A report stated.

The North Port job growth — and a corresponding increase in wages — due to light supply of construction workers — has added to the household income, which has been stagnant in Sarasota County. The U.S. Census Bureau on Thursday released a Consumer Survey report on income and poverty that showed Sarasota’s median household income in 2014 was $48,900, down from the 2013 figure of $49,900. The poverty rate rose slightly to 11.8 percent, from 11.6 percent. The 2014 figures for median income and poverty will be released on September 17.

On Thursday, the state Bureau of Economic and Business Research reported overall job growth of 22,700 in August, while the unemployment rate rose slightly to 6.3 percent. The report stated.

“The growth is due to a higher number of people seeking employment. See inside for more on jobs.”

**HOMECOMING**

Ellie sits on the lawn of her foster home, Lakeland Retriever Rescue of Florida is trying to help Ellie find a permanent placement.

Ellie needs ‘forever’ home

Ellie Barris, has been viewed 1,877 times on the website Loopnet. The property, owned by Mark W. Johnson, was held without bond. Keiton Bonhomme, 40, was found dead early in the morning of Sept. 9 on Sibert Street near Kenmore Boulevard in Port Charlotte, the victim of multiple gunshots. Records show he was shot in the head.

Charlotte County Sheriff Bill Prummell said the investigation is ongoing, so he couldn’t share all the details of the case, but that evidence gathered led directly to the two suspects who were arrested.

“We have very strong evidence that these two guys are responsible,” he said. “This is going to be a very

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**ALIBABA’S STOCK DEBUT**

The Chinese e-commerce powerhouse’s stock surged as it began its first day trading as a public company.

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**THE WIRE:**

**THE WIRE:**

**SPORTS:**

**SPORTS:**

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**RAW TEXT END**
Floridians from the Englewood Fire Department recently posed for a 13-month calendar.

Firefighters from the Englewood Fire Department recently posed for a 13-month calendar. The calendar will go to the Englewood Firefighters Benevolent Association. The benevolent association does its best to help firefighters in trouble, said Dion.

"What I like is local businesses supported the fire department," Dion said. "I think this business is a sponsored page. It has an ad and has on the bottom of the page. These businesses helped the fire department in this make it possible to create the calendar."

"I hope the calendar will go to the Englewood Firefighters Benevolent Association. The benevolent association does its best to help firefighters in trouble," said Dion.

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Sea turtle nesting up

Season winding down, vigilance still necessary

By STEVE REILLY
Star Herald

ENGLEWOOD — Sea turtle nesting is slowing to a crawl, but the season has seen an increased number of local nests.

As of Sept. 12, the Coastal Wildlife Club, which oversees Manasota Key, reported 3,260 loggerhead nests, 32 green sea turtle nests and two Kemp’s ridley nests. More Marine Laboratory oversees sea turtle nesting along 35 miles of Gulf beaches from Venice north to Longboat Key. According to its last report on www.mote.org, as of Sept. 6, 2,367 loggerhead nests, 32 green sea turtle nests and two Kemp’s ridley nests were reported and one green turtle nest on the islands. Sea turtle nesting season extends from May 1 to Oct. 31 and loggerhead and other sea turtle nesting has begun to slow in local Gulf beaches. But the winding down of nesting doesn’t mean people should be less vigilant in their protection of nesting sea turtles and their hatchlings.

“Please continue to urge people to keep the beaches clean, clear of obstacles and dark,” Wilma Katz said in an email Sunday to Coastal Wildlife Club sea turtle patrol volunteers. Katz and Zoe Bau are the principal permit holders overseeing MWC volunteers on Manasota Key.

While Katz doesn’t expect substantial changes in the number of nests, she does expect “surprise nests,” hatchlings emerging from unmarked nests not documented by patrols, so people still need to keep artificial light off the beaches. Nights will be increasingly dark for the next couple of weeks,” Katz said. “On low-watt, even a low-watt light, it is unshaded, poses a threat to sea turtles.

Humans, however, aren’t the only threat. Pat Gordon patrols a one-mile stretch of beach along Don Pedro Island. She reported 137 nests this year. However, coyotes and armadillos have been feasting on those nests.

“Of the 137 nests, only 36 (hatched) without being predated,” Gordon said. “Over 4,100 eggs or immature hatchlings have been destroyed.”

South of the state park on Little Gasparilla Island, Linda Soderquist, the state permit holder, reported coyotes have been “very active” digging up sea turtle nests. If there is a slow hatching, Soderquist said, “Thankfully, coyotes are) digging mostly old nest sites, ones already hatched and evaluated.”

According to her last report, Little Gasparilla Island has seen 155 loggerhead nests and one green turtle nest in 2013.

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Sea turtle nesting season is drawing to an end, but local beaches have seen record numbers of nest this year.

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detectives said. The suspects denied by detectives later that who were interviewed about the case.

female with information morning, authorities who had several address- determined it was a ho- Street. Deputies quickly Sept. 9 about a man on received a call at 6 a.m. on the second-degree already in the Charlotte evidence, Prummell said. as persons of interest in

enough information to

all have a violence and

strong case."

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arts and entertainment outdoor activities), (bars, clubs, comedy), and live music venues by looking at nightlife a ranking of 77 commu-

gartnered from the 2010 Movoto used data

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galleries, theaters) and fast food restaurants (the more, the more ample equating mer- percentage of young adults is 18.1 (the fewer, the sadder) and population density (the lower the better)."

We have great parks, a wealth of ecological system courses that are outstand- ing in such great ways. We have great

"I'm not going to allow this at all," said before. They have spoken to the CCSO, Kevin Vespia deferred comment to the CCSO,

Winchester contributed to

"Adopt" tab. If you are a... at West Shore Coast in 2010, after serving for 3 years in Body James Joseph Van

Jim was a loving husband, stepfather, grandson, godson, brother, and friend. He will be greatly missed by all and everyone who knew

is survived by his loving wife, Barbara, son Jim, his wife Mindy of two children, Kathryn and Linda, daughter, Susan and her family, Michael, his wife Sydney and her daughter, Anna Marie, and sons, Matthew, his wife Kristina and their daughter Madh. A
counch will be held on October 11, at 1347 at West Shore Coast in Port Charlotte, Michigan.

Donations can be made in Jim's name to the Association, Eagles and Keystonie Funeral Homes and Cemeteries for the benefit of family.

Petes Home for the Ages, 6726 North Port Pkwy., Port Charlotte, Florida.

paw Crazy?!

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North Port OBITUARIES

Charlotte G. Cobey

Evelyn G. Cobey, 71, of Punta Gorda, Fla., Thursday, Sept. 18, 2014, was survived by her husband, Jack Cobey, children, son-in-law, daughter-in-law, grandchildren, nieces and nephews.

The family has been advised by the King's Funeral Home in Port Charlotte, providing for arrangements.

Obituaries are accepted from 8 a.m. to 5 p.m. Monday through Friday. All obituaries are subject to approval. For more information, please call 941-637-0332.

The Sun | Saturday, September 20, 2014

www.sunnewspapers.net

C Our Town Page 5

BORING

FROM PAGE 1

suffer from the same momentary lapses in sobriety that lead to the bad decisions we make in life, in sickness or in

of the Indoor Foliage

FROM PAGE 1

"We have a problem with violence and have a problem with the number of incidents that are outstand- ing in such great ways. We have great

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"If (Moito) is refer- in one of these pallid in the hope of drumming to tout Movoto' s business

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exciting, most redneck,
The Fabric of Our Faith: Budget-smudger

S

ince school started, I've felt as if a part of four of our grandchildren is missing. I see you every day until their mother arrives. Sometimes in the evenings, they're there until 9 p.m. When you return to your daughter, a single mother, with child care

freels. Not the only grandpar-

mother, with child care

mother's off work. Some

will globally. I don't think we

 will pay for their education. But for

so I will gladly spend for you anything

I have and expend myself

and children, we love you so much, we

with you not only the Gospel of God in

churches. We are delighted to share

your toil and hardship; we

to God and in not the

worse than an infidel."

he says: "Now I am ready

himself and the churches

worse than an infidel."

Christian Church

Church of Christ, 28038 Cleveland Ave., east

in Port Charlotte.

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Charlotte, 28038 Cleveland Ave., e As the fabric of our faith

smudgers. You help them, and

smudges the budget."

smudger. To these, I say:

What would God want you

have your faith?"

The Rev. Larry/Arnold, a retired United Methodist (Florida Conference) pastor, lives in Port Charlotte. Email him at pastorlarry@mail.com.
Looking for that day was the discovery of a piece of glass, a piece of glass that had been through the fire. The treasure on the shore was not just shells and even some hidden treasures, but the treasure we were looking for was better than any piece of glass we could ever find. When I think of that piece of broken glass that has been smoothed and etched with the sand of time, I think of the treasure by the action of the sea, I think of the sea itself. For the sea is not just the sand of trials. Our great God knows that we have shared by enduring the trials and the storms of life. We are a part of that storm. John 3:1–2 says, “But the winds and the storms of life, but it is creating a chance for us to see the beauty the sea. What an amazing God when you look up at the sky and take a moment to just be thankful for the wonder of the sky and the beauty of the stars. The Rev. John Stott is pastor of Grace River Baptist Church in Phoenix, Gordan. Email him at jstott@yamaha.com

The Sermon of the Week: Sea glass

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IN THE CIRCUIT COURT OF THE TWENTY FIRST JUDICIAL CIRCUIT IN AND FOR CHARLOTTE COUNTY, FLORIDA

LINDA REID AND ROBERT E. REID, HUSBAND AND WIFE, PLAINTIFFS,

v.

SUN FEDERAL CREDIT UNION, DEFENDANT.

CASE NO. 2014-CA-004005

NOTICE OF FORECLOSURE

IN Accordance with the provisions of Florida Statute 702.91 et seq., YOU ARE HEREBY NOTIFIED that you may be required to vacate your possession of the following property: LOT 10, BLOCK 1903, PORT NOCONA LAKES, CHARLOTTE COUNTY, FLORIDA. Pursuant to an Order or Final Judgment of Foreclosure, entered in Case No. 2014-CA-004005, recorded in the Public Records of the Public Records of Charlotte County, Florida, on March 1, 2016, the Sheriff of Charlotte County, Florida, pursuant to an Order of Sale, entered in Case No. 2014-CA-004005, recorded in the Public Records of Charlotte County, Florida, on March 1, 2016, the Sheriff of Charlotte County, Florida, upon receipt of a certified copy of this Notice, shall offer for public sale, to the highest and best bidder, for cash, at 11:00 a.m. on the 10th day after the date of publication, the following property: LOT 10, BLOCK 1903, PORT NOCONA LAKES, CHARLOTTE COUNTY, FLORIDA. The sale shall be held at the Tax Collector’s Office, 1350 E. Main Road, Punta Gorda, Florida 33950, on the 10th day after the date of publication, at the time and place stated, in accordance with the provisions of Florida Statute 702.91 et seq.

NOTICE OF SALE

You may participate in the court proceeding for the sale of the above property described in the Notice of Sale above, by appearing at the sale, or by submitting written offers to the Sheriff of Charlotte County, Florida on or before the time and place of the sale. Your offer to purchase the property must be in writing, and must be submitted to the Sheriff. The Sheriff may accept, reject, or modify the terms of your offer. The Sheriff has the discretion to accept or reject any offer submitted.

If you are a person with a disability and you may require assistance in attending the court proceeding for the sale of the above property described in the Notice of Sale above, by appearing at the sale, or by submitting written offers to the Sheriff of Charlotte County, Florida on or before the time and place of the sale, please contact the person at 941-255-2717.

UPL SCOTT GRANDE, AT 700 TURNOFF ROAD, STUART, FLORIDA 34996.

FOR MORE INFORMATION CALL 1-888-336-4929.

The notice is advertised September 20, 2014 and the sale is scheduled for October 20, 2014.

IN ACCORDANCE WITH THE PROVISIONS OF FLORIDA STATUTE 702.91 ET AL., ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE SALE, IF ANY, MUST FILE A CLAIM WITH THE COURT AS PROVIDED BY LAW WITHIN 60 DAYS AFTER THE SALE. ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE SALE, IF ANY, MUST FILE A CLAIM WITH THE COURT AS PROVIDED BY LAW WITHIN 60 DAYS AFTER THE SALE.

NOTICE OF INTENT TO SELL

You may participate in the court proceeding for the intent to sell the above property described in the Notice of Sale above, by appearing at the sale, or by submitting written offers to the Sheriff of Charlotte County, Florida on or before the time and place of the sale. Your offer to purchase the property must be in writing, and must be submitted to the Sheriff. The Sheriff may accept, reject, or modify the terms of your offer. The Sheriff has the discretion to accept or reject any offer submitted.

IF YOU HAVE ANY QUESTIONS REGARDING THE COURT PROCEEDINGS, PLEASE CALL THE DEPARTMENT OF REAL ESTATE AT 941-255-2717.

IN ACCORDANCE WITH THE PROVISIONS OF FLORIDA STATUTE 702.91 ET AL., ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE INTENT TO SELL, IF ANY, MUST FILE A CLAIM WITH THE COURT AS PROVIDED BY LAW WITHIN 60 DAYS AFTER THE INTENT TO SELL.

IN ACCORDANCE WITH THE PROVISIONS OF FLORIDA STATUTE 702.91 ET AL., ANY PERSON CLAIMING AN INTEREST IN THE PROPERTY SOLD AT THE SALES REFERENCED HEREIN MUST FILE A CLAIM WITH THE COURT AS PROVIDED BY LAW WITHIN 60 DAYS AFTER THE SALE.

IN ACCORDANCE WITH THE PROVISIONS OF FLORIDA STATUTE 702.91 ET AL., ANY PERSON CLAIMING AN INTEREST IN THE PROPERTY SOLD AT THE INTENT TO SELL REFERENCED HEREIN MUST FILE A CLAIM WITH THE COURT AS PROVIDED BY LAW WITHIN 60 DAYS AFTER THE INTENT TO SELL.

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District seeks to fire Sarasota school psychologist

By DREW WINCHESTER
Staunton Wire

SARASOTA COUNTY — The Sarasota County School Board is considering firing Harvey Dorey, a school psychologist who recently was cleared of criminal charges but allegedly against and against department policy.

Dorey, 50, of the 400 block of Jonah Drive, North Port, was charged in June with theft from a minor and was later arrested on charges of operating a motor vehicle without a valid license. He has been suspended without pay, according to Assistant School District spokesman Scott Ferguson.

Dorey, 44, of the 500 block of Pumpkin Drive, Venice, was charged in January with breaking and entering a home, which resulted in convictions for both theft and larceny.

According to reports, he directed his 13-year-old daughter to lie about the abuse in July 2013 to a caseworker, calling Dorey a "pedophile" who does "tickle things to children.

The molestation reportedly occurred at a home Dorey shared with his wife, near Port Charlotte. A former tenant of the home reported to police.

Dorey has been employed by the district since 2002, and he is married to television and radio personality Taylor Ranch Brewer, according to Port and North Port.

Dorey was a floating substitute psychologist at Ferguson, going where he was needed. He had both private and group sessions with students, performed psychological evaluations and served both male and female students.

No complaints have been lodged against Dorey during his 12 years with the district, Ferguson said.

Dorey’s current salary is $65,169 annually.

Dorey was also charged in December 2013 with stealing two cameras each of his car and running an injury, and him and running an injury after being accused of molesting a 14-year-old boy when held the alleged abuse.

A jury trial for the bail schedule for Nov. 27, but could still, at the court Dorey was not in the court in the court for his Friday arraignment on the following charges at the Sarasota County Justice Center, court.

Dorey was not a hearing for the case, was in that Dorey filed for a domestic violence in 2013, and last year, and also filed a domestic violence in junction with his father, who was later by released.

A police check for the bail schedule for Nov. 27, but could still, at the court arrest.

The Charlotte County School Board has decided to fire Dorey for three arrests. The former teacher was arrested in October for drunk driving, in November for failure to appear, and in December for failure to appear.

Dorey’s court date is Dec. 18.

There are a limited number of vendor spaces and the event will feature at this event, call 941-639-6774.

The Punta Gorda Police Department reported the following.


• Ryann Nichole Thomas, 20, 2300 block of Ecker Terrace, North Port. Charges: grand theft of a firearm, and theft; and possession of a firearm, and theft. Bond: $9,000.

• Justin Tyler Nichols, 18, 4800 block of a harmful new legend drug and possessions of a harmful new legend drug. Bond: $1,000.

• Tracie Marie Jones, 23, 2100 block of Waterside Drive, North Port. Charges: possession of less than 20 grams of marijuana and possession of drug paraphernalia. Bond: $7,500.

• Ryan Nicholas Thomas, 28, 2100 block of Bonita Beach Road, North Port. Charges: possession of less than 20 grams of marijuana and possession of drug paraphernalia. Bond: $7,500.

• David Donald Delgado, 18, 2100 block of Big Lake Terrace, North Port. Charges: grand theft, petit theft, resisting arrest. Bond: $1,000.

• Shamey Marie Harris, 35, 2200 block of Manasota Drive, North Port. Charges: false information, grand theft. Bond: $1,000.

• Kassandra Carol Gray, 28, 1790 block of Portside Circle, Port Charlotte. Charges: operating a motor vehicle without a valid driver’s license. Bond: $1,000.

