

HIGHLANDS NEWS-SUN

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YOUR HOMETOWN NEWSPAPER SINCE 1919



An Edition Of The Sun

HURRICANE IRMA ONE YEAR LATER

Sept. 10, 2017: Hurricane Irma roared through Highlands County in the middle of the night. Residents awoke to downed trees, no power, damage to homes, washed out roads and, in some places, water everywhere.

One thing that became clear in the days after the storm is the

community came together to help one another. This event definitely brought out the best in Highlands County's citizens.

So, how has our community fared since Irma? In the 365 days since the hurricane blew through, how well has the area recovered? Where are efforts still needed?

What is gone? What came back? Highlands News-Sun asked those questions of each local municipality, as well as law enforcement, schools, medical facilities, and of course, residents.

Over the course of the next few days, we will share with readers answers to those questions.



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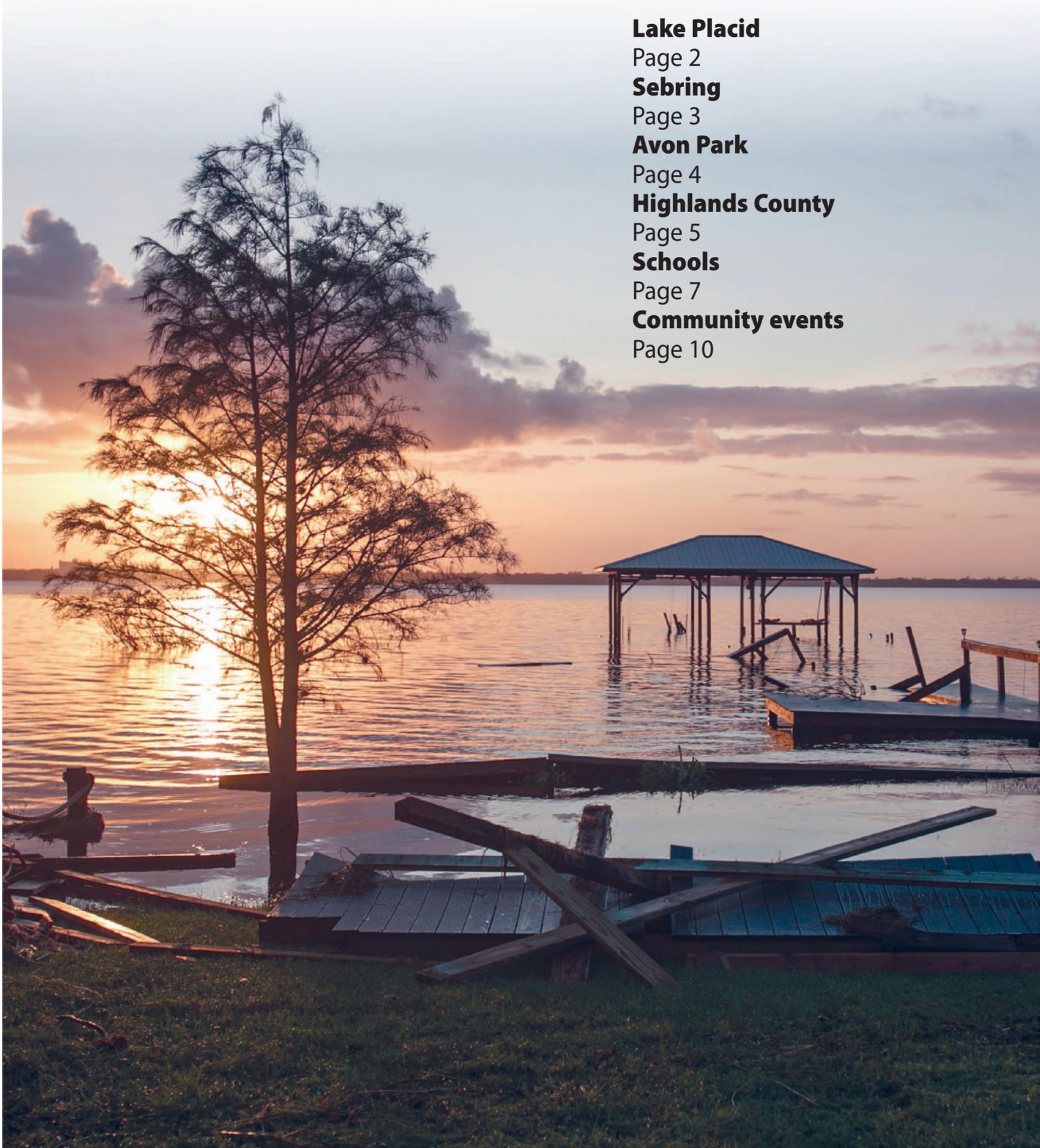
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Good morning To
John Moran
Thanks for reading!



How Lake Placid took on Irma

By **KIM LEATHERMAN**
STAFF WRITER

LAKE PLACID — One year ago, the people of Lake Placid left storm shelters and mustered the courage to venture out of their homes to inspect their properties at dawn on Monday, Sept. 11. Some were pleasantly surprised while others only saw devastation. Mother Nature had done her best. It was the town's turn to fight back.

A year after Hurricane Irma came barreling through Highlands County, leaving a wake of destruction, residents have rallied to restore and improve the town. Neighbors, town staff and police officers all worked together to set the town to rights.

Town Administrator Phil Williams said Lake Placid was better prepared for Irma because the town got a wake-up call after Hurricane Charley tore through Central Florida in 2004. "The town was well prepared compared to our preparedness when Charley hit in 2004," Williams said. "As it turned out, Charley prompted the town out of its complacency at that time and we hardened Town Hall, which never lost power during Irma. We had several generators on lift stations that would not have been there before Charley. Even though we needed more, the town would have been severely damaged by the extended loss of power if our storm infrastructure had been as it was before Charley."

Williams credits the entire Utilities Department for keeping the town supplied with water.

Some heroes he thought of were Frank Hartzell and the owners of Schooni's for feeding residents everyday.

Williams said the businesses took on a lot of damage. He pointed out that many had a secondary loss of inventory due to water damage or from loss of power.

Lake Placid Police Chief James Fansler said it was hard to say what area was the hardest hit.

"Worst damage in town is hard to pin down," Fansler said. "There were a number of large trees downed all over town. The damage was pretty consistent as far as I could see. The Police Department did in fact lose approximately 60 percent of the roof. A few patrol cars received minor scuffs and scratches from shingles coming off the roof and striking them. We positioned all patrol cars in the rear of the department in hopes it would save them from significant damage. Aside from the scratches, all were safe."

Fansler thought the town was prepared as best it could be.

"We were well prepared for the storm," he said. "Prior to it striking, we



FILE PHOTOS

Many roads in the Lake Placid area were washed out or suffered burst pipes after Hurricane Irma barreled through Highlands County last year.

stocked up the department with at least 3-5 days worth of food and about a month worth of water. We didn't want to go hungry! As far as our 'Battle Plan' we were prepared. All officers bunked at the PD and were ready at a moment's notice to respond to whatever we needed to. Of course, during the worst of the storm, we remained inside in a safe location, with the exception of us adrenaline junkies who could not resist going out for a few minutes. We have a motto given to us by our reserve Captain Richard Morey, 'Be prepared — don't get prepared,' meaning we didn't need to have a Plan B knowing our Plan A was going to be effective."

Rachel Osborne, finance director and office manager for the Town of Lake Placid, was glad the town was financially sound ahead of Irma. "Financially, the town was prepared for the storm, but on a municipal level, the magnitude of the storm was unexpected and the upfront costs took an enormous hit on the budget," Osborne said. "The town was hit hard, but employees and the customers were hit hard also, dealing without electricity and gas to get back and forth."

The town staff tried to help its residents out in any way they could. For

instance, monthly billing in September was postponed for three months and late fees were waived as well as non-payment shut-offs. According to Osborne, normal billing resumed in January.

Osborne illustrated how the town was hit financially and the role of the Federal Emergency Management Agency in the recovery efforts.

"The town reported \$182,000 in estimated property damages; this amount does not include equipment damages, direct administrative costs for filing the FEMA application and employee overtime," Osborne said.

She pointed out that staff and volunteer hours were not reported to FEMA and would not be compensated. Those staff and volunteers served "out of the goodness of their hearts and for their community," Osborne said.

"Year to date, Public Risk Management reimbursed \$32,942 of the loss. More than half of the building loss was not covered by insurance due to a required deductible or cost threshold," Osborne said. "The estimated denied claims with the town's insurance is somewhere in the amount of \$61,000. The town incurred salaries over \$68,870 that is also not eligible for reimbursement from Public

Risk Management.

"FEMA declared compensation for the amount of the required deductible, for the items denied due to a cost threshold and also would compensate costs the insurance did not reimburse, such as Direct Administrative Costs and salaries paid for staff working during post hurricane," she said. "However, FEMA reimbursement also came with a threshold limit of \$3,100. FEMA reimbursed \$24,395.68, year to date, which included Direct Administrative Costs and regular salaries. The recent reimbursements only covered damages for wastewater buildings.

"The Town still has unpaid FEMA projects one year later that are hoped to be compensated

after the projects pass state review for obligation," Osborne said. "FEMA is expected to pay 75 percent of the claims, the state is expected to reimburse 12.5 percent of the claims and the town is responsible for the other 12.5 percent of the claims. The estimated pending payments to be received from FEMA is anticipated to be in the amount of \$139,000."

Event Planner Katie Wilson of the Genesis Center was instrumental for coordinating meals, supplies and making people comfortable when staying at the last-minute shelter. Wilson said the county asked the First Presbyterian Church staff if they could open the Genesis Center as an emergency shelter as

theirs were all full. Church members, neighbors and nearly the entire Lake Placid Middle School faculty showed up to cook food and deliver hot meals donated by the School Board of Highlands County. Wilson said while she expected a lot of damage, she learned to be proactive rather than reactive and will ask for items to be delivered sooner after a storm lands than later.

Fansler thought first responders were the real heroes during and after the hurricane. "I am truly proud of all them in the county," Fansler said. "They worked tirelessly to help. Many worked on little to no sleep for many hours.

"The linemen of our county and those who responded from various other states deserve a great deal of respect," he said. "Imagine where we'd be without them."

Fansler urged people to not be complacent and urges them to be prepared for any future storms.

"I know there is another Irma or worse in our future," Fansler said. "I pray people take the warnings seriously. Do not wait to gather supplies. If Publix had not had the generator they have and kept their store up and running, there would have been major chaos."

Roads have been replaced and repaired and blue tarps are starting to be replaced by real roofs. The town still bears scars, but is on the mend.



Here is another example of a road in the Lake Placid area that washed out after Hurricane Irma.



First Presbyterian Church Pastor Drew Severance and Peggy McNeeley volunteered to hand out nonperishable food items at The Genesis Center in Lake Placid in the days after Hurricane Irma hit Highlands County.

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COURTESY PHOTO/CITY OF SEBRING

The City of Sebring had severe damage to its parking lot at Veterans Beach, seen here, and sidewalk damage at City Pier Beach due to Hurricane Irma.

Sebring recovers from Irma

By MELISSA MAIN
STAFF WRITER

SEBRING — A year ago Hurricane Irma hit Sebring, destroying city buildings and damaging roofs, but the city has yet to receive any funding from the Federal Emergency Management Agency.

City of Sebring Finance Director Penny Robinson said, “We have received no FEMA dollars as of Sept. 4. We are still working with FEMA to complete the claims process. We have told them already what damage we have received.”

Although the City of Sebring is still in the process of completing the claims process, the city developed a comprehensive packet documenting the extent of the city’s damage by Oct. 12, 2017.

Sebring City Administrator Scott Noethlich said, “I want to thank Kathy Haley, Penny Robinson, Sal Massaro and Bob Hoffman for documenting the damage following the hurricane, escorting the insurance adjusters to view the property damage and submitting insurance claims.”

“I also want to thank Bobby Boggus for using his drone to take aerial pictures [of the damage],” Noethlich said.

“Our main issues were obviously damaged roofs,” Haley, city clerk, said. “Most, but not all, of our city-owned buildings had roof damage.”

“We had beach erosion at all of our city beaches, and we had severe damage to our parking lot at Veterans Beach and sidewalk damage at our City Pier Beach,” Haley said.

“We had a lot of down trees primarily at our golf course and cemetery areas,” she said. “We had interior and exterior damage at our fire department and police department.”

The City of Sebring took pictures of the



FILE PHOTO

A toppled tree is seen here on South Commerce Drive in Sebring, the day after Hurricane Irma hit Highlands County last year.

damaged roofs and ceiling tiles at all the city-owned properties, including buildings that are leased to other organizations. It documented damage to the city beaches and parking lots as well.

One of the buildings that received extensive damage was the Sebring Police Department. The pictures taken by city officials and aerial footage from a drone document that ceiling tiles had received water damage in several offices and the police chief’s conference room. The wall of the conference room was also damaged, and water came through the front door of the lobby area.

Chief of Police for Sebring Police Department Karl Hoglund said, “A new ridge cap has been placed on the roof. Several ceramic tiles were broken by flying debris, and those tiles have been replaced.”

“The front door still leaks when we have storms, but we are having another vendor take a look at it,” Chief Hoglund said. “When that is fixed, we will replace the ceiling tiles in the basement.”

Hurricane Irma ripped off the roof of the Boys & Girls Club of Sebring, a city-owned property that is leased to the club.

The extensive damage halted the after-school program until First United Methodist Church of Sebring offered space in its facility.

With help from the community, the club was able to repair its building on Martin Luther King Jr. Boulevard and relocate there.

Highlands Little Theatre leases another city-owned property that received heavy damage due to Irma.

Executive Director for the Highlands Little Theatre Vanessa Logsdon said, “The city of Sebring has done a tremendous job of mitigating the drainage problem that caused ground water to come into the building on several occasions. Since the work has been completed, we have not had any recurrences.”

“We installed a sump pump in the orchestra pit, which had filled with a foot of lake water after Irma,” Logsdon said. “This is a sub-basement level area under the stage. It took us a month to pump out that water because the ground was so saturated most of it would seep back in overnight.”

“Fortunately, most of the equipment stored there was salvageable, and a new storage system has been installed to keep items off the floor,” Logsdon said.

“The roof repairs are still pending, waiting for the insurance company and FEMA,” she said. “We are not eligible for FEMA; however, we lease from the city, and they are eligible. As soon as that is resolved, we will make the final roof repairs. We have replaced some of the lobby ceiling tiles that were soaked and continue to troubleshoot new areas during heavy storms.”

Haley said, “We also had roof damage and some interior damage to the Highlands Art League buildings.”

Although the City of Sebring has not received funding from FEMA, repairs are being made, and the city is moving ahead with plans for improvement.



FILE PHOTO

A home in Wood Haven mobile home park on Brunns Road in Sebring shows damage from Hurricane Irma.



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Heartland Lanes in Avon Park, the county's only bowling alley, sustained major damage as the result of a fire during Hurricane Irma. The building was eventually demolished.

How did Avon Park fare after Irma?

By **KIM LEATHERMAN**
and **MARC VALERO**
STAFF WRITERS

AVON PARK — Hurricane Irma made landfall on Sept. 10, 2017 and roared through the night like a lion. Many homes and businesses were affected in some way as the time the storm finally left the area to wreak havoc elsewhere.

Some houses were simply missing a few shingles, while others had roofs ripped off like they were no more than a child's dollhouse. Over the next several months, lines at Federal Emergency Management Agency sites and dealing with insurance companies became the norm. Some homes and buildings were a complete loss. The need for razing some buildings to start over was the only possible solution for some.

Sometime after darkness fell and Irma raged, Heartland Lanes, the only bowling alley in the county, went up in flames at 6800 U.S. 27. The entire building was gutted by the fire.

As of April, Lt. Stacy

McIntyre with the State Fire Marshal's office confirmed that its investigation is still ongoing. "The fire is undetermined and not suspicious," McIntyre said. "However, we are still following up on information coming to us through the community."

As the months ticked by, the investigation continued and the building remained a blemish on the landscape.

Several complaints were made of people and children going into and playing in the burnt-out shell of the former alley. The owners of the bowling alley did not initially comply with the code enforcement officer's and a special magistrate's orders to fence off the property and to demolish it.

The noncompliance went on for months until the City of Avon Park threatened to take the owners to court. The company finally complied and tore down what remained of Heartland Lanes.

Demolition was complete in June. There is not much left of the once, much-loved family fun center besides a couple of concrete columns

and a pile of twisted metal and rubble.

Other city buildings in Avon Park that did not fare include the Brickell Building, the Church Service Center (Butler Building/The Station), the roof of the Council Chambers and the wastewater plant. The city reported in April it expected to receive about \$1 million in insurance claims related to Irma.

Damage from Hurricane Irma — including roof leaks, water intrusion and mold — prompted the closure of the the Church Service Center building at the south end of Butler Avenue, which at different times housed the city's fire and police departments. Irma caused the Brickell Building's roofing system to completely collapse, allowing rain water intrusion causing the walls and drywall to have mold and mildew. In both buildings, the electrical and mechanical systems were compromised and required evaluation, repair or replacement.

City Councilman Jim Barnard said the city

manager [June Fisher] told him recently that the city still does not have the electrical generator for City Hall, which was supposed to be a permanent generator. They are still trying to get bids or find somebody to install it.

He has been told that after Hurricane Irma there are a lot of people who want backup generators and they couldn't find anybody to install it.

After Hurricane Irma, Barnard suggested the city should have

a generator at the Community Center so residents would have a place to "meet and greet" and keep cool and use WiFi, etc.

He believes it would not take much for an electrician to hook it up to one panel or a half a panel to power the first floor of the Community Center.

City Manager June Fisher said the city has received three portable generators. The generator for City Hall has been ordered and

the engineering for the installation has been complete.

Barnard said, "I don't want to go through another hurricane like we did last year; I know it affected a lot of people. It was the first time I ever bought a personal generator because I have never been without electricity."

"I am hoping for no hurricanes this year," he said. "I just think safety and precaution comes first; why wait until the last minute?"



Approximately 30 power trucks were seen Thursday, Sept. 14, 2017 at the old Kash n Karry site at Stryker Road and U.S. 27 in Avon Park.

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Irma leaves county studying drainage

Still waiting on \$12M-\$15M from FEMA

By PHIL ATTINGER
STAFF WRITER

SEBRING — Richard Robinson of Lake Placid inherited his late father-in-law's lawn and landscaping business right before Hurricane Irma.

He spent time right before the storm helping people to get shuttered up. After the storm, he helped people remove downed trees, especially the ones poking through their roofs and walls.

"I was trying to get limbs out of their living rooms," Robinson said.

One terminally-ill elderly woman had no money to get a tree removed. Robinson and his crew showed up one Sunday morning, unannounced, and cut it up.

"That lady was in tears," Robinson said.

Too many elderly people were getting scammed, he said, by people taking money for work and then leaving.

He estimates he did more than a dozen free jobs in Spring Lake and five or six in Lake Placid. If people paid him, he said, it didn't really cover gasoline.

He gave away so much free work, he said, he had to return to long-haul trucking to earn enough money to save the lawn business, currently being run by his mother-in-law.

He did the interview for this story from a hands-free phone while in Ohio, en route to Washington state on Interstate 80.

Robinson said he didn't get a fair return from his insurance company to fix his roof, and ended up doing the work himself.

Likewise, he said, he and his wife gutted and refitted his mother's house after flooding ruined it. She didn't have coverage for the damage, he said.

She just got moved in again in the last two months, Robinson said.

Roofing is still a big issue for residents, according to staff at the Highlands County Habitat for Humanity, which is working on a program to help people get roof and other structure repairs done on their homes.

Flooding was the other problem. Lamonte Simpson of Comet Terrace in Sebring had water in his house, in part because several blocks of Sebring Country Estates drain to his property.

That was a problem, he said, as was the drainage ditches along nearby Thunderbird Road, which should have carried water to U.S. 27 where culverts could carry it to drainage structures at and near The Shops at Shelby Crossing.

"They're going a lot better," Simpson said of the ditches. "The water's actually running."

However, he said, Shelby Crossing is still



FILE PHOTOS

More than a dozen linemen and a half-dozen electric company trucks began the process Wednesday, Sept. 13, 2017 of rebuilding the power poles at U.S. 27, U.S. 98 and State Road 66. Several poles were snapped by Hurricane Irma.

having problems with drainage.

A lot of other places are, too.

According to County Engineer Clinton Howerton Jr., Irma hit in the midst of a five-year wet spell, so not only were lakes already full, the water table was already high.

Also, a lot of drainage ditches and culverts, as suggested by Simpson, needed to be cleared out. Those that weren't caused backups. Some just blew out.

Residents in areas without established drainage or even county-maintained roads, like those of Silver Fox subdivision, found themselves unable to drive in or out, even in heavy rains since the hurricane.

Howerton is working with the Southwest Florida Water Management District on watershed studies to see where the water is coming from, where it's going and where he and the water districts can send it to mitigate for the next big storm.

Debris was another big factor, since not very many storms had hit the county in the 13 years since the heavy-hitting, three-storm 2004 season. The county collected almost 1 million cubic yards of debris, which accounted for most of the \$14.9 million the county had to spend on recovery.

Almost all of that bill has been sent to the Federal Emergency Management Agency for reimbursement.

Although the majority of it — approximately \$12 million — has been approved, it still hasn't made it back through funding channels.

According to Emergency Manager LaTosha Reiss, Irma caused \$360 million in property damage in the county. The storm damaged 25,000 traffic signs, three communications towers, 24 facilities — with roof damage on 14 of those — and numerous roads from washouts or blowouts of storm water culverts and pipes.

Reiss said the county also housed 1,403 people in general shelters and 117 in special needs shelters, as well as answered 7,837 direct calls at the Emergency Operations Center, once the call center was activated.

Even a year later, with people still recovering from Irma, Reiss said a group of non-profit, religious, and volunteer organizations have come together to develop the Highlands County Long Term Recovery Committee and address



More than 75 customers waited in line for hours Wednesday, Sept. 13, 2017 at an automated ice station on U.S. 27 near Lakeview Drive in Sebring.

areas of need within the community.

She expects to have more information about them soon.

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VIEWPOINTS

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SUN

OUR VIEW

At the half-way point

Today marks the one year anniversary of Hurricane Irma storming her way into Florida and staying longer than any of us would have liked.

The second half of the year's hurricane season started Sept. 1. While the first three months of the six-month season were very quiet, we did get some pretty strong wind gusts and rainfall last Monday from one of Tropical Storm Gordon's bands.

We would be remiss, though, if we didn't recognize that September is the peak of hurricane season, and Gordon was followed by Hurricane Florence and what Accuweather is calling "several Atlantic tropical threats," all putting the United States, Central America and the Caribbean islands at risk for additional tropical hits into mid-September.

Dan Kottowski, AccuWeather hurricane expert, said there may be as many as three named tropical systems in the Atlantic at the same time this week.

AccuWeather stresses the Atlantic hurricane season is not over for residents living in those states prone to see tropical activity. Indications are that will be true with the potential for additional systems to form over the next couple of weeks, they say.

Florence became the first major hurricane of the 2018 season last Wednesday. The hurricane is forecast to fluctuate in strength and the National Weather Services expects the storm to approach the U.S. East Coast on Thursday.

Kottowski says, "It is possible that at least one of these features will wander close to the Lesser Antilles during Tuesday or Wednesday (this week). At the same time, Florence may be hitting Bermuda."

Then there is also another disturbance forecast to push westward, off the coast of Africa this week. Another potential tropical storm system may come from the western Caribbean to the central and western Gulf of Mexico this week as well. Steering winds will may guide it toward Central America, southeastern Mexico or perhaps the coast of Texas.

The one thing that is certain about the tropics is you never know when or where a tropical system will form. Storm trackers do their best to project where the storms will go and what intensity they may hit land, but we know from the hurricanes of 2004 and Hurricane Irma last year that they can take a last minute shift and catch people more off-guard than they should have been.

In early July, The Weather Channel reported that the 2018 Atlantic Hurricane Season was expected to be less active, predicting 11 named storms, four hurricanes and only one major hurricane of Category 3 or higher intensity. With last weekend's Tropical Storm Gordon, we are already up to seven named storms; Florence is the first hurricane of the season. How strong Florence will become before making landfall is anyone's guess at this point.

Perhaps the original outlook issued May 31 should be revisited: 14 named storms, six hurricanes and two major hurricanes. After all, we are only half way through the season.

If you haven't done so already, we encourage you to get your supplies together, make plans for what you and your family will do if a major hurricane comes our way. Have dry food and jugs of water on hand.

Highlands County isn't on the coast, but we have seen the devastating effects of a hurricane as it sweeps across Central Florida.

We don't see anything major coming towards us right now. We're thankful for that, but remember, last year Irma was going to hit the coast, not come inland. Be prepared, we never know what tomorrow may bring.

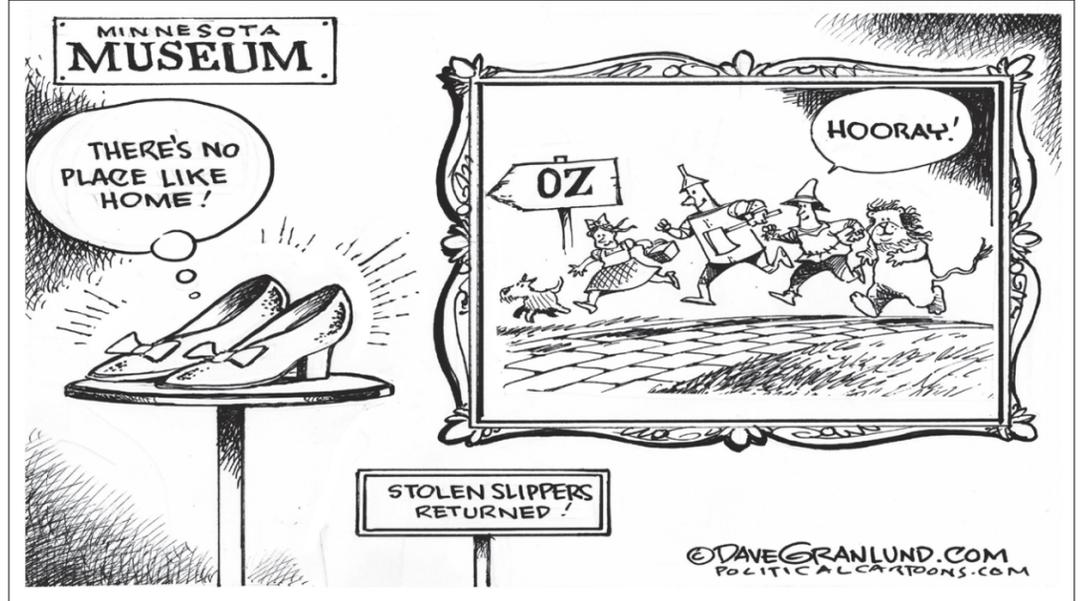
JOIN THE CONVERSATION

Letters are welcome on virtually any subject, but we do have some rules. We will not accept any Letters to the Editor that mention a business in a negative tone, as they have no means to defend themselves. Please keep Letters to the Editor 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. In the case of letters that are emailed, the same rules apply.

Due to the number of letters received, we are able to run only four letters 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 Highlands News-Sun, Letters to the Editor, 315 US 27 North Sebring, FL 33870, or fax to 863-385-1954. Readers may also email Letters to the Editor to editor@newsun.com.



You have a choice: Prepare now for disasters

The natural disasters that devastated many communities across the United States and its territories in 2017 won't be forgotten any time soon. An estimated \$306 billion in losses from 10 hurricanes, tornadoes that swept across the South, the Western wildfires and other disasters made 2017 the most expensive year ever for natural disasters.

Hurricane Irma, the fifth costliest hurricane in U.S. history, destroyed homes and businesses across the full length of Florida. Nearly 777,000 survivors received more than \$1 billion in federal assistance.

We know that in Florida, the importance of preparedness for families, businesses and entire communities can't be overstated. Steps like building an emergency kit for your family or making sure that your business has a plan for continuity of operations

CONTRIBUTED COLUMN

Wes Maul and Gracia Szczech

in the event of a disaster may seem minor, but they can make all the difference when disaster strikes. Preparedness is important across all levels of community.

A majority of Americans are not prepared for disasters. In 2016 fewer than half – 45 percent – reported having a household emergency plan. A 2017 survey by the U.S. Chamber of Commerce and MetLife of 1,000 owners or operators of small companies found that nearly two-thirds have no plans in place to deal with a natural disaster or severe weather that could disrupt their businesses.

September is designated as National Preparedness Month, a reminder that we all must take action to prepare,

now and throughout the year, for the types of emergencies that could affect us where we live, work, and visit.

Here are some ways you can be better prepared:

- Make and practice your family's preparedness plan so your family knows how to reconnect and reunite when an emergency strikes.

- Learn life safety skills. Neighbors and coworkers are often the first to help immediately after a disaster strikes. Train to be a citizen responder through CPR and first aid training or learn how to be the help until help arrives.

- Check your insurance coverage. Most homeowner's insurance policies do not cover damage or losses from flooding, earthquakes, or high winds in hurricane-prone areas. If you're not insured against those extra hazards, talk to your

insurance agent.

- Save for an emergency. Anticipate initial out-of-pocket disaster expenses for lodging, food, gas and more. A 2016 survey by the Federal Reserve revealed that 44 percent of Americans indicated they would not have enough money to cover a \$400 emergency expense.

- Join with other citizens across the nation in the National Day of Action, Saturday, Sept. 15, to participate in community activities to promote emergency preparedness and practice your emergency plan with your family and within your business or organization.

You have a choice. Choose to be prepared.

Wes Maul is the Director of the Florida Division of Emergency Management. Gracia Szczech is the regional administrator for FEMA Region IV in Atlanta.

YOUR VIEW

What is the purpose of a funeral?

The two recent funerals for nationally very prominent Americans were used, among other things, to express through rhetoric and song political viewpoints and demean political opponents.

What is the role of religion at funerals ... merely ancillary or secondary?

Max Glenn, EdD
Sebring

Definition of theory

Recently there have been back and forth guest editorials debating Darwin's theory of evolution. On Sept. 4th there was a guest editorial titled "Theories should not be taught as fact."

A definition and an example may be helpful for those who aren't clear about the word theory when it is used by a scientist.

"A word like 'theory' is a technical scientific term," said Michael Fayer, a chemist at Stanford University. "The fact that many people understand its scientific meaning incorrectly does not mean we should stop using it. It means we need better scientific education. A scientific theory is an explanation of some aspect of the natural world that has been substantiated through repeated experiments or testing (Scientific American, April 2, 2013)." A good example of

this would be Einstein's theory of relativity: "In his theory of relativity, Albert Einstein determined that the laws of physics are the same for all non-accelerating observers, and he showed that the speed of light within a vacuum is the same no matter the speed at which an observer travels (Nov. 7, 2017, space.com)."

The point is that the word theory when used by a scientist indicates it has been repeatedly tested and found to be correct by the scientific community. Therefore, stating that "theories should not be taught as fact" is incorrect.

Christine Gregory
Sebring

Several come together to help

Just wanted to send you and your newspaper a sincere "thank you" from all our veterans and auxiliary members at Post 4300. Your wonderful coverage of our Labor Day event was much appreciated. The event was a wonderful success, in a good part to the help of you and your newspaper.

We were also helped out by local businesses who provided a number of raffle items. Those businesses that helped were: The Blue Lagoon, Dimitri's, Olive Garden, Chaddyshack, the Watering Hole, The Gator Shack, Tire Kingdom, Alan Jay Network, and Regal Nails. Again, thanks for all our

your help. Our veterans greatly appreciate it.

Atty. Robert J. Sisson
Senior Vice Commander
VFW Post 4300- Sebring

Town Hall site on tonight's agenda

The site options for the new or refurbished Lake Placid Town Hall will be on the agenda Monday, Sept. 10 at 5:30 p.m.

The Town Council always appreciates input from the citizens. Make your voice be heard.

Jack Culken
Lake Placid

Choosing to self destruct

What is a righteous person? Is it one that hears all views and then relates all about the saving grace of Christ Jesus, for it is a catastrophe for anyone not to be saved. The fake news lies always lead straight to death and destruction and fills some men's desire for conflict and murder. This makes the righteous person the most hated for interfering the established progressive with truth and love. Socialist/progressive/communism first desire is to abolish any competition to their fake reality. Therefore, Christianity must be destroyed.

Has socialism/communism always failed. No! China is the prime example of how a communist nation

can only exist if it steals wealth from the once willing USA. America has gone into great debt to support China communism. When this is finally stopped, China will crumble from its base of owning all the land, factories, buildings, cars, trains, airplanes, and the wage earner, where the worker will live and propagate, pay homage to the leaders.

Has America produced an oxymoron in our political two-party system? Indeed, yes! Democrat means vote by the people and rule by the people. The Democrat Party has openly established itself clearly as a socialist/communist party meaning it desires greatly to be like China, Cuba, Soviet, Venezuela, etc.

Is mass persecution on the horizon for the USA? Christ Jesus said in Matt. 3: 10, "Away from me, Satan! For it is written, worship the Lord your God and serve him only." Making progressive socialism regressive.

There are many learned, erudite senators, congressmen, professors, even CEOs that became incredibly wealthy through our free enterprise system that choose to self destruct when communism is established as lord of all. They do not realize they are biting the hand that feeds them. They will be put out to pasture and bureaucrats will run their business.

Ralph Z. Bell
Lake Placid



FILE PHOTOS

Most of the storm repairs in the Highlands County School District are complete, but two major projects, the roof repair at Lake Placid Elementary and the print shop, seen here after Hurricane Irma hit Highlands County last year, are currently under construction.

School district still making storm repairs

By **MARC VALERO**
STAFF WRITER

SEBRING — The lesson learned from Hurricane Irma for the school district and South Florida State College is there is a lot more work, as in paperwork, after a destructive storm to get federal assistance compared to the 2004 hurricane season.

The School Board of Highlands County's print shop took a big hit from Hurricane Irma and is only now going through an extensive rebuilding project to the tune of about \$500,000.

Assistant Superintendent of Business Operations Mike Averyt said most of the storm repairs in the district are complete, but there are two major projects, the roof repair at Lake Placid Elementary and the print shop, that are currently under construction.

Because of the scope of the work statewide it was hard to get contractors to

do the work, that is why it is taking extra long, he said. If you wanted to get your roof repaired you had to get on a waiting list.

It has been challenging to get the work done, Averyt said. The work on the print shop should be completed by the end of September.

The district has not yet received any insurance or money from the Federal Emergency Management Agency to pay for the repairs.

"It is an arduous task either going through FEMA or our regular insurance because they want so much documentation attached to it," Averyt said. "It is different than it was back in 2004 when we had the other hurricanes."

South Florida State College Vice President of Business Operations Glenn Little said the additional strengthening of facilities that resulted from Hurricane Charley's repairs in 2004 helped minimize the damages

caused to the college by Hurricane Irma.

The sustained winds and different directional impact of Hurricane Irma caused the Crews Center metal roof to lift up and allow significant water intrusion, so they redesigned the replacement roofing materials to eliminate any overhang, making the roof edge flush with the walls, he said.

The Crews Center on U.S. 27 in Avon Park is used for the college's commercial vehicle driving program.

"We learned that contractors were not readily available to make repairs, adding delays to project completions," Little said. "We also learned that FEMA claim and documentation procedures have changed significantly since Hurricane Charley visited us in 2004, adding significant delays in obtaining reimbursement of covered costs, which will impact our planning for future storm damage mitigation."

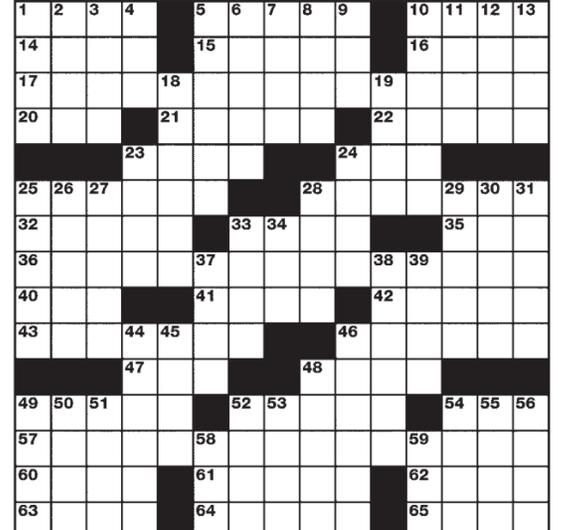


The sustained winds of Hurricane Irma caused the South Florida State College's Crews Center roof to lift up leading to significant water intrusion.

