounts and rates of return for a common stock nest egg of any size, organized by percentiles

and periods, will be available on my website in a week or so.

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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John Ruskin
Author-Economist

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Guy Harvey kicks off store opening in Cocoplum

By LAUREN COFFEY
STAFF WRITER

NORTH PORT — A line of people snaked around clothing displays as North Port residents waited to meet fishing merchandise mogul Guy Harvey.

The new Dick's Sporting Goods store was officially opened Friday afternoon in Cocoplum at 18219 Tamiami Trail.

Harvey was available for meet and greets with customers as they perused his merchandise in the store.

"I came to get stuff signed," Alexis Knight, a 15-year-old from Port Charlotte said, and gestured to the sleeve of her T-shirt. "I like fishing, I grew up with it in Florida. He's nice."

Harvey's apparel, which features artwork he paints, has been around since the 1980s. But his business goes beyond offering a wearable fishing shirt.

"The brand was probably the first with wearable fishing art," he said. "We've done pretty well over the decades. We've had tons of competition — now you have to take it in stride but with us we have a give back to marine research efforts."

Harvey has his doctorate in fish biology, which he uses as he oversees the Guy Harvey Research Institute.

"It's been a fun road," he said. "Some people would say I take on too much and should concentrate on just art because that's what I'm known for. But I have a Ph.D. and you understand all the resource issues we're facing. So it triggered all the research and conservation efforts."

As for Florida's current red tide issue, Harvey has said he has



A line wrapped around Dick's Sporting Goods to meet Guy Harvey, creator of the eponymous fishing apparel line.

a few suggestions for lawmakers and fellow conservationists.

"All the issues with water management need to be fixed," he said. "Also the outflow from Lake Okeechobee. We've said quite a bit about it, but the flow of freshwater from the lake needs to be redirected south instead of east and west like it is now. And they need to allow it to percolate through the Everglades. They (the Everglades) act as a filter."

He was born in Jamaica and is currently living in Grand Cayman. At 63, he is optimistic of the business' future.

"I'm painting faster than ever, but succession is arranged," he said. "Jessica, my daughter, has the foundation at heart and is doing a great job. And my son is entrusted in the business side of it. Hopefully, I'll be able to take a step back in maybe five years."

For now, many North Port residents were eager



SUN PHOTOS BY LAUREN COFFEY

Guy Harvey signs photos for Tanner Talbot, a Sarasota resident. Guy Harvey was at Dick's Sporting Goods on Friday night to meet fans.

to support Harvey and his brand in the newest store. "He's a great artist, great

conservationist," said Hunter Talbot, a Sarasota resident. "I thought I

would have to go to one of his places — I didn't think I would be able

to meet him so I'm very thankful for this." Email: lcoffey@sun-herald.com

Learn how to identify fake news reports

By LIZ HARDAWAY
STAFF WRITER

Fact-checking isn't just for the journalists anymore.

With a fear of fake news running rampant on both sides of the political divide, technology consultant David Finster spoke to the Democratic Women's Club last week to discern real information from propaganda disguised as news.

"Our democracy requires voters to have truthful information, or we become mere puppets with a vote," Finster said.

The rapid impact of social media on people's worldview not only causes the spread of fake information, but now citizens are more likely to unknowingly participate in this spreading of false information. Scientists estimate 59 percent of links that get shared on Twitter are not even clicked, according to a June 2016 study conducted by computer scientists from Columbia University and the French National Institute.

"Ideas have consequences," Finster said. "These ideas seep in."

Propaganda techniques can be frequently seen on social media, Finster said. The key to effective propaganda is isolation, simple repetitive messages and strong emotions. Furthermore, those tests that discern what Game of Thrones house you're in don't



SHUTTERSTOCK PHOTO

PROPAGANDA WARNING SIGNS

- Does it cause an emotional reaction? Why?
- Is it paid content?
- Did my comment attract trolls? Should I argue with them?

just get you a royal seat. The answers can be used to target specific advertisements to certain demographics.

"(I) was amazed at how vulnerable we all are, without even knowing," said vice president Kimmie Correll. "He showed us how easily almost anything we read can be hacked;

distorting the intentions of an advertiser or how an article from a well-known and trusted source can be changed."

Facebook uses 98 personal data points to target these ads, including the square footage of a user's house, whether they're a "trendy" or "soccer" mom or if a

user is "interested in the Olympics, fall football, cricket or Ramadan," the Washington Post reported in August.

Finster told participants to check the date, author, publisher and sources of an article before clicking "share." He also suggested using fact-checking sites such as Politifact, Snopes and FactCheck.org. He also encouraged users to search Google for unique phrases within articles to see if they're true or not, or do a reverse image

search to see if a photo has been fabricated or altered.

"Our elections are under threat from nefarious elements using the internet," said treasurer Kay Blue. "It is important for us to be vigilant as social media consumers and users."

"I believe the best way to educate the voter is to give them some simple tools and inspire them to be curious," Finster said.

Aside from discussing the importance of fact-checking, the

Democratic Women's Club discussed their treasury balance and funds they've allocated for scholarships to high school students.

The club is also in need of a temporary secretary for October and November.

The Democratic Women's Club, next meeting will be held on Oct. 1 at the Charlotte County Democrats headquarters at 3596 Tamiami Trail, Suite 202, Port Charlotte.

Email: lhardaway@sun-herald.com

Need that hard-to-find item? Find it in the Classifieds.

AREA PROPERTY TRANSFERS

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

Table with 19 columns: ML#, STATUS, CITY, ZIP CODE, ADDRESS, LIST PRICE, AREA, SOLD PRICE, SOLD DATE, POOL, BE, FB, HB, BUILT, PROPERTY STYLE, SOLD TERMS, LP/SQFT, SP/LP, LP/SQFT. Contains property listing data for Charlotte County/North Port.

SOUTH SARASOTA COUNTY - COURTESY OF VENICE AREA BOARD OF REALTORS

Table with 13 columns: 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. Contains property listing data for South Sarasota County.



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New 2018 Honda **CR-V LX** FWD CVT Auto

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\$2,999 DUE AT LEASE SIGNING

On Approved Tier 1+ Credit by Honda Financial Services

Closed-end lease for 36 Months. Amount due at lease signing includes 1st payment, \$0 security deposit, and \$698.50 dealer fees. Tax, title, and license fees extra. 12,000 miles per year and \$.15 per mile thereafter. See Port Charlotte Honda for details. Offer expires 9/20/18.



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<p>2016 HYUNDAI ELANTRA Value Edition, Stock# 50703A \$12,525 Plus tax and fees.*</p>		<p>2015 VOLKSWAGEN BEETLE 1.8T Classic Convertible, Stock# 7526H \$17,288 Plus tax and fees.*</p>	
<p>2015 NISSAN ALTIMA 2.5 S Stock# 50692A \$13,522 Plus tax and fees.*</p>		<p>2017 VOLKSWAGEN TIGUAN Limited 2.0T, Stock# 15143A \$17,402 Plus tax and fees.*</p>	
<p>2016 CHRYSLER 200 LIMITED Stock# 7518H \$13,526 Plus tax and fees.*</p>		<p>2016 HONDA HR-V LX Stock# 50657A \$17,438 Plus tax and fees.*</p>	
<p>2017 TOYOTA COROLLA LE Stock# 7504H \$13,594 Plus tax and fees.*</p>		<p>2015 HONDA CIVIC Si Coupe, Navigation, Stock# 50806A \$18,426 Plus tax and fees.*</p>	

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Sullivan Street Craft Festival comes to Punta Gorda

By **KAYLA GLEASON**
STAFF WRITER

The Sullivan Street Craft Festival started Saturday and continues today from 10 a.m. until 5 p.m.

The outdoor event features the work of crafters from around the nation.

It's held along Sullivan Street in downtown Punta Gorda, and admission

is free.

For more information call 941-639-3720, or visit: <http://puntagordachamber.com>.

Email: kgleason@sun-herald.com



SUN PHOTOS BY KAYLA GLEASON

A floral arrangement booth draws in customers.



Bill and Linda Jahn take their yellow lab Gunny for a walk down Sullivan Street Saturday during the craft fair.

Left: Jacqueline Hoffner-Herron looks through handmade purses Saturday.



Fundraiser held Saturday for Charlotte County Republican Club

By **KAYLA GLEASON**
STAFF WRITER

With bluegrass band the Florida Mountain Men playing in the background and smells of pulled pork and baked beans lingering in the air, the Punta Gorda Bayfront YMCA seemed more countryside than waterfront on Saturday.

The 15th annual Wild Hog Wild fundraiser for the Charlotte County Republican Club brought in notable local leaders and state politicians alike.

Over drinks and a hot, fresh plate of Big John's barbecue, area Republicans also got the opportunity to rub shoulders and open dialogue with around a dozen Republican candidates for local and state offices before the general election

Punta Gorda City councilman Jaha Cummings and Charlotte County Commissioners Joe Tiseo and Ken Doherty.



SUN PHOTOS BY KAYLA GLEASON

Members of the club load up their plates with coleslaw and pulled pork.

in November.

"This has always been one of the greatest events we have in Charlotte County," said Lindsay

Harrington, chairman of the Charlotte County Republican Executive Committee.

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Health & Hope Measles makes a comeback

If you think measles is no longer a threat, think again. According to the World Health Organization, there were more than 40,000 cases of measles across Europe the first six months of 2018, nearly double the number recorded in all of last year and eight times the number in 2016.

In this country, the numbers are not as alarming, but significant nonetheless. As of Aug. 22, there were 124 confirmed cases of measles in 22 states and the District of Columbia, six more than the total recorded in all of 2017. Pinellas County had three cases, the first appearance of measles there in 10 years. None of the three had been immunized, and that's the problem.

"In my 25 years of being a pediatrician, I have only seen one case of measles," said Dr. Benjamin Helgemo of Port Charlotte, "but with all kids who are not getting vaccinated, we're going to see an outbreak like they have in other states."

There have been 18 cases in California as of Aug. 10, including a child who came down with the illness after visiting a foreign country. Last year, there were only 15 cases statewide.

The measles vaccine was licensed in the United States in 1963, and its success led to hope that the sometimes fatal disease (37 died in Europe this year) could be eliminated. Then came the outbreak of 1984-85, with more than 5,000 cases reported over those two years.

"We were vaccinating kids at 12-15 months, and

DAN | 9



Dan Mearns
COLUMNIST

Charlotte County Commissioners proclaim September as Dystonia Awareness Month

Dystonia is the third most common movement disorder after essential tremors and Parkinson's disease, yet there is little information, awareness or funding. This neurological disorder causes the brain to "misfire," sending incorrect signals to muscles and causing them to contract repeatedly, twist and/or pull the affected area of the body. The disease can affect one area (focal) or the entire body (generalized). Dystonia may be inherited, caused by trauma, or by certain medications, but for most people the cause is unknown.

According to the Dystonia Advocacy Network, there are at least 300,000 people in the U.S. who have dystonia, "making it more common than Huntington's disease, muscular dystrophy, and ALS."

The symptoms and treatments are as different as each individual. Many afflicted use medication along with botulinum toxin injections, trigger point injections, massage therapy, physical therapy, acupuncture, medication/relaxation techniques or homeopathic remedies to help ease the symptoms to have resemblance of what life was like "before," yet in most cases the pain is constant. Others are completely disabled.

"Although dystonia has been recognized for centuries, as recently as the 1970s, it was widely mistaken for a psychiatric disorder, not a neurological disorder. Modern dystonia research and clinical care only began in the 1980s and has since made remarkable progress. But movement disorders remain a very specialized field and most medical students may not learn about dystonia unless they specialize in neurology — and neurology is an enormous field so even general neurologists cannot typically be expected to recognize and treat dystonia. A movement disorder specialist is a subspecialist within neurology," said Jessica Feeley, Editor and Special Projects for the Dystonia Medical Research Foundation.

I was diagnosed with cervical dystonia this year. I had never heard of it, knew no one who had it and knew no one



Marie Merchant
FEELING FIT EDITOR

FORMS OF DYSTONIA

Focal dystonias — Affecting a group of muscles or body part:

Blepharospasm: Dystonia that affects the muscles of the eyelids and brow.

Cervical dystonia (spasmodic torticollis): Dystonia that affects the neck and sometimes the shoulders.

Oromandibular dystonia (cranial dystonia): Symptoms include forceful contractions of the face, jaw, and/or tongue.

Spasmodic dysphonia (laryngeal dystonia): Dystonia that affects the vocal cords.

Hand dystonia (writer's cramp): Dystonia of the fingers, hand, and/or forearm.

Lower limb dystonia: Dystonia of the leg, foot, and/or toes.

Musicians' dystonias (task-specific): Generalized dystonia is characterized by twisting of the limbs and torso.

Dopa-responsive dystonia: A group of dystonias that respond to a medication called levodopa.

Myodonus dystonia: A hereditary form of dystonia that includes prominent myodonus symptoms.

Paroxysmal dystonias and dyskinesias: Episodic movement disorders in which abnormal movements occur only during attacks.

X-linked dystonia-parkinsonism: A hereditary form of dystonia that includes symptoms of parkinsonism.

Rapid-onset dystonia-parkinsonism: A hereditary form of dystonia that includes symptoms of parkinsonism.

Secondary dystonias: Dystonia that is triggered by factors such as trauma, medication exposure, toxins.

Trauma: Dystonia may follow trauma to the head and/or to a specific body area.

Drug-induced (Tardive dystonia & dyskinesias): Specific drugs are capable of causing dystonia.

Toxins: Several rare toxins are known to cause movement disorders.

Neurological and metabolic disorders: Dystonia can occur as a symptom of multiple disorders.

Functional (psychogenic) dystonia: Dystonia that is secondary to a combination of neurological and psychiatric/psychological causes.

— Dystonia Medical Research Foundation

who knew anything about it. So off to "Dr. Google" I went. Learning as much as possible about what it is and treatments available. Then the words "there is not a cure." My heart sunk.

Looking for more information, I came across a Facebook support group, Dystonia Awareness. The group includes people with

PROCLAMATION

WHEREAS, Dystonia is a neurological disorder in which muscles contract involuntarily, causing repetitive or twisting movements; and

WHEREAS, Dystonia can occur in various forms and affect people in different ways ranging from mild to severe and can cause pain and interfere with daily life; and

WHEREAS, Dystonia can affect one part of the body (focal), two or more adjacent parts (segmental) or all parts of the body (general); and

WHEREAS, the exact cause of Dystonia is currently unknown. It is estimated that approximately 300,000 people live with Dystonia in the United States and although there are treatments available there is no cure; and

WHEREAS, raising public awareness of Dystonia will continue to facilitate the discovery of new treatments and possibly a cure, as well as bring much-needed funding for support and services for individuals and families in Florida and across the United States affected by Dystonia; and

WHEREAS, Dystonia Awareness Month is a special opportunity to educate the public about Dystonia and the fight for new treatments and a cure.

NOW, THEREFORE, BE IT PROCLAIMED that the month of September 2018 shall be known in all of Charlotte County as

Dystonia Awareness Month

PASSED AND DULY ADOPTED this 11th day of September 2018

ATTEST: *[Signature]*
Roger D. Eaton, Clerk of Circuit Court and Ex-Officio Clerk to the Board of County Commissioners

BOARD OF COUNTY COMMISSIONERS OF CHARLOTTE COUNTY, FLORIDA
By: *[Signature]*
Kenneth W. Doherty, Chairman

APPROVED AS TO FORM:
[Signature]
Raymond J. Sandrock, County Administrator



PROVIDED BY THE DYSTONIA MEDICAL RESEARCH FOUNDATION

Faces of Dystonia: Dystonia can occur at any age, but is often described as either early, or childhood, onset versus adult onset.

all types of dystonia who offer advice and personal stories. It is a cyberplace where you can go to not feel alone.

Carrie Speckman, a member of the group, has suffered from generalized dystonia since the age of 7. She asked the group of 1,934 members to contact their state governors and county leaders

for proclamations to help raise additional awareness for Dystonia Awareness Month in September.

"Mike (Delise) had posted a picture of the proclamation he had requested for his state of Michigan. So I wrote my governor (Ohio) and filed for a proclamation request.

DYSTONIA | 8

Parkinson's specialist to speak about vision in Port Charlotte

Provided by
SUZANNE DAMERON

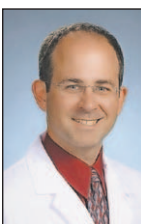
A free community event "Living Well with Parkinson's: Talking About Vision" will take place on Oct. 6, from 9 a.m. to noon at the Murdock Baptist Church. The half-day event features Parkinson's specialist Dr. Jody Abrams, a board-certified Neuro-ophthalmologist with the Sarasota Retina Institute office in Port Charlotte who will be speaking on "The Effects of Parkinson's on Vision."

"Parkinson's disease

can have profound effects on the eyes that can result in a significant decrease in a person's quality of life — Dr.

Abrams will address eye disorders and treatments that are effective," said NCF executive director Robyn Faucy-Washington.

The event is part of the Distinguished Speaker Series hosted by Neuro Challenge, an organization dedicated to improving



ABRAMS

IF YOU GO

"Living Well with Parkinson's: Talking About Vision" will take place on Oct. 6, from 9 a.m. to noon, at the Murdock Baptist Church. The half-day event features Parkinson's specialist Dr. Jody Abrams, a board-certified Neuro-ophthalmologist with the Sarasota Retina Institute office in Port Charlotte who will be speaking on "The Effects of Parkinson's on Vision." Registration is required as space is limited. For more information and to RSVP, email Carisa@NeuroChallenge.org with your name and address or call 941-926-6413 ext. 103. The Murdock Baptist Church is located at 18375 Cochran Blvd., Port Charlotte.

the quality of life for people with Parkinson's and their caregivers since 2008.

Kelly and Peter Gaylord, founders of the Punta Gorda Parkinson's Support

Group, have been living with Parkinson's for over 15 years. They will present "Strategies and Tips for Living Well with Parkinson's."

"Education is the

key to living well with Parkinson's," said Faucy-Washington. "All attendees will leave with a copy of our NCF Resource Guide and more information about area resources.

The event is free, but registration is required as space is limited. For more information and to RSVP, email Carisa@NeuroChallenge.org with your name and address or call 941-926-6413 ext. 103. The Murdock Baptist Church is located at 18375 Cochran Blvd., in Port Charlotte.

Neuro Challenge

Foundation for Parkinson's provides programs, services, care-advising and community resource referrals in Charlotte, Sarasota, Manatee and Pinellas counties. The NCF Distinguished Speaker Series is a semi-annual program that brings Parkinson's specialists and Parkinson's communities together throughout Florida. NCF programs and services are provided at no charge to participants. Find out more at 941-926-6413 or visit the NCF website at NeuroChallenge.org.



Michael Malone, D.O.



Nicolai Mejevoi, M.D.



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FDA to bolster cybersecurity of medical devices

By **JOE CARLSON**
STAR TRIBUNE (MINNEAPOLIS)

After a series of computer security problems in medical devices, the Food and Drug Administration is taking steps to make sure companies do as much as possible to defend against hacking and other threats.

FDA staff members are examining companies' preparations for potential computer-hacking threats to devices that millions of Americans depend on, according to an audit report published Tuesday by the Health and Human Services Department's inspector general office.

"It's a fairly good story in terms of what FDA is doing on the cybersecurity front. As we dug into their processes further, however, we identified areas where there was room for improvement," said Abby Amoroso, the San Francisco-based deputy regional inspector general who was team leader for the study.

FDA officials welcomed the report, noting that they were already following most of its guidance and going beyond it in other aspects.

The guidance involves having the FDA make changes to its internal processes to make sure it asks questions about medical device cybersecurity earlier in the device-approval process, and to ensure that such questions are asked uniformly when new device submissions are made.

Many high- and

moderate-risk medical devices contain computers that can communicate with the outside world, such as infusion pumps that work with hospital IT networks, and implantable pacemakers that wirelessly communicate with devices at the bedside or in a doctor's hand.

Such communications are intended to make health care more accurate and safe, but computer hackers have shown that such devices can be hijacked to create problems. Although there's never been a documented computer attack on a medical device that led to intentional patient harm, "ransomware" attacks have shut down hospital computers and independent researchers say attacks on implanted devices may have gone undetected.

The FDA has been increasing its cyber enforcement in recent years, starting in 2013 with the formation of a "cybersecurity working group" and the publication of rules in 2014 for how the FDA expects manufacturers to develop long-term plans for medical device cybersecurity. FDA guidelines say manufacturers should submit cybersecurity hazard analyses with device applications and include plans for how to issue software updates.

The investigative report from the inspector general's office examines FDA's efforts before device approval. A second report, still being written, will examine FDA's efforts on cybersecurity

after devices have been allowed onto the U.S. market.

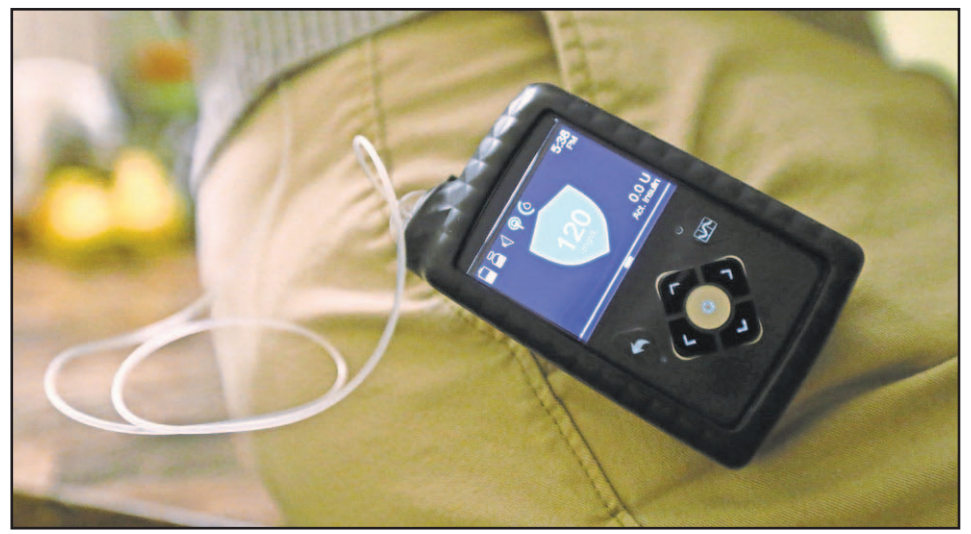
Though the auditors didn't identify any medical device that wasn't allowed onto the market for cybersecurity reasons, FDA officials said they already ask tough questions about computer security.

One FDA employee quoted in the report said that she checks data-encryption and authentication features in diabetes devices that communicate via Bluetooth or Wi-Fi, because those controls could cut down on the risk that an unauthorized person could take control of the device and deliver too much insulin.

In another case, an FDA reviewer found that a company that makes glucose monitors relies on end-users' antivirus software and firewalls, but that wasn't reflected in the user manual or the hazard analysis. The unidentified company had to update its hazard analysis to include the missing information before the FDA would accept it, the report says.

The FDA also focuses on known cybersecurity risks in the preapproval stage. One FDA reviewer said the agency "took into account" a widely known password vulnerability when a similar device from the same company was submitted for review.

In another case, when independent computer hackers showed that they could remotely take control of a company's implanted heart devices to deplete batteries or



TNS PHOTO

A Medtronic MiniMed insulin pump monitors Audrey McKinney's blood sugar level every five minutes and automatically dispenses insulin to keep her within acceptable levels at her home on Jan. 3, in Festus, Missouri. The FDA is taking measures to make sure companies defend against hacking and other cyberthreats on similar devices.

cause inappropriate shocks, the revelation spurred the FDA to meet with several other device companies that were preparing submissions of similar pacemakers and implantable defibrillators.

"During these pre-submission meetings, FDA discussed with each manufacturer the newly discovered vulnerability and inquired what cybersecurity controls their device had," the inspector general's report says. The meetings gave the FDA the chance to ask "pointed questions about the cybersecurity risks and controls of their devices, and to discuss information that manufacturers might not have known FDA was interested in."

The inspectors specifically recommended that FDA reviewers add cybersecurity to their "refuse to accept" checklist,

which is a list of items that companies must submit at the beginning of the process just to be considered for potential clearance or approval.

FDA officials said they agree with the recommendation, but it's more of an efficiency move since it won't change what information companies have to submit — just the potential timing of it. Including cybersecurity as an item on the checklist could help ensure that the initial submission contains all the necessary elements for digital security up front, instead of making the FDA ask for it later.

The federal inspectors also recommended that FDA include cybersecurity discussions in their meetings with companies planning to submit devices for approval, and to add it to the

digital templates used for reviewing lower-risk devices.

The FDA said it has taken those two steps, and is also already working to update its rules for how network-capable devices should be designed at their earliest stages with cybersecurity in mind.

New rules under consideration at FDA could require device-makers to create and distribute a "software bill of materials" that would identify all the software that comes standard on a device. The agency is also considering forming a public-private CyberMed Safety Analysis Board that would assess high-impact cyber problems to be a "go team" to investigate potential and actual device compromises at the FDA's request.

FDA issues new warning about unproven medical claims for Kratom

By **MARI A. SCHAEFER**
THE PHILADELPHIA INQUIRER

The U.S. Food and Drug Administration issued a new warning Tuesday to two companies that are making unproven medical claims about the herbal product kratom.

Kratom, derived from the leaves of a Southeast Asian tree that is part of the coffee family, has gained popularity in recent years. The FDA has said the active ingredient

in kratom, mitragynine, is an addictive substance that acts on the brain's opioid receptors.

The FDA sent warning letters to Chillin Mix Kratom and Mitra Distributing over claims that the herbal product would "relieve opium withdrawals" and treats medical conditions including diarrhea, depression, diabetes, obesity, high blood pressure, stomach parasites, diverticulitis, anxiety and

alcoholism.

To date there have been no "adequate and well-controlled scientific studies" involving the use of kratom as a treatment for medical conditions or diseases in humans, the warning stated.

"Fraudulent health claims can pose serious health risks," FDA Commissioner Scott Gottlieb said in the announcement. Consumers who rely on such products may not seek

appropriate therapies and they may be at risk of overdose and death, he stated.

The product is sold online, in gas stations and in smoke shops, and is typically brewed as a tea, chewed, smoked or ingested in capsules. It is banned in several countries including Australia, Denmark, Germany, Malaysia and Thailand, as well as in several U.S. states and municipalities.



TNS PHOTO

Kratom is an unregulated herbal product that has been linked to at least four deaths in the Philadelphia region.



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UN cancer agency: 18 million new cancer cases this year

ASSOCIATED PRESS

The World Health Organization's cancer research arm estimates there will be about 18 million new cases of cancer globally this year and more than 9 million cancer deaths.

The International Agency for Research on

Cancer said in a report published Wednesday that lung cancer kills the most people, followed by breast cancer in women and colorectal cancer.

Since lung cancer often develops over decades, any decrease in the disease's frequency from declining smoking rates likely won't be seen for

years.