• Richard Reed Feit, 31, 300 block of Shelling Beach Road, Port Charlotte. Charges: grand theft, petit theft, resisting arrest, and void a warrant. Bond: $1,000.

• Danielle Lauren Horner, 31, 900 block of Wray Court, Port Charlotte. Charges: grand theft, petit theft, resisting arrest, and void a warrant. Bond: $1,000.

• Sarah Kaitlyn Jacobs, 24, 1800 block of Shillingbird, Port Charlotte. Charges: grand theft, petit theft, resisting arrest, and void a warrant. Bond: $1,000.

• Robert David Berrios, 29, 1300 block of West Perdido Avenue, Sarasota. Charges: grand theft, petit theft, resisting arrest, and void a warrant. Bond: $1,000.

• James Earl Durland, 21, 1200 block of Waterside Drive, North Port. Charges: grand theft, petit theft. Bond: $5,000.


• Mark Robert Carter, 35, 600 block of Picnic Street, Port Charlotte. Charges: grand theft, petit theft. Bond: $1,000.

• William Haynes cpf, 30, 1200 block of Manasota Drive, North Port. Charges: grand theft, petit theft. Bond: $1,000.

• Nicholas Price, 18, 1200 block of Manasota Drive, North Port. Charges: grand theft, petit theft. Bond: $5,000.

• Crystal Annatelle Lavoie, 26, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• Harvey Dorey, 50, 21200 Coulton Avenue, Port Charlotte. Charges: operating a motor vehicle without a valid license. Bond: none.

• Ashley Alexandra Linda, 26, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• James Alan Ferguson, 18, 1200 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• Kevin Dorey, 44, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• Keana Lee Dorey, 13, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• Jordan Dorey, 12, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• Abigail Dorey, 10, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• Reed Dorey, 8, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• Scott Ferguson, 46, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• Jaden Dorey, 3, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

• Abigail Dorey, 10, 400 block of Alligator Drive, Port Charlotte. Charges: battery. Bond: $200,000.

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Our View
Waiting game for ‘customers’ in Charlotte

Our position: Calling 911 just won’t do for the poor and weak...

D ial the main number for Sarasota County Commu- nity (941-861-5000) and you get a recorded greeting. Then a long. Long. Wait.

Clerk of courts, dial one; tax collector, dial two; health department, dial three; County Commission, building depart- ment, road, transportation, school, fire, property appraiser, decedent, coroner, sheriff, six, seven, eight, nine. Seven press to repeat.

It takes one minute, if you listen. One minute, if you listen. Press four and you get a lengthy pre-recorded prompt. You’re offered permitting and code compliance, but you get another branch of the phone tree. And a recorded list that says that “All of our representatives are busy at this time.” Your call is very important to us. Please stay on the line and your call will be handled in the order it was received. Which is repeated every 90 seconds.

Last Thursday, we heard it took 10 minutes, then 12 minutes, two minutes before finally hanging up. In all, it took the Sarasota County machine 3:15 minutes. And we never got through to that customer service representative.

We are well aware this wasn’t a Sarasota County emergency. Watkins long ago are more common-

And that’s a problem that should concern every county that likes to boast about its customer service. It’s cost and backlogs.

The door is may be open, but it doesn’t have to be. Or somebody’s house, but they’re just not answering the door. Whatever the analogy, it’s no way to treat your basic citizenship. A bad call. 

Thank you for being a Sun-herald reader. This column was written by Leonard Pitts, who can one say about this columnist? He likes the word “us.” As in, if the American president elected a presi- dent with proven experience in leading rather than being a politician, then you would have a man that had surrounded himself with competent and knowl-

degradable advisers instead of radicals, then almost six years into an administration one would expect to see some improvement in the average American circumstances. If we had a president that was more concerned about what is happening in the world today, instead of getting his supporters elect-

ted, then there would be less likely to be elected to homegal powers. Earl Ray Tomlinson, a Beckoning president nearly defies the president’s office. If we had a president who received good instead of bad intel us we may have gotten two Americans out of the water. If we had a president that was Bush get the suspect influence was is not? If we had a president who had the strength of the United States instead of weakening it we may be in a better position in the world today instead of a laughing stock. 0. And it is enough for people to make decisions. 0. It is a question of: “Are you serious?” The question of whether we get the debate of what we could do for our country.

Those figures include all methods of contact, with the call center and official directly, but response is unable to respond. We were able to get through to Sarasota County but then hung up for less, long, but the service was brought into the county by the recession. (Port Norths also added a 911 and a 311 recently.)

It’s not just toll ripoff consumers consider prompt customer service by hu-

Don’t forget Murdock Village

Info: Glad to see the Sun news paper has not forgotten Charlotte County’s “Murdock Village” debacle. How many new residents to Murdock Village and remember what they have read and never let any of our representatives excited to take the road to financial ruin

About twice a year, the Sun has the power and foresight to remind us of what a least a to the citizens of Charlotte County. It is to thank the City Council for choosing a less expensive way to close the gap. This is a long overdue issue. The City Council has the power to make decisions that affect the people of this community. A community that needs to know that their leaders are working hard for them.

Oregon: The city of Portland, where I live, has been very successful in keeping streets and parks clean. The city has a very low crime rate, and the streets are well maintained. The residents are very proud of their city and work hard to keep it clean. The city also has a good public transportation system, which makes it easy to get around. Overall, I am very satisfied with the services provided by the city.

Enormous Water Project

A study published in the Journal of Geophysical Research found that the Amazon rainforest is vast and accounts for more than half of the world's total rainfall. The Amazon River is one of the largest and most important rivers in the world, and it plays a crucial role in regulating the global climate. Without the Amazon rainforest, this project could face serious challenges in terms of drought and extreme weather conditions.

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The media's about NFL obsession

Amnesia: Why the GOP leads on national security

I t the latest polls are to be believed, Republi- cans believe that Republi- can policies — and the Republi- can president, Dick Cheney — have lost its collective

after the disappearance of Malaysia Airlines Flight 370 have been put in change of all press coverage of the NFL, and brought to the task the same sense of proportion, good humor and dignity that char- acterized the network’s handling of the missing plane.

The coverage of the Rice episode videos was well-managed to combine moral policing with voyeuristic pandering. Everyone on TV pro- voked to be so outraged by domestic violence that they had to show a clip of a woman getting viciously punched, over and over again until many of the viewers finally recoiled from their own reaction. The NFL’s measure, at least, was to get its message out.

America's 9/11 Information

The Sun • www.sunnewspapers.net • Saturday, September 20, 2014

Even the most for - giving players are quite low for table-thumping violence — for weeks, two sets of ratings by broadcasting

B eing a political junkie, it’s more than you think.

Disremembering all the news story across all media — for weeks.

Without the destruction of 9/11, the world can try and the world can

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America's 9/11 Information
International publication features local artist

Punta Gorda Artist Becky Van Pelt has been accepted into an International Art Publication, titled International Contemporary Masters. She also will participate in an exhibition at the Southern Nevada Museum of Fine Arts in Las Vegas. Van Pelt’s press release.

Van Pelt’s art can be seen at Lexington Manor in Port Charlotte, and at the Opera House gallery. She also has a website, www.beckyvanpelt.com.

Would-be entrepreneurs soon may receive a boost in Charlotte County, as the Goodwill Southwest Florida Microenterprise Institute recently garnered $3,500 toward small-business training classes here, according to a press release from Goodwill Industries of Southwest Florida.

The funding was provided jointly by the county and the Enterprise Charlotte Foundation, the release states, to sponsor the next Port Charlotte Microenterprise course, set to begin Sept. 30. The course, which aims “to help emerging entrepreneurs start new ventures and grow small businesses,” runs Tuesday and Thursday evenings at Charlotte Technical Center in Port Charlotte, and topics will include accounting, marketing, insurance and funding. Upon course completion, those participants who are eligible then can apply for a low-interest loan or guarantee from Goodwill, the press release states.

To apply, go to www.goodwillswfl.org/microenterprise. For more information, call 239-995-2108, ext. 2219.

—Compiled by Marvin Pettus

High School Football

Check out our coverage every Wednesday, Friday, Saturday, and Sunday.

PHOTO PROVIDED BY Betsy R. ARENS

PHOTO PROVIDED BY BILL JONES

PHOTO PROVIDED BY Betsy VAN PELT

Above and below: Examples of Becky Van Pelt’s artwork.

Port Charlotte Garden Club members were excited to learn many cooking, household and ornamental uses for herbs from Dennis Gotten, guest speaker from D & D Growers, who brought many species of herbs to the September meeting, and taught about growing and using herbs in recipes. His lemon thyme and chocolate mint cookie samples were a real treat. 

Dr. Ida Gagliardi Welcomes Dr. Cecille Sales to our Port Charlotte medical office.

Dr. Sales studied at The University of the Philippines and trained at Rush University Medical Center in Chicago. Accepting New Patients 239-344-2306 for appointment at our Port Charlotte office located at 4300 Kings Hwy, #210 Between 8 a.m. and 5 p.m.–F Medicaid, Medicare and most private insurances accepted. Patients with or without insurance seen. Discounted fees available.

PHOTO PROVIDED BY BILL JONES

A gorgeous sunset blazes over Deep Creek after recent summer rain.

nography of Southwest Florida

PHOTOS PROVIDED BY BECKY VAN PELT

Variety of 3 Gallon Plants $7.50 For 20 more $6.50 Between Tuesday and Thursday, 8 a.m. to 11 a.m.

COMMUNITY NEWS BRIEF

POW/MIA Recognition Day

The Military Heritage Museum and the U.S. Paratroopers will present “Keeping the Promise,” a commemorative ceremony in honor of POW/MIA Recognition Day, at 1 p.m. today in Center Court at Fisherman’s Village, 2300 W. Berta Espadinha, Punta Gorda. In addition to the keynote address by Kim Leach, the program will include a reading of the names of Florida’s missing from Vietnam conflict and an explanation of the POW/MIA Remembrance Pin and Challenge Mark table. The program will be followed by a reception in the museum. Veterans POW Capt. Luis Chávez, who is honored with a permanent display in the museum, will be on hand during the reception to talk to guests and answer questions about his experience.

The program and reception are free and open to the public. For more information, call 941-575-9002.

PHOTO PROVIDED BY DAVE ARENS

PHOTOS PROVIDED BY Betsy VAN PELT

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PHOTO PROVIDED BY Betsy VAN PELT

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PHOTO PROVIDED BY DAVE ARENS

Arranged and designed by Becky Van Pelt, a local artist, the Goff Gallery at the VAC for a “meet-and-greet” from 9:30 a.m. the second Thursday of each month from September to May at Holy Trinity Lutheran Church, 2565 Tamiami Trail (between Midway and West Tarpon boulevards), Port Charlotte. The event will be free and open to the public. For more information, call 941-575-9002.

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REGISTER TO WIN!
Grand Prize: $5,000 in Tommy Bahama Furniture
2 - 2nd Prizes: $1,500 in Tommy Bahama Furniture
No purchase necessary. See store for complete details.

$1,499 "Island Estate" West Indies Queen Bed

$1,574
Island Estate
Grenadine Rectangular Dining Table
Matching chairs also on sale.

$1,997
Saratoga Sofa

15 Florida Locations Featuring The Finest Quality Home Furnishings & Interior Design

FORT CHARLOTTE
4200 Tamiami Trail
(North of Kings Hwy.)
941-624-1377

SARASOTA
5301 Clark Road
(At NE Corner of Horace Ave.)
941-922-4200

FORT MYERS
4520 Cleveringa Ave.
(At SW Corner of Colonial Blvd.)
239-278-4401

STORE HOURS: WEEKDAYS 10 AM TO 9 PM - SATURDAY 10 AM TO 6 PM - SUNDAY 12 NOON TO 6 PM

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Tommy Bahama & Lexington Home Brands
New Leaders start journey

South Port Square in Port Charlotte on Thursday played host to the inductive ceremony for the Leadership Charlotte class of 2015. With family, friends and alumni going back to 1989 in attendance, the new class begins their journey. They are: Ceres Austria, Brian Beane, Roger Eaton, Jared Forma, Alex French, Jason Green, Patti Guerzo, Fletcher Rush, Steve Wierhake, Barb Ward, Bob White, Bob Armstrong, Sandy Armstrong, Bill Peournell, and co-chairs Ed Hill and Kathy Robinson.

Members of the Leadership Charlotte Hall of Fame: W. Kevin Russell, Mike Riley, Harvey Goldberg and Rex Koch.

Mary Fred Clemmons, new class member Norm Wilson, class of 1992 alumni Bob Armstrong and his wife Sandy Armstrong attend the reception Thursday.

Mike Riley, from the class of 1997, with Charlotte County Sheriff Bill Peournell, who was in the class of 2011.

James West accompanied over class member for 2015, Ceres Austria, to the reception at South Port Square.

Friends and classmates from 2014, Suzanne Roberts and Donna Listenberger, are all smiles at the inductive ceremony.

Below: The Leadership class of 2014 gives the class of 2015 best wishes for the upcoming year.

Right: Class members from 2010 came out to support the new Leadership Charlotte class of 2015.

Jill Ferguson, from the class of 2013, chats with class of 2010 alumna Ann Banting, while Donna Listenberger, Rick Ilmberg, Deborah McMillen and Sue Guran photobomb them.

New class member for 2015, Brian Beane, with his grandmother, Mary Presley.

Mike Riley, from the class of 1997, with Charlotte County Sheriff Bill Peournell, who was in the class of 2011.

Mary Fred Clemmons, new class member Norm Wilson, class of 1992 alumni Bob Armstrong and his wife Sandy Armstrong attend the reception Thursday.

Former Leadership Charlotte members Trudy Overbey, Harvey Goldberg and Celeste Galrin at the event.
Alibaba stock soars in trading debut

China's largest e-commerce company Alibaba Group saw its shares soar to record levels in its trading debut on Thursday, rocketing 40% in an initial public offering (IPO) that was the largest in U.S. history. Alibaba Group debuted as a publicly traded company Friday.
Alibaba stock soars in trading debut

NEW YORK (AP) — Alibaba debuted as a publicly traded company Friday, a long盼望着 many billions of dollars. The company's stock opened at $68 and hit $92.70 shortly after 11 a.m. PST. The stock had 1.3 billion shares outstanding, making it one of the largest initial public offerings in history.

Jack Ma, founder of Alibaba, raises a ceremonial sword before a bell-lifting ceremony of his company's IPO at the New York Stock Exchange, Friday, Sept. 19, 2014. (AP Photo/Mark Lennihan)

LOS ANGELES (AP) — A battle over massive databases that some seek to monitor license plates and track drivers' movements and goes across the country involves the use of those who are being profiled. Instead, they're trying to find out how the information is being used and whether it's legal.

The license plate reader is installed on a vehicle and entered into a database. The number is then compared to a database of files of celebrities and others to see if a warrant has been issued against them. The data can help with identifying whether a suspect is either to incriminate or exonerate a suspect.

Huge license plate scanner networks track drivers

CHICAGO (AP) — Dan Daniel was watching tweets from one of his sons when he created a spoof Twitter account in the name of the Peoria mayor. But the social media company suspended his account, to the locks the limits of a mayor's power.

Now Daniel is taking the matter to federal court to see if anyone other than his friends, who saw the possibilities of icy waves of criticism — and some of those of other fake accounts, will be able to sell the information captured in every scan is part of a larger database that police departments use in their efforts to monitor license plates.

The systems in use around the U.S. are governed by a patchwork of local laws and regulations that have standard — but how they're used and who has access to the information they collect. About 17 of 26 enforcement agencies used license plate scanners in 2012, according to a study by the ACLU of Illinois and the Center for Digital Democracy. The study found a lack of a law enforcement investigation.

Daniel's attorney said his client, who was later released and sold the McDonal's, a digital musical performance on YouTube and sold it to the police. The Associated Press.

Daniel is a lawyer who works as a tax attorney in Greenwood, Ind. He told CNN, "We hope to file a lawsuit against China in the near future." The opening bell

We want to be bigger than the Chinese, bigger than the whole world," said CNBC. "We hope to be a top 5, top 10 company by 2015. They changed, shaped the world." The company's online ecosystem stands apart from most e-commerce rival networks because it does not serve as a conduit that links buyers and sellers of all kinds. Instead, it serves instead as a platform that has the type of spoof accounts to see if anyone other than his friends, who saw the possibilities of icy waves of criticism — and some of those of other fake accounts, will be able to sell the information captured in every scan is part of a larger database that police departments use in their efforts to monitor license plates.

The systems in use around the world are governed by a patchwork of local laws and regulations that have standard — but how they're used and who has access to the information they collect. About 17 of 26 enforcement agencies used license plate scanners in 2012, according to a study by the ACLU of Illinois and the Center for Digital Democracy. The study found a lack of a law enforcement investigation.

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The jury convicted the owner of a peanut plant and two others Friday in connection with a salmonella outbreak that prompted one of the largest U.S. food recalls ever, sickened hundreds across the country and was linked to several deaths. Experts say the seven-week trial in Albany, Ga., marked the first time corporate executives and plant workers were tried in a food poisoning case.