Newsday Crossword

IN TODAY'S PAPER by Gail Grabowski
Edited by Stanley Newman
www.stanxwords.com

- ACROSS**
 1 Clenched hand
 5 Shoe's sparkle
 10 Frames on eyeglasses
 14 Capital of Norway
 15 Recoil from pain
 16 One of the Great Lakes
 17 Prediction about clouds and sun
 20 Allow
 21 Black-and-white cookies
 22 Payments to landlords
 23 Rescue
 24 Writing tablet
 25 Promise confidently
 28 *Green Eggs and Ham* author
 32 Evaluated
 33 Cooing bird
 35 Forget-me-___
 36 You're reading it now
 40 Self-esteem
 41 Earth-breaking garden tools
 42 Too trusting
 43 Bring to one's door, as mail
 46 Rewarded a waiter
 47 Kitten's sound
 48 Foldable beds
 49 Barely sufficient
 52 Person's strong point
 54 Little fellow
 57 Attention-grabbing words on the cover
 60 Acme
 61 Boringly familiar
 62 Grains in Cheerios
- DOWN**
 1 Bird like a chicken or turkey
 2 "That makes sense"
 3 Venetian-blind strip
 4 Two-year-old
 5 Tum abruptly
 6 New person on the payroll
 7 Data, for short
 8 Corporals, for example: Abbr.
 9 Suffix for auction
 10 Ebb
 11 Teheran's nation
 12 Light fog
 13 Full collections
- 18 Stockpiles greedily
 19 Historical periods
 23 Takes to court
 24 Get ready, for short
 25 Shaped like a rainbow
 26 Three-stripe soldier, informally
 27 Tavern seat
 28 Movie rentals
 29 Open, as a winter coat
 30 Find the answer to
 31 War horse
 33 Entryway
 34 Rock that's mined
 37 Cry of relief
 38 Joined together
- 39 Reheats in a microwave
 44 "It's my tum!"
 45 Presidential rejection
 46 Adds up to
 48 Coffee lightener
 49 Reach across, as a bridge
 50 ___ Canaveral, FL
 51 Matures
 52 Noteworthy deed
 53 "This can't be good"
 54 Untruthful one
 55 Initial poker payment
 56 Cubicle furniture
 58 Pro hoopsters' org.
 59 Place to park a car



CREATORS SYNDICATE © 2018 STANLEY NEWMAN STANXWORDS@AOL.COM 9/10/18

Answer to previous puzzle

GASP RIVERBASIN
 UPTO INITIATIVE
 AGAR CREAMSODAS
 PARCHEESI SPENT
 ORTHO LAS
 COPSE CASHED
 LIGHTINGFIXTURE
 ASIA PAGEDAGIN
 ONLINEPETITIONS
 STARER DECOR
 USA SWIGS
 STADT SMASHEDUP
 COLORPHOTO LEAR
 ALPHARETTA LAVAV
 RESALESHOP SLAY

9/10/18

FOR RELEASE SEPTEMBER 10, 2018

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS
 1 "We Create Music" org.
 6 "You're a riot"
 10 Sportscaster Albert
 14 Diner counter alternative
 15 Hasn't paid yet
 16 Jai ___
 17 Job
 19 Govt. crash investigator
 20 Weather-affecting current
 21 Give up all expectations
 23 ___ Strauss, female touring guitarist for Alice Cooper
 25 Greek "I"
 26 BB-shaped legume
 29 Switching from cable TV to streaming, say
 34 Relaxing time in the chalet
 36 Skin ink
 37 Four-time '60s-'70s A.L. All-Star ___ Powell
 38 42-yr.-old skit show
 40 Regarding
 41 Not at all abundant
 44 Totally loses it
 47 Bedsheet buyer's concern
 49 Observe
 50 Pop's Lady ___
 51 1982 Disney sci-fi film
 53 Most ordinary
 57 Hydrocodone, e.g.
 61 Like un maniaco
 62 Composition for violin, viola and cello ... and what the starts of 17-, 29- and 47-Across comprise
 64 Color of raw silk
 65 Sights from la mer
 66 Longtime senator Specter
 67 Vintage Jags
 68 Not e'en once
 69 Wall Street's Standard & ___

DOWN
 1 Having the skills
 2 Window box dirt
 3 Hartford's st.
 4 Had food delivered
 5 "Hooked on" language teaching method
 6 In what way
 7 GI on the run
 8 Valiant
 9 Invites to the prom, say
 10 Borough across the Harlem River from the Bronx
 11 Voice above tenor
 12 Abrasive tool
 13 Hard-to-explain feeling
 18 Pics
 22 Bluesy James
 24 Boats like Noah's
 26 Brew brand with a blue-ribbon logo
 27 Pleistocene period
 28 Cheering and yelling, as a crowd
 30 Down Under dog
 31 "Who's there?" response from a couple
 32 Naples night

By Matt McKinley

9/10/18

Saturday's Puzzle Solved

BATROPE SAIDA
 LIBERALS ARTILY
 IRONGRIP REDELM
 TOLDYA AVIA SSN
 HUTS MACESTITO
 ETS PELEGCARAD
 MADAMEBOVARY
 TRAGICOMEDIES
 BOOZECRUISES
 OTOES INTERBET
 RAMS OTTERZEDS
 SLR ANYA ICEAGE
 CLAUSE IDOUBTIT
 HITMEN NEUTRONS
 TEEPAD ASSANGE

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- 33 Golden-egg layer
 35 Flagrant
 39 Rude dude
 42 Actor Scott or his dad James
 43 Enters sneakily
 45 2001 scandal company
 46 Temporary solution
 48 Structure protected by a moat
 52 The "N" in "TNT"
 53 Theater suffix
 54 What a key opens
 55 Farmland measure
 56 One in a forest
 58 Woody Guthrie's son
 59 Stadium section
 60 Many millennia
 63 Dead Sea country: Abbr.

STORM STATS

Hurricane Irma hits: Sunday, Sept. 10

According to National Oceanic and Atmospheric Administration (NOAA), Irma made seven landfalls, four of which occurred as a Category 5 hurricane across the northern Caribbean Islands. Landfalls: Barbuda 9/6; St. Martin 9/6; Virgin Gorda [British Virgin Islands] 9/6; Little Inagua Island [Bahamas] 9/8; Cayo Romano, Cuba 9/9; Cudjoe Key 9/10; Marco Island 9/10. Irma made landfall as a Category 4 hurricane in the Florida Keys and struck southwestern Florida at Category 3 intensity. Number of miles, from east to west, Irma stretched: 650 Area impacted by Irma's tropical storm force winds: 70,000 square miles Highest recorded wind speed: 185 mph Number of hours [185 mph] wind speed was maintained: 37

Irma left hundreds in Puerto Rico without power on 9/7. Parts of Haiti and the Dominican Republic got 15 inches of rain. The Florida Keys received 12 inches of rain and a 10-foot storm surge. Rainfall averaged 10 to 15 inches. Almost 6 million Floridians lost power, while 1.5 million people in Georgia lost power. Death toll: 102 people, including 75 in Florida. Of those, 11 seniors perished in a nursing home that lost its air conditioning. Fourteen people died in the Florida Keys. Florida officials ordered 6.5 million people to evacuate. There were 77,000 people in 450 shelters. The most rain in the state fell on Fort Pierce. It received 15.9 inches. The strongest winds at 142 mph hit Naples. Estimated damage to citrus industry: \$760 million The Florida Department of Agriculture and Consumer Services estimated total hurricane-related losses to the state's agriculture industry — including beef, dairy and aquaculture — at more than \$2.5 billion.

Number of U.S. states Irma passed through: 9
 Number of people without power, by U.S. state:
 Alabama: 20,000
 Florida: 15 million
 Georgia: More than 1.3 million
 North Carolina: More than 62,000
 South Carolina: 161,000

FEDERAL EMERGENCY MANAGEMENT AGENCY

Number of U.S. federal staffers positioned to respond: 32,000
 FEMA's Public Assistance program available in all 67 counties after Irma
 Households receiving FEMA Individual Assistance: 770,000
 More than \$3 billion in FEMA disaster assistance, low-interest U.S. Small Business Administration disaster loans and National Flood Insurance Program payments have been paid in Florida

HIGHLANDS COUNTY

Percent of customers without power: 97 percent of the county had no power
 Days without power: 12, for majority of county; up to two weeks for some
 Days Highlands County under state of emergency: 11 [Sept. 8 through Sept. 19]
 Days under curfew: 10 [curfew lifted Sept. 20]
 Estimated property damage: \$360 million
 Debris collected: just under 1 million cubic yards
 County damages:
 25,000 traffic signs
 3 communication towers
 24 county facilities
 Record number of road washouts and storm culverts and pipe blowouts
 Expected reimbursement from FEMA: \$14.9 million
 Rainfall: [county] 14 inches of rain in some places
 Highest recorded winds: 115 mph at armory in Avon Park
 Local shelters: 1,403 people
 Special needs shelters: 117 people at two special needs shelters

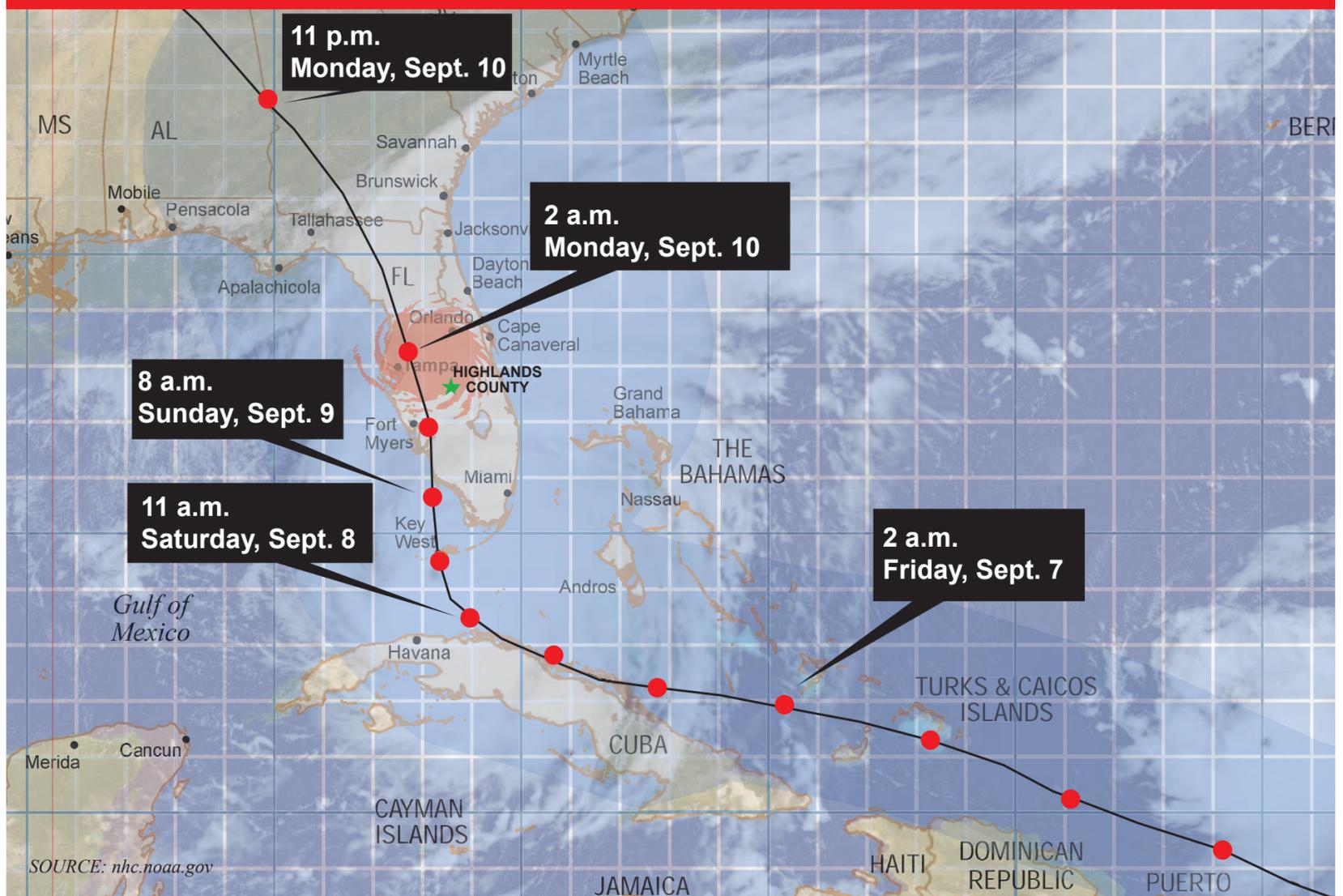
HIGHLANDS COUNTY SHERIFF'S OFFICE

Sheriff's Office at "Alpha-Bravo" status (double-strength shifts) as of 6 p.m. 9/9/17
 Units were pulled off the road at 5:30 p.m. 9/10/17 when the winds hit 45 mph and were back out at 3 a.m. 9/11/17 to begin recovery efforts
 SO on Alpha-Bravo status until power restored to majority of county
 Lost one patrol vehicle during the storm when a power pole fell on it; deputy uninjured and returned to patrol duties

REOPENINGS AS THEY HAPPENED

Board of County Commissioners: Sept. 15
 Supervisor of Elections: Sept. 15
 Tax Collector: Sept. 15
 Clerk of Courts/Courthouse: Sept. 17
 Property Appraiser: Sept. 17
 Highlands County public schools: Sept. 20
 South Florida State College: Sept. 20

IRMA'S FINAL TRACK



Sources: National Oceanic and Atmospheric Administration, Highlands County Emergency Operations Center, Federal Emergency Management Agency

FROM THE COMMUNITY

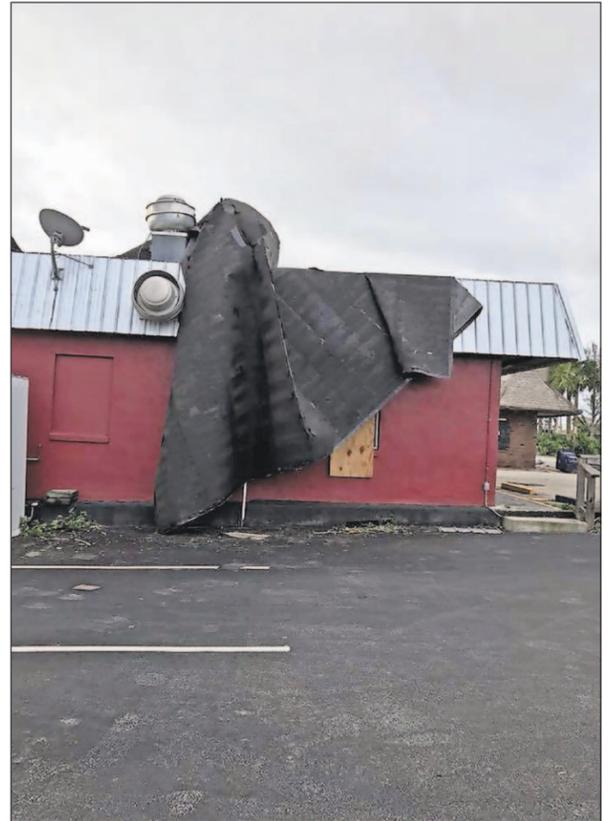
Over the last few weeks, at the request of Highlands News-Sun, readers submitted photos of their personal experiences during Hurricane Irma. We thank all of our readers for taking the time to share with us what they went through and saw. Here is some of what the newspaper received.



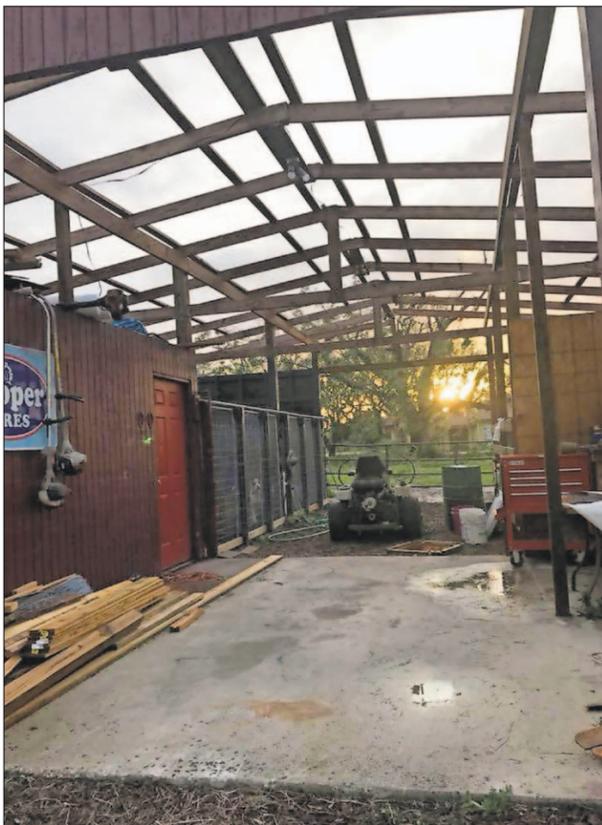
COURTESY PHOTO/TIFFANY HENN



COURTESY PHOTO/BRUCE HOSTER



COURTESY PHOTO/SHANNAN TOWELL



COURTESY PHOTO/TIFFANY ADALE DRIGGERS



COURTESY PHOTO/ZACHARY VAN ZANDT



COURTESY PHOTO/MICHELLE LEICHT



COURTESY PHOTO/CONNIE CROOKS-BURTON



COURTESY PHOTO/ZACHARY VAN ZANDT



COURTESY PHOTO/MEGAN TOMBLIN

Golf courses overcome adversity

Most clubs have returned to normal after Hurricane Irma

By **MARK PINSON**
STAFF WRITER

The golfers in the Heartland are fortunate to have many courses to choose from. It's just one of the many reasons that makes this area a great place to retire. But having to deal with storms such as Hurricane Irma last year is just one of many weather related challenges that golf courses and their owners have to endure and overcome if they want to stay in business.

Hurricane Irma affected the links in the Heartland for weeks and months after its departure.

"We had a about 55 trees down and a lot of standing water after Hurricane Irma," said Harder Hall Golf Club professional Cody Brownell. "We were closed about three and a half weeks to clean everything up and we lost one of the roofs on the maintenance building. The storm cost us thousands of dollars."

Brownell and his staff have done a wonderful job of getting the enjoyable Harder Hall course back in shape.

"We worked really hard and long hours to get the course back in good condition," Brownell said. But it seems as if the water table is higher because I see water standing where it didn't used to. The course is in great condition and we invite the golfers out there to come out and play a round."

River Greens golf course in Avon Park closed for a week because of Hurricane Irma.

"After the storm you could not see the fairways because of the branches and leaves," said River Greens professional Jason Beatty. "We lost a couple of large trees and it took about a week to get it cleaned up. It cost us a week of business and extra expense for the help."

River Greens, which is a tight and fun layout, is in excellent shape a year after Hurricane Irma.



FILE PHOTO

A fallen tree and standing water were common sights at Harder Hall Country Club after Hurricane Irma blew through the Heartland last year.

"The course is in great shape and the greens are as good as I've ever seen them," Beatty said. "You can't find a bad spot on any of them and this is a great time to play."

Pinecrest Golf Club in Avon Park didn't suffer excessive damage from Hurricane Irma.

"We were only closed for a few days from the hurricane," said Pinecrest Golf Club professional Joe Staffeiri. "We didn't have a tremendous amount of damage, it was mostly trees."

Pinecrest Golf Club is a true Florida course and offers an enjoyable experience.

"The course is in good shape," Staffeiri said. "There are still trees in certain areas that we haven't replaced, but this course drains really well and despite all the rain we've

had, it's in good condition."

Placid Lakes Country Club suffered water and tree damage from Hurricane Irma.

"Half of the golf course was flooded and we had debris on the course that had floated out of the lake," said Placid Lakes Country Club co-owner Jeff Harstein. "It set back our weed control program and fertility program back about a year and a half. Besides the loss of income from the storm, a year later we're trying to get the course back in the shape it was prior to the hurricane. It will probably cost us \$250,000 between the damage to the course, replacing the roof on the restaurant, the loss of income and the loss of the kitchen."

Placid Lakes Country Club is

a challenging layout and provides a fair test for any golfer.

"The course is in good shape and we invite the public to come out and enjoy a round of golf," Harstein.

Sebring Golf Club had some tree and water damage from Hurricane Irma.

"We were closed for a week and had a lot of trees down and one of our golf cart barns was damaged," said Sebring Golf Club professional Kim Darrow. "We also had to replace the roof on our restaurant and the pro shop. We worked hard to get it cleaned up."

Sebring Golf Club is popular with many of the locals.

"The course is in great shape," said Darrow. "It's a little wet because of all the rain we've had but it's looking

good and the greens are rolling true."

Sun 'n Lake Golf Club, which has 36 holes and attracts a large number of golfers, was closed for two weeks from Hurricane Irma.

"We had nine holes open on Turtle Run two weeks after the storm," said Sun 'n Lake Golf Club professional Andy Kesling. "It took us five weeks to get all the trees cleared and to get Deer Run in shape to play."

Sun 'n Lake Golf Club offers golfers a pleasurable round and an excellent dining experience in the Island View Restaurant.

"It's like night and day from last year to now," Kesling said. "It's taken a lot of work, but the courses are in the best shape they've ever been."

Irma wreaks havoc on community events



COURTESY GRAPHIC

Hurricane Irma forced the cancellation of the Humane Society of Highlands County's Terror Trail in 2017, but the event will be back this year.

By **ALLEN MOODY**

HIGHLANDS SUN EDITOR

SEBRING — It's said "the show must go on," but in the case of Hurricane Irma, the show was frequently rescheduled at a later date, as numerous community events were pushed back to allow for people to recover from Irma's wrath.

Highlands Little Theatre's "Moonlight, Martinis and Meatballs" was originally scheduled for Sept. 9, 2017 and rescheduled for Sept. 23, only to be moved to January, where it turned out to be a big success.

The theater was hit hard by Irma and the rains that followed afterward. Sebring Assistant City Administrator Bob Hoffman said HLT had quite a bit of water intrusion, particularly

in the basement, while water also entered into the lobby and there was a leak up at the stage.

Highlands Little Theatre also pushed back the performances of "The Music Man" several weeks, with the show opening on Nov. 15, 2017 instead of late October.

South Florida State College's "Florida Treasures" was rescheduled for Oct. 4, while the SFSC Library's "Batman Day" was postponed for the year, but locals will be able to catch this year's version on Friday, Sept. 14.

Hoffman also said Thakkar Pavilion at HLT lost some tiles, and there was plenty of damage to the art village, including to the roof and part of the floor buckling in one of the structures.

The Highlands News-Sun's Women in Business



FILE PHOTO

Olivia Scott serves up her Italian meatballs with creamy Parmesan sauce at January's Moonlight, Martinis and Meatballs event. The event was slated for September but pushed back due to Hurricane Irma.

event was pushed back a little over a week, but other events, particularly those held outdoors, weren't as fortunate. Events marking the anniversary of 9/11 had to be canceled, as did the Sebring Thunder, the Firematics Competition, The Palms of Sebring Apple Fall Festival, the Humane Society of Highlands County's Terror Trail and Highlands Hammock State Park's Haunted Hammock.

Lake Placid's Bartoberfest looked to be another event to get scrapped for the year, but Gini and Steve Shevick wouldn't hear of it and together with a dedicated team of volunteers cleaned up Stewart Park and were able to hold the annual event.

"The town could not guarantee that the park would be cleaned up in time for Barktoberfest," Gini Shevick said. "The only way to know that it would be ready on time

was to clean it ourselves."

When the Shevicks sent out work help was needed, roughly 15 volunteers showed up the Saturday before the event was scheduled and worked all morning and into the afternoon to make the park presentable. It was quite an undertaking, but they did it.

"I cannot tell you how grateful Steve and I are for the volunteers," Gini Shevick said. "We are also appreciative that the chamber of commerce

and the town are working together to ensure that all of our needs are met."

To say Barktoberfest ended up being a success would be an understatement.

In addition to 57 animals who found new homes, PAWSitive Effects, the foundation of the Shevicks founded and operate, raised more than \$19,000, all of which went to local rescue groups.

The fifth annual Barktoberfest will take place Saturday, Oct. 6.

LOCAL SPORTS

Team TGM wins at Laguna Seca

Takes first in Continental Tire Challenge

Special to Highlands News-Sun

MONTEREY, Calif. – In typical IMSA Continental Tire SportsCar Challenge fashion, Saturday's WeatherTech Raceway Laguna Seca 120 wasn't decided until the checkered flag flew.

With championship implications on the line, the final 10 minutes of the two-hour race featured

the top four Grand Sport (GS) cars running within two seconds of each other. The leading No. 28 RS1 Porsche Cayman GT4 MR of Dillon Machavern had paced the field for a majority of the final hour of the race, yet in the mirror loomed the No. 57 Winward Racing / HTP Motorsport Mercedes-AMG GT4 of Christian Hohenadel.

In third place was the most recent GS winner from VIRginia International Raceway, the No. 46 Team TGM Mercedes-AMG GT4 at the hands of Hugh Plumb, and in fourth was the No. 15 Multimatic Motorsports Ford Mustang GT4 of Scott Maxwell, who co-drives with Ford development driver Ty Majeski.

However, heading to the checkered flag on the 2.238-mile circuit, the second-place Mercedes-AMG of Hohenadel began sputtering and dropped through the field as it began to run out of gas. The leading No. 28 Porsche, which had been on the same pit cycle, soon followed suit in the final turns of the final lap.

LAGUNA | 12A



IMSA PHOTO

It was an exciting finish with Team TGM winning Saturday's Continental Tire SportsCar Challenge at Laguna Seca.

Sign up for after school tennis

HIGHLANDS NEWS-SUN SPORTS STAFF

The after school tennis program at the Thakkar Tennis Center at the Country Club of Sebring runs through Oct. 5.

The program is run by USPTA certified professional Horace Watkis. The four-week programs are for youngsters ages 4-18. Tiny tots, ages 4-6, are Tuesday's from 3:15 to 4 p.m. and the cost is \$37.

Future champs, ages 6-12, are offered Monday's through Friday's from 4 to 5 p.m. and the cost is \$45.

Pre-tournament academy is Wednesday's from 4 to 5:30 and the cost is \$60. High school team level is Thursday's from 4 to 5:30 and the cost is \$60.

For more information, contact Watkis at 863-414-2164 or 863-386-4282

Lane Crosson Golf Tournament

The Lane Crosson Memorial Golf tournament will be held on Saturday, Oct. 20 at Pinecrest Golf Club.

The tournament benefits Jade Jackson who is a 20-year-old girl who has been fighting brain cancer since 2013.

Her cousin Lane Crosson was one of her biggest supporters. Jade travels to Augusta, Ga., once a month where she receives treatment in a clinical trial.

The golf tournament is a four-person scramble format and the cost is \$240 for each foursome.

The tournament has an 8 a.m. shotgun start and after the round is complete a lunch will be served.

The field is limited to the first 28 teams to register. For information call the Pinecrest pro shop at 863-453-7555.

An added feature will be a two-man double-elimination Cornhole Tournament. The cost is \$20 per person.

Come out and support a golf tournament for a great cause.

Healthy Heart 5K run/4K Paws run

SEBRING — The annual Healthy Heart 5K Run and 4K Paws Run will take place this year on Oct. 6 at Highlands Hammock State Park. The 5K begins at 7:45 a.m. and the 4K with your dog starts at 8:15 a.m. First five dogs across the finish line receive a prize. For information, call Jim or Colleen Polatty at 863-386-4927.

Green Dragons overpower Devils



RUTH ANNE LAWSON/STAFF

Lake Placid's Raeley Matthews gets a kill as Avon Park's Brianna Nobles tries to block in Thursday night's district win. The Green Dragons swept the Red Devils in three sets.

Lake Placid beats Avon Park in district volleyball

By RUTH ANNE LAWSON
STAFF WRITER

AVON PARK – The heat was overwhelming as the Lake Placid Green Dragons and Avon Park Red Devils hit the court.

With no air conditioning the Green Dragons battled through the heat to defeat the Red Devils in three sets Thursday night in a Class 5A-District 8 match.

Lake Placid knocked off Avon Park by scores of 25-17, 25-16 and 25-21.

The win improved the Green Dragons to 7-4 overall and 2-0 in districts, while the Red Devils are 3-3, 0-2.

"We came out strong," said Lake Placid Coach Charlotte Bauder. "We did play a lot over the weekend in a tournament against teams from out of state. We had the chance to

play around with things and figure out which rotations work best for us. Tonight's game started off a little sketchy at first. With no air and the heat getting to them it took a minute to get their bearings. They played well and came out swinging."

Avon Park and Lake Placid stayed neck and neck most of the first set. The teams tied at 7-7. Lake Placid pulled ahead when Jenna Capuano went on a three-point run pushing the Dragons into a 13-10 lead.

Capuano led the Green Dragons with 6 aces and 13 assists. Lake Placid's Raeley Matthews served a four-point run that included two aces to lengthen the Dragons lead to 18-11.

Avon Park's Kim Banegas cut the deficit with a



Avon Park's Julia Crull stretches to hit the ball in Thursday's district game against Lake Placid.

VOLLEY | 12A

Sun Devils knock off Spartans

Arizona State rallies to stun Michigan State

By JOHN MARSHALL
ASSOCIATED PRESS

TEMPE, Ariz. — Arizona State kicked off the Herm Edwards era with a blowout of UTSA. Beating a school from a smaller conference could be expected.

Rallying from a 10-point deficit in the fourth quarter against the nation's No. 15 team? Now that's a statement.

Brandon Ruiz kicked

a 28-yard field goal as time expired and the Sun Devils notched a marquee win early in Edwards' tenure, knocking off No. 15 Michigan State 16-13 on Saturday night.

"When you speak to the players, winning always justifies what you do," Edwards said. "When you win, they continue to buy in."

Edwards' hire raised a few eyebrows when Arizona State lured the

former NFL head coach back to the sideline after eight years in a television studio. Two weeks into his first season in the desert, the Sun Devils (2-0) have shown they could be in the Pac-12 South title conversation — and possibly more.

Arizona State routed UTSA 49-7 in its opener and faced a much bigger challenge against Michigan State. The Sun Devils never flinched,

relying on their defense to keep the game close before scoring 13 points in the fourth quarter.

Manny Wilkins missed some deep throws early, but found his mark when Arizona State needed him most. He hit N'Keal Harry on a 27-yard touchdown early in the fourth quarter and orchestrated the drive to set up Ruiz's winning kick, finishing with 380

SUN | 12A



ROSS D. FRANKLIN / ASSOCIATED PRESS

Arizona State's Eno Benjamin stiff arms Michigan State's Jack Camper during Saturday night's game. The Sun Devils beat the Spartans 16-13.

VOLLEY

FROM PAGE 11A

two-point run bring the score to 18-14. Banegas and Haleigh Franza led the Red Devils with 3 kills each. Julia Crull made 7 digs, 4 assists, and a kill for Avon Park. Lake Placid achieved the final points they need to defeat the Devils 25-17.

"I saw some great things," Bauder said. "We still have a little bit of that roller coaster effect but we are minimizing it. We play Sebring on Monday and we want to do better than we did during the pre-season and we are doing that. We are going to work on some things to get ready for Sebring. We can't have mistakes that we can control. Sebring is sound and we have to execute and do things with fidelity like we do in practice. We figured out what we

need to do in order to limit our mistakes. Mostly it has been us standing flat-footed waiting for someone else to make the mistake. We have learned to execute points and how to finish points. I am proud of them for playing so much and getting a lot of matches under our belt."

Lake Placid jumped into the lead early in set two. Capuano served a three-point run for a 3-0 lead.

Avon Park's Brianna Nobles served a two-point run to cut the deficit to 13-7. Both teams inched ahead until Lake Placid had a 16-14 lead. Green Dragon Estefani Barajas had a three-point run that increased Lake Placid's lead to 20-15. Barajas contributed 11 assists and Raelley Matthews added 15 kills for the Green Dragons. Valeria Vega went on



RUTH ANNE LAWSON/STAFF

Lake Placid's Raelley Matthews hits the ball out of the reach of Avon Park's Kate Bonini and Kaytlynn Nobles. Lake Placid beat Avon Park in Thursday night's district match.

a four-point run that clinched the victory for Lake Placid with a final of 25-15.

The third set was a nail biter that went point for point. Avon Park took the lead early with Banegas serving a three-point run putting the Devils up 5-2. Banegas also contributed 3 blocks for the Red Devils.

Lake Placid reclaimed the lead with Capuano going on an impressive seven-point run rocketing the Green Dragons into a 10-5 lead. Lake Placid's Yesenia Rameriz had 11 digs and Lyn'd Lewis offered up 5 crucial blocks.

The Red Devils cut the deficit with Savannah Durrance contributing a three-point run putting Avon Park just one point behind Lake Placid with a score of 10-9. The Red Devils and Green Dragons tied at 15-15, again at 17-17 and then once again at 20-20.

Lake Placid ran away with the game when Sariah Brajas served the final four-point run need to win the set and the match 25-21.

"I thought it was a good game," said Avon Park Coach Jaime Boha.



Avon Park's Kim Banegas tips the ball over the net while Lake Placid's Sariah Barajas tries to block. Lake Placid defeated Avon Park in the district match.

SUN

FROM PAGE 11A

yards passing.

Arizona State is 10-0 against Big Ten teams in Tempe.

"In that second half, we knew we wanted to get downfield and we started hitting some shots," said Wilkins, who completed 30 of 48 passes. "It paid off."

Michigan State (1-1) had a hard time shaking Utah State to win its opener by seven. The Spartans had a similar

problem with Arizona State after three drives inside the Sun Devils 10 resulted in two field goals and an interception.

Brian Lewerke, who played at nearby Pinnacle High School, threw for 314 yards and a touchdown for the Spartans, who are 1-13 in regular-season games out West.

"One loss doesn't mean the end of everything," safety Khari Willis said. "It's a non-conference loss, but it's not supposed to feel good."

LAGUNA

FROM PAGE 11A

As the Porsche slowed, the No. 46 Mercedes-AMG and the No. 15 Ford – both of which had been on a later pit cycle than the leaders – soared past for a surprising 1-2 finish.

"Say no more, it was an unbelievably wild race," said Plumb. "Running out of fuel, save fuel, conserve, don't pass those guys, to full on, let's go get 'em. Awesome, awesome thank you to our guys at TGM, thanks to (Team Owner) Ted Giovanis and (co-driver) Owen Trinkler. Fantastic job, couldn't think of a better co-driver. It's just unbelievable. As I have said all along we have the best guys in this paddock and it shows every weekend."

The wild ending featured two of the top three championship contenders entering the penultimate round of the 2018 season – the No. 28 of Machavern and Pumpelly sat in third, 23 points behind Plumb and Trinkler in first with the

No. 60 KohR Motorsports of Nate Stacy and Kyle Marcelli in between.

While the race looked as if Machavern and Pumpelly would make significant strides to closing the championship gap with a victory, crossing the stripe seventh overall dropped the duo to 34 points behind the No. 46. Marcelli and Stacy remain in second, 31 points back.

"From a championship perspective, I feel like we are the underdogs in this deal," said Trinkler. "We are just out doing our jobs that we are supposed to be doing and let the chips fall where they are, so we didn't feel any pressure coming into this weekend or even at VIR. We are not changing anything with our race strategy and just letting things happen. Some days you are just really lucky and we have just been lucky here lately."

Sliding into the third-place spot on the podium was the No. 39 Carbahn Motorsports Audi R8 of Tyler McQuarrie and Jeff Westphal with their best finish of the season.

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DEAR PHARMACIST
Suzy Cohen

Quick ways to soothe insect stings and bites

Bugs are not my favorite thing. Even after living in Florida for 35 years, I never grew accustomed to them. If you're like me and would rather not admit defeat in the summer by staying indoors, then go ahead and enjoy the outdoors. You can always soothe your bug bites with my tips below.

Just FYI, the B vitamin trick doesn't really work. Some people assume that taking B vitamins repels mosquitos and prevents bug bites, but that's simply not true. You're still going to get attacked because mosquitoes are more attracted by carbon dioxide and heat, which all of us put off. So forget the B vitamin trick.

Why are Bug Bites so Irritating?

It's slightly easier to forgive insects for hurting us once you realize their response is just a built-in defense mechanism from eons of evolution. You see, bees, wasps, and spiders usually sting and bite people when they feel like we are threatening their home or life, when we enter their domain. Essentially, ignoring them as they buzz by, or leaving these creatures alone (rather than flailing at them) will sometimes cause them to fly by. It takes courage though, but it goes a long way towards keeping you sting-free.

Mosquitos, on the other hand, seek out the sugars in your blood as a primary food source. They're not going away just because you ignore them. You have to reckon with those, avoid damp areas, lakes, ponds, water retention areas etc. You can also sometimes repel them naturally, see below.

Thankfully, in most cases, bug bites are little more than a temporary annoyance. Even so, the symptoms include redness, localized pain, swelling, and itching, and mild burning at the entry point. It depends on the bug. If you're not allergic, the symptoms typically diminish within a week, but for sure, it's possible to find relief even faster if you know about natural remedies.

As an aside, many of you have NOT been bitten by a bug, but you have skin problems, or rashes of an unexplained etiology. The itching and the unexplained rashes could be related to what you're eating, or to a popular class of medications sold without prescription. This tidbit of information usually comes as a big shock to people when I inform them.

Before you begin, be sure to scrutinize the site of the sting for evidence of a stinger. Strive to carefully scrape it out of your skin as soon as possible with a knife, or the edge of a credit card, as the longer it stays lodged in your skin, the more it will irritate you. Tweezers or your fingers are a bad idea, as you're likely to squeeze more venom from the stinger into your skin.

There are few things less pleasant than living with an irritating bug bite, so I don't blame you for seeking ways to calm it down quickly. Below are seven of my preferred remedies for getting bug bites under control so that you can find some relief. As a pharmacist, there's nothing wrong with one Advil or Tylenol if you have to contend with a lot of pain that first day, but again, my preference is always holistic, natural remedies.

Here are eight quick ways to soothe the pain of stings and minor bug bites:

1. Ice Cubes

Ice is an almost foolproof method for relieving irritation from insect bites. Not only does ice temporarily numb the pain, but it also reduces swelling and inflammation so that the injury heals faster. You can apply the ice cubes directly, or put them in a zip log baggie to cut down on dripping. You can also apply the ice cubes before getting the stinger out, if you'd like to. Just do that for 30 seconds or a minute. The reason is that the ice cube (or ice pack) will numb your skin so then you can scrape the stinger out (see above).

To reduce the risk of harming your skin, don't leave the ice cube in direct contact for more than 5 minutes. Instead, it's better to wrap a few ice cubes or a freezer pack in a hand towel or baggie and press it to the mark for

INSECT | 8B

Scientists suit up with VR to study body

By PAIGE BARTLETT
JOHN HOPKINS INSTITUTE

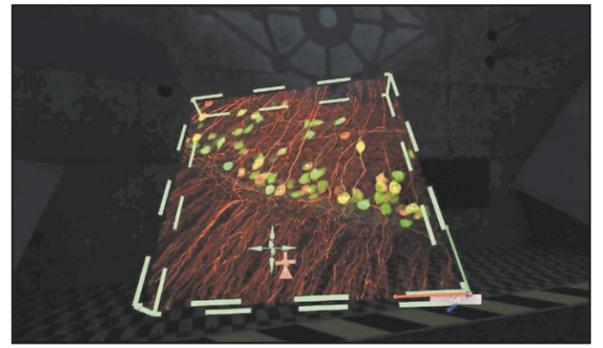
Tucked away in the back room of a Johns Hopkins research building, a computer hums quietly at a seemingly modest setup of a desktop and a pair of goggles.

But the true magic is behind those goggles, which can immerse the viewer in a 3D interactive version of human anatomy. Looking at a brain slice in virtual reality is like "standing in a forest of neurons" says

Megan Wood, Ph.D., the postdoctoral fellow at the Johns Hopkins University School of Medicine who has taken the lead on adapting virtual reality software for her lab's use. Stalks of neurons stretch throughout the field of view, the fibers traveling to other places in the brain to transmit messages. A kind of childish wonder comes with looking up and seeing a canopy of spindly neuron dendrites.