The international agency estimates based on data from 185 countries that one in five men and one in six women will develop cancer during their lifetimes. It says more than half of all cancer deaths will occur in Asia, home to 60 percent of the world's population.

SUPPORT GROUPS

Lung Cancer Support Group of Punta Gorda

Lung Cancer Support Group of Punta Gorda meets the second Tuesday of each month at 2 p.m. on the 4th floor of the medical office building at Bayfront Health hospital campus on E. Marion Ave., Punta Gorda.

Speakers:
Oct. 9: Denise Lazenby, Certified Respiratory Therapist

Nov. 13: Rachel Jaycox, Clinical Nutrition Manager BFH

Dec. 11: Pamela Fadness, M.D. Psychiatrist BFH

Jan. 8: The Yoga Sanctuary of Punta Gorda

Feb. 12: Dr. Dakouny, M.D.

March 12: Dr. Bobe, Pulmonologist

April 9: Dr. Glick, Oncologist Florida Cancer Specialists

May 14: Thomas Cappello, speaking on estate planning

For more information, call 941-637-9575 or email icgarg@embarqmail.com.

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.

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.

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.

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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.

Calling teen vaping 'epidemic,' officials weigh flavor ban

By **MATTHEW PERRONE**
AP HEALTH WRITER

U.S. health officials are sounding the alarm about rising teenage use of e-cigarettes, calling the problem an "epidemic" and ordering manufacturers to reverse the trend or risk having their flavored vaping products pulled from the market.

The warning from the Food and Drug Administration on Wednesday cited recent data that points to a sharp increase in underage use of the handheld nicotine products, including Juul and others.

It marks a shift in the agency's tone on e-cigarettes. Since last year, FDA commissioner Scott Gottlieb and other federal officials have discussed e-cigarettes as a potential tool to wean adult smokers off cigarettes, although that benefit hasn't been proven.

But Gottlieb said in an address at FDA headquarters that he failed to predict the current "epidemic of addiction" among youth, mainly driven by flavored

products.

"The disturbing and accelerating trajectory of use we're seeing in youth and the resulting path to addiction must end," Gottlieb told agency staffers and reporters. "It's simply not tolerable."

E-cigarettes are vapor-emitting devices that have grown into a multi-billion dollar industry in the U.S. despite little research on their long-term effects, including whether they are helpful in helping smokers quit. They're generally considered a less dangerous alternative to regular cigarettes. But health officials have warned nicotine in e-cigarettes is harmful to developing brains.

They typically contain nicotine, and sometimes flavorings like fruit, mint or chocolate.

Health advocates have worried about the popularity of vaping products among kids and the potential impact on smoking rates in the future. A government-commissioned report in January found "substantial evidence"

that young people who use e-cigarettes are more likely to try cigarettes.

Gottlieb cited unreleased federal data and research that he says will be made public in coming months.

"We didn't foresee the extent of what's now become one of our biggest challenges," he said, in prepared remarks. "Hindsight, and the data that's now available to us, fully reveal these trends."

In June, a government survey found teen vaping seemed to be holding steady last year. Some experts were cautious about the results, however. They noted the survey did not ask specifically about Juul, a sleek, heavily-marketed e-cigarette brand that exploded onto the market and accounts for 70 percent of U.S. sales, according to analyst estimates.

"I think it became clear to FDA that if they didn't get their arms around this issue the use of these products by kids across the nation would undo decades of progress," said Matthew Myers of the Campaign for Tobacco-Free Kids. His group and

several other medical and anti-smoking groups are suing the FDA over a decision to delay federal review of most e-cigarettes.

Under regulations developed by the Obama administration, manufacturers were supposed to submit most products for review by August 2018. But last year Gottlieb said he would delay the deadline until 2022. He said both the agency and industry needed more time to prepare.

The decision was criticized by anti-smoking advocates who say e-cigarette makers are targeting kids with candy and fruit flavors and aggressive marketing.

Under Wednesday's announcement, the five largest e-cigarette manufacturers will have 60 days to produce plans to reverse underage use of their products. The companies sell Vuse, Blu, Juul, MarkTen XL, and Logic e-cigarette brands, which account for 97 percent of U.S. e-cigarette sales, according to FDA.

San Francisco-based Juul said it is working to prevent underage



AP PHOTO

This 2013 file photo shows vials of flavored liquid at a store selling electronic cigarettes and related items in Los Angeles. On Sept. 12, U.S. health officials said teenage use of e-cigarettes has reached "epidemic" levels in the U.S. and are calling on the industry to address the problem or risk having their flavored products pulled off the market.

use of its products but added that flavors can help adult smokers quit cigarettes.

"By working together, we believe we can help adult smokers while preventing access to minors," the company said in a statement.

The FDA also announced 1,300 warning letters and fines to online and traditional stores that have illegally

sold Juul and other e-cigarettes to minors.

Gottlieb criticized e-cigarette companies' handling of underage use of their products, saying they approached it as "a public relations challenge rather than seriously considering their legal obligations."

"I'm here to tell them today that this prior approach is over," he said.

SUPPORT GROUPS

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 a care-receiver 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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Dr. Mark Asperilla honored

Friends and supporters of Dr. Mark Asperilla gather to honor his accomplish-

ments at an appreciation dinner, held at the Cultural Center in Port Charlotte.



Dr. Mark Asperilla listens to Dr. David Klein's presentation.



Medical Director Volunteer at the Virginia B. Andes Clinic, Dr. David Klein, speaks of Dr. Mark Asperilla's many accomplishments to a crowd of nearly 200 friends and supporters.



Don Gasgarth, Stacy Jones and Stephen Carter



FEELING FIT PHOTOS BY JERRY BEARD

Ralph and Cheryl Temple, with Medical Director Volunteer at the Virginia B. Andes Clinic, Dr. David Klein.



Glenna and Bill Hawley (president and CEO of Fawcett Memorial Hospital) and Medical Director Volunteer at the Virginia B. Andes Clinic, Dr. David Klein.



Virginia B. Andes Volunteer Clinic CEO Suzanne Roberts with Director of Clinic Services, Janice Chupka.

Joining the right gym: Important things to know

By GREGORY WHYTE
THE CULTURAL CENTER
OF CHARLOTTE COUNTY'S
FITNESS CENTER

If you are 55 or older, it is quite possible that you already possess one or more diseases or conditions that are likely to decrease your ability to live your life to its fullest. Conditions such as heart disease, diabetes, asthma, arthritis, respiratory disease and high blood pressure that are familiar to many seniors do not have to prevent you from living a healthy and fulfilling life.

An option for many wanting to maintain or reclaim their good health is to join a gym. Joining a gym is, in most cases, a step toward improving ones fitness and/or health. With that said, because it is possible for one to join a gym and experience little in the way of progress, it is important that consideration be given to those techniques and strategies that are capable of helping to ensure "gym success."

The truth is, attending a gym — even when much effort and time are contributed — is no guarantee to success. Getting the most from a gym experience requires, first and foremost, that the right gym be selected. In addition, proper planning, adequate preparation and an attitude that fosters success are important.

Below are a number of tips that have proved helpful to many in the past. Use them to help you select a gym that suits your needs and one that will offer you the greatest benefits at the lowest cost.

- At the start, you should determine your purpose for wanting to join a gym. Is it to improve your existing state of health, lose weight, forge a more attractive body, address an illness or injury or is it something else? This is important.

- With your purpose in mind, visit a number of gyms to determine the one that is best for you. The one you select should be favorable to your schedule and should provide the equipment and other services required to help you reach your goal.

- It is important that you determine the services (basic and special) a particular gym offers before joining it. Almost all "manned" gyms will offer certain basic services. These will, normally, include a superficial assessment of your existing fitness needs, the providing of a basic training program and an introduction to

the various pieces of equipment. That being the case, if you had specific problems or concerns such as a pot belly or poor balance, that required services that are special or more advanced, it is quite unlikely that such gyms would be capable of adequately addressing those conditions. To do so, they would need — in their employ — advanced personal trainers or certified fitness or health personnel.

- Read all "sign on" ads carefully. Pay particular attention to whatever is offered. Also, study carefully the words that are used. "Bait And Switch" is a common strategy used in many ads. Its goal is to have you do something (join a particular club) by providing you with an offer that, in most cases, is too good to be true. What normally happens, is that you fall for the offer and end up paying a lot of money for important services and/or products that were never disclosed or were hidden in the "fine print."

- Be wary of any contract you are asked to sign. Read it carefully to ensure that you will be paying only what you are to pay and that you will not be tricked into a long-term commitment that is unfavorable to you.

- Ensure that the amount you have to pay to attend a particular gym is affordable to you. The inability to pay the recurring dues required to maintain an active status at a particular gym is a common reason why many people abandon (or decrease) their fitness or health improvement efforts. The good news is, a number of programs exist to help you attend a vast number of gyms absolutely free. Silver Sneakers is one such program. It is free to you if your health plan offers it. Contact your health insurance provider to determine if it carries Silver Sneakers. You may also wish to contact the Cultural Center's Fitness Center at 941-625-4175 ext. 263 to determine your eligibility for Silver Sneakers or for additional information on the program.

For basic and advanced fitness services such as weight and pot belly reduction, muscle and joint strengthening, balance improvement, stress management, nutrition and healthy eating, body sculpting and more, visit the Cultural Center's Fitness Center at 2280 Aaron St., Port Charlotte.

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.

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I began my research and came across Dr. Weerasinghe at 248 lbs. I had my gastric sleeve surgery, and am now down 110 lbs. I am extremely ecstatic about the results and how I feel. I feel amazing and love who I see in the mirror."

Charlene Sylvan-Campbell
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RETIREMENT ANNOUNCEMENT

I will be retiring from my practice of Pediatrics as of October 1, 2018. Records can be obtained or transferred to a provider of your choice by signing a record release form at my office by September 28th 2018, Thanks you for your trust and letting me be a part of your family.

DR, FARZANA BUTT, M.D.

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NEWS & NOTES

Neuro Challenge Foundation for Parkinson's

• **Special Event:** North Port: Better Hearing Starts Now! Understanding the Effects of Hearing on Parkinson's with Carol Bourbeau, Hear Again America; Neuro Challenge Foundation: North Port, 5600 Peace River Road, North Port, from 1:30 p.m. to 3 p.m. on Sept. 17.

• **North Port JFCS Care Partner Connection** with Carolyn Stephens, LCSW (Open Forum and Sharing) and Parkinson's Power Hour with Carisa Campanella; Neuro Challenge Foundation: North Port, 5600 Peace River Road, North Port, from 1:30 p.m. to 3 p.m. on Sept. 19.

• **Englewood Parkinson's Support Group:** "Understanding Parkinson's Disease and Resources for Symptom Management" with Carisa Campanella, Neuro Challenge Program Manager; St. David's Episcopal Church, 401 S. Broadway, Englewood, from 10 a.m. to 11:30 a.m. on Sept. 21.

• **North Port JFCS Care Partner Connection** with Carolyn Stephens, LCSW (Open Forum and Sharing) and Parkinson's Power Hour with Karla Brody, MSSW; Neuro Challenge Foundation: North Port, 5600 Peace River Road, North Port, from 1:30 p.m. to 3 p.m. on Sept. 26.

• **North Port Voice Aerobics** with Mary Spremulli, 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, North Port, from 11 a.m. to noon on Sept. 27.

• **Venice Movers and Shakers PD Discussion Group:** "Lessons Learned from Coping" with Edie Anderson, Ambassador, Davis Phinney Foundation; (A Learning and Support Discussion Group focusing on the Cognitive and Behavioral Aspects of PD), Jacaranda Public Library, 4143 Woodmere Park Blvd., Venice, from 3 p.m. to 4:30 p.m. on Sept. 27.

• **Punta Gorda Parkinson's Support Group:** "Understanding the Medical Infinity DBS System and Parkinson's Disease" with Chad Davie; Punta Gorda Civic Association, 2001 Shreve St., Punta Gorda, from 10 a.m. to 11:30 a.m. on Sept. 28.

Explore Masters Tennis

Explore Masters Tennis-EasyOn EasyOff-formats at the Rotonda Community Park, 100 Blvd. East and Parade Circle in Rotonda West. The Fall series of open play continues on Saturday mornings from 8 a.m.-10 a.m. followed by the various clinical formats for Masters, Family Tennis, Adaptive Tennis, POP Tennis, Net Generation (Jrs) Tennis. Don't miss out on the new games. The free programs are sponsored by USTA Florida in co-operation with West Charlotte County. Rackets (for those in need) and balls provided. Adaptive sound emitting balls by OnCourt OffCourt (Dallas Texas) No fee or registration required. Up first on Sept. 22 (then every other week) will be Masters along with Visually Impaired/Blind, Deaf and Wheelchair; followed by Sept. 29 (then every other week) Family, Net Generation (Juniors), Masters and POP tennis. For more information, call 941-698-9480.

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:

- Sept. 26: Breastfeeding Basics 6:30 p.m. to 8:30 p.m. Register online at babies.smh.com.

Special program offered

JFCS Cancer Support and Wellness will host a special program on Medical Marijuana for the Cancer Survivor from 10 a.m. to 11 a.m. on Sept. 17, at the Lion's Community Room at the Venice Health Park, 1201 Jacaranda Blvd. in Venice. Corner of Jacaranda and Center Road. The speaker will be Gerald E. Grubbs, MD., board certified by the American Board of Radiology and is currently studying for board certification in Anti-Aging Medicine.

All cancer warriors, survivors and caregivers are welcome to attend. For more information, contact Dawn Moore at 941-408-9572.

Chanting for Peace

In honor of the UN International Day of Peace and Fall Equinox, The Yoga Sanctuary, 112 Sullivan St., Punta Gorda, invites the public to, Chanting for Peace, from noon to 1 p.m. on Sept. 21. Join in chanting the sacred sound of OM 108 times. Chanting OM three times in a yoga class is beneficial, but chanting OM 108 times, in a community of people who believe peace is possible, is a powerful and memorable event. A short discussion exploring the meaning of OM and the relevance of 108 will be held followed by the chant then followed by nine minutes of silence to absorb the vibrations of this powerful mantra. This event is free and open to all. For more information, visit www.theyogasanctuary.biz or call 941-505-9642.

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 941-426-8411.

Cancer Foundation meeting scheduled

The Englewood Area Cancer Foundation will hold its monthly meeting from 5:30 p.m. to 6:30 p.m. on Sept. 25 at the Suncoast Auditorium, 700 Medical Blvd., Englewood. Topic will be LiveStrong at the Y-a free exercise and wellness program for cancer warriors. Mary Chase, Health Innovation Senior Relationship Coordinator at the SKY Family YMCA will talk about the LiveStrong at the YMCA programs in the area. For more information, contact Dawn Moore at 941-408-9572.

More than Weight Loss

Join Nutritionist and Counselor, Chrisanna Harrington, from 11:30 a.m. to 12:30 p.m. on Sept. 26, at 252 West Marion Ave., Punta Gorda, as she helps you to understand how to lose weight without harming your metabolism. Understand concepts of Insulin Resistance and how this contributes to belly fat and Diabetes Type 2. Extra

fat changes your metabolism and unless you are seeking Medical Nutrition Therapy, you can actually harm your body. Seating is available for 12 people only, call 941-787-3525 to register.

Recovery Vigil planned

Mental and/or substance use disorders are a critical challenge that Charlotte County must address immediately. To draw attention to the issue, Charlotte Behavioral Health Care (CBHC) will host a Recovery Vigil to raise awareness for people in need of treatment and recovery support services. The Vigil will take place at 7 p.m. on Sept. 28, in Laishley Park, 100 Nesbit St., Punta Gorda. Guests are encouraged to bring lawn chairs. This is a kid-friendly and pet-friendly event. There will be a presentation featuring community members sharing their personal stories of recovery, and booths staffed by our community's providers of mental and substance use disorder support services.

The first 100 attendees will receive a "Voices of Recovery" T-shirt. In addition, recovery honor beads are available free of charge, attendees may paint #RockingPuntaGorda recovery rocks (all supplies provided), and live music will be provided by Tiki Tom and L.A. Daniels. There will be a raffle, and the event will end with a candlelight vigil set to bagpipes and a moment of silence in honor of those struggling with this disease and in memory of those no longer with us.

The Recovery Candlelight Vigil in Charlotte County highlights the benefits of substance abuse treatments and the contributions of treatment providers. It also promotes the message that recovery from substance abuse in all its forms is possible and that addiction is a treatable disease. For more information or to reserve a provider table, please contact Kelly Pomerville at kpomerville@cbhcf.org or 941-639-8300 ext. 2275.

Blood drive scheduled

The Florida Blood Centers will be collecting blood from 8 a.m. to noon on Sept. 30, at Burnt Store Presbyterian Church, 11330 Burnt Store Road, Punta Gorda.

There is a critical need for all types of blood. If supplies are not replenished it can lead to postponement of critical medical treatment so the blood center is pleading for all eligible and new donors to donate as soon as possible. The "Thank You Gift" will be a free One Blood Cancer Awareness T-shirt. There will also be a wellness check up including blood pressure, cholesterol screening, iron count, pulse, and temperature.

For more information contact the church office at 941-639-0001 during normal business hours 9 a.m. to 3:30 p.m. Monday through Thursday, 9 a.m. to noon on Friday or by email to office@bspconline.org.

Poverty Simulation

A Poverty Simulation will be held from 9 a.m. to 2 p.m. on Oct. 4, at the Coalition Cafe, located at 1476 Kenesaw St., in Port Charlotte. Twenty volunteers are needed to help with the simulation and additional volunteers and community leaders are welcome to partake in the simulation. The simulation gives "real life" experiences of a person living in poverty. (The stressors and daily decisions someone has to make for survival). This valuable learning experience enhances the insight of what poverty really looks and feels like.

Local Kiwanis donates 10,000 Band-Aids



PHOTO PROVIDED

From cool character Band-Aids to unique "bacon strip" bandages and everything in between, a recent donation from the Kiwanis Club of Punta Gorda had a reminder for every kid: "you've got this!" This local club joined together to gift 10,000 Band-Aids to Golisano Children's Hospital of Southwest Florida Pediatric Specialty Clinic located in Port Charlotte. This fun donation will help put smiles on children's faces and determination in their hearts.

The local Golisano Children's Hospital Pediatric Specialty Clinic is located on the corner of Bayshore Road and Edgewater Drive. They are a convenient location for local kids, and the devoted staff works very hard to bring a positive outcome to each patient.

The Kiwanis Club of Punta Gorda is part of a global service organization whose focus is improving kids' lives. If you want to make a positive impact on a child's life, contact Marian Taylor, club president, at 941-380-1087.

Golisano Children's Hospital of Southwest Florida Pediatric Specialty Clinic aims to keep kids close to home by providing specialty services in neurology, cardiology, Oncology and more to the children of Port Charlotte. To learn more about this specialty clinic visit: <http://www.leehealth.org/locations/locations-pediatric-locations.asp>.

Through this experience, a shift takes place from "changing the poor" to improving community conditions where everyone comes together to create a sustainable community. For more information on the simulation, contact Alecia Cunningham, Director of Social Services at 941-627-4313, Ext. 119 or email Alecia.Cunningham@chomelesscoalition.org. If you are interested in volunteering, contact Darcy Woods at 941-627-4313, Ext. 134 or email Darcy.Woods@chomelesscoalition.org.

Mission Cataract

Frantz EyeCare is proud to announce its third annual Day of Giving Back — scheduled for Oct. 5-when deserving individuals will receive the gift of sight, compliments of Frantz EyeCare.

This is the third year Frantz EyeCare has partnered with Mission Cataract USA to provide free Cataract Surgery to qualifying patients. Mission Cataract USA is a nationwide program that assists in providing free Cataract surgery to qualifying patients. Surgeries will be performed at the Suncoast Surgery Center in Fort Myers.

Cataracts are the clouding of the eye's natural lens, which is the most common cause of vision loss in people over the age of 40. Frantz EyeCare has restored sight for thousands of cataract patients over the years.

Dr. Jonathan Frantz established what is today Frantz EyeCare in 1994. Dr. Frantz introduced Bladeless Laser Cataract Surgery to Southwest Florida in 2012 and is among the top five in the United States and has been voted the Best Cataract Surgeon in SWFL. He is also named in the Guide to America's Top Ophthalmologists and Best Doctors in America. Anyone who is visually impaired and has financial need or to refer a candidate, call 239-418-0999 or learn more at BetterVision.net.

2018 Walk to End Alzheimer's

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care support and research.

Join the 2018 Walk to End Alzheimer's on Oct. 6, at Laishley Park, 120 Laishley Court, Punta Gorda. Registration starts at 8 a.m. To register or to become a sponsor, email alefcakis@alz.org, call 727-578-2558 or visit alz.org/walk.

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 or call 941-376-9361.

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Chelsea Place holds senior prom

By DAN MEARNS
FEELING FIT CORRESPONDENT

Owner Kris Chana pulled out all the stops for the inaugural Senior (Citizen) Prom at Chelsea Place Adult Day Care in Port Charlotte. Executive Director Samantha Reyes of Chelsea Place Assisted Living came up with the senior prom idea, including the decorations throughout the care center common room. Purple and white balloons floated above table centerpieces, while white ribbons and a disco ball hung from the ceiling.

Among the 60 or so guests were day care center clients and residents of Chelsea Place Assisted Living in Charlotte Harbor. Chana arranged for a stretch limo from Star Limousine of Charlotte County to bring assisting living residents to the day care center, where they stepped out of the car onto a red carpet before being greeted by another red carpet inside the office. The ladies were pampered by hair, nail and makeup stylists.

Held from 10 a.m. to 2 p.m., the prom featured a catered lunch from Sonny's BBQ, special photos, live music, dancing and more. Activities director Linda Shuman led attendees in some trivia and a sing along of popular songs. The event included a

"Dine & Dash" portion (11:30 a.m. to 1 p.m.), with guests welcome to stop by, see what was happening and purchase a Sonny's to-go lunch box for \$10. Chana invited marketers, healthcare professionals, discharge planners, social workers and other business professionals. Lunch came with a "swag" bag of chatkies

Proceeds were donated to the Alzheimer's Association.

"Everybody had an absolute blast," Chana said. and we could not have done it without the support of our wonderful sponsors. We are extremely grateful to Trilogy Home Healthcare, Helping Hands SWFL and Life Care Center of Punta Gorda for helping our assisted living residents and senior day care members relive their senior prom days.

"It was truly a blessed event," he added. "We might just have to do it again next year."

Chelsea Place Adult Day Care & Activities Center is open from 8 a.m. to 5 p.m. Monday through Friday at 3626 Tamiami Trail, Port Charlotte. The assisted living facility is at 315 Addison Drive, Port Charlotte. The phone number is the same for both, 941-676-3411, and additional information is available at chelseaplacecare.com.



Senior Prom King Harold Wayson and Queen Betty Schneiderler



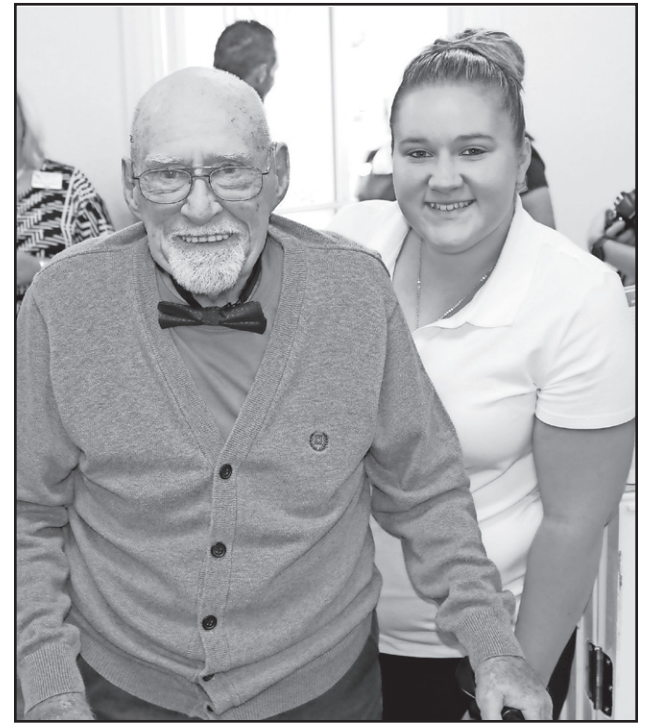
Chelsea Place Assisted Living resident Polly Williams travels the red carpet assisted by son-in-law Tom Conden and resident aide Nicole Palis.



Jeanette and Grover Todd

FEELING FIT PHOTOS BY DAN MEARNS

Mother and daughter Peggy Parsons and Mary Powers with Chelsea Place Senior Resources Director Amie Conti



Jerry Schiff with assisted living caregiver Alyssa Burch



April Clark with her mother, Margie Kehoe



Catherine Dermont shares a smile with Chelsea Place Assisted Living executive director Samantha Reyes.

Carl Stewig leads daughter Cheryl Dratler from the limo to the prom.



Thelma Decker enjoys the prom.



William Bidy, left, Jerry Daniel Richardson and Chelsea Place Adult Day Care executive director Debbie Spear



From left, Shirley Bitner, Bradd Climber, June Warren, Betty Sheidler, Annette Coach and Colleen Abraham

From left, William Wade, Donna and Harold Wayson, John Hughes and Polly Williams



Chelsea Place owner Kris Chana, right, stands with staff members, from right, Ami Conti, Samantha Reyes and Debbie Spear, along with sponsor representatives, from left, Jessica Cantwell of Life Care Center, Trina Willis, Sara Kraft, Chris Magliozzie and Amanda Stacey of Trilogy Home Healthcare, and Brittany Philbin and Melissa Lockhart of Helping Hands.

The Apple Watch is inching toward becoming a medical device

By **MICHAEL LIEDTKE**
AP TECHNOLOGY WRITER

Apple is trying to turn its smartwatch from a niche gadget into a lifeline to better health by slowly evolving it into a medical device.

In its fourth incarnation, called Series 4 and due out later this month, the Apple Watch will add features that allow it to take high-quality heart readings and detect falls. It's part of Apple's long-in-the-making strategy to give people a distinct reason to buy a wrist gadget that largely does things smartphones already do.

Since the Apple Watch launched in April 2015, most people haven't figured out why they need to buy one. Apple doesn't release sales figures, but estimates from two analysts suggest the company shipped roughly 18 million watches in 2017. Apple sold almost 12 times as many iPhones — 216 million — last year.

Worldwide, about 48 million smartwatches are expected to be sold this year, compared with nearly 1.9 billion phones, according to the research firm Gartner.

Apple CEO Tim Cook

has long emphasized the watch's health and fitness-tracking capabilities. The original version featured a heart-rate sensor that fed data into fitness and workout apps so they could suggest new goals and offer digital "rewards" for fitness accomplishments.

Two years later, Apple called its watch "the ultimate device for a healthy life," emphasizing water resistance for swimmers and built-in GPS for tracking runs or cycling workouts. In February, the company announced that the watch would track skiing and snowboarding runs, including data on speed and vertical descent.