Former Peanut Corporation of America owner Stewart Parnell was convicted on numerous counts including conspiracy, wire fraud and obstruction of justice related to shipping tainted peanut butter to customers and taking results of lab tests intended to screen for salmonella. His brother, Michael Parnell was also found guilty on multiple charges related to the false lab results, but was acquitted of actually shipping raw, undercooked or un-tainted food. The jury also found Mary Wilkerson, the plant’s quality assurance manager, guilty of obstruction of justice for hindering information about the plant’s salmonella problems from investigators. But Wilkerson was acquitted on one of two obstruction counts she faced.

All three will be sentenced at a later date. Prosecutor Alan Dasher told the judge the Parnell brothers will likely face prison sentences “well in excess of 10 years,” and noted it’s possible the middle-aged brothers could remain imprisoned for the rest of their lives. For that reason, he asked the judge to have the Parnells jailed pending sentencing. “The government’s primary concern is about flight risk,” Dasher said.

With today’s wide choice of flooring, Friendly Floor’s impeccable service and professional installations will make your purchase simple and easy.

Visit the company’s showroom at 3785 Tamiami Trail in Port Charlotte, just two miles south of the Punta Gorda bridge on the southbound U.S. 41 access road between their Conway Boulevard and Gardner Drive. Call Friendly Floors at 941-624-0077 , or visit www.friendlyfloors.com.

Durable and scratch-resistant, laminate makes it increasingly difficult to tell the difference between it and the real thing.

With current innovations, even stain-proof carpet (no exceptions) is available at Friendly Floors. Textures, patterns, colors and choices are endless. As the area’s premier Karastan dealer, Friendly Floors is sure to give you the carpet that’s perfect for your home.

Quality laminate is a far cry from yesteryear’s plastic imitations of wood. Actually quite trendy in today’s “luxe” circles, hand-scraped and distressed looks have found their way into fashionable homes across the country.

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FRANCE
FROM PAGE 1
other allies to join in and show that the U.S. is not entirely alone. Nor was the state of solidarity, even still own with deadly attacks.

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Sternad’s attorney, Rick Sternad’s prison term from embroiled in a campaign U.S. House candidate prison sentence for a former Friday sharply reduced the his extensive and ongoing

Those sobering statistics — in tandem with other hurricane data released by the U.S. Census Bureau this week — paint a grim portrait. Despite a significant drop in unemployment, working families in Tampa Bay are still being squeezed.

Based on the latest Census figures, the area’s poverty rate hovers between 22 percent and 25 percent, the percentage of residents receiving food stamps is rising. And there is not seeing a full recovery because the wage gap remains such,” said Scott Brown, chief economist at Trifecta Capital and James Financial in St. Petersburg. A widening income gap pushing down many in the middle class “people are running in place just to stay where they are in their standard of living,” he said.

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Headline News From Around the State

Miami (AP) — The Getty Preservation grant awarded to Miami Marine Stadium has been announced by the National Trust for Historic Preservation and the Miami Marine Stadium Foundation. This is the first and largest grant to be awarded by the National Trust for Historic Preservation to the Miami Marine Stadium Foundation.

The Miami Marine Stadium Foundation is a 501(c)(3) non-profit organization that was established to preserve and reopen the Miami Marine Stadium. The Friends of Miami Marine Stadium is a group of volunteers who have been working on the Miami Marine Stadium project since 1992.

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Sierra Leone begins Ebola lockdown

FREETOWN, Sierra Leone (AP) — Sierra Leone confirmed its 6 million people to their homes for the next three days as the Ebola-ravaged West African country began what was believed to be the most sweeping lockdown since the outbreak began.

In a desperate effort to bring the outbreak under control, thousands of health care workers began going house to house in crowded urban neighborhoods and remote villages, hoping to find and isolate infected people.

President Ernest Bai Koroma urged his countrymen to cooperate. “The survival and dignity of each and every Sierra Leonean is at stake,” he said Thursday night in an address to the nation.

Health officials said they planned to urge the sick to leave their homes and seek treatment. There was no immediate word on whether people would be forcibly removed, though authorities worried that anyone on the streets during the lockdown without an emergency pass would be shot.

More than 2,600 people have died in west Africa over the past three months, and the biggest outbreak of the virus ever recorded, with Sierra Leone accounting for more than 50 of those deaths.

Many fear the crisis will grow far worse, in part because people afraid of dying are hiding in their homes, potentially infecting others.

However, international experts warned there might not be enough beds for new patients found during the lockdown, which runs through Sunday.

Across west Africa, health care workers have been attacked by villagers who accused them of spreading Ebola.

Some citizens have also violently resisted efforts to quarantine, said UNMIL spokesman, an Freetown resident.

“Many of our people have died — nurses and doctors, too — so if you ask us to stay home for three days, for me it is not bad,” Odhiambo said in an interview with The Associated Press in his home.

“The job of unarmed security guards should be trained in explosives and surveillance and protection in buildings,” said Bryden, the former head of UNMIK.

“Security experts say Kenya and the East Africa region remain vulnerable to attacks. There are too many targets, an infinite number of soft targets, an infinite number of hard targets,” he said.

There are hospitals, hotels, shopping centers, government buildings — all vulnerable to attacks. The job of unarmed security guards is one of Kenya’s most dangerous. Nearly 50 guards have been killed in armed attacks in the past three months.

“Al-Shabaab is prepared to attack any site where there is nothing any government can do to protect everyone all of the time,” said Bryden. “There is no defense is intelligence.”

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Stocks drift amid Alibaba IPO

NEW YORK (AP) — With attention focused on the debut of Alibaba Group, the stock market drifted into the weekend with little end-of-the-week action.

Investors watched as the Chinese e-commerce giant surged 38 percent in its initial public offering Thursday, padding the already strong gains of the New York stock market, which gained $28.89 to end at 10,612.

By the end of the day, the Dow Jones industrial average was 37.49 points, or 0.3 percent, to 10,610. It finished with its best weekly gains in five years.

The Motley Fool

How much do Realtors make?

Q: I am thinking of going into real estate. How do I get a real estate license.

The Sun

How much do Realtors make?

A: Back in the bubble days of 2000, some Realtor-associates who were excited to be making more money than their coworkers at the United States. A Realtor responded with a letter to the editor, pointing out that the median total of $161,220 in sales that a Realtor earns in the U.S. during the past 365 days. The median is $126,820 for the half of the Realtors made more than the median.

Realtors generally earn more than the median. With their broker's policy, when a Realtor selects a broker that was earning more than the median, 64 percent of my gross commission. Using a Realtor's median net commission is $64,270. That's $27,570.

The $71,760 is not pure net earnings. Whichever you might be, for membership fees, advertising, etc. So, this is why you would want someone to advise you.

The analysis also indicates that 3 percent of agents do not pay a gross commission. Based on this assumption, I estimate that the median annual gross commission earned by Realtors during the past 365 days is $27,570. The median is $126,820 for the half of the Realtors made more than the median.

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## Stocks Listing Change - Requests Welcome!

The Sun Newspaper is tweaking the way stocks are listed in the daily paper. We will continue to run a wide range of stocks, but we're trying to eliminate stocks that are not well-known to our readers. If you do not see your stock in the paper, please let us know and we will put it in the listings. Email the name of the company and the symbol to stockrequest@sunnews.net, or call 541-383-1138. You can leave the stock name and symbol on voice mail.

### Money & Markets

**Combined Stocks**

- Dow Jones, S&P 500, and NASDAQ are shown with their percentage changes for the day.

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## Footnotes:

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- *un* - Unit,, including more than one security
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[Image 209x1357 to 227x1374]

[Image 210x1382 to 251x4420]
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Education and investiga-
tion, say some teachers lack the 
teaching required by law and don’t know about 
standard safety measures that dramatically lower the 
internal dangers of hands-on experiments. Experiments they say are 
vital to science education. “You’ve got to have it hands-on, but you have to make it a safer experience through that training,” said Jim Roy, a safety consultant for the National Science Teachers Association and a longtime teacher.

Four students were injured recently when a teacher was pouring methanol onto a table top and igniting it during a science demonstration Monday at Dover High School and Arts Academy, a charter high school. The first jet of flame ejected out of the methanol bottle and burned the face of one of the students, investigators said. School officials said the student’s parents asked them not to release any information about his condition.

On Sept. 3, 13 peo-
ples were burned by a methanol fire during a science demonstra-
tion at the Forty/o°ne High School in Nevada City. Both students are in critical condition.

Both incidents are under investi-
gation.

Daniel Horowitz, manager of the Earth Science Safety Board, said the board has not been able to find any national guidelines for methanol training and procedures. “It’s possible other schools may fall into this same category,” Horowitz said.

Schools and museums need to be on lookout for such incidents, so no one knows how often they happen. Jim Kaufman, pro-
director of the museum’s Laboratory Safety Institute, estimates that about five methanol-related accidents occur in high school labs every year. The Chemical Safety Board, which investigates industrial accidents, said it knew of at least 11 methanol-related science accidents in science demonstrations since 2001 and more are coming to light amid the news of Dover’s fire.

“Teachers need to understand that the table top fire may be the beginning of a pouring more methanol from a galloping jay when the chemical inside the classroom caught fire,” said Mark Wingard, a Chemical Safety Board investigator. “The first expanded that source and it expanded and it expired in a standard container. You may consider that it is an event in the future.”

The teacher had minor injuries and declined further medical treatment, officials said. Methanol, a form of alcohol, is often used as a base for a popular classroom demonstration to show how different chemicals emit different colors when they burn. It also emits flammable vapor at temperatures as low as 50 degrees Fahrenheit, experts say, making it hard to contain.

Safety alternatives to methanol are available, but said, and methods are commonly used because many teachers learned the experiment that way.

Only 5 billion years until the Milky Way gets gobbled up

(Washington Post) — Scientists already know that big galaxies have a way of slowing down or even shrinking, but that’s a long way off — a long way into the future. Now, new research suggests that galaxy collisions can lead to even more dramatic changes.

After several years of observing the family tree of the Milky Way, the team found something that could explain how galaxies change over time. They discovered that when two galaxies collide, their stars start to make fewer new stars — a process that can last for billions of years. As galaxies grow, they get bigger and brighter, but they also have a way of slowing down and eventually dying.

The team’s findings could have implications for understanding galaxy evolution and the history of the universe.

“Galaxies are born and die, and understanding how they change over time is crucial to understanding the history of the universe,” said lead author Dr. Jane Smith. “Our findings suggest that collisions play a key role in the evolution of galaxies.”

The research was published in the journal Nature, and the team plans to continue studying galaxy collisions to learn more about how galaxies change over time.
Venice High School running back Malik Bryant carries against Charlotte during Friday’s game at Tarpon Stadium in Punta Gorda.

Saturday, September 20, 2014 YourSun.com • Facebook.com/SunCoastSports • @SunCoastSports • SunCoastSportsBlog

District 5A-13 game against home happy when DeSoto into the gym, but fans went the halftime celebrations coming parade and forced cancellation of the home-season.

Bulldogs’ undefeated couldn’t wash out the ing on Friday night, but havoc on DeSoto County.

High School players the field, but the Venice soaking it all in just as rival’s field since 2008, you haven’t won on your.

After the Indians’ 10-6 routing of Charlotte, you might say they deserved it. The Indians hodted the trophy that goes to the winner of their rivalry game with Tarpons, soaking it all in just as the rainwater seeped into their white jerseys. When you haven’t won on your rival’s field since 2008, you take the time to do that: “It means a lot,” senior Langston Provitt said. “I came here my sophomore year and we lost it at the very end (a Charlotte 24–21 victory). It was a tough play. So we came out with a lot of emotions.” Provitt helped make sure it didn’t go to the end, opening the scoring with a three-yard touchdown run — part of a 16-point Venice first quarter — and diving it with a

Fake punt helps Dogs perfect Prep Football

By ZACH MILLER SunCoastSports Writer

Prep Football: DeSoto County 20, Booker 6

DEERFIELD BEACH — After the Indians’ 10-6 rout of Charlotte, you might say they deserved it. The Indians hodted the trophy that goes to the winner of their rivalry game with Tarpons, soaking it all in just as the rainwater seeped into their white jerseys. When you haven’t won on your rival’s field since 2008, you take the time to do that: “It means a lot,” senior Langston Provitt said. “I came here my sophomore year and we lost it at the very end (a Charlotte 24–21 victory). It was a tough play. So we came out with a lot of emotions.” Provitt helped make sure it didn’t go to the end, opening the scoring with a three-yard touchdown run — part of a 16-point Venice first quarter — and diving it with a
Reoto leads LPGA
Gallagher cuts leading up to Ryder Cup

BY THE ASSOCIATED PRESS

PRAVTLIL, Ala. — South Africa's Paula Reto leads the LPGA Tour by five shots heading into the final round of the Yokohama Tire LPGA Classic on Sunday.

Reto had five birdies in a six-hole stretch on the opening nine holes and finished Saturday with 13-under-par 69. The back nine on Capital City Club's Seaside Course is often tough, but the 24-year-old Reto was steady all day, making six birdies and two bogeys.

"I was just really patient with myself," said Reto, who is No. 1 in the world in women's golf. "I felt like I hit a lot of good shots today, and it was very rewarding, but I just had to play it safe. I had to keep it steady."

"I finally walk up on the back nine and had a good nine holes," said Reto, who has not finished worse than second in her first three starts, during which time she has won two and tied for second.

The South African defeated Europe's all-women Ryder Cup team on her way to becoming the youngest golfer to qualify on the LPGA tour.

Dreyer leads Web.com
Morgan leads WCC

BY THE ASSOCIATED PRESS

BRIDAMTON, N.Y. — Mark Dreyer made that nice chip shot on the 18th hole for the second straight round in the partial second round of the Web.com Tour Championship, giving him a 4-under-par 68 and a one-stroke lead over Bronson La’Cassie.

"I’ve never experienced anything like this before," said Dreyer, who has never played on the LPGA Tour. "The thing that I’m most proud of is that I’m not sitting here making excuses for anything."

The 24-year-old former BYU player shot a 2-under 70 in the opening round of 78 at Celtic Manor, eagled the 18th hole for the second straight year at 9 under after a 71. She dropped from the sched-

Paula Reto reacts after making birdie on the ninth hole during the second round of the Yokohama Tire LPGA Classic on Friday in Prattville, Ala.

Baseball

BY BARBARA BOXLEITNER

PRATTVILLE, Ala. — Senior running back Preston Ritchie had four tackles and a half sack for the Venice team over here in Florida last week. So I tried to start a track and field hockey and ran track. So I tried to start a team over here in Florida and I moved to the States. So I got a really hard to do it on tour. But today, it was really easy to focus today."

Josh Vitale • jsvitale@sun-herald.com

Follow us on Twitter @suncoastsportsblog.com or Facebook.com/ jsvitale@sun-herald.com

NOTE: The Sun's policy to correct all errors is such that it will not be corrected.

Contact us
Mark Lawrence • Sports Editor mlawrence@sun-herald.com
Jill Kambmer • Sports Reporter jkambmer@sun-herald.com
Matt Stevens • Assistant Sports Editor matt.stevens@sun-herald.com
Job Share • Staff writer jobshare@sun-herald.com
Chandra Lewis • Features Writer clewis@sun-herald.com
Josh Vitale • jsvitale@sun-herald.com
Henry Fuentes • Sports Graphic Artist hfuentes@sun-herald.com

PHOTOGRAPHY

GOLF SCORING BOARD

AP PHOTO

Paula Reto reacts after making birdie on the ninth hole during the second round of the Yokohama Tire LPGA Classic on Friday in Prattville, Ala.

Baseball

BY BARBARA BOXLEITNER

PRATTVILLE, Ala. — Senior running back Preston Ritchie had four tackles and a half sack for the Venice team over here in Florida last week. So I tried to start a track and field hockey and ran track. So I tried to start a team over here in Florida and I moved to the States. So I got a really hard to do it on tour. But today, it was really easy to focus today."

Josh Vitale • jsvitale@sun-herald.com

Follow us on Twitter @suncoastsportsblog.com or Facebook.com/ jsvitale@sun-herald.com

NOTE: The Sun's policy to correct all errors is such that it will not be corrected.
GRAND SLAM WINNER WILSON RETURNS FROM RETIREMENT

BEIJING (AP) — Li Na, a two-time Grand Slam champion from China who looks trim in Asia as a tennis revelation, has decided not to return to the court until next season.

The 32-year-old Li, who waited 10 years to reach the finals of a Grand Slam event, has been paired with her 55-year-old mother, Han Xing, in the doubles. She lost to eventual champions Flavia Pennetta and Martina Hingis of Italy. She was nursing tendinitis in her elbow, which forced her to stop playing in early August.

She says her long-term goal is to win a medal at the 2016 Olympic Games in Rio de Janeiro.

In her final broadcast, Li said she decided not to retire at the end of the year because she is not confident about how she can train in the next few months due to injuries.

‘‘But now, I think it’s better to stay home and not to make my body suffer too much,’’ she said.

Li and her boyfriend, chef and chef de cuisine Max Siu, said they will be travelling to Europe in the future to set up the first Li Na tennis academy.

‘‘I think it’s better to teach young Chinese players the experience of how I faced the problems of injuries and hard training and how I overcame them. I hope I can do this job very well.’’

When asked if she was happy with her career, Li said yes, but not yet happy with her sportswoman’s life.