Wood works in the

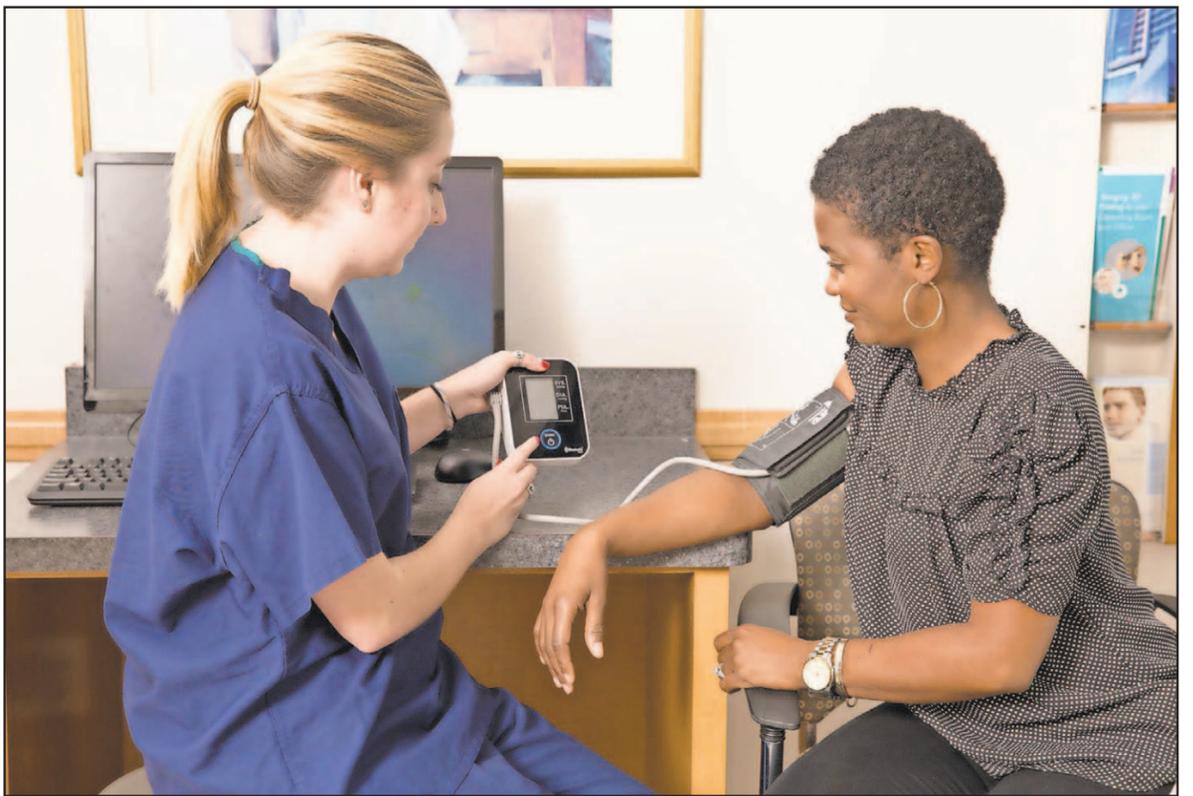
VR | 3B



JOHN HOPKINS INSTITUTE PHOTO

Researchers view cells for hearing in 3D using virtual reality.

Lifestyle changes can reduce need for blood pressure meds



AMERICAN HEART ASSOCIATION PHOTO

A woman having her blood pressure checked.

AMERICAN HEART ASSOCIATION

CHICAGO — Men and women with high blood pressure reduced the need for antihypertensive medications within 16 weeks after making lifestyle changes, according to a study presented at the American Heart Association's Joint Hypertension 2018 Scientific Sessions, an annual conference focused on recent advances in hypertension research.

Lifestyle changes are the first step in reducing blood pressure according to the 2017 American College of Cardiology/American Heart Association Hypertension Guideline.

"Lifestyle modifications, including healthier eating and regular exercise, can greatly decrease the number of patients who need

blood pressure-lowering medicine. That's particularly the case in folks who have blood pressures in the range of 130 to 160 mmHg systolic and between 80 and 99 mmHg diastolic," said study author Alan Hinderliter, M.D., associate professor of medicine at University of North Carolina in Chapel Hill.

The researchers studied 129 overweight or obese men and women between ages 40 and 80 years who had high blood pressure. Patients' blood pressures were between 130-160/80-99 mmHg but they were not taking medications to lower blood pressure at the time of the study. More than half were candidates for antihypertensive medication at the study's start, according to recent guidelines.

Researchers randomly

assigned each patient to one of three 16-week interventions. Participants in one group changed the content of their diets and took part in a weight management program that included behavioral counseling and three-times weekly supervised exercise. They changed their eating habits to that of the DASH plan, a nutritional approach proven to lower blood pressure. DASH emphasizes fruits, vegetables and low-fat dairy and minimizes consumption of red meat, salt and sweets. Participants in the second group changed diet only, focusing on the DASH diet with the help of a nutritionist. The third group didn't change their exercise or eating habits.

The researchers found: Those eating the DASH

diet and participating in the weight management group lost an average 19 pounds and had reduced blood pressure by an average 16 mmHg systolic and 10 mmHg diastolic at the close of the 16 weeks.

Those following only the DASH eating plan had blood pressures decrease an average 11 systolic/8 diastolic mmHg.

Adults who didn't change their eating or exercise habits experienced a minimal blood pressure decline of an average 3 systolic/4 diastolic mmHg.

By the study's end, only 15 percent of those who had changed both their diet and their exercise habits needed antihypertensive medications, as recommended by the 2017 AHA/

PRESSURE | 2B

Are you ready for Medicare's annual enrollment?

By Brandpoint

Medicare's annual enrollment period is almost here — the time (Oct. 15 to Dec. 7) when people can make changes to their Medicare coverage for the year ahead.

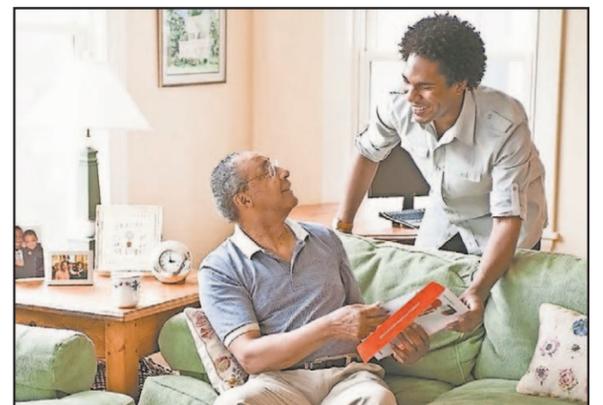
Thankfully, there are tools and resources to help you navigate the process and select a plan to meet your needs. National Medicare Education Week begins Sept. 15 with one goal: to help empower people to make informed choices about their Medicare coverage. Local education

events are planned across the country and online to help you prepare for the fall annual enrollment period. You can check out a list of events in your area at www.nmew.com.

Here's a roundup of questions about Medicare you might expect to hear at a National Medicare Education Week event and online resources that can help you get started in your own decision-making process.

1. How do I know which

ENROLL | 2B



BRANDPOINT PHOTO

Medicare's annual enrollment period will take place Oct. 15 to Dec. 7.

ENROLL FROM PAGE 1B

Medicare coverage is right for me?

Each person needs to make coverage decisions based on his or her health care needs and budget. To do that, you need to understand your options.

Original Medicare (Parts A and B) is provided by the federal government and includes hospital and medical coverage. But it doesn't cover everything. You may have out-of-pocket costs like deductibles, copays and coinsurance. Coinsurance for most Part B services, for example, is 20 percent of the cost. In addition, Original Medicare does not cover prescription drugs.

If you want additional coverage, there are two ways to get it.

Add Medicare supplement insurance and/or a standalone Medicare prescription drug plan (Part D) to Original Medicare.

Choose a Medicare Advantage plan (Part C), which combines Part

A (hospital insurance) and Part B (medical insurance) in one plan. Most plans include prescription drug coverage (Part D), and many offer coverage for things like routine dental and eye care. Medicare Advantage plans also put a cap on your out-of-pocket costs for the year. There's no cap with Original Medicare.

2. Does Original Medicare cover dental, vision and hearing care?

Original Medicare (Parts A and B) does not cover routine dental, vision or hearing care. Some costs may be covered if you have an eye injury or a certain medical condition, such as diabetes or cataracts.

Some Medicare Advantage plans cover dental and vision care, including routine eye exams, eye glasses or contacts.

Medicare Part B covers diagnostic hearing and balance exams if your doctor thinks you may need medical treatment, but neither Part B nor Part A covers routine hearing tests or hearing

aids. Some Medicare Advantage plans offer this coverage.

3. How can I get coverage for my medications, since Original Medicare doesn't provide it?

You have two options for prescription drug coverage: You can add a standalone Part D plan to Original Medicare, or you can join a Medicare Advantage plan that includes drug coverage.

Look for plans that cover the drugs you take. Each plan has a formulary that lists which drugs are covered and what the cost is. Most formularies are tiered, dividing drugs into levels of cost. Typically, low-tier drugs will cost less than high-tier drugs.

4. Why are the costs for my prescription drugs going up? Can I switch plans?

Part D prescription drug plans may change copays, premiums, deductibles and other costs from year to year. They may also add or delete specific drugs from their formularies.

If your drug costs are going up, you are free to shop for a different plan

during Medicare annual enrollment period.

You can look for plans using the Plan Finder at Medicare.gov.

The bottom line You have choices to make when it comes to Medicare. But you're not alone. There are many tools and online resources to help you navigate the process and select a plan to fit your needs.

For more information on any of the questions above, explore MedicareMadeClear.com or contact the Medicare helpline 24 hours a day, seven days a week at 1-800-MEDICARE (1-800-633-4227), TTY 1-877-486-2048.

Plans are insured through UnitedHealthcare Insurance Company

or one of its affiliated companies. For Medicare Advantage and Prescription Drug Plans: A Medicare Advantage organization with a

Medicare contract and a Medicare-approved Part D sponsor. Enrollment in these plans depends on the plan's contract renewal with Medicare.

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PRESSURE FROM PAGE 1B

ACC guideline, compared to 23 percent in the group that only changed their diet. However, there was no change in the need for medications among those who didn't change their

diet or exercise habits — nearly 50 percent continued to meet criteria for drug treatment.

Hinderliter suspects lifestyle modifications would be just as helpful to people with a higher risk of cardiovascular disease and in patients on medications for high

blood pressure but that needs confirmation in future studies, he said.

Co-authors are Patrick Smith, Ph.D.; Andrew Sherwood, Ph.D.; and James Blumenthal, Ph.D. Author disclosures are on the abstract. The National Institutes of Health funded this study.

Blood Pressure Categories			
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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VR
FROM PAGE 1B

laboratory of Paul Fuchs, Ph.D., who is the vice-chair for research and John E. Bordley Professor of Otolaryngology—Head and Neck Surgery at the Johns Hopkins University School of Medicine. He studies the neuroscience of hearing. Wood and other trainees in the lab use the virtual reality system to immerse themselves in the delicate, spiral shell-shaped structure of the cochlea, a part of the ear that converts vibrations from sound into electrical impulses carried by nerves to the brain.

Instead of trying to flatten the curved structure of the cochlea into a 2D image that can be interpreted on a computer screen, virtual reality helps researchers get up

close and personal with it. They can see the rows of sensory cells lined up around the structure, with neurons trailing beneath them. Colors on different cell types can be turned up and down, causing different parts of the specimen to light up around the viewer.

With virtual reality, it's easier to visualize how the data exist in real-world dimensions, says Wood. Researchers can also navigate through the anatomy with hand-held controls, turn the structure on its side and look at it from angles that can be awkward to capture otherwise, says Wood. A "cutting" tool integrated into the software lets researchers make artificial slices in their virtual tissue samples.

The program can make some of research's more

tedious tasks, such as counting cells or tracing structures through the tissue, easier, not to mention more entertaining.

"You're just climbing along them, tracing them," says Wood. "That's a totally different sensation. You're so much a part of what you're looking at."

The virtual images are most often made by using confocal microscopy, an imaging technique commonly used in cellular biology research. The technique uses lasers that penetrate to precise depths in tissue samples and scan the tissue one layer at a time. This generates a series of images, typically in bright fluorescent colors. These images can be viewed layer by layer or pieced together into a 3D snapshot model.

The models can be displayed on a computer



SYGLASS PHOTO

A group of students learn about VR techniques using syGlass.

screen, without the virtual reality technology. However, some nuances are lost in translation into flat images, says Wood. It can be more difficult to fully understand spatial relationships and how structures curve toward or away from the viewer. In addition, she says, tissue and other cells can get in the way when researchers are trying to look at particular features.

"[A flat image] doesn't

tell you much about where those structures are in 3D space," says Wood.

Virtual reality also has been a useful tool for teaching high school and undergraduate students in the lab, Wood says. Many of the ear's anatomical structures are notoriously difficult to explain. But when the students don the virtual reality goggles, they see the 3D version of the structure, turn it and move through it. Then, it's much

easier to get an intuitive grasp of the anatomy.

The lab is also testing virtual reality images generated from electron microscopy data, another imaging technique that provides fine-grained pictures of tiny cellular structures. Unlike confocal microscopy, this technique requires the tissue to be physically sliced beforehand and then photographed one layer at a time.

Wood and her colleagues have used the virtual reality software to stack electron microscopy images together.

The software, called syGlass, is currently in the beta testing phase.

"It's still an evolving product," says Wood. "I'm glad that we're getting in on it early, so we can help figure out how it's best used."



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LEGAL NOTICES

FICTITIOUS NAME 12

NOTICE UNDER FICTITIOUS NAME LAW NOTICE IS HEREBY GIVEN that the undersigned, pursuant to the "Fictitious Name Act," under Section 865.09 of the Florida Statutes as amended, will register with the Division of Corporations of the Department of State, the fictitious name to-wit:

HOME HEALTH FOR SENIORS under which name I am engaged in business at: 3407 Golf Haven Terrace Sebring, FL 33872

and that the owner of said business is: John C. Waddell 3407 Golf Haven Terrace Sebring, FL 33872

NOTICE TO CREDITORS 20

IN THE CIRCUIT COURT HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. **PC 18-401**

IN RE: ESTATE OF **LORRAINE A. COOPER**, Deceased.

NOTICE TO CREDITORS
 The administration of the estate of **LORRAINE A. COOPER**, deceased, whose date of death was **July 11, 2018**, and whose social security number is **XXX-XX-4344**, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court WITHIN THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES 733.702 WILL BE FOREVER BARRED.

NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.

The date of first publication of this notice is **September 3, 2018**.

Personal Representative: **/s/ Christine Alexis Cooper**
CHRISTINE ALEXIS COOPER
 5321 Riverway Dr.
 Sebring, FL 33875

Attorney for Personal Representative: **/s/ Robert E. Livingston**
ROBERT E. LIVINGSTON
 Florida Bar No. 0031259
 445 S. Commerce Avenue
 Sebring, Florida 33870
 Telephone: (863)385-5156
 livingston@livingstonpa.com
 September 3, 10, 2018

NOTICE OF FORECLOSURE 22

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA

CASE NO.: 17000103GCAXMX
WELLS FARGO BANK, N.A., Plaintiff,

VS.
UNKNOWN HEIRS, BENEFICIARIES, DEVISEES, SURVIVING SPOUSE, GRANTEEES, ASSIGNEES, LIENORS, CREDITORS, TRUSTEES, AND ALL OTHER PARTIES CLAIMING AN INTEREST BY, THROUGH, UNDER, OR AGAINST THE ESTATE OF VIOLA H. CLARK A/K/A VIOLA HELEN CLARK, DECEASED; et al., Defendant(s).

NOTICE OF FORECLOSURE SALE PURSUANT TO CHAPTER 45

NOTICE IS HEREBY GIVEN that sale will be made pursuant to an Order of Final Judgment. Final Judgment was awarded on September 4, 2018 in Civil Case No. 17000103GCAXMX, of the Circuit Court of the TENTH Judicial Circuit in and for Highlands County, Florida, wherein, WELLS FARGO BANK, N.A. is the Plaintiff, and UNKNOWN HEIRS, BENEFICIARIES, DEVISEES, SURVIVING SPOUSE, GRANTEEES, ASSIGNEES, LIENORS, CREDITORS, TRUSTEES, AND ALL OTHER PARTIES CLAIMING AN INTEREST BY, THROUGH, UNDER, OR AGAINST THE ESTATE OF VIOLA H. CLARK A/K/A VIOLA HELEN CLARK, DECEASED; JACK MILTON CLARK REVOCABLE TRUST UNDER AGREEMENT DATED JUNE 10, 1993; MONICA PENNY; WILLIAM PENNY; are Defendants. The Clerk of the Court, Robert Germaine will sell to the highest bidder for cash at the Highlands Courthouse, 430 South Commerce Avenue, Sebring, FL 33870 on **October 24, 2018** at 11:00 AM the following described real property as set forth in said Final Judgment, to wit:

THE FOLLOWING DESCRIBED LAND, SITUATE, LYING AND BEING IN THE COUNTY OF HIGHLANDS STATE OF FLORIDA TO WIT: LOT 10 AND LOT 11, BLOCK 83, OF

NOTICE OF FORECLOSURE 22

PLACID LAKES, SECTION EIGHT, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 7, PAGE 70, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE SALE, IF ANY, OTHER THAN THE PROPERTY OWNER AS OF THE DATE OF THE LIS PENDENS MUST FILE A CLAIM WITHIN 60 DAYS AFTER THE SALE. WITNESS my hand and the seal of the court on **September 4, 2018**.

CLERK OF THE COURT
 Robert Germaine
 By: **/s/ Cyndi S. Dassinger**
 Deputy Clerk

ALDRIDGE/PITE, LLP
 Attorney for Plaintiff(s)
 1515 Congress Avenue
 Suite 200
 Delray Beach, FL 33445
 Telephone 844-470-8804
 Facsimile: 561-392-6965
 Primary Email:
 ServiceMail@aldridgepите.com

IMPORTANT
 IF YOU ARE A PERSON WITH A DISABILITY WHO NEEDS ANY ACCOMMODATION IN ORDER TO PARTICIPATE IN THIS PROCEEDING, YOU ARE ENTITLED, AT NO COST TO YOU, TO THE PROVISION OF CERTAIN ASSISTANCE. PLEASE CONTACT THE OFFICE OF THE COURT ADMINISTRATOR, 255 N. BROADWAY AVENUE, BARTOW, FLORIDA 33830, (863) 534-4686, AT LEAST 7 DAYS BEFORE YOUR SCHEDULED COURT APPEARANCE, OR IMMEDIATELY UPON RECEIVING THIS NOTIFICATION IF THE TIME BEFORE THE SCHEDULED APPEARANCE IS LESS THAN 7 DAYS; IF YOU ARE HEARING OR VOICE IMPAIRED, CALL 711. 1588-008B

September 10, 17, 2018

NOTICE OF SALE 30

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT, IN AND FOR HIGHLANDS COUNTY, FLORIDA

Case No.: **17000515GCAXMX**
NORA M. FLORES and RALPH FLORES, Plaintiffs,

vs.
AMYN PANJWANI, IQBAL PANJWANI, and U.S. BANK, NATIONAL ASSOCIATION, AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF BANK OF AMERICA FUNDING CORPORATION, 2008-FTI TRUST, MORTGAGE PASS THROUGH CERTIFICATES, SERIES 2008-FTI, Defendants.

PLAINTIFFS' NOTICE OF SALE NOTICE IS HEREBY GIVEN that, pursuant to a Final Judgment dated July 3, 2018, entered in Civil Case No.: 17000515GCAXMX of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida, wherein, NORA M. FLORES and RALPH FLORES, are Plaintiffs, and AMYN PANJWANI, IQBAL PANJWANI, and U.S. BANK, NATIONAL ASSOCIATION, AS TRUSTEE FOR THE CERTIFICATEHOLDERS OF BANK OF AMERICA FUNDING CORPORATION, 2008-FTI TRUST, MORTGAGE PASS THROUGH CERTIFICATES, SERIES 2008-FTI, are Defendants.

Robert Germaine, Highlands County Clerk of Courts, will sell to the highest bidder for cash, by sale beginning 11:00 a.m. at the Jury Assembly Room in the Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870, on September 27, 2018, the following real property more particularly described as:

A portion of Lot 3, in block 94, of ORIGINAL TOWN OF SEBRING, according to the plat thereof as recorded in Plat book 3, page 1, of the public records of Desoto county, of which Highlands county was formerly a part and in Transcript Book, Page 6, of the Public Records of Highlands County, Florida being more particularly described as follows:

COMMENCE at the most Northerly Corner of said Lot 3, Block 94; thence south 70 degrees 00 minutes 00 seconds West along the Northerly line of said Lot 3 for 140.00 feet to the POINT OF BEGINNING; thence South 20 degrees 00 minutes 00 seconds East for 70.00 feet; thence South 70 degrees 00 minutes 00 seconds West parallel to the Northerly line of said Lot 3 for 265.00 feet, more or less, to the shoreline of Lake Jackson; thence meandering said shoreline in a Northwest-erly direction to the intersection of a line that bears South 70 degrees 00 minutes 00 seconds West from the POINT OF BEGINNING; thence North 70 degrees 00 minutes 00 seconds East for 270.00 feet, more or less, to the POINT OF BEGINNING.

TOGETHER with an easement for ingress, egress and utilities over and across the following: COMMENCE at the most Northerly corner of said Lot 3, Block 94, for a POINT OF BEGINNING; thence South 20 degrees 00 minutes 00 seconds East along the East line of said Lot 3, for 25.00 feet; thence South 70 degrees 00 minutes 00 seconds West for 140.00 feet; thence North 20 degrees 00 minutes 00 seconds West for 25.00 feet to the Northerly line of said Lot 3; thence North 70 degrees 00 minutes 00 seconds East for 140.00 feet to the POINT OF BEGINNING.

Subject to restrictions, reservations and easements of record, if any, and taxes and assessments for the year of 2005 and subsequent years. Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the lis pendens must file a claim within 60 days after the sale. If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are enti-

NOTICE OF SALE 30

ted, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863)534-4690, within two (2) working days of your receipt of this Notice of Sale; if you are hearing or voice impaired, call TDD (863)534-7777 or Florida Relay Service 711.

Dated this 29th day of August, 2018.

Clerk of the Court
 By: **/s/ Cyndi S. Dassinger**
 As Deputy Clerk
 September 3, 10, 2018

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA CIVIL ACTION CASE NO.: **13000549GCAXMX**
WELLS FARGO BANK, NA, Plaintiff,
 vs.
HERBERT GRAHAM, et al, Defendant(s).

NOTICE OF RESCHEDULED SALE NOTICE IS HEREBY GIVEN Pursuant to an Order Rescheduling Foreclosure Sale dated September 5, 2018, and entered in Case No. **13000549GCAXMX** of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida in which **Wells Fargo Bank, NA**, is the Plaintiff and **Herbert B. Graham, Leslie M. Graham, Unknown Tenant**, are defendants, the Highlands County Clerk of the Circuit Court will sell to the highest and best bidder for cash in the Jury Assembly Room in the basement, Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870, Highlands County, Florida at 11:00AM on the **10th day of October, 2018**, the following described property as set forth in said Final Judgment of Foreclosure: **LOT 5, BLOCK 5, SEBRING 98, SECTION ONE, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 10, PAGE 1, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA, A/K/A 219 ANDRETTI AVE, SEBRING, FL 33876**

Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the Lis Pendens must file a claim within 60 days after the sale. Dated in Highlands County, Florida this **5th day of September, 2018**.

Clerk of the Circuit Court
 Highlands County, Florida
 By: **/s/ Chrystal Williams**
 Deputy Clerk

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863)534-4690, within two (2) working days of your receipt of the Notice of Sale; if you are hearing or voice impaired, call TDD (863)534-7777 or Florida Relay Service 711. To file response please contact Highlands County Clerk of Court, 590 S. Commerce Ave., Sebring, FL 33870-3867, Tel: (863)402-6591; Fax: (863)402-6664. IS-16-016012

September 10, 17, 2018

NOTICE OF PUBLIC SALE: Macklin Transport gives Notice of Foreclosure of Lien and intent to sell these vehicles on **9/21/2018** at 8:00 AM at 1002 W Cornell St, Avon Park, FL 33825 pursuant to subsection 713.78 of the Florida Statutes. Macklin Transport reserves the right to accept or reject any and/or all bids. 2HGFG21586H701421

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ALL APPLICATIONS MAY BE SUBMITTED TO: Town of Lake Placid, 311 West Interlake Boulevard, Lake Placid, FL 33852
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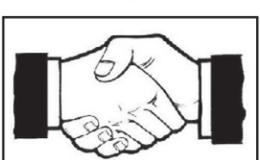
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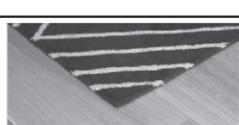
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'Bling a Bra' decorating contest

SPECIAL TO HIGHLANDS NEWS-SUN

SEMINOLE — My Hope Chest's first annual "Bling A Bra for Breast Cancer — Decorating Cups to Fill Cups!" is a national bra decorating contest combining fun with fundraising while celebrating healing and closure for breast cancer survivors. This online fundraiser is aimed to rally individuals and corporations to decorate their bras in the most creative fashion with a chance to win a \$500 Amazon Gift Card just in time for holiday shopping. The event kicked off Sept. 1 on MyHopeChest.org.

Following a \$25 donation, contestants can submit photos of their decorated bras to the charity's event page and gallery. My Hope Chest will promote the "blinged" bras via social media and, beginning Oct. 15 voting on favorite designs will begin. The winner will be announced Friday, Nov. 2. See registration and contest details on MyHopeChest.org.

"Breast cancer is more than pink ribbons. It's real women coming through a very difficult and life changing experience," said Alisa Savoretti, a survivor and founder of My Hope Chest. As October approaches, My Hope Chest's mission focuses not on 'awareness' of the disease, but rather on the action of making women whole again after mastectomy, helping restore their quality of life in body, mind and spirit after cancer.

"My Hope Chest is excited to launch our new 'Bling A Bra for Breast Cancer' campaign to celebrate survivors and bring a bit of fun to the little known but serious issue that thousands of women face each year: lack of funding for their reconstruction. We are very hopeful this event grows with sponsors and participants getting involved to help us eliminate our wait list of women in need."

This first annual event is sponsored by a grant from The Plastic Surgery Foundation.

About My Hope Chest:
Established in 2003, My Hope Chest is the only national 501c3 social service organization focused on reconstructive surgery for uninsured and under insured breast cancer survivors. We are moved to ACT and our goal is to heal and provide closure to the breast cancer journey. By enabling those who desire reconstruction to have it, My Hope Chest works to help all survivors return to a "new" normal with feelings of hope, self-worth and completeness. For more information about My Hope Chest, please visit myhopechest.org.



Be sure to like us on Facebook!

Yoga for life — awakening the body

By **NANCY DALE**
YOGA FOR LIFE

The first stage in a Yoga practice at home is called “Awakening the Body.” It is important to awaken the muscles/breath in the body when we first initiate our Yoga practice of various postures. Awakening the body introduces rhythmic deep breathing (slowly inhaling and exhaling through the nose) as we stand in “Tadasana” or “Mountain Pose.” This first posture brings our attention to standing tall and straight, spine aligned and lengthened with the feet shoulder-width apart directly in line beneath the hips. Feet should be straight forward with the “patella” (kneecap pulled up), thighs turned slightly inward. Be sure to keep the chin pulled back and ears in alignment with the shoulder blades. The straight and lengthened posture invites deeper inhales and exhales.

Next stage in “Awakening the Body” is to expand the thoracic cavity, front and back, as you inhale/exhale to support deep breathing. Next, lift the shoulders up to the ears when you inhale, open the chest and draw the shoulder blades deeper into the depth of the back as you exhale. Hold the posture long and straight.

The first posture should be slowly initiated to awaken the entire body with movement. Practice raising the arms long, keeping the upper arms next the ears then clasp the hands overhead and turn the hands over. Lift both arms upwards and lengthen. Hold the posture 10 seconds and breathe.

Next, slowly bend from the waist forward extending the arms long and pressing the buttocks back. Focus on keeping the spine level as you forward bend. You can slightly bend the knees to prevent



COURTESY PHOTOS

Yoga at Gold’s Gym.

over-stretching the back of the calves. Hold the pose for 15 seconds and then slowly rise, keeping the thighs straight as you come back into a straight line. Next, slowly bend the back looking upwards, stay balanced

leaning only as far back as you are steady and hold the pose 15 seconds. Slowly raise up to arms overhead then exhale both arms to the sides.

Do these opening postures two or three

times until you feel your body ready to move into other Yoga postures. Awakening the body increases deep breathing, relaxes the mind from worldly thoughts as you focus on the breath. When you start

with deep breathing, your mind and body will be receptive to begin a flow of Yoga postures. Stay centered in your postures; you can return to “the world” another time. Yoga is our time to renew and restore.



Yoga at Peter Powell Roberts Museum.



Yoga on Kissimmee.

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INSECT

FROM PAGE 1B

about 5 to 10 minutes (or as long as you can tolerate).

2. Tea Bags

While you might typically turn to tea to soothe your emotional state, this potent brew can aid sensitive skin as well. The tannins within black tea are naturally astringent, which means that they will draw toxins out of your skin and quickly ease discomfort. Used tea bags work fine, so consider storing them in the fridge in a damp Ziplock bag so that they are chilled and ready when you need them during the healing process.

While regular black tea tends to work well because of the high content of tannins, you can also consider using an herbal tea such as chamomile. This daisy family relative is a common ingredient in natural remedies, and it works well to reduce inflammation and prevent skin irritation at the site of your bite.

Green tea also works well as an alternative, thanks to the tannins as well as its potent anti-inflammatory properties. Some people think that the tea bag trick works due to caffeine, but that's not really the reason. A cup of green or black tea contains lower amounts of caffeine than coffee, but the tannin concentration is much higher in teas. Tannins not only help reduce pain on contact, but the also break down pain-causing proteins that were injected into you from the stinger. If you drink green tea, you also get the calming benefit of L-theanine, as well as potent anti-cancer properties.

3. Garlic & Onions

Forget scaring away vampires lol, garlic works great against the most irritating kind of blood-sucker- the mosquito! Garlic, onions, shallots, leeks and chives all belong to the Allium genus. All of these might help with bug bites.

You'll get the best relief from garlics in my opinion. And the strongest method comes from simple cutting a clove in half and applying 'the meat' of the garlic directly on to your skin. That said, some people find that their skin is too sensitive (or it's applied to early on) and the garlic trick results in more itching and stinging. If that happens to you, obviously, put the clove down.

Another option might be to mince up a clove or two and blend it into an unscented lotion that you like, or plain olive oil, or coconut oil. This dilutes the garlic's intensity, without really compromising



COURTESY PHOTO

Be prepared for insect bites and stings when visiting the outdoors in Florida.

its benefits.

Apply this garlic-lotion or garlic-oil blend on the site of your bug bite with your finger, or a Q-tip and let it rest there for at least ten minutes. Afterward, you can wipe it off with a clean, damp washcloth and reapply it again if necessary. Make sure your washcloth is lukewarm or cool, but definitely not hot. The heat will make it hurt more.

Onions, another member of the allium family, can also bring you relief. Fresh onion applied directly to a bite or sting can reduce irritation and swelling, and the plant's natural anti-fungal properties will reduce your chance of contracting an infection. All you need to do is cut a slice from an onion (any variety can work) and apply it directly to your bite. Be careful cutting onions, for me they are trouble.

Let's assume you can cut an onion slice without cutting your finger, LOL! Just keep it in place for about 5 or 10 minutes before washing it off. That's long enough to get the healing benefits from the allium/allicin and enough to keep microbes away. If it burns in a bad way, of course, remove it. Be smart.

4. Essential Oils

Considered by many to be the lifeblood of plants, essential oils have some impressive compounds for promoting wellness in humans. Many essential oils are naturally antibacterial, and they can reduce itching, pain and swelling from bug bites.

Two stellar options for bug bites include tea tree oil and lavender oil, thanks to their antiseptic properties. Just dab a small amount on a cotton swab and carefully coat your skin with it until it soaks in. Like garlic, this might require a 50/50 dilution of coconut oil and tea tree, or a dilution in a bit of water. You don't have to, it depends on your personal sensitivity and the bug bite. Don't put it on an open wound of course.

Tea tree oil's compounds will kill any lingering fungi or bacteria,

and it will also reduce swelling. Lavender, in contrast, can soothe skin and is believed to help stop bleeding. You don't need to dilute that one.

Personally, I would mix them both together. You'll get the best benefit from combining these two oils and distributing them in a carrier oil like coconut oil. This makes the essential oils easier to spread and dilutes them enough that they are less likely to irritate your skin.

Some people think that tea tree oil can deter bugs too, so consider putting a dab on your wrists or arms before going on that hike. You can also sprinkle some of the oil on your clothes or even bed sheets to keep bugs far away.

5. Apple Cider Vinegar

When it comes to bug bites, one of the best ways to alleviate any pain and irritation is to apply some "acid" to the entry point. For this reason, apple cider vinegar is an exceptional treatment option because it contains about 5 percent acetic acid.

If you have an irritating bite, consider dabbing a few drops of apple cider vinegar to it. You could also consider taking a bath with several cups mixed into your bath water (lets assume the pain is severe enough for that). May as well put 10 drops of lavender essential oil into the bath water. As apple cider vinegar is less acidic than other forms of vinegar, it should not irritate your skin, though it's still potent enough to reduce burning and stinging sensations for most people. Of course, do what is comfortable and right for yourself. In some unusual cases, apple cider vinegar provokes a little bit more itching, so again, test yourself before jumping into a bath tub of it. Always 'start low and go slow' to gauge your response to new remedies, medications and supplements.

6. Aloe Vera

You likely already know that aloe vera offers soothing relief from sunburns, but few people realize how well

it can heal bug bites. Just slice open a fresh leaf and apply the succulent's gooey gel to the sting until it dries in place on your skin. The aloe plant's anti-inflammatory properties make it valuable for healing minor wounds and calming down infections. Don't have any aloe plants on hand? You can buy the gel at the drugstore and store it in the fridge for easy access when you need it.

7. Fresh Herbs

Fresh plants have impressive properties for your health. Though their medicinal properties can vary considerably, there are certain kinds of plants and herbs that I specifically recommend for skin irritation.

Since we're on the topic of bug bites today (as opposed to rosacea, eczema or dermatitis), then I'd say go for basil. It's not just for pesto! This fragrant herb contains a chemical compound called eugenol, which studies report relieves itchy skin. Take advantage of this impressive property by adding half an ounce

That's about 1

tablespoon of dried basil leaves to approximately two cups boiling water.

You could also alternatively use fresh leaves, about six of them will do. Just let the brew steep in hot water for about 20 to 30 minutes, just until it cools down in the pot. Then gently apply the basil-infused water to your bug bites with a clean compress. You can keep things simpler by chopping fresh basil leaves into a fine powder and rubbing this directly onto your skin. A mortar and pestle works well for this too.

Another herb worth experimenting with for insect bite relief is thyme, thanks to its antibacterial and anti-fungal properties. You can make a healing poultice by finely mincing some thyme leaves and applying them directly to the site of your bite for at least ten minutes. That's how long it takes for the herb's antibacterial and anti-fungal properties to take effect. You can also make a thyme tea by steeping fresh sprigs in hot water and applying it to irritation once it cools. For extra cooling, consider wrapping your clean compress or washcloth around an ice cube; do that just before dipping it in the thyme infused water. The combination of cold sensations along with the herb is a one-two punch!

8. Meat Tenderizer

Mix it with water to make a paste, then apply to the sting. It works on contact.

It's Best to PREVENT Insect Bites!

Of course, the best way to find relief from insects is to never get bit in the first place! Here are several suggestions

for keeping bugs far away from your skin.

Coat your clothing in permethrin, a synthetic version of a natural insect repellent found in the chrysanthemum plant. (Keep it off your skin, it loses its effectiveness!).

Light a citronella candle or use citronella bug spray to keep insects away from your patio space. Every summer I put 20 drops of citronella oil into a 4 oz mister and keep it on my patio table. One squirt will chase away bugs for a few minutes, but not really very long.

Avoid wearing bright clothing when you enter bee territory, lest you attract their attention as they seek out flowers. They love yellow!

Eat a clove or two of garlic a day about four days before an outdoor excursion. Once you begin to sweat, your skin gives off a garlic scent, and as you waft that, you repel the insects.

You can certainly try the coils, like the DEET coils or the lavender ones. I haven't found either to be effective where I live though, many people swear by these.

Products containing citronella, lavender, peppermint and tea tree oil are quite popular and these make gentle, natural insect repellents. They are not as effective as DEET or picaridin (chemicals) so if you're going into a dangerous area, or mosquito-infested zone (think West Nile) I'd personally make the commercial choice, but of course it's up to you. I just want you to know that the commercial products are more effective, and while many people think they are unsafe, you have to weigh the risk to benefits.

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What is VenaSeal?

VenaSeal is the latest minimally invasive procedure proven to safely and effectively treat venous reflux disease. Dr. Lackey and his staff are dedicated to improving our patient's health. VenaSeal was approved by FDA late in 2015 and is the only procedure that uses medical adhesive to close a diseased leg vein from the inside.



GUEST COLUMN
Dr. Lackey

Dr. Lackey is the only physician in Central Florida currently offering VenaSeal, which is available in Sebring. This minimally invasive procedure is done in the office and will take less than an hour.

What is venous insufficiency? Venous insufficiency occurs when the valves in the veins of the legs no longer function properly. Blood refluxes or flows backward and pools in the lower legs. This pooling of blood can result in varicose veins, leg swelling, skin discoloration or ulceration as well as a host of symptoms including heaviness, achiness and fatigue in the legs which worsen as the day progresses. Other symptoms might include nighttime leg cramps and restless legs.

What should you do if you have these symptoms? We encourage you to come to Dr. Lackey's office. You will be seen by Dr. Lackey who has over 15 years of vascular disease and treated over 15,000 procedures or his highly skilled nurse practitioner, Rachel Sims, to review your health history, perform a thorough vascular physical examination and order appropriate diagnostic testing, which often includes a comprehensive ultrasound by one of our Registered Vascular Technologists (best in the state with over 30 years of experience). Upon review of the diagnostic ultrasound results, an individualized treatment plan will be established. If this treatment includes closure of diseased veins several options are offered at Florida Lakes Surgical including VenaSeal, Varithena, Laser, Radiofrequency, and Sclerotherapy.

What are the advantages to VenaSeal over traditional thermal ablation? VenaSeal allows us to treat the entire length of the vein, from the ankle to the groin. With traditional thermal ablation, sealing of the vein is typically limited to the level of the middle calf. VenaSeal is better tolerated in some patients as it only requires one needle stick to numb the single needle entry point, whereas thermal ablation, several needle sticks are necessary. VenaSeal procedures are performed in the office under sterile conditions with local anesthesia.

As we are moving into the fall of 2018, we hope that when considering your vein disease and the various treatment options, you carefully consider the advantages and disadvantages. Since we have focused a lot of our practice on vein

disease we are proud to offer a full range of vein treatment options and most of Polk County.

Top 5 reasons to get your leg vein evaluation and treatment this Fall

There are many different presentations of leg vein problems, although the most recognizable is that of varicose veins. Other signs and symptoms of venous reflux disease (also known as venous insufficiency, CVI, venous incompetence or leaky veins) include swollen, achy legs, restless legs, night time leg cramps and urination, varicose veins, skin discolorations in the lower legs, and bleeding or ulcerations in the legs. Venous insufficiency is defined as failure of the valves in the veins to close tightly resulting in the backward flow of the blood back down toward the feet. The end result is increased pressure in the veins in the lower legs and feet which causes water and protein to leak out into the surrounding tissues.

Over the past decade, our anatomic and physiologic understanding of venous insufficiency has been greatly improved as endovenous ablation (sealing of the veins) has been applied to patients with more obscure signs and advanced stages of venous insufficiency with excellent results. Superficial veins other than the great saphenous vein, such as the small saphenous vein, intersaphenous vein, anterior accessory saphenous vein and the perforating veins are now treatable endovenous ablation. Modern ultrasound evaluation of the lower extremity venous system by experienced vascular sonographers can accurately identify which veins are insufficient or leaking as well as the severity of the leak.

Ultrasound directed sealing of the abnormal veins under local anesthesia has yielded far superior results than vein ligation or stripping, which are no longer required nor should ever be considered. With the introduction of minimally invasive treatments for venous insufficiency in 2000, and the increased acceptance and application of the technology of sealing rather than stripping of the saphenous veins there is no need for patients to suffer from their symptoms related to venous disease any longer.