The latest version, unveiled Wednesday, is pushing the health envelope even further — in particular by taking electrocardiograms, or EKGs, a feature given clearance by the U.S. Food and Drug Administration, Apple said. The watch will also monitor for irregular heartbeats and can detect when the wearer has fallen, the company said.

EKGs are important tests of heart health and typically require a visit to the doctor. The feature gained

an onstage endorsement from Ivor Benjamin, a cardiologist who is president of the American Heart Association. He said such real-time data would change the way doctors work.

Gartner analyst Tuong Nguyen said the feature could turn smartwatches "from something people buy for prestige into something they buy for more practical reasons."

It could also lead some health insurance plans to subsidize the cost of an Apple Watch, Nguyen said. That would help defray the \$400 starting price for a device that still requires a companion iPhone, which can now cost more than \$1,000.

Apple's watch will use new sensors on the back and on the watch dial. A new app will say whether each reading is normal or shows signs of atrial fibrillation, an irregular heart rate that increases the risk of heart complications, such as stroke and heart failure.

Apple says the heart data can be shared with doctors through a PDF file, though it's not yet clear how ready doctors are to receive a possible flood of new EKG data from

patients — nor how useful they will find the electronic files.

Eric Topol, a cardiologist and director of the Scripps Research Translational Institute, warned that the EKG feature could spur more tests than necessary, result in unnecessary prescriptions for blood thinners and overwhelm doctors with calls from patients who probably don't need treatment.

He said that while the feature will probably save some lives and prevent strokes with early detection of heart trouble, "the ratio between the benefits and the costs remains a big unknown."

Apple said the EKG feature will be available to U.S. customers later this year, an indication that it may not be ready for launch.

Fall detection could also be significant, especially for elderly users. The new Apple Watch claims to be able to tell the difference between a trip and a fall — and when the latter occurs, it will suggest calling 911 (or the equivalent outside the U.S.). If it receives no response within a minute, the watch will automatically place an emergency



AP PHOTO

Apple CEO Tim Cook discusses the new Apple Watch 4 at the Steve Jobs Theater during an event to announce new products Wednesday, in Cupertino, California.

call and message friends and family designated as emergency contacts.

Only certain Apple Watch models support cellular calls, but those that don't can still make emergency calls when near a paired iPhone or Wi-Fi service.

Apple says it monitored some 2,500 people — measuring how they fell off ladders, missed a step while walking or got their legs caught in their pants while getting dressed. It used that data to separate real falls from other heavy wrist movements, such as

clapping and hammering.

The feature is available immediately worldwide and will turn on automatically for users 65 and over. Younger people can activate it in the settings.

"I can see kids buying one for their parents and grandparents," analyst Patrick Moorhead of Moor Insights said.

But the Apple Watch still lacks one feature found in rival wrist gadgets: the ability to analyze sleep quality. Battery life in the new watch remains at 18 hours, meaning it needs a nightly recharge.

SUPPORT GROUPS

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.

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.

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Shakin' it water style at new 'Aqua Shakey' fitness class

Licensed Zumba instructor and North Porter Laurentz Cascante hosts a newly implemented "Aqua Shakey" aqua fitness class at Lakeside Plantation, 2200 Plantation Blvd., North Port, every Friday morning from 10:30 a.m. to 11:15 a.m.

The 45-minute high-energy, fun-filled, water aerobic workout is open to the public for only \$5 per class. Cascante also offers Zumba class at the community on Thursday evenings from 5:30 p.m. to 6:30 p.m. For more information on both, contact Cascante at 941-237-8983, or visit her website at laurentzc.zumba.com.



Aqua Shakey guests follow the lead of Laurentz Cascante during the her first class at Lakeside Plantation.



Emily Archila was one of 20 people who attended Cascante's new Aqua Shakey class at Lakeside Plantation.



Kristen Snowdon, foreground, and Kathy Steele get their work-out in during Cascante's Aqua Shakey class.



Janis Peebles enjoys the fun-filled Aqua Shakey class at Lakeside Plantation in North Port.



Having fun at Lakeside Plantation's pool during Aqua Shakey class is June Valentino.



FEELING FIT PHOTOS BY TAMI GARCIA

North Porter Laurentz Cascante hosts a new class at Lakeside Plantation called "Aqua Shakey," open to the public.



Marilyn Stanley, foreground, and Carol Stanger, background, dance their way around the pool at Lakeside Plantation.

DYSTONIA FROM PAGE 1

Raising awareness is so important to me and for future generations. So I shared my picture on Facebook. Delise then shared my post. We started talking and thought, if one person from each state within our dystonia community filed for a proclamation, how much awareness this would bring," said Speckman. Emily Dickson jumped on the request and contacted Florida governor Rick Scott's office and received the proclamation earlier last week. Because of her diagnoses, she too wants to create awareness for this disorder. "We are moving, as a whole, to make September Dystonia Awareness month. Many of us affected by dystonia are home-bound by our disability. And socially it can be very challenging to go out into society. Awareness could help us to feel more socially accepted," said Dickson.

So far the group has obtained proclamations from Florida, Ohio, Michigan, New York, South Carolina, North Carolina, Georgia, Minnesota, Nevada, West Virginia and Virginia, plus the city of Philadelphia and Suffolk County and New York.

There is just one surgical option available for those who qualify, deep brain stimulation, and there is no guarantee of its success. Surgeons place electrodes into the brain and implant a pacemaker-type device below the collarbone. The device delivers electrical pulses to decrease symptoms. This surgery is also used for Parkinson's disease patients.

"In my early 30s I started looking for another way, I was extremely tired and my life consisted of doing things around the house, napping and sitting on my couch. I didn't wanted to be this person anymore. In 2012 I found deep brain stimulation and finally felt like there was a ounce of hope. After

extreme testing I began my journey for DBS in 2013, explained Speckman. "I proceeded to have DBS on the right side of my brain and in 2014, the left. It was a rough recovery but my tremors were reduced to barely nothing and I had enough balance to start walking again — although it did not address the twisting, pulling and dystonic posture, it was a success." Speckman felt much better, both physically and mentally. "I felt like I had a purpose again. After a few years, I started noticing progression up into my neck, mouth, jaw and eyes; I turned to Facebook support groups. I felt comfortable there with people just like me. I now believe I have been shown a new path to walk of raising awareness and helping others do the same," said Speckman.

"Personal stories are powerful for increasing dystonia awareness. It's important for community and government leaders to be informed about a disorder that affects their neighbors and constituents. These efforts put a face to dystonia — revealing the human experience behind the name of a little-known disorder. Volunteers can make a big difference locally by reaching out to municipal and state offices, and sharing their stories. Meanwhile, the Dystonia Advocacy Network is a coalition of dystonia patient advocacy organizations that operates on the national level to educate Congress and policy makers about dystonia, the impact on those affected, and the need for federally supported research funding. Every effort and every volunteer makes a difference. September is Dystonia Awareness Month, it's been recognized by both chambers of Congress," said Feeley. "\$5Cure4Dystonia is a tremendously successful campaign created by dystonia awareness all-stars Mike Delise and Jason Dunn of Warren, Michigan. Proceeds from

bring awareness and contacted the Charlotte County Commissioner's office and am happy to say that they proclaimed September as Dystonia Awareness Month at their Sept. 11 meeting. For more information, visit <https://www.dystonia-foundation.org> or to donate, visit 5dollaracure.com.

Official proclamation from Governor Rick Scott designating September 2018 as Dystonia Awareness Month in Florida. Includes the state seal, the governor's signature, and the text of the proclamation.

\$5Cure4Dystonia support the Dystonia Medical Research Foundation and are earmarked for research," said Feeley. "I love this because most people can spare \$5 and if our dystonia community all gave just \$5, think of all the money we are raising toward finding a cure," said Speckman. I also wanted to help

bring awareness and contacted the Charlotte County Commissioner's office and am happy to say that they proclaimed September as Dystonia Awareness Month at their Sept. 11 meeting. For more information, visit <https://www.dystonia-foundation.org> or to donate, visit 5dollaracure.com.

Advertisement for "Physicians & Medical Professionals" directory. Features a stethoscope graphic, the Sun Newspapers logo, and contact information for the bi-annual directory published on Sunday, October 21st.

Fall Festival to benefit Alzheimer's

By RUSTY PRAY

FEELING FIT CORRESPONDENT

Deborah Apostolico wanted to do a little something more.

Folks at the Quality Health Care Center in North Port, where she is director of nursing, had been holding small fundraisers for the Alzheimer's Association. She thought it would be fun to sponsor a Fall Festival to benefit the Walk to End Alzheimer's.

The festival is planned for noon to 4 p.m. Sept. 22, at the skilled nursing facility at 6940 Outreach Way in North Port. About 90 of Quality Health's 120 beds are occupied, and about three-quarters of those people suffer from some form of dementia. Alzheimer's is the most common form of

IF YOU GO

What: Fall Festival
When: Noon to 4 p.m. Sept. 22
Where: Quality Home Care, 6940 Outreach Way in North Port
When: Benefits Walk to End Alzheimer's
Information: Call 941-426-8411 or email dapostolico@qualityhealthcarecenter.net.



ALZHEIMER'S AWARENESS

dementia.

"We started thinking about it," Apostolico said of how the Fall Festival came about. It's the first sponsored by the facility. "One thing led to another, and we decided to do something to generate more funds for the walk. So many of our patients have dementia and Alzheimer's."

The festival will include carnival games, a bake sale, craft vendors, hot

dogs, popcorn, face painting, a photo booth, a bake sale, and some "really neat baskets" to be raffled off.

"We're very excited about it," Apostolico said.

The Charlotte County Walk to End Alzheimer's is scheduled to start at 9 a.m. Oct. 6, at Laishley Park in Punta Gorda. In Sarasota County, it's scheduled for 9 a.m. Nov. 17, at Benderson Park in Sarasota.

BAYFRONT NEWS & NOTES

Sept. 18, 11:30 a.m. to 1 p.m. Heart Healthy Lifestyle Habits to Control High Blood Pressure. Punta Gorda Isles Civic Association, 2001 Shreve St., Punta Gorda. Learn lifestyle changes that can help lower your blood pressure and reduce your risk of heart disease. Free. Lunch provided. RSVP required. Call 941-637-1655 to register.

Sept. 19, 10 a.m. to 11:30 a.m. Forever Bonds Breastfeeding Support Group. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. New moms — and moms-to-be — are invited to share and learn about breastfeeding. Free. Call 941-624-7214 to register.

Sept. 19, 1:30 p.m. to 3 p.m. Recognizing the Signs of Caregiver Burnout — An Afternoon Tea. Solaris Healthcare Charlotte Harbor, 4000 Kings Highway, Port Charlotte. Are you battling feelings of hopelessness? Are you suffering from appetite changes and sleep disturbances? If you are caring for a loved one, than you may be suffering from caregiver burnout. Many caregivers do not take time to care for themselves. Your emotional and psychological health can affect your physical health. Join us for an afternoon tea and learn the signs of burnout, how to better manage daily stress, and when to seek help. Respite available for your loved one while you attend this event. Care packages provided to attendees. Free. Registration is required. To register, call 941-255-5855.

Sept. 20, 11:30 a.m. to 1 p.m. Top 10 Things You Can Do for Arthritis. Port Charlotte United Methodist Church, 21075 Quesada Ave, Port Charlotte. Arthritis is shockingly common, but not very well understood. There are more than 100 different types of arthritis, and more than 50 million adults in the U.S. have some form. Join us to learn the top 10 things you can do if you are experiencing joint pain. Understanding the cause of your pain and the condition of your joints goes a long way in developing a care plan. Free. Lunch Provided. RSVP is required. To register, call 941-625-4356.

Sept. 20, 5 p.m. to 6 p.m. Hands-Only CPR and Stop the Bleed. Parkside Assisted Living and Memory Cottage, 2595 Harbor Blvd., Port Charlotte. Join us for a two-part seminar where attendees will learn Hands-Only CPR and how to recognize and stop life-threatening bleeding after an injury. Take home dinner provided to attendees at the end of the seminar. Free. Registration is required. To register, call 941-766-7444.

Sept. 20, 6 a.m. to 7 p.m. Infant CPR Class. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. Caregivers learn how to respond during the first critical minutes of an emergency until a professional arrives. CPR techniques, safety, and accident prevention tips are covered. Parents, grandparents and caregivers

are encouraged to attend. Free. Register at www.BayfrontHealthEvents.com.

Sept. 22, 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.

Sept. 24, 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.

Sept. 25, 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.

DAN

FROM PAGE 1

that outbreak caused us to add a booster at age four to six," said Dr. Helgemo. "Since we'd added that second measles shot, the virus was virtually eradicated until people stopped vaccinating."

The decision by many parents not to have their children vaccinated can be traced to British doctor Andrew Wakefield, who reported a link between the MMR (measles-mumps-rubella) vaccine and autism in a 1998 case study based on six patients. It was only considered a possibility.

The theory gained momentum in this country when taken up by Jenny McCarthy and other U.S. celebrities. It has been found he falsified the study.

"This fraudulent study has been scientifically proved to be not true in any way, shape or form," said Dr. Helgemo. "The case study data was falsified by the one main investigator, and all of the

other scientists involved pulled out of the study."

The journal in which the study was published disavowed it and Dr. Wakefield was stripped of his license to practice medicine. But while McCarthy has somewhat stepped back from her assertions that MMR causes autism ("I'm pro-vaccine," she has said), Dr. Wakefield continues to champion his cause.

"This is his career now, creating hysteria about measles vaccine and other immunizations causing autism," Dr. Helgemo said. "He has benefited financially from this."

And he still has his followers. Despite 20 years of studies proving that no such link exists, vaccination rates have plummeted in the United States and elsewhere — and have not fully recovered.

"It's hard to convince people who are really anti-vaccine to acknowledge the science," Dr. Helgemo said. "They simply don't believe, same as people who deny the science of global warming

or evolution.

"And they have caused such unrest among parents who want to do the right thing, but don't do the measles shot or other vaccines. Delaying immunizations is one of the worse things they can do, because those kids are at risk and they in turn put all children at risk."

Dr. Helgemo and his partner and fellow pediatrician Dr. Wen Liou operate Helgemo & Liou Pediatrics, 2040 C Tamiami Trail, Port Charlotte. Office hours are 7:30 a.m. to 5 p.m. Monday through Friday, and the phone number is 941-629-4464.

The website, helgemo-pediatrics.com, contains a comprehensive section on immunizations under the "Disease Prevention" tab on the homepage. Other reliable resources are the Center for Disease Control (cdc.gov) and the American Academy of Pediatrics (AAP.org)

Comments and suggestions are always welcome. Call Dan Mearns at 941-893-9692 or email danmearns@gmail.com.



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Fawcett Memorial Hospital celebrates weight loss surgery accreditation

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the announcement of its weight loss surgery program being accredited as a Comprehensive Center under the Metabolic and Bariatric Surgery

Accreditation and Quality Improvement Program (MBSAQIP), a joint program of the American College of Surgeons (ACS) and the American Society for

Metabolic and Bariatric Surgery (ASMBS). The accreditation is a testament to the commitment of staff and physicians to providing optimal surgical care.



PHOTOS PROVIDED

Brandy Hershberger, RN, CNO, and Donna Alton, RN, Bariatric Coordinator



Nicole Runyon, Susan Vargo, RN, and Kelly Toney, RN



Dilendra Weerasinghe, M.D., Bariatric Program Medical Director at Fawcett Memorial Hospital



Deedee Pryzbylinski, Denise Mackenzie, George Ruggiero, M.D., Jessyca Dew, and Dilendra Weerasinghe, M.D.

SUPPORT GROUPS

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.

Breastfeeding support group

The Florida Department of Health, local partners and organizations, such as the American Academy of Pediatrics, strongly

recommend babies exclusively breastfeed for the first six months of life and continue to breastfeed for one to two years.

There are a variety of programs and resources to empower breastfeeding moms. Health professionals and peer

counselors provide a range of services from right after birth at the hospital to breastfeeding support groups in the community as noted below:

- Tuesdays, 11:30 a.m. to 1 p.m., WIC in partnership with Lactation

Love Breastfeeding Support Group, Jacaranda Library, 4143 Woodmere Park Blvd., Venice. Contact: Arielle Ball, DOH-Sarasota, WIC and Nutrition Services, Arielle.Ball@FLHealth.gov or 941-685-3324.

- Second Wednesday

each month, 1 p.m. to 2:30 p.m., North Port Library conference room, 13800 Tamiami Trail, North Port. Contact: Jamee Thumm, Healthy Start Coalition of Sarasota County, jamee.thumm@gmail.com or 941-373-7070, ext. 307.



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MONSTER

Help Wanted: Job hunter wonders whether she should

By **CARRIE MASON-DRAFFEN**
NEWSDAY (TNS)

DEAR CARRIE: I have a question about a noncompete agreement for one industry and how it might apply to a noncompeting industry. I signed a 48-month noncompete agreement when I was hired. It clearly states that it applies to any company that directly competes with my existing employer.

I am now looking for another job in an unrelated industry. Do I need to tell my prospective employer about my noncompete agreement? — How Binding?

DEAR HOW: It would make sense to mention it, even though you aren't obligated to do so, said an attorney who has

represented employees for more than 35 years and regularly deals with noncompete issues.

There are several reasons to call it to a prospective employer's attention, said Alan Sklover of Sklover & Co. in Manhattan.

The first is: "While it sure seems a simple matter that two companies in different industries should not be competitors, there are, in fact, some circumstances in which lawyers could argue that they may be competitive," Sklover said.

He offered these two examples: "While a bowling alley and a movie theater are in different industries, they might be viewed to both offer entertainment services and compete for the same customers

on Saturday night. And certain medical professionals may offer stress-reduction techniques; so, too — it might be argued — do yoga studios. Different industries, but the same or similar services, and potentially the same or similar customers."

The second reason he offered is that "frankly, it is not for your reader to make the judgment of what is competitive and what is not. Rather it is for the prospective employer to do so, and more accurately, the prospective employer's lawyer," Sklover said.

Third and finally, Sklover explained that most people do not understand that noncompete agreements are most often not enforced in court, but rather by

a "simple cease-and-desist" letter sent by the former employer's lawyer to the future employer, insisting that it terminate the new employee.

"Like everyone else, employers do not like getting sued, or even threatened with a lawsuit," Sklover said. "They are much more likely to dismiss an employee who brought this upon them, if the employee had earlier said 'I did not sign a noncompete,' when, in fact, the employee had done so."

If the reader's new employer receives such a cease-and-desist letter and it wasn't brought to the company's attention before, the new employer may feel it "was tricked," he said. If,

on the other hand, the noncompete agreement was disclosed during the interview, the employer would not feel deceived.

"I have seen employees in these circumstances fired by the new employer, for not disclosing a noncompete," he said. "If a prospective employee has nothing to hide and nothing to lose, then the prospective employee has nothing to fear. Complete openness, full disclosure and unquestionable integrity are all conducive to building strong employment relations, especially in this context, and in the early stages of the relation."

DEAR READERS: Several people responded to last week's column about older job seekers

and their difficulty in finding a job. Here are two examples:

DEAR CARRIE: I am coming up on 60 and was not getting offers. So I took a bunch of civil-service tests. I did quite well, which helped my self-esteem. Not long afterward I began to get offers. I now have a job at a local medical center.

DEAR CARRIE: Great article, but it only scratches the surface. I am 54 and have been out of work for two years. I started my own business because I could not find a job. I make only a fraction of what I used to make — less than 10 percent. I know people in similar situations.

Go to bit.ly/noncompeteLI for more on noncompete agreements.

The Journey: Retirement clock running down? Time to act

By **JANET KIDD STEWART**
TRIBUNE NEWS SERVICE

Some of us are earning more and saving more for retirement than we were five years ago, but is it too little, too late?

More than a quarter (28 percent) of working Americans surveyed by Bankrate.com said they are saving more

for retirement in 2018 than they did last year, while 13 percent reported saving less. The percentage of respondents who said they are boosting their savings has climbed each year for the last four years, according to the website.

"After the financial crisis, there was a

notable shift, with people recognizing the importance of savings. But when wage growth was tough to come by, we didn't see the savings needle move because people really couldn't do anything about it," said Greg McBride, Bankrate's chief financial analyst. "Now the needle is starting to move and

people are putting away more money."

Other studies suggest they need to. A new survey of employers by Transamerica Center for Retirement Studies finds just 16 percent are very confident their employees will be financially secure in retirement, and just 18 percent of workers are very confident they

will fully retire and live comfortably.

"That's a very discouraging result," said Catherine Collinson, president and CEO of Transamerica Institute. She says the numbers could improve substantially if more employers offered phased retirement, help with retirement income

planning and better overall retirement plan design.

But how much employers really care about improving their plans is debatable.

In the Transamerica survey, just 14 percent said they feel very responsible for helping

CLOCK | 9



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MONSTER

Surging business sales make staff retention a must

By **JOYCE M. ROSENBERG**
AP BUSINESS WRITER

NEW YORK — Offers of training and stock in their new employer weren't enough to keep four out of his five staffers when Dennis Chow sold his information technology firm in 2016.

Chow and the buyers learned one of the hard lessons of a business sale — despite their best efforts, some employees will leave. People departed from both companies when SCIS Security acquired Chow's Houston-based Xtec Systems, most of them workers who didn't like their new assignments.

"We lost maybe 25 percent of the overall workforce," Chow says.

As the number of small business sales keeps rising, staff retention is a priority — especially since low unemployment makes it easy for many workers to find new jobs. Transactions tallied by online marketplace BizBuySell.com show more than 2,700 small businesses changed hands during the second quarter, the most since

the count began in 2007. The trend is being driven in large part by retiring baby boomer owners.

One big problem can be a culture clash — staffers whose company is sold may be uncomfortable with their new bosses and how the business is now being run. A new owner may be more rigid about schedules or more of a micromanager. Staffers who worked with just a handful of people before might find themselves with dozens of co-workers, and miss the old camaraderie.

Bosses should focus on the quality of employees' work life, says Mike Astringer, owner of Human Capital Consultants, a human resources provider. Money, whether it's in the form of a raise or a bonus, may not work in the long run.

"The new acquirer and the seller need to really collaborate in the transition to make sure the culture not going to change, that the reason people work there is going to continue," he says. Critical to keeping

staffers is not springing the ownership change on them at the last minute. That will only anger them and add to their anxiety and temptation to flee, Astringer says.

A new boss should acknowledge and validate staffers' feelings, and not try pep talks to ease anxiety, says John Proctor, CEO of Ottawa, Ontario-based Martello Technologies. The information and communications technology company has made two acquisitions in recent years, giving Proctor experience with persuading reluctant staffers to stay.

"People aren't praying at the altar of Martello. It doesn't work like that," he says.

Proctor's approach is to meet with staffers individually or in small groups, spell out his ideas for the company's direction and ask employees about the roles they see themselves playing. He recommends listening rather than dictating.

"You're giving them a sense of ownership instead of, 'You're going



AP PHOTOS

In this Aug. 17, photo, Jackie Johnson, left, and John Ahlberg work at Waident Technology Solutions in Glen Ellyn, Ill. Ahlberg, whose technology support and management company has made four acquisitions in recent years, has been able to retain about a third of the staffers who joined his firm, Chicago-based Waident. "With each person, we sit down and talk to them, and ask, 'What are you doing now, and what skills do you have?'" Ahlberg says. "But most of the conversation revolves around, 'What are your hopes and dreams. What do you want to be doing?'"

to be doing this, and you're going to be doing that," he says.

Still, Proctor warns owners to expect some friction. "You also need to be realistic that there will be issues and disputes and you must deal with those with an open and frank dialogue with all involved," he says.

It can be more difficult to retain staffers in some industries than others. David Crais, chief executive of CMG Carelytics a health technology development company that has done several acquisitions, has found software engineers reluctant to be part of a company that's growing by buying others.

"Many times, they're driven by wanting to be part of a building process," says Crais.

The more an owner can align a staffer's needs with the company's culture, the greater the chances of retaining employees, Crais says. He considers an acquisition a success if 70 percent to 75 percent of the staff is still there 18 months later.

John Ahlberg, whose technology support and management company has made several acquisitions in recent years, has been able to retain about a third of the staffers who joined his firm, Chicago-based Waident Technology Solutions. Those who left tended to be uncomfortable with the culture at their new company; for example, they were used to working on their own and had a hard time adapting to team work.

"With each person, we sit down and talk to them, and ask, 'What are you doing now, and what skills do you have?'" Ahlberg says. "But most of the conversation revolves around, 'What are your hopes and dreams. What do you want to be doing?'"

Those conversations must be ongoing, Ahlberg says: "We sit with everyone regularly to make sure they are heard, we discuss the company expectations and define



In this Friday, Aug. 17, 2018, photo, John Ahlberg works at his desk in Glen Ellyn, Ill. Ahlberg.

what is expected of them. We try to leave nothing vague."