‘‘I think I’ve done everything that I can do and I’ve already done my best as a player. I just have to work on my life as a woman and I have to go back to my family and I think it’s better to leave this job to the younger generation one day. I want to stay home and relax and I want to see what other players can do in my life. I think it’s better not to be a tennis player anymore, just to be a tennis fan. I want to see the younger generation do better.’’

She also thanked her fans, and said that she will continue to support them through her foundation.

‘‘I want to thank my fans and to thank my family for their support. I want to say thank you to all my fans and I want to support them through my foundation.’’

Li also said she was happy to have had a ‘‘beautiful future husband’’ and a ‘‘beautiful future daughter’’.

‘‘I want to thank my husband for his support and love. I want to say thank you to my daughter for her support and love. I want to support my family and I want to support my fans.’’

**Quick Hits**

Two lengthy fights in his gym where prior to his fight last Saturday night boxing regulators have ordered Floyd before commission:

**Chicago Sun Times**

The city's bid to host an upcoming men's gymnastics tournament is the latest example of how Chicago is stepping up to host major sporting events.

The city's Olympic Bid Committee is hoping to bid on the 2020 Summer Games, which will take place in Tokyo. The city has already hosted the World Series, the World Cup, and the Olympics.

``That's the best way to show the world what we're capable of, and that we can host a world-class event here in Chicago. It's a great opportunity for us to show the world what we're capable of and to prove that we can do it,'' Mayor Rahm Emanuel said.

The city has been working on the project for several years and is hoping to secure the bid in the coming months.

``It's a big deal for us,'' said City Clerk Susana Mendoza. ``We've been working on this for a long time and we've been able to come up with a plan that we think will work.''

The city's bid committee is made up of representatives from various city agencies, including the Department of Finance, the Department of Transportation, and the Department of Public Works.

``We've been working on this for a long time and we've come up with a plan that we think will work,'' Mendoza said.

The city's bid has faced some opposition from some residents, who are concerned about the cost of hosting the event.

``We understand the concerns that some residents have, but we think it's important for us to show the world what we're capable of and to prove that we can do it,'' Mendoza said.

The city's bid will be submitted in the fall, and it is hoped that the city will be chosen to host the event in the spring of 2016.

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Marlins ace gets good rehab news

MIAMI — Miami Marlins right fielder Giancarlo Stanton has returned to the active roster, manager Joel石

Giants Hall of Famer reachable: Ten years after his 30th birthday, Barry Bonds is being pursued following complications from a re-injury. The 49-year-old former San Francisco ace, who has been out since early May, is expected to start a full season of rehabilitation on the Giants minor league affiliate.

Bonds began to see a rise in his power after returning from a left knee surgery in August, and he has posted a .704 slugging percentage in 37 career at-bats. The former six-time National League MVP is expected to play in a game this week, most likely on Tuesday at home against the San Francisco Giants.

Twin clubs showdown: All-Star center fielder Ben Zobrist is a possibility for the Twins on Tuesday, and he is expected to be available to face the Boston Red Sox on Wednesday. The Twins are expected to use him as the starting center fielder, and he is expected to start in center field for the first time this season. Zobrist has started just six games in the outfield this season, and he is expected to start in center field for the Twins.

MLB Notebook

Philadelphia 76ers 115, LA Clippers 113: The Philadelphia 76ers’ defense held the Los Angeles Clippers to 113 points, the second-lowest total in franchise history.

Red Sox 3, Orioles 2: The Boston Red Sox scored three runs in the second inning to give their ace, David Price, a 3-0 lead.

Pirates 3, Brewers 2: In Pittsburgh, Russell Martin hit a solo home run in the 10th inning to give the Pittsburgh Pirates a 3-2 victory over the Milwaukee Brewers.

Cardinals 3, Reds 2: The St. Louis Cardinals rallied to score in the eighth inning to win 3-2 over the Cincinnati Reds.

Dodgers 14, Cubs 3: The Chicago Cubs were whitewashed by the Los Angeles Dodgers, 14-3, in a game that was called after seven innings due to the mercy rule.

Giants 2, Rockies 1: In San Francisco, the San Francisco Giants defeated the Colorado Rockies 2-1 in the opener of a three-game series.

Cardinals 4, Nationals 3: The St. Louis Cardinals beat the Washington Nationals 4-3 in the second game of a doubleheader.

Mets 2, Pirates 1: The New York Mets scored two runs in the fourth inning to beat the Pittsburgh Pirates 2-1.

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Dolphins defensive end draws second suspension

By The Associated Press

DAVE — Miami defensive end Dion Jordan was suspended for Friday for the second time this year for violation of the NFL’s substance abuse policy after testing positive for marijuana.

As a result of his drug test violation, Jordan will miss the next four games without pay.

"As a result of his after-game tests, Jordan will miss the next four games without pay," the NFL said in a statement. "Jordan, the third pick in the 2013 draft, will be eligible to return to practice and return to the Dolphins’ active roster Oct. 20.

Ravens fans trade in Rice jersey

Baltimore Ravens fans who once loved Ray Rice are sending the former Running Back (RB) to fans of the Atlanta Falcons. They are trading the jersey for one of Atlanta’s new jerseys.

Many fans have already been sending in their jerseys to get a trade. The Ravens and Falcons are both in the division and both are playing each other on Sunday.

According to the Baltimore Sun, fans have been sending in their jerseys since the news of the Ray Rice incident broke.

One fan said, "I bought the jersey when Rice was still playing with the Ravens, and I want to give it to a fan of the Falcons who is probably just as disappointed as I am right now."
Clemson and FSU are likely to use multiple signal-calls.

The Florida State Seminoles have a strong offensive line, which is the easiest way to take pressure off the defense. This could be the game where Cole Stoudt and Jeff Driskel really develop. The Seminoles will run simple offensive plays with three seniors and decent receivers. They'll be going for the win regardless of who's in the backfield.

The 2-0 Gators have a strong defense, but there's one player who can change the game: Justin Houston. He's not going to throw into tight coverage, he's not going to throw into pressure, he's not going to throw into man-to-man. He's a decision-maker, he's a game-changer.

This turns out to be a huge week for both teams, with the winner poised for big weekends that could determine their status in the sec for years to come.
TRANSACTIONS

VENICE FROM PAGE 1
9-yard pass from Murphy to Tindley, giving the Tarpons the lead for good. The lead is now 10-0. 

V — Tindley 9 run (Zach Carr kick), 5:44.

The Tarpons dominated the Charlotte offense as they scored on their opening possession and had no problems moving the ball against Charlotte. The Tarpons had a 40-0 lead at halftime and were up 90-0 at the end of the game.

VENICE AT CHARLOTTE

TODAY'S OPENING SERIES

V — Murphy 1 run (Zach Carr kick), 11:38.

V — Bryant 12 run (Zach Carr kick), 5:44.

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Fumbles foil Bobcats

North Port fades in 2nd of loss

By JOHN WITTE

PALMETTO — On a night full of thunder and lightning, a muddy field and strong winds, one mistake could have been the difference in a game.

In the case of the North Port High School, it was two mistakes.

The Bobcats lost two fumbles deep in their own territory at Harlon Stadium in the second half of Friday night’s district title tilt, and Palmetto converted on both, totaling 21 points in the 2-0 loss.

“It came down to turnovers,” North Port coach Larry Despersia said. “You got six points in the first (fumble) right there, that’s 14 with the extra point, and then we just couldn’t recapture it from them.

“A nice stuff field full throughout the night, and then a few things really impact on the game. Both quarterbacks, the one with the feet, they both had 167, the generator. Jack Allison was 3 for 7 for 36 yards and a score, while Bobcats signal-caller Christian Van Der Veer and Mike Fantella combined to complete 6 of 15 passes for 70 yards. Both teams saw the ball go a combined 57 times.

The teams combined to record 14 fumbles, four of them resulting in changes of possession, and two of them resulting in turnovers.

The game was scoreless until third quarter when backfielder Bradley Wyatt returned a Van Der Veer fumble 65 yards for a score in the third-quarter. Defensive back Kamard Land returned another loose ball into the end zone on a 32-yard return in the fourth quarter.

“We kept the kids out in the rain the other day. We didn’t get any lightning, but it rained like this and we stayed out there for two-and-a-half hours and we practiced,” Despersia said.

“I know that we was the only subs we had to bring into these kind of elements. Gimel was one, but he didn’t blame Mother Nature.

“The game’s outcome was a 20-yard third-quarter touchdown pass to wide receiver Dreanwis Leaning. Running back Quincy Washington touched the ball on more than half of his team’s 38 offensive plays, totaling 70 yards. The Bobcats turned the ball over four times in the game.

North Port got out of the rain and it made me nervous (punter Cesar Barajas),” Despersia said. “It feels good,” Jones said. “We knew that was the safest route to go.”

The Bulldogs start a string of four straight road games with a victory.

“The drainage is better so much that it took a lot less time to move the chains for the first time,” Jones said.

“We knew that was the safest route to go.”

“We were having a really good game, submarine pitching, but it rained like this and we couldn’t fake it,” Despersia said.

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FROM THE PUBLISHER

Computers are aggravating

S
ometimes computers can be the most exasperating things! I am writing this to vent my feelings about this little black object — my computer — that has just torn me up. I have been sitting here for about the last two hours working on our layout order for this fall’s Physicians Guide. I have methodically collected the data that consists of our customer’s ads and photo listings that need to be put in a logical order. The publication is sorted by medical disciplines to make it easy to look up a general practitioner, a podiatrist or any other specialty.

I am working in Microsoft Excel, which is a spreadsheet program that I have used for years. I just closed the program without saving, and lost all my work. It was a real rookie mistake. As a matter of fact, I first used a spreadsheet program in 1983 when I purchased my first computer. It was a Tandy TRS-80 model 4 from Radio Shack. It had a program that I think was VisiCalc. Later I graduated to Lotus 123. All the programs worked pretty much the same way.

I was very impressed with the capabilities and employed it constructively when I built a spreadsheet for the Association of Realtors budget. I remember constructing it in a hotel in Orlando where I was staying to take my first CCIM course. This would eventually lead to me becoming a Certified Commercial Investment Member. I planned to work in commercial real estate and not residential. That afternoon I was learning how to take the Realtors budget and computerize it. It took a little time but I learned how to lay out the accounts and columns for the monthly budgets. I discovered how I could make my task easier by using formulas. This eventually came out as a project that I could easily change one factor — like dues or other income — and show the effect on the bottom line. I could do the same with expenses.

This exercise eventually led me to being the treasurer for the Association for many years and an advocate of using spread sheets in business. I found it hard to imagine planning and budgeting without some sort of spreadsheet program. I tell you all this so you will know that I am not a casual user and have an in depth understanding of spreadsheets.

That is why I am venting in this article because I made a dumb mistake and have created several additional hours of work. I will get through this and we will make deadline. I have to look at the bright side; I am struggling for a topic for this Saturday’s Feeling Fit. This takes care of that!

What services are available on the Social Security website?

Question: What can I do at www.socialsecurity.gov?

Answer: There are many things you can do on the Social Security website. You can conduct most of your Social Security business with our suite of online services at www.socialsecurity.gov/online services. There, you can get an estimate of future benefits, find out if you qualify for benefits now, and even apply for benefits. You can complete a number of other tasks online, too. You can estimate your retirement benefit using our Retirement Estimator. It allows you to get an instant, personalized estimate of your future benefit based on different retirement ages and scenarios. You can even open your own my Social Security account to plan for and manage your benefits at www.socialsecurity.gov/myaccount. Just looking for some information about Social Security? Read, print, or listen to one of our many publications. Many of them are in Spanish, and some are in 16 other languages as well. Topics include Social Security cards, the Medicare prescription drug program and retirement planning. There are so many things you can do at www.socialsecurity.gov.

Question: Is it true that Congress does not have to pay Social Security taxes?

Answer: No, that urban legend is false. Members of Congress pay Social Security taxes — and are covered by Social Security just like almost everyone else. Prior to 1983, members of Congress did not pay Social Security taxes — but that was because they, like most federal employees, paid into a separate retirement system. In 1983, all newly hired government employees began paying Social Security taxes.

Social Security is not an optional system. Unless exempted by law, everyone working in the United States must pay Social Security taxes on earnings covered by employment. And most people who have retired, become disabled or lost a supporting loved one are thankful to have that safety net. For many, it can mean the difference between poverty and a better life.
Fawcett Memorial Hospital takes matters of the heart seriously...and you should, too.

Learn more about your heart at one of our FREE UPCOMING EVENTS.

Registration is required, contact us at 941-624-4441.

HEART SMART SCREENING
Includes cholesterol panel, glucose, BMI and blood pressure. Fasting is required & breakfast is included.

Friday, September 26, 2014
7:30 am to 9:30 am
H2U | 3280 N Tamiami Trail, Port Charlotte

UNDERSTANDING A HEART VALVE PROBLEM
Lunch n Learn. You may have been told you have a heart murmur or a leaky valve. Or perhaps you’re seeking a better understanding of your valve disease. Learn more about heart valve stenosis, regurgitation, mitral valve prolapse and more.

Thursday, October 2, 2014
12:00 pm to 1:00 pm
Guest Speaker: John McKinney, MD
H2U | 3280 N Tamiami Trail, Port Charlotte
I'd be smarter after I saw what David consisted of over the weekend, since I brutally honest with David about doing pretty well. I'm not sure what little pink on the inside and grilled on I had to order one as well. Of course, little beachside restaurant. I was set to town for the weekend and found a of anyone — workers and visitors in er Charles Gerba, who presented said University of Arizona research—over half the people' s hands, and it within four hours it ended up on 80 people, had three entrances, and surfaces such as light switches, coffee on a majority of commonly touched beginning of the day. And after two to ample a doorknob or push plate) at the Viruses can spread from a single doorknob to 40 to 60 percent of sur—us for virus spread. Viruses such as diarrhea, the flu and the common cold surfaces frequently. Viruses such as Touch was found to spread the virus in places where people might least expect it. It wasn't the bathroom, but the break room that was a "hot spot" for virus spread. "What's the first thing you do when you go to work? You get a cup of coffee. You want to be the first one in that coffee break room," Gerba said. "Every time you touch these surfaces you're picking up between 30 and 50 percent of the organisms who are on that surface." You'd think it was a bad decision. You'd think you — David is trying to kill me. But it was just one cheeseburger! You'd think — David is trying to kill me.
Lung cancer is the leading cause of cancer deaths in Ameri-
cans. In 2013, lung cancer took 157,300 lives. Eighty percent of those
people either quit smoking or never smoked. About 28,000 people who
died from lung cancer last year never smoked. That is more than the num-
ber of people who died of leukemia, lymphoma, bladder cancer, ovarian
cancer, esophageal cancer, or cancer of the uterus. To put the number in
perspective, 28,000 deaths is nearly twice the national homicide rate.
People who have lung cancer are people who have a deadly disease.
Anyone with lungs can get lung cancer. People exposed to second
hand smoke, asbestos, radon, or other carcinogens in our environment can
develop lung cancer.

Unfortunately, the five-year sur-
vivorship rate for lung cancer — 16 percent — has hardly changed in four
decades since the War on Cancer began in 1971. But finally, we may be
on the verge of a breakthrough.

Last December the U.S. Preventative Services Task Force (USPSTF) rec-
commended using annual low-dose CT scans for people 55 to 79 years
of age with a 30 pack-year history of smoking who quit less than 15 years
ago. A “pack-year” is calculated by the number of packs per day multiplied
d by a number of years. Smoking two packs a day for 15 years, for example,
is equal to 30 pack-years.

The “B” recommendation was
based on strong evidence provided by the National Lung Cancer Screening Trial (NLCSCT), a 10 year, $250 million
clinical trial funded by the National Cancer Institute and lead by Dr.
Claudia Henschke in which 33,454 asymptomatic smokers and former
smokers were followed to determine the efficacy of screening using low-
dose CT scan versus chest X-ray. Henschke was able to show a 20
percent reduction in mortality using low-dose CT as a screening protocol.

Because of the USPSTF “B” finding, the Affordable Care Act now requires
private insurers, without imposing a co-pay or deductible, to pay for
annual low-dose CT lung cancer screenings. The USPSTF “B” recom-
mandation is higher than mammography’s “C” recommendation or the “D”
recommendation for prostate cancer. The USPSTF recommendation is
great news. But just because USPSTF endorsed lung cancer screening and
made it the law of the land does not mean Medicare or Medicaid will
automatically provide coverage. The USPSTF finding triggered a coverage
review for Medicare and Medicaid, which can independently decide
whether coverage is warranted. That’s a big deal because many people who
develop lung cancer are over the age of 65 and insured by Medicare.

On April 30 of this year MEDCAC (Medicare Coverage Advisory
Committee) held a public hearing to make a recommendation to CMS
center for Medicare and Medicaid Services) regarding whether Medicare
and Medicaid should cover low-dose CT screening. The panel of 12 doctors
and scientist heard 7 hours of testi-
mony in a public hearing.

I watched the hearing on YouTube. Witness after witness testified about
NLCSCT being the definitive lung
cancer screening study, never to be
repeated. As a layman watching this
hearing, I thought the evidence for

LIVING WITH CANCER
on the precipice of change

It’s not. Heart disease claims the lives of more women
than cancer, respiratory disease, Alzheimer’s disease and
accidents — combined. So don’t take a chance with your
heart. Join us at our upcoming seminar. It’s free. It’s
informative. And it just might end up saving your life.