Patients likely to have venous insufficiency are those who have a family history of varicose veins, swollen legs or other signs of vein disease.

Other risk factors for developing venous insufficiency are a history of pregnancy, obesity, sedentary occupations, advanced age, female gender and history of deep vein thrombosis or DVT. Patients may have varicose veins or other signs such as skin discoloration, brawny and thickened skin, diffuse spider veins in the lower leg and ankle regions, open or non-healing ulcerations or wounds, history of bleeding from veins, or swelling in the legs that is worse at the end of the day and improved with elevation.

The following are the top five reasons patients should consider moving forward this fall and getting their leg vein problems treated.

1. Most insurances will cover your endovenous ablation. Our office will assist you in verifying coverage prior to procedures.
2. You have met your deductibles for 2018 and have been meaning to have your legs evaluated.
3. Your tired of wearing compression stockings or having increase swelling, summer only highlights this.
4. You vowed last year was the LAST year you were going to wear long pants to cover your legs.
5. You want to get your legs ready for the remainder of the year and holidays.

Endovenous ablation or sealing of the leaking veins with thermal energy (laser or radiofrequency) and non-thermal (VenaSeal or Varithena) that will safely, effectively and a minimally invasive options for patients once thought to be untreatable due to age, illness, or venous symptoms that were once thought not to be severe enough to subject the patient to stripping and long operations. Ultrasound evaluation for venous disease is safe, effective, and offers a tremendous amount of physiologic and anatomic information which is critical in the decision making process.

Dr. Lackey is seeing a record numbers of patients with the diagnosis of venous insufficiency, many of whom have obvious signs of venous disease such as leg swelling, skin changes, varicose veins or ulcerations as well as others who may not have obvious external signs of disease but who have severe venous reflux disease as the root cause of their symptoms. Since venous disease affects one out of five adults in the USA, it makes perfect sense to consider venous disease early in the course of your search for the cause of your leg symptoms.

If you or a loved one has signs or symptoms of venous insufficiency such as varicose or spider veins, leg swelling, fatigue, achiness, cramps or restless legs, please consider us. Dr. Lackey and his staff are seeing patients daily, please call for appointment, 863-402-5600.

Why probiotics are good for your health

By BRANDPOINT

According to probiotic entrepreneur Heather Holmes, the human body naturally contains trillions of good and bad bacteria that must stay in balance for optimal health.

This balance is fragile and often disrupted by changes in environment or routine, diet, oral antibiotics, a woman's period or sex. Good probiotic bacteria, introduced through foods, supplements and environmental cleaning products, can keep your digestive tract and everything around you clean, healthy and safe. In other words, probiotics are beneficial inside the body and outside the body.

External probiotics
P2 Probiotic Power is a line of food-grade, non-GMO, chemical-free probiotic products that create a barrier against bad bacteria, killing germy invaders and keeping them away by safely cleaning and protecting teeth, skin, hands, air, kitchen and bathroom surfaces, hotel rooms, airplane trays, air vents and pets. Countertops, cutting boards, washing machines, your pet's water bowl, and baby rattles all harbor bad bacteria. Failing to add beneficial probiotics into your home environment can leave you and your household vulnerable to bad bacteria that can cause illness. Bleach, disinfectants and anti-bacterial products can cause bad bacteria to strengthen and multiply.

Internal probiotics
The two most common strains of internal probiotics, lactobacillus



BRANDPOINT PHOTO/

There are probiotics to help with the digestive systems of youngsters.

and bifidobacterium, live in the digestive system, urinary system and genitalia. They help send food through your gut, absorb nutrients and protect the body against potentially harmful invasions by bad bacteria. These beneficial probiotic strains can be found in fermented foods like yogurt, kefir, sauerkraut, kombucha, kimchi and pickles, to name a few. While probiotics are often prescribed for problems or the overall health of the digestive system, they're capable of more — benefiting other areas of the body and our external environment.

Digestion
More than 100 million Americans suffer from issues related to their gut or GI tract, such as constipation, diarrhea, gas, bloating, nausea or abdominal discomfort. In fact, overgrowth of bad bacteria in your gut has also been linked to obesity and even depression. Most of your body's immune cells (70 to 80 percent) are in your gut, so it's to your benefit to consider probiotic options that may help you ease a condition. Since gut health plays a vital role in our overall wellness, taking a supplement like vitafusion Probiotic helps

to provide good bacteria to the digestive tract.

Digestive health for kids

There are even probiotics to help support your little one's digestive system. One serving of Lil Critters Probiotic supports digestive health by delivering good bacteria to the digestive tract — in a gummy that kids enjoy.

Vaginal health

Women have tried various lactobacillus supplements (i.e. acidophilus) and even yogurt to help with vaginal issues. But the bacteria found in yogurt for digestion and immunity will not help maintain good vaginal health. RepHresh Pro-B is a tiny, once-daily supplement that balances yeast and bacteria and maintains healthy vaginal flora by delivering two probiotic strains specific to the vagina, Rhamnosus GR-1 and Lactobacillus Reuteri RC-14. When yeast and bacteria are in balance, beneficial bacteria thrive, and yeast and harmful bacteria are unable to take control. A vaginal probiotic like Pro-B keeps the vaginal flora healthy every day.

There are many new probiotic options to benefit your internal and external health.

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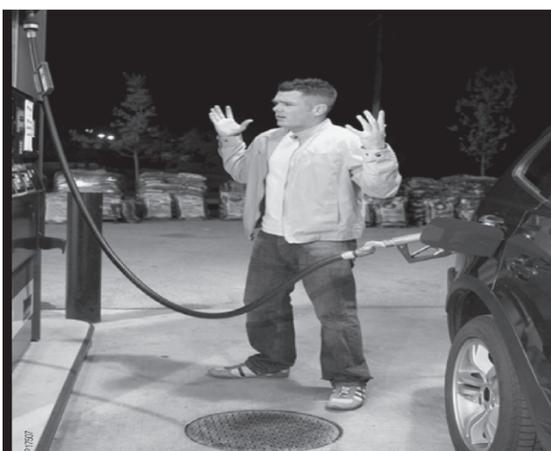
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Why practice speeds reaction time

JOHN HOPKINS INSTITUTE

Researchers in the Department of Physical Medicine and Rehabilitation at Johns Hopkins Medicine report that a computerized study of 36 healthy adult volunteers asked to repeat the same movement over and over became significantly faster when asked to repeat that movement on demand—a result that occurred not because they anticipated the movement, but because of an as yet unknown mechanism that prepared their brains to replicate the same action.

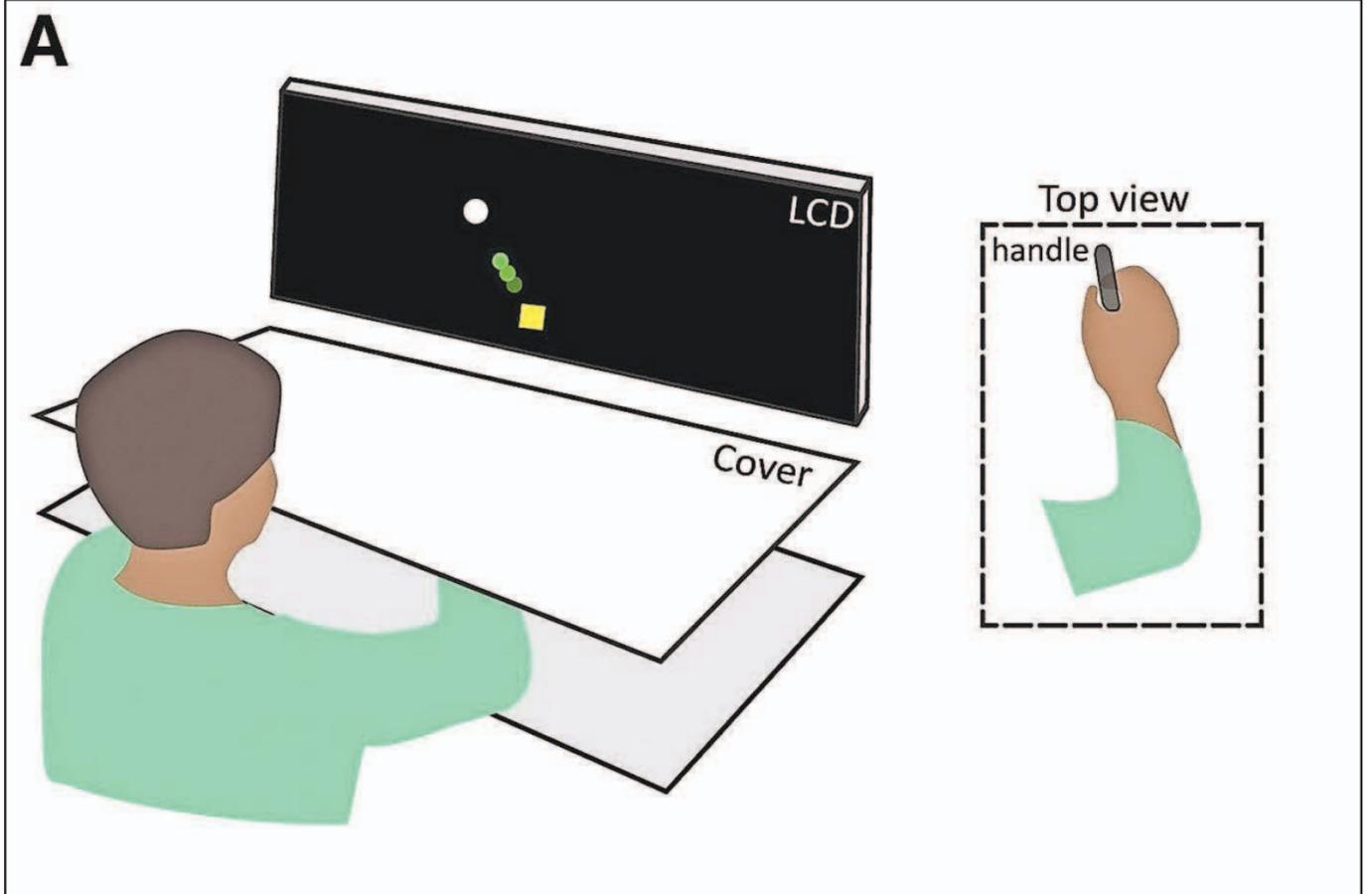
The findings, the researchers say, add another clue to a growing body of research on how the brain generates movement in the first place, and could eventually help scientists understand how brain-controlled motor responses go awry after neurologic disease or injuries such as strokes.

Since the early 1950s, researchers have known that repeating a movement can improve the reaction time required to generate it later says study author Adrian Mark Haith, Ph.D., assistant professor of neurology at the Johns Hopkins University School of Medicine. This effect has long been attributed to “anticipation”—being prepared to repeat a movement by default in accordance with expectations about which movement would most likely be required.

However, other experiments using transcranial magnetic stimulation—a technique that uses magnetic pulses to stimulate the brain and record responses—show that repeating movements can actually bias the movements that occur when stimulating the brain’s motor cortex, making typically random movements more like the one that was practiced.

“These studies suggest that something other than anticipation might be happening with repetition,” Haith says.

In a study designed to clarify how repeated movements might influence motor response, Haith, along with colleagues Pablo A.



CELL REPORTS PHOTO

Participants sat in front of a computer monitor and made reaching movements while holding a handle, whose position was recorded on a digitizing tablet.

Celnik, M.D., professor of physical medicine and rehabilitation, neurology, and neuroscience at the Johns Hopkins University School of Medicine; Firas Mawase, Ph.D., a former postdoctoral fellow in Celnik’s lab; and Daniel Lopez, B.S., a research assistant at the Johns Hopkins University School of Medicine, devised a set of experiments to tease out whether or not practice might affect movement through anticipation or another mechanism.

The researchers recruited 36 right-handed adult volunteers, 22 of whom were women, ranging in age from 19 to 30 years. Each of the volunteers sat at a desk in front of a large computer screen. On the desktop was a touch-responsive tablet. When a target appeared on the screen, the volunteers were asked to move a cursor to touch the target as quickly as possible using a stylus on the tablet.

In initial tests, the volunteers took about 215 milliseconds (each millisecond is 1/1000th of a second) to respond and reach the changing target, no matter what direction

they moved their hands. However, after practicing moving the cursor hundreds of times in just a single direction, the volunteers became significantly faster at responding and moving the cursor toward the target in that direction, even though their reaction times stayed the same when the target appeared in other directions.

“The benefit you get is 20 to 30 milliseconds,” says Celnik. “It sounds small, but when you’re looking at performance that can make a difference in sports and other areas that require quick motor movements, that time increment might mean the divide between a winner and a loser.”

The scientists reasoned that there were two possibilities for the subjects’ decreased reaction times: One idea is that they had learned to anticipate the movement and were guessing that the target would appear in the preferential (usual) direction from force of habit. Another is that repetitive practice somehow trained their brains to select the practiced movement more quickly in the future while still

allowing the subjects the same amount of flexibility as before they practiced to choose other targets.

To tease apart those possibilities, the researchers tried another experiment much like the previous ones in which the subjects were asked to move their hand toward a target that appeared on the screen, but with a twist: they were asked to move their hand on every fourth beat of a metronome, whether the target appeared or not. When the target did appear, it showed up in various time intervals right before the fourth beat, effectively imposing a reaction time on each trial.

If, as previous theories held, the subjects were anticipating movement in the practiced direction,

the researchers reasoned they’d preferentially move their hand in that direction when the target failed to show up, or when the reaction time was so narrow that they wouldn’t have time to accurately hit the target. However, that wasn’t the case, says Firas.

“The subjects did have preferred directions for moving their hands when they had to guess, but it was mostly directions comfortable for right-handed people,” he says. “They either chose up and to the right or down and to the left, rather than in the direction they’d practiced.”

Together, the researchers say, these results, published in the July 24, 2018 Cell Reports, suggest that repeating a

movement many times somehow primes the brain to be more efficient at making that movement in the future.

Celnik says he and his team plan to investigate what’s happening in the brain itself to better understand this effect. Gaining insight on the neural mechanisms behind the phenomenon, he adds, could lead to more effective therapies for stroke and other disorders that affect the brain’s control over body movement.

This study was supported by the NIH/National Institute of Child Health and Human Development grants R01HD053793 and R01HD073147 and the Division of Behavioral and Cognitive Sciences NSF BCS 1358756.

Cornerstone Hospice promotes Linsey Pratts

SPECIAL TO HIGHLANDS NEWS-SUN

SEBRING — Cornerstone Hospice and Palliative Care has promoted Highlands County resident Linsey Pratts, RN to Clinical Manager. In this role, Pratts oversees all aspects of patient care in Hardee and Highlands counties.

Pratts joined Cornerstone Hospice in

August 2017 as a clinical liaison where she traveled the two counties educating staff at medical offices, assisted living facilities and nursing homes about hospice services. Years prior to joining Cornerstone Hospice, Pratts was a hospice nurse at a South Florida agency.

Pratts’ new role at Cornerstone Hospice took effect in July.



COURTESY PHOTO

Linsey Pratts



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Myths versus facts and omega-3

By Brandpoint
Every month, nearly 19 million Americans take an “omega-3,” or “fish oil” dietary supplement that may include a mixture of DHA, EPA, saturated fats and other ingredients. In fact, omega-3s are the most-used dietary supplement in the U.S. Since many users are looking for heart health and other unproven benefits that go beyond simply supplementing their diets, it’s important to understand some myths and facts about these popular products.
Myth: All omega-3 products are created equal.
Fact: The process by which omega-3s are properly produced is extensive and complex. This leads to great variation from product to product. The content of most common fish oil products includes only 30 percent omega-3 and may include other unwanted

ingredients including saturated fats and toxins. Also, if they aren’t handled properly, they may become spoiled. These unwanted and spoiled ingredients may lead to potential health risk. Fish oil dietary supplements are not interchangeable with a prescription medication and are not intended or approved by the FDA to treat any medical condition.
Myth: Omega-3 dietary supplements improve cardiovascular health.
Fact: There has been no conclusive proof, to date, that getting omega-3s from common fish oil dietary supplements has a positive effect on cardiovascular health in patients at risk. Dietary supplements, unlike prescription drugs, are not intended to treat any medical condition.
Myth: Fish oil dietary supplements that are available without a prescription at pharmacies and grocery stores are



BRANDPOINT PHOTO

Omega-3s are the most popular dietary supplement in the United States.

reviewed by the FDA for safety and efficacy.
Fact: Fish oil dietary supplements are regulated as food, not drugs. They are not approved by the FDA to treat patients with medical conditions. Dietary supplements are not required to provide the same stringent clinical proof as drugs, including over-the-counter prescription drugs (dietary supplements are not over-the-counter drugs).
Myth: Omega-3 products aid in lowering

LDL-cholesterol (aka bad cholesterol).
Fact: Most omega-3 dietary supplements contain DHA, which may increase bad cholesterol in some people. The effect of this increase on cardiovascular health and safety has not been extensively studied.
Myth: Omega-3 dose levels are not important.
Fact: The content of most common fish oil dietary supplements is only 30 percent omega-3. Taking a few of these capsules provides a very

low daily dose of omega-3. Taking this amount has not been conclusively proven to provide any cardiovascular benefit.
Myth: You can get the same amount of omega-3 in a prescription by taking more fish oil capsules.
Fact: Increasing the number of capsules you take has not been shown to provide the same amount of omega-3 as taking a prescription. Prescription omega-3 products are different from dietary supplements in many ways, including purity, stability, clinical effect, safety and FDA review and oversight. The content of supplement products varies, particularly with respect to EPA (the active ingredient in one patented prescription drug is pure EPA) the molecular structure and clinical effect of which has been shown to be unique from other forms of omega-3. Labeling of drugs is FDA approved. Labeling of dietary supplements, however, is created by the manufacturers of the supplement. Calling them “prescription grade” or “clinical grade” on their labels is not an FDA recognized standard and does not make them the same as a drug. Dietary supplements are not intended to treat serious medical conditions. The effect and safety of taking dietary supplements at high dose levels is unknown.
“I often get questions from my patients about the best ways to improve their heart health, and if a supplement is right for them,” said Dr. Ann Marie Navar, Assistant Professor of Medicine at the Duke Clinical Research Institute. “For people at an increased risk of cardiovascular disease — such as those who are overweight, have diabetes or smoke — it’s important to speak with your doctor about the right course of treatment.”

September is National Cholesterol Education Month

By Center For Disease Control
Children, young adults and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean.
September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals. Below you will find some information about cholesterol and a summary of CDC programs that address cholesterol across the country. You will also find a few fact sheets and publications about cholesterol, as well as links to useful consumer and health care provider information on our partner Web sites.
How many Americans have high cholesterol?
More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.
What is cholesterol?
Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function

normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.
Photo: A familyHow do you know if your cholesterol is high?
High cholesterol usually doesn’t have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.
It’s important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.
How often should you have your cholesterol checked?
The National Cholesterol Education Program (NCEP) recommends that adults aged 20 years or older have their cholesterol checked every 5 years.
Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history.
Less than half of young adults who have these risk

factors don’t get cholesterol screening even though up to a quarter of them have elevated cholesterol.
A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or “bad” cholesterol), HDL (high-density lipoprotein, or “good” cholesterol), and triglycerides.
The following chart shows optimal lipid levels for adults 4:
Desirable Cholesterol Levels
Total cholesterol Less than 170 mg/dL
Low LDL (“bad”) cholesterol Less than 110 mg/dL
High HDL (“good”) cholesterol 35 mg/dL or higher
Triglycerides Less than 150 mg/dL
Can children and adolescents have high cholesterol?
Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases.
In the United States, more than one-fifth (20%) of youth aged 12–19 years have at least one abnormal lipid level.
It is important for children over 2 years of age to have their cholesterol checked, if they are overweight/obese, have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic condition

(chronic kidney disease, chronic inflammatory diseases, congenital heart disease, and childhood cancer survivorship).
The National Cholesterol Education Program has developed specific recommendations about cholesterol treatment for people at increased risk, such as those with a family history of high cholesterol or heart disease.
Photo: Hotdog and fries.
If you have high cholesterol, what can you do to lower it?
Your doctor may prescribe medications to treat your high cholesterol.
In addition, you can lower your cholesterol levels through lifestyle changes:
Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity

a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
Maintain a healthy weight.
Don’t smoke or quit if you smoke.
CDC Programs That Address Cholesterol
National Heart Disease and Stroke Prevention Program
Since 1998, CDC has funded state health departments’ efforts to reduce the number of people with heart disease or stroke. Health departments in 41 states and the District of Columbia currently receive funding for these activities. These programs promote policy and system level changes at the state and community level to support heart-healthy and stroke-free living and working conditions.
WISEWOMAN
The WISEWOMAN program helps women with little or no health

insurance reduce their risk for heart disease, stroke, and other chronic diseases. The program helps women aged 40 to 64 years quit smoking, improve their diet, and increase physical activity. WISEWOMAN also offers tests for high blood pressure, high cholesterol, and diabetes. CDC funds 21 WISEWOMAN projects in 19 states and two tribal organizations.
Lipid Standardization Program
CDC’s Environmental Health Laboratory serves as the world reference laboratory for measuring cholesterol, triglycerides, high-density lipoproteins, and low-density lipoproteins. Doctors require accurate measurements to diagnose and properly treat people with high cholesterol levels. The laboratory helps ensure the quality of about 35 million cholesterol measurements made annually in the United States.

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Understanding your hearing needs during a hurricane

UGH! It's that time again... We are here...the PEAK OF HURRICANE SEASON! Personally, if I never experience another hurricane it will be fine with me. Nine days of hot "no power" days and six days of clean up was enough for me. With the different activity that has been popping up off the coast of Africa there has been some conversations with patients and staff at the office about last years, Hurricane Irma.

So...lets take a look at your hearing aids in regards to your "hurricane survival kit." First, when was the last time you had your hearing aids cleaned by your hearing health care provider? Go get it done. Let them determine that it is working properly. Stock up on any supplies that you may

need while you are there. Batteries, wax guards, ear gene, and earbuds. While I lost power at my house and my office, I was able to borrow a friend's motorhome so that I had a generator to provide a temporary office.

But...even with that we were still powerless for the first 5 days. OPEN... but powerless. NO PHONES....so the only way to get to us was to drive. Hmm.....drive... that is if you wanted to use your gasoline. Remember, gas for our vehicles was also an issue. (Top off your tank). We actually had about 10 people wander in; hoping that we were at the office because they needed batteries or their hearing aid quit working.

While you are with your hearing health



HEARING MATTERS
Roseann Kiefer

care provider get them to look in your ears. If you have wax then get it taken out. You hear better with clean ears and your hearing aids work better too. When was the last time your hearing health care provider took wax out of your ears or at least checked them. They should be checked at least every six months.

Know how your hearing instruments work...and understand it. HUH? Do you have batteries or rechargeable hearing aids?

What type of rechargeables? The first rechargeable hearing aids that hit the market several years ago ran off of a rechargeable cell that could also be interchanged with a regular size 312 hearing aid battery. Typically a single charge would last the patient from 8 to 14 hours depending upon the hearing loss. With this system; in the event of a power outage the patient could just use regular hearing aid batteries. So, if this is the type of system you have then pick up a couple packs of batteries. Most size 312 batteries will last about 6-7 days. So do the math....two hearing aids.

Hearing aids batteries have about a years shelf life if the tab has never been peeled....so go pick up a pack or two just in

case. You can always give them to a friend if you don't need them.

The latest rechargeable hearing system uses Lithium Ion cells. The charger also has a lithium ion cell in it too with an "onboard" charger. (Thus if there is a power outage the charger itself can re-charge your hearing aids several times). This is important to understand. These instruments will typically have an off switch that is programmed by the professional. These aids will run approximately 30 hours before they need to be charged. Normally, when you take off your hearing aids every night you put them in the charger. However, if there is a hurricane and we lose power, then turn off your hearing aids with the button on

the aid and just lay them in the storage area of the case... do not put them in the charging port. Wear them until they go dead or say "battery" and then put them in the charging ports. Another charge will last another 30 hours.. or about two days.

If you have Starkey Hearing Technologies Lithium Ion rechargeable hearing aids you will get approximately 8-9 days out of the system if you follow these instructions. If you have another manufacturer then you should touch base with your provider or read your user manual to make sure you understand completely how it works before ending up in the dark. Best to be prepared! #To Hear Better Is To Live Better!

To the ER or not?

The most expensive care is given in Emergency Rooms (ER). For some people without insurance they are the only access into the health care system. When I was a medical student, the Medical College of Virginia (MCV) looked at why there were a lot of children showing up in the ER at night. Why? The parents worked. Even with a stay-at-home mom, there was often only one car. MCV decided to use its residents to run a night clinic. The



GUEST COLUMN
Diana Carr

cost of uncompensated care went down. The ER was no longer clogged up with kids. Because it was a clinic there was more continuity of care. Everyone was happy. This

is the same approach that led to the "doc in a box" clinics, including the one that the school board is considering.

Obviously major emergencies — such as auto accidents, large wounds requiring stitches, head injury with loss of consciousness and chest pain — should be seen in the ER. There are a lot of gray area happenings that are not so clear. The sore, possibly broken, arm that your child mentions as they are going to bed, smaller wounds that do

not require stitches and head injuries without loss of consciousness are all examples of things that could be seen in a doctor's office the next day. Many docs, myself included, save a same day appointment or two. There you will not have the hospital facility fees and will pay only the doctor's charges. These are considerably lower than those charged by an ER.

If the broken bones are not very crooked, they can wait until the AM.

Usually you will not see an orthopedist in the ER anyway. Use ice to help with the pain and take Tylenol or ibuprofen (if not on blood thinners). Prop up an ankle and use an ACE bandage. For forearms use a People-size magazine wrapped on with an ACE to splint it. Small wounds need to be washed out. Small burns can be treated with one of the over-the-counter numbing sprays.

First thing in the morning, call your doctor's office for an appointment

or a referral to the appropriate specialist. Do not wait until the afternoon! If you do not have a regular doctor, then one of the clinics for minor emergencies may be the answer. The important thing to remember is that for smaller emergencies there are cheaper and faster ways to be seen. Leave the bigger emergencies for the ER.

Dr. Diana Carr is a board certified hand and orthopedic surgeon practicing upper extremity orthopedics in Sebring.

Carbs: The good, the bad and the ugly

There is a great deal of confusion about carbs, and whether they are good or bad for us. Carbs, (short for carbohydrates), fats, and protein, are the three primary large groups of nutrients we need in order to maintain good health. They cannot be manufactured by the body and must come from the foods we eat.

Carbs are classified as complex and simple, according to their chemical structure and the rate in which they are digested and absorbed in the body. Complex carbs, are minimally-processed, nutrition-rich foods, often referred to as whole foods. They also contain high levels of fiber, which plays multiple important roles in overall health. Fiber acts as a laxative; helps to protect against high cholesterol and cardiovascular diseases; supports healthy gut bacteria, aids in weight control; and more. Examples of complex carbs are: vegetables, oats, brown

rice, buckwheat, fruit, nuts, seeds, beans, and lentils.

Simple carbs, (a.k.a health saboteurs), are highly processed, nutritionally-poor foods, replete with unhealthy additives, and lacking most of their fiber. With little to digest and absorb, these "architectural miracles" move rapidly through the digestive tract, wreaking havoc on our health. Let's look, for instance, at what happens in the refining process of wheat: more than 20 nutrients are removed from the flour and are replaced with only four of them. The flour is then labeled "enriched!" Examples of simple carbs are white bread, pastries, white rice and pasta, candy, sugary drinks, ice cream, and pre-cooked-frozen dinners.

Avoiding or minimizing certain simple and complex carbs can be beneficial for folks with particular health conditions, however, for the majority of people, consumption of



MISSION NUTRITION
Judy Buss

complex carbs — mainly vegetables, dried beans, lentils, and a moderate amount of whole grains, and fruit, is necessary for numerous biochemical processes, and is an important part of a health-promoting strategy.

Because of their high nutritional content and fiber, complex carbohydrates are digested much slower than their simple carbohydrate counterparts. Not only do such foods keep us satiated for a longer period of time- thereby preventing overeating — they also help maintain blood sugar at a more even keel — a critical health factor. With each plate of food we are healthier or sicker — the choice is ours! So read my lips:



METRO CREATIVE SERVICES

Try a tomato basil salad to help increase your intake of complex carbs

boot out simple carbs!
TOMATO-BASIL SALAD (2 servings)
2 medium ripe tomatoes
2 paper-thin slices red onion, finely chopped
¾ cup coarsely chopped fresh basil leaves (from about 4 sprigs)

DRESSING
2 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice or wine vinegar
1 teaspoon Dijon-style mustard
½ teaspoon honey
Salt and pepper to taste

In a cup, mix all dressing ingredients and set aside. Slice each tomato on separate salad serving plate and arrange slices in a single-layered circle. Sprinkle onion on tomatoes. Drizzle dressing evenly over all tomato slices. Top with basil.

AROMATIC STEAMED CABBAGE WITH GARLIC AND PEAS (2 servings)
½ cup frozen green peas, thawed

3 cups shredded raw cabbage, packed
2 tablespoons olive oil
1 yellow onion, chopped
3 cloves garlic, finely chopped
¾ tablespoon dried marjoram or basil
Salt and pepper to taste

Steam cabbage about 12 minutes until just turned tender. Do not overcook. Meanwhile, in large skillet heat oil over medium heat. Stir in onion, cover, reduce heat to medium-low, and cook about 12 minutes, until onion is translucent, stirring once or twice. Add garlic, marjoram (or basil), salt, and pepper. Cook (covered) 2 minutes. Mix in cabbage and (raw) peas and cook 2 more minutes to heat through.

BEANS, BROCCOLI, AND FRIENDS (2 servings)
2 tablespoons olive oil
1 yellow onion, chopped
3 cloves garlic, finely chopped
2 cups bite-size broccoli florets and stalk

slices
1 tablespoon dried tarragon
Black pepper to taste
2 tablespoons capers, drained
1 cup cooked beans (chickpeas or black-eyed peas), drained

Heat oil in large skillet over medium heat. Mix in onion, cover, reduce heat to medium-low and cook 7 minutes, stirring once. Add garlic and cook until onion is translucent, about 3 more minutes. Meanwhile, steam broccoli about 8 minutes until tender-crisp. Drain. When onion is translucent, mix in tarragon, capers, and black pepper, and cook 2 minutes. Gently mix broccoli into onion mixture, add beans and heat through 2 minutes. Serve with chicken or, with whole grain (warmed or toasted) pita for a meatless meal

Judy E. Buss is a nutritional cooking instructor, speaker, and blogger for the American Holistic Health Association.



Simple carbs can be found in processed foods like white bread and move rapidly through the digestive system



With 'The Nun,'
Warner Bros.'
box office streak
continues

See page 8.



Flight 93 chime tower an 'everlasting concert by our heroes'

A wind chime tower is in place as a memorial to the crew and passengers killed on Sept. 11, 2001

By **MARK SCOLFORO**
ASSOCIATED PRESS

SHANKSVILLE, Pa. — The heroism of airline passengers and crew who died when hijackers crashed their plane into a Pennsylvania field was remembered Sunday with the dedication of a concrete-and-steel tower that will ring with wind chimes for every one of them at the spot where they fell to Earth.

Relatives of the 40 people killed during the terrorist attacks of Sept. 11, 2001, helped ring eight of what will eventually be 40 aluminum chimes at the Flight 93 National Memorial site, and former Gov. Tom Ridge said the Tower of Voices will be "an everlasting concert by our heroes."

The dedication occurred nearly 17 years after passengers on the hijacked flight from New Jersey to California fought back against a band of terrorists who then crashed the jetliner into a rural field. Officials concluded the terrorists were aiming the Boeing 757 toward Washington, to be used as an enormous airborne weapon.

It was "the day that lives were lost so that other lives were saved. And heroes were made over the skies of Shanksville," said Ridge, who served as the first secretary of the Homeland Security Department when it was created after 9/11.

The roughly 93-foot structure represents the final phase of the Flight 93 National Memorial. Each chime generates a distinctive sound, and rows of trees that ring the site symbolize sound waves.

"Together their voices will ring out into perpetuity, with this beautiful Somerset County, Pennsylvania, wind," park Superintendent Stephen Clark said.

The national park at a the crash site, about 2 miles north of Shanksville, also includes a



AP PHOTOS

In this photo made with a fisheye lens, Tom Ridge, the First U.S. Secretary of Homeland Security, and 43rd governor of Pennsylvania, left, joins in with some of the family, friends and volunteer representatives for the first ringing of the chimes at the dedication of the 93-foot tall Tower of Voices on Sunday at the Flight 93 National Memorial in Shanksville, Pa.

memorial plaza, dedicated on the 10th anniversary in 2011, and a visitor's center that opened three years ago.

As a cold, driving rain pelted the hills, memorial architect Paul Murdoch spoke of the plan, which uses the wind to activate the chimes. The remaining chimes are expected to be installed in the coming weeks.

"These chimes respond to unanswered cries of voices not spoken again, but remembered in the vibrations of a monumental tower," Murdoch said.

They range from 5 to 10 feet long, weigh as much as 150 pounds and are tuned.

Nearly 3,000 people died in the Sept. 11 attacks, when terrorists seized control of four planes. They flew two of them into the World Trade Center skyscrapers in New York and the fourth into the Pentagon in Arlington, Virginia, just across the Potomac River from Washington, D.C.

"These guys are the real heroes," said retired truck driver Stefan Robbins, visiting the memorial from Lexington, Kentucky. "They didn't sign up — they're not a cop, they're not a firefighter."

The Flight 93 passengers learned

TOWER | 4

Pence: I'm confident no one on my staff wrote the NYT column

By **DARLENE SUPERVILLE**
ASSOCIATED PRESS

WASHINGTON — Vice President Mike Pence says he's "100 percent confident" that no one on his staff was involved with the anonymous New York Times column criticizing President Donald Trump's leadership.

"I know them. I know their character," Pence said in a taped interview aired Sunday by CBS' "Face the Nation."

Some pundits had speculated that Pence could be the "senior administration official" who wrote the opinion piece because it included language Pence has been

known to use, like the unusual word "lodestar." The op-ed writer claimed to be part of a "resistance" movement within the Trump administration that was working quietly behind the scenes to thwart the president's most dangerous impulses.

Pence added his staff to the list of more than two dozen high-ranking administration officials who have denied writing the column.

"Let me be very clear. I'm 100 percent confident that no one on the vice president's staff was involved in this anonymous editorial. I know

COLUMN | 4

New sexual misconduct allegations emerge against CBS boss

By **DAVID BAUDER**
AP MEDIA WRITER

NEW YORK — Six women are making new sexual misconduct allegations against CBS chief Leslie Moonves, whose reign as one of the most powerful executives in Hollywood appeared to be nearing an end on Sunday.

The New Yorker magazine reported the women's new accusations, which included Moonves forcing them to perform oral sex and retaliating when advances were turned away.



AP PHOTO

In this 2017 file photo, Les Moonves, chairman and CEO of CBS Corporation, poses for photos.

Moonves acknowledged relations with three of the women but said they were consensual, and that he had never used his position to hurt the

MISCONDUCT | 4

Strengthening Hurricane Florence takes aim at US Southeast

By **RUSS BYNUM**
ASSOCIATED PRESS

A rapidly strengthening Hurricane Florence churned across the Atlantic on Sunday toward a possible direct hit on the U.S. Southeast late this week, triggering warnings to people up and down the coast to get their emergency kits ready, map out escape routes and fill sandbags.

Red flags flying on beaches warned swimmers to stay out of waters already roiled by the distant storm, and cruise ships and Navy vessels were set to be steered out of harm's way. People rushed to buy bottled water, plywood and other supplies.

Florence crossed the 74 mph threshold from tropical storm to hurricane Sunday morning, and by evening its winds were up to 85 mph as the National Hurricane Center warned it was expected to become an extremely dangerous major hurricane by Monday and remain that way for days.

As of 5 p.m. EDT, Florence was centered about 720 miles southeast of Bermuda, moving west at 7 mph. Drawing energy from the warm water, it could be a fearsome Category 4 with winds of 130 mph or more by Tuesday, the Miami-based center said.

HURRICANE | 4

The tower contains 40 wind chimes representing the 40 people that perished in the crash of Flight 93 in the terrorist attacks of Sept. 11, 2001.



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PROVIDED BY TT NEWS AGENCY VIA AP
People vote in polling booths during election day in Stockholm, Sunday.

Exit poll projects mixed voter message in Sweden election

By **PIETRO DECRISTOFARO** and **JAN OLSEN**
ASSOCIATED PRESS

STOCKHOLM — An exit poll indicated that Sweden's first general election since the Scandinavian country accepted a significant number of asylum-seekers was likely to have the center-left party governing now as its winner, but an anti-immigrant party with white supremacist roots placing second in balloting Sunday.

Public broadcaster SVT said immediately after polls closed that its exit poll indicated the ruling Social Democrats would remain Sweden's largest party, but making its worst-ever showing with 26.2 percent of the vote.

The exit poll projected the far-right Sweden Democrats would get 19.2 percent of Sunday's vote after Swedes had the opportunity to make their views on immigration known at polling places.

The Swedish government in 2015 allowed 163,000 migrants into the country with a population of 10 million. The number was far lower than the asylum-seekers Germany accepted that year, but the highest per capita of any European nation.

Ahead of the election,

promising prospects for the Sweden Democrats had many Swedes worried about an erosion of the humanitarian values that have long been a foundation of their country's identity.

"This election is a referendum about our welfare," Prime Minister Stefan Lofven said. "It's also about decency, about a decent democracy ... and not letting the Sweden Democrats, an extremist party, a racist party, get any influence in the government."

About 7.5 million voters were eligible to choose the next members of the 349-seat Riksdag, or parliament. About 6,300 candidates sought the four-year terms. It was unlikely any single party would secure a majority of 175 seats.

The latest opinion poll conducted by pollster Novus for public broadcaster SVT suggested Friday that Lofven's ruling Social Democrats would lose a substantial number of seats, but emerge with about one-fourth of the vote — the most support predicted for any party. The party has dominated Swedish politics in the post-World War II era.

The Sweden Democrats — led by Jimmie Akesson — has

worked to soften its neo-Nazi image while helping to break down longstanding taboos on what Swedes could say openly about immigration and integration without being shunned as racists.

During a heated debate among party leaders Friday, Akesson caused a stir by blaming migrants for the difficulties they often have in finding employment and not adjusting to Sweden.

The broadcaster that aired the televised debate, SVT, afterward called his remarks degrading and against the democratic mandate of public broadcasting.

Akesson responded that state television shouldn't take sides, and later announced that he wouldn't take part in any of SVT's election programs Sunday.

At the party's rally on Saturday, he strongly criticized Lofven's government for "prioritizing" the cause of immigrants over the needs of citizens.

"This government we have had now, they have prioritized, during these four years, asylum-seekers," Akesson said, giving an exhaustive list of things he says the government has failed to do for Swedish society because of migrants.

Death toll nears 40 in northern Japan earthquake

TOKYO (AP) — The death toll has hit 39 from a powerful earthquake that struck the northern Japanese island of Hokkaido last week, authorities said Sunday. One person remained missing in the hard-hit town of Atsuma, where multiple landslides triggered by the quake slammed into houses at the foot of steep hills.