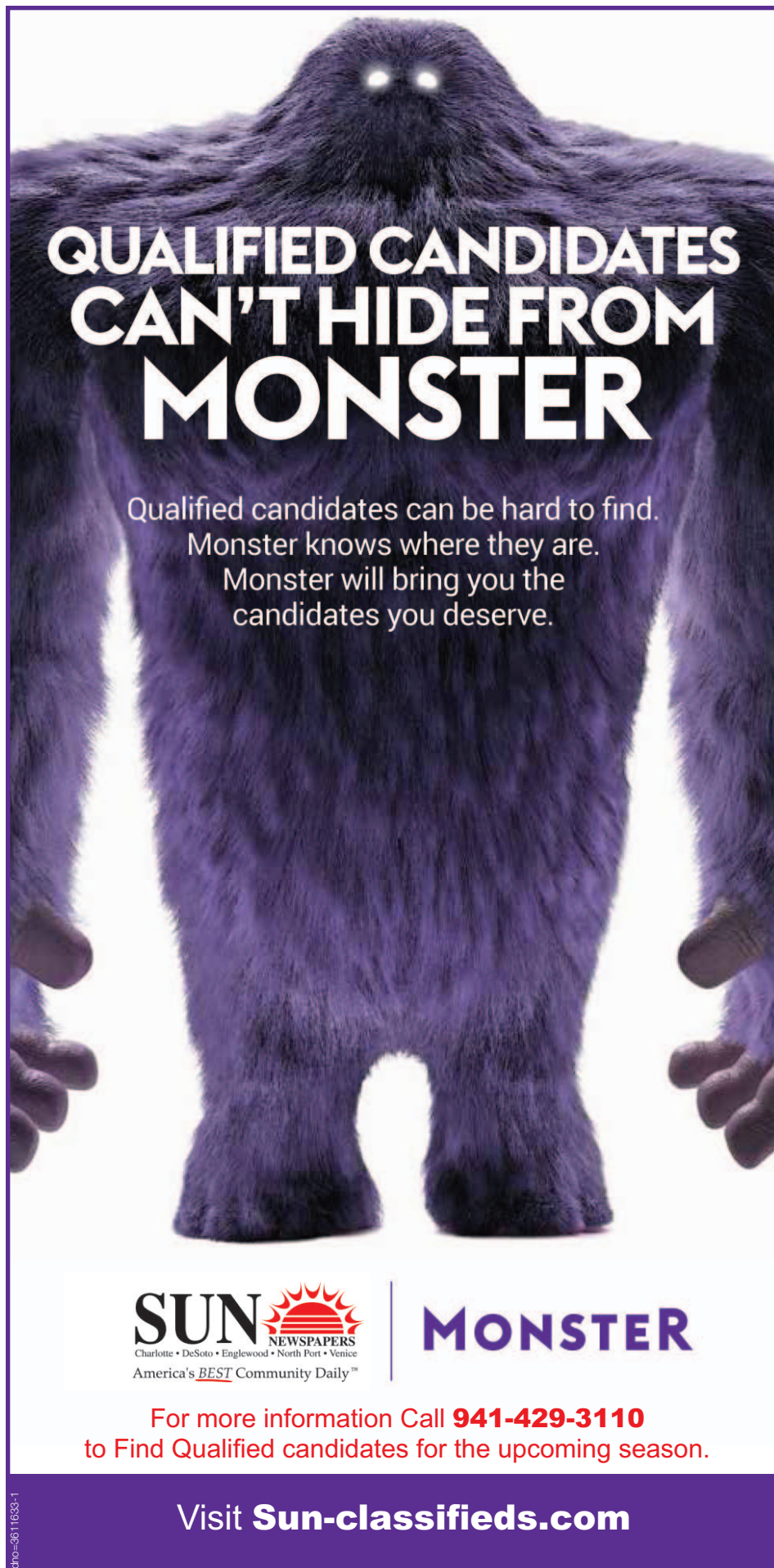
Sometimes there isn't much an owner can do. Steve Sargent hoped for an easy transition when he bought an automotive repair shop in Cary, North Carolina, in March and turned it into a Mr. Transmission/Milex franchise. He told the three staffers they could keep their jobs, but changes he made, including new technology to handle transactions and accounting, were troubling for the shop manager. Sargent

provided training and tried to talk to the man, but couldn't get him to open up about his frustration.

"He always said he wasn't going to leave," Sargent says. But nearly three months after Sargent arrived, "he called me and said, I can't do this anymore," Sargent recalls.


Sargent advises other owners to keep communicating, but be ready for people to quit.

"Not everyone will make it through the transition, so be proactive about looking for replacements before a person leaves," he says.



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As job openings reach unprecedented levels, so does quitting

US job openings reaches record high and so do the number of Americans who are quitting, seeking a greener pasture

By **CHRISTOPHER RUGABER**
 AP ECONOMICS WRITER

WASHINGTON (AP) — U.S. employers advertised the most jobs on record in July, and the number of workers quitting their jobs also hit a new all-time high.

Americans are increasingly taking advantage of a tight labor market to find new, often higher-paying jobs. That could help push up wages broadly across the economy.

The Labor Department said Tuesday that the number of job openings rose 1.7 percent to 6.9 million, the most on record dating back to late 2000. The number of people quitting jumped 3 percent to 3.58 million, also a record. Quits are typically a good sign that jobs are plentiful, because people usually quit when they have another job or are confident they can find one.

With the unemployment rate at 3.9 percent, near an 18-year low, businesses are increasingly desperate to find workers. Even as the number of available jobs rose, overall hiring in July was essentially flat, with about 5.7 million people finding jobs, the report showed.

The data are from the government's Job Openings and Labor Turnover survey, or JOLTS, which tracks total job openings, quits and hiring.

The JOLTS report comes after the government said on Friday that employers added a healthy 201,000 jobs

in August. That figure represents the net total of jobs added, while the JOLTS data reports overall hires without subtracting quits, layoffs and resignations.

The jump in job openings in July suggests solid hiring will continue in the coming months.

Private sector surveys also point to solid gains. ManpowerGroup's employment outlook survey, released Tuesday, found that employers in all 13 large industries that it tracks plan to add workers in the final three months of the year. The staffing company's survey also found that hiring should pick up in all four regions.

The company's hiring index in the South reached a 10-year high, ManpowerGroup said.

With the economy growing at a healthy clip and consumers spending freely, employers are optimistic about future demand and want to hire more. That appears to be finally pushing some employers to pay more, pushing up wages.

According to Friday's jobs report, average hourly pay rose 2.9 percent in August compared with a year earlier. That was the best annual gain since June 2009, when the Great Recession ended.

A more dynamic job market, with more people quitting and finding new work, can help fuel better wage gains. Workers who switch jobs are getting raises roughly one-third larger than those who remain



AP PHOTOS

In this Sunday, Aug. 19, 2018, file photo a woman prepares a cup of ice cream behind a "Help Wanted" sign at a Dairy Queen fast food restaurant in Rutherford, N.J. On Tuesday, Sept. 11, the Labor Department reports on job openings and labor turnover for July.



In this June 28, 2018, file photo, a help wanted sign hangs outside the U.S. Steel Granite City Works facility in Granite City, Ill. On Tuesday, Sept. 11, the Labor Department reports on job openings and labor turnover for July.

at their jobs, according to the Federal Reserve Bank of Atlanta.

"Mobility of workers between jobs boosts competition for talent

and puts pressure on employers to offer better pay and benefits," said Cathy Barrera, chief economist for online job site ZipRecruiter.

Openings rose in manufacturing, finance and insurance, and hotels and restaurants. They fell in retail and in education and health.

Survey: US companies added a solid 163,000 jobs in August

By **CHRISTOPHER RUGABER**
 AP ECONOMICS WRITER

WASHINGTON — U.S. businesses added 163,000 jobs in August, a private survey found, a decent gain that suggests that employers are confident enough to keep hiring.

Payroll processor ADP said Thursday that the job gains were the fewest since October. But last month's pace of hiring is still enough to lower the unemployment rate over time.

Solid economic growth is underpinning an optimistic outlook among businesses. Growth reached 4.2 percent at an annual rate in the April-June quarter, the fastest pace in four years, spurred by tax cuts and robust consumer spending.

ADP's hiring figures come a day before the government will release

its official jobs data for August. Economists have forecast that Friday's report will show that employers added a solid 189,000 jobs last month, according to data provider FactSet.

The job gains ADP reported for August were much lower than the 217,000 that it said were added in July. Hiring by small businesses — defined as those with fewer than 50 employees — remained sluggish last month and depressed overall job growth.

Mark Zandi, chief economist at Moody's Analytics, said that with the unemployment rate at a low 3.9 percent, smaller companies are having a harder time finding workers. Larger firms are typically able to offer high pay or more benefits and can pull in more employees



AP PHOTO

In this is a July 25, 2018, photo cars drive by a help wanted sign at a Cook Out fast food restaurant in Jackson, Miss. On Thursday, Sept. 6, payroll processor ADP reports how many jobs private employers added in August.

as a result.

Hiring was particularly strong last month for medium-sized companies, with 50 to 499 employees.

Ian Shepherdson, chief economist at Pantheon

Macroeconomics, lowered his forecast for August hiring to 170,000 after the ADP report was issued.

"This is a bit disappointing but hardly a disaster," Shepherdson said.

ADP compiles hiring data from millions of companies that are clients of its payroll services. Its figures frequently diverge from the government's data but tend to approximate them over time.

CLOCK FROM PAGE 1

employees achieve a financially secure retirement, with 41 percent feeling somewhat responsible. Even narrowing the field to just the companies who already offer a retirement plan doesn't boost the numbers much. Just 19 percent feel very responsible, though another 50 percent feel somewhat responsible.

A few takeaways from both surveys:

— Mind your own rate. While it's instructive to learn what others are doing — and important from a policy standpoint to advocate for better plans — the retirement buck really does stop with you. Most experts now recommend saving 15 percent of pay if you earn at or above median U.S. income, now around \$59,000. Lower income workers might get by saving less because a higher portion of their incomes presumably will be covered by Social Security. Very high income workers will need

to save even more.

— Be aware of culture. A lot of employers give lip service to the value of older workers' experience, but the reality is employers still discriminate, so it pays to invest in ways to stay vibrant. In the Transamerica survey, when asked how old is too old to work, workers said 75. Employers said 70.

— Be choosy in the job market. If you manage to score multiple job offers as the jobless rate

continues to shrink, compare retirement and health benefits closely. A slightly higher salary won't make up for a bad plan.

— Don't wait for a better system. The Center for Retirement Research offered up several policy suggestions earlier this year for improving the U.S. retirement system, but you don't have to wait around for the government to act. On your own, you can tackle most of CRR's wish list: When you leave a job, figure out

the 401k rollover rules and determine if it's best to stay in the plan or go. Understand fees and adviser conflicts of interest. Don't take money out of a 401k early. Find the best strategy for claiming Social Security and coordinate that with your retirement plan withdrawal strategy. On that last point, it would certainly be easier if policymakers encouraged all those items, but if your retirement clock is running down, don't sit around and wait.

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See page 2

Death toll rises to 11 as Florence pours rain



THE NEWS & OBSERVER VIA AP

Robert Simmons Jr. and his kitten "Survivor" are rescued from floodwaters after Hurricane Florence dumped several inches of rain in the area overnight, Friday in New Bern, N.C.



AP PHOTO

Rescue team member Sgt. Nick Muhar, from the North Carolina National Guard 1/120th battalion, evacuates a young child as the rising floodwaters from Hurricane Florence threatens his home in New Bern, N.C., on Friday.

Epic rainfall and record floods bring new danger as Florence shifts inland

By ALLEN G. BREED
ASSOCIATED PRESS

NEW BERN, N.C. — The Marines, the Coast Guard, civilian crews and volunteers used helicopters, boats and heavy-duty vehicles Saturday to rescue hundreds of people trapped by Florence's shoreline onslaught, even as North Carolina braced for what could be the next stage of the disaster: widespread, catastrophic flooding inland.

The death toll from the hurricane-turned-tropical storm climbed to 11.

A day after blowing ashore with 90 mph winds, Florence practically parked itself over land all day long and poured on the rain. With rivers rising toward record levels, thousands of people were ordered to evacuate for fear the next few days could bring the most destructive round of flooding in North Carolina history.

More than 2 feet of rain had fallen in places, and the drenching went on and

on, with forecasters saying there could be an additional 1½ feet by the end of the weekend.

"I cannot overstate it: Floodwaters are rising, and if you aren't watching for them, you are risking your life," Gov. Roy Cooper said.

As of 5 p.m., Florence was centered about 60 miles west of Myrtle Beach, South Carolina, inching west at 2 mph — not even as fast as a person walking. Its winds were down to 45 mph. With half of the storm still out over the Atlantic, Florence continued to collect warm ocean water and dump it on land.

In its initial onslaught along the coast, Florence buckled buildings, deluged entire communities and knocked out power to more than 900,000 homes and businesses. But the storm was shaping up as a two-part disaster, with the second, delayed stage triggered by rainwater working its way into rivers



AP PHOTO

In the photos shown side by side, houses are surrounded by water from Florence, now a tropical storm, in New Bern, N.C., Saturday.

FLORENCE | 8

Typhoon kills 12 in Philippines, heads to southern China

By AARON FAVILA
and JOEAL CALUPITAN
ASSOCIATED PRESS

TUGUEGARAO, Philippines — Typhoon Mangkhut lashed the northern Philippines with destructive winds and heavy rain that set off landslides and destroyed homes on Saturday, leaving at least 12 people dead, as Hong Kong and other parts of southern China braced for the powerful storm.

The most ferocious typhoon to hit the disaster-prone Philippines this year slammed ashore before dawn in Cagayan province on the northeastern tip of Luzon island, a breadbasket that is also a region of flood-prone rice plains and mountain provinces with a history of deadly landslides.



AP PHOTO

A resident cleans up pieces from a tree that was toppled by strong winds from Typhoon Mangkhut as it barreled across Tuguegarao city in Cagayan province, northeastern Philippines on Saturday.

More than 5 million people were at risk from the storm, which the Hawaii-based Joint Typhoon Warning Center downgraded from a super typhoon. Mangkhut, however, was still punching powerful winds and gusts equivalent to a Category 4 Atlantic hurricane when it hit the

Philippines.

China and the Philippines agreed to postpone a visit by Chinese Foreign Minister Wang Yi that was to start Sunday due to the typhoon's onslaught, which caused nearly 150 flights, a third of

TYPHOON | 4

US-backed forces storm IS-held village

By BASSEM MROUE
ASSOCIATED PRESS

BEIRUT — U.S.-backed Syrian forces entered an eastern village held by the Islamic State group where intense clashes are ongoing on Saturday, a day after the extremists reportedly killed 20 fighters, the forces and a war monitor said.

The Kurdish-led Syrian Democratic Forces said its fighters stormed Bagouz and are close to the center of the village. The forces added that they plan to open another front in the Sousseh area along the Euphrates river to increase pressure on the extremists.

SDF launched with the help of the U.S.-led coalition a wide offensive this week to capture the last pocket held by IS in Syria. The Kurdish-led forces have been among the most effective in the fight against IS in Syria, forcing them out of much of the country's east.

Despite losing most

of the territory it held between Iraq and Syria since its peak in 2014, the jihadist IS remains a disruptive force in both countries. Its leader, Abu Bakr al-Baghdadi, urged his followers to "persevere" in an audio tape attributed to him last month.

The IS-linked Aamaq news agency said the group's gunmen targeted advancing SDF fighters in the Bagouz area with mortar rounds, roadside bombs and sniper fire inflicting many casualties among them.

The SDF commander of the operation in Bagouz, who identified himself as Shergo, said in a video statement that the fighting is intense from both sides and that his fighters now control almost half of the village.

The Britain-based Syrian Observatory for Human Rights said IS fighters are relying on a network of tunnels in the area and land mines to slow down

SDF's offensive. It said that some 100 women and 30 men, including IS fighters, along with their children, surrendered to SDF fighters. The IS gunmen were taken to a tightly secured positions in the area, it added.

The storming of Bagouz came a day after the Observatory said IS gunmen took advantage of a sandstorm and killed 20 SDF fighters in the country's east, wounding others.

Kurdish official Ebrahim Ebrahim also said 20 fighters were killed in an ambush by IS fighters.

SDF said in a statement that only two of its fighters were killed and six others wounded in Friday's clashes.

The Observatory said Saturday that since SDF launched its offensive on the IS-held pocket, including the town of Hajin, 53 extremists have been killed as well as 38 U.S.-backed fighters.

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Envoy: US willing to consider further lethal aid to Ukraine

By YURAS KARMANAU
ASSOCIATED PRESS

KIEV, Ukraine — The United States special envoy for Ukraine said Saturday that Washington would consider providing more armaments to the country, whose army is fighting with Russia-backed separatist rebels in the east.

U.S. President Donald Trump this year reversed the Obama administration's refusal to provide lethal aid to Ukraine and has sent more than 200 Javelin anti-tank rockets.

Envoy Kurt Volker told reporters in Kiev that Ukraine has improved its defense capabilities in recent years, but "there are still some gaps in those capabilities. And wherever those gaps are, we are prepared to sit down and talk with Ukraine about what their needs are. They can buy things through our foreign military sales."

Volker said the United States is concerned about the expansion of Russian naval operations in the Sea of Azov, which borders Ukraine, Russia and the Russia-annexed Crimean Peninsula.

"We do not accept Russian claims about

territory in the waters. We believe the presence of Russian military forces has become a provocative, aggressive step, so we are very concerned about that," he said.

The separatist rebels in eastern Ukraine have long threatened the Azov port of Mariupol; taking the city would be a key step toward their establishing a land corridor between Crimea and Russia.

The U.S. envoy also criticized the elections that separatist leaders have called for November in two eastern regions, saying any voting would be a "completely illegitimate exercise."

He criticized Russia's resistance to full deployment of a United Nations peacekeeping mission in eastern Ukraine, where the fighting between Ukrainian forces has killed more than 10,000 people since 2014.

"Russia is insisting this be negotiated directly with the proxy entities," Volker said, referring to the self-declared separatist governments in the Donetsk and Luhansk regions.

"Russia is, in fact, the decision-maker" in eastern Ukraine, he added.

HEADLINES AROUND THE WORLD

Report: Ethiopian airstrike kills 70 al-Shabab in Somalia

ADDIS ABABA, Ethiopia (AP) — A new report says Ethiopia's air force has killed about 70 al-Shabab extremists in an airstrike in neighboring Somalia.

The state-affiliated Fana Broadcasting Corporate says the airstrike was meant to thwart an al-Shabab attack on an Ethiopian contingent of the multinational African Union force.

It cites Brig. Gen. Yilma Merdassa with the air force as saying "we achieved 100 percent of our plans."

Kenya, another member of the AU mission, also has carried out airstrikes against the al-Qaida-linked al-Shabab, while the U.S. military has carried out at least 22 airstrikes against the extremist group this year.

German police: Protester 'holed up' in forest

BERLIN (AP) — German police say authorities believe at least one person is holding out inside a makeshift tunnel under a 12,000-year-old forest set to be cleared for coal mining.

A spokesman for Aachen police said Saturday that authorities

have ordered journalists out of the area while firefighters investigate the tunnel system beneath Hambach forest.

Wolfgang Roethgens said police earlier removed four protesters who had chained themselves to a facility at the Niederaussem lignite-fired power station near the strip mine.

Police entered the forest earlier in the week to remove protesters who have been camping in the trees and trying to stop the ancient woodland from being cut down.

Environmental groups argue that the forest should be spared because Germany will stop the extraction and burning of coal in the coming years.

Austria: 6 deportees set fire to cell, leave farewell note

BERLIN (AP) — Austrian police say six men have been hospitalized with serious injuries after setting alight the mattresses and bedding of the deportation cell in which they were being held.

Vienna police said Saturday that five Afghans and an Iranian man tried to block the cell door with a locker and left a joint farewell note expressing anguish about their imminent deportations.

Officers were able to force open

Assailants kill 4, injure 9 in Mexican mariachi square

MEXICO CITY (AP) — Mexicans heading into Independence Day celebrations have been jolted by a brazen shooting that left four dead and nine wounded in Garibaldi Plaza, a famous square where mariachi musicians serenade tourists.

The Mexico City prosecutors' office said that at least one foreigner was among the wounded.

Mexican news outlet La Silla Rota circulated surveillance video of the alleged assailants dressed in the traditional mariachi garb of short embroidered jackets and pants, fleeing the scene on motorcycles.

The shooting cast a bloody pall over

Independence Day festivities. Many Mexicans wear mariachi costumes Saturday evening to commemorate the launch of the revolt against Spanish rule on September 16, 1810.

Lisa Sanchez, director of Mexicans United Against Delinquency, described the shooting as a "piercing portrait" of Mexico.

She said the fact that the murder took place in a crowded public square demonstrates that impunity prevails in the country.

On Saturday, Mexican President Enrique Pena Nieto is set to shout "Viva Mexico" — or "Long Live



AP PHOTOS

Police block access to a crime scene after a shooting in Plaza Garibaldi in Mexico City, Friday. At least four individuals have died in a shooting in Plaza Garibaldi after three gunmen dressed as mariachis opened fired.

Mexico" — shortly before midnight from a balcony of the National Palace.

Thousands crowd into Mexico City's central Zocalo square every year to hear the shout, and the celebration usually spills into Garibaldi Plaza.

Videos circulating on social media showed musicians in the plaza continuing to play music during and after the shooting Friday night.

In one video, a man plucking a large harp continues to belt out the Mexican civil war anthem "La Cucaracha" as dozens of gunshots pierce the night.

In another, brass instruments and melancholic voices fill the air as the flashing lights of police vehicles descend on the plaza.



Crime scene workers cover the bodies of victims of a shooting in Garibaldi Plaza, in Mexico City, Friday. Mexican authorities say four people have been killed and nine wounded in a shooting at the capital's emblematic Garibaldi Plaza, a popular spot for tourists.

HEADLINES AROUND THE STATE

Candidate accused of faking diploma gets probation

SARASOTA (AP) — A former Republican candidate for the Florida Legislature will avoid prosecution for falsely claiming she had a college degree if she serves 90 days of probation and completes 25 hours of community service.

The Sarasota Herald-Tribune reports that Melissa Howard signed a deferred prosecution agreement Friday. The agreement means Howard won't be formally charged with a crime. She had faced a misdemeanor count of misrepresenting her academic standing at a university.

In the weeks before last month's primary election, Howard posted a photo of herself with what looked like a Miami University diploma. The Ohio school later sent reporters a

statement saying she attended the school but never graduated.

Howard eventually admitted she didn't graduate from the school and dropped out of the race.

Spanish-speaking worker refused English-speaking customers

HIALEAH (AP) — A Spanish-speaking Taco Bell worker in Florida has been fired after video showed her refusing to serve some English-speaking customers.

Taco Bell Corp. told the Miami Herald Friday that a female employee seen in the viral video shot at a Hialeah store no longer works for the brand.

Alexandria Montgomery posted a Facebook video Thursday of her experience Wednesday night. The video shows Montgomery

repeatedly trying to order as the drive-thru worker insists in Spanish that she doesn't understand English and asks Montgomery to move her vehicle for other customers. Montgomery asks why she can't just list the items as written on the menu. The worker responds, "No comprendo."

Census data shows 89 percent of Hialeah residents speak Spanish as their first or second language. Hialeah's just northwest of Miami.

Pot bundles wash ashore beaches

FLAGLER BEACH (AP) — About 100 pounds of marijuana have washed ashore beaches on Florida's Atlantic coast this week.

Authorities say the bundles of marijuana have washed ashore several days in Volusia, Flagler and St. John's

counties, along the central-north part of Florida's Atlantic coast.

Federal agents were expected to collect the drugs from the local law enforcement agencies as they investigate where they came from.

Authorities say at least one man was arrested for trying to take the marijuana.

The Daytona Beach News-Journal reports that when deputies questioned Robert Kelley, he told them he was just holding the marijuana until law enforcement arrived.

He was charged with possession of marijuana and released on \$2,500 bail.

Inmate killed, body mutilated in prison

LAKE CITY (AP) — An inmate at a Florida prison strangled his cellmate,

gouged the body's eyes and then strung the dead inmate's ear around his neck, according to a news report.

The Miami Herald reported that Larry Mark was killed early Thursday at Columbia Correctional Institution, just hours before an unrelated gang fight erupted in another building at the prison located in Lake City, Florida.

Corrections officials say the prison houses some of the most violent inmates in the state.

A Department of Corrections spokesman says Mark had been serving a life sentence for a 1981 murder.

Neither the corrections agency nor the Florida Department of Law Enforcement provided the name of the attacker.

Two sources told the Herald that the cellmate became angry with Mark for pestering him.

Boy injured in school bus crash

PLANT CITY (AP) — Authorities said an 8-year-old boy was injured after his school bus was involved in a crash with a semi-trailer in Florida.

The Tampa Bay Times reports that the crash occurred Friday morning in Plant City. The injured boy was the only passenger on the bus, as it headed to Knights Elementary School.

The Florida Highway Patrol says the bus pulled in front of a semi-trailer hauling lime rock, causing its driver to swerve and lose control. The truck then overturned and was hit by the front of the school bus.

Neither driver was injured. FHP said the boy was hospitalized with minor injuries.

The bus driver was cited for violation of right-of-way.



AP PHOTO

In this Friday file photo, Israeli border police arrest American university professor Frank Romano, center top, in the West Bank Bedouin.

American professor detained by Israel in West Bank scuffle

JERUSALEM (AP) — An American law professor was detained Friday by Israeli police for allegedly trying to block Israeli troops in a West Bank village slated for demolition, his Israeli lawyer said Saturday.

Frank Romano, 66, is being held at a lockup in Jerusalem and is to appear before an Israeli military court Monday, said attorney Gaby Lasky. She said she is trying to get a hearing sooner, before a civil court.

Romano, who reportedly

also has French citizenship, was detained Friday in the embattled village of Khan al-Ahmar, along with two Palestinian activists. Romano stood in front of heavy equipment being used to clear barriers that had been set up to slow demolition, witnesses said.

Israeli police said three people were detained for causing disturbances.

Romano was initially taken to a West Bank police station where he briefly met with activists from an Israeli-Palestinian group, Combatants for Peace.

Nahoum Olchik, a member of the group, said Romano told him he had started a hunger strike and would refrain from eating until Israel had halted plans to raze Khan al-Ahmar, a hamlet of 180 Palestinians.

Romano's LinkedIn page says that he teaches law, literature, history and philosophy at the Université Paris Ouest Nanterre La Défense in France, and that he practices law in the U.S. and France.