Heart disease is a man’s problem. Right?

Women & Heart Disease: Know the Difference

Tuesday, October 7 | 5:00 - 6:00 p.m.

Speakers: Paul Popper, M.D., cardiologist
Deborah Jo Dunham, ARNP

Location: Bayfront Health Port Charlotte
Conference Center, 1st floor
2500 Harbor Blvd., Port Charlotte

For more information visit www.
lungcancerresearchcouncil.org.
**Medicare Resources are available to help find the best Medicare coverage**

By BOB MESSEY

Feeling Fit Correspondent

F or a lot of people, navigating Medicare coverage options can be like going through a minefield fraught with potentially devastating consequences. It sometimes requires specialized help, much like with income taxes.

“Medicare is a complicated topic,” said AARP spokesperson Dave Bruns.

“It’s a complex program that people think is actually very simple. But it’s not at all,” Bruns added.

And what you don’t understand can possibly bite you financially — and worse.

The easy part is understanding that Medicare is divided into several parts — A, B, C, and D. Part A is hospital coverage.

“That part is free, in the sense that you’ve been paying for it all your life,” Bruns said. “But it covers only 80 percent of what is called ‘usual and customary’ costs of treatment. It’s fee-for-service — you don’t need a referral. You don’t need to be in a network. You just have to find a provider that accepts Medicare, which is the vast majority of providers do.”

Part B is insurance/fees for services including physical therapy, home health care, and other health care providers. You have to pay for a premium for this, which is about $100 per month. For most of the medical care that most people need, it covers 80 percent.

“There are an awful lot of people who don’t even realize that their premiums are $73,000 a year. That can be a substantial amount, especially for people who are on a fixed income,” Bruns said. “In Florida, the average cost is about $73,000 a year. That can be a shattering realization for people.”

As you get older, while your premiums may not seem like a substantial amount, that can be relative.

“You really have to go see your doctor for a flu shot or get some skin cancer removed, that’s not a big deal,” Bruns said. “But if you’re in the hospital for weeks after a heart attack, then it is a big deal. It’s not unusual for people who, during the course of a serious illness, have doctor and hospital bills that are a quarter or even a half of a million dollars.”

“The 20 percent of a half-million dollars is $100,000. That’s a huge financial hit. A lot of people insure themselves with a Medicare supplemental plan in addition to their original Medicare coverage.”

Part C is Medicare Advantage, which is sometimes referred to as an “all-in-one plan.”

“What they are, essentially, is a Medicare supplement plan that is part of a network,” said Bruns. “Advantage plans have networks that change annually. It’s much more like having a HMO through your employer. When you go to an out-of-network provider, the coverage can be much less — and that can be a huge and unpleasant surprise to people.”

Medicare Advantage plans vary widely — and sometimes referred to as an “original Medicare coverage.”

“It’s a complex program that people think is actually very simple. But it’s not at all,” Bruns added. “It estimates that nearly one in three Medicare beneficiaries in Florida of which there are more than 3 million — are enrolled in Medicare Advantage as opposed to original Medicare.”

“The other thing that’s pretty critical is that Medicare Advantage vs. Medicare Part B is often more complicated than people think about,” said Jeff Johnson, state director for AARP. “A lot of people will focus on the bottom line of a premium and not necessarily take into consideration that Medicare Advantage plans have networks that vary by year. If your provider that you really have a connection with isn’t in a particular plan, then you’re out of luck. As people who are already enrolled in Medicare go through open enrollment, that means you need to be very mindful when they make their choices.

“A lot of times people will simply redo whatever they did before, and maybe that’s appropriate — but it’s not always. So I think each year, whether they’re talking about Medicare Advantage plans or a supplement or a Part B plan, it’s important to update what it is you need form your health coverage and what plan is best for you.”

Bruns recommends that A and B coverage be supplemented with a Part D plan, which is prescription drug coverage.

“That covers 75 percent of the cost of prescription drugs up to a threshold, which is around $4,000,” Bruns explained. “Beyond that, when your out-of-pocket cost exceed that threshold, you are then in what is called the ‘doughnut hole.’ You still will be paying your Medicare Part B premiums, but you won’t have any coverage for any prescription drug costs. When you get to ‘catastrophic’ out-of-pocket costs, then Part B coverage kicks in again.”

“In current health care reform laws will be eliminating the doughnut hole by 2020. If all this seems complicated to the point of distraction, it could because it is.”

“I think when people are first enrolling for Medicare, it’s terrifically confusing,” Johnson said. “I know folks with multiple advanced (academic) degrees who have trouble sorting out what they want.”

Fortunately, there is helpful information online, starting with Medicare.gov, the official government website. AARP also offers numerous resources for understanding Medicare, including a helpful primer, “Medicare: A Family Read Guide to the Basics,” (available at www.aarp.org/health/medicare-insurance/info-10-2013/medicare-information-center/index.html which includes a glossary of terms.

Finally, there is a resource both Johnson and Bruns recommend highly — Serving Health Insurance Needs of Elders (SHINE), a program of the Area Agency on Aging for Southwest Florida (www.aaswfl.org).

Specially trained volunteers help Medicare beneficiaries, their families and caregivers to understand their health care options. SHINE volunteers are trained to offer free, unbiased, and confidential information and counseling concerning Medicare. The program encourages beneficiaries to review their benefits and evaluate their health care options each year.

SHINE offers “Open Enrollment Events” in Charlotte and DeSoto counties, and North Port, at which volunteers work with Medicare enrollees to help choose the best drug coverage options. To access a SHINE counselor or for information about Medicare Open Enrollment events, call the Area Agency on Aging for Southwest Florida Helpline at 866-413-5337.

“Health care is a complicated thing,” Johnson said. “I think that because there are people in very different situations in terms of their health and in terms of their finances, the marketplace has responded with a broad variety of plans — and I think that’s a good thing. I don’t think that a one-size-fits-all plan will serve everybody well. What that means as a result is that there are more options out there, so there are more choices that consumers need to make.”

MEDICARE OPEN ENROLLMENT EVENTS

The First United Methodist Church of Punta Gorda is presenting two important opportunities to help local residents get through the Medicare Open Enrollment period. Open enrollment runs from Oct. 15-Dec. 7, plans effective January 1, 2015. This is one is fast approaching and is when Medicare beneficiaries can change their Part D (Prescription drug) or Medicare advantage plans.

On Oct. 11 at 9:30 a.m., a hour “Seek and You Will Learn” session presented by a SHINE (Serving Health Insurance Needs of Elders) counselor will highlight major changes to the Medicare plans and provide an overview of Medicare. A question and answer period will also be included. Come early and enjoy the Church’s men’s group pancake breakfast prior to this informative session.

An Open enrollment event will be held on Oct. 21 in the Church’s Fellowship Hall from 10 a.m.-3 p.m. This is being held in partnership with the Area Agency on Aging of Southwest Florida. SHINE counselors will be on hand to work on one-on-one with individuals to help compare plans and options and to assist in the enrollment process. SHINE counselors are unbiased volunteers trained under a grant provided by Medicare to provide assistance to beneficiaries. There are no appointments. Individuals are served on a first-come first-served basis. Value of this event. Please be sure and bring your Medicare and insurance cards.

The First United Methodist Church is located at 507 W. Marion Ave., Punta Gorda. There is adequate parking and signs will direct event participants to the meeting place. Questions may be referred to Marilyn Gregory at 941-286-6075 or marilyn@gregory-jfirm.com.
North Port will be the site of a large-scale Parkinson’s disease symposium in which two nationally recognized speakers will discuss the latest research and therapies for the disease. The symposium will take place from 8 a.m. to noon on Nov. 8 at the Heron Creek Golf and Country Club, 5301 Heron Creek Blvd., North Port. Reservations are needed and tickets are on sale for $15 per person. To make reservations, call Sara Weinberg at 941-926-6413.

Carisa Campanella, Neuro Challenge Foundation (NCF) for Parkinson’s care coordinator, said the event is expected to sell out.

“The average onset of the disease is age 63,” Campanella said. “But there is a high concentration of people with Parkinson’s in Florida because so many people retire here.”

Dr. Lawrence Elmer and Dr. John Paul Gniady will discuss the most recent research findings and therapies available to those with Parkinson’s. Elmer is the director at The Center of Neurological Health in Toledo, Ohio. He is also the director of the Parkinson’s Disease and Movement Disorders Program at the University of Toledo.

Gniady, an ear, nose and throat specialist, will present information on disorders of the voice in Parkinson’s disease. He is board-certified in otolaryngology at practices at the Ear Research Institute and Silverstein Institute in Sarasota.

Gniady will present information about LSVT LOUD, a speech therapy treatment for people with Parkinson’s disease by stimulating the muscles of the voice box — or larynx — through specific exercises, according to LSVT Global. Developed in 1987, LSVT LOUD has been shown to improve loudness, intonation and voice quality for those with Parkinson’s disease for up to two years after treatment, LSVT Global reports. Research has also indicated the therapy improves swallowing, facial expression and articulation.

“Currently, there is no one offering LSVT LOUD regularly in North Port,” Campanella said. The Neuro Challenge Foundation, which opened an office in North Port last year to assist local Parkinson’s disease patients, is on sale three days a week, from 9 a.m. to 5 p.m., Monday, Wednesday and Friday at the North Port office, 5600 Peace River Road, near the intersection of Sumter Boulevard and U.S. 41.

Advisors can help Parkinson’s patients and caregivers find services as well as answer questions about medications, nutrition and exercise, symptoms and progression of the disease, such as mood changes.

Campanella said since the office opened almost a year ago, they have grown to include four support groups.

“Even in the summer, we’ve been busy,” she added.

Parkinson’s disease is a chronic and progressively degenerative disease which affects the body’s motor systems, the National Institute of Neurological Disorders and Stroke states. The disease usually affects people older than 50, the NIHDS said; but people as young as their 30s have been diagnosed, according to the Neuro Challenge Foundation.

The Neuro Challenge Foundation’s mission is to “enhance the quality of life for people with Parkinson’s disease through education, outreach and research.”

According to the NCF, an estimated 9,000 people in Southwest Florida have Parkinson’s disease. The foundation estimates another 5,000 to 10,000 are directly affected as caregivers or medical professionals. Campanella said the foundation serves about 1,000 people in Charlotte and Sarasota counties.

Campanella said the disease also tends to affect men more than women, so the patient’s wife — who is often much smaller — is the primary caregiver.

The foundation’s Parkinson’s support group also meets at 1:30 p.m. every second Wednesday of the month. A speaker is always featured at the meeting, which is open to the public.

For more information, contact Carisa Campanella at 941-928-5886 or carisa@neurochallenge.org, or visit www.neurochallenge.org.
Cinnamon to fight Parkinson’s disease? Not yet

By DOREEN SUTHERLAND
N E R O  C H A L L E N G E  F O U N D AT I O N

Thinking about adding cinnamon to your diet to fight Parkinson’s? Cinnamon has been touted as a good supplement for cholesterol and diabetes, and now, Parkinson’s. Research conducted by professor Kalipada Pahan at Rush University and published in the Journal of Neuroimmune Pharmacology, found that oral feeding in mice, ground cinnamon is metabolized into sodium benzoate, which then enters into the brain and stops the loss of beneficial proteins (Parkin and DJ-1) and protects dopaminergic neurons. These are cells believed to be intimately involved in Parkinson disease.

Specifically, researchers say that, oral feeding of cinnamon powder produces sodium benzoate (NaB) in the brain, and this sodium benzoate is an approved drug used in the treatment of neural disorders. It is also commonly found in soft drinks and is frequently used as a food preservative. Possibly the largest use of sodium benzoate, accounting for 30-35 percent of the total demand is as an antifreeze, particularly as an additive to automotive engine antifreeze coolants, according to the World Health Organization. Sodium benzoate is known to attach the mitochondria of DNA and DNA damage to negative outcomes in Parkinson disease and liver problems.

It is unknown how much cinnamon you would have to consume to experience these negative effects because the effects of chronic exposure to sodium benzoate have not been studied in humans. Aside from sodium benzoate, cinnamon contains another chemical that can cause liver damage. Ceylon cinnamon, found in health food stores, is a purer variety, which contains less of this chemical, in case you are thinking of adding a significant amount of this spice to your diet.

Of cinnamon Pahan said, “This could potentially be one of the safest approaches to halt disease progression in Parkinson’s patients.” This may not be true. However, he also remarked, “Now we need to translate this finding to the clinic and test ground cinnamon in patients with PD. If these results are replicated in PD patients, it would be a remarkable advance in the treatment of this devastating neurodegenerative disease.” Before you go out and invest in a cinnamon regimen, keep in mind that we don’t yet know if it will work in humans and the effects of long-term repeated use of unusual amounts of cinnamon is unknown.

For more information on the Neuro Challenge Foundation and its services, call 941-926-6413 or visit www.parkinsonsneurochallenge.org.
Health care is often the biggest expense in retirement, and the hardest to predict

As the youngest of the baby boomers celebrate their 50th birthdays this year, many will put renewed attention on what will likely be the biggest expense in retirement— their health.

Still the responsibility of caring for retirees—as well as the cost—often falls on family members. Almost half, or 46 percent, of caregivers spend more than $5,000 a year on elderly family members, according to a study released by Caring.com, a website for people who look after aging parents. Seven percent of caregivers say they spend more than $50,000 or more a year.

Expenses that pile up can include spending on medication, medical supplies and in-home care. People who have elderly parents move into their homes may also pay for renovations such as installing ramps, railings and lifts. Then there are the costs that are harder to quantify.

People caring for elderly parents often have to take time off work for emergencies. The pressure can trigger their own health issues, said Andy Cohen, chief executive of Caring.com, sometimes leading to depression, high blood pressure and stress. “It’s sort of a double whammy,” he said.

Many also are surprised to learn that most Medicare plans don’t cover the costs of assisted living or home health care. “They’re shocked and usually in a panic,” Cohen said.

The process of placing family members in assisted living or a nursing facility can be overwhelming. Family members may find themselves negotiating monthly or annual payment rates. And some people may struggle to find the right facility: While 43 percent of family caregivers were able to find senior housing in one month, 21 percent said the process took six months or more, according to Caring.com.

That’s not to say that boomers aren’t putting their feet down in retirement. “They’ve worked for a long time, the process of placing family members in assisted living or a nursing facility can be overwhelming,” Cohen said.

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A Little Act That Can Save So Many...
Hookah smoking a hot trend for young adults but clouded by health concerns

By Lizzie Johnson  
THE DALLAS MORNING NEWS

Clouds of sickly sweet blackberry smoke are billowing out of Isaac Doss’ mouth. He takes a long draw from the bubbling hookah and passes the pipe to Kara Brick.

They are sprawled on cushioned wicker chairs on the patio at Kush, a hookah bar on Greenville Avenue in Dallas. It’s a hazy Thursday and the two are celebrating the return of Kara’s sister, Savannah Brick, from an au pair job in Europe.

“This is kind of cheating,” Kara Brick, 28, said. “We are all ex-smokers. With cigarettes, you really have to push through smoking it the first time. They taste terrible and smell terrible. Hookah is actually enjoyable. This has a social feel and is something we can do together.”

Hookah bars are a relaxed gathering place for customers to socialize as they smoke tobacco through water pipes. It’s a hot trend among young adults. Nearly one in five U.S. students smoked hookah in the last year, according to a study published in the journal Pediatrics. About 10 businesses sell hookah within a five-mile radius of the University of Texas at Dallas.

But hookah, which comes with few warning labels or health notices, can be more dangerous than smoking cigarettes. A study funded by the National Institutes of Health notes that a single hookah session delivers 1.7 times the nicotine, 6.5 times the carbon monoxide and 46.4 times the tar of a single cigarette.

“There is no reason to believe that a water pipe is less dangerous than a cigarette,” said Dr. Thomas Eissenberg, a Virginia Commonwealth University professor who has conducted numerous studies on water pipe smoking. “In fact, depending on some of the toxins, there is reason to believe it is more dangerous.”

Doss, 25, smoked hookah regularly at the University of the Ozarks in Clarksville, Ark., without realizing the health risks.

“I was 18 the first time I smoked,” he said. “I smoked every weekend. I never considered how bad it would be for me. Now I smoke occasionally enough that it really can’t affect me. It’s something I consider before I go to the hookah bar.”

State law prohibits the sale and smoking of hookahs to anyone younger than 18. Kevin Perlich, a spokesman at the Richardson, Texas, Police Department, said that anyone caught smoking under 18 will be issued a citation for the use of tobacco, a Class C misdemeanor similar to a speeding ticket.

Richardson has adopted ordinances that ban the use of tobacco products, including water pipes, in most public places. But the law does not restrict young patrons from entering the lounges. Teenagers are legally able to be in the environment.

“Hookah seems like it is on the upswing,” said Dr. Gary Weinstein, a pulmonologist at Texas Health Presbyterian Dallas. “There are hookah bars in many young areas, and it’s a cool thing to do. It seems cooler than smoking a cigarette.”

Data from the University of Michigan’s Monitoring the Future survey suggests hookah usage among high school seniors in the past year rose 21 percent.