Rescue workers used backhoes and shovels to search for the missing in a tangle of dirt, fallen trees and the rubble of homes left by the landslides. All but four of the victims were from Atsuma, a community of 4,600 people.

Prime Minister Shinzo Abe visited hard-hit Kiyota ward on the eastern edge of Sapporo, the capital of Hokkaido. In some parts



PROVIDED BY KYODO NEWS VIA AP

Japan's Self-Defense Force members work at the site of a landslide triggered by Thursday's earthquake in Atsuma, Hokkaido, northern Japan Sunday.

of Kiyota, the earth liquefied and sank as much as a meter (3 feet), tilting houses, cracking roads and unleashing a mudflow that solidified and trapped vehicles in parking lots.

The magnitude 6.7 earthquake struck before daybreak Thursday and knocked out power and train service across

Hokkaido, home to 5.4 million people. It took two days to restore electricity to most households. A few hundred were still without power Sunday, mostly in Atsuma.

About 2,600 people were staying in temporary shelters, down from a peak of 16,600, the Hokkaido government said.

HEADLINES AROUND THE WORLD

Suspected US drone strike kills 4 al-Qaida members in Yemen

SANAA, Yemen (AP) — Yemeni tribal leaders say a suspected U.S. drone strike has killed four alleged al-Qaida militants including a field leader in the country's south.

The tribal leaders said on Sunday that the operatives were killed when an unmanned aircraft targeted a group of al-Qaida militants in the district of Ahwar, one of al-Qaida's strongholds in the southern Abyan province.

They spoke on condition of anonymity for fear of reprisals.

Al-Qaida in the Arabian Peninsula, as the Yemeni affiliate is known, has long been considered the global network's most dangerous branch and has attempted to carry out attacks inside the U.S.

Yemen was plunged into civil war more than three years ago. Al-Qaida and the Islamic State affiliate have exploited the chaos to expand their presence in the country.

Woman charged over UK knife attack

LONDON (AP) — British police have charged a 28-year-old woman with attempted murder after a daylight stabbing in a northern England town that sparked terrorism fears.

The South Yorkshire Police force said Sunday that Ayaan Ali, of London, was also charged with affray and possession of an offensive weapon in connection with the assault Saturday in Barnsley.

She was arrested after witnesses reporting seeing a woman with a foot-long knife chasing pedestrians and shouting threats about killing people. One man received minor injuries.

Counterterrorism detectives initially supported the investigation, but Chief Superintendent Scott Green said Sunday that police can "confirm definitively that this was not an act of terrorism."

He said inaccurate social-media speculation about multiple attackers "is creating a lot of fear and distress locally."

Backers of Brazil candidate in 1st rally after attack

RIO DE JANEIRO (AP) — Supporters of Jair Bolsonaro have held their first campaign rally since the right-wing Brazilian presidential candidate was stabbed and seriously wounded.

About 300 people gathered at Rio de Janeiro's Copacabana beach, summoned by tweets from the candidate's son Flavio, who told the crowd that the attack "will not go unpunished."

Limited advance notice and competition from beachside activities may have restricted the crowd, despite intense news coverage of Thursday's attack. Bolsonaro himself may not be able to campaign ahead of the Oct. 7 vote. He's leading in polls now that former President Luiz Inacio Lula da Silva has been disqualified for a corruption conviction.

A man named Adelio Bispo de Oliveira has been accused of attacking Bolsonaro and has been transferred to a federal prison. His motive isn't yet clear.

HEADLINES AROUND THE STATE

Authorities investigate 2 rapes on northeast Florida beaches

DAYTONA BEACH (AP) — Authorities are investigating two rapes that occurred on northeast Florida beaches.

The Daytona Beach News-Journal reported Volusia County Sheriff Mike Chitwood has not ruled out if the two attacks were committed by the same suspect.

The latest incident was reported early Saturday morning. The previous rape happened about six miles south just before sunrise on Aug. 31.

Authorities said that both women were struck violently and suffered severe "facial trauma."

In the most recent attack, the victim was walking down a road when she encountered her attacker. The two headed toward the beach after the woman agreed to have sex with the man in exchange for money, according to the sheriff's office.

But Chitwood said after they were away from the street lights, the suspect beat "the living crap out of her" and then raped her.

Next governor may have budget surplus to work with

TALLAHASSEE (AP) — Florida's next governor

may inherit a small budget surplus during his first year in office.

A new budget forecast released Friday by state economists shows the state is expected to bring in enough money in 2019 to meet its needs for public schools and health care programs while leaving \$1 billion available for reserves.

The three-year forecast will be presented to legislators this coming week. Economists are projecting a relatively small surplus of about \$223 million.

Incoming Senate President Bill Galvano noted the new forecast shows shortfalls in 2020 and 2021. He said that because of that he would ask legislators "to proceed cautiously" on new spending requests.

Tallahassee Mayor Andrew Gillum and U.S. Rep. Ron DeSantis are running to replace Gov. Rick Scott. Gillum has vowed to boost spending on schools if elected.

Christmas mystery solved after inmate confesses

OCALA (AP) — Florida authorities have solved a 25-year-old missing person case after a convicted inmate admitted to murdering the North Florida woman.

Sherry Yon Petersen was reported missing by her daughter after she failed to show up for dinner on Christmas

Day and could not be reached. Petersen, who was 42 years old in 1992, has never been found.

A call this summer from Petersen's sister prompted the Marion County Sheriff's Office to interview Frank Crow. Crow is currently serving a 30-year-old sentence for the murder of his roommate. In a Facebook post, the sheriff's office said he made incriminating statements during the interview but refused to divulge any further details unless he was granted immunity from prosecution.

After discussing the case with prosecutors and Petersen's family, Crow was granted immunity and he confessed to the murder.

Federal appeals court says cross must come down

PENSACOLA (AP) — A federal appeals court says that a Florida city must take down a cross that has been in a city park for nearly 50 years.

The Pensacola News-Journal reports that the U.S. 11th Circuit Court of Appeals ruled Friday to uphold a lower court ruling that the cross was unconstitutional and needs to be removed.

The judges said in the ruling that they were "constrained" by existing precedent.

The American Humanist Association and the Freedom From

Religion Foundation filed a lawsuit against the city of Pensacola in 2016 on behalf of four Pensacola residents who wanted the cross to be removed.

City officials say they plan to appeal the ruling. Pensacola Mayor Ashton Hayward said the cross is an important part of the city's history and culture.

British sailors visit Florida bars during stopover

JACKSONVILLE BEACH (AP) — British sailors flocked into northeast Florida beachside bars and restaurants after a British aircraft carrier docked at a United States naval station.

The Florida Times-Union reports that the HMS Queen Elizabeth arrived at Naval Station Mayport on Wednesday.

The newspaper reported some bars and restaurants were unprepared for the hundreds of sailors who spread out to several beach cities.

Keith Doherty, a general manager at Lynch's Irish Pub in Jacksonville Beach joked to the newspaper that "we need a modern day Paul Revere to let us know that the British are coming."

The Jacksonville Beach Police Department said six British sailors were taken into custody on mostly drunk and disorderly charges, and three of them were also charged with resisting

arrest. Sgt. Larry Smith said the problem was that sailors were getting in fights with each other.

Red tide outbreak reaches Tampa Bay area

ST. PETERSBURG (AP) — It appears that a noxious red tide algal bloom has reached one of Florida's main metropolitan areas.

The Tampa Bay Times reported Sunday that hundreds of thousands of dead fish have been found on and near roughly 20 miles of beaches located in Pinellas County on the Gulf Coast. Pinellas County is in the Tampa Bay area.

County and city crews cleaned up fish that washed up on the shore. A Pinellas County environmental official told the newspaper that she expects the clean-up to run through the weekend and into next week.

Red tide is a natural occurrence that happens due to the presence of nutrients in salt water and an organism called a dinoflagellate. This bloom started in November and has been lingering in southwest Florida for weeks.

Prosecutor sets up unit for wrongful convictions

ORLANDO (AP) — A Florida prosecutor who got into a legal fight with the governor for her

refusal to seek the death penalty is setting up a unit to look at possible wrongful convictions.

State Attorney Aramis Ayala said this week that the unit will review claims of innocence by individuals convicted of crimes in her circuit which makes up most of metro Orlando.

Ayala says she hopes there have been no wrongful convictions but past exonerations around the nation show wrongful convictions happen.

Ayala's declaration last year that she would no longer seek the death penalty triggered a fight with Gov. Rick Scott, who took away cases from her office.

Earlier this year, she said her office will no longer request monetary bail bonds for defendants accused of low-level crimes.

Pedestrian struck and killed by train in Florida

LONGWOOD (AP) — Authorities say that an Amtrak train in Florida has struck and killed a pedestrian.

The Florida Highway Patrol said the incident occurred on Sunday morning in Seminole County. Seminole County is located in central Florida.

In a release authorities said that none of the approximately 100 passengers on the train were hurt.

Lawyer: Dallas cop who killed man at home should be charged

By RYAN TARINELLI
ASSOCIATED PRESS

DALLAS — The lawyer for the family of a man who was gunned down at his home by a Dallas police officer is calling for her to be arrested and charged, saying the fact that she remains free days after the shooting shows she's receiving favorable treatment.

S. Lee Merritt, who is representing the family of 26-year-old Botham Jean, said Saturday that the family isn't calling on the authorities to jump to conclusions or to deny Officer Amber Guyger her right to due process. But Merritt, flanked by members of the family and Mothers Against Police Brutality, said they want Guyger "to be treated like every other citizen, and where there is evidence that they've committed a crime, that there's a warrant to be issued and an arrest to be made."

Guyger, a four-year veteran of the police force, hadn't been charged as of Sunday morning, according to city of Dallas and Dallas County online records.

Police Chief U. Renee Hall said the day after the shooting that her department was seeking manslaughter charges against Guyger. But she said Saturday that the Texas Rangers, who have taken over the investigation, asked her department to hold off because they had learned new information and wanted to investigate further before a warrant was issued.

Police on referred questions to the Rangers.

A spokesman for the agency, Lonny Haschel, said in an email that no additional information was available.

According to police, Guyger shot and killed Jean after returning in-uniform to the South Side Flats, where they both had apartments, following her shift. She reported the shooting to dispatchers and she told officers who responded that she had mistaken Jean's apartment for her own.

Many questions remain about what led Guyger to shoot Jean. Hall said the officer's blood was drawn at the scene so that it could be tested for alcohol and drugs. Investigators haven't released the results of those tests.

Jean's mother, Allison Jean, wondered whether race could have been a factor. Her son, who grew up in the Caribbean island nation of St. Lucia before attending college in Arkansas, is black. Guyger is white.

Jean wasn't the first person shot by Guyger. She shot another man, Uvaldo Perez, on May 12, 2017, while she was on duty.

According to an affidavit in the case filed against Perez, police were looking for a suspect when Guyger and another officer were called to assist a third. Perez got out of a car and became combative with Guyger and another officer. A struggle began and Guyger fired her Taser at Perez, who then wrested it away from her. She then drew her gun and fired, wounding Perez in the abdomen.



This Sept. 21, 2017, photo provided by Harding University in Search, Ark., shows Botham Jean leading worship at a university presidential reception in Dallas.

Guyger was not charged in the 2017 shooting.

Sgt. Mike Mata, who heads Dallas' largest police union, the Dallas Police Association, called Saturday for an "open, transparent and full investigation of the event, the Dallas Morning News reported. He described Jean as an "amazing individual" and said that "if the grand jury deems necessary, this officer should have to answer for her actions in a court of law in Dallas County."

Friends and family gathered Saturday at the Dallas West Church of Christ to remember Jean, who had been working for accounting firm PwC since graduating in 2016 from Harding University in Arkansas, where he often led campus religious services as a student. They described Jean as a devout Christian and a talented singer.

"Botham did everything with passion," Allison Jean told the prayer service. "God gave me an angel."

HEADLINES AROUND THE NATION

Police: Pair guns down 3 men inside White Castle

DETROIT (AP) — Authorities say three young men were shot to death in a White Castle on Detroit's west side. Officer Vanessa Burt says two men entered the restaurant at around 12:25 a.m. Sunday and shot the three victims, who were ages 25, 24 and 20. Investigators have no information on the assailants.

The restaurant's windows had bullet holes and handguns were recovered at the scene.

It wasn't immediately known if the victims were customers or workers at the restaurant.

The restaurant is normally open 24 hours but was closed later Sunday. Signs said it would reopen Monday morning.

RNC chairwoman: '50-50' chance GOP can keep control of House

WASHINGTON (AP) — The Republican National Committee chairwoman is rating her party's chances of retaining control of the House at "50-50."

Ronna McDaniel is cautioning that Democrats will seek to make the November elections about President Donald Trump and "personality" — but it's the results that matter.

She acknowledges an uphill House fight because of a wave of GOP retirements and numerous "seats in the margin." Democrats need a net

gain of 23 seats to flip control.

McDaniel says the RNC has raised \$250 million and trained more field organizers than before, so turnout efforts are the "best it's ever been."

She tells CBS's "Face the Nation" that the party holding the White House traditionally loses seats in a president's first midterm election and Republicans could "defy history" by picking up Senate seats.



AP FILE PHOTO

In this May 24 file photo, Chair of the Republican National Committee Ronna McDaniel appears on the "Fox & friends" television program.

Pipeline dumps 8,000 gallons of jet fuel into Indiana river

DECATUR, Ind. (AP) — A Texas company says one of its pipelines has spilled more than 8,000 gallons of jet fuel into a river in the northeastern Indiana city of Decatur.

Houston-based Buckeye Pipe Line says it immediately shut down the line Friday evening when it detected a pressure problem.

The fuel spilled into the St. Marys River in Decatur, a community of about 9,500 people roughly 100 miles north-east of Indianapolis.

Local officials say booms were placed in the river to contain the fuel, which was being

vacuumed off the water's surface.

Decatur Mayor Kenneth L. Meyer says the cleanup could take weeks.

The U.S. Environmental Protection Agency says it is monitoring air in neighborhoods and businesses near the river. The EPA said it is also monitoring water quality at several locations downstream.

Police: Officers fatally shot man who was firing into crowd

GREENVILLE, N.C. (AP) — Police in Greenville say officers fatally shot a man who was firing a gun into a crowd of people.

The Greenville Police Department said in a news release that officers responded to an alleyway around 1:30 a.m. Sunday for a report of a fight in progress involving shots fired.

The news release says the Greenville officers and officers from East Carolina University who were already in the area saw a man actively shooting into a crowd.

Police say three Greenville officers returned fire, striking the suspect, who was pronounced dead at the scene.

The news release says two individuals are receiving treatment at a hospital for injuries not considered life-threatening.

The three officers involved will be put on standard administrative leave pending an investigation.

No one involved was immediately identified.

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"I have a very poor diet and am overweight. I sought help at Korman Relief and Wellness for back and leg problems due to being overweight. I have suffered with this for 10 years. The nutrition program offered by Dr. Korman's office has helped my back and leg problems and I have lost 16 lbs in 3 weeks and 4 inches off my waist. I feel a lot better!" ~ Paul

"I have lost 16 pounds in my first month! I'm amazed at how different I look! And, it really hasn't been that hard! I'm shocked at my self control, too. Usually, I don't have any when it comes to food." ~ Karlyn

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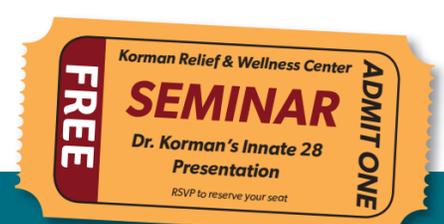


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Historic Navy warship to mark 9/11 attacks

BOSTON (AP) — Old Ironsides will commemorate the Sept. 11, 2001 terrorist attacks with canon fire and solemn music. Navy crews with the USS Constitution on Tuesday will fire one-gun salutes to mark when airplanes crashed into the World Trade Center in New York City, the Pentagon near Washington, D.C. and a field in Somerset County, Pennsylvania. Taps will also be played

at the times when the two World Trade Center towers and part of the Pentagon collapsed as well as when United Flight 93 crashed in Pennsylvania. The attacks killed nearly 3,000 lives and injured more than 6,000 others. The world's oldest commissioned warship still afloat was launched in 1797 and earned its nickname "Old Ironsides" during the War of 1812.

TOWER

FROM PAGE 1

in mid-flight they had been hijacked and responded heroically, declaring "let's roll" as they confronted their adversaries inside the plane. Thirteen passengers on the plane made a combined 37 phone calls during the attack, getting information about the other three hijackings and crashes. "When they learned that, it galvanized them as a group," Clark said. "They said, 'We're not going back to any airport. This is a suicide mission.'"

As some passengers apparently tried to storm the cabin, the hijacker at the controls then rolled the plane, trying to throw them off balance, before the aircraft became inverted and crashed at 563 mph on the edge of a reclaimed strip mine at 10:30 a.m.

The impact ignited about 100 hemlock trees. Hemlocks are used as symbols throughout the

memorial's design, including the tower.

A 17-ton sandstone marks the impact site, located within a 44-acre fenced-off area of the field where crash debris landed, referred to as the "sacred ground." Access to that part of the park is limited to family members of the passengers and crew. Four 40-foot containers of remaining debris from the crashed airplane were buried there during a private ceremony on June 21.

The memorial was funded with \$46 million from 110,000 private donors, including \$6 million to design and build the Tower of Voices. Volunteers are well on their way to the goal of planting 150,000 seedlings around the 2,200 acre park. It attracted about 400,000 visitors last year.

The dedication comes two days before the anniversary of the Sept. 11 attacks. President Donald Trump is expected to attend that memorial ceremony Tuesday in Shanksville.

Man believes he was asked to leave Trump rally because he wasn't enthusiastic or cheering

By JESSICA SCHLADEBECK
NEW YORK DAILY NEWS
(TNS)

President Donald Trump was losing face while the person behind him was making them.

While Trump railed against "deep state operatives" and praised Brett Kavanaugh's confirmation hearing at a rally Thursday night in Montana, the focus began to shift to 17-year-old Tyler Linfesty. The West Billings high school senior, seated directly behind the president, reacted to Trump's remarks with a range of animated expressions.

In some instances he appeared to chuckle to himself, other times he appeared shocked. The internet was quick to fall in love, dubbing him "Plaid Shirt Guy," but event organizers were seemingly less than pleased.

After about 15 minutes, he was approached by a young woman, who informed him she was there to take his place, he told CNN. Another two people followed, and they replaced the friends who accompanied Tyler to the rally.

He believes he was asked to leave because he did not appear happy enough during Trump's speech.



AP PHOTO

President Donald Trump speaks at a rally at the Rimrock Auto Arena in Billings, Mont., Thursday. The man directly behind Trump, in a plaid shirt, was escorted out of the rally.

"Before the rally, they told us you have to be enthusiastic, you have to be clapping, you have to be cheering for Donald Trump and I wasn't doing that because I wasn't enthusiastic and I wasn't happy with what he was saying," Tyler said, adding event organizers even tried to get his group to wear the classic, red MAGA baseball caps.

"I was not wearing one, as you saw."

He told KTVQ that Trump was "not necessarily" a bad speaker, citing his ability to fire up crowds, but "the important part is to listen to the content of the speech, like the actual

policies he's suggesting or in favor of."

The teen, nearly voting age, said he disagreed with most of those policies.

"Those faces were completely genuine. I was not trying to make those faces. Those faces just came out when I heard what he was saying," Tyler added. "Some stuff I agreed with, some stuff I disagreed with. When I disagreed, it was pretty apparent, I'd say."

Tyler said in the end, Secret Service officers escorted him to a back room, looked at his ID and "very respectfully asked that I leave and not come back."

COLUMN

FROM PAGE 1

my people," Pence said on "Face the Nation." "They get up every day and are dedicated, just as much as I am, to advancing the president's agenda and supporting everything ... President Trump is doing for the people of this country."

Asked whether he had asked his staff about the op-ed, Pence said, "I don't have to ask them because I know them. I know their character. I know their dedication and I am absolutely confident that no one on the vice president's staff had anything to do with this."

He restated that he

thinks the essay writer should do the "honorable thing and resign."

Publication of the op-ed followed the release of stunning details from an upcoming book by Watergate reporter Bob Woodward in which current and former aides referred to Trump as an "idiot" and "liar" and depicted him as prone to rash policy decisions that some aides either work to stall or derail entirely.

Both releases are said to have infuriated Trump, who unleashed a string of attacks on Woodward's credibility and dismissed the celebrated author's book as a "work of fiction." Some of the officials featured in the book's anecdotes about

the president, including Defense Secretary Jim Mattis and White House chief of staff John Kelly, issued statements denying the comments attributed to them by Woodward.

Woodward has said he stands by his reporting. The book, "Fear: Trump in the White House," is scheduled to be formally released Tuesday.

Trump, meanwhile, has denounced the Times opinion piece as "gutless" and its publication as a "disgrace" bordering on treason.

Republican Sen. Rand Paul of Kentucky, a Trump ally, has said the president would be justified in using lie detectors to ferret out the anonymous writer. The president has yet to say whether he'd go that

far, but Pence says he'd be willing to submit to such an examination.

"I would agree to take it in a heartbeat and would submit to any review the administration wanted to do," he said in a taped "Fox News Sunday" interview.

Both Pence and Kellyanne Conway, a counselor to Trump, pushed back during separate television appearances Sunday on the portrayals of Trump as anything but a thoughtful leader. Both also said they had no idea who wrote the piece; Trump has said he can name up to five people who could have written it.

"What I see is a tough leader, a demanding leader, someone who gets all the options on the

table," Pence said on Fox News. "But he makes the decisions, and that's why we've made the progress we've made."

Trump has said the Justice Department should investigate and unmask the anonymous author. He cited national security concerns as grounds for what would amount to an extraordinary criminal probe should Attorney General Jeff Sessions decide to pursue one.

Neither Pence nor Conway answered directly when asked if Sessions should treat Trump's comments as an order. The Justice Department is supposed to make investigative decisions free of political pressure from the White House and the president.

MISCONDUCT

FROM PAGE 1

careers of women.

Six other women accused Moonves of misconduct in another New Yorker article published last month. Even before the new allegations came to light on Sunday, CBS' board was reportedly discussing terms of Moonves' exit. A spokesman for the board did not immediately return requests for comment.

Moonves joined CBS as head of entertainment in 1995, and has been CEO of CBS Corp. since 2006, leading the CBS network, Showtime and other entities. CBS has spent much of his tenure as the nation's most popular broadcast network, with hits like "The Big Bang Theory" and "NCIS," and its success has made Moonves one of the highest-paid and most powerful executives in the business.

He remained on the job despite

the earlier allegations, and there were earlier reports that he was negotiating a buyout from his contract.

One of the women, Phyllis Golden-Gottlieb, reported her accusations to Los Angeles police last year, but they weren't pursued because of the statute of limitations. She said that Moonves, while an executive at the Lorimar production studio in the late 1980s, pushed her head into his lap and forced her to perform oral sex.

At another time, she said an angry Moonves pushed her hard against a wall. When she resisted later advances, she began to be frozen out at the company, she said.

"He absolutely ruined my career," she told the magazine.

Another woman, Jessica Pallington, said Moonves had forced her to perform oral sex on her first day working as his assistant at Warner Bros. productions. Other women told the magazine

of unwanted touching or advances by Moonves.

In a statement to the magazine, Moonves said the "appalling accusations" are untrue, but he acknowledged consensual relations with three of the women before he started working at CBS.

"I have never used my position to hinder the advancement or careers of women," he said. "In my 40 years of work, I have never before heard of such disturbing accusations. I can only surmise they are surfacing now for the first time, decades later, as part of a concerted effort by others to destroy my name, my reputation and my career. Anyone who knows me knows that the person described in this article is not me."

CBS, in a statement Sunday, said it takes the allegations "very seriously" and is conducting an investigation. The network is also investigating Jeff Fager, former CBS News chairman and executive producer of "60 Minutes,"

on charges that he condoned a hostile atmosphere to women.

The organization Time's Up, which fights accusations of sexual misconduct, said the women had made "bone-chilling" accusations against Moonves. "We believe them," Times' Up said in a statement on Sunday.

Time's Up said the CBS board has a responsibility to rid the company of a toxic culture toward women.

"Remember that the world is watching," the statement said. "We will accept nothing less than full transparency of the investigation's findings, a commitment to real change across all levels of CBS management and no reward for Les Moonves."

A likely successor to Moonves, at least on an interim basis, is Chief Operating Officer Joseph Ianniello, analysts said. Ianniello, who has held his current position since 2013, has steered top projects such as the CBS All Access and Showtime streaming services.

HURRICANE

FROM PAGE 1

Forecasters said it is too early to know the exact path the storm will take but warned that it could roll ashore in the Carolinas by Thursday.

Forecasters urged residents from South Carolina to the mid-Atlantic to get ready — and not just for a possible direct blow against the coast. They warned that Florence could slow or stall after coming ashore, with some

forecasting models showing it could unload a foot or two of rain in places, causing devastating inland flooding. Forecasters also warned that the threat of a life-threatening storm surge was rising.

In Charleston, South Carolina, along the coast, city officials offered sandbags to residents. Myrtle Beach Mayor Brenda Bethune urged people to secure their homes but said it's too early to know if evacuations will be ordered.

Across the Southeast,

people were urged to put together emergency supply kits, prepare their homes and research evacuation routes. The governors of North and South Carolina and Virginia declared states of emergency far ahead of the storm to get ready.

Florence's effects were already being felt along the coast, with dangerous swells and rip currents in some spots. On North Carolina's Outer Banks, the town of Nags Head posted no-swimming flags on beaches.

In Jacksonville, North

Carolina, about 20 miles from the coast, some residents picked up hurricane supplies during their normal weekend shopping, The Daily News reported.

In southeast Virginia, Naval Station Norfolk told its employees they should not leave their vehicles parked at the sprawling base in coming days because of the flood threat. The station, the largest naval complex in the world, said in a Facebook post that much of the base is prone to heavy flooding, especially the parking lots

adjacent to the waterfront.

The Navy planned to send ships from the Hampton Roads area of Virginia out to sea. Florida-based Carnival Cruise Line re-routed its cruise ships.

As Hurricane Florence approaches the East Coast, the University of North Carolina at Wilmington encouraged its students to leave campus for a safer location. The university said Sunday that it has issued a voluntary evacuation for students starting at midday Monday, noting classes would be canceled.

ALMANAC

Today is **Monday, Sept. 10**, the 253rd day of 2018. There are 112 days left in the year.

Today in history

On **Sept. 10, 1963**, 20 black students entered Alabama public schools following a standoff between federal authorities and Gov. George C. Wallace.

On this date

In **1813**, an American naval force commanded by Oliver H. Perry defeated the British in the Battle of Lake Erie during the War of 1812. (Afterward, Perry sent the message, "We have met the enemy and they are ours.")

In **1846**, Elias Howe received a patent for his sewing machine.

In **1919**, New York City welcomed home Gen. John J. Pershing and 25,000 soldiers who'd served in the U.S. First Division during World War I.

In **1939**, Canada declared war on Germany.

In **1960**, Hurricane Donna, a dangerous Category 4 storm eventually blamed for 364 deaths, struck the Florida Keys.

In **1962**, the U.S. Supreme Court ordered the University of Mississippi to admit James Meredith, a black student.

In **1979**, four Puerto Rican nationalists imprisoned for a 1954 attack on the U.S. House of Representatives and a 1950 attempt on the life of President Harry S. Truman were freed from prison after being granted clemency by President Jimmy Carter.

In **1991**, the Senate Judiciary Committee opened hearings on the nomination of Clarence Thomas to the U.S. Supreme Court.

In **1993**, "The X-Files" premiered on Fox Television.

Ten years ago: The world's largest particle collider passed its first major tests by firing two beams of protons in opposite directions around a 17-mile (27-kilometer) ring under the Franco-Swiss border.

Five years ago: President Barack Obama, in a nationally broadcast address, said diplomacy held "the potential to remove the threat of chemical weapons" in Syria without the use of force, but declared the U.S. military would be "ready to respond" against President Bashar Assad if other measures failed.

One year ago: After cutting a trail of destruction across the Caribbean, Hurricane Irma blew ashore on the Florida Keys as a Category 4 storm with winds of 130 mph; it would destroy 1,200 homes and damage 3,000 others in the Keys. As Irma headed toward Georgia, Atlanta was under a tropical storm warning for the first time..

Today's birthdays

Actor Philip Baker Hall is 87. Actor Greg Mullavey is 85. Jazz vibraphonist Roy Ayers is 78. Actor Tom Ligon is 78. Singer Jose Feliciano is 73. Actress Judy Geeson is 70. Former Canadian first lady Margaret Trudeau is 70. Political commentator Bill O'Reilly is 69. Rock musician Joe Perry (Aerosmith) is 68. Actress Amy Irving is 65. Actress Kate Burton is 61. Movie director Chris Columbus is 60. Actor Colin Firth is 58. Actor Sean O'Bryan is 55. Actor Raymond Cruz is 54. Rock musician Robin Goodridge (Bush) is 53. Rock musician Stevie D. (Buckcherry) is 52. Rock singer-musician Miles Zuniga (Fastball) is 52. Actress Nina Repeta is 51. Rapper Big Daddy Kane is 50. Movie director Guy Ritchie is 50. Actor Johnathan Schaech (shehk) is 49. Contemporary Christian singer Sara Groves is 46. Actor Ryan Phillippe is 44. Actor Kyle Bornheimer is 43. Actor Jacob Young is 39. Rock musician Mikey Way (My Chemical Romance) is 38. Ballerina Misty Copeland is 36. Rock musician Matthew Followill (Kings of Leon) is 34. Singer Ashley Monroe (Pistol Annies) is 32.

Bible verse

"For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek."

— **Romans 1:16.**

The gospel means "good news." Those who have yet to hear it must find it strange that we have been so reluctant to share it.

Twisted spinal intestine considered a surgical emergency

DEAR DR. ROACH: I am a 75-year-old male with a family history of colon cancer. I have a colonoscopy every five years. The results usually show some polyps, which are removed and biopsied. After my most recent procedure, the doctor said I have a twisted, spiral intestine and that he had never encountered that before. I am taking a stool softener (Colace) three times a day.

Should I be concerned about the findings, and, if yes, what do you recommend?

I've heard numerous stories that if a blockage occurs in the intestine it can become life-threatening. — R.J.

ANSWER: I suspect this is one of those times when a physician didn't communicate as effectively as could be hoped. Twisting of the intestine around its own axis (imagine holding one end of a sock in each hand and flipping it so a twist appears) is called a "volvulus," and it is a surgical emergency. That can't be what your doctor meant to say.



Dr. Roach

The colon makes two sharp turns, one at the level of the spleen and the other at the liver. These turns — called "flexures," anatomically — can make it hard to get the colonoscope through to the end of the colon. I suspect that your colon may have made sharper turns than most.

Symptoms of a blocked intestine are progressive pain, nausea, constipation and abdominal distention.

DEAR DR. ROACH: Two years ago, I had open-heart surgery to replace my aortic valve. Prior to

surgery, I weighed 145 pounds and my weight had been stable. For a year and a half, I had no problems, but in a matter of a few months, I gained 15 pounds.

I have tried a low-carb diet and stopped my nightly habit of drinking 4-5 ounces of scotch, but three weeks later I have not lost any weight.

Could it be due to medications? I take metoprolol, HCTZ and amlodipine, and since surgery I have had a double dose of HCTZ. — D.O.C.

ANSWER: It is wise to think about medications as a cause of weight gain. They are frequently a contributor that is unrecognized by both patient and physician. Metoprolol is a well-known cause of gain weight — an average of 2.5 pounds, but some people will gain much more than that. Amlodipine causes many people to retain fluid, and that also can make the scale another pound or two heavier. However, since it sounds like you were on these medications well before the weight gain

started, it seems unlikely that this is a medication effect.

Sudden weight gain without changes in diet or exercise should bring up the possibility of a medical change. Thyroid levels are frequently brought up and checked, but seldom are the cause, even if they are always worth considering.

Three weeks is a short period of time to see changes from a new diet. A low-carbohydrate diet is not a guaranteed success (but cutting down on the Scotch whisky is definitely going to improve your overall health, especially in combination with the medical conditions you have).

A more comprehensive look at your physical and emotional condition is a good start, including a careful look at which medications you really need and whether there might be alternatives that are more weight-friendly. A visit with a dietitian nutritionist may get you more information about a healthy diet. Finally, increasing your exercise, although not enough by itself, will help any weight-loss program.

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES

- 1 spread of olives and capers (8)
- 2 like a high-voltage area (9)
- 3 parachute's main part (6)
- 4 rip into ribbons (6)
- 5 in a very general way (11)
- 6 flaws (6)
- 7 hula, barrel and basketball (5)

SOLUTIONS

PE	TA	DE	CAN	GER
DAN	OPY	CAL	FAU	GE
HOO	LTS	NA	TAT	NE
PS	RI	LY	TER	OUS

Saturday's Answers: 1. CORRECTS 2. FRANCHISE 3. BARONES 4. REISSUE 5. PASTED 6. JERBOAS 7. ADAMANT 9/10

Daughter tired of mother's casual proselytizing friend

DEAR ABBY: There's this woman I've known since I was a child. She's a Jehovah's Witness I'll call Beatrice. She comes by my house every so often to share pamphlets and talk about her religion. She is a casual friend of my mother's (who I live with), so I feel I have to let her inside when she's at the door.



Dear Abby

More often than not, Mom's not even home when Beatrice comes over with her pamphlets because they work similar hours. And each time, I find myself trapped into listening to her jabber away while I politely smile and nod.

Is there a polite way to tell Beatrice that, with all due respect, I don't want to hear about her pamphlets, and she should come by to discuss them only when my mom's home? — Not Interested In New England

DEAR NOT INTERESTED: All you need to say to her is, "My mother isn't home, and I'm not interested in taking your pamphlets or hearing you preach. Because you're a friend of Mom's, come back when Mom is home, and be sure to call first."

DEAR ABBY: I am really upset about something

my best friend did involving a cruise that's planned for next February. Because of financial setbacks, we can no longer afford the trip. She went ahead and paid for our cruise. I was so upset I called the travel agent and tried to cancel the trip but was informed it was nonrefundable. So now we are locked into a cruise that's still going to cost us \$1,500 or more in other expenses while we are on the cruise.

I like to pay my own way and have never asked anyone for help. She said it was "a gift, not a loan" and I was being ungrateful, so I accepted the "gift." Now I'm going to have this hanging over my head.

Am I ungrateful? — Expensive "Gift" In The West

DEAR EXPENSIVE "GIFT": Forgive her for her mistake, take the trip and do your best to enjoy it so you don't ruin the trip.

A 'responsible' RSVP return

Dear Readers: Today's SOUND OFF is about returning RSVP cards:

"Dear Heloise: Recently we had a retirement party for my father and sent out invitations with RSVP cards, so that the hotel would know how many tables to set up and how much food to prepare. When an RSVP is sent out, you're supposed to send it back with 'Yes, I'll attend' or 'No, I can't attend.' Eighteen people showed up who had not returned a card! The caterers quickly set up tables in the back of the room, and those guests were served last, which meant their food was almost cold.



Hints from Heloise

"Please tell your readers that when they receive an RSVP, they should return it as soon as possible, because it's rude to just show up."

— Emma in Sarasota, Fla. Emma, I have to agree with you.

It's only good manners to return an RSVP card. — Heloise

WHATZIT?

Find the familiar phrase, saying or name in this arrangement of letters.

CONSTABLE

SOLUTION:

Con artist

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

ZIREP

○	○	○	○
---	---	---	---

TROIB

○	○	○	○
---	---	---	---

DRTONE

○	○	○	○	○	○
---	---	---	---	---	---

UUFNSG

○	○	○	○	○	○
---	---	---	---	---	---

Answer here:

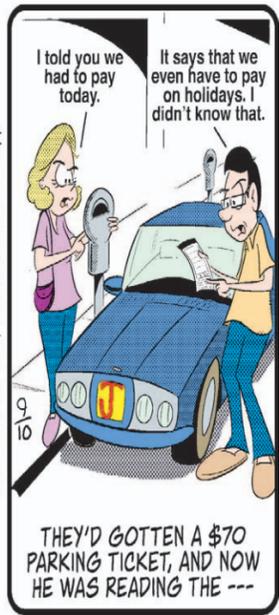
○	○	○	○	○	○
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Answers tomorrow

Saturday's Jumbles: LUNGE TIGER PONCHO CHANGE
Answer: Because of a drought, the pumpkin farmers were going through a — ROUGH PATCH

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



THEY'D GOTTEN A \$70 PARKING TICKET, AND NOW HE WAS READING THE ---

Now arrange the circled letters to form the surprise answer, as suggested by the above car-

KENKEN

THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

EASY

1-	2	3+	3-
	12X		
1		1-	1-
2÷			

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CHALLENGING

600X	5-		2-		3
		1-	5	2÷	
10+			1-		7+
	2	11+	3÷	24X	
	3÷				1-
		2	11+		

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RULES

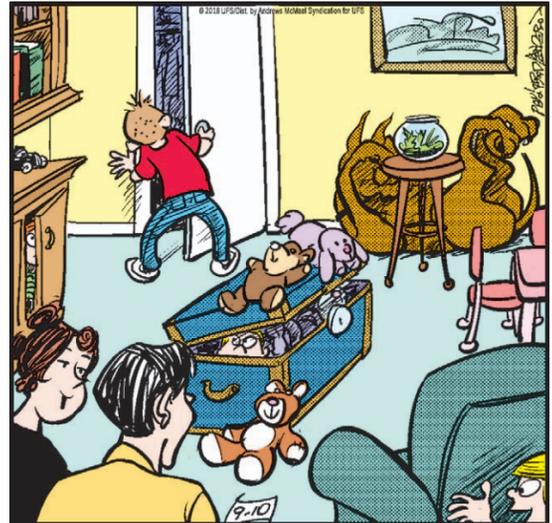
- Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.
- The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- Freebies: Fill in single-box cages with the number in the top-left corner.

PREVIOUS ANSWERS

16X	4	2	1	1-	3
	4+	24X			
1	1	3	4	2	
7+	3	4	2	1	

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MARMADUKE By Brad Anderson



"He's the best seeker, but he's the world's worst hider."

Cryptoquip

9-10

XRWBEYLDDBR XBVBH KJBXJ BF
EGWW YE NIYNWI KJY NWRH R
XILVRBD AYGJV BDFVLGAIDV:
FRDVR JRLAYDBXR.
Saturday's Cryptoquip: PAST EVENTS THAT WOULD BE PAINFUL FOR STOCKHOLM NATIVES TO RECALL: BITTER SWEDE MEMORIES.
Today's Cryptoquip Clue: X equals C

WORD SLEUTH • SCOTTISH ISLANDS

V I E A Y X T Q N J G C Z W T
Q N J G D A A X U R Y O L J E
D G D A X V S O S P A A N K L
I N F C A X P R A C S V L S T
Q Y A O L J H K I E L C A S T
X V E L T R P N N A I L J K I
H F D L T B Y E A G G I B C L
X V T R L E T Y R R E K S U A
P O M K I U H K G E R D B M P
Z X W U B T M S A T L A B R A
Q O N L J I G F D C A Y X W P

Saturday's unlisted clue: INCOME
Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
Monday's unlisted clue hint: — PONY

Arran	Bute	Muck	Scarp
Auskerry	Egilsay	Mull	Skye
Balta	Gairsay	Orkney	Yell
Bigga	Islay	Papa Little	

HOROSCOPE

ARIES (March 21-April 19). Framing the truth is a social skill. As it is with all framing, there are decisions to be made about the positioning. Cropping is an option, and it's one you should strongly consider today.