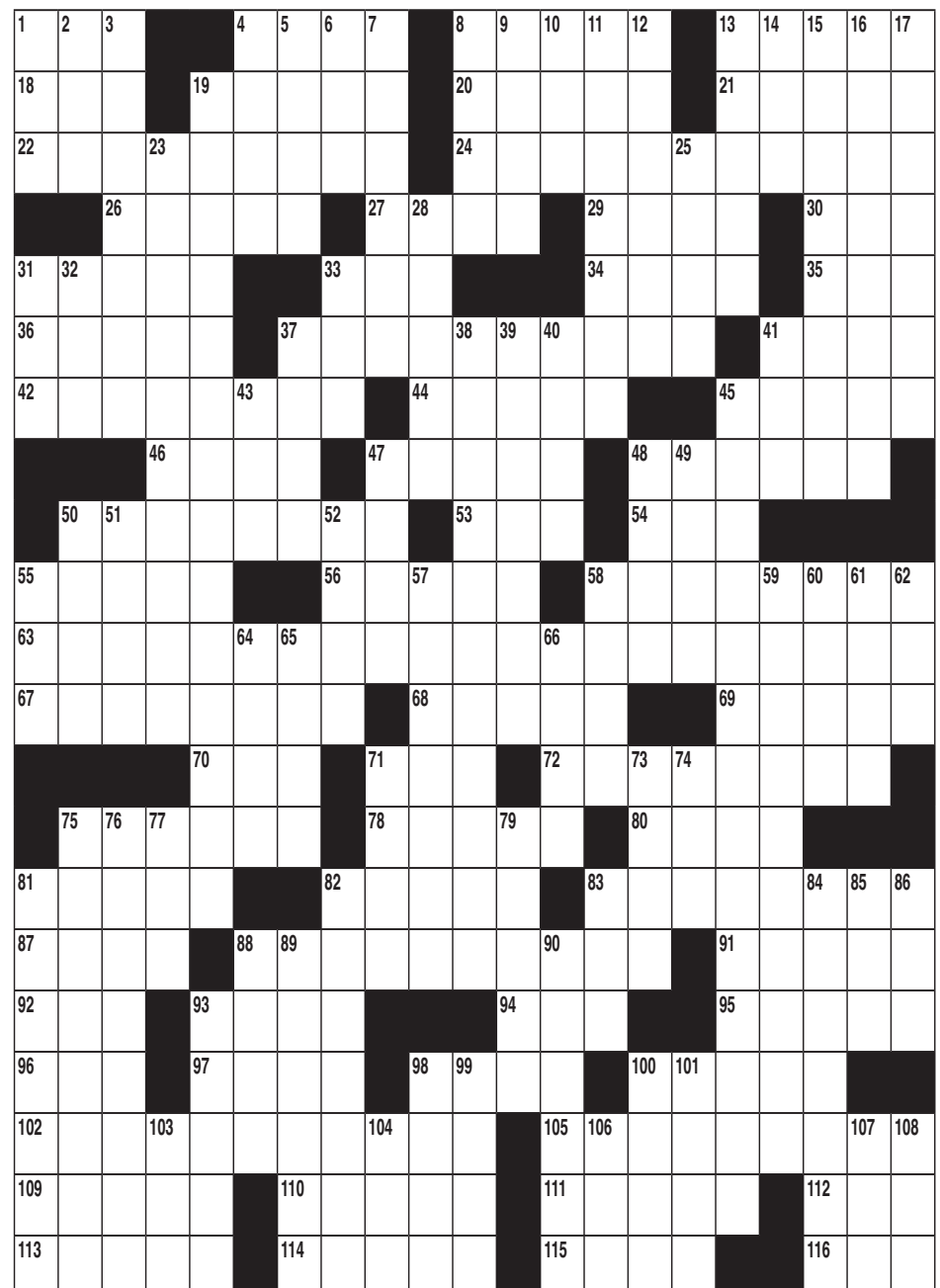
NEW YORK TIMES SUNDAY CROSSWORD

No. 0909

MIXED FEELINGS

BY HAL MOORE / EDITED BY WILL SHORTZ

- ACROSS
1 No-goodnik
4 "So long, dear boy"
8 Soap scent
13 Test for purity
18 Bullet (1950s fashion fad)
19 Hiding, with "up"
20 TD Garden, for one
21 Jordan who directed "Get Out"
22 Overwhelm
24 Result of a photographic memory
26 Neighbor of Hungary
27 Harbinger
29 Whopper inventor
30 Tierra ___ Fuego
31 Minor's opposite
33 Where the U.S. won its 1,000th Summer Olympic gold
34 Chooses
35 Id restrainer
36 Sangfroid
37 Pair of diamonds?
41 Swear
42 Robin Williams role in a 1991 blockbuster
44 Reasons to hold one's nose
45 Fan sounds
46 Horror assistant
47 Big name in water filters
48 "I wish!"
50 Black brew
53 Item at the end of a wizard's staff
54 Man just after kneeling?
55 Uncompromisingly direct
56 Classic Chevy
58 Bunker
63 They involve mixed feelings ... or a hint to four squares in this completed puzzle
67 2008 campaign slogan
68 Major fashion capital
69 Actress Thompson of "Thor: Ragnarok"
70 ___ league (amateur sports group)
71 Efficiency stat
72 Payment to a building board
75 Dance in 3/4 time
78 Set of values
80 "___ bien"
81 One smoothing the way?
82 Leaves in
83 Option for moving an investment
87 Neighborhood
88 Parts of many law firm names
91 Camera setting
92 "___ out!" (ump's cry)
93 Hello or goodbye
94 ___ long way
95 Dukes
96 O'er and o'er
97 Folkie Guthrie
98 Chocolate-chip-cookie starters?
100 One of the Corleones in "The Godfather"
102 Symbol of luck
105 Public nudity or foul language
109 Place to chat
110 "Princess ___ Theme" (John Williams composition)
111 Chocolatier since 1845
112 Stooze with a bowl cut
113 Checks
114 Certain break point
115 Cries of approval
116 Division in geology
DOWN
1 Small balls
2 Graveside container
3 Attire for the Bond villain Ernst Stavro Blofeld
4 Author Morrison
5 Director of the "M*A*S*H" finale
6 Simple top
7 Skillful
8 Delayed
9 Weights, informally
10 Court do-over
11 Parallels
12 Islamic state
13 Copycats
14 Short time, for short
15 Manta ray, by another name
16 "The Crucible," for McCarthyism
17 Mustard and saffron
18 One living off the land
23 "Why am I not surprised?"
25 "Darn!"
28 Drive
31 ___ Store
32 Mate for Bambi
33 Supervised
37 Milhouse's toon friend
38 Dashboard warnings, informally
39 Imaginary
40 Partner of smash
41 "Kung Fu" actor Philip
43 Fruit-juice brand
45 Basically what was said
47 Boxer upset in the biopic "Cinderella Man"
48 Golfer Aoki
49 Nordic native
50 Soothing succulent
51 Explorers and Expeditions
52 Fair
55 Journalist Nellie
57 The Great ___ (Satan)
58 ___-Soviet
59 Cartoon in which one cow says to another: "Hey, wait a minute! This is grass! We've been eating grass!"
60 Climb
61 View from a pew
62 Free TV spot, for short
64 Taiwanese computer giant
65 It might be topped with guacamole
66 Tic ___ (mints)
67 Give (out)
68 Modernists, for short
69 Internet connection
70 Sandal-less, say
71 Score starter
72 Shepherd's scene
73 Great Plains tribe
74 Bribes
75 Sent up
76 Nutrition fig.
77 "I'll cover this"
78 Nonsense
79 H.S. courses for college credit
88 Suffix with large numbers
89 17-year-old Peace Nobelist Yousafzai
90 In too curious a manner
91 Composes
92 Fancy French home
93 Once, once
94 The Bravest in the Big Apple, for short
101 N.L. Central squad
103 Ingredient in a Bali Hai cocktail
104 Certain tech exec
106 Actress Long
107 Tender sound
108 Currency with denominations of 1,000, 5,000 and 10,000



FOR ANSWERS TURN TO PAGE 3

Ask the Fool

Interesting Interest Rates

Q What makes interest rates go up and down? — C.N., Worcester, Massachusetts

A Interest rates are strongly influenced by inflation and the debt market (think Treasury notes, bills, bonds, etc.). Inflation has been low in recent years, averaging about 3 percent annually over decades. Interest rates have started inching up, but are still below average. After all, the prime rate topped 20 percent in 1980.

When the economy appears to be growing too briskly, the Federal Reserve can slow growth and keep inflation in check by hiking short-term interest rates via the "federal funds" rate — the rate a bank can charge another bank for use of its excess money. The Fed also sets the "discount rate" — the rate banks pay it to borrow short-term funds. When the economy is sluggish, the Fed will often try to juice it by lowering rates, encouraging companies and people to borrow (and spend!) money.

The prime rate, mortgage interest rates and other interest rates are often directly or indirectly influenced by the federal funds rate or the discount rate. The money markets themselves (basic supply and demand for credit) also exert great influence over interest rates.

Q I've saved a little money, and I want to invest in stocks. What do I do? — O.A., Shenandoah, Iowa

A First, pay off any high-interest-rate debt and fund an emergency account with at least several months' worth of living expenses. Meanwhile, read up on investing. Perhaps start with Joel Greenblatt's "The Little Book That Still Beats the Market" (Wiley, \$25) or John Bogle's "The Little Book of Common Sense Investing" (Wiley, \$25).

You can learn about good brokerages at our new site, theAscent.com.

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Fool's School

Life Insurance Basics

If you're thinking you should get around to buying life insurance, it may surprise you to learn that you may not need it. Here's a review of what you should know.

For starters, understand that life insurance is meant to protect an income stream. If anyone, such as your children or your parents, depends on your income, life insurance can protect it. If you're single or have no dependents, though, you probably don't need life insurance.

Next, know that there are two main types of life insurance: "term" and "cash value." With term insurance, your premium payments are applied entirely to the cost of the insurance, and coverage is easily stopped when it's no longer needed (such as when your kids are self-supporting). Term insurance is simple and effective.

Cash value insurance, meanwhile, encompasses whole life, universal life and variable life policies, among others. These combine term insur-

ance with long-term, tax-sheltered savings plans. The most important thing to understand about these policies is that they're designed to be held for life, and there are often significant upfront charges involved. These tax-sheltered savings can end up outperforming taxed investments, but that can take 10 to 20 years, and it isn't always worth it.

Never opt for cash value insurance without doing a lot of homework. Don't let an aggressive agent sway you with confusing presentations and emotional arguments. ("Think of your children!") Remember that term life can last as long as you want, via guaranteed renewable policies. If you're attracted to the investment portion of cash value insurance, know that you can always buy less-expensive term insurance and invest the difference on your own. You stand a good chance of outperforming the insurance company, too.

Don't buy more insurance than you need or the wrong kind of insurance. You want to protect and replace the income stream that would be lost if you die, but you needn't set up a lotterylike payout on your death. Learn more at bankrate.com/insurance.aspx.

My Dumbest Investment

Conventional Not-So-Wise-Dom

My biggest financial blunder was listening to conventional wisdom about diversification.

Many years ago, I was living in Austin, Texas, where Dell was based. Dell was growing like gangbusters and was about to go public. Meanwhile, my portfolio was already heavily weighted with shares of Compaq Computer, which was performing well for me. I heeded the old adage to not have too much money in a single industry, so I passed on the Dell shares. I could have made many times my initial investment in it, had I bought some shares.

I learned it's more important to invest in businesses you're very familiar with than to blindly follow conventional wisdom. — J.R., Austin, Texas

The Fool Responds: The conventional wisdom isn't that silly, as plenty of industries have been hit hard at various times. The airline industry, for example, could get whacked by soaring fuel prices, while pharmaceutical companies might suffer if some reform limits how high they can set prices. If you were that excited about Dell and also wanted to remain invested in Compaq, you might have sold half your Compaq shares and put that money into Dell. It's also worth noting that investing in initial public offerings (IPOs) can be tricky, and it's often best to wait a year or so for the stock to settle down. Usually only the most connected investors get the actual initial shares, with others buying at higher prices.

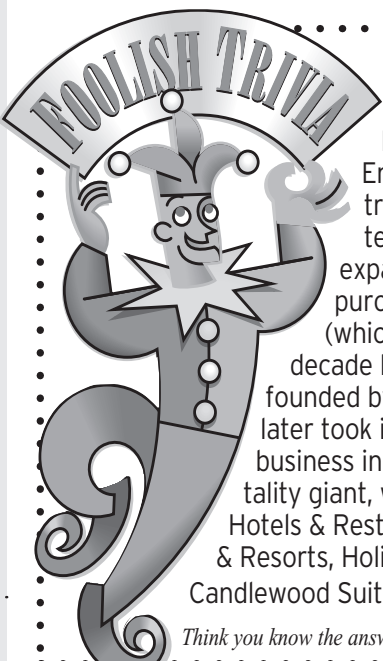
The Motley Fool Take

A Prescription for Profit

Shares of CVS Health (NYSE: CVS) have had a tough year, dropping in large part due to fears about Amazon's potential entry into the pharmacy business. Bears worry that Amazon will leverage its access to big data and its vast online retail network to essentially crush CVS Health's all-important pharmacy services segment, which generated a whopping \$33.2 billion in revenue during the second quarter of this year.

But this fear is almost certainly overblown. CVS Health has an entrenched competitive position that won't be easily overcome by any would-be competitor — even Amazon. Its latest quarter featured pharmacy prescription volume at stores open more than a year jumping 9.5 percent over the prior-year period, helping drive overall revenue up 5.7 percent. Contributing factors include continued success for CVS Health's patient care programs, alliances with health plans and other pharmacy benefit managers, inclusion in more Medicare Part D networks and higher brand drug prices. Many investors also like the same-day drug delivery service that the company is rolling out in many cities and have high hopes for its planned merger with Aetna.

CVS Health's shares have recently been trading at attractive levels, with a forward-looking price-to-earnings (P/E) ratio near 10. The stock also sports a dividend that recently yielded 2.6 percent. (The Motley Fool has recommended CVS Health.)



Name That Company

I trace my roots back to a brewery William Bass opened in England in 1777; in 1876, its red triangle was the U.K.'s first registered trademark. Bass' company expanded into hotels with the 1988 purchase of Holiday Inn International (which excluded most U.S. hotels). A decade later, I bought a hotel company founded by Pan Am airline's founder, and later took its name. I jettisoned my brewery business in 2000, and today I'm a hospitality giant, with names such as Kimpton Hotels & Restaurants, Crowne Plaza Hotels & Resorts, Holiday Inn, Staybridge Suites and Candlewood Suites. Who am I?

Think you know the answer? We'll announce it in next week's edition.



Want to Invest? Email us at foolnews@fool.com, and we'll send you some tips to start investing. Sorry, we can't provide individual financial advice.

CROSSWORD PUZZLE

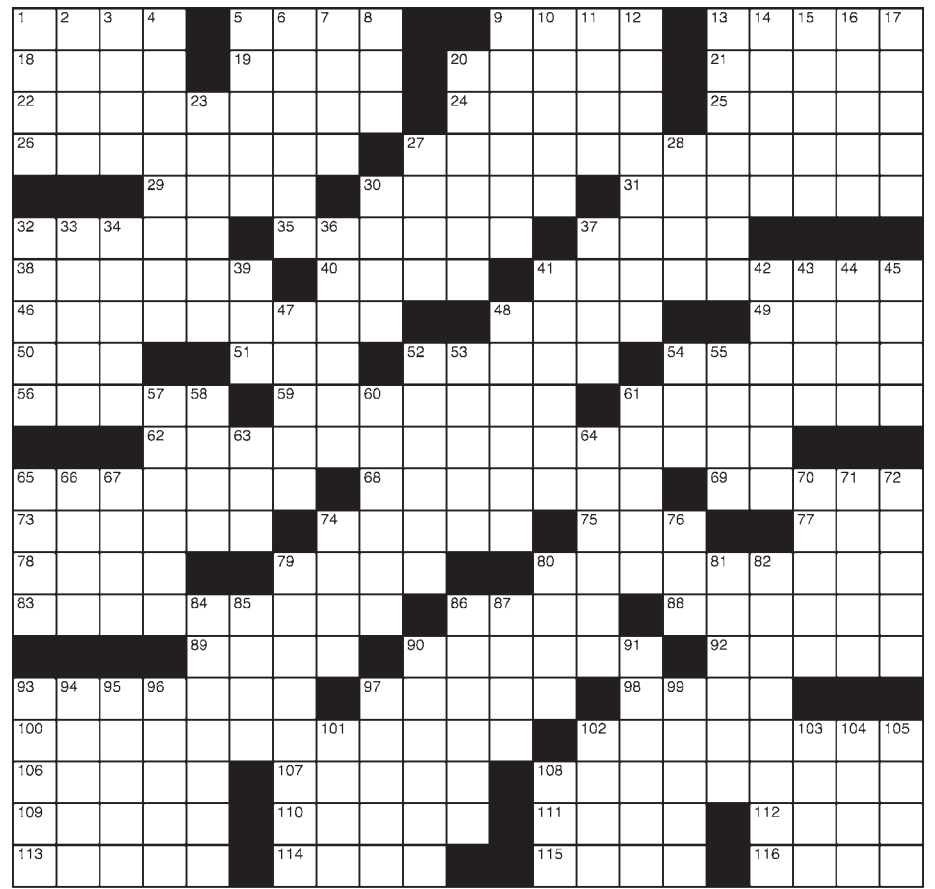
MARKED DOWN

By Mark McClain

- | | | | |
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| 62 Terse Supreme Court decision for lions? | | 44 Iranian dough | 99 Pacific salmon |
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| | | 47 54-Across' land | 102 "With ya so far" |
| | | 48 Missouri senator | 103 Tommie of the 1969 Miracle Mets |
| | | McCaskill | 104 Biological unit |
| | | | 105 Not kosher |
| | | | 108 Role in "Evita" |

Los Angeles Times Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis



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9/16/18

GOREN BRIDGE

REAL MEN

North-South vulnerable, East deals

NORTH
 ♠ J 5 2
 ♥ J 10 8
 ♦ A 7 4
 ♣ K Q 7 2

WEST
 ♠ K 10 9 8 6 4
 ♥ K
 ♦ K J 10 9 5
 ♣ A

EAST
 ♠ 7 3
 ♥ 6 5 4 3 2
 ♦ Q 6 3 2
 ♣ 6 5

SOUTH
 ♠ A Q
 ♥ A Q 9 7
 ♦ 8
 ♣ J 10 9 8 4 3

The bidding:

EAST 2♣* **SOUTH** 3♣ **WEST** 3♠ **NORTH** 4♣
 Pass 5♣ All pass

*Weak, five hearts and a four-card or longer minor

Opening lead: Ace of ♣

We doubt that you could find an American expert who would open two hearts on the East hand, but this deal was played recently in Australia, where men are men and their opponents are aware of it. They also drink more beer and wine than we do and that will sometimes affect

their bidding decisions in evening games.

West might have shifted to the king of hearts at trick two, but he had played with East before and shifted to the king of diamonds instead. He knew East held at least four diamonds and he was catering to a possible singleton queen in the South hand. After winning with dummy's ace of diamonds, most players would have drawn the last trump and taken the heart finesse through East, confident of success. They would then have asked East to never darken their doorstep again. South, however, was Australian expert Warren Lazer, who had played against East before. Lazer ruffed a diamond at trick three, crossed back to dummy with the king of clubs, drawing the missing trump, and ruffed dummy's last diamond. Lazer went back to dummy with the queen of clubs and finally took the heart finesse. West won with his singleton king, but he had to lead a spade into South's ace-queen or yield a ruff-sluff. 11 tricks for Lazer after a well-played hand!

(Bob Jones welcomes readers' responses sent in care of this paper. Please send your e-mail responses to tcaeditors@tribpub.com)

CRYPTOGRAMS

CRYPTOGRAMS THE GREAT OUTDOORS by Myles Mellor

- Y K Z N V U Z Z X D A K V J N D T Y D V D Y P J T D
 U Z M V Z X Y D J A P Y D D V X A D D A U . V J A
 U Z M D Y T U J A P Y D V Z Z T K - V A K V D .
- W L W N X A G I W M F A B B O R F
 N O F D B C W R F G C W R S I E G H A S K X . W
 T G O A R S D A V E E H A S K X B E M W O S D A
 M D E K V S X O B L D D O M B A R B , R E B W
 T O B .
- N B A T R R V J R J Q Q T B K X J Q X J R Y K X
 V C K L K G C J X A K K Q I T L H C K O J R H
 V K K Y . G R J G X C K H T O X N K H T H J Y K J
 C G Y K J Q X G I T O O T V K X C G R T L X K L R .
- M V M I C N W T D O A W T Y L D O I Y A C O I
 D E C N A A W T E V K W V Q Q ? W T D Z T H Y , V
 L C N Q M H ' A K T A C Z T O V A !

PUZZLE ANSWERS

(Puzzles on previous pages)



JUMBLE

Answer :

GRITTY SUBDUE FOLLOW
 ROTATE TOUPEE HOBNOB

When they reached the mountain peak, they rejoiced at the —

TOP OF THEIR LUNGS

- An outdoors enthusiast saw his doctor as he was stressed. The doc said he was too in-tents.
- A camper was getting mighty angry and worked up. A friend he looked up to said he should pitch his tent, not a fit.
- My boss was annoyed and asked where I had been for the last week. I said he told me to take a hike and I followed his orders.
- Did you hear the scary story about the big hill? Heavens, I couldn't get over it!

HOLIDAY MATHIS HOROSCOPES

ARIES (March 21-April 19). You need attention as much as the next person, yet you also know the value of serving others. The purpose outside of yourself helps you get clarity on life.

TAURUS (April 20-May 20). The love and support shows up. Maybe it's a little on the late side. You've needed this for a while now, though maybe you didn't realize it. Anyway, it's here now, so relax and be cared for.

GEMINI (May 21-June 21). You'll be invited to share your thoughts and ideas. Remember that it took you some time to work them out, so though they make perfect sense to you now, others will need to get caught up before they understand.

CANCER (June 22-July 22). It's as true now as it was when you were a small child: You can be anyone you want to be. You'll think of those you admire and wonder what they would do given the same situation, and this will influence your next action.

LEO (July 23-Aug. 22). You have enough of life figured out to know there's nothing to be gained by assuming you know everything. Your audience will be flattered by your curiosity, which happens to be genuine and is the reason you'll learn so much today.

VIRGO (Aug. 23-Sept. 22). "I can't complain" is what people say when they are either too fortunate or too polite to complain, and it's a very good policy. Once complaining is off the table, the conversation gets much more productive.

LIBRA (Sept. 23-Oct. 23). You'd like to have a bit more swagger — some confidence to spare, even when you feel uncertain about what you're doing. You'll come by it later, but for now, step into the role until you become it.

SCORPIO (Oct. 24-Nov. 21). It's the same people in the same places, but you'll see them differently today because you're different. You're also more perceptive, so you'll notice what you haven't picked up on before.

SAGITTARIUS (Nov. 22-Dec. 21). You are generous but not foolish, merciful but protective of your own, fair but not inclined to take the word of someone who has spoken falsely to you in the past.

CAPRICORN (Dec. 22-Jan. 19). There is one person you have counted on in the past who will continue to be the best place to put your trust. Loyalty will be key in the way things play out over the next five days.

AQUARIUS (Jan. 20-Feb. 18). Stars grant you a high degree of self-awareness. If you let it, this could teeter into self-absorption. Don't worry too much about that. It's a necessary part of figuring out what you need to make the new circumstances work.

PISCES (Feb. 19-March 20). Events occurring over the next three days will impact your destiny in a good and unexpected way. Squash out the opposition, which is not another person; rather, it's a behavior of yours — a habit that's been keeping you back.

TODAY'S BIRTHDAY (Sept. 16). Your cosmic gift: laser focus. Carefully choose where to apply it. Once you name a goal, you won't quit until it's finished. More highlights: an upgrade to the way you travel this world, a private audience with someone you've wanted to talk to for years and mastery of a situation that was once beyond your control. Taurus and Scorpio adore you. Your lucky numbers are: 9, 40, 21, 5 and 16.



AP PHOTO

A sailboat is shoved up against a house and a collapsed garage Saturday after heavy wind and rain from Florence, now a tropical storm, blew through New Bern, N.C.



Authorities evacuate a family from rising waters caused by Florence, now a tropical storm, on Saturday in New Bern, N.C.

FLORENCE

FROM PAGE 1

and streams. The flash flooding could devastate communities and endanger dams, roads and bridges. Authorities ordered the immediate evacuation of up to 7,500 people living within a mile of a stretch of the Cape Fear River and the Little River, about 100 miles from the coast. The evacuation zone included part of the city of Fayetteville, population 200,000. Officials in nearby Harnett County urged residents of about 1,100 homes to clear out because the Lower Little River was rising toward record levels. One potential road out was blocked as flooding forced the shutdown of a 16-mile stretch of Interstate 95, the main highway along the

Eastern Seaboard. In New Bern, along the coast, homes were completely surrounded by water, and rescuers used inflatable boats to reach people. Kevin Knox and his family were rescued from their flooded brick home with the help of Army Sgt. Johan Mackie, part of a team using a phone app to locate people in distress. Mackie rode in a boat through a flooded neighborhood, navigating through trees and past a fencepost to get to the Knox house. "Amazing. They did awesome," said Knox, who was stranded with seven others, including a boy who was carried out in a life vest. "If not, we'd be stuck upstairs for the next ... how long? I have no idea." New Bern spokeswoman Colleen Roberts said 455 people in all were rescued in the town of

30,000 residents without any serious injuries or deaths. But thousands of buildings were damaged in destruction Roberts called "heart-wrenching." Across the Trent River from New Bern, Jerry and Jan Andrews returned home after evacuating to find carp flopping in their backyard near the porch stairs. Coast Guard helicopters were taking off across the street to rescue stranded people from rooftops and swamped cars. Coast Guard members said choppers had made about 50 rescues in and around New Bern and Jacksonville as of noon. Marines rescued about 20 civilians from floodwaters near Camp Lejeune, using Humvees and amphibious assault vehicles, the base reported. In Lumberton, about 80 miles inland, Jackie and Quinton Washington watched water filling both

their front and back yards near the Lumber River. Hurricane Matthew sent more than 5 feet of water into their home in 2016, and the couple feared Florence would run them out again. "If it goes up to my front step, I have to get out," Quinton Washington said. The dead included a mother and baby killed when a tree fell on a house in Wilmington, North Carolina. South Carolina recorded its first death from the storm, with officials saying a 61-year-old woman was killed when her car hit a tree that had fallen across a highway. Three died in one inland county, Duplin, because of water on roads and flash floods, the sheriff's office said. A husband and wife died in a house fire linked to the storm, officials said, and an 81-year-old man died after falling and hitting

his head while packing to evacuate. Retired Marine Garland King and his wife, Katherine, evacuated their home in New Bern on Friday and returned Saturday, sharing a kiss and joining hands as they drew near their house. "It was tough. Wobbling. I was looking for water moccasins to hit me at any time," he said. They finally made it, and found a soggy, stinking mess. "The carpets. The floors. Everything is soaking wet," Katherine King said. "We're going to have to redo the whole inside." The National Hurricane Center said Florence broke a North Carolina rainfall record that had stood for almost 20 years: Preliminary reports showed Swansboro got more than 30 inches and counting, obliterating the mark set in 1999, when Hurricane Floyd dropped

just over 24 inches on the state. As of noon, Emerald Isle had more than 23 inches of rain, and Wilmington and Goldsboro had about a foot. North Myrtle Beach, South Carolina, had around 7 inches. Stream gauges across the region showed water levels rising steadily, with forecasts calling for rivers to crest Sunday and Monday at or near record levels. The Little River, the Cape Fear, the Lumber, the Neuse, the Waccamaw and the Pee Dee were all projected to rise over their banks, flooding cities and towns. Forecasters said the storm will eventually break up over the southern Appalachians and make a sharp rightward swing to the northeast, its rainy remnants moving into the mid-Atlantic states and New England by the middle of the week.