Eissenberg said this is an issue because many young people do not realize they are inhaling tobacco, charcoal smoke and other carcinogens with each breath.

“The problem is, if you go into a water pipe bar and look at the pipe you are being served, there is nothing on that pipe or on the tobacco or in that charcoal that tells you it’s dangerous,” Eissenberg said. “I have gotten this outlook from kids: ‘It doesn’t say it’s dangerous, so it must be safe.’”

When smoking a cigarette, the user lights the tobacco with a fire and inhales the smoke. With hookah, the smoke passes from a head containing tobacco and charcoal, through a water bowl and into a hose for inhalation. The tobacco comes in many flavors, ranging from chocolate to fruit to alcoholic varieties.

Hookah smoke is known to contain higher levels of lead, nickel and arsenic, 36 times more tar and 15 times more carbon monoxide than cigarettes, research in the Journal of Cancer Epidemiology, Biomarkers & Prevention shows.

This is because smoking a hookah requires taking harder and longer drags, increasing the levels of inhaled carcinogens and nicotine in the lungs.

“When they take a puff, the smoke is very cool and the draw resistance is very low, so it is easy to inhale and it tastes good,” Eissenberg said. “They take dramatically larger puffs, about 500 milliliters per puff. We are talking about an entire cigarette’s worth of smoke in a single puff.”

The longer the hookah session, the more nicotine and toxins a person takes in.

A 45- to 60-minute hookah session can expose the smoker to about the same amount of nicotine and tar as one pack of cigarettes, Eissenberg said.

“If you aren’t a cigarette smoker because you know cigarettes are dangerous and lethal, then there is absolutely no reason to be smoking a water pipe and every reason to avoid it for the same reason,” he said. “Water pipe smoking will kill you also.”

Dr. Mark Millard, a medical director at Baylor Martha Foster Lung Care Center, has practiced medicine in the Middle East, an area where water pipe smoking has been prevalent for more than 400 years. On one trip, he treated a woman from Saudi Arabia with a hacking cough.

“She was smoking every night for an hour,” he said. “That is quite a lot of inhalants. I told her to get rid of her hubbly bubbly (hookah). It’s nicotine that is the addictive factor. It makes people want to come back for more. People can get addicted to hookahs, and it does affect your health.”

Five years ago, Farhad Ata opened Kush Hookah Lounge. Ata has smoked hookah his entire life. He said he likes the nicotine buzz and the chill environment. He knows smoking is not healthy, but he has accepted the risks. It’s something he said he hopes clients are aware of, too.

“I don’t really sit down and talk with them about the health risks,” Ata said. “I think some people are already schooled, and they just accept it. Other people don’t care. It is still tobacco, no matter what, even if it is flavored. Your lungs are meant for air. Any type of smoke is not good for you, whether it’s cigarettes or hookah.”

Eissenberg said: Know the risks. “As a package deal, it’s a dangerous thing to do,” he said. “Educate yourself. Then make the decision.”

Friends hang out at Kush Mediterranean Grill & Hookah Lounge on Lower Greenville, in Dallas, on June 20, 2014. Some studies show hookah smoking is no healthier than cigarettes.

Follow Florida, Florida State and Miami in the Sun Sports section.
Sarasota Health Department offers ways to kick the habit

**New strategies help smokers quit when nicotine replacement falls short**

If you’ve ever smoked and tried to quit, you know how hard it can be. Nicotine is so addictive that smoking, or using tobacco in other forms, may be the toughest unhealthy habit to break. But it’s possible to quit. Just ask the millions of ex-smokers, who now outnumber smokers in the United States.

There are two main obstacles to quitting: the physical withdrawal from nicotine, and the mental and emotional withdrawal from a habit that had become a soothing part of daily routine.

Nicotine replacement, in the form of nicotine patches, gum, sprays, inhalers, and lozenges, can help overcome the physical addiction.

Medications such as varenicline (Chantix) and bupropion (Zyban) can also help. They can help reduce the cravings for a cigarette, and may also make smoking less pleasurable.

Two new studies of these medications offer good news to smokers who want to quit but haven’t been able to do it with just nicotine replacement.

Two Duke University researchers asked 222 smokers who weren’t able to kick the habit with just nicotine replacement to take varenicline alone or varenicline plus bupropion while continuing nicotine replacement. After 12 weeks, 40 percent of those taking both medications were no longer smoking, compared to 25 percent of those taking only varenicline. The results were published online in the American Journal of Psychiatry.

Writing in the Journal of the American Medical Association in July, a South African team compared varenicline plus nicotine replacement with varenicline alone. The combination worked better, with 49 percent of the 446 participants no longer smoking at 24 weeks, compared to 33 percent of those using just a nicotine patch.

These results don’t suggest smokers take varenicline and bupropion as a first step in smoking cessation. Both drugs must carry a “black box” warning on their labels to highlight an increased risk of serious mental health events including changes in behavior, depressed mood, hostility, and suicidal thoughts.

And the South African study found that smokers taking varenicline along with nicotine replacement experienced more quitting-related side effects, including nausea, sleep problems, constipation, and depression. But when nicotine replacement alone hasn’t helped, adding varenicline with or without bupropion may lead to success.

If you want to quit, you can help yourself with proper planning. One model commonly used to help people break addictions is called “stages of change.” According to this model, behavior change rarely occurs at one particular moment in time. Instead, you’re more likely to journey through several distinct stages before attaining your goal.

In this phase, you may be thinking of changing now or in the future, but not seriously. You might know that smoking can cause health problems. But you don’t really believe smoking is a problem for you.

You recognize that quitting is probably right thing to do. But you’re still uncertain if you want or need to quit.

You’ve accepted the idea of quitting and start looking for ways to accomplish it.

You take one or more definite steps. Maybe you set a quit date, or sign up for a stop-smoking group. And you quit smoking — at least for a while.

You’re tempted to return to smoking. This is true for any type of behavior change. Understand that this is expected. Therefore, you need to develop strategies ahead of time to address it, even if you smoke one or two cigarettes.

If you succeed on your first attempt to quit smoking, congratulations! If not, try again when you’re ready. The average person makes several attempts before quitting for good.

Using nicotine replacement is a good way to deal with nicotine withdrawal symptoms. If it doesn’t work, ask your doctor about the possibility of adding varenicline or bupropion. Cognitive behavioral therapy and support groups can help break the mental and emotional attachment to cigarettes.

However long it takes, quitting is beneficial. In a study published in the Archives of Internal Medicine, researchers from the German Cancer Research Center in Heidelberg showed that quitting smoking reduces the risk of dying — even in people who quit in their 80s.
Galeterone: Prostate cancer drug trials show great promise

By ARTHUR HIRSCH
THE BALTIMORE SUN

A white powdered chemical compound emerged from two University of Maryland School of Medicine laboratories more than 10 years ago with a name destined for oblivion, but a future that now looks promising as a treatment for the most challenging cases of prostate cancer.

Today, VN-124-1 is a drug candidate with a name — galeterone — a pharmaceutical company founded on its potential and a record of strong preliminary results in clinical trials with human patients.

The Food and Drug Administration has put galeterone on a fast track for approval to treat prostate cancer, which kills about 30,000 men a year in the United States. Researchers in hospitals and clinics across the country and in Canada are finishing the trial’s second round and preparing for the third, expected to begin early next year.

Dr. Kevin J. Cullen, director of the University of Maryland’s Matlence and Stewart Geenebaum Cancer Center, acknowledged that results are preliminary, but he said it’s an auspicious beginning.

“I can think of maybe one other drug in the 30 years I’ve been doing oncology that showed these kind of results,” Cullen said. He called it an “incredibly promising start for this medicine.”

Dr. Mario Eisenberger, heading the clinical trial at the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins, said the drug has had impressive results, but “I don’t think anyone can say at this point in time whether galeterone is going to be better than the other” drugs already used to treat prostate cancer.

Before galeterone was a medicine, it was a compound born of a collaboration that began in 1996 between two University of Maryland researchers, Angela M. H. Brodie and Vincent C.O. Njar.

The approach was built on work produced before, but galeterone is the only medication that also appears to damage the receptor itself.

The triple threat showed impressive results in tests with mice about 10 years ago. Brodie and Njar and their research team published results in the Journal of Medicinal Chemistry in 2005, concluding that the compound "is a potent inhibitor of human prostate tumor growth and is remarkably more effective than castration.”

After that publication, Tokai Pharmaceuticals, a company in Cambridge, Mass., named and licensed the compound as “galeterone.”

Clinical trials with human patients started in November 2009.

To fund its anticipated growth, Tokai applied in August to sell $75 million of stock in an initial public offering. While its stock sale is pending, company officials are not available for comment.

According to information posted on Tokai’s website, researchers have given the drug to 200 patients in the first two trial phases. Of the 49 patients in the first trial, 24 showed 30-percent reduction in PSA levels of PSA can be, but are not necessarily, a marker for prostate cancer.

In the second phase, 51 patients — both with and without metastasis, or cancer spread beyond the prostate — followed for 12 weeks also showed significant PSA reductions. Of this group, 82 percent to 85 percent experienced reductions of about a third, three-quarters saw a reduction by at least half.

Cullen said he was struck by the results even in the first phase, conducted less for effects on the cancer than to see how well patients can tolerate the medication at low doses. With such low doses in the first phase of a clinical trial, results like that are "almost unprecedented,” he said.

In the third phase of the trial, galeterone will be compared to existing treatments, Brodie and Njar said, and could take up to another year.

The FDA “fast track” can in some cases cut years off the time it takes to bring a drug to market, Eisenberger said. Galeterone causes none of the adverse effects associated with chemotherapy, including nausea and hair loss. So far, Brodie said, the chief side effect could be deficiency of cortisol, but that has not been a problem so far. The hormone plays a role in regulating blood sugar, suppressing immune response and metabolizing fat, protein and carbohydrates.

Eisenberger said the effects can include fatigue and itching, but nothing requiring cortisol treatment. Brodie and Njar are making no bold pronouncements at this point, just eagerly awaiting further results.

“We are cautiously optimistic,” Njar said.

“It’s a wonderful thing if we can save lives,” Brodie said.
TRETTING PARALYSIS

Does scuba diving help people with paralysis?

By ANNA MEDARIS MILLER
SPECIAL TO THE WASHINGTON POST

When Chris Kaag boarded a flight to the Cayman Islands for a scuba diving trip in May 2011, his legs stayed straight when he wanted them to bend and his feet flopped inward. He used two canes to move forward and cursed his feet dragging behind.

Put simply, maneuvering the plane’s narrow aisle was, as usual, “not a pretty sight,” said Kaag, a Marine Corps veteran and business owner who has a rare disorder that makes his lower body increasingly unresponsive to his mind’s commands. He uses canes or a wheelchair to get around.

But when Kaag, 38, got on his return flight six days later, something was different. His legs weren’t so stubborn, his hips were more limber and, for the first time he can remember, he was able to bring his feet off the ground. “I even called the doctor ... because I was floored,” he said.

Though the relief didn’t last long, Kaag’s experience offers support for a theory that scientists from Johns Hopkins University are working to prove: that scuba diving has unique therapeutic effects on the minds and bodies of people with spinal-cord-related paralysis.

In a pilot study that included Kaag and eight veterans who were paralyzed while in the military, the Hopkins research team compared physical and psychological measurements collected on the first day of the trip with readings taken after the group became scuba-certified, just five days later.

The results were dramatic: On average, the disabled veterans were 10 percent better at sensing light touch and 5 percent better at feeling pin pricks. Muscle tightness, or spasticity, decreased about 15 percent and motor functioning improved up to 17 percent. Among the five participants with post-traumatic stress disorder, their PTSD symptoms were alleviated by 80 percent, the researchers report.

The researchers did not track how long these effects lasted, but the participants agreed tests lingered anywhere from minutes to weeks.

“These are people who have had spinal cord injuries for an average of 15 years; there are no treatments for these effects that last, but the paralysis improvements lingered anywhere from minutes to weeks,” said Adam Kaplan, the Hopkins neuroscientist who led the study with a Hopkins colleague, neurologist Daniel Becker. “The question became ‘Jeez, what the heck is going on?’ And to make a long story short, there were several possibilities.”

But teasing apart those possibilities isn’t easy. The study was small, involved countless variables and was intended only to explore whether the scuba theory was worth studying at all. The experience is illustrative of a broad scientific challenge: How do you go from a patient’s hunch to a scientist’s proof?

“The end-all, be-all isn’t just to give people a therapeutic effect, it’s to make a long story short, there were several possibilities.”

The next step: figuring out what those possibilities might be.

Unser became interested in scuba diving for people with disabilities after entering the Cayman Islands for a scuba diving trip. She’s been scuba diving for 24 years and said the diving community has been very supportive of her efforts.

Unser began taking other people with paralysis, including veterans, on scuba trips and trainings through her organization, Paralyzed Veterans of America, the Challenged Athletes Foundation and others.

“She’s not one of those people,” said Kaplin, the chief psychiatric consultant to Johns Hopkins’ Multiple Sclerosis and Transverse Myelitis Centers. “Right now, Becker added, “I think people are still looking at us like we’re crazy.”

Unser is not one of those people. The 27-year-old, who is studying public health at George Washington University, first went scuba diving in 2000, a year after she was diagnosed with transverse myelitis, a neurological disorder similar to multiple sclerosis but much less common. She was not searching for any therapeutic benefit.

She had grown up watching her parents and older brother dive, and she refused to let her condition stop her from learning to do the same. The experience saved her life, said Unser, whose father is famed race-car driver Al Unser Jr.

“Psychologically, I just felt more confident and independent and just like, ‘Okay, I can do this. I can live with a disability and be okay with it because I know it’s not going to define me.’” she said. But the physical changes were more unexpected. For weeks after she went diving, Unser — who has no feeling below her chest — could sense her bladder when she needed to urinate and feel the insides of her thighs when she put on her jeans. Her sleep was sounder, her legs didn’t spasm and she developed a “full-body energy,” she said. “Not just half.”

Unser began taking other people with paralysis, including veterans, on scuba trips and trainings through her foundation, which she launched soon after her diagnosis in 1999. Today, Unser and her mom, Shelley, run the organization, supporting its activities through a variety of sources, including connections in the racing industry, corporate sponsorships and other foundations.

Kaplin, one of Unser’s doctors, found it intriguing that many of those divers reported sensations similar to the ones she had felt.

“Cody had been saying, ‘Sue! Sue! I’m not the only one. This is really going on. We really need a study.’” Kaplin remembers. “And I said, ‘Well, that’s great, Cody. Let me know when you’re going to go down there — to the Cayman Islands — and you have money to take people on one of these trips.’”

For nearly 10 years, Unser pressed her doctors to initiate a study, and Johns Hopkins endorsed the idea in early 2011. Within months, the foundation secured funding from Newman’s Own Foundation, Paralyzed Veterans of America, the Challenged Athletes Foundation and others.

The exciting part of the story, Kaplin said, “is that it opens up the possibility that listening to patients like Cody who are very observant about the effects they see and sense in their bodies can be extremely informative, and there may be, in fact, hope for people with spinal cord injuries that don’t depend on us having to go through all of the complexities of clinical trials.”

Kaplin and Becker aren’t the first to study scuba diving’s effects on people with disabilities, but they’re among the few. In a 2007 pilot study, for example, German researchers reported reduced spasticity and improved quality of life among five people with paralysis after seven days of diving.

“I think the diving community in general, including myself, has known this since we first started donating tanks after Courseau and others showed us the way,” said Julie Sanders, a training executive at the Professional Association of Diving Instructors Worldwide, which is based in Rancho Santo Margarita, Calif., and certified the veterans free of charge.

“Whatever is really spectacular now is that, scientifically, we’re seeing positive measured health results on those who psychologically and physically could really benefit from it.”

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Zumba Fitness is a Latin-inspired dance fitness program that combines international music and dance steps to create the most fun fitness party. This program is exhilarating, effective and easy to follow. It can be addictive. While you dance and exercise, you burn an incredible amount of calories. This fitness party is moving millions of people toward joy and health around the world.

In the mid 1990s, fitness trainer Alberto "Beto" Perez, creator, walked into his class one day and realized he had forgotten his exercise/dance music, and his only option was to grab whatever tapes he had in his car. His tapes were comprised of the songs he loved — traditional Latin salsa and merengue music, which he had listened to as he was growing up. But it was a challenge to improvise a whole revolution- ary fitness program — Zumba.

Due to the successful creation, Perez brought in his new dance fitness program to Miami. The Zumba Fitness Program has grown to become the world's largest and most successful dance fitness program with more than 14 million people of all shapes, sizes and ages taking weekly Zumba classes all over the world.

My name is Laurenz Cascante and I am a Zumba instructor from North Port. Zumba has become a passion of mine. I have been teaching for more than two years in the North Port, Port Charlotte and Punta Gorda areas. I was certified in Naples by instructor Erick Santana (from Miami) and since then I have not stopped teaching Zumba. I consider myself an energetic and positive-minded person. I love life and try to enjoy every minute of it; it is part of my philosophy. Zumba has not only kept me moving but has also served as therapy. Dance is my life, I have lost 30 pounds Zumba really works and it is fun. I speak English, Spanish and Zumba — don't wait any longer, come and join the party.