TAURUS (April 20-May 20). We are all stuck inside ourselves, though some seem more stuck than others. Empathy isn't just a virtue for better souls; it's also a ticket to living more lives than just the one that we live from behind our own eyeballs.

GEMINI (May 21-June 21). There are sunk costs to consider — money, time and energy you'll never get back. Recall them and say one last goodbye. Those sunk costs are a thing of the past and have no bearing on your next step into the future.

CANCER (June 22-July 22). Though basic daily occurrences seem to have special meaning when you're with someone you love, this does not happen because you're with someone you love. Appreciate your own part in the experience.

LEO (July 23-Aug. 22). Trust is a commodity. People who are entrusted are able to do and experience things that distrusted

people cannot. Trust that is freely given won't buy much, though earned trust can open entire worlds.

VIRGO (Aug. 23-Sept. 22). You'll become sensitive to another person's tendencies and rhythms and be able to predict this person's next move — a form of love, really, as it requires a certain quality of attention to figure out.

LIBRA (Sept. 23-Oct. 23). As your guiding planet, Venus, communicates freely today, so will you. This communication isn't restricted to loved ones or even humans. You'll be in kinship with animals, rocks, even the sky.

SCORPIO (Oct. 24-Nov. 21). Sociology teaches us that lying is innate. Animals evolve to deceive predators. Sign language-trained gorillas tell fibs, as do toddlers. Today you'll hear lies of little consequence, the sort you'd be gracious to ignore.

SAGITTARIUS (Nov. 22-Dec. 21). It is said that each person is a world. Though you do enjoy tourism, you'll spend the most time with those whose worlds you understand and relate to. Bonds will definitely be built in realities that are shared, not imposed.

CAPRICORN (Dec. 22-Jan. 19). Protect your solitude. If you're with even one other person, you won't be completely yourself. Alone, you'll have a sense of spiritual stillness that allows you to get a better feel for what is really worth doing at this time.

AQUARIUS (Jan. 20-Feb. 18). It's challenging to save money when there are so many things you need and want. Your increased interests and appetites make this a good time to explore a side business.

PISCES (Feb. 19-March 20). Helping others have their fun will be much easier to do when you've helped yourself first. It's wrong, selfish even, to ignore your own need for pleasure and excitement.

TODAY'S BIRTHDAY (Sept. 10). It's a year of discovery in which a new gem will be revealed monthly. Spiritual truths, treasures of the heart and actual material finds will be among the spoils. Apply what you learn in inventive ways. Life-style change brings enhanced health and attractiveness. This may be inspired by an exciting new relationship. Scorpio and Gemini adore you. Your lucky numbers are: 8, 4, 44, 23 and 18.

Monday, September 10, 2018

GOREN BRIDGE

WITH BOB JONES
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WEEKLY BRIDGE QUIZ ANSWERS

Q 1 - Neither vulnerable, as South, you hold:
 ♠ Q 10 8 4 2 ♥ A 6 3 ♦ A K 2 ♣ 4 3

NORTH EAST SOUTH WEST
 Pass Pass 1♠ Pass
 INT Pass ?
 What call would you make?

A - Pass, even if you play INT forcing. Partner can't have more than 11 points or so, and game is very unlikely.

Q 2 - North-South vulnerable, as South, you hold:
 ♠ A J 8 6 3 ♥ Q J 3 ♦ K 8 ♣ A Q 10

Right-hand opponent opens three clubs. What call would you make?

A - Should you bid 3S, what can partner do with a decent hand and no fit? He'll never be able to bid 3NT. Bid it yourself. Bid 3NT.

Q 3 - East-West vulnerable, as South, you hold:
 ♠ A 4 ♥ A Q J 9 5 4 2 ♦ 8 ♣ J 7 5

Partner passes and so does right-hand opponent. What call would you make?

A - Opposite a passed hand, we can't be sure the hand belongs to us. Open 4H. We would open 1H in first or second position.

Q 4 - Both vulnerable, as South, you hold:
 ♠ K 8 7 6 ♥ Q J 8 ♦ 9 3 2 ♣ Q 6 5

WEST NORTH EAST SOUTH
 2♠ 3♣ Pass ?
 What call would you make?

A - Are you a man or a mouse? Bid a manly 3NT.

Q 5 - North-South vulnerable, as South, you hold:
 ♠ A J 9 4 3 ♥ 4 ♦ K 6 5 ♣ Q 10 5 3

NORTH EAST SOUTH WEST
 1♦ Pass 1♠ Pass
 2♠ Pass ?
 What call would you make?

A - Had partner opened 1H, we would only invite game. On this deal, the diamond fragment should help in the play. Bid 4S.

Q 6 - East-West vulnerable, as South, you hold:
 ♠ Q 10 ♥ 10 9 2 ♦ K J 7 5 ♣ K 9 6 3

WEST NORTH EAST SOUTH
 1♣ 1♠ Dbl* ?
 *Negative double
 What call would you make?

A - The redouble of a negative double shows a useful hand that can't raise. Perfect for this hand. Redouble.
 (E-mail: tcaeditors@tribpub.com)

BORN LOSER By Art and Chip Sansom



BLONDIE By Dean Young and John Marshall



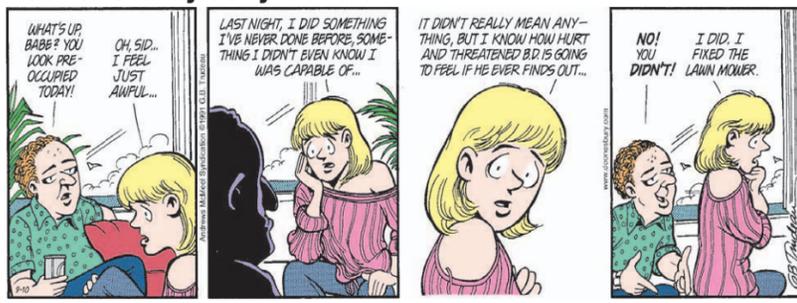
MUTTS By Patrick McDonnell



BABY BLUES By Rick Kirkman and Jerry Scott



DOONSBURY By Garry Trudeau



JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

Rating: BRONZE

	1	9	4					3
4			9		6			8
		2	3		1		9	
9	3		2				6	
	4		9		8		5	
	7		3		1		9	
	2		4		9	7		
3		7	1					4
8			5		9	2		

Solution to 9/8/18

3	4	6	7	1	9	2	8	5
8	9	5	3	4	2	7	6	1
1	2	7	8	6	5	9	3	4
6	5	9	2	3	1	4	7	8
4	8	3	9	5	7	6	1	2
7	1	2	4	8	6	5	9	3
5	7	4	1	9	3	8	2	6
9	6	1	5	2	8	3	4	7
2	3	8	6	7	4	1	5	9

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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- Apply freezer cubes two times (1)
- Give meals to the top-billed actor (1)
- Maintained broom-cleaned (1)
- Tie the knot with singer Mariah (2)
- Nixes a brand of corn chip snacks (2)
- More powerful for an extended time (2)
- President Jefferson's solemn oaths (3)

ANSWERS
 1. ICE TWICE 2. FEED LEAD 3. KEPT SWEPT 4. MARRY CAREY 5. VETTES FRITOS 6. STRONGER LONGER 7. THOMAS PROMISES

TODAY'S CROSSWORD PUZZLE

- ACROSS**
- Cartoon
 - chipmunk
 - Ladybug food
 - Switch positions
 - Lotion additive
 - Temporary peace
 - Sphagnum moss
 - Windshield threats
 - Impatient chucks
 - Box top
 - Big galoot
 - Think up
 - Tampa Bay gridders, briefly
 - Crater edge
 - Loud
 - Cameo (2 wds.)
 - Booster rocket
 - Get along
 - Cougar's pad
 - 1960s style
 - Magda from Hungary
 - Pony up
 - Vacillate (hyph.)
 - Foretelling
 - Watered silk
 - Ousted from office
 - Black-and-white animals
 - Cry of disdain
- DOWN**
- Wonka's creator
 - Jai —
 - Burglar's "key"
 - Sushi morsel
 - Append
 - MIT staff
 - Barbarian
 - Put in the cooler
 - Renegade
 - Most favorable
 - up (be honest)
 - Like crocodile tears
 - Ave. crossers
 - March man
 - Honcho
 - Hopper
 - Strong, as venison

PREVIOUS PUZZLE SOLVED

C	O	M	P	B	A	L	M	Y	E	B	B	S
O	D	O	R	I	M	B	U	E	N	O	R	A
N	I	N	O	V	I	S	T	A	V	O	I	D
S	E	A	F	O	O	D	T	S	H	I	R	T
I	O	U	A	S	T	E	R					
C	A	R	T	H	A	G	E	S	C	O	L	D
H	B	O	S	C	A	R	E	K	N	E	A	D
A	B	U	T	S	L	A	T	E	S	A	M	E
P	E	S	O	S	S	T	O	C	K	S	O	B
Y	E	L	L	S	E	N	L	I	V	E	N	S
L	A	P	P	S	I	L	E					
R	A	F	T	E	R	S	P	O	N	G	E	R
K	E	R	R	A	U	R	A	S	D	A	T	A
L	A	C	E	K	N	A	V	E	O	M	N	I
M	D	S	E	S	E	W	E	D	R	I	A	N

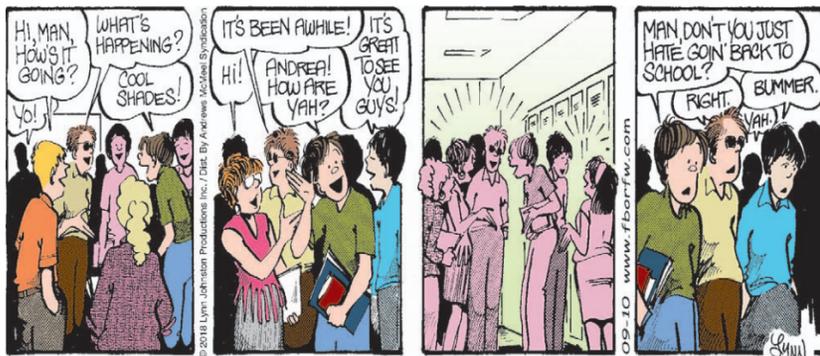
9-10-18 © 2018 UFS, Dist. by Andrews McMeel for UFS

- Put in —
- Wholly
- word for
- Cheyenne meet
- Tint again
- Hunter's garb
- Neonates
- Eight, to Livy
- Superboy's girl
- Backless slipper
- Fleet
- Land east of the Urals
- Sparkling ornament
- Harrow rival
- Renown
- Collide with
- Whiskey grains
- Falconry birds
- Walk all over
- Ore, neighbor
- Lord's house
- Type of PC screen
- Undivided
- Dinghy's need

1	2	3	4		5	6	7	8	9		10	11	12	13			
14					15						16						
17					18						19						
20					21				22		23						
					24						25						
26	27	28						29	30			31	32				
33							34					35		36			
37							38					39					
40							41		42			43	44				
							45		46			47					
							48				49						
							50	51			52		53		54	55	56
57											58	59			60		
61											62				63		
64											65				66		

Want more puzzles?
 Check out the "Just Right Crossword Puzzles" books
 at QuillDriverBooks.com

FOR BETTER OR FOR WORSE By Lynn Johnston



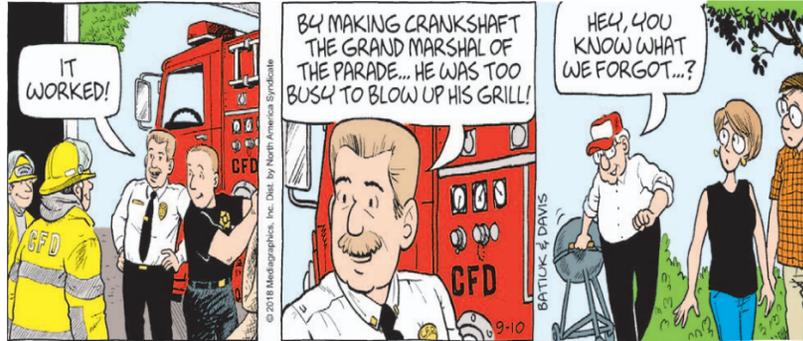
PEANUTS By Charles Schulz



MALLARD FILLMORE By Bruce Tinsley



CRANKSHAFT By Tom Batiuk & Chuck Ayers



HI AND LOIS By Brian and Greg Walker



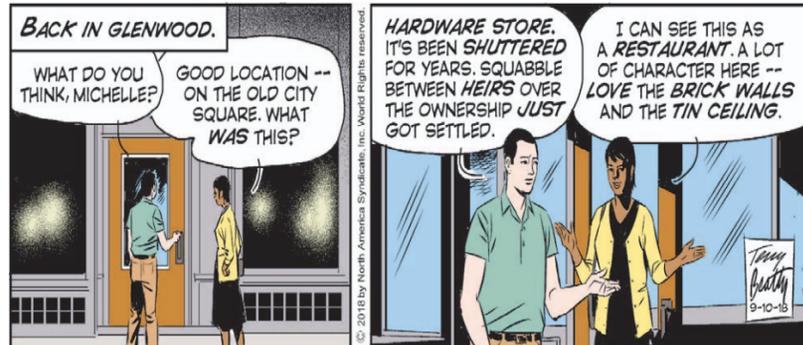
SHOE By Gary Brookins & Susie MacNelly



BEEBLE BAILEY By Mort Walker



REX MORGAN By Terry Beatty



HAGAR THE HORRIBLE By Chris Browne



ZITS By Jerry Scott & Jim Borgman



THE WIZARD OF ID By Brant Parker and Johnny Hart



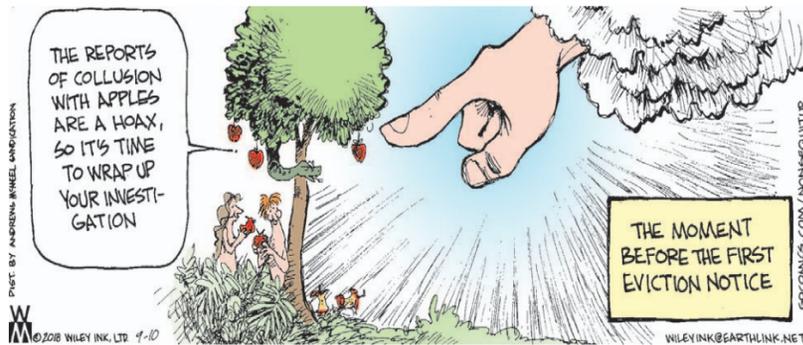
GARFIELD By Jim Davis



MOTHER GOOSE AND GRIMM By Mike Peters



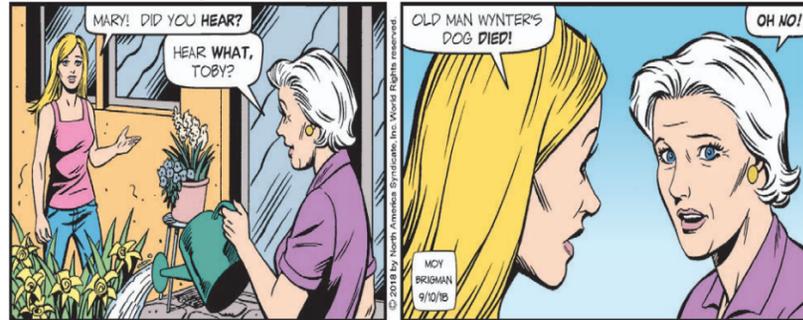
NON SEQUITUR By Wiley



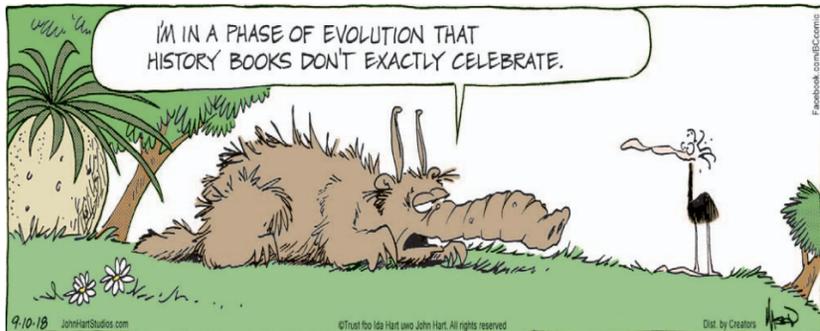
PICKLES By Brian Crane



MARY WORTH By Karen Moy and June Brigman



B.C. By Mastroianni & Hart



DILBERT By Scott Adams



ENTERTAINMENT NEWS

With 'The Nun,' Warner Bros.' box office streak continues

By LINDSEY BAHR
AP FILM WRITER

LOS ANGELES — The horror movie "The Nun" has topped the domestic box office in its first weekend, scoring a best for the "Conjuring" franchise and another win for Warner Bros.

Studio estimates on Sunday say the Demian Bichir and Taissa Farmiga-led film brought in \$53.5 million from 3,876 North American theaters. Internationally, it banked \$77.5 million for a massive \$131 million global debut. The movie, a spinoff of a character seen in "The Conjuring 2" and set in 1952 Romania, cost only \$22 million to produce.

Before "The Nun," the largest opening in the "Conjuring" universe, which includes the "Annabelle" films, was "The Conjuring's" \$41.8 million launch.

"The subject in the title 'The Nun,' just gets a bigger broader audience," said Jeffrey Goldstein, Warner Bros.' president of domestic distribution.

Opening weekend audiences were heavily Hispanic (35 percent), according to exit polls, and significantly higher than other films in the series. "The Conjuring," for instance, attracted a 17 percent Hispanic audience.

This marks the fifth consecutive weekend that a Warner Bros. movie has held first place domestically, following in the successful footsteps of "Crazy Rich Asians" and "The Meg." It's also the fourth that the studio has held the first and second place spots which is the first time this has happened in



PHOTO PROVIDED BY WARNER BROS. PICTURES VIA AP

This image released by Warner Bros. Pictures shows Sandra Teles in a scene from "The Nun."

the industry in over 25 years. The last time was in 1989 when Universal Pictures had "Sea of Love," "Uncle Buck" and "Parenthood."

"The calendar has 12 months and 52 weeks," Goldstein said of the industry-leading streak. "We had gotten a fair amount of criticism for what our release schedule looked like in the summer, but I kept on saying it's not about summer, it's about the whole year."

"The Nun" effectively scared "Crazy Rich Asians" into second place for the first time in its four-week run. The rom-com added \$13.6 million, bringing its total North American earning to \$136.2 million.

Third place went to the R-rated Jennifer Garner revenge movie "Peppermint," from STXFilms, which debuted on par with expectations to \$13.3 million.

"Peppermint" was a

movie that was meant to give a completely different option to "The Nun," said Paul Dergarabedian, a senior media analyst for box office tracker comScore. "The Nun" was just this overwhelming juggernaut.

And holdovers rounded out the top five with "The Meg" in fourth with \$6 million and "Searching" in fifth with \$4.5 million.

Despite "The Nun's" strong performance, the weekend is down nearly 30 percent from last year when "It" scored a record-breaking opening, but the year overall is still up 9.5 percent.

"Look out," Dergarabedian said. "This could be the biggest box office year ever."

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theaters, according to comScore. Where available, the latest international

numbers for Friday through Sunday are also included. Final domestic figures will be released Monday.

1. "The Nun," \$53.5 million (\$77.5 million international).
2. "Crazy Rich Asians," \$13.6 million (\$5.6 million international).
3. "Peppermint," \$13.3 million (\$1.4 million international).
4. "The Meg," \$6 million (\$11.3 million international).
5. "Searching," \$4.5 million (\$7.5 million international).
6. "Mission: Impossible — Fallout," \$3.8 million (\$38.6 million international).
7. "Christopher Robin," \$3.2 million (\$2.5 million international).
8. "Operation Finale," \$3 million.
9. "BlacKkKlansman," \$2.6 million (\$3.7 million international).
10. "Alpha," \$2.5 million (\$6.3 million international).

ENTERTAINMENT NEWS BRIEFS

Don McGuire, last surviving member of The Hilltoppers, dies

LEXINGTON, Ky. (AP) — Don McGuire, the last surviving member of The Hilltoppers, has died in his home state of Kentucky. He was 86.

Kerr Brothers Funeral Home of Lexington says McGuire, a native of Hazard, died Friday following a short illness.

The Hilltoppers rose to fame in the 1950s with pop hits including "P.S. I Love You" and "Trying."

They took their name from their alma mater Western Kentucky University's athletic teams.

Other members of the group were Jimmy Sacca, Seymour Spiegelman and Billy Vaughn.

The Hilltoppers were inducted into the Kentucky Music Hall of Fame in 2013.

Services for McGuire are scheduled for Wednesday at the funeral home.

Heidi Klum, Tim Gunn leaving 'Project Runway' for Amazon

SANTA MONICA, Calif. (AP) — Heidi Klum and Tim Gunn are leaving "Project Runway."

Amazon Prime Video on Friday announced the supermodel and fashion consultant are helping to develop a new reality fashion series, which will combine content with commerce.

Few details were released, but the company says the show will appeal to a "global audience who are entertained by competition" and will create a "shoppable experience."

Amazon Studios head Jennifer Salke says she believes the pair will find a larger audience on the Prime Video runway.

Prime Video is a premium subscription streaming service.



AP FILE PHOTO

In this Sept. 12, 2008, file photo, Project Runway's Tim Gunn walks with Heidi Klum on the runway during Fashion Week in New York.



JULIEN'S AUCTIONS VIA AP

Various outfits belonging to the late singer Aretha Franklin

Aretha Franklin dresses, hats to go up for auction

NEW YORK (AP) — More than 30 dresses and accessories worn on stage by Aretha Franklin are going up for auction.

The Queen of Soul died at age 76 in Detroit on Aug. 16. Julien's Auctions says the items include a red sequined dress Franklin wore at Radio City Music Hall in 1991, a knit jacket she appeared in with President Bill Clinton at the National Medal of Arts ceremony in 1999 and a denim jacket given to crew members of "The Blues Brothers."

The items will go on display between Nov. 5 and Nov. 9. at the Hard Rock Cafe in New York.

The auction will take place in person and online on Nov. 10 as part of a two-day Icons & Idols: Rock-N-Roll at the Hard Rock.

Olivia Munn finds little support from 'Predator' peers

TORONTO (AP) — Actress Olivia Munn says she has found little support from her "Predator" co-stars and director after a Los Angeles Times report revealed that Twentieth Century Fox had removed a scene that featured a man who is a registered sex offender. Munn alerted the studio to Steven Wilder Striegel's status and the scene was cut within 24 hours.

In a round of press at the Toronto International Film Festival on Saturday, Munn describes feeling lonely and isolated in the wake of the report. Some of her cast mates have backed out of interviews with her, and Munn told Vanity Fair that she has not heard from director Shane Black, who apologized in a statement for casting his friend.

The initial article was published hours before the TIFF premiere of "The Predator."



MUNN

By LOS ANGELES TIMES

Ratings by the Motion Picture Association of America are: (G) for general audiences; (PG) parental guidance urged because of material possibly unsuitable for children; (PG-13) parents are strongly cautioned to give guidance for attendance of children younger than 13; (R) restricted, younger than 17 admitted only with parent or adult guardian; (NC-17) no one 17 and younger admitted.

OPENING THIS WEEK

"Age of Summer" — Coming-of-age comedy with Percy Hynes White. Freestyle Digital Media
"Alright Now" — Comedy with Cobie Smulders. Gravitas Ventures
"The Apparition" — The

Movie guide: Capsule listings

Vatican recruits a journalist to investigate a young woman's vision of the Virgin Mary. With Vincent Lindon, Galatea Bellugi, Patrick d'Assumcao, Anatole Taubman, Elina Lowensohn. Written and directed by Xavier Giannoli. Music Box Films

"The Breeding" — Thriller with David J. Cork. Breaking Glass Pictures

"Diane" — Crime thriller written and directed by Michael Mongillo. Random Media

"Edge of Obedience" — Documentary on Malaysian artist Ahmad Zakii Anwar pushing the boundaries of taboos in his homeland. Director Jin-Theng Craven. Indie Rights

"God Bless the Broken Road" — A military widow raises her daughter solo after her husband is killed in Afghanistan. With Lindsay Pulsipher, Andrew W. Walker, Jordin Sparks, LaDainian "LT" Tomlinson, Makenzie Moss, Kim Delaney, Robin Givens. Written by Harold Cronk, Jennifer Dombush, Liam Matthews. Directed by Cronk. Freestyle Releasing

"Inventing Tomorrow" — Documentary on the International Science and Engineering Fair. Directed by Laura Nix. Fishbowl Films

"Kusama — Infinity" — The painting, sculpture, installation art, performance art, poetry

and novels of Japanese artist Yayoi Kusama, creator of the Infinity Mirrored Rooms, are explored in this documentary. Directed by Heather Lenz. Magnolia Pictures

"Lost Fare" — Drama with Alexis Rosinsky. Indie Rights

"Mara" — Horror with Olga Kurylenko. Saban Films

"The Nun" — A troubled priest and a novice sent by the Vatican to investigate a suicide and an abbey in Romania are confronted by the same malevolent force from "The Conjuring 2." With Demian Bichir, Taissa Farmiga, Jonas Bloquet, Charlotte Hope, Ingrid Bisu, Bonnie Aarons. Written by Gary Dauberman, story by

Gary Dauberman, James Wan. Directed by Corin Hardy. Warner Bros./New Line Cinema

"Painless" — Thriller directed by Jordan Horowitz. Indican Pictures

"Peppermint" — Jennifer Garner plays a mother who transforms herself into a vigilante after her family is brutally murdered. With John Ortiz, John Gallagher Jr., Juan Pablo Raba. Written by Chad St. John. Directed by Pierre Morel. STXfilms

"The Ranger" — Soft horror directed by Jenn Wexler. Yellow Veil Pictures

"Susanne Bartsch: On Top" — Documentary on the fashionista. Featuring Bartsch, RuPaul, Amanda Lepore, Bill Cunningham. Directed by Anthony Caronna and Alexander Smith. The Orchard

PUBLISHERS WEEKLY BEST-SELLERS

Best-selling Books Week Ending 9/2/18

HARDCOVER FICTION

1. "Texas Ranger" by James Patterson and Andrew Bourelle (Little, Brown)
2. "The Fall of Gondolin" by J.R.R. Tolkien (HMH)
3. "The President is Missing" by James Patterson and Bill Clinton (Little, Brown)
4. "Tails핀" by Sandra Brown (Grand Central Publishing)
5. "The Outsider" by Stephen King (Scribner)
6. "Pieces of Her" by Karin Slaughter (William Morrow)
7. "Circe" by Madeline Miller (Little, Brown)
8. "Magic Triumphs" by Ilona Andrews (Ace)
9. "There There" by Tommy Orange (Knopf)
10. "Cottage by the Sea" by Debbie Macomber (Ballantine)
11. "Little Fires Everywhere" by Celeste Ng (Penguin)
12. "Paradox" by Catherine Coulter (Gallery Books)
13. "Shelter in Place" by Nora Roberts (St. Martin's)
14. "The Other Woman" by Daniel Silva (Harper)
15. "Feared" by Lisa Scottoline (St. Martin's Press)

HARDCOVER NONFICTION

1. "Girl, Wash Your Face" by Rachel Hollis (Thomas Nelson)
2. "The Restless Wave" by McCain/Salter (Simon & Schuster)
3. "The Russia Hoax" by Gregg Jarrett (Broadside)
4. "Magnolia Table" by Joanna Gaines and Marah Stets (William Morrow Cookbooks)
5. "Educated" by Tara Westover (Random House)
6. "Liars, Leakers and Liberals" by Jeanine Pirro (Center Street)
7. "Aware" by Daniel Siegel (TarcherPerigee)
8. "12 Rules for Life: An Antidote to Chaos" by Jordan B. Peterson (Random House Canada)
9. "Unhinged" by Omarosa Manigault Newman (Gallery)
10. "House of Trump, House of Putin" by Craig Unger (Dutton)
11. "Winners Take All" by Anand Giridharadas (Knopf)
12. "The Plant Paradox Cookbook" by Steven R. Gundry (Harper Wave)
13. "Resistance is Futile" by Ann Coulter (Sentinel)
14. "Unshakable Hope" by Max Lucado (Thomas Nelson)
15. "Factfulness" by Hans Rosling (Flatiron)

MASS MARKET PAPERBACKS

1. "Origin" by Dan Brown (Anchor)
2. "Haunted" by Patterson/Born (Grand Central)
3. "Springtime in Salt River" by RaeAnne Thayne (Harlequin)
4. "A Reason to Die" by William W. Johnstone (Pinnacle)
5. "The Crooked Staircase" by Sean Kooztz (Bantam)
6. "Dark Legacy" by Christine Feehan (Berkley)
7. "Past Perfect" by Danielle Steel (Dell)
8. "You Will Play" by Lisa Jackson (Zebra)
9. "Vince Flynn: Enemy of the State" by Kyle Mills (Pocket)
10. "The Rooster Bar" by John Grisham (Dell)
11. "Big Sky River" by Linda Lael Miller (HQN)
12. "Escapade" by Diana Palmer (HQN)
13. "End Game" by David Baldacci (Vision)
14. "Wind River Lawman" by Lindsay McKenna (Zebra)
15. "Dark in Death" by J.D. Robb (St. Martin's Paperbacks)

TRADE PAPERBACKS

1. "Rich People Problems" by Kevin Kwan (Anchor)
2. "The Winner" by David Baldacci (Grand Central)
3. "Elinor Oliphant is Completely Fine" by Gail Honeyman (Penguin)
4. "Less" by Andrew Sean Greer (Back Bay)
5. "Instant Pot Miracle" (HMH)
6. "Crazy Rich Asians" (movie tie-in) by Kevin Kwan (Anchor)
7. "Grit" by Angela Duckworth (Scribner)
8. "Origin" by Dan Brown (Anchor)
9. "Pachinko" by Min Jin Lee (Grand Central Publishing)
10. "Sapiens" by Yuval Noah Harari (Harper Perennial)
11. "Fifty Fifty" by Patterson/Fox (Grand Central Publishing)
12. "Everybody, Always" by Bob Goff (Thomas Nelson)
13. "A Simple Favor" (movie tie-in) by Darcey Bell (Harper)
14. "Y is for Yesterday" by Sue Grafton (G.P. Putnam's Sons)
15. "The Sun and Her Flowers" by Rupi Kaur (Andrews McMeil)

SPORTS

Monday, September 10, 2018

www.yoursun.com | www.facebook.com/SunPreps | @Sun_Preps



Final NASCAR race postponed

Persistent rain washed out the Brickyard 400 and delayed the conclusion of NASCAR's regular season. Rain washed out the entire weekend at Indianapolis Motor Speedway and the final race before the playoffs was moved to Monday.

■ AREA SPORTS: Recap

This week in sports: Pirates, Indians swinging to the beat

When I injured my knee my freshman year of high school, it was tough leaving football, but I channeled my time and energy into my

other passion — one that also plays a role on Friday nights.

I joined the marching band, trading my helmet and cleats for the trombone and baritone.

It's a group that sometimes draws jeers from people around school and fans in the stadium, but games would be pretty dull without the horns, winds and drums filling the stadiums with life each and every week.

I marched for all four years and fell deep into music both on the field as well as in jazz and concert band. It's a talent my parents hate that I never dabble in anymore, though I also wish I did.

My passion for music and high school marching bands hasn't faded though. I frequently peak up from my clipboard during halftime to take in the sights and sounds of the area bands.

In my opinion, the musicians in the stands are the unsung heroes on Friday nights — you know, other than those other guys running around on the field.

From the Hey Song and ESPN Theme to countless drumline beats and flashy dances, they get the crowds thumping their feet and vibing in the stands.

The Venice (2-1) and Port Charlotte (3-0) football teams were vibing to their own melody on Friday.

Venice took down slight underdog, but perfectly capable Charlotte (or so we thought).

The Tarpons (2-1) entered the matchup undefeated with a solid Week 1 win over Dunbar High School. But their touted defense, which had only given up 3 points in two weeks, could do little to slow down Indians' running back Brandon Gregory.

Gregory finished the night with 173 yards and five touchdowns in a 49-13 blowout win over Charlotte. Charlotte running back Jayden Grant was held to just 23 yards on 11 carries.

For Port Charlotte, it was the battle of the turnovers in a 34-14 win over Lemon Bay (0-2).

Though the Pirates didn't win the turnover battle, they did more with the ones they got.

They wore down the undermanned Mantas using their bevy of tailbacks — most notably power back Ja'nyrien Washington who rushed for 89 yards on 15 carries in his first game back from injury.

The Lemon Bay defensive line, anchored by seniors Kyle Dragon and Wyatt Soucy, gave Port Charlotte everything they had playing both ways for most of the game.

They each forced a turnover and recorded a sack.

The Pirates' senior Swiss Army knife Marc Jean-Louis added to his touchdown total with three scores giving him eight in the first three games.

Around the other sports, Port Charlotte and Charlotte's volleyball programs went undefeated in two games last week. The two rising programs will clash on Tuesday as the Lady Pirates (7-1) host the Lady Tarpons (7-3) at 7 p.m.

Lemon Bay (3-3) volleyball went 0-2 last week including a loss to the Lady Pirates and the Lady Bobcats out of North Port (4-4)

BEAT | 2

■ NFL: Jacksonville 20, N.Y. Giants 15

Jack interception leads Jags over Barkley, Giants

By TOM CANAVAN
AP SPORTS WRITER

EAST RUTHERFORD, N.J. (AP) — Just like last season, the Jacksonville defense is carrying the team.

Linebacker Myles Jack scored on a 32-yard interception return early in the fourth quarter and the Jaguars spoiled the New York Giants debuts of coach Pat Shurmur and second-overall draft pick Saquon Barkley, and the return of Odell Beckham Jr. with a 20-15 win on Sunday.

Blake Bortles threw a short touchdown pass and led two other first-half field goal drives.

The Jaguars dominated with the exception a Barkley-induced hiccup in opening a season by living up to the Super Bowl hype.

Held in check much of the game, Barkley brought the sellout crowd to its feet shortly after the Jack touchdown with a spectacular 65-yard run aided by a great block by receiver Sterling Shepard. It got New York within 20-15 with 10:39 to play.

New York went for the 2-point conversion and Barkley (18-rushes for 106 yards) was stopped.

It proved costly when

JAGS | 6



SETH WENIG

New York Giants' Saquon Barkley watches as Jacksonville Jaguars' Myles Jack runs back an interception for a touchdown during the second half of Sunday's game.

■ NFL: Tampa Bay 48, New Orleans 40

Fitzpatrick, Bucs stun Saints 48-40

By BRETT MARTEL
AP SPORTS WRITER

NEW ORLEANS (AP) — Ryan Fitzpatrick highlighted a 417-yard, four-touchdown performance with two scoring strikes of more than 50 yards, and the Tampa Bay Buccaneers stunned the New Orleans Saints 48-40 on Sunday.

Starting for the suspended Jameis Winston, Fitzpatrick completed 21 of 28 passes without an interception and also ran for a short touchdown, bowling over free safety Marcus Williams on his way into the end zone.

Saints cornerback Marshon Lattimore, the 2017 defensive rookie of the year, had arguably the worst performance of his career trying to cover receiver Mike Evans, who caught seven passes for 147 yards, including a 50-yard touchdown that put the Bucs up 41-24 late in the third quarter.

DeSean Jackson caught scoring passes of 58 and 36 yards to highlight his five-catch, 146-yard day before leaving with a concussion.

After Jackson's second TD catch over the middle, Fitzpatrick backpedaled giddily for about 20 yards behind the line of scrimmage before thrusting his arm upward in celebration, seemingly oblivious of



AP PHOTO

Tampa Bay Buccaneers quarterback Ryan Fitzpatrick passes in the first half of Sunday's game.

the roughing-the-passer penalty called on defensive tackle David Onyemata moments after Fitzpatrick had released the ball.

Fitzpatrick also threw a 9-yard touchdown pass to Chris Godwin.

The Saints, coming off a playoff appearance and hosting a team that won only five games last season, were among the more heavily favored teams in Week 1. They put together a frantic offensive flurry in the fourth quarter. Kamara scored on a 1-yard run and again on a

7-yard catch. Both were followed by 2-point conversions, cutting the Saints' deficit to eight points with 3:31 to go. On third-and-11, Fitzpatrick needed to make one more play — and did. He scrambled to his left for 12 yards at the two-minute warning. With New Orleans out of timeouts, Fitzpatrick was able to run out the clock.

Drew Brees was 37 of 45 for 439 yards and three TDs for the Saints. Alvin Kamara, the 2017 offensive rookie of the year, caught nine passes for 112 yards and

one touchdown to go with two touchdown runs. Receiver Michael Thomas caught a franchise single-game record 16 passes for 180 yards and a TD, but turned the ball over on a fumble across midfield in the third quarter.

Tampa Bay scored on six of its first seven possessions and the only drive of the first half that did not produce points was when the Bucs ran out the final 55 seconds before halftime. Tampa Bay did not punt until their eighth drive ended with Fitzpatrick

overthrowing an open receiver on third down, about halfway through the third quarter.

The Saints punted only once in the first half, and were only one score down after Thomas' 6-yard touchdown catch made it 31-24 shortly before halftime.

Fumbled opportunity

With Mark Ingram serving a four-game suspension for use of a

BUCS | 6

■ TENNIS: US Open

Del Potro falls in US Open, but being back is his reward

By BRIAN MAHONEY
AP SPORTS WRITER

NEW YORK (AP) — Juan Martin del Potro stood with his hands on his knees, exhausted from taking the mightiest swings he could with his ferocious forehand.

Novak Djokovic kept getting the ball back, so del Potro would take a bigger whack, trying to find some spot in the corner of the court that would be uncovered.

That eventually wore him out and led to mistakes, and del Potro lost 6-3, 7-6 (4), 6-3 on Sunday in the final

of the U.S. Open, the tournament he most wants to win again.

But just getting back, hearing those delirious Argentine fans sing "Ole! Ole! DelPo!" again between points, gave him something else rewarding to take home from Flushing Meadows.

"What I said on the stage, you can lose or win a trophy, but the love from the crowd, it could be even bigger than the tournament," del Potro said. "That's what I got from them. It will be in the heart for the rest of the life."

It wasn't long ago he never knew if he would

hear that sound again. He nearly quit tennis in 2015, after four wrist surgeries that wouldn't let him regain the form that carried him past Roger Federer to win the 2009 U.S. Open.

The powerful player couldn't hit the ball hard enough with his backhand to threaten top players, let alone the rulers of the sport like Federer, Djokovic and Rafael Nadal. But del Potro not only stuck with it, he surged up to a career-high No. 3 in the rankings last month on the strength of a semifinal run at the French Open and a victory over Federer to



AP PHOTO

Juan Martin del Potro, of Argentina, waits for the trophy ceremony after losing to Novak Djokovic on Sunday.

win Indian Wells.