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Report

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<p>2012 FORD FUSION</p> <p>SEL MODEL, LEATHER, SUNROOF, 49,300 MILES</p> <p>\$10,587</p>	<p>2014 HONDA CR-V</p> <p>EX-L MODEL, LEATHER, SUNROOF, ONE OWNER</p> <p>\$16,887</p>	<p>2014 JEEP WRANGLER</p> <p>SPORTS MODEL, BIG UPGRADES, AUTO, 4X4</p> <p>\$22,584</p>	<p>2015 NISSAN ALTIMA</p> <p>UPGRADED S PACKAGE, PEARL, 31,562 MILES</p> <p>ONE OWNER</p>
<p>2015 NISSAN ROGUE SELECT</p> <p>30,400 MILES, ONE OWNER, PEARL, UPGRADES</p> <p>\$13,918</p>	<p>2015 RAM 1500</p> <p>BIGHORN, LEATHER, 4X4, ONE OWNER, HEMI</p> <p>34,500 MILES</p>	<p>2015 RAM 1500</p> <p>2WD BIG HORN, ONE OWNER, 34,300 MILES</p> <p>CREW CAB</p>	<p>2017 CHRYSLER PACIFICA</p> <p>TOURING-L, 20,800 MILES, 8 PASSENGER</p> <p>NAVIGATION</p>
<p>2016 CHEVROLET TRAVERSE</p> <p>20' WHEELS, LT MODEL, ONE OWNER, FRESH</p> <p>20,400 MILES</p>	<p>2017 CHRYSLER PACIFICA</p> <p>ONE OWNER, 29,900 MILES, LEATHER, SHARP</p> <p>8 PASSENGER</p>	<p>2016 FORD ESCAPE</p> <p>SE MODEL, ONE OWNER, 22,500 MILES, NEW</p> <p>\$16,887</p>	<p>2001 FORD F-150</p> <p>ONE OWNER, LARIAT, LOW MILES, X-CAB</p> <p>4X4</p>

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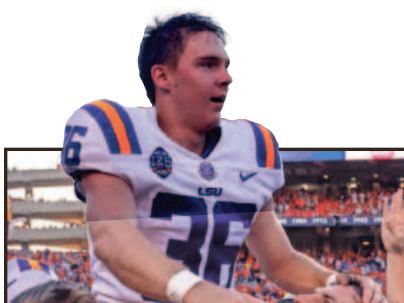
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SPORTS

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LSU wins on last-second FG



As time expired, LSU placekicker Cole Tracy kicked a 42-yard field goal to put 12th ranked LSU up 22-21 over #7 Auburn.

See more on page 7.

■ CFB: USF 25, Illinois 19

Barnett rallies USF to 25-19 win

CHICAGO — Blake Barnett threw two touchdown passes in the fourth quarter to Darnell Salomon as South Florida rallied from a 12-point fourth-quarter deficit to defeat Illinois 25-19 on Saturday.

Barnett was 23 of 40 for 411 yards passing with two touchdowns and two interceptions, and Jordan Cronkrite ran for 136 yards and a score for the Bulls (3-0).

Trailing 19-7 early in the fourth quarter, Barnett cut the Illinois lead with a 14-yard pass to Salomon to make it 19-14. Two possessions later, Barnett found a leaping Randall St. Felix for a 55-yard catch, which set up a 22-yard field goal from Coby Weiss with 7:47 left. After another South Florida stop, Barnett connected with Salomon from 50 yards to score with 2:24 left to give the Bulls a 25-19 lead.

For the second straight week, the Bulls rallied against a Power Five school. Last week, they scored 21 unanswered in the fourth quarter against Georgia Tech.

"It was very similar to last week. We unfortunately put us in this position where we had to do that," said Barnett. "We had to make something happen. Fortunately, like last week it worked out."

South Florida coach Charlie Strong wasn't thrilled with the way the Bulls began the game.

"You watched the way we played in the first half, never had so many penalties," Strong said. "You look at where we are in penalties. ... But this a lesson we'll learn, and this is a good thing."

The Illini couldn't score on its final drive thanks to a sack by Tyrone Barber at the South Florida 25 with six seconds left. Freshman quarterback M.J. Rivers II threw the ball out of the end zone as time expired.

Chase McLaughlin converted a field goal from 52 yards to give Illinois a 16-7 halftime lead.

After a shaky first possession, Mike Epstein scored on a 43-yard touchdown run on Illinois' third play from scrimmage. Epstein rushed for 113 yards on 19 carries.

USF | 8

■ PREP SPORTS: Tarpon Invite

Tarpon boys do more with less

By CHUCK BALLARO
SUN CORRESPONDENT

PUNTA GORDA — It's been a trying time for most area swim teams with the weather being what it is this time of year. Charlotte High School has especially felt it.

Conditioning has fallen off as swimmers sit out one lightning delay after another, which in turn doesn't allow them to work on the finer points of their sport.

Despite that, and having only 10 boys competing, Charlotte was able to finish fourth at the Tarpon Invitational on Saturday at South County Regional Park. Venice took the boys overall title.

Like most other

teams, they didn't exactly knock everything out of the park. Coaches can do a lot, but they can't change the weather.

"We were tired. The weather has been affecting us with practice time. Getting more consistency with practice and training is the big thing," Charlotte coach Jeff Cain said. "We swam well, right at our times. It wasn't horrible, but not what we're able to do right now."

Casey Keller, who reached the podium in the relays and placed in the top 10 in the 200 and 500 freestyles, said the weather has had an impact.

"We've gotten out of practice in the afternoon because of lightning. Not being



SUN PHOTO BY JENNIFER BRUNO

Port Charlotte's Kevin Janson-Dugar competes in the 200 YD Freestyle event at the Tarpon Invite held on Saturday.

able to train consistently has been a setback, but we're making due," Keller said. "We're doing better than expected considering all the lightning. There have been rough practices

and conditioning is an issue.

The Tarpons finished third in the 200 medley and 400 freestyle relays. Dylan Hacker placed second in the 100 breaststroke and third

in the 200 IM. Joshua Eaton was second in the 50 freestyle and third in the 100 breaststroke, and Carl Eisen was third in the 100 freestyle.

TARPON | 3

■ CFB: Miami 49, Toledo 24

Miami rolls past Toledo 49-24

By NOAH TRISTER
AP SPORTS WRITER

TOLEDO, Ohio — Malik Rosier threw for two touchdowns and ran for three more, and No. 21 Miami outlasted upset-minded Toledo 49-24 on Saturday.

The Hurricanes (2-1) never trailed and led 21-0 late in the first half, but Toledo (1-1) twice pulled back to within a touchdown. Even then, however, the defending Mid-American Conference champion couldn't stop Rosier and Miami.

Rosier threw for 205 yards and ran for 80, and Jeff Thomas had five catches

for 105 yards and a TD. The Hurricanes lost standout safety Jaquan Johnson late in the second quarter to an apparent injury. He was back on the sideline using a stationary bike during the second half, but Miami's defense was not the same without him.

Toledo scored touchdowns on its last possession of the first half and its first two of the second, but the early hole was too much to overcome. Mitchell Guadagni threw for two TDs for the Rockets.

Rosier scored on runs of 5 and 2 yards



AP PHOTO

Miami Hurricanes wide receiver Jeff Thomas catches a touchdown pass against Toledo during the first half of the game.

MIAMI | 8

■ CFB: Florida 48, Colorado State 10

Swain scores twice, Florida handles Colorado State 48-10

By MARK LONG
AP SPORTS WRITER

GAINESVILLE, Fla. — Freddie Swain scored twice, including on an 85-yard punt return, and Florida beat Colorado State 48-10 Saturday in a game dubbed the "Buyout Bowl."

Feleipe Franks also threw two touchdown passes, giving him nine in three games and matching his total from last season.

The Gators (2-1) were far from perfect offensively, though, finishing with 341 yards or more than 200 fewer than the Rams (1-3) had been giving up this season.

Franks had a few

highlights, including an 18-yard strike to Swain in the second quarter and an even better deep ball to Van Jefferson in the fourth.

Jordan Scarlett had a 30-yard touchdown run in the second, his first trip to the end zone in nearly two years.

The Gators were otherwise average on that side of the ball.

Special teams were a different story. Tyrie Cleveland recovered a blocked punt for a score, and Swain delivered the fourth-longest punt return for a touchdown in school history.

That was enough to put away the Rams in a game that served as a reminder

of ex-coach Jim McElwain's success at Colorado State and his failure at Florida.

The Gators will pay the Rams a whopping \$2 million for the game, part of McElwain's \$7 million buy-out to leave Fort Collins for Gainesville late in the 2014 season. McElwain didn't last long enough at Florida to be around for the game against his former team. He is now the receivers coach at Michigan.

Franks completed 8 of 15 passes for 119 yards, with two touchdowns and an interception.

Scarlett ran six times for 56 yards.



AP PHOTO

FLORIDA | 8 Florida running back Jordan Scarlett runs during the second half of Saturday's game.

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PUNTA GORDA PORT CHARLOTTE NORTH PORT ENGLEWOOD VENICE SARASOTA BRADENTON NAPLES FT. MYERS BONITA SPRINGS

MLB: Tampa Bay 7, Oakland 5

Bauers lifts Rays over A's, who fail to close on Yanks

By DICK SCANLON ASSOCIATED PRESS

ST. PETERSBURG, Fla. — Jake Bauers hit a three-run homer off Jeury's Familia in the eighth inning to help the Tampa Bay Rays set back the playoff-chasing Oakland Athletics with a 7-5 win Saturday night.

Oakland remains 1 1/2 games behind the Yankees for the top AL wild card after New York lost to Toronto earlier in the day. The A's have dropped two of three since winning six straight.

Bauers' homer was just the second allowed by Familia (4-2) since he was acquired by Oakland on July 21 from the Mets. Bauers busted a 4-for-65 slump with three hits and four RBIs.

Andrew Kittredge (2-2) retired Mark Canha with the bases loaded in the eighth to preserve a 4-4 tie and win

a game in which both teams used relievers as openers. Tampa Bay and Oakland have been at the forefront of that trend this season.

Sergio Romo got his 20th save despite giving up a homer to Matt Chapman in the ninth. It was Chapman's 23rd homer.

Brandon Lowe hit a two-run homer in the second to put Tampa Bay ahead, and Jed Lowrie made it 2-1 in the third with a single off Yonny Chirinos. Chirinos then retired 10 in a row before Matt Olson tied it in the sixth with his 27th home run.

Kevin Kiermaier hit an RBI triple and scored on Bauers' sacrifice fly for a 4-2 lead in the sixth, but Canha's pinch-hit double helped the A's tie it at 4 in the seventh.

TRAINER'S ROOM

Athletics: OF Chad Pinder was in the lead-off spot after stumbling



Tampa Bay Rays' Jake Bauers, right, gets doused with water by Tampa Bay Rays' Ji-Man Choi, of South Korea, left, and Willy Adames, center, after the Rays defeated the Oakland Athletics 7-5 during Saturday's game.

AP PHOTO

over the bullpen mound while chasing a foul ball Friday night.

Rays: Manager Kevin Cash said Romo is fine after the reliever "dinged his knee up a little bit" while working

a perfect ninth inning Friday night. ... INF Daniel Robertson, rehabbing after season-ending left thumb surgery, resumed taking grounders at second base and shortstop.

UP NEXT

RHP Mike Fiers (5-0, 2.72 in seven starts since being acquired from Detroit) will pitch Sunday's series finale against a Rays starter to be named.

SPORTS ON TV

Table listing sports events on TV including Auto Racing, Beach Volleyball, Cycling, Drag Racing, Equestrian, Golf, Soccer, and Rowing with times and channels.

GOLF: Champions Tour

McCarron shoots 63 for share of Warwick Hills lead

GRAND BLANC, Mich. — Scott McCarron shot a 9-under 63 in hot conditions Saturday at Warwick Hills for a share of The Ally Challenge lead with Tom Lehman and Jeff Maggert.

Coming off a successful title defense two weeks ago in Calgary, Alberta, played an early three-hole stretch in 4 under — making an eagle on the par-4 12th. He had six birdies and a bogey on his second nine, birdieing the last three and four of the final five.

"I made a lot of putts. I drove the ball well, which you've got to do here," McCarron said. "You've got to put the ball in play first and then you've got

to make a lot of putts, and today I was able to make a bunch of putts."

He chipped in on the par-4 ninth for his final birdie.

"I had a decent lie there. It wasn't a difficult chip, but it wasn't one I was really thinking about making," McCarron said. "But I hit a beautiful chip there and it just rolled right in, caught the left edge. Great way to finish."

Lehman shot his second straight 67, and Maggert had a 68 to match McCarron at 10-under 135. The 49-year-old Lehman won in Iowa in June for his 11th senior title.

"Unless somebody just

goes crazy, it's always been the case that the course tends to bunch the players," Lehman said. "If you drive it well, you're going to be able to attack pins, and the greens are so perfect, you're going to make putts. So scores tend to be low here and there's going to be a lot of guys shooting low, so there's the possibility for fireworks tomorrow."

The 53-year-old McCarron has seven PGA Tour Champions victories, also winning in Wisconsin in June. He won three times on the PGA Tour.

"I've had a lot of opportunities over the last couple months to win tournaments and my game

feels good," McCarron said. "Yesterday I played very nicely, I just didn't make any putts, so today I was able to play well and finally the putts started dropping."

Mark O'Meara had a 64 to join Tom Byrum (66), Paul Broadhurst (68) and Esteban Toledo (69) at 9 under.

"It's obviously very exciting to come back," the 61-year-old O'Meara said. "We're thrilled that Ally stepped up to the plate to bring golf back to the Grand Blanc-Flint area, come back to Warwick Hills, where we played so many times on the PGA Tour. It's brought back a lot of fond memories."

NHL: Tampa Bay Lightning

Why the Lightning did not get Erik Karlsson

By TOM JONES

TIMES SPORTS COLUMNIST

BRANDON — Was the Lightning asleep at the wheel when superstar defenseman Erik Karlsson was traded from Ottawa to San Jose on Thursday?

Did Steve Yzerman stepping aside as Lightning general manager distract the franchise from making a move on Karlsson?

Was the Lightning ever close to getting Karlsson?

The answer to all three of these questions is no.

Will the Lightning regret not adding one of the best defensemen of his generation?

That remains to be seen.

No doubt, Lightning fans are frustrated and maybe even a little angry that the Lightning didn't pull off the trade for Karlsson, especially after seeing how little the Sharks gave up.

But here's the real deal behind the deal:

The Lightning was never that close to getting Karlsson and was unlikely to ever pull off such a trade. The Senators had little interest in trading Karlsson within their own division. That eliminated the Lightning unless Tampa Bay was willing to give up a king's ransom. And even then it appears the Senators weren't committed.

In the end, Karlsson coming to Tampa Bay

was nothing more than wishful thinking for Lightning fans.

For months there had been speculation that the Senators, about to begin a major rebuilding project, were going to trade the 28-year-old Karlsson, who can become a free agent after this season. A bunch of teams started lining up and the rumor mill put the Lightning at the top of the list to land the former two-time Norris Trophy winner.

Much of that had to do with a fun scene at the NHL All-Star Game in Tampa. Karlsson hung around with good friend, fellow Swede and Lightning defenseman Victor Hedman. Karlsson dressed up like a pirate during Gasparilla and it looked like Tampa Bay and Karlsson were winking and playing footsie with one another.

Rumors heated up even more during the summer. A handful of teams seemed to be in on the Karlsson sweepstakes. Again, the Lightning was on the list with a variety of scenarios, other teams and big-time names being floated as trade bait. Names included veterans such as Ryan Callahan, Tyler Johnson and Alex Killorn. Brayden Point seemed untouchable, but his name came up, too. Young defenseman Mikhail Sergachev seemed like a name that made the most sense.

But nothing ever happened.

Until Thursday. That's when the Senators sent Karlsson and minor-leaguer to San Jose for what seems like an underwhelming haul: forwards Chris Tierney and Rudolphs Balcers, prospect Josh Norris, defenseman Dylan DeMelo, a conditional 2019 second-round draft pick, a conditional 2020 first-round draft pick and a conditional 2021 second-round draft pick.

Heck, couldn't the Lightning do better than that? Sergachev, a prospect and a couple of picks, maybe?

Again, the Senators did not want to trade Karlsson to Tampa Bay or anywhere in the Eastern Conference. That became evident when Ottawa attached an interesting piece to the trade. If the Sharks are to flip Karlsson to an Eastern Conference team, they have to give Ottawa a first-round pick.

But this needs to be pointed out: While it appears the Lightning was never all that close in getting Karlsson, it never totally gave up on the idea and kept in touch with Ottawa.

Now, a cynical fan would suggest that, perhaps, the Lightning lost focus and dropped off the Karlsson radar as it was trying to shift the duties of general manager from Yzerman to Julien

BriseBois. While that was being sorted out, the Sharks snuck in and snatched Karlsson away.

That's not the case. First off, BriseBois has always been in on every trade conversation that Lightning has had. He has been Yzerman's right-hand man and Yzerman never made any deal without consulting with BriseBois and others in the organization.

As far as the shifting of general manager duties, while the official announcement was made on Tuesday, the baton from Yzerman and BriseBois had been passed well before then, perhaps even weeks ago. So, last question: will the Lightning regret not getting Karlsson?

There's no doubt that Karlsson is a special player. But to get him, the Lightning would have had to give up at least a couple of major pieces off its current roster and then find the money under the salary cap to sign Karlsson to a hefty long-term deal. That would have weakened the overall roster now and in the future.

The Lightning has a Stanley Cup contender without Karlsson. While this might seem hard to believe, the Lightning doesn't need Karlsson.

Not that it was ever close to getting him anyway.

Florida Lottery

www.flalottery.com

PICK 2

Table with lottery numbers and prizes for PICK 2.

PICK 3

Table with lottery numbers and prizes for PICK 3.

PICK 4

Table with lottery numbers and prizes for PICK 4.

PICK 5

Table with lottery numbers and prizes for PICK 5.

FANTASY 5

Table with lottery numbers and prizes for FANTASY 5.

Table with lottery payoff amounts for Sept. 14.

CASH FOR LIFE

Table with lottery numbers and prizes for CASH FOR LIFE.

Table with lottery payoff amounts for Sept. 10.

Table with lottery payoff amounts for Sept. 13.

LUCKY MONEY

Table with lottery numbers and prizes for LUCKY MONEY.

Table with lottery numbers and prizes for Sept. 11.

Table with lottery payoff amounts for Sept. 14.

LOTTO

Table with lottery numbers and prizes for LOTTO.

Table with lottery payoff amounts for Sept. 8.

POWERBALL

Table with lottery numbers and prizes for POWERBALL.

Table with lottery payoff amounts for Sept. 12.

Table with lottery payoff amounts for Sept. 5.

Table with lottery payoff amounts for Sept. 14.

Table with lottery numbers and prizes for Sept. 11.

Table with lottery payoff amounts for Sept. 5.

Table with lottery payoff amounts for Sept. 14.

Table with lottery payoff amount for Sept. 14.

CONTACT US

Contact information for Benjamin Baugh, Jacob Hoag, and sports department.

SunCoast Sports Now

When news breaks, we blog it at www.suncoastsportsnow.com. Includes social media icons for Facebook and Twitter.

HOW TO ...

Submit a story idea, report a high school result, or report an error.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

Table with columns: EAST DIVISION, TEAM, W, L, PCT., GB, WCGB, L10, STR, HOME, AWAY. Lists teams like Boston, New York, Tampa Bay, Toronto, Baltimore.

Table with columns: CENTRAL DIVISION, TEAM, W, L, PCT., GB, WCGB, L10, STR, HOME, AWAY. Lists teams like Cleveland, Minnesota, Detroit, Chicago, Kansas City.

Table with columns: WEST DIVISION, TEAM, W, L, PCT., GB, WCGB, L10, STR, HOME, AWAY. Lists teams like Houston, Oakland, Seattle, Los Angeles, Texas.

BOX SCORES

NATIONALS 7, BRAVES 1. WASHINGTON AB R H BI BB SO AVG. Includes player stats for Eaton, Severino, Turner, etc.

ATLANTA AB R H BI BB SO AVG. Includes player stats for Acuna, Albies, Freeman, etc.

WASHINGTON AB R H BI BB SO AVG. Includes player stats for a-pinch hit for Hellickson, Sobotka, etc.

DODGERS 17, CARDINALS 4. LOS ANGELES AB R H BI BB SO AVG. Includes player stats for Pederson, Turner, etc.

ST. LOUIS AB R H BI BB SO AVG. Includes player stats for Bader, Martinez, DeJong, etc.

ST. LOUIS AB R H BI BB SO AVG. Includes player stats for Bader, Martinez, DeJong, etc.

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ST. LOUIS AB R H BI BB SO AVG. Includes player stats for Bader, Martinez, DeJong, etc.

ST. LOUIS AB R H BI BB SO AVG. Includes player stats for Bader, Martinez, DeJong, etc.

NATIONAL LEAGUE

Table with columns: EAST DIVISION, TEAM, W, L, PCT., GB, WCGB, L10, STR, HOME, AWAY. Lists teams like Atlanta, Philadelphia, Washington, New York, Miami.

Table with columns: CENTRAL DIVISION, TEAM, W, L, PCT., GB, WCGB, L10, STR, HOME, AWAY. Lists teams like Chicago, Milwaukee, St. Louis, Pittsburgh, Cincinnati.

Table with columns: WEST DIVISION, TEAM, W, L, PCT., GB, WCGB, L10, STR, HOME, AWAY. Lists teams like Colorado, Los Angeles, Arizona, San Francisco, San Diego.

TOTALS 29 3 2 3 3 9. BOSTON AB R H BI BB SO AVG. Includes player stats for Betts, Benintendi, etc.

WHITE SOX 2, ORIOLES 0. CHICAGO AB R H BI BB SO AVG. Includes player stats for Moncada, Sanchez, etc.

BALTIMORE AB R H BI BB SO AVG. Includes player stats for Mullins, Villar, etc.

BALTIMORE AB R H BI BB SO AVG. Includes player stats for Mullins, Villar, etc.

PHILLIES 5, MARLINS 4. MIAMI AB R H BI BB SO AVG. Includes player stats for Riddle, Anderson, etc.

PHILADELPHIA AB R H BI BB SO AVG. Includes player stats for Cain, Shaw, etc.

PHILADELPHIA AB R H BI BB SO AVG. Includes player stats for Cain, Shaw, etc.

PHILADELPHIA AB R H BI BB SO AVG. Includes player stats for Cain, Shaw, etc.

PHILADELPHIA AB R H BI BB SO AVG. Includes player stats for Cain, Shaw, etc.

ROUNDUP/MATCHUPS

Nationals 7, Braves 1: Juan Soto became the youngest player to steal three bases in a game... Dodgers 17, Cardinals 4: Yasiel Puig homered three times... Indians 15, Tigers 0: Unchallenged for months, the Cleveland Indians clinched their third straight AL Central title... Cubs 1, Reds 0: Jon Lester allowed two hits over seven innings... Red Sox 5, Mets 3: Pinch-hitter Brock Holt drove a tiebreaking double... Blue Jays 8, Yankees 7: CC Sabathia got clocked early... Rays 7, Athletics 5: Jake Bauers hit a three-run homer off Jeury's Familia in the eighth inning.

TODAY'S PITCHING COMPARISON

NATIONAL LEAGUE. Table with columns: TEAMS, PITCHERS, TIME, W-L, ERA, REC, W-L, IP, ERA. Lists matchups like Washington vs Atlanta, Pittsburgh vs Milwaukee, Cincinnati vs Chicago.

AMERICAN LEAGUE. Table with columns: TEAMS, PITCHERS, TIME, W-L, ERA, REC, W-L, IP, ERA. Lists matchups like Toronto vs New York, Detroit vs Cleveland, Oakland vs Tampa Bay.

INTERLEAGUE. Table with columns: TEAMS, PITCHERS, TIME, W-L, ERA, REC, W-L, IP, ERA. Lists matchups like New York (NL) vs Boston, Arizona vs Houston, Texas vs San Diego.

FRIDAY'S GAMES. American League: Chicago White Sox 8, Baltimore 6; N.Y. Yankees 11, Toronto 0; Detroit 5, Cleveland 4; Oakland 2, Tampa Bay 1, 10 innings; Kansas City 8, Minnesota 4; Seattle 5, L.A. Angels 0. National League: Philadelphia 14, Miami 2; Atlanta 10, Washington 5; Chicago Cubs 3, Cincinnati 2; Milwaukee 7, Pittsburgh 4; L.A. Dodgers 3, St. Louis 0; San Francisco 2, Colorado 0. Interleague: New York, Boston 0; Arizona, Houston 2; Texas 4, San Diego 0.

MONDAY'S GAMES. American League: Toronto at Baltimore, 7:05 p.m.; Minnesota at Detroit, 7:10 p.m.; Tampa Bay at Texas, 8:05 p.m.; Seattle at Houston, 8:10 p.m. National League: N.Y. Mets at Philadelphia, 7:05 p.m.; Washington at Miami, 7:10 p.m.; St. Louis at Atlanta, 7:35 p.m.; Cincinnati at Milwaukee, 7:40 p.m.; Chicago Cubs at Arizona, 9:40 p.m.; Colorado at L.A. Dodgers, 10:10 p.m.; San Francisco at San Diego, 10:10 p.m. Interleague: Kansas City at Pittsburgh, 7:05 p.m.

PIRATES 3, BREWERS 1. PITTSBURGH AB R H BI BB SO AVG. Includes player stats for Frazier, Marte, etc.

MILWAUKEE AB R H BI BB SO AVG. Includes player stats for Granderson, Yelich, etc.

MILWAUKEE AB R H BI BB SO AVG. Includes player stats for Granderson, Yelich, etc.

MILWAUKEE AB R H BI BB SO AVG. Includes player stats for Granderson, Yelich, etc.

MILWAUKEE AB R H BI BB SO AVG. Includes player stats for Granderson, Yelich, etc.

THIS DATE IN BASEBALL

1914: Roger Peckinpaugh, at 23, was hired to finish the season as manager of the New York Yankees. 1924: Jim Bottomley went 6-for-6 and batted in a record 12 runs as the St. Louis Cardinals beat the Brooklyn Dodgers 17-3. His hits included two home runs. 1926: The St. Louis Cardinals beat the Philadelphia Phillies 23-3 at the Baker

COLLEGE FOOTBALL SCOREBOARD

SMU #19 Michigan	20 45	UC Davis #9 Stanford	10 30	San Jose St #20 Oregon	21 49	Western Michigan #21 Michigan	3 49	Kent St #11 Penn St	10 63	Duke Baylor	27 40
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■ CFB: New coaches

Dan Mullen, game's top coaches know challenges of debut seasons at new schools

GAINESVILLE, Fla. — Urban Meyer cried at LSU, Nick Saban lost to Louisiana-Monroe and Kirby Smart did little to make fans forget Mark Richt at Georgia.

All three big-name coaches had to navigate challenging debut seasons at big-time programs. Each would weather the storm and play for a national championship soon enough, but it was a long road to get there.

"That's never easy," said Smart, now in his third season. "I don't think that's an easy transition for anybody."

After just two games at Florida, Dan Mullen is finding out, once again, just how difficult a coaching changeover can be.

The Gators (1-1) enter Saturday's visit from Colorado State (1-2) following UF's first loss to Kentucky since 1986.

Galen Hall was the Gators' coach then, and five more would follow Hall before Mullen's arrival. Two, Meyer and Steve Spurrier, would win national titles. Hall and three others would be fired, each within four seasons.

Unlike Ron Zook, Will Muschamp and Jim McElwain, Mullen arrived at UF with a proven track record as an

SEC head coach, turning West Division doormat Mississippi State into a competitive program.

Yet in college football's most competitive conference, the honeymoon period can end quickly for even a proven head coach.

Meyer quickly established himself as a wunderkind at Bowling Green and Utah, but his grace period at UF lasted four games. Meyer's next game on the Gators' sideline was a 31-3 beat-down at Alabama. Following a 21-17 loss two weeks later at LSU, the 41-year-old broke down in tears during the post-game press conference.