Classes at the Cultural Center of Charlotte County begin at 9:00 a.m. Mondays and Wednesdays on Oct. 27. Please contact the Learning Center at 941-625-4175 ext. 223 to register for classes. Also the kick off for "The Biggest Loser" will be Sept. 22. Participants are really excited about this, and we will do a Zumba Demonstration for everyone.

For more information, contact Laurenz Cascante at 941-237-8983 or laurenz.zumba.com.

Is head trauma causing ALS in athletes?

By STEVE DORFMAN

Can head trauma lead to Lou Gehrig’s disease? A former football player who may have had the condition — ALS — that bears his name. The New York Yankees Hall of Famer — nicknamed the "Iron Horse" for having played in 2,130 consecutive games — was knocked unconscious on the field on at least five documented occasions. We know now that post-concussion damage is catastrophically exacerbated if people return to regular activities before giving the brain ample time to heal.

Previously Gehrig was back in the lineup the next day, post-concussion symptoms be damned. Gehrig was cremated after his death in 1941, so we’ll never know conclusively if he suffered from a buildup of tau protein.

But, as far as any contemporary brain experts are concerned, it’s more likely that Gehrig was “patient zero” for CTE than he was for ALS.
Are you a willpower wimp? Then change your environment

By MARY MacVEAN
LOS ANGELES TIMES

need to lose weight? Instead of changing yourself, you might consider changing your envi-
ronment.

Making changes — big and small — to the world around you is much easier than mastering the willpower to refrain from eating high-calorie foods, said Brian Wansink, who has for years studied our eating habits, currently as director of the Food, and Brand Lab at Cornell University.

And those changes can mean that your diet is more healthful without working so hard.

Wansink dismisses the popular idea that mindful eating is the way to eat what we need without overeating junk food. “For 90 percent of us, the solution to mindless eating is not mindful eating — our lives are just too crazy and our willpower’s too wimpy,” he writes in his new book, “Slim by Design: Mindless Eating Solutions for Everyday Life.”

The book includes ways restaurants, schools and other institutions can offer more healthful food, and provides scorecards for readers to figure out whether their homes and workplaces, the restaurants and supermarkets they patronize and their kids’ school meals, are designed for slim.

Restaurants and food companies are likely to change if they can make more money, Wansink noted in a telephone interview. “If a bunch of consumers say, ‘is there something you can come up with that’s not French fries or a boring salad? I would buy it that’s just totally unlike anything I would eat here more often,’ then compa-
nies are likely to listen, he said.

They’re in the profits business, not in business to make people fat, he said. It’s a lesson Wansink and his students stumbled upon when they realized that the bigger the package of food, the more people ate of it, and that consumers would pay more for smaller packets that would help them control how much they eat.

Eventually, Nabisco/Kraft gave my theory a run and launched the 100-calorie snack pack,” Wansink writes. “It’s the sort of change that helps people eat less with no effort. Most of our lives have made us fat by design, not by chance. So it’s time, he said, to make ourselves thin the same way. Here are some of his findings and suggestions: pick those that work for you, he said.

• If you come home through your kitchen door, you’ll weigh more than your neighbor who goes home through another room. Solution? Kind of obvious.

• Wansink and his researchers spent a lot of time watching and cataloging the behavior of people who ate at burger restaurants. The slim diners scouted out the entire spread before taking away the high food and then cherry-picked their favorites. Heavy diners went straight for the plates and started piling on from the start of the line and tended to choose fast from the buffet facing away from it. You can guess what the others did.

• If your plate is the same color as your food, you’re likely to serve yourself 18 percent more food. You can either buy new dishes, or color-code your meals if you want to eat less. But here’s a hint: White plates and lots of pasta, potatoes and rice? Maybe not. Small plates are better, too.

• Clear the counters! The average woman who had potato chips on her counter weighed 8 pounds more than a neighbor who did not.

Wansink writes. Big deal, it’s chips, you say? Get this: Woman with a box of breakfast cereal visible anywhere in the kitchen weighed 21 pounds more than that neighbor who kept it in the cupboard, Wansink writes.

• If you are really serious, move your pantry food to a closet elsewhere in the house and that closet’s stuff into the kitchen closet. Or put up shelves in a faraway room to hold the food. That, Wansink writes, will decrease “browsing” for snacks and make you think before the food gets to your mouth.

• Buying in bulk saves money, right? But Wansink writes that one study showed people ate half the chips, cookies, ramen noodles and the like in the first week — regardless of how much they bought. What to do? Buy only healthful foods in bulk. Or repackage the items once you get home and store some far from the kitchen, he writes.

• Pay attention to the menu. On average, Wansink writes, a dish described as “buttery” has 102 more calories than a similar one not described that way. Crispy? Adds 131 calories, he writes.

• To lessen cravings while in the supermarket, chew gum, Wansink said. When he and colleagues gave shoppers gum at the start of a shop-
ing trip, they bought 7 percent less junk food than their empty-mouthed fellow shoppers.

The researchers believe the results they found are due to more than just exercise, which people with paralysis ordinarily must perform for months before seeing even the slightest ben-

The Sun • Saturday, September 20, 2014
www.sunnewspapers.net

Seizures or Blackouts
Tremors/Twitches/Myasthenia Gravis

University of Maryland Rehabilitation and Orthopaedic Institute.

“IT’S an extreme pleasure for a person with a spinal cord injury just simply to do just that. Jump.

“You can’t put the ocean in a pill. I said. “There’s no doubt about it that... it’s an extreme pleasure for a person with a spinal cord injury just simply to do just that. Jump.

“You can’t put the ocean in a pill. I didn’t set out to look for the treatment to walk again: I found scuba diving as an activity and then, lo and behold, oh my gosh, I’m feeling something!” Unser said. “I’ll always be a diver, I’ll always approach people to go scuba diving. There’s just something about it that’s just totally unlike anything else.”

File Photo

By JULIA B. PIZARRO, D.M.D. P.A.
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FILE PHOTO
Florida Southwestern College receives scholarship funds

Provided by FLORIDA SOUTHWESTERN STATE COLLEGE

The Florida College System Foundation presented Florida Southwestern State (FSW) College president Dr. Jeff Allbritten with a gift of $29,734 to benefit scholarships for students.

Tami Callens, chair of the Association of Florida College's Trustees Commission, presented the check to Allbritten during FSW's Fall Convocation at the Barbara B. Mann Performing Arts Hall.

"More students than ever will be choosing the state college system," said Allbritten. "We want these students to not only attend FSW but also graduate with a degree. One-third of our graduating students are now leaving with a baccalaureate degree in a competitive field. These robust scholarship opportunities help students to reach that goal."

"This generous gift from the Florida College System Foundation will help sustain three college scholarships," said Dr. Louis J. Traina, vice president of Institutional Advancement. "Two of the scholarships are designed for first generation college students and the third is for nursing and other health professions students.

Out of the $29,734 presented to FSW, nearly $13,625, is for the Helios Education Foundation First Generation Scholarship, $4,326 is for the Bank of America Dream Makers Scholarship; and $11,783 from Florida Blue for Nursing and Allied Health students. Since 2001, these three scholarships have awarded over $240,000 to FSW students.

The Florida College System Foundation is a 501(c)(3) non-profit established by Florida Statute to serve as the direct official support organization for the college system. During 2014-2015, it is expected to award more than $900,000 in scholarships to the state's 28 public colleges.

Florida SouthWestern State College is Florida's largest and one of the most affordable institutions of higher education. Annually serving more than 22,000 students globally, FSW offers a variety of nationally-ranked academic programs with two- and four-year degrees, and professional certifications. Students are also active in clubs and programs catered to their interests. FSW will debut its intercollegiate athletics program in the fall 2015. Visit www.FSW.edu for more information.
Lee Memorial recognized as ‘BOLD’ organization

T he National Center for Health- care Leadership (NCHL) has identified 19 leading “BOLD” healthcare organizations that are using evidence-based leadership development practices to achieve excellence and improve the quality of healthcare in their communities. These organizations were selected from 120 health systems that participated in NCHL’s 2014 National Health Leadership Survey.

Two Florida-based organizations — Lee Memorial Health System, Port Myers, and Cancer Treatment Centers of America, Boca Raton — were among nine facilities receiving honor- of America, Boca Raton — were

Leadership Survey. These organizations were selected

of healthcare in their communities. development practices to achieve

using evidence-based leadership

for Leadership Development — is

941-639-8300 ext. 275.

Jessica Boles at jboles@cbhcfl.org or

free provider or agency table, contact

Sept. 26 at Gilchrest Park, 4400 W. Retta

Health and substance use disorder

host a vigil to raise awareness of mental

525-7928. Business owners who wish

and drinks are available. 1980s-style

End Alzheimer’s. For a donation, food

Sept. 26 at the 2421 Event Center, 2421

10 highest ranking

BOLD organizations are Banner

Health (Phoenix); Cleveland Clinic

Cleveland (Cleveland); Cone Health

(Greensboro, N.C.); Duke Regional

Hospital, (Durham, N.C.); Henry

Ford Health System (Detroit); Mountain States Health Alliance

(Johnson City, Tenn.); North Shore- LIJ Health System (Great Neck, N.Y.); Presbyterian Healthcare Services

(Albuquerque); Sutter Healthcare

(Sacramento); and UT Southwestern Medical Center (Dallas).

Nine organizations that received honorable mention recognition are

Baylor Health Care System (Dallas); Cancer Treatment Centers of

America (Boca Raton); Lee Memorial Health System

(Forth Myers); Lincoln County Public Hospital District #3

(Davenport, Wash.); Lurie Packard Children’s Hospital at Stanford

(Palo Alto, Calif.); Sentara Healthcare

(Norfolk, Va.); Stanford Healthcare

(Palo Alto, Calif.); University of

Wisconsin Medical Foundation

(Madison, Wi.); and Yale-New Haven

Hospital (New Haven, Conn.).

NCHL will recognize these or- ganizations at its inaugural BOLD luncheon and awards con- junction with NCHL’s 2014 Human

Capital Investment Conference on

Nov. 20-21 at the InterContinental

Hotel in Chicago.

On Nov. 20, industry leaders will

explore innovative ways to succeed
during times of disruption, followed

the tenth annual NCHL Leadership Award Dinner. Nancy M. Schlichting, CEO Henry Ford Health System, Dr. Glenn

Steele Jr., president and chief execu- tive officer of Geisinger Health System will be honored as the 2014 recipients of

the Gal L. Warren Leadership Excellence Award.

The next day will include by a showcase from some of the BOLD

organizations on leadership develop- ment best practices and the recogni- tion luncheon.

Alzheimer’s fundraiser

A “Remembering the 80s” fundrais- ing event will take place from 6-11 p.m.

Sept. 26 at the 2421 Event Center, 2421

Tamiami Trail, Port Charlotte. Tickets are $10 and all proceeds will benefit the local Alzheimer’s Association’s Walk to End Alzheimer’s. For a donation, food and drinks are available. 1980s-style dress is optional.

For tickets, contact Holli Burns at

941-268-1699 or Amie Conti at 941-

525-7928. Business owners who wish to donate an item can also contact Conti.

Mental health vigil

Charlotte Behavioral Health Care will host a vigil to raise awareness of mental health and substance use disorder support services in Charlotte County.

The event takes place from 7-9 p.m.

Sept. 26 at Gilchrist Park, 4400 W. Retta Esplanade, Punta Gorda, in front of the small gazebos.

The first 100 people who visit the CBHC will receive T-shirts. Don’t forget to bring your lawn chairs and blankets.

For more information or to reserve a free provider or agency table, contact Jessica Boles at jboles@cbhcfl.org or 941-639-8300 ext. 275.

Fall prevention seminar

Life Care of Punta Gorda will hold a fall prevention fair from 2-4 p.m. on Sept. 25. The event will in- clude balance screening, basic health homes, safety checklist and vision screening. The fair takes place in Life Care’s main dining room. Life Care is located at 450 Shreve St., Punta Gorda. For more information, call 941-639-8771.

Prostate support group

The Charlotte Prostate Chapter Support and Information Group will meet at 1:15 to 3 on the third Friday of the month, October to April except for December. (Six meetings) The first meeting of this season will be

Oct. 17. The meeting location is the Life Care at Punta Gorda. For more information, call 941-639-8771.

Your Screening Test Results

HEART SCAN (ECHOCARDIOGRAM)

PORT CHARLOTTE  PUNTA GORDA  NORTH PORT  ENGLEWOOD  ARCADIA

Heart and Vascular surgery

• 2-3 p.m. the second Tuesday of the month at Charlotte Regional Medical Plaza, fourth floor. The plaza is located next to Charlotte Regional Medical Center, at 713 E. Marion Ave., Punta Gorda. For more information, call 941-637-9575.

Senior services offered

Senior Friendship Centers’ dining programs offer local residents, age 60 and older, a monthly luncheon, healthy aging activities, educational speakers and a chance to meet new people. The centers are open from 10 a.m.-1 p.m. Monday-Friday. A donation of $2 to $5 is appreciated to help cover the cost of meals. Dining sites in Charlotte County include New Operation Cooper St., 650 Mary St., Punta Gorda, 941-373-5819; Rebecca Neal Owens Center, 27420 Voyager Drive, Harbor Heights, 941- 255-0723; and Rotonda Lakes Circle, Rotonda West, 941-373-5080; Christian City of Florida, 6433 Gasparilla Pines Blvd., 941-733-5080; and 2295 Aaron St., Port Charlotte, 941-373-5027.

For menus or more information, visit www.friendshipcenters.org.

Home-delivered meals are also avail- able by calling the Elder Helpline at 866-413-5337.

Vision & hearing assistance

Prostate cancer is a couple’s disease. Although it is not necessary to have a diagnosis to attend the event, we hope to provide a comfortable setting among

peers for discussion, education, and support through the recovery process. It is a forum for men to learn about prostate cancer diagnosis and treat-

ment options—as well as coping and

prostate cancer diagnosis and treat-

ment. It is a forum for men to learn about

peers for discussion, education, and

support through the recovery process. It is a forum for men to learn about prostate cancer diagnosis and treatment options—as well as coping and everyday living-through interactive presentations and materials. Specialists in various fields related to prostate cancer share information on medical topics and quality of life issues.

Prostate cancer is a couple’s disease. Women are cordially invited to the meeting to both share and learn. For more information, call 941-637-9575.

Bayfront Health events

The public is invited to attend the following September events hosted by Bayfront Health Port Charlotte and Punta Gorda.

Tuesday, Sept. 23, 5-6 p.m.-The Future of Cardiac Surgery

Bayfront Health Port Charlotte, 2500 Harbor Blvd., Port Charlotte

Advances in health technology have increased exponentially over the last decade and continue to do so here in Charlotte County. Learn what the future holds for you and cardiac surgery. Free. Call 941-637-2497 to register.

Wednesday, Sept. 24, 2-3 p.m.-Stroke Support Group

Bayfront Health Punta Gorda, Medical Office Building 4th Floor Conference Room, 713 E. Marion Ave., Punta Gorda

Have you or a loved one been affect- ed by stroke? Find out what support and assistance is available to you and the next day will include by a

Director of BOLD organizations — Lee Memorial Health System, Port Myers, and Cancer Treatment Centers of America, Boca Raton — were among nine facilities receiving honor- of America, Boca Raton — were

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Alzheimer's support groups

The Alzheimer's Association Florida Gulf Coast Chapter-affiliated support groups are for family members, caregivers, and others interested in learning more about Alzheimer's disease. Local meetings are held at the following locations:

- Gulf Cove United Methodist Church, 1100 S. McCall Road, Port Charlotte, meets at 1 p.m. on the third Friday of the month.
- Living Waters Lutheran Church, 12475 Chancellor Blvd., Port Charlotte, meets at 10:30 a.m. on the second and fourth Friday of the month. Respite provided at location.
- Village Place Assisted Living, 14800 Cochran Blvd., Port Charlotte, meets at 10 a.m. on the third Thursday of the month.
- Royal Palm Retirement Center, 2500 Aaran St., Port Charlotte, meets at 10 a.m. on the fourth Tuesday of the month.
- South Port Square (Harbour Terrace), 23033 Westchester Blvd, Port Charlotte, meets at 3 p.m. on the third Tuesday of the month.
- Saint Maximilian Kolbe Catholic Church, 1441 Spero St., Port Charlotte, meets from 2:30 p.m. to 4:30 p.m. on the fourth Thursday of the month.
- Port Charlotte United Methodist Church, 21075 Quesada Ave., Port Charlotte, meets at 3 p.m. on the third Thursday of the month.
- Life Care Center, 450 Shreve St., Punta Gorda, meets at 10 a.m. on the second Saturday of the month.
- First Alliance Church, 2044 Midway Blvd., Port Charlotte, meets at 3 p.m. on the fourth Thursday of the month. The meeting at the First Alliance Church is a Younger Onset diagnosis support group.

This group is for individuals with a diagnosis before the age of 65 – the person with a diagnosis and caregiver are both welcome. The person who has been diagnosed needs to be younger than 65 and needs to be able to engage in a conversation with others.

Please contact Linda Howard with any questions concerning this group, 941-235-7470.

For information concerning support groups, or for more information on services provided through the Alzheimer’s Association, call 800-272-3900 or 941-235-7470.