The quest to win a second major will have to wait until next year, but del Potro, who

turns 30 this month, feels good about his chances with the way

OPEN | 2

Rays win 11th straight home game, beat Orioles 8-3

By MARK DITTLER
ASSOCIATED PRESS

ST. PETERSBURG, Fla. (AP) — The Tampa Bay Rays haven't played this well at home since the only year they went to the World Series.

Brandon Lowe hit a three-run homer in a five-run first inning and the Rays tied a team record with their 11th consecutive home win, beating the Baltimore Orioles 8-3 on Sunday.

"We've got some young guys that are starting to come into their own confidence-wise," Rays manager Kevin Cash said.

Tampa Bay also won 11 in a row at Tropicana Field during the 2008 AL pennant-winning season.

The Rays have won 16 of 19 overall, and outscored the Orioles 32-10 in a three-game sweep. They started play eight games behind Oakland for the second AL wild card and have 20 games remaining.

"It's a fun locker room, it's a dangerous team on the field," Lowe said.

Another bad first inning doomed the Orioles. Baltimore (41-102), which allowed four runs in the first of Saturday's 10-5 loss to the Rays, has been outscored 115-61 during the inning this season.

After the Orioles failed to score despite drawing three walks from Ryne Stanek in the top of the first, the Rays took control in their half on C.J. Cron's RBI double, an RBI single by Willy Adames and Lowe's three-run shot off Josh Rogers (1-2).

"We're wasting time," Orioles catcher Caleb Joseph said. "We're wasting opportunities to turn this thing around. In terms of the rebuild, these are valuable moments that you can start making adjustments and figuring out how to do things correctly. We keep making similar mistakes over and over and over, and it's just not going to cut it."

Lowe is 19 for 54 with 15 RBIs in his last 18 games after starting his major league career with 19 hitless at-bats.

"It does take some time," Cash said. "Not



AP PHOTOS

Tampa Bay Rays' Brandon Lowe, center, high-fives Kevin Kiermaier, left, and Carlos Gomez, right, after his three-run home run off Baltimore Orioles relief pitcher Josh Rogers during the first inning of Sunday's game.

everybody is going to come here and just pick up right where they were in the minor leagues. He's in a better spot now and it shows. The ball just jumps off his bats."

Yonny Chirinos (4-5) replaced Stanek with two on and one out in the first and kept Baltimore scoreless until Jace Peterson drove in a pair with a triple in a three-run seventh. The right-hander gave up three runs and seven hits in 6 1/3 innings.

Tampa Bay went ahead 6-0 in the second when Mallex Smith got his 31st stolen base by swiping home on a double steal. It was the first steal of home by the Rays since Desmond Jennings did it against the New York Yankees on July 3, 2012.

Rogers, acquired in the July 24 trade that sent reliever Zach Britton to the New York Yankees, allowed six runs and six hits over 1 1/3 innings in his third career start.

Carlos Gomez made it 7-0 with a solo homer in the sixth. His lone homer over his previous 65 games came off a position player, Minnesota's Willians Astudillo, on July 14.

Extended break

RF Adam Jones was out of the lineup for the third consecutive game as Baltimore takes a look at recently acquired players and minor league call-ups. Jones, a free agent after this

UP NEXT

Orioles: Cobb (5-15) will face Oakland RHP Mike Fiers (11-6) Tuesday night in the first of a three-game series in Baltimore. Cobb is 3-1 over his last seven starts, allowing two or fewer runs in six of them.

Rays: Will face Cleveland ace Cory Kluber (18-7), who will be seeking a major league-leading 19th win. Reliever Diego Castillo (3-2) will start for the Rays.



Tampa Bay Rays catcher Jesus Sucre reacts after throwing out Baltimore Orioles' Cedric Mullins who was attempting to steal second base during the first inning of the game.

season, will likely start Tuesday night against Oakland following Monday's day off.

Trainer's room

Orioles: RHP Alex Cobb, scratched from his scheduled start Sunday due to a blister on his throwing hand, is set to pitch Tuesday. Rays: OF Tommy

Pham, slowed by a groin strain, was the designated hitter and extended his hitting streak to a career-high tying 13 games on a second-inning single.

Numbers

The Orioles have been swept 18 times in completed series of two or more games.

SPORTS ON TV

NFL FOOTBALL
7:10 p.m. ESPN — N.Y. Jets at Detroit (Note: ESPN Deportes simulcast on ESPN2)
10:15 p.m. ESPN — L.A. Rams at Oakland (Note: ESPN Deportes simulcast on ESPN2)
MLB BASEBALL
7 p.m. MLB — Regional coverage, Washington at Philadelphia OR N.Y. Yankees at Minnesota (8 p.m.)
7:10 p.m. SUN — Cleveland at Tampa Bay
10 p.m. MLB — Regional coverage, Atlanta at San Francisco OR Texas at L.A. Angels (11 p.m., joined in progress)
SOCCER
2:30 p.m. ESPNEWS — UEFA Nations League, Sweden vs. Turkey, at Solna, Sweden
BASKETBALL
7 p.m. NBA — Exhibition, Women's national teams, United States vs. Japan, at Washington
WNBA BASKETBALL
3:30 p.m. ABC — Finals (best-of-5 series), Game 2, Washington at Seattle

Fire at Charlotte Sports Park

STAFF REPORT

Charlotte County Fire & EMS responded Sunday afternoon to a call at the Charlotte County Sports Park, the home of the Charlotte Stone Crabs.

Four fire engines and an ambulance responded to the call at 2300 El Jobean Rd. at 3:28 p.m. The first unit to arrive on the scene didn't see smoke, until they opened the door, and found the building full of smoke. The state fire marshal is investigating to determine the cause of the fire.

Early indications suggest a fire in the laundry room burned through a washing machine water supply line, according to Charlotte County Fire & EMS. The water from the line flooded the floor and extinguished the fire. Firefighters worked to clear the building of smoke and used brooms to push out excess water.

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HOW TO ...

• **Submit a story idea:** Email sports@sun-herald.com or call 941-206-1175. Must contain name, address and number.

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• **To report an error:** Call the sports department at 941-206-1175 or email sports@sun-herald.com.

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Florida Lottery

www.flalottery.com

PICK 2

Sept. 9N	9-
Sept. 9D	4-9
Sept. 8N	5-3
Sept. 8D	0-3
Sept. 7N	7-5
Sept. 7D	6-3
D-Day, N-Night	

PICK 3

Sept. 9N	2-7-9
Sept. 9D	5-3-4
Sept. 8N	5-0-5
Sept. 8D	4-8-9
Sept. 7N	9-0-3
Sept. 7D	1-3-6
D-Day, N-Night	

PICK 4

Sept. 9N	0-3-7-7
Sept. 9D	0-6-2-4
Sept. 8N	9-1-0-3
Sept. 8D	9-7-1-2
Sept. 7N	4-1-5-5
Sept. 7D	0-3-5-4
D-Day, N-Night	

PICK 5

Sept. 9N	2-9-1-3-8
Sept. 9D	5-4-3-7-1
Sept. 8N	9-3-1-8-0
Sept. 8D	1-4-4-0-1
Sept. 7N	2-4-5-6-5
Sept. 7D	8-6-3-6-2
D-Day, N-Night	

FANTASY 5

Sept. 9	Late
Sept. 8	16-21-26-30-31
Sept. 7	4-10-16-24-36

PAYOFF FOR SEPT. 8

2 5-digit winner	\$113,432.41
492 4-digit winners	\$74.00
9,104 3-digit winners	\$11.00

CASH FOR LIFE

Sept. 6	6-11-13-32-38
Cash Ball	3

...

Sept. 3	19-22-24-31-37
Cash Ball	1

PAYOFF FOR SEPT. 6

0 5-5 CB	\$1,000/Day
0 5-5	\$1,000/Week
3 4-5 CB	\$2,500
11 4-5	\$500

LUCKY MONEY

Sept. 7	12-13-35-38
Lucky Ball	11

...

Sept. 4	21-25-33-45
Lucky Ball	13

PAYOFF FOR SEPT. 7

0 4-of-4 LB	\$2 million
2 4-of-4	\$7,042.50
43 3-of-4 LB	\$716.00
608 3-of-4	\$150.00

LOTTO

Sept. 8	21-22-35-45-53
Sept. 5	8-9-13-18-20-46
Sept. 1	20-23-24-41-47-51

PAYOFF FOR SEPT. 8

0 6-digit winners	\$3.5 million
19 5-digit winners	\$4,163.50
823 4-digit winners	\$82.00

ESTIMATED JACKPOT

\$3.5 million

POWERBALL

Sept. 8	3-13-20-32-33
Powerball	21

...

Sept. 5	6-15-50-59-60
Powerball	13

PAYOFF FOR SEPT. 5

0 5-5 + PB	\$100 Million
0 5-5	\$1 Million
0 4-5 + PB	\$50,000
15 4-5	\$100

ESTIMATED JACKPOT

\$114 million

MEGA MILLIONS

Sept. 7	8-10-41-54-68
Mega ball	10

...

Sept. 4	2-7-25-35-44
Mega ball	3

PAYOFF FOR SEPT. 4

0 5 of 5 + MB	\$187 Million
1 5 of 5	\$1 Million
1 4 of 5 + MB	\$10,000
14 4 of 5	\$500

ESTIMATED JACKPOT

\$187 million

Due to deadline, not all lottery results are available.

BEAT

FROM PAGE 1

fell twice as well after previously winning four matches in a row.

Nearly all the area cross country teams were in action on Saturday with Port Charlotte's Isabella Coogan winning her third race in a row at the Fort Myers Invite. The Pirates' boys team finished sixth out of 36 teams. North Port Boys finished 14th.

The Lady Tarpons also had a strong showing, finishing third out of 24 teams.

Also beginning this past week was our Sun Sports Athletes of the Week. A pair of Pirates were selected in Coogan and Jean-Louis. It's a weekly award spotlighting the top area performers of the week — one male, one female. Pay attention to our social media pages for your chance to nominate athletes.

OPEN

FROM PAGE 1

his wrist held up over the last two weeks.

"I will keep playing tennis for a few more years," he said. "I don't know when will be my last tournament in this career, but I'm excited to keep surprising myself doing things like this. I'm very motivated to keep trying to win these titles."

He was in tears afterward, with both Djokovic and John McEnroe coming over to give him a consoling pat on the shoulder as he sat on his chair waiting for the trophy presentation. He was drained from 3 hours, 16 minutes trying to find a weaknesses in perhaps the best defender in tennis, especially after losing the 22-point, 20-plus minute game in the second set that was the match's pivotal moment.

Del Potro might have beaten other players Sunday, same as some of



AP PHOTO

Juan Martin del Potro, of Argentina, reacts against Novak Djokovic, of Serbia, during the men's final of the U.S. Open tennis tournament.

the losses to Federer and Nadal through the years may have been victories against lesser foes.

Some two hours after the match, del Potro walked out to the players garden to a greeting from his group of about a dozen friends who have led the cheers from his box, supporters from back home he has credited with keeping his spirits up during the depressing days when he was injured.

Beloved in Argentina and embraced in New York, he's looking forward to resuming his chase next year.

"I'm just doing my job, trying to be an example for the kids, to teach them that you have to do effort to get your goals in your life," del Potro said.

"I will try to keep (troubling) these guys, playing in the next tournaments, and we'll see."

Check out our High School football coverage every Wednesday, Friday, Saturday and Sunday in the Sun Sports section.

■ AREA SPOTLIGHT: Cross-country

Charlotte runner places emphasis on teamwork

By **BEN BAUGH**
SPORTS EDITOR

An older sister played a large role in influencing Alexa Roughton to direct her energies toward becoming a cross-country runner.

The Lady Tarpons' current no. one runner's older sister Jordan also ran for Charlotte. And although there's a six year age difference, Alexa would be introduced to the sport by accompanying her sister to the meets, and it was that exposure to the sport's environment that resonated deeply with the current senior.

"It was something that I wanted to do," said Roughton.

The diminutive Roughton, made the

transition to cross-country from softball, a sport she participated in for six years, but decided to pursue cross-country when entering high school. However, she encountered a number of challenges when she began competing as a freshman at a discipline she had watched her sister succeed in only years earlier.

"It was kind of a rocky start," said Roughton. "I was on JV. My times weren't super slow, but I definitely wanted to be better than I was."

One of Roughton's teammates played a significant role in her development, helping her evolve as a runner, placing an emphasis on teamwork. She also credits the Lady Tarpons coach Chris Robishaw, who coached her sister Jordan, with helping her reach her present level.

"Katie Kanagy (who

now runs for Palm Beach Atlantic University) would be the one who really pushed me to be better, because I knew if she could do something, I could do it too," said Roughton. "You want to help your team to be the best it can be. Katie was the team captain. She included everybody, to do things together, it was never just about her. She always included me. If we were going to work out, we were going to do it together."

However, it was during her freshman year, that Roughton's passion for the sport increased markedly. An alternate for states, it provided her with a distinctive taste of what it was like to be on Varsity, it was that flavor that contributed to being a motivating variable, serving as the impetus for Roughton, propelling her toward performing at her optimal best.

"That really pushed me to do better the next year (sophomore)," said Roughton. "I'm not just out there to run. I'm here to make a statement, and get a face with a name. My team really brought me to that point. I wouldn't have gone to states without my team. I wouldn't have gone individually."

As a senior, Roughton has taken on the added responsibility of being a leader, helping her younger teammates succeed.

"I have a lot on my shoulders, trying to guide them in the right direction," said Roughton. "Once I leave, I want them to be able to do these things on their own, think like I did and be positive. We're in it together."

It's those intangibles that Roughton brings to the meet, that helps to inspire her teammates.

A team first attitude is something that resonates loudly with the other members of the roster, evident in their third place finish among a field of 24 teams Saturday at the Fort Myers Invite.

"It's all about teamwork, you have someone behind you, and you're going for someone in front of you, and you work as hard as possible to be the best you can be, and make it to where you do well as a whole," said Roughton. "It's not an individual sport. I rely on my team and we get things done together."

Robishaw has played an important part in Roughton's growth as an athlete, witnessing the trajectory from its nascent stages as a freshman, to its current level as a senior.

"Her freshman year, she was our number one JV runner the whole season, sitting number eight

the whole season," said Robishaw. "The opportunity did come up, where we had an injury, she took advantage of it, and actually scored points for us. She finished fifth her freshman year in the district meet. That pretty much sealed it for me."

Roughton's impressive performances earned her a place on the Varsity team, something Robishaw said was well-deserved.

"She PR'd (personal record) in the district meet, regional meet and state meet, which isn't an easy course to PR on," said Robishaw. "Her sophomore and junior years, she's consistently worked as hard as she can to make herself what she is today. She's every bit of what she's become. she leads by example... she does it in the classroom and all other realms...she's a great role model."



ROUGHTON

■ HOMETOWN HEROES: Spotlight

Venice Indian soccer grad transitions to defense

By **BARBARA BOXLEITNER**
SUN CORRESPONDENT

Injury slowed Ave Maria University soccer player John Gokey last year.

But through seven games this season, the Venice High School graduate, was one of just three players on the roster to start every contest.

The sophomore, whose dominant foot is the left, is playing left back after being a forward in 2017, when he played 13 of 17 games and started 10. He said a torn labrum and broken wrist suffered in a mountain biking spill during the summer caused him to miss time.

This season the shift to defense hasn't been an issue for Gokey. He said, "I did have quite a bit of experience in club soccer." Ave Maria recorded

its first shutout of the season Sept. 1. The team has been trying to tighten its defense after last year, when it allowed 3.59 goals per game, second worst among 10 Sun Conference teams. It wasn't until the 13th game that the team posted its first shutout victory, although it tied 0-0 in the eighth game.

Possession to establish a counterattack is the focus this year. "We're shaping it up a lot more, really locking down," Gokey said. "Last year we kind of bombed it (the ball) out of the back. It's small ball more this year."

Listed at 6-foot-1 and 155 pounds, Gokey said he conditioned this summer to add arm and chest strength.

More men's soccer
Sophomore Jeremiah

Ruth started the first three games for Columbia International University (S.C.). The midfielder, who competed for Port Charlotte, had two assists.

Columbia International freshman midfielder Nathanael Ruth started the first two games he played. The former Pirate had one assist.

Charlotte High graduate Aaron Rivers is a freshman midfielder for Dean College. He started one of their first two games.

Sophomore Thura Zayyar appeared in the first three games for Huntingdon College. The midfielder/forward played for the Indians.

Florida Atlantic University freshman forward Blake Dean recorded his first assist in a win over St. Thomas

University. He is from Lemon Bay High.

Past Tarpon Andrew Michel is a freshman forward for State University of New York Plattsburgh.

Send updates about area athletes to Barbara Boxleitner at jdanddoc@gmail.com.

Local baseball player update

Joe Cavallaro, P, New York Mets high Class A St. Lucie: 2-4, 4.84 earned run average, 44.2 innings pitched, 48 hits, 41 strikeouts, 18 base on balls

Weekly highlight: Did not pitch.

Ryan Conroy, P, Baltimore Orioles Class A Short Season Aberdeen: 0-1, 2.70 ERA, 6 saves, 16.2 IP, 19 H, 19 SO, 3 BB

Weekly highlight: Did not allow a run in

a season-high three innings, allowing two hits and striking out a season-high four.

Dalton Guthrie, 3B, Philadelphia Phillies Class A Lakewood: 307 at-bats, .241 batting average, 5 home runs, 30 runs batted in, 56 SO, 21 BB

Weekly highlight: Played second base and singled in two at-bats Friday.

David Holmberg, P, Colorado Rockies Triple A Albuquerque: 7-8, 5.21 ERA, 107 IP, 136 H, 65 SO, 30 BB

Weekly highlight: Placed on the seven-day disabled list Sept. 2.

Ricky Knapp, P, New York Mets Double A Binghamton: 0-1, 5.40 ERA, 10 IP, 14 H, 2 SO, 4 BB

Weekly highlight: Placed on the seven-day

disabled list July 21.

Nick Longhi, LF/1B, Cincinnati Reds Triple A Louisville: 90 AB, .233 BA, 0 HR, 8 RBI, 27 SO, 2 BB

Weekly highlight: Hitless in three at-bats against Indianapolis.

Ryan Miller, P, Arizona Diamondbacks Class A Short Season Hillsboro: 3-0, 3.86 ERA, 11.2 IP, 11 H, 10 SO, 1 BB

Weekly highlight: Did not pitch.

Jake Noll, 3B, Washington Nationals Double A Harrisburg: 237 AB, .278 BA, 3 HR, 26 RBI, 39 SO, 14 BB

Weekly highlight: Did not play.

Mike Rivera, C, Cleveland Indians Class A Lake County: 41 AB, .195, 3 RBI, 10 SO, 15 BB

Weekly highlight: Placed on the seven-day disabled list June 12.

■ PREP SPORTS: Cross-country recap

Local runners enjoy successful weekend

Charlotte, DeSoto, Imagine School of North Port, North Port, Port Charlotte and Venice competed Saturday at the Fort Myers Invite at Veterans Park at Lehigh Acres.

Isabella Coogan, Port Charlotte, placed first overall in the girls cross country division on the 5K course, with a time of 19:37.40. John Perez, Port Charlotte, placed seventh overall, the best local placing in the boys division, with a time of 17:42.05

Boys results of 36 teams

- 6. Port Charlotte 232
- 14. North Port 392
- 16. Venice 421
- 19. DeSoto 557
- 24. Charlotte 629
- 31. Imagine School of North Port 835

Girls results out of 24 teams

- 3. Charlotte 135
- 12. Venice 314
- 14. Port Charlotte 368
- 20. North Port 467
- 22. Imagine School of North Port 578



PHOTOS BY MONICA AMAYA

Port Charlotte's Isabella Coogan finished first overall Saturday in the Fort Myers Invite at Veterans Park in Lehigh Acres.



John Perez of Port Charlotte, was the top boys finisher from the area, placing seventh overall, with a time of 17:42.05.



North Port's Alexis Smith had the highest placing for her team with a time of 23:11.13.

LOCAL SPORTS BRIEF

Boating

America's Boating Course is being offered by the Venice Sail and Power Squadron with two consecutive sessions on Saturday October 13th and 20th from 8:30 a.m. to 1:00 p.m. Fee for the course is \$50.00 per student with a family discount. The class will be held at the Waymire Training Center in Wellfield Park, 1450 Lucaya Ave. Venice. Call 941-244-8331 for

information as registration is required. Subjects covered include docking and undocking maneuvers, required and suggested equipment, rules of the road, Florida regulations, using a trailer including backing, PWC operation and handling emergency situations. A State of Florida boating safety ID card will be issued at the successful completion of the course. This card is required for anyone born after Jan 1, 1988.

PREP SPORTS CALENDAR

■ TODAY

Swimming
Port Charlotte – vs. Outdoor Academy, 10 a.m.

■ TOMORROW

Golf
Lemon Bay — Girls Golf at PCCG, 8 a.m.
North Port – Boys/girls golf vs Port Charlotte, at PCCC, 3:30 p.m.
Venice — Girls Golf vs. North Port/Bradley River at Calusa Lakes, 3:30 p.m.
Venice — Boys Golf vs. Cardinal Mooney/Sarasota/Charlotte at Venice Golf and Country Club, 3:30 p.m.

Volleyball

Lemon Bay — vs Cape Coral at home 7 p.m.

Port Charlotte – vs Charlotte

Swimming
Venice – at Barron Collier, 6 p.m.

■ WEDNESDAY

Golf
Lemon Bay — Girls Golf at Deep Creek Golf Club
Venice — Boys Golf at Riverview at TBA, 3:30 p.m.

Volleyball

Lemon Bay — Volleyball home vs ODA
Venice — Volleyball vs. Lakewood Ranch, 7 p.m.

Swimming

Port Charlotte, Charlotte, North Port at Port Charlotte, 5 p.m.

Have a sports event planned?

Send us the info at sports@sun-herald.com and we'll list it in our community calendar.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Boston	97	46	.678	—	—	6-4	L-2	48-20	49-26
New York	89	54	.622	8	—	5-5	L-1	48-24	41-30
Tampa Bay	78	64	.549	18½	8	8-2	W-3	44-24	34-40
Toronto	65	78	.455	32	21½	5-5	W-1	37-37	28-41
Baltimore	41	102	.287	56	45½	2-8	L-4	24-44	17-58

TEAM	W	L	PCT	GB	WCGB	L10	STR	HOME	AWAY
Cleveland	81	62	.566	—	—	5-5	L-1	44-28	37-34
Minnesota	65	77	.458	15½	21	3-7	W-1	41-30	24-47
Detroit	59	84	.413	22	27½	6-4	L-1	36-35	23-49
Chicago	56	87	.392	25	30½	3-7	L-5	28-47	28-40
Kansas City	47	95	.331	33½	39	6-4	L-1	25-45	22-50

TEAM	W	L	PCT	GB	WCGB	L10	STR	HOME	AWAY
Houston	89	53	.627	—	—	8-2	W-7	40-32	49-21
Oakland	87	57	.604	3	—	7-3	W-4	46-29	41-28
Seattle	79	64	.552	10½	7½	5-5	W-1	41-31	38-33
Los Angeles	71	72	.497	18½	15½	7-3	W-4	34-34	37-38
Texas	61	82	.427	28½	25½	3-7	L-4	32-43	29-39

BOX SCORES

BLUE JAYS 6, INDIANS 2

CLEVELAND	AB	R	H	BI	BB	SO	AVG.
Lindor ss	5	1	2	1	0	1	.285
Brantley lf	4	0	2	0	0	1	.306
Ramirez 3b	4	0	0	0	0	1	.282
Encarnacion dh	3	0	0	0	1	1	.314
Y.Diaz 1b	4	0	0	0	0	1	.234
Guey rf	3	0	0	0	1	0	.202
Gomes c	3	0	0	1	1	0	.258
Barnes cf	3	1	1	1	1	1	.400
Gonzalez 2b	4	0	1	0	0	1	.285
TOTALS	33	2	6	2	4	8	

TORONTO AB R H BI BB SO AVG.
 McKinney lf-ff 4 0 1 0 0 1 .348
 Gurriel Jr. ss 3 2 0 0 1 2 .286
 Smoak 1b 4 2 2 3 0 1 .248
 Grichuk rf 2 0 0 0 0 2 .247
 Hernandez lf 2 1 2 3 0 0 .244
 Davis lf 0 0 0 0 0 0 .000
 Tellez dh 4 0 0 0 0 1 .444
 Pillar cf 4 0 0 0 0 1 .232
 Solarte 2b 3 0 0 0 0 1 .237
 Urena 2b 0 0 0 0 0 0 .258
 A.Diaz 3b 3 0 0 0 0 2 .250
 McGuire c 2 1 1 0 1 0 .333
TOTALS **31** **6** **6** **6** **2** **11**

CLEVELAND 001 000 100-2 6 1
TORONTO 201 000 03X-6 6 0
 E — Ramirez (11), LOB — Cleveland 8, Toronto 3. 2B — McKinney (6), Hernandez (28), HR — Lindor (34), off Pannone; Barnes (1), off Pannone; Smoak (24), off Cleveland; Hernandez (20), off Edwards. RBIs — Lindor (85), Barnes (1), Smoak 3 (74), Hernandez 3 (55), SB — Ramirez (30), McGuire (1). Runners left in scoring position — Cleveland 3 (Lindor, Y.Diaz, Barnes); Toronto 2 (Gurriel Jr., Pillar). RISP — Cleveland 0 for 3; Toronto 2 for 7. Runners moved up — McKinney, Tellez.

CLEVELAND IP H R ER BB SO NP ERA
 Cleveland, L, 11-8
 6 4 3 2 2 9 108 3.16
 Edwards 1.1 2 3 2 0 1 22 8.10
 Cimber 2 0 0 0 0 1 8 3.52

TORONTO IP H R ER BB SO NP ERA
 Pannone, W, 2-1
 6.1 4 2 2 3 2 93 4.12
 Tepera, H, 15 2 0 0 0 0 2 10 3.45
 Fernandez 0 1 0 0 0 0 4 1.93
 Patricka, H, 1 1 0 0 0 0 3 17.48
 Paulino 2 0 0 0 1 1 19 0.00
 Giles, S, 20-20 1 0 0 0 0 0 8 5.32
 Fernandez pitched to 1 batter in the 8th. Inherited runners-scored — Patricia 1-0, Giles 2-0. Umpires — Home, Todd Tichenor; First, Chad Whitson; Second, Alan Porter; Third, Angel Hernandez. T — 2:43. A — 31,184 (53,506).

Alfaro in the 9th. e-struck out for Garcia in the 9th.
 E — Garcia (1), LOB — Philadelphia 7, New York 10. 2B — Nimmo (24), Jackson (15), Do.Smith (7). 3B — Rosario (8), HR — Hoskins (30), off Oswalt; Santana (23), off Lugo; Conforto (23), off Velasquez. RBIs — Santana (82), Hoskins 2 (88), Ramos (64), McNeil (14), Conforto 4 (63), Jackson (28).
 SF — Ramos. S — Velasquez 2.
 Runners left in scoring position — Philadelphia 4 (Santana 2, Bour 2); New York 6 (Conforto, Bruce, Jackson 2, Plawecki 2). RISP — Philadelphia 1 for 5; New York 3 for 10.

PHILADELPHIA IP H R ER BB SO NP ERA
 Velasquez, L, 9-11
 4 7 5 5 1 4 73 3.40
 Arano 1 0 0 0 1 0 12 2.50
 Neshek 2 0 0 0 1 1 11 1.35
 Morgan 1 0 0 0 1 0 9 4.19
 Neris 1 1 1 1 1 1 23 5.31
 Garcia 1 1 0 0 0 0 12 4.54
NEW YORK IP H R ER BB SO NP ERA
 Oswalt 3 5 2 2 1 4 59 6.62
 Gagnon, W, 1-1 2 0 0 0 1 32 8.10
 Hanhold 0 1 1 1 0 1 0 7.71
 Dr.Smith, H, 3 2 0 0 0 0 21 2.11
 Lugo, S, 2-3 2 1 1 0 5 33 2.75
 Velasquez pitched to 4 batters in the 5th. Hanhold pitched to 2 batters in the 6th. Inherited runners-scored — Morgan 1-0, Dr.Smith 2-1. HBP — Velasquez 2 (Frazier,Rosario), Dr.Smith (Alfaro). WP — Engel, Delmonico). RISP — Los Angeles 1 for 5; Chicago 0 for 5. Runners moved up — Ward, Castillo. GDP — Garcia.

DP — Los Angeles 1 (Coward, Fletcher, Fernandez).
LOS ANGELES IP H R ER BB SO NP ERA
 Heaney, W, 9-9 7 3 0 0 0 12 96 3.98
 Burrety, H, 5 1 1 0 0 0 1 16 0.87
 Parker, H, 3 2 1 0 0 0 0 13 3.19
 Alvarez, S, 1-4 1 0 0 0 0 1 5 2.59

CHICAGO IP H R ER BB SO NP ERA
 Lopez 6 2 0 0 3 10 105 4.22
 Hamilton, L, 0-1.2 1 1 1 1 18 2.25
 Frare 0 1 0 0 0 0 211.57
 Minaya 1.1 1 0 0 0 2 12 3.66
 Santiago 2 0 0 0 3 1 31 4.56
 Ruiz 1 0 0 0 0 0 1 0.00

Frare pitched to 1 batter in the 7th. Inherited runners-scored — Alvarez 2-0. Frare 2-1, Minaya 2-0, Ruiz 3-0. HBP — Parker (Davidson). WP — Heaney, Parker. Umpires — Home, Ben May; First, Larry Vanover; Second, Hunter Wendelstedt; Third, Chris Guccione. T — 3:17. A — 24,020 (40,615).

BREWERS 6, GIANTS 3

SAN FRANCISCO AB R H BI BB SO AVG.
 Blanco lf 2 1 2 0 0 0 .241
 e-d'Arnaud ph 1 0 0 0 0 0 .232
 Black p 0 0 0 0 0 0 ---
 Melancon p 0 0 0 0 0 0 ---
 Panik 2b 4 0 1 0 0 0 .243
 Longoria 3b 4 0 1 0 0 1 .245
 Crawford ss 4 1 2 0 0 0 .259
 Slater rf 4 0 1 1 0 2 .279
 Huff c 4 0 1 0 0 2 .235
 Jones 1b 1 0 0 0 0 1 .375
 Belt ph-1b 2 1 0 0 1 1 .258
 Hernandez cf 4 0 1 0 0 1 .241
 Bumgarner p 2 0 1 0 0 0 .135
 c-Hanson ph 0 0 0 0 0 0 .265
 d-Pence ph-1f 2 0 0 0 0 0 .214

TOTALS **34** **3** **9** **3** **1** **8**

MILWAUKEE AB R H BI BB SO AVG.
 Cain cf 3 2 1 0 1 0 .306
 Mazaara rf 3 1 1 0 1 0 .316
 Aguilar lf 4 1 1 0 0 0 .276
 Braun lf 2 1 1 1 1 0 .256
 Broxton rf 0 0 0 0 0 0 .188
 Schoop 2b 4 1 1 5 0 2 .237
 Moustakas 3b 3 0 0 0 0 1 .250
 Arcia ss 1 0 0 0 0 0 .216
 Perez ss-3b 3 0 0 0 0 2 .259
 Krazt c 3 0 0 0 0 0 .244
 Davies p 1 0 0 0 0 0 .000
 Burnes p 0 0 0 0 0 0 ---
 b-Santana ph 1 0 0 0 0 0 .246
 Woodruff p 0 0 0 0 0 0 .250
 Cedeno p 0 0 0 0 0 0 ---
 f-Thames ph 1 0 0 0 0 0 .221
 Soria p 0 0 0 0 0 0 ---
 Knebel p 0 0 0 0 0 0 ---

TOTALS **29** **6** **5** **6** **3** **5**

SAN FRANCISCO 100 010 010-3 9 0
MILWAUKEE 100 004 01X-6 5 1
 a-struck out for Jones in the 5th. b-grounded out for Burnes in the 6th. c-pinch hit for Bumgarner in the 7th. d-lined out for Hanson in the 7th. e-flied out for Blanco in the 7th. f-grounded out for Cedeno in the 7th. E — Perez (3), LOB — San Francisco 6, Milwaukee 3. 2B — Hernandez (15), Braun (23). 3B — Slater (1), HR — Blanco (2), off Davies; Schoop (21), off Bumgarner. RBIs — Blanco 2 (7), Slater (18), Braun (52), Schoop 5 (58), SB — Crawford (4), Braun (11), SF — Blanco.
 Runners left in scoring position — San Francisco 4 (Panik, Hundley 2, d'Arnaud); Milwaukee 2 (Schoop, Arcia). RISP — San Francisco 1 for 8; Milwaukee 3 for 7. Runners moved up — Aguilar 2. GDP — Longoria, Slater.
 DP — Milwaukee 2 (Moustakas, Schoop, Aguilar), (Perez, Schoop, Aguilar).
SAN FRANCISCO IP H R ER BB SO NP ERA
 Bumgarner, L, 5-6
 6 4 5 5 1 4 95 3.30
 Black 1 0 0 0 0 1 15 4.82
 Melancon 1 1 1 2 0 18 2.84

MILWAUKEE IP H R ER BB SO NP ERA
 Davies 5 6 2 2 1 2 73 4.75
 Burnes, W, 4-0 1 0 0 0 2 15 2.89
 Woodruff, H, 1 1 0 0 0 1 7 4.19
 Cedeno, H, 9 2 0 0 0 0 6 2.54
 Soria, H, 11 2 2 1 1 0 1 22 3.46
 Knebel, S, 15-18
 1 1 0 0 0 0 2 14 4.50
 Inherited runners-scored — Cedeno 1-0, Knebel 1-0. HBP — Bumgarner (Braun), WP — Melancon. Umpires — Home, Tom Hallion; First, Dan Bellino; Second, Adam Hamari; Third, Phil Cuzzi. T — 2:52. A — 35,388 (41,900).

DODGERS 9, ROCKIES 6

LOS ANGELES AB R H BI BB SO AVG.
 Dozier 2b 2 1 0 0 1 1 .218
 b-Bellinger ph-cf 2 1 0 0 1 2 .261
 Turner 3b 5 2 4 2 1 0 .314
 Machado ss 6 1 1 1 0 0 .300
 Kemp rf 4 1 2 0 0 0 .283
 l-Locastro pr 0 0 0 0 0 0 .182
 Puig rf 0 0 0 0 1 0 .261
 Freese 1b 3 1 2 1 1 0 .290
 e-Muncy ph-1b 1 0 0 0 0 0 .253
 Maeda p 0 0 0 0 0 0 .094
 Alexapnd p 0 0 0 0 0 0 .000
 Taylor lf-cf 4 0 1 2 1 2 .246
 Hernandez cf-2b 4 2 2 1 1 0 .238
 Barnes c 5 0 0 0 2 1 .197
 Baez p 3 0 0 0 1 1 .121
 c-Farmer ph 1 0 1 0 0 0 .246
 Ferguson p 0 0 0 0 0 0 .200
 Verdugo cf-1f 1 0 1 1 0 0 .270

TOTALS **41** **9** **14** **8** **7** **8**

COLORADO AB R H BI BB SO AVG.
 Blackmon cf 4 3 3 2 0 1 .282

Ohtani dh 3 0 1 0 0 1 .291
 Upton lf 4 0 0 0 0 4 .262
 Fernandez 1b 3 1 1 0 1 0 .294
 Ward 3b 3 0 0 0 1 2 .210
 Cowart 2b 3 0 0 0 1 2 .138
 Briceño c 2 0 0 0 2 1 .250

TOTALS **31** **1** **5** **7** **14**

CHICAGO AB R H BI BB SO AVG.
 Anderson ss 4 0 1 0 0 0 .249
 Rondon 3b 3 0 0 0 0 2 .253
 b-Sanchez ph 1 0 1 0 0 0 .251
 Garcia dh 4 0 1 0 0 1 .242
 Davidson 1b 3 0 0 0 0 2 .235
 l-Smith pr 0 0 0 0 0 0 .297
 Castillo c 4 0 0 0 0 1 .244
 LaMarre lf 3 0 0 0 0 2 .276
 c-Delmonico ph 1 0 0 0 0 1 .215
 Moncada 2b 3 0 2 0 0 1 .225
 Engel cf 2 0 0 0 2 2 .234
 Cordell rf 2 0 0 0 1 0 .000
 a-Palka ph-rf 1 0 0 0 0 1 .237

TOTALS **31** **0** **5** **0** **14**

LOS ANGELES 000 000 100-1 5 0
CHICAGO 000 000 000-0 5 0
 a-struck out for Cordell in the 8th. b-singled for Rondon in the 9th. c-struck out for LaMarre in the 9th. 1-ran for Davidson in the 9th. E — Los Angeles 10, Chicago 6. 2B — Ohtani (17), RBIs — Calhoun (56), CS — Ohtani (3), S — Engel.
 Runners left in scoring position — Los Angeles 4 (Fletcher 4); Chicago 3 (Anderson, Engel, Delmonico). RISP — Los Angeles 1 for 5; Chicago 0 for 5. Runners moved up — Ward, Castillo. GDP — Garcia.
 DP — Los Angeles 1 (Coward, Fletcher, Fernandez).
LOS ANGELES IP H R ER BB SO NP ERA
 Heaney, W, 9-9 7 3 0 0 0 12 96 3.98
 Burrety, H, 5 1 1 0 0 0 1 16 0.87
 Parker, H, 3 2 1 0 0 0 0 13 3.19
 Alvarez, S, 1-4 1 0 0 0 0 1 5 2.59

CHICAGO IP H R ER BB SO NP ERA
 Lopez 6 2 0 0 3 10 105 4.22
 Hamilton, L, 0-1.2 1 1 1 1 18 2.25
 Frare 0 1 0 0 0 0 211.57
 Minaya 1.1 1 0 0 0 2 12 3.66
 Santiago 2 0 0 0 3 1 31 4.56
 Ruiz 1 0 0 0 0 0 1 0.00

Frare pitched to 1 batter in the 7th. Inherited runners-scored — Alvarez 2-0. Frare 2-1, Minaya 2-0, Ruiz 3-0. HBP — Parker (Davidson). WP — Heaney, Parker. Umpires — Home, Ben May; First, Larry Vanover; Second, Hunter Wendelstedt; Third, Chris Guccione. T — 3:17. A — 24,020 (40,615).