Saban had left LSU the previous season to coach the Miami Dolphins. After two seasons, he returned to the college game, at Alabama — then a shell of the program that long had been the SEC's gold standard.

This week, Saban recalled the trials and tribulations of the 2007 season. That year, which included four losses to end the regular season, was anything but a harbinger of the unprecedented run of success to follow.

"We weren't very good our first year here," Saban said. "We were 6-6 and had lots of issues, lots

of players suspended, lost to ULM (University of Louisiana-Monroe). I mean, I could go through a litany of things that were very, very difficult.

"Then the next year, we were a lot better."

In 2009, the Crimson Tide team followed a 12-win season with its first of five national titles because, Saban said, he would not compromise his principles or his vision for the program during Year 1.

"It doesn't happen overnight," he said. "You have to stick with your guns."

Following his late November hiring, Mullen set an uncompromising course for the Gators.

Mullen demanded more of his players during the off-season conditioning program and in the classroom, punishing players for skipping class or tutoring sessions. But Mullen and his staff also facilitated team bonding with cookouts, movie nights and even a bowling trip during the dog days of preseason camp in August.

"That's just like little things, like team chemistry, you can build that so that's good," junior tailback Lamical Perine said. "Like we really never did nothing like that when I've been here."

Fun and games have

their limits with Mullen.

Following last week's Kentucky loss, Mullen questioned his team's toughness and vowed to push them even harder at practice. For the second straight game, Mullen sat senior pass rusher CeCe Jefferson due to academics. Jefferson is a team leader the Gators could have used on a night when the defense struggled.

On Monday, Mullen said Jefferson likely would play against CSU, but added a caveat.

"We got pretty high standard now in this program for guys," Mullen said. "It's only Monday. We'll see."

The message of a new coach, though, can fall on deaf ears. Gaining buy-in from players can be a long process.

"It's a daily struggle sometimes, because it's not the way they're used to doing things," Smart said. "And sometimes, they may not have the faith and trust and confidence that the way you're doing things is correct." Losing never helps.

A 17-16 home loss to Vanderbilt in Smart's fourth SEC game was not exactly what Georgia officials had in mind when hiring Saban's longtime defensive coordinator to

replace Richt. Two weeks later, Smart's Bulldogs lost to longtime Richt nemesis Florida.

But Smart's squad would rally for four wins in five games, including a Liberty Bowl win against TCU. The next season, Georgia won the SEC and lost in overtime to Alabama in the national title game.

"The end of the season and the momentum in the bowl game and bowl practices were what was really key for us," Smart said of 2016. "Going and playing TCU and beating them and having kids understand that's the way we're going to do things, that propelled our off-season, which in turn helped with the season we had the second year."

Though just entering Week 3 at UF, Mullen can draw from his experiences at Mississippi State to know how to handle what inevitably lies ahead.

The 2009 Bulldogs were coming off a 4-8 season under Sylvester Croom faced the nation's toughest schedule. Mullen's squad suffered one-sided losses to Auburn and Alabama, but also hung tough with top-ranked Florida, before losing 29-19 en route to a 5-7 finish.

Mullen, just 37 at the time, said he let his

emotions get the best of him, eventually leading school officials and former SEC commissioner Mike Slive to intercede.

"I'd fly off the hook on everything," Mullen recalled. "I'm like, 'Boy we lost this game. I'm screaming at the officials, I'm complaining about that and I'm complaining about this."

"I remember Mike calling me. Everybody in the world's got problems. Successful people gave solutions, and our guys, we've got to go out on the field today and find solution and fix our problem, and said, 'Hey, just step back and look at yourself. Is that the image you want, is that helping you build a program, is that making you a better team? Is that the image of your program?'"

"I think I've learned from those mistakes." More lessons remain for the Gators. That much is certain this season.

The key is to learn from them, like Mullen and many of the game's top coaches have.

"Everybody in the world's got problems," Mullen said. "Successful people have solutions. And our guys, we've got to go out on the field and find solutions and fix our problems."

■ CFB: Syracuse 30; Florida 7

Syracuse beats Florida State 30-7 behind DeVito

By JOHN KEKIS

AP SPORTS WRITER

SYRACUSE, N.Y. — Tommy DeVito scored on a 3-yard run and hit tight end Ravian Pierce with a 3-yard score, and Syracuse overcame an injury to starting quarterback Eric Dungey to beat Florida State 30-7 on Saturday in the sweltering heat of the Carrier Dome.

Dungey was hurt late in the second quarter after a late hit to the helmet and never returned as the Orange took a slim 6-0 lead into the break.

Last year in Tallahassee, Dungey suffered a broken right foot on the Orange's fourth play from scrimmage, sat out most of the first half, and returned to nearly lead Syracuse to an upset. He accounted for 387 yards of Syracuse's offense and all three touchdowns, but the Seminoles escaped with a 27-24 victory.

Dungey, the team's fiery leader, never returned on this day and it didn't matter as DeVito, a red-shirt freshman with scant experience, exhibited great poise in guiding the Orange (3-0, 1-0 Atlantic Coast Conference) in the second half as they snapped a five-game conference losing streak.

Florida State (1-2, 0-2) finished with 240 yards offensively and prevented the shutout on a 2-yard run by quarterback Deondre Francois with 6:16 to play. The Seminoles were 4-0 in the Carrier Dome entering the game and had won 10 straight games in the series since 1966.

DeVito had completions of 33 yards to Jamal Custis and hit Pierce with a swing pass for 22 more before scoring his first



AP PHOTO

Florida State's Camren McDonald, left, looks to tackle Syracuse's Antwan Cordy, right, in the first quarter of an NCAA college football game in Syracuse, N.Y., Saturday.

career touchdown on a keeper up the middle midway through the third quarter.

DeVito, who finished 11 of 16 for 144 yards and no turnovers, gave the Orange a commanding 20-0 lead with his toss to Pierce with 3:33 left in the third. FSU had not allowed a point in the third quarter and just 10 second-half points in splitting the first two games against then-No. 20 Virginia Tech and FCS foe Samford.

Defensively, Syracuse put the clamps on Francois, who finished 18 of 36 for 178 yards passing with one interception and was sacked four times. Cam Akers led the Seminoles on the ground with 52 yards on 10 carries. FSU finished with just 62 yards rushing.

Dungey was knocked out of the game after a helmet-to-helmet hit while he was on the turf at the end of a run. A personal foul was assessed and DeVito entered. He hit Custis along the right side for 16 yards to set up a first-and-goal at the 1, but the Florida State defense stuffed Dontae Strickland on three straight running plays

over left tackle, forcing a 19-yard field goal by Andre Szmyt.

Francois got untracked on the final possession of the half and hit Nyqwan Murray for gains of 20 and 16 yards, threading the needle both times among several Orange defenders. But time expired with the Seminoles inside the red zone and the second half was a bust.

Strickland scored on a 13-yard run late in the fourth to complete the scoring.

THE TAKEAWAY

Florida State: The Seminoles have fallen on hard times under first-year coach Willie Taggart. The offense has sputtered every game. Francois, who missed most of last season with an injury, has only clicked in spurts and the run game has been dismal behind an offensive line that's trying to find itself.

Syracuse: The Orange are unbeaten and seem poised to finally break out of the rut that has seen them finish 4-8 three straight times. Even if Dungey misses more games, DeVito proved he's a capable backup against a foe with a storied past.

■ CFB: Alabama 62; Mississippi 7

No. 1 Alabama blows past Mississippi 62-7

By DAVID BRANDT

AP SPORTS WRITER

OXFORD, Miss. (AP) — Tua Tagovailoa threw for 191 yards and two touchdowns, Jerry Jeudy caught two scoring passes and No. 1 Alabama buried Mississippi 62-7 on Saturday night.

Alabama (3-0) gave up a touchdown on the first play of the Southeastern Conference opener, but responded by scoring the next 62 points. The Tide's offense had 516 total yards and was so effective that Tagovailoa's evening was over by midway through the second quarter.

The left-handed sophomore completed 11 of 15 passes during his short time on the field. The Tide then turned to Jalen Hurts, who completed 7 of 10 passes for 85 yards, two touchdowns and one interception.

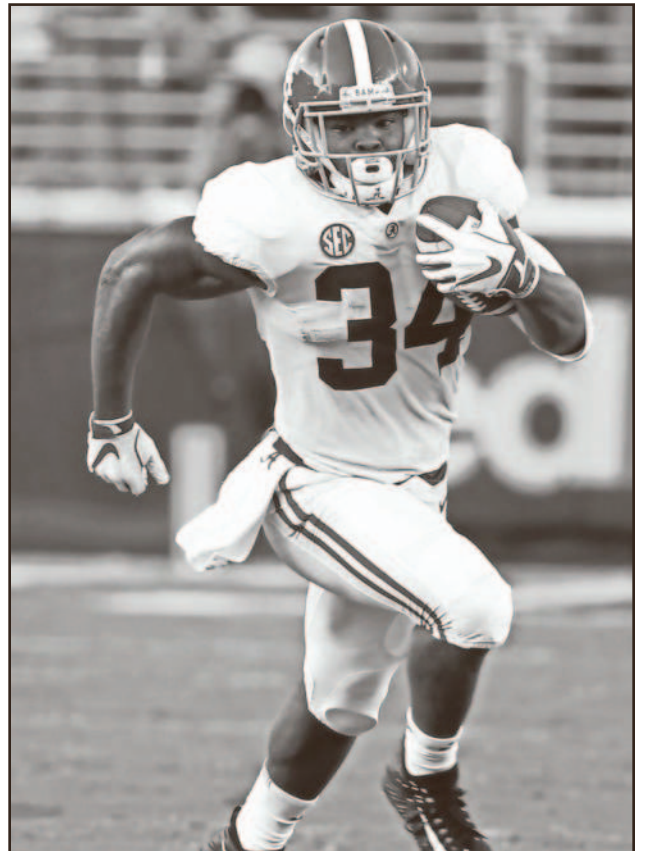
It was so lopsided that third-string quarterback Mac Jones was in the game before the end of the third quarter.

Ole Miss (2-1, 0-1) suffered through a second straight blowout loss to the Crimson Tide. The Rebels fell 66-3 last year in Tuscaloosa.

Jordan Ta'amu completed just 7 of 22 passes for 133 yards, one touchdown and two interceptions.

The game was in doubt for about 11 seconds. That's the time it took for Ta'amu to find D.K. Metcalf for a 75-yard touchdown on the first play of the game. Ole Miss had a 7-0 lead and a packed Vaught-Hemingway Stadium was rocking.

Alabama wouldn't be fooled again.



AP PHOTO

Alabama running back Damien Harris runs upfield for a first down during the first half of the game.

The Tide scored 49 points by halftime, doing whatever it wanted against the Ole Miss defense. There were plenty of clues the Rebels would struggle to slow down the Tide — including giving up 629 total yards to Southern Illinois last week — but the onslaught was still stunning.

THE TAKEAWAY

Very few people expected Ole Miss to win this game, but a decently close outcome might have built some confidence for the Rebels. Obviously, that didn't happen. The Ole Miss defense has been brutal through three games this season and the offense — other than the first

75-yard touchdown — looked out of sync. The Rebels will try to regroup next week against Kent State.

Alabama breezed to its first win of the season, and its most impressive feat was slowing down an Ole Miss offense that looked so good for the season's first two weeks. The secondary was burned on the opening play, but when Ole Miss tried another deep ball on the next drive, Trevon Diggs knocked it away and the Tide cruised to a dominant performance.

UP NEXT

Ole Miss hosts Kent State next Saturday. Alabama hosts Texas A&M next Saturday.

TODAY / TONIGHT MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Weather forecast for the week including icons for sun, clouds, and rain, along with high/low temperatures and chance of rain percentages.

Map of Florida showing today's weather with icons and temperatures for various cities like Winter Haven, Bartow, and Ft. Meade.

FLORIDA CITIES

Table listing Florida cities and their weather conditions for Today and Monday, including high/low temperatures and weather types.

TIDES

Table showing tide information for Punta Gorda and Englewood, including high and low tide times.

VENICE

Table showing tide information for Venice, including high and low tide times.

MARINE

Table showing marine conditions including wind speed, wave height, and chop for various locations.

SUN AND MOON

Table showing sunrise and sunset times for The Sun and Moon, along with moon phase indicators.

SOLUNAR TABLE

Table showing solunar tables for minor and major moon phases and their corresponding times.

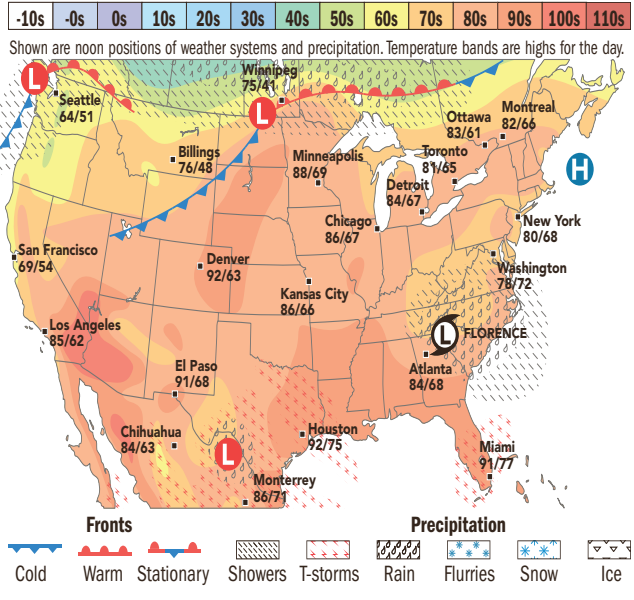
WEATHER HISTORY

Text describing a low of 27 degrees on Sept. 16, 1964, at Concord, N.H., as the shortest growing season of any year.

WEATHER TRIVIA

Q: When are the nights longer than days in the Northern Hemisphere? A: Autumn and winter.

THE NATION



U.S. EXTREMES

High 102° at Thermal, CA Low 27° at Meacham, OR

Today Mon.

Large table listing weather conditions for various cities across the United States, including high/low temperatures and weather types.

WORLD CITIES

Table listing weather conditions for major world cities, including high/low temperatures and weather types.

AccuWeather

Forecasts and graphics provided by AccuWeather, Inc. ©2018

PORT CHARLOTTE

Table showing weather forecasts for Port Charlotte, including temperatures and precipitation.

MONTHLY RAINFALL

Table showing monthly rainfall data for Port Charlotte from 2018 to 2017, including average and record values.

SEBRING

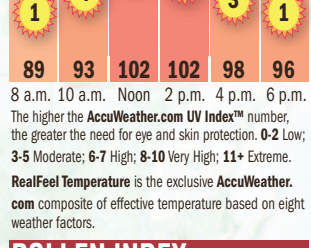
Table showing weather forecasts for Sebring, including temperatures and precipitation.

AIRPORT

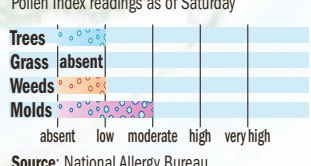
Table showing weather forecasts for airports, including high/low temperatures and delays.

CONDITIONS TODAY

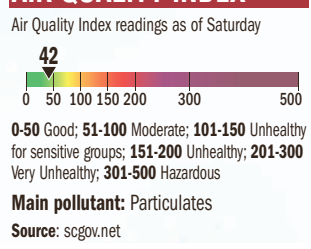
UV Index and RealFeel Temperature



POLLEN INDEX



AIR QUALITY INDEX



Large advertisement for Charlotte County Sports Authority featuring 1070 NBC Sports radio, including text about football games and the NBC Sports Radio logo.

MIAMI FROM PAGE 1 article text, including sections for 'THE TAKEAWAY' and 'POLL IMPLICATIONS'.

FLORIDA FROM PAGE 1 article text, including sections for 'THE TAKEAWAY' and 'STILL SIDELINED'.

USF FROM PAGE 1 article text, including sections for 'THE TAKEAWAY' and 'UP NEXT'.

The FUNNIES

PEANUTS
featuring
"Good ol'
Charlie Brown"
by SCHULZ

HOW'S THIS ONE?

HOW ABOUT THIS ONE?

RATS!

X!

HOW ABOUT THIS ONE?

X!

THEN HOW ABOUT THIS ONE?

X!

IT'S IMPOSSIBLE TO GO FISHING WITH WOODSTOCK.. HE KNOWS ALL THE WORMS PERSONALLY!

THE LOCKHORNS
BY BUNNY HOEST AND JOHN REINER



"YOU'RE RIGHT, LORETTA ... THE FINE PRINT DOES SAY 'GOTCHA!'"

"DOUBLE WHAT YOU GAVE THEM LAST YEAR? YOU DIDN'T GIVE ANYTHING LAST YEAR."

"GOODWILL STOPPED BY AND ASKED IF I HAD ANY OLD CLOTHES."

"I THREW MY DRIVER IN THE LAKE ... THEN I REMEMBERED HOW MUCH IT COST."

"I'VE ALWAYS PLAYED HARD TO GET, WHILE LEROY PLAYED HARD TO TAKE."

Hi and Lois
by BRIAN and GREG WALKER

WHADDAYA SAY WE LET THE GUYS BEHIND US PLAY THROUGH WHILE WE GRAB A SNACK?

SOUNDS LIKE A GREAT IDEA.

I'LL HAVE A CHEESEBURGER, A HOT DOG, TWO BEERS, A BAG OF CHIPS AND A BROWNIE.

COMING RIGHT UP, MR. T.

HERE YOU GO.

THANKS.

JUST PUT IT ON MY TAB.

YOU HAVE A CHARGE ACCOUNT AT THE SNACK CART?

I'M A PLATINUM CUSTOMER.

MARY WORTH

THE CONNECTION BETWEEN A PERSON AND THEIR PET...

"THE GREATEST THING YOU'LL EVER LEARN IS JUST TO LOVE AND BE LOVED IN RETURN."
- EDEN AHBEZ

CAN BE A POWERFUL THING!

TOBY TELLS MARY THAT THEIR NEIGHBOR'S DOG PASSED AWAY...

MY HEART GOES OUT TO HIM, MR. WYNTER AND BELLA WERE VERY CLOSE.

AS CLOSE AS A PERSON CAN GET TO A CHIHUAHUA!

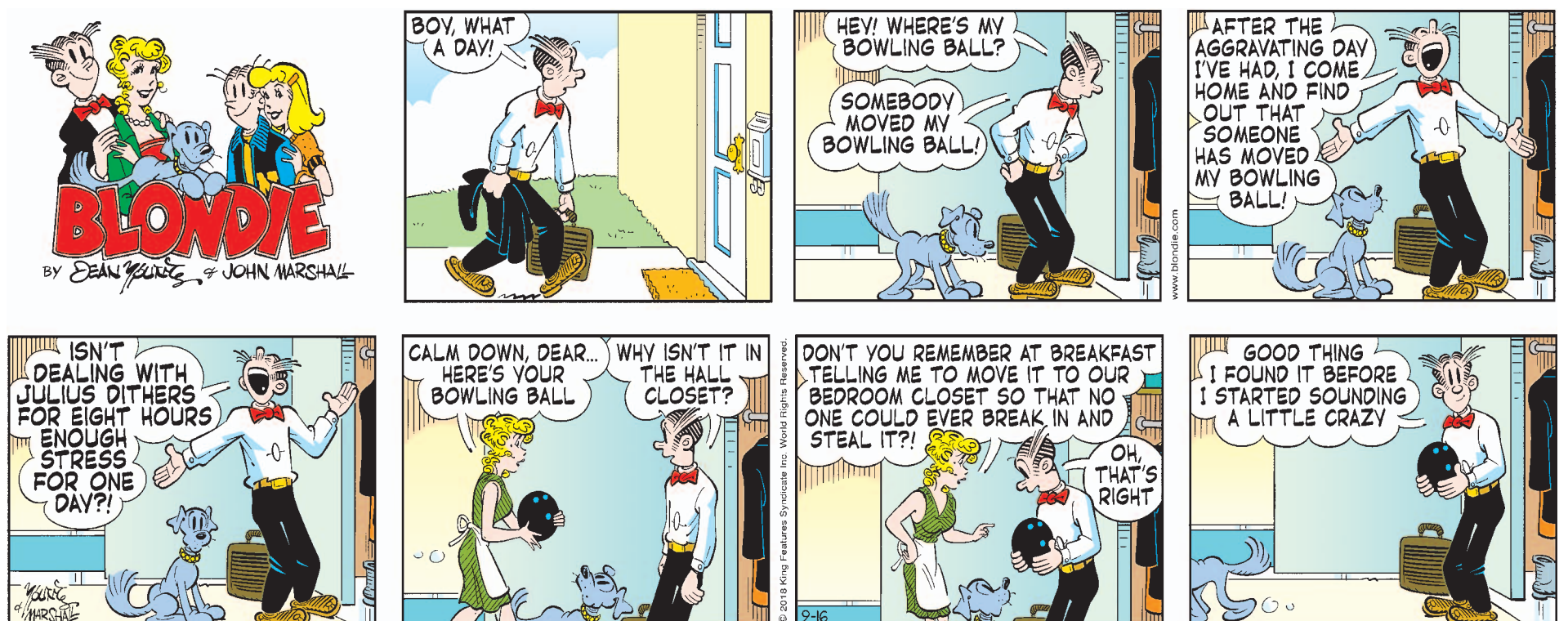
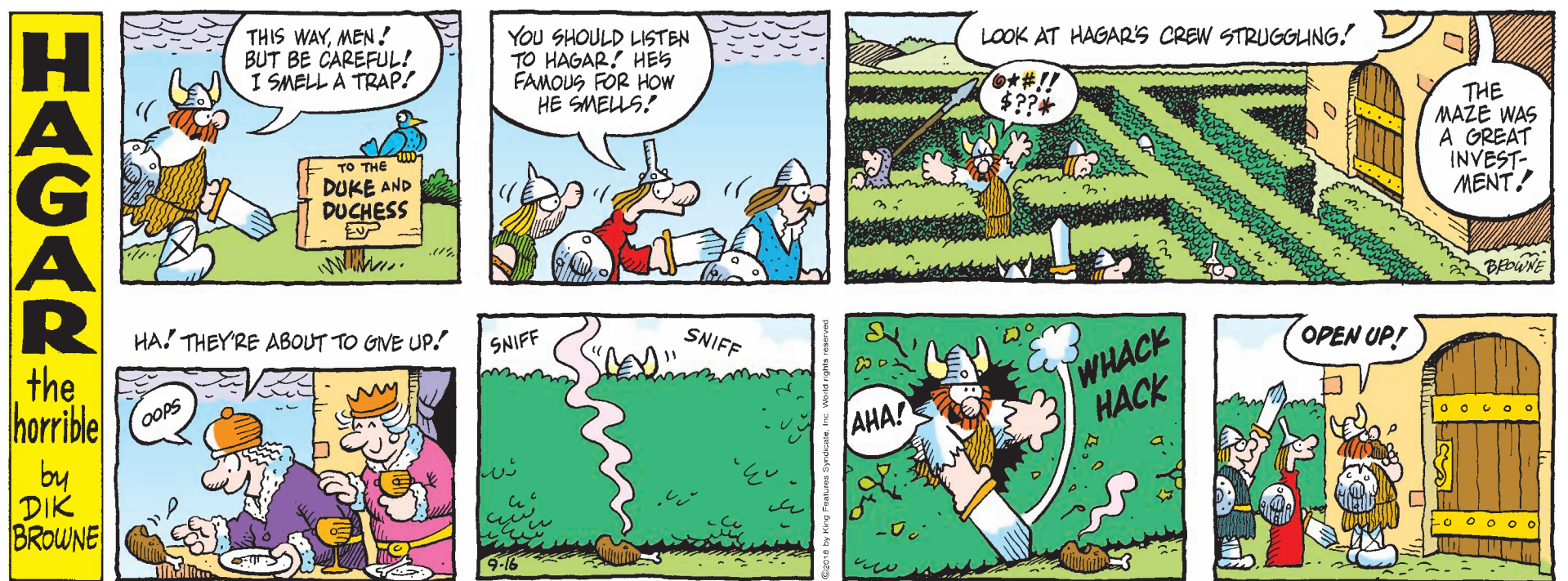
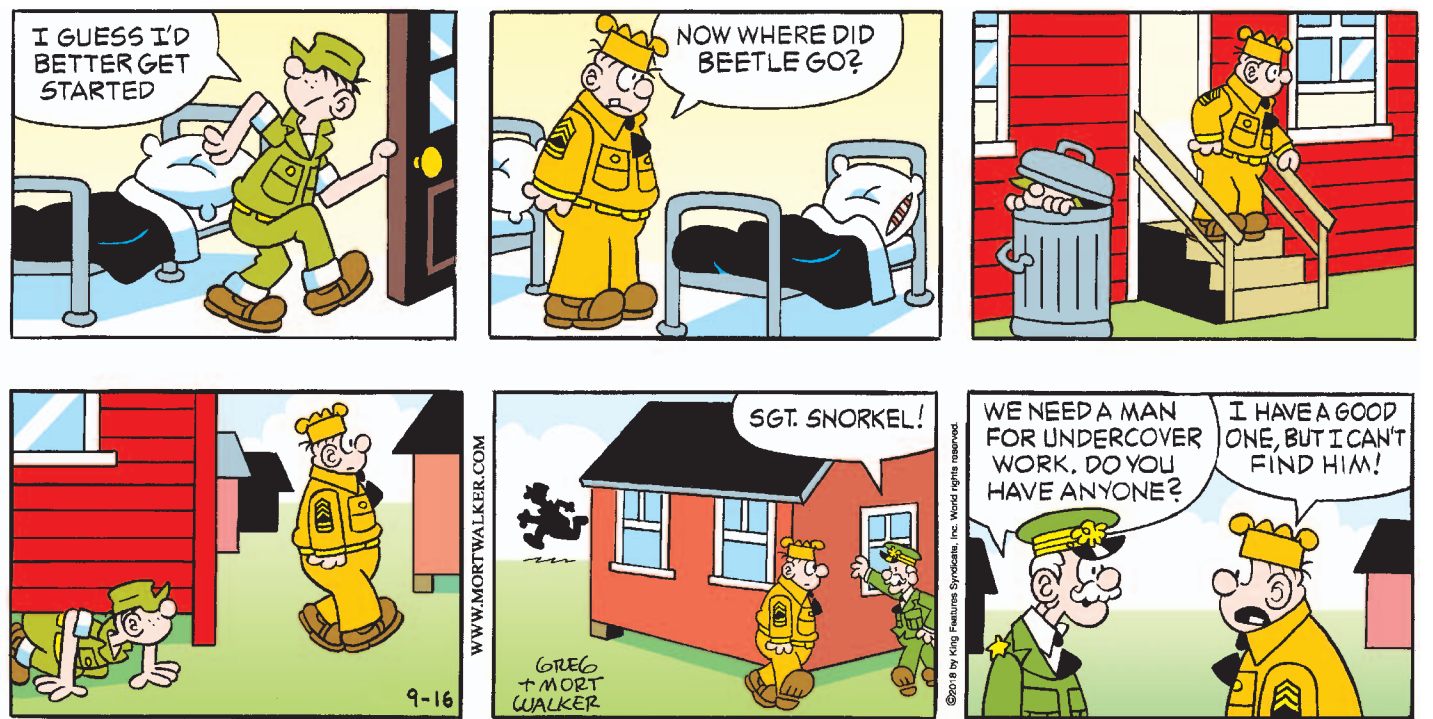
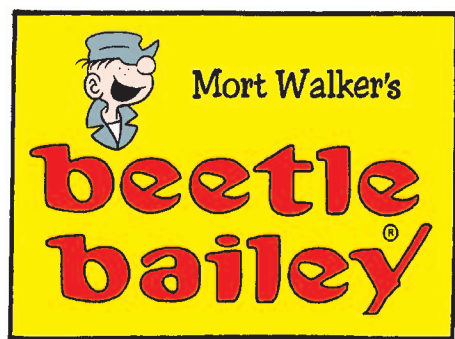
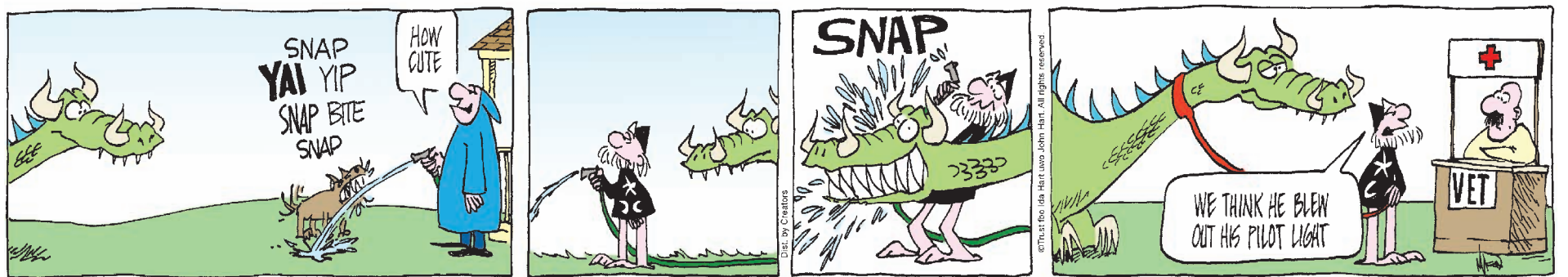
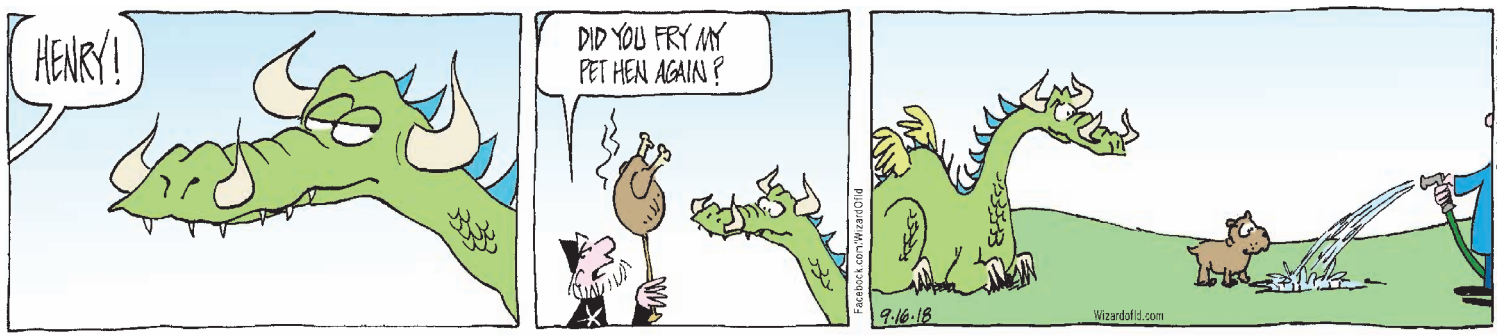
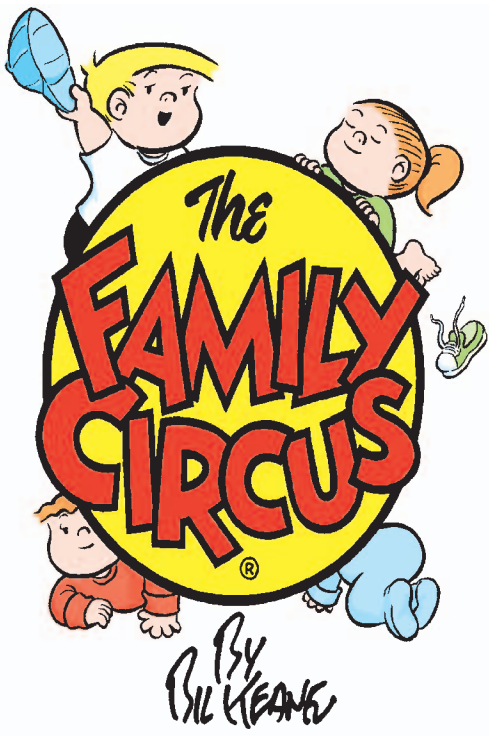
YOU MAY NOT UNDERSTAND IT, TOBY, BUT HE DIDN'T JUST LOSE HIS DOG...

HE LOST A FRIEND AND COMPANION...A FAMILY MEMBER!

MCCY BRIGMAN 9/16/18

MR. WYNTER LIVES ALONE...

"AND SHE WAS ALL HE HAD"





FOR BETTER OR WORSE

By Lynn Johnston

Panel 1: "ARE YOU WEARING THOSE CLOTHES DOWN-TOWN, MOM?" "YES, WHY?"
 Panel 2: "HEH HEH HEH HEH"
 Panel 3: "MOM, THOSE PANTS LOOK LIKE BELL-BOTTOMS. YOU SHOULD ROLL THEM UP A BIT."
 Panel 4: "YEAH. AN' I HAVE YOU GOT A T-SHIRT? LIKE THAT BLOUSE IS TOTALLY OUT OF STYLE."
 Panel 5: "YOU COULD PUT ON A DIFFERENT BELT."
 Panel 6: "HMMMM... COULD YOU DO SOMETHING ABOUT YOUR HAIR?"
 Panel 7: "THAT'S ENOUGH!!" "WHAT'S GOING ON?"
 Panel 8: "I'M ABOUT TO DRIVE MICHAEL DOWN TO THE MALL TO MEET SOME OF HIS FRIENDS."
 Panel 9: "SO... WHY THE DRESS INSPECTION?"
 Panel 10: "... I PLAN TO GET OUT OF THE CAR."



Panel 1: "JON, YOU LOOK TERRIBLE!" "I KNOW"
 Panel 2: "I HAVEN'T BEEN ABLE TO TAKE A BATH FOR THREE DAYS"

Panel 1: "WHY? ARE YOU SICK?!" "NO"
 Panel 2: "IS IT A PLUMBING PROBLEM?... DID YOU FORGET TO PAY YOUR WATER BILL?" "NO... NO..."

Panel 1: "WELL, WHY, THEN?!"
 Panel 2: "FOUND IT"



THE SENATORS METHODIOS AND CHARIS WAX QUITE ELOQUENT IN THEIR TESTIMONY BEFORE THEIR FELLOWS, BEARING WITNESS TO THE TRAITOROUS ACTIONS OF KRIOS AND THE BRAVERY THAT ROUTED HIS VENAL BID FOR POWER. IF NOT ALL APPEAR HAPPY WITH THE RESULT, NONE CONTEST IT.

KRIOS HAS FLED, BUT THE CORPSE OF HIS LOYAL SON DRAGON IS DRAGGED THROUGH THE STREETS, AN OBJECT LESSON TO ANY CITIZENS WHO MIGHT STILL HARBOR SYMPATHIES WITH HOUSE KRIOS. QUEEN ALETA MERCIFULLY ENSURES THAT NONE OF THE FAMILY RETAINERS ARE PUNISHED.

MUCH TO HER DISCOMFORT, VALETA IS LAUDED AS A GREAT HEROINE WHO PERSONALLY SAW TO THE ROUT OF THE THREAT. SHE KNOWS SHE IS FAR FROM THE WARRIOR DESCRIBED, BUT THE PEOPLE SEEM TO EXPECT THIS QUALITY IN THEIR ROYALS.

YEATES 9/16/18

Panel 1: "ALETA SEES TO IT THAT THE AMAZING WOMEN ZULFA AND ITTU ARE LIKEWISE SALUTED FOR THEIR SELFLESS SERVICE TO THE ISLES. POOR ANTERO, TOO, IS RECOGNIZED."
 Panel 2: "AND ANDRINA, THE SOLE SURVIVING CHILD OF KRIOS, SITS VERY ALONE IN HER PALACE CHAMBER, STARING VACANTLY AT THE FAR HORIZON. WHAT IS TO BECOME OF HER?"
 NEXT: Antero's will

SLYLOCK FOX and COMICS FOR KIDS

BY BOB WEBER JR.

A citizen claims that while he was weeding in his front yard, Slick Smitty threw an egg at his front window. Smitty says he did not throw an egg at the window. The lie detector indicates he is telling the truth, but Slylock Fox is not convinced Smitty is innocent. Why?

Solution -- Smitty threw the egg at the citizen! He just happened to miss, and the egg hit the window. Slylock was able to crack the case when he found Smitty's fingerprint on the broken eggshell.

Spot six differences between these panels.

www.facebook.com/SlylockFox

HOW TO DRAW a horse

BOB WEBER JR and SR 9-16

YOUR DRAWING

Today's terrific artist is Rhianna, age 11

Submit your drawing to www.kidcartoonists.com

Answer -- 1) Horse's nostrils, hat, cactus, lizard, rabbit and bird.
 Answer -- a) The red kangaroo is born about the size of a blue whale and weighing about 0.03 ounces but grows to 180 pounds an increase of about 96,000 times its birth weight.

The fourth Find the six differences collection is here. Send \$4 (check/money order in U.S. funds made payable to King Features) with your name and address to Six Differences No. 4, 628 Virginia Dr., Orlando, FL 32803



ZITS

by JERRY SCOTT and JIM BORGMAN

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SCOTT AND BORGMAN 9-16

THAT'S IT! WE'RE OUTTA HERE! THANKS FOR COMING OUT TONIGHT!

RIDE CAREFULLY ON YOUR WAY HOME!

YOUR MUSIC IS WEIRD

Shoe

by Gary Brookins & Susie MacNelly

I HAD A REALLY WEIRD DREAM LAST NIGHT ...

I WENT TO THE RACETRACK WITH FRANKENSTEIN'S ASSISTANT AND WON A MILLION BUCKS.

HOW'D YOU DO THAT?

IGOR HAD A HUNCH.

9/16 Susie MacNelly & Gary Brookins

PICKLES

by BRIAN CRANE

CAN YOU BELIEVE THE DRIVEL THAT PASSES FOR TV NOWADAYS?

IT'S PATHETIC!

JUST A BUNCH OF HOOEY!

WHO EVEN WATCHES THIS CLAPTRAP?!

I MEAN BESIDES ME!

THE BORN LOSER

by Art & Chip Sansom

WORKING ON YOUR HOMEWORK, I SEE. GOODBOY!

WE'RE LEARNING ABOUT THE ENVIRONMENT IN CLASS...

MISS CRABTREE SAYS EACH PERSON ON THE PLANET AFFECTS THE ENVIRONMENT IN A TEENY, TINY WAY...

BUT WHEN THEY ARE ALL ADDED TOGETHER, THE IMPACT IS SIGNIFICANT...

SO, SHE SAYS EVERYONE SHOULD BE AWARE OF THEIR CARBON FOOTPRINT,

DO YOU KNOW HOW BIG YOURS IS, POP?

OF COURSE—I AM A 9½ D!

TIGER

BY BUD BLAKE

ALMOST READY, HUGO?

MY FAVORITE—HAMBURGERS

THESE ARE TURKEY BURGERS, HUGO

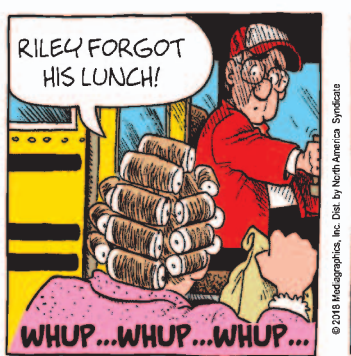
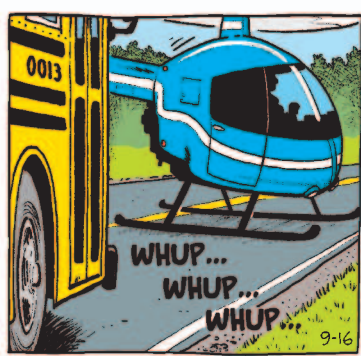
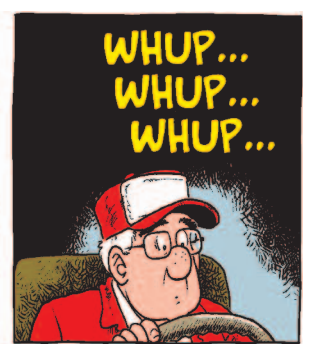
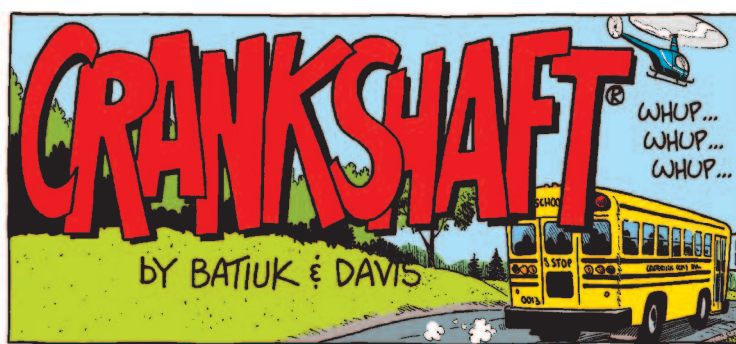
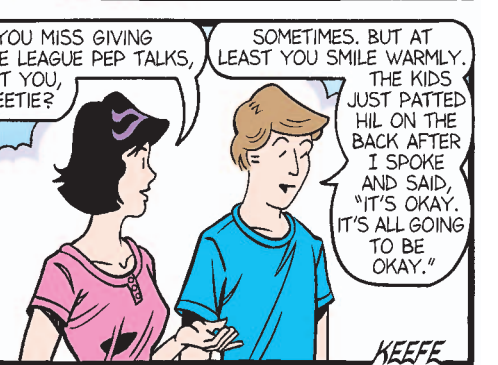
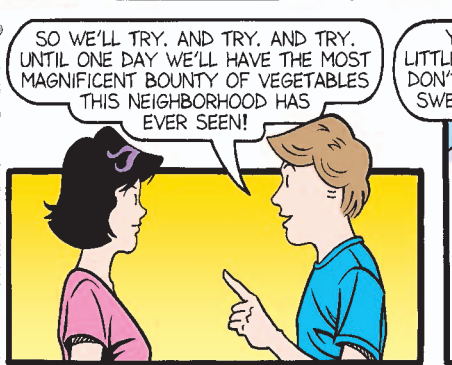
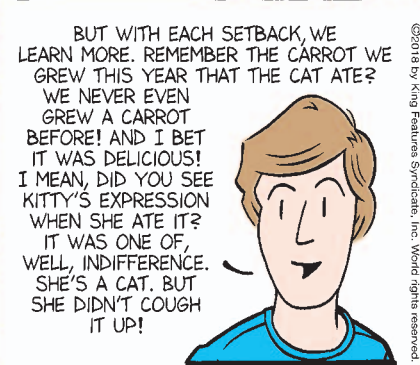
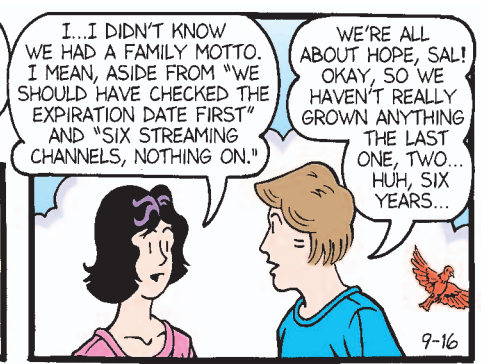
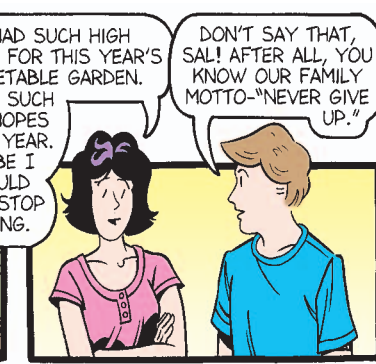
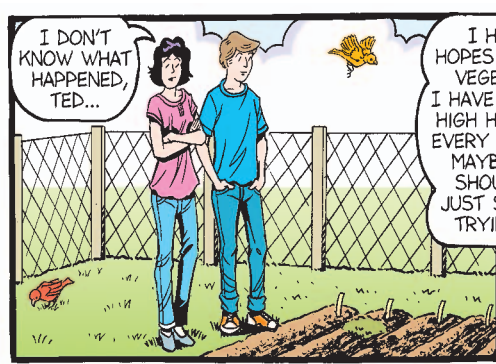
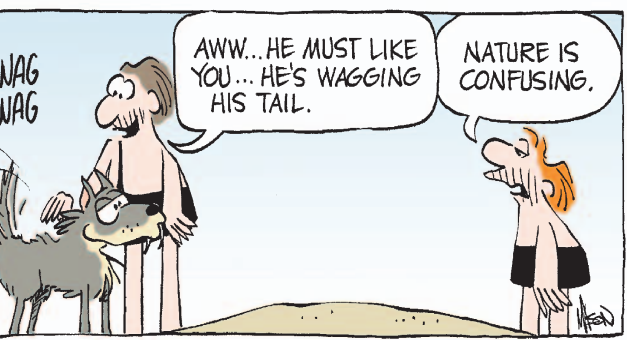
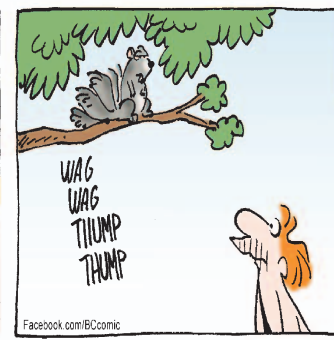
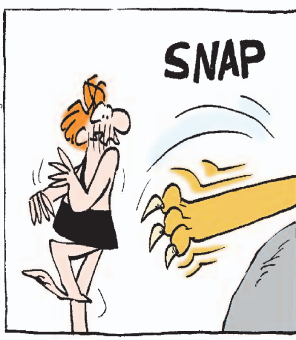
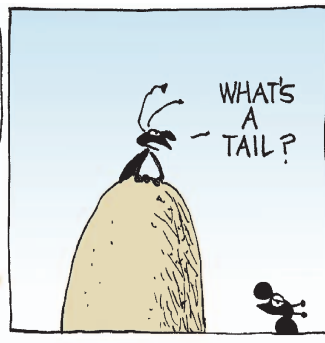
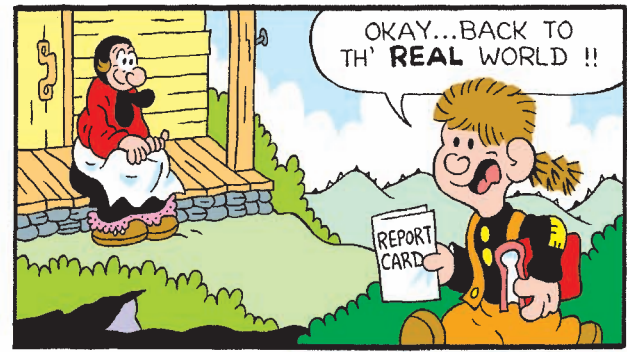
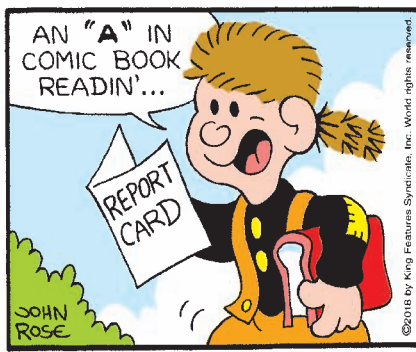
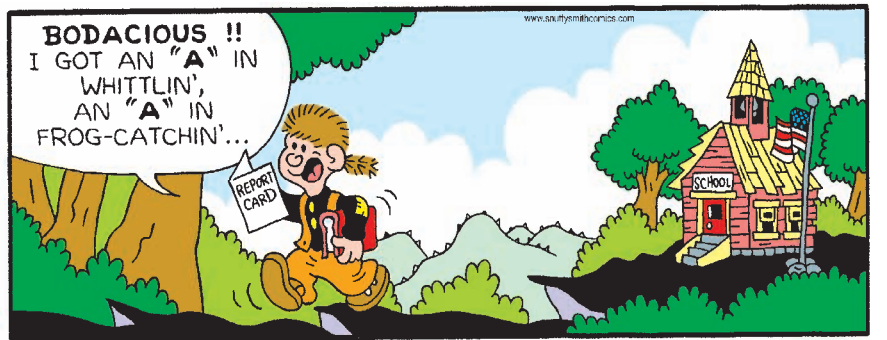
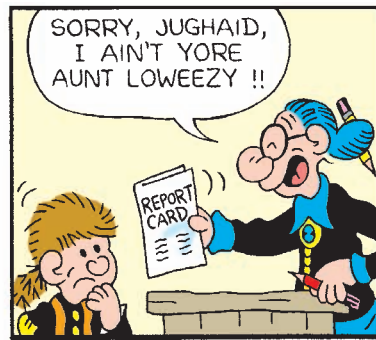
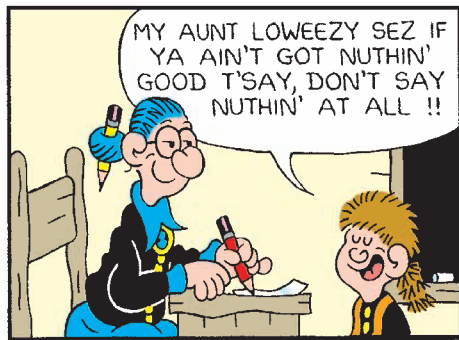
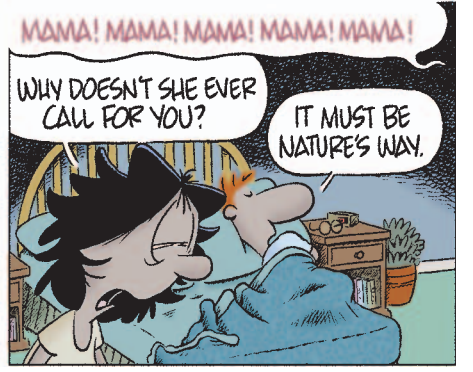
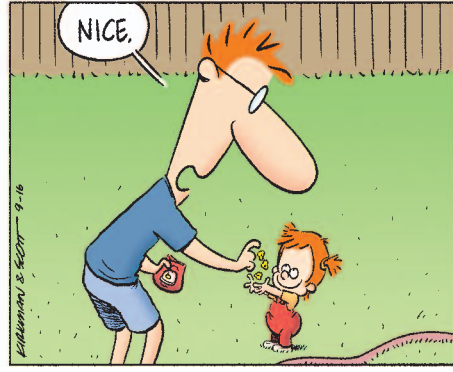
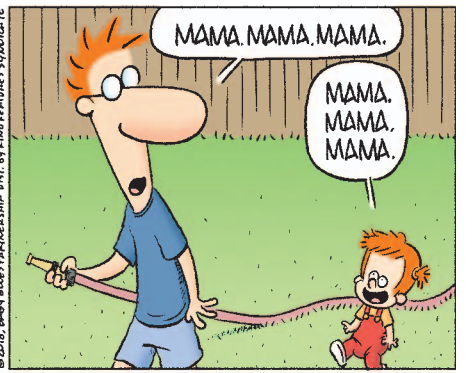
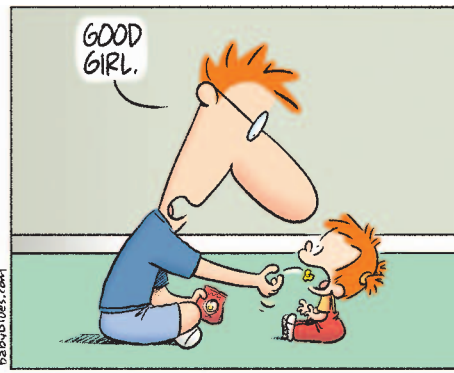
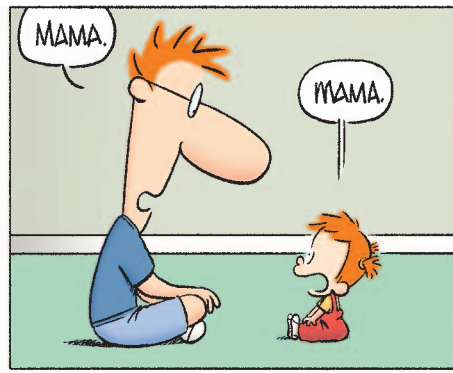
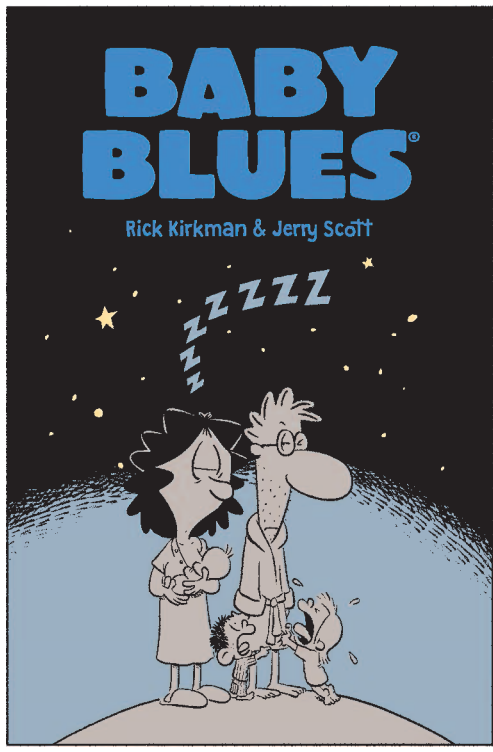
OH

TRY IT!

DO YOU LIKE THESE TURKEY BURGERS, HUGO?

9-16 BUD BLAKE

SURE... BUT I FEEL SORRY FOR THE COWS THAT LOST THEIR JOBS TO THE TURKEYS





THE PHANTOM

BY LEE FALK



NON SEQUITUR

BY WILEY

DENNIS THE MENACE

BY HANK KETCHAM