NATIONAL LEAGUE

TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Atlanta	79	64	.552	—	—	5-5	W-2	37-34	42-30
Philadelphia	74	68	.521	4½	4½	4-6	L-2	43-26	31-42
Washington	71	72	.497	8	8	4-6	W-2	37-36	34-36
New York	65	77	.458	13½	13½	7-3	W-2	30-41	35-36
Miami	56	86	.394	22½	22½	3-7	L-2	34-41	22-45

TEAM	W	L	PCT	GB	WCGB	L10	STR	HOME	AWAY
Chicago	83	59	.585	—	—	5-5	L-2	44-24	39-35
Milwaukee	65	77	.458	2	—	3-7	W-3	45-27	37-35
St. Louis	79	64	.552	4½	—	5-5	W-1	37-31	42-33
Pittsburgh	71	71	.500	12	7½	7-3	W-5	40-34	31-37
Cincinnati	61	83	.424	23	18½	4-6	L-1	34-39	27-44

TEAM	W	L	PCT	GB	WCGB	L10	STR	HOME	AWAY
Colorado	78	64	.549	—	—	6-4	L-1	38-32	40-32
Los Angeles	78	65	.545	½	1	6-4	W-1	39-36	39-29
Arizona	76	67	.531	2½	3	3-7	L-2	37-35	39-32
San Francisco	68	76	.472	11	11½	1-9	L-8	39-30	29-46
San Diego	57	88	.393	22½	23	5-5	W-1	27-45	30-43

TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Atlanta	79	64	.552	—	—	5-5	W-2	37-34	42-30
Philadelphia	74	68	.521	4½	4½	4-6	L-2	43-26	31-42
Washington	71	72	.497	8	8	4-6	W-2	37-36	34-36
New York	65	77	.458	13½	13½	7-3	W-2	30-41	35-36
Miami	56	86	.394	22½	22½	3-7	L-2	34-41	22-45

TEAM	W	L	PCT	GB	WCGB	L10	STR	HOME	AWAY
Chicago	83	59	.585	—	—	5-5	L-2	44-24	39-35
Milwaukee	65	77	.458	2	—	3-7	W-3	45-27	37-35
St. Louis	79	64	.552	4½	—	5-5	W-1	37-31	42-33
Pittsburgh	71	71	.500	12	7½	7-3	W-5	40-34	31-37
Cincinnati	61	83	.424	23	18½	4-6	L-1	34-39	27-44

TEAM	W	L	PCT	GB	WCGB	L10	STR	HOME	AWAY
Colorado	78	64	.549	—	—	6-4	L-1	38-32	40-32
Los Angeles	78	65	.545	½	1	6-4	W-1	39-36	39-29
Arizona	76	67	.531	2½	3	3-7	L-2	37-35	39-32
San Francisco	68	76	.472	11	11½	1-9	L-8	39-30	29-46
San Diego	57	88	.393	22½	23	5-5	W-1	27-45	30-43

ROUNDUP/MATCHUPS

Blue Jays 6, Indians 2: Blue Jays right fielder R

SCOREBOARD

PRO BASEBALL

Table with columns: Division, Team, W, L, PCT., GB. Includes American League (East, Central, West) and National League (East, Central, West) results.

New York Jets at Detroit, 7:10 p.m. Los Angeles Rams at Oakland, 10:20 p.m. WEEK 2 Thursday's Game Baltimore at Cincinnati, 8:20 p.m. Sunday, Sept. 16 Philadelphia at Tampa Bay, 1 p.m.

Alabama 57, Arkansas State 7. Alcorn St. 78, Louisiana-Lafayette 0. Appalachian 25, Charlotte 9. Auburn 63, Alabama State 9.

FAVORITE OPEN TODAY O/U UNDERDOG at Detroit 6 1/2 7 45 N.Y. Jets at Oakland 1 4 1/2 47 1/2 at Oakland Thursday at Cincinnati 1 Pk Off Baltimore

Paul Casey 69-68-69-206 Tyrell Hutton 69-68-69-206 Chris Kirk 69-68-69-206 Brian Gay 66-71-69-206

points 21st. 22. (60) Chase Briscoe, Ford, 2018 owner points 22nd. 23. (0) Garrett Smithley, Chevrolet, 2018 owner points 23rd.

Saturday's Games Houston 5, Boston 3 Oakland 8, Texas 6 Cleveland 9, Toronto 8 Tampa Bay 10, Baltimore 5 Detroit 4, St. Louis 3

NFL INJURY REPORT The National Football League injury report, as provided by the league (DNP: did not practice; LIMITED: limited participation; FULL: Full participation): Today

Alabama 57, Arkansas State 7. Alcorn St. 78, Louisiana-Lafayette 0. Appalachian 25, Charlotte 9. Auburn 63, Alabama State 9.

BASEBALL American League Detroit Tigers - Recalled C Jarrod Saltalamachia, RHP Zac Reinger and OF Christin Stewart from Toledo (IL).

Lucas Bjerregaard, Denmark 68-65-67-63-263 Mike Lorenzo-Verba, France 68-66-64-67-265

Major League Soccer Eastern Conference New York Red Bulls 17 5 6 55 50 29 Atlanta United FC 16 5 6 54 56 33

Sunday's Games Toronto 6, Cleveland 2 St. Louis 5, Detroit 2 Tampa Bay 8, Baltimore 3

COLLEGE FOOTBALL The AP Top 25 Poll The Top 25 teams in The Associated Press college football poll, with first-place votes in parentheses, records through Sept. 8, total points based on 25 points for a first-place vote through one point for a 25th-place vote, and last week's ranking (LW):

Alabama 57, Arkansas State 7. Alcorn St. 78, Louisiana-Lafayette 0. Appalachian 25, Charlotte 9. Auburn 63, Alabama State 9.

HOCKEY National Hockey League Detroit Red Wings - Agreed to terms with RW Matt Puempel on a two-year contract.

Chase Kopeka, United States 71-65-69-72-277 David Lipsky, United States 68-70-66-73-277 Kiradech Aphibarnrat, Thailand 71-67-70-71-279

Western Conference FC Dallas 14 6 7 49 47 37 Sporting Kansas City 14 7 6 48 49 33

National League All times Eastern EAST DIVISION W L PCT. GB Atlanta 79 64 .552 - Philadelphia 74 68 .521 4 1/2

RECORD PTS. LW 1. Alabama (54) 2-0 1,517 1 2. Clemson (6) 2-0 1,430 2 3. Georgia 2-0 1,407 3

ATP World Tour/WTA Tour U.S. Open Sunday's results at USTA Billie Jean King National Tennis Center, New York (seedings in parentheses):

Womens Doubles Championship Coco Vandeweghe, United States and Ashleigh Barty (13), Australia, def. Kristina Mladenovic, France and Timea Babos (2), Hungary, 3-6, 7-6 (2), 7-6 (6).

Also Chase Kopeka, United States 71-65-69-72-277 David Lipsky, United States 68-70-66-73-277 Kiradech Aphibarnrat, Thailand 71-67-70-71-279

Sept. 5 New England 1, New York City FC 0 Saturday's Games D.C. United 1, New York City FC 1, tie Sporting Kansas City 1, Orlando City U Portland 2, Colorado 0

Saturday's Games Pittsburgh 5, Miami 1 Cincinnati 7, San Diego 2, 7 innings Washington 10, Chicago Cubs 3, 1st game

AMWAY COACHES TOP 25 POLL The Amway Top 25 football poll, with first-place votes in parentheses, records through Sept. 8, total points based on 25 points for first place through one point for 25th, and last week's ranking (PRV):

Alabama 57, Arkansas State 7. Alcorn St. 78, Louisiana-Lafayette 0. Appalachian 25, Charlotte 9. Auburn 63, Alabama State 9.

Womens Singles Championship Naomi Osaka (20), Japan, def. Serena Williams (17), United States, 6-2, 6-4.

2018 - Novak Djokovic 2017 - Rafael Nadal 2016 - Stan Wawrinka 2015 - Novak Djokovic

National Women's Soccer League All times Eastern W L T PTS GF GA x-North Carolina 17 1 6 57 53 17

Saturday's Games Pittsburgh 5, Miami 1 Cincinnati 7, San Diego 2, 7 innings Washington 10, Chicago Cubs 3, 1st game

RECORD PTS. LW 1. Alabama (59) 2-0 1,571 1 2. Clemson (3) 2-0 1,481 2 3. Georgia 2-0 1,437 3

PREGAME.COM LINE MAJOR LEAGUE BASEBALL Today National League FAVORITE LINE UNDERDOG LINE

PGA TOUR BMW CHAMPIONSHIP Saturday's leaders at Aronimnick GC, Newtown Square, Pa. Purse: \$9 million. Yardage: 7,267; Par: 70 (35-35) (Final round postponed by rain to today.)

2018 - Novak Djokovic 2017 - Rafael Nadal 2016 - Stan Wawrinka 2015 - Novak Djokovic

2018 Eastern Conference All times Eastern W L T PTS GF GA x-North Carolina 17 1 6 57 53 17

PRO FOOTBALL

Table with columns: Conference, Team, W, L, T, PCT., PF, PA. Includes American and National Conferences.

WEEK 3 Sept. 7 No. 16 Texas Christian 42, SMU 12 Saturday No. 1 Alabama 57, Arkansas State 7

PGA TOUR BMW CHAMPIONSHIP Saturday's leaders at Aronimnick GC, Newtown Square, Pa. Purse: \$9 million. Yardage: 7,267; Par: 70 (35-35) (Final round postponed by rain to today.)

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2018 Eastern Conference All times Eastern W L T PTS GF GA x-North Carolina 17 1 6 57 53 17

2018 Eastern Conference All times Eastern W L T PTS GF GA x-North Carolina 17 1 6 57 53 17

PRO BASKETBALL

Table with columns: Conference, Team, W, L, T, PCT., PF, PA. Includes American and National Conferences.

WEEK 1 Sept. 6 Philadelphia 18, Atlanta 12 Sunday's Games Cincinnati 34, Indianapolis 23 Jacksonville 20, N.Y. Giants 15

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2018 Eastern Conference All times Eastern W L T PTS GF GA x-North Carolina 17 1 6 57 53 17

2018 Eastern Conference All times Eastern W L T PTS GF GA x-North Carolina 17 1 6 57 53 17

PRO BASKETBALL

Table with columns: Conference, Team, W, L, T, PCT., PF, PA. Includes American and National Conferences.

WEEK 1 Sept. 6 Philadelphia 18, Atlanta 12 Sunday's Games Cincinnati 34, Indianapolis 23 Jacksonville 20, N.Y. Giants 15

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2018 Eastern Conference All times Eastern W L T PTS GF GA x-North Carolina 17 1 6 57 53 17

2018 Eastern Conference All times Eastern W L T PTS GF GA x-North Carolina 17 1 6 57 53 17

NFL SCOREBOARD

Houston New England	20 27	Dallas Carolina	8 16	Cincinnati Indianapolis	34 23	Seattle Denver	24 27	Washington Arizona	24 6	Pittsburgh Cleveland	21 21
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■ **NFL: Miami 27, Tennessee 20**

Dolphins overcome 2 lightning delays to beat Titans

By **STEVEN WINE**
AP SPORTS WRITER

MIAMI GARDENS, Fla. (AP) — Jakeem Grant scored on a tiebreaking 102-yard kickoff return with 14 minutes to go, and the Miami Dolphins overcame two weather delays to win the longest game since the 1970 NFL-AFL merger, beating the Tennessee Titans 27-20 Sunday.

Delays for lightning lasted a total of 3 hours, 59 minutes, and the game took 7 hours, 10 minutes to play. The previous longest game since 1970 was a Bears overtime victory against the Ravens in 2013 that took 5 hours, 16 minutes.

Grant's touchdown triggered a late flurry of big plays in a season opener that was lackluster for the first six hours.

After his score, Ryan Tannehill hit Kenny Stills deep for a 75-yard touchdown. Darius Jennings returned the ensuing kickoff 94 yards for a Titans score, and they were driving when Miami's Reshad Jones helped to clinch the win with a 54-yard return after he intercepted Blaine Gabbert.

Titans starting quarterback Marcus Mariota threw two interceptions in the third quarter and then came out of the game with an elbow injury. Tight end Delanie Walker was carted off the field later in the period with a right leg injury, and tackle Taylor Lewan suffered a concussion, all of which meant a miserable start

for Mike Vrabel in his head coaching debut.

Miami led 7-3 when the game was suspended for nearly two hours late in the first half. The teams went to the locker room during the delay and stayed on the field for halftime, which was shortened to 3½ minutes.

Lightning forced a halt again midway through the third quarter, and the second stoppage lasted just over two hours. Perhaps 10,000 fans remained at the finish.

Sandwiched between the delays was a brawl that started after Lewan appeared to be briefly knocked out. Jordan Phillips and Bobby McCain of Miami and Dion Lewis of Tennessee received offsetting unsportsmanlike conduct penalties for taunting, and Lewan missed the rest of the game.

Gabbert drove the Titans 75 yards to make the score 10-10, but Grant needed only 13 seconds to break the tie, splitting the coverage untouched and racing into the clear near midfield.

Tannehill, playing for the first time since a knee injury in late 2016, went 20 for 28 for 230 yards with two scores and two interceptions.

The Titans had a first-and-goal at the 5 in the first quarter, but were stopped on downs when Mariota threw incomplete on three consecutive plays. The Dolphins then drove 98 yards in 12 plays for a touchdown and a 7-3 lead.



AP PHOTOS

Tennessee Titans players leave the field after a second lightning delay was called during the second half of Sunday's game.

On the first play after the second weather delay, Miami's Kiko Alonso made an interception to set up a field goal and end Mariota's day.

A holding penalty on Walker negated a 62-yard touchdown run by Derrick Henry that would have tied the game in the fourth quarter.

Fracas

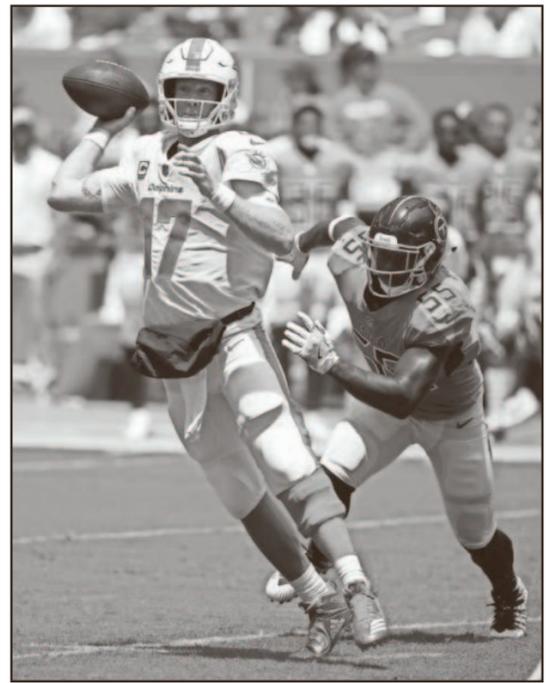
Lewan was flattened on Andre Branch's blindside block during an interception return by Jones. Lewan sprawled face down on the turf, then suddenly sprang to his feet, and players exchanged words and shoves.

Injury report

Titans: Mariota was shaken up early in the third quarter when hit by defensive lineman William Hayes. Mariota missed one play, and then returned to throw two interceptions before again coming out of the lineup. ... Adoree Jackson hurt his shoulder on a 26-yard punt return in the third quarter. ... LB Wesley Woodyard was shaken up and left the game in the third quarter.

Up next

The Dolphins play at the New York Jets next Sunday. The Titans face Houston in their home opener next Sunday.



Miami Dolphins quarterback Ryan Tannehill looks to pass as he is pursued by Tennessee Titans linebacker Jayon Brown, during the first half of Sunday's game.

BUCS

FROM PAGE 1

banned substance, the Saints brought in running back Mike Gillislee after he was cut by New England. In his Saints debut, Gillislee fumbled in the second quarter on a hit by Vernon Hargreaves. Cornerback Justin Evans scooped up the loose ball and ran it back for a 34-yard TD.

Penalties

The Saints were fortunate to give up only a field goal after Onyemata and defensive end Marcus Davenport were flagged for roughing the passer on back-to-back plays in the third quarter. Onyemata was penalized under a renewed emphasis on forbidding defensive players from driving quarterbacks into the ground with the full weight of their bodies. It was his first of two roughing penalties in then game. Davenport, the Saints' first-round draft choice, struck Fitzpatrick's helmet with his own.

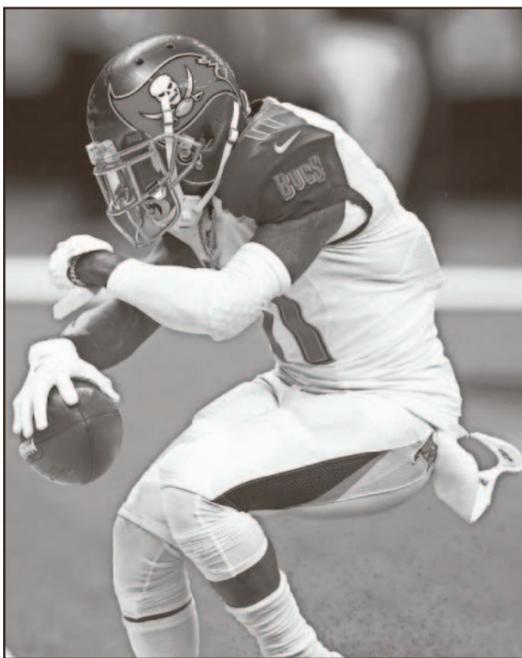
Injuries

Buccaneers: Hargreaves was helped to the locker room with a shoulder injury in the fourth quarter.

Saints: New Orleans did not announce any injuries.

Up next

Buccaneers: Host Philadelphia on Sunday. Saints: Host Cleveland on Sunday.



AP PHOTOS

Tampa Bay Buccaneers wide receiver DeSean Jackson celebrates his touchdown reception in the second half of Sunday's game against the Saints.



Tampa Bay Buccaneers wide receiver Mike Evans carries against New Orleans Saints cornerback Marshon Lattimore in the second half.

JAGS

FROM PAGE 1

passes of 19 and 21 yards to Beckham (11 catches for 111 yards in his first game since -October) got New York to the Jacksonville 34. Instead of attempting what could have been a tying fourth field goal from Aldrick Rosas, Eli Manning (23 of 37 for 224 yards) threw a fourth-down incompleting.

A muffed punt cost the Giants a final possession in the last minute.

The Jaguars led 13-6 at the half as Bortles

methodically took his team on three scoring scores. Josh Lambo capped the first two with 39-yard field goals, and Bortles hit backup running back T.J. Yeldin from 1 yard for a 13-3 lead.

Beckham, who broke an ankle on Oct. 8 and did not play in a preseason game, drew two pass interference penalties on the ensuing drive. Rosas closed the gap to a touchdown with a 31-yard field goal with :04 left in the half. He added a 44-yarder on the opening series of the third quarter on a drive helped by a ugly facemask penalty

by Yannick Ngakoue against Barkley.

Injuries

Jaguars: Leading rusher Leonard Fournette left in second quarter with a hamstring problem. He finished with 41 yards.

Giants: Backup RB Wayne Gallman left in the second half with a knee injury.

Up next

Jaguars: Home opener next Sunday against New England, the team which beat them in AFC title game.

Giants: Visit Dallas for Sunday night game.



AP PHOTO

Jacksonville Jaguars defensive tackle Calais Campbell tackles New York Giants' Saquon Barkley during the first half of Sunday's game.

■ TENNIS: US Open

Barty, Vandeweghe win US women's doubles title

By **DAN GELSTON**
AP SPORTS WRITER

NEW YORK (AP) — Ashleigh Barty and CoCo Vandeweghe dropped a set and still raised a trophy.

Even with a pursuit of U.S. Open perfection over early, Barty and Vandeweghe rallied to win the women's doubles final Sunday, beating Timea Babos and Kristina Mladenovic 3-6, 7-6, 7-6 at Arthur Ashe Stadium.

"We've done everything kind of the way that we've wanted to," Barty said. "Now we get the reward."

The 13th-seeded team of Barty and Vandeweghe knocked off the Nos. 3 and 1 seeded teams en route to their first Grand Slam doubles title as a team. They hadn't even dropped a set over that run until Babos and Mladenovic got them in the first set on Sunday.

No matter. The duo saved three championship points in the deciding set in a match — without a hint of drama that rattled the women's singles final — that took more than 2½ hours to complete. Barty and Vandeweghe won the second set tiebreaker 7-2 and won the third 8-6 to win for the second time in four meetings this season against Babos and Mladenovic.

"I told Ash, 'Listen, there's no one I'd rather be out here than with you right now. I believe in you. We're going to get this done,'" Vandeweghe said.

Vandeweghe, niece of former NBA star Kiki Vandeweghe, became the 17th American woman in the Open era to win the tournament title.

Barty had played in the doubles final at all four Grand Slam tournaments with her longtime partner, Casey Dellacqua.

Barty took a break from tennis following the 2014 U.S. Open to pursue a cricket career. But the Australian returned two years later and reached the fourth round in singles this year at the U.S. Open, her deepest career run in a Grand Slam.

"It's a long time ago. It's behind me," said Barty, who has two career singles titles.

The team — who knocked off top-seeded Barbora Krejčíková and Katerina Siniakova on the way to the final — had previously won the Miami Open in March. But winning at Ashe is as big as it gets. Barty and Vandeweghe kissed the trophy and won \$700,000 for their championship.

Barty and Vandeweghe hit 38 winners and had six aces. Vandeweghe collapsed to the court in celebration and was embraced by Barty. There was no formal awards ceremony and the pair were rushed off the court as the lengthy match bled into the expected start time of the men's final.

"I don't think they would have worried if they were 10 or 15 minutes delayed," Barty said. "I think it would have been nice for us to be able to thank our teams and all the people that make it a possibility, and to thank the crowd, as well. They were absolutely phenomenal; they really were. They were a little bit confused as to why we weren't given the opportunity."



AP PHOTO

CoCo Vandeweghe, left, and Ashleigh Barty, of Australia, kiss the trophy after defeating Timea Babos, of Hungary, and Kristina Mladenovic, of France, in the women's double final of the U.S. Open tennis tournament.



AP PHOTO

Ashleigh Barty, of Australia, left, talks with doubles partner CoCo Vandeweghe during the women's double final of the U.S. Open tennis tournament against Timea Babos, of Hungary, and Kristina Mladenovic, of France on Sunday.

■ COLLEGE FOOTBALL: Central Florida

UCF moves up No. 18 in latest top 25 polls, lands behind Boise State

By **ILIANA LIMON ROMERO**
ORLANDO SENTINEL

UCF moved up to ranked No. 18 in the latest Associated Press and Amway Coaches' polls released Sunday.

The Knights are coming off a 38-0 win over South Carolina State, extending the nation's longest win streak to 15 games.

While it was a move up from the No. 19 spot in the previous AP poll and No. 20 in the previous coaches' poll, Boise State jumped ahead of UCF and claimed the No. 17 spot in both polls.

If the College Football Playoff selection committee ranked the teams the same way at the end of the year, Boise State

would get the Group of 5 bid to an Access Bowl and UCF would be shut out a year after beating Auburn in the Peach Bowl.

Boise State earned a 56-20 win at Troy in the season opener and rolled to a 62-7 win over UConn this past Saturday.

UCF, meanwhile, thrashed UConn 56-17 in the opener and was a bit sloppy during the 38-0 rout of Samford.

Both teams will take on Power 5 opponents this weekend, with UCF playing at struggling North Carolina and Boise State playing at No. 24 Oklahoma State.

Besides three uncharacteristic interceptions by McKenzie Milton

against South Carolina State and relatively poor tackling by the Knights against UConn, UCF's biggest concern so far this season has been the performance of other teams on the schedule.

Strength of schedule is used to help determine playoff committee rankings. The Knights' weaker strength of schedule was the argument used to block the team from the playoff semifinals last year despite finishing the regular season as the only undefeated team in the country.

The teams that were supposed to be among the strongest on UCF's schedule this season have already hit some speed bumps: UNC is 0-2, FAU was routed by

Oklahoma in the opener, Pitt was thrashed by Penn State and Navy lost at Hawaii.

Weaker American Athletic Conference teams East Carolina and Temple lost to Football Championship Subdivision teams during opening weekend.

FAU rebounded with a win over Air Force, USF scored a win over Georgia Tech, fellow AAC team Houston rolled past Arizona and ECU upset UNC.

UCF was the highest ranked team in the state of Florida in the latest top 25 polls, with Miami ranked No. 21 in the AP poll and No. 20 in the coaches' poll. No other in-state team is ranked.

WEEK 3 ASSOCIATED PRESS TOP 25 POLL

- Alabama (54)
- Clemson (6)
- Georgia
- Ohio State
- Oklahoma
- Wisconsin (1)
- Auburn
- Notre Dame
- Stanford
- Washington
- Penn State
- LSU
- Virginia Tech
- West Virginia
- TCU
- Mississippi State
- Boise State
- UCF
- Michigan
- Oregon
- Miami
- USC
- Arizona State
- Oklahoma State
- Michigan State

■ COLLEGE FOOTBALL: Miami

Rosier remains Miami's starter, even after backups play well

By **TIM REYNOLDS**
AP SPORTS WRITER

CORAL GABLES, Fla. (AP) — Booring is understandable in a 77-0 game. When it comes from fans on the winning side of that blowout, though, it might seem a bit peculiar.

Such is life for Miami quarterback Malik Rosier.

He was booed when his first third-down pass of the record-setting rout of Savannah State was behind a receiver and fell incomplete, booed again when he had a throw get tipped, even heard more booing when he came onto the field to start another series. Rosier's five series led to two touchdown throws,

another score when he rushed in on a keeper, a fumble by a running back, and a punt.

Looked good on paper. Didn't look good to many fans, and afterward Rosier shrugged it off by using some advice he got from coach Mark Richt.

"There's nothing I can do about it," Rosier said. "Coach Richt always says 'they don't boo nobodies.' Whether they boo me, whether they cheer for me, I'm going to be out there next Saturday. So whether they watch or not, I don't think it's going to change our offense. And if they're disappointed, then it's my job to keep winning."

Even though Miami

played four quarterbacks — including one-time highly touted recruit N'Kosi Perry, who threw three touchdown passes — the Hurricanes are not buying into any starter controversy. The Hurricanes (1-1), who rose one spot to No. 21 in the AP Top 25 on Sunday, are off to Toledo this weekend and Rosier will open the game under center.

"Malik's our starting quarterback," Richt said Sunday.

Rosier's understudies played well, though every number Miami posted against Savannah State comes with a very large asterisk given the clear and massive talent

disparity between the programs — one of which is trying to move back into college football's highest echelon, the other dropping down to Division II for 2019 and beyond.

Perry was in for six drives, his results being three touchdowns, two punts and an interception. Cade Weldon guided Miami to touchdowns on both of his two series of action, and Jarren Williams' time as the fourth and final QB in the game included a turnover on downs and then two more TD drives.

Rosier spent two-thirds of the game — he came out early in the second quarter — cheerleading

for them.

"And I was talking to N'Kosi and Cade and Jarren before, saying, 'You guys are going to get a lot of playing time, more than you probably get in a scrimmage,'" Rosier said. "So, I think it was really good for those guys."

Rosier heard the booing and laughed.

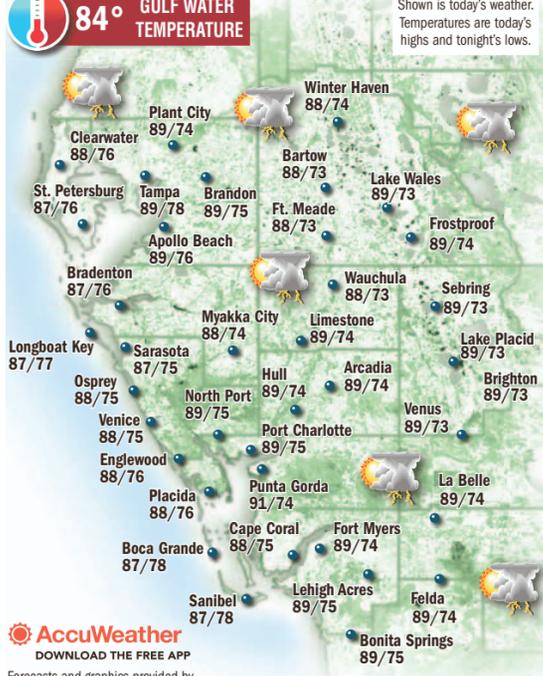
Richt knows why it was happening — coaches and quarterbacks, he said, always get the most scrutiny, fairly or unfairly. But he thought the whole team, not just his starting quarterback, had much to prove last week coming off a season-opening 33-17 loss to LSU.

"People in positions of

leadership get the most praise and the most criticism," Richt said. "All our quarterbacks have to understand, it's part of what they signed up for. But he did handle it well and I think the team handled it well."

Richt said Miami didn't escape the Savannah State game completely unscathed. Defensive end Greg Rousseau — who was in on five tackles — left with an ankle injury and Richt still isn't sure of the severity. He also said wide receiver Ahmoud Richards and defensive end Demetrius Jackson, both of whom missed the game with knee injuries, remain listed as day-to-day.

TODAY / TONIGHT	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A thunderstorm around Mostly cloudy and humid HIGH 89° LOW 75° 40% chance of rain 25% chance of rain	Some sun, a shower or t-storm in the area 88° / 73° 55% chance of rain	A shower or t-storm around, mainly later 91° / 74° 55% chance of rain	A shower or thunderstorm in the area 91° / 75° 55% chance of rain	Some sun with t-storms possible; humid 91° / 75° 35% chance of rain	Mostly cloudy, a t-storm possible; humid 92° / 76° 30% chance of rain



TIDES	High	Low	High	Low
Punta Gorda	Today 4:28a	10:14a	4:18p	11:15p
Tue.	4:49a	11:04a	5:08p	11:44p
Englewood	Today 3:05a	8:30a	2:55p	9:31p
Tue.	3:26a	9:20a	3:45p	10:00p
Boca Grande	Today 2:00a	7:17a	1:48p	8:10p
Tue.	2:30a	8:10a	2:43p	8:41p
El Jobean	Today 5:00a	10:43a	4:50p	11:44p
Tue.	5:21a	11:33a	5:40p	---
Venice	Today 1:20a	7:09a	1:10p	8:10p
Tue.	1:41a	7:59a	2:00p	8:39p

MARINE	Wind	Speed	Seas	Bay/Inland
direction	in knots	in feet	chop	
Cape Sable to Tarpon Springs	SSW	6-12	1-2	Light
Tarpon Springs to Apalachicola	SW	3-6	0-2	Light

SUN AND MOON	Rise	Set
The Sun	Today 7:12 a.m.	7:39 p.m.
Tuesday	7:12 a.m.	7:38 p.m.
The Moon	Today 7:59 a.m.	8:38 p.m.
Tuesday	9:02 a.m.	9:18 p.m.

SEP 16	SEP 24	OCT 2	OCT 8
First	Full	Last	New

SOLUNAR TABLE	Minor	Major	Minor	Major
Today	6:44a	12:31a	7:11p	12:27p
Tue.	7:40a	1:27a	8:05p	1:52p
Wed.	8:35a	2:23a	9:00p	2:48p

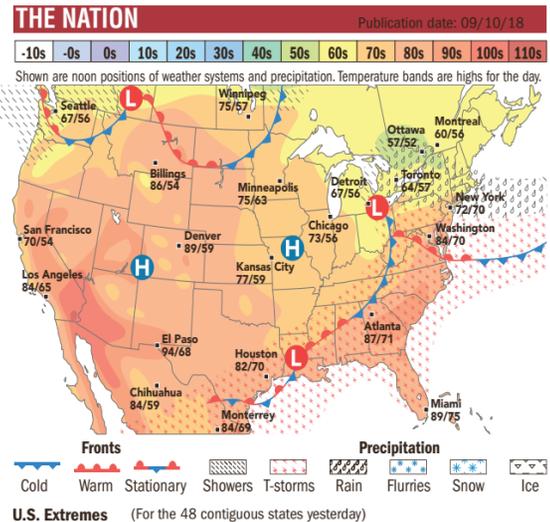
CONDITIONS TODAY	UV Index	RealFeel Temperature
UV Index and RealFeel Temperature Today	1 2 4 4 2 1	86 92 99 96 96 92

POLLEN INDEX	Trees	Grass	Weeds	Molds
absent	absent	absent	absent	absent

AIR QUALITY INDEX	0-50	51-100	101-150	151-200	201-300	301-500
Good	Moderate	Unhealthy for sensitive groups	Unhealthy	Very Unhealthy	Hazardous	

WEATHER HISTORY	On Sept. 10, 1976
Kathleen became the first tropical storm to hit Southern California in 37 years.	

WEATHER TRIVIA™	Q: Over 5 billion tons of what matter are added to the atmosphere each year?
A: Carbon dioxide.	



U.S. EXTREMES	High	Low
(For the 48 contiguous states yesterday)	104° at Needles, CA	26° at Saranac Lake, NY

City	Today	Tue.	City	Today	Tue.
Albuquerque	89 64 pc 89 64 s		Jackson, MS	79 68 t 82 70 t	
Anchorage	63 48 s 64 49 s		Kansas City	77 59 s 80 61 s	
Atlanta	87 71 t 88 72 t		Knoxville	76 66 t 82 68 c	
Baltimore	83 67 c 79 66 c		Las Vegas	103 75 s 102 75 s	
Billings	86 54 s 73 50 s		Los Angeles	84 65 pc 81 64 pc	
Birmingham	82 69 t 87 71 c		Louisville	75 59 c 78 64 pc	
Boise	85 51 s 77 49 pc		Memphis	77 65 c 78 67 pc	
Boston	68 65 r 84 69 c		Milwaukee	70 56 s 75 60 s	
Buffalo	69 59 r 70 56 pc		Minneapolis	75 63 s 80 67 pc	
Burlington, VT	63 59 r 77 61 c		Montgomery	87 70 t 89 70 t	
Charleston, WV	71 59 t 77 62 c		Nashville	77 62 c 80 67 pc	
Charlotte	89 71 c 89 71 t		New Orleans	87 75 t 85 75 t	
Chicago	73 56 pc 78 60 s		New York City	72 70 r 81 72 c	
Cincinnati	69 55 c 75 59 pc		Norfolk, VA	89 75 pc 88 76 t	
Cleveland	70 59 sh 72 59 pc		Oklahoma City	78 60 s 81 61 s	
Columbia, SC	92 73 pc 93 72 t		Omaha	79 62 s 83 63 s	
Columbus, OH	68 56 c 74 60 pc		Philadelphia	80 71 t 82 70 c	
Concord, NH	63 58 r 79 60 r		Phoenix	106 83 s 107 81 s	
Dallas	82 68 pc 82 68 pc		Pittsburgh	71 58 t 73 60 pc	
Denver	89 59 pc 92 60 s		Portland, ME	66 62 r 76 62 r	
Des Moines	75 58 s 80 60 s		Portland, OR	73 55 c 80 54 sh	
Detroit	67 56 r 75 57 pc		Providence	67 65 r 82 69 c	
Duluth	69 58 pc 77 65 pc		Raleigh	88 72 pc 87 70 t	
Fairbanks	60 37 pc 61 45 s		Salt Lake City	91 63 s 89 65 s	
Fargo	79 62 s 83 57 t		St. Louis	76 59 pc 80 59 s	
Hartford	64 63 r 82 64 t		San Antonio	81 71 t 84 71 t	
Helena	85 47 pc 73 47 pc		San Diego	78 65 pc 77 64 pc	
Honolulu	90 73 pc 89 78 pc		San Francisco	70 54 pc 68 54 pc	
Houston	82 70 t 83 72 t		Seattle	67 56 c 65 54 sh	
Indianapolis	72 55 c 76 58 pc		Washington, DC	84 70 c 80 70 c	

WORLD CITIES	Today	Tue.	City	Today	Tue.
Amsterdam	67 58 pc 71 60 pc		Mexico City	74 57 t 74 58 t	
Baghdad	107 77 s 108 79 s		Montreal	60 56 r 70 57 r	
Beijing	86 64 s 84 64 c		Ottawa	57 52 r 70 51 r	
Berlin	80 58 pc 76 59 pc		Paris	78 53 s 84 57 s	
Buenos Aires	64 53 pc 67 54 s		Regina	78 48 pc 63 40 pc	
Cairo	93 75 pc 93 75 s		Rio de Janeiro	76 67 c 76 67 pc	
Calgary	60 40 t 60 37 pc		Rome	82 64 pc 84 65 s	
Cancun	85 75 t 82 77 t		St. John's	58 48 s 65 51 pc	
Dublin	61 51 c 59 46 r		San Juan	87 76 s 89 76 s	
Edmonton	51 37 r 54 33 c		Sydney	68 51 s 74 58 s	
Halifax	66 58 c 71 66 r		Tokyo	88 70 r 78 69 r	
Kiev	69 56 sh 72 56 sh		Toronto	64 57 r 72 56 pc	
London	70 59 pc 75 59 pc		Vancouver	64 54 sh 64 51 sh	
Madrid	82 62 pc 80 64 s		Winnipeg	75 57 s 75 45 t	

PORT CHARLOTTE	Temperatures	Precipitation
Punta Gorda through 2 p.m. Sunday	High/Low 91°/73° Normal High/Low 91°/74° Record High 95° (1987) Record Low 67° (1972)	24 hours through 2 p.m. Sun. 0.00" Month to date 1.86" Normal month to date 2.34" Year to date 34.68" Normal year to date 38.18" Record 2.13" (1994)

MONTHLY RAINFALL	Month	2018	2017	Avg.	Record/Year
Jan.	1.98	0.88	1.80	9.93/2016	
Feb.	0.66	0.94	2.52	11.05/1983	
Mar.	0.53	0.80	3.28	9.26/1970	
Apr.	1.15	1.59	2.03	5.80/1994	
May	15.98	2.74	2.50	15.98/2018	
Jun.	6.23	14.79	8.92	23.99/1974	
Jul.	9.80	9.02	8.22	14.22/1995	
Aug.	12.37	13.12	8.01	15.60/1995	
Sep.	1.70	12.46	6.84	14.03/1979	
Oct.	2.54	2.93	10.88/1995		
Nov.	0.44	1.91	5.53/2002		
Dec.	1.04	1.78	6.83/2002		
Year	50.40	60.36	50.74	(since 1931)	

■ GOLF: BMW Championship

Rose waits through a day of rain at BMW Championship

By DOUG FERGUSON
AP GOLF WRITER

NEWTOWN SQUARE, Pa. — Two putts began taking on more significance with each rain delay until there was no golf at all Sunday at the BMW Championship. Aronimink Golf Club already was saturated when a steady rain caused

tiny streams and large puddles in the fairways, leaving the PGA Tour little choice but to wait until Monday to either play the final round or decide to cut short the third FedEx Cup playoff event to 54 holes. "We had a golf course we couldn't play," said Slugger White, the tour's vice president

of competition. "We're shoveling sand against the tide." Justin Rose was ahead by one shot, all because of one putt. He was tied with Xander Schauffele on the 18th hole of the third round Saturday when Schauffele's 8-foot par putt rimmed around the high side of the cup,

giving him a bogey and Rose the lead. Rose can go to No. 1 in the world for the first time in his career with a victory, making him the 22nd player to reach the top since the ranking began in 1986. He also would be the No. 2 seed behind Bryson DeChambeau among the top 30 who advance to

the Tour Championship in two weeks, giving him a clear shot at the \$10 million prize. Keegan Bradley might be there, too, all because of one putt. Bradley left his 50-foot birdie putt about 7 feet short on the 18th hole Saturday. He made that par to finish the third round in sixth place, three

shots out of the lead. That projects him to move up 22 spots into the 30th position in the FedEx Cup, which would bump out Jordan Spieth. Still to be determined was whether another shot is hit — or enough of them. "We will do everything we can to play tomorrow," White said.

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