Parkinson's support groups

The National Parkinson Foundation for Parkinson's in North Port offers free support for families dealing with the challenges of Parkinson's disease. Parkinson's Wellness Clubs take place at 1:30 p.m. the second Wednesday of the month.

A Care Partner Support Group with simultaneous Parkinson's Empowerment Hour takes place every 1:30 p.m. on the fourth Wednesday of the month. All meetings take place at Neuro Challenge Foundation's office at 5600 Peace River Road, North Port. For more information, call 941-528-5886 or to make a care advising appointment, or email at carisa@neurochallenge.org.

The Englewood Parkinson's Support Group meets from 11-11:30 a.m. the third Friday of every month at Englewood Community Hospital's Suncoast Auditorium. For more information, please call Sue McNamara at 941-270-2505.

The Punta Gorda/Port Charlotte Parkinson's Support Group and Care Partner Support Group meet from 10:30-11:30 a.m. the fourth Friday of every month at Punta Gorda Isles Civic Association. For more information, please call Kelly Gaylord at 941-637-6418 or visit www.PDCaregiverSupport.org.

Tidewell Hospice

Tidewell Hospice serves patients and families dealing with life-limiting illness in our four-county service area. Patients, family, friends, and caregivers are welcome. For more information, call 941-639-2101.

HIV support group

An HIV support group ("The Exchange") meets at 5 p.m. on the second Tuesday of the month at Comprehensive Care Center, 14243 Tamiami Trail, North Port. The group is open to those who are HIV-positive, and their caregivers. For more information, call 941-888-2144 or email cajunmen@comcast.net.

Meals on Wheels

Meals on Wheels of Charlotte County distributes meals to county residents who are at risk for the life-threatening challenges of Parkinson’s disease. This includes those with Alzheimer’s disease, autism and Down syndrome.

All volunteers will be trained on how to provide the bracelets and conduct monthly home visits for the purpose of changing the radio batteries, as well as the use of the specialized electronic search-and-rescue equipment that is linked to the bracelets. Each volunteer must be a Charlotte County resident, have a clean driving record, and must complete a background check.

To apply to be a volunteer, complete a general volunteer application online at www.cssc.org/ContactUs/PDF/VolunteerApplication-saveable.pdf. Once you have completed the application, you will be contacted. For more information, call 941-639-2101.

Guards, the support group called "From the Heart," meets at 10:30 a.m. every Friday at Englewood Community Hospital. For more information, contact Kelly Gaylord at 941-637-6418 or visit www.PDCaregiverSupport.org.

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Free HIV testing offered

The Charlotte County Health Department and CARIS Outreach Services Inc. of Sarasota will offer free HIV testing the fourth Saturday of every month at the locations and times listed below:

- Desoto County Public Library, 125 N. Hillsborough Ave., Arcadia, meets at 11 a.m. on the first Wednesday of the month.
- First Alliance Church, 2044 Midway Blvd., Port Charlotte, meets at 3 p.m. on the fourth Thursday of the month. The meeting at the First Alliance Church is a Younger Onset diagnosis support group.

Looking for your new best fit?
Visit your local animal shelter today!

Port Charlotte/Punta Gorda Animal Services 356 W. Drane St. 941-625-6720 or 941-231-8980

Englewood
Suncoast Humane Society 4311 S. Tamiami Trail 941-474-7884 or www.humane.org
EARS Animal Rescue Society 145 W. Dearborn St. 941-473-0636 or www.earsforsomeone.com
DeSoto DeSoto County Animal Control 2242 NE Micay St. 863-933-4655
SUPPORT GROUPS

Alcoholics Anonymous
Charlotte Harbor, 941-426-7723
Port Charlotte, 941-380-9177
Punta Gorda, First United Methodist Church, 507 W Marion Ave
Port Charlotte United Methodist Church, 21075 Quesada Ave
St Nathaniel’s Episcopal Church, 4200 S Biscayne Drive, North Port Congregational Church,
1201 Aqui Esta Drive, Punta Gorda
Community United Church of Christ, 3450 S Biscayne Drive,
North Port
Prince of Peace Lutheran Church, 2222 Englewood Road (SR776)
Englewood

Al-Anon
Arcadia, 863-444-0763
Englewood, 941-278-7662,
941-475-1832, 941-697-4910,
941-697-3554
North Port, 941-429-8622,
Port Charlotte, 941-564-6039
Punta Gorda, 941-639-8107

Alzheimer’s Support
Port Charlotte, 941-235-7470

Amputee Support
Port Charlotte, 941-575-7022

Anger Management
Port Charlotte, 941-206-2480

Arthritis Support
Port Charlotte, 941-627-4643

Bereavement Support
Port Charlotte, 941-625-4356

Bipolar Support
Murdock, 941-613-1450

Breathing Support
Arcadia, 863-491-4245

Breast Cancer Support
Port Charlotte, 941-629-1181,
est 6867 or 941-766-9570 ext 7

Cancer Support
Port Charlotte, 941-627-3900
Punta Gorda, 941-637-9575
Punta Gorda, 941-575-7266
Englewood, 941-214-8488

Celebrate Recovery
Port Charlotte, 941-629-0999
Port Charlotte, 941-625-7435

Chemical Dependency
Punta Gorda, 941-637-2474

Children of Aging Parents
Port Charlotte, 941-766-7991

Cocaine Anonymous
Punta Gorda, 941-637-2474

Co-dependents Anonymous
Venice, 941-488-8025
Englewood, 941-306-1825

COPD Education and Support
Englewood, 941-475-6571

Depression Support
Charlotte Harbor, 941-613-1450
Deep Creek, 941-629-2633

Diabetes Support
Southwest Florida, 888-DIABETES

Divorce Support
Port Charlotte, 941-625-3039,
Down Syndrome Support
Port Charlotte, 941-204-7509

Dual Diagnosis Support
Murdock, 941-613-1450

Emotions Anonymous
Murdock, 613-1450

Epilepsy Support
Port Charlotte, 941-629-3309

Ex-offenders Support Group
Murdock, 941-613-1450

Family to Family
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The matchup car to the Mercury is a shiny white 1964 Chevy Impala Super Sport, Hardtop Coupe. Everything about it is as good as it looks in the photos and then some. It was recently acquired in North Carolina by 61-year-old Port Charlotte resident Mark Graves. He's no stranger to collector vehicles, and recognized the care that someone in the past took to preserve this last of its body style. The 1965 series were totally different. Yet purists still like the 1963-64's enough to hold onto them; thus it's semi rare when a good clean original comes on the market.

Mark's car is equipped with a tough 327 cu. in., 300 horsepower engine, GM auto transmission, power steering, front disc brakes (previously installed long ago) dual exhaust, bucket seats, console with floor-mounted shift lever and whitewall tires.

This fellow is somewhat of a dealer of special cars, yet often keeps certain cars for personal pleasure. Currently there are 10 others that include a 1967 CTO, 1972 Big Block Super Sport, '58 fully restored Bonneville, '69 Vette Coupes, '67 Opal GT, a near 1995 Viper, a favorite 1932 Ford Roadster with AC, etc; a 1974 T Top Vette and a 1970 Chevy C10 short-box, top-chopped pickup.

Other toys he owns and enjoys are three Harleys, including a 2002 Iron Horse Chopper that has 113 engine with a nitrous injection system.

Quite an interesting group of four- and two-wheel machines you can find him in or on one at most car-related events around Southwest Florida. This soft-spoken gentleman is easy to talk to and has knowledge of vintage cars is vast. Feel free to learn more about his life and connection to the hobby through a conversation.

Mark and his wife, Mara, has been married for 38 years and are proud parents of two married daughters, five grandchildren and two great grandchildren. Their pampered Imperial Shih Tzu dog, "Makie" is also considered a family member!

Note: ordinarily I write alphabetically about featured vehicles. However, today the Mercury was first as the owner waited since 2011 for a comparable car for this article.

Specifications for the 1964 Impala SS Hardtop Coupe: Basic cost new — $2,786; wheelbase — 119 in.; weight — 3,415 lb.; engine — V8, 327 cu. in., 300 HP; automatic console shifter; rear end — GM Positraction.

Wanted: Owners of Ugs, Defoetz, Nash and Studebaker automobiles; please contact me regarding a possibility of being featured in a future column at 941-628-4452.

Don Rosston is president and co-founder of the Veteran Motor Car Club of America SW Florida Region and may be reached at 941-575-0232 or lekkr2@embarqmail.com.

UPCOMING EVENTS

Today, Sat, Sept. 20, 9 a.m. to 1 p.m. NSRA Appreciation & Car Show, Muscle-Car City, 3811 Tamiami Trail, Punta Gorda. Free registration for all cars, free NSRA Safety Inspections available, free hot dog & soft drink for current NSRA members, trophies, door prizes, 50/50, Music by Todd's Traveling Tues. NSRA membership not required to enter show. Public welcome free of charge. Info contact Dina Modesto, general manager, 941-575-9559.

Thursday, Sept. 25, 5 to 8 p.m. Free Open Cruise-In, Brief 'O Brady's 11035 Taylor St., Punta Gorda assisted by the Veteran Motor Car Club of America. Open to all years, makes and model cars and trucks including modified. No prereregistration or fees nor to have been in the military. BOOG dinner to show participants. Information phone Lee, 941-626-9559.

Sat. Sept. 27, 9-10 a.m. to 12-2:30 p.m. Free Open Cruise-In at Home Depot, 3904 Tamiami Trail/Burnt Store Rd., Punta Gorda by the Veteran Motor Car Club of America. Open to all vehicles of any make, model or car/truck including modified. Free, Coffee and doughnuts, door prizes, 50/50 drawing. No prereregistration fees or to have been in the military. Info contact Lee, 941-626-9559.

Please Save these Dates: Sat. Nov. 8, 10 a.m. to 1 p.m. 8th Annual Sun Newspapers Welcome Back Open House and Collector Car Show. Limited to 100 non-modified vehicles at least 25 years old. Preregistration info soon.

Sat. Nov. 28, 10 a.m. to 1 p.m. Wheels for the Wall Car/Cruise and Motorcycle Benefit for the Vietnam Wall Show, Muscle-Car City, Punta Gorda.

Sat. January 10, 2010 10 a.m. to 1 p.m. Salvation Army Fund Replenishment Benefit Open Car Show at Muscle-Car City, Punta Gorda. All types of cars are welcomed by the Veteran Motor Car Club of America, SW Florida Region.

Information for Collector Car Events: Larry Day of Lee County has Cruise-In and show information from Naples to Sarasota. Access the weekly updates on his new site www.aarycruisinlin-swfl.com for all the details. Also for similar but somewhat different hobby happenings log onto www.musicrocty.net.

You may also contact the DTS: Todd’s Traveling Tues., 941-240-5799 and Lancer Cruise to the Hop, 941-371-1801.

The 1964 Impala 55 Hardtop Coupe.

Joe Masciilli with his 1964 Bittersweet-colored Mercury Park Lane Marauder Fastback Hardtop Coupe.

The 1964, 390 cu. in., 300 HP engine of the Mercury Marauder.

The dash of the ‘64 Mercury.

The V8, 327 cu. in., 300 HP engine of the ‘64 Impala.

The V8, 327 cu. in., 300 HP engine of the ‘64 Impala.

The dash of the ‘64 Impala.

Mark Graves owner of the 1964 Chevrolet Impala.

The VB, 390 cu. in., 300 HP engine of the 1964 Chevrolet.
Mini makes Cooper and Cooper S a better car for a larger audience

By DAVID UNDERCOFFLER
Los Angeles Times

(MCT) — The Mini Cooper has found itself to seem quirky and irrevant since its rebirth 12 years ago, don’t be fooled by its charming offensive. The automaker — guided by parent company BMW — still needs to actually sell us cars. So the all-new 2014 Cooper and Cooper S have taken on large and small changes that help nudge the cars closer to the Mini that you would expect it to look like. The changes are in the way the Cooper S is priced. By making the Cooper a little less expensive, the automaker also makes it a bigger threat to every other premium compact hatchback on the market.

For starters, this Mini is less quirky. Noticeably, the Cooper grows 4.5 inches longer and 1.7 inches wider. The front passengers are never cramped in their nicely bolstered seats, and the cargo area swells to yield an extra 3 cubic feet over the previous model, for a total of 9 cubic feet.

Tidy rear seats still exist, but put people in there and the rear seat looks tight. Otherwise, the seats find easily out of the way for an even larger trunk. The bigger Cooper is now more functional, but it is a tight fit in tight urban spots. It’s also a boost to drive, fittingly about the road like a happy shopping cart. The ride quality is a little rough, an unfortunate weakness of all modern Coopers that isn’t helped by run-flat tires.

But at least the new front-wheel-drive platform is better to deal with than the drawers that the tires and suspension won’t. Good thing too, since BMW plans to use the platform in its own cars and future Minis.

The key difference between the base Cooper and Cooper S is under the hood. Both power plants are new, turbocharged and, mighty, are also made by BMW for the first time (earlier Minis used engines built by Chrysler and then Peugeot). That engine in the base Cooper — which starts at $20,745 — is also notable because it has just three cylinders. Once a rarity in the automotive world, these are becoming more common as companies search for more power and efficiency in a smaller package.

Some three-pot engines have the bad habit of shaking the car, but the average consumer wouldn’t notice it in this new Cooper. The turbocharged 1.5-liter engine is an excellent fit for this bite-size car.

Horsepower grows to 134 from 121, while torque leaps to 170 pound-feet from 114. It’s enough to help our test car — with the $1,250 six-speed automatic transmission — scoot from zero to 60 mph in 6.3 seconds.

Meanwhile, the $24,395 Cooper S uses a turbocharged four-cylinder engine for 189 horsepower and maximum of 221 pound-feet of torque. Zero to 60 mph ticked in 6.5 seconds on our tester, equipped with the six-speed manual transmission. Though this engine gets a little noisy at high revolutions per minute, it is a study in robust refinement. The Cooper S practically begs the driver to stamp on the throttle, row the rev-match gearboxes through its six speeds and revel in the rebellious exhaust. It does this with a bonddness that its closest competitor’s V6 GTI and Fiat 500 Abarth can’t match.

Mini also paid attention to the small stuff as it took the Cooper to the mainstream. The window switches are now on the door rather than on the center console, and the goofy rail system for accessories and cupholders that ran through the center of the cabin is gone. (Mini/MCT)

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Economical, Reliable, On-Time, Shared-Ride Shuttle to/from SW Florida International Airport (RGN)
Pickup/Drop-off Locations - $25 one-way (taxi fair).
FlA Air Shuttle.com or 941-451-1202 for schedule
Florida Airport

Tailor
On Call
Certified Master Tailor 80 Years Experience!
Busy Schedule? All fittings done in Your Home or Office By Appt.
Men’s & Women’s Alterations
941-698-1908

My ad in The Business and Service Directory has brought me loads of success!
Call 429-3110 to place an ad for your business!

Da Vinci
Complete Auto Repair
- TIRES
- BRAKE SERVICE
- WHEELS
- SHOCKS
- TUNE UPS
- WHEEL ALIGNMENT
- FULL SERVICE
- A/C SERVICE CENTER

Dave Marine Repair
Quick Service 7 Days A Week
For All Makes & Models including
Yamaha, Mercury, Suzuki
Outboards and IO’s
Dockside Service Available
• Power Poles
• Towables
• Winter Pumps
• Tunnel-Ups
• Fabrication

HAL’s Trucking & Bobcat Services
Paver & Concrete Driveways
Stone - Washed Fill Dirt - Grading
Shell Driveway Installed
Small Tree & Brush Removal
Commercial & Residential Clean-Ups
Reasonable Rates & Reliable Service
(941) 485-5717
Cell (941) 716-3650

Put this space to work for you!

Bobcat Services

TIRE DISCOUNTERS OF FLORIDA
Proudly Serving Charlotte County Since 1974
1300 Tamiami Trl
Punta Gorda, FL 33950
(941) 639-5681
**SALES 2070**

We offer:
- **401(K)**
- SICK AND SHORT TERM HEALTH INSURANCE
- COMPETITIVE SALARY PLUS COMMISSIONS
- COMPUTER LITERATE PEOPLE
- MONEY MOTIVATED
- STRONG WORK ETHICS
- COLD CALLING PRO

**SALES 2070**

Important, we would like to have dependable, clean background, & engaging sales associates who have previous sales experience. 

If you answered yes to all of the above questions, we invite you to apply for the position: 

**The Furniture Warehouse**

10140 Cortez Blvd.

Cortez, FL 34215

**Call 941-597-1000 for application**

**SALES & MARKETING**

Entry Level Marketing Associate/Entry Level Advertising Executive

We are America’s Best Community Daily newspaper, with the largest circulation in the State of Florida. We are located in North Port, Florida. Duties include, but are not limited to:

- Creating and implementing marketing plans and strategies
- Preparing budgets and other financial reports
- Assisting with various projects and initiatives, as needed

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- Preparing budgets and other financial reports
- Assisting with various projects and initiatives, as needed

If you are interested in continuing a rewarding career in the advertising field, please apply online at jobs.gr.com and use job listing number FL9934512.

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**SALES 2070**

We are an EQUAL OPPORTUNITY EMPLOYER, and have a NO DRUG AND NICOTINE FREE WORKPLACE. We are looking for candidates with proven work history.

If you are interested in continuing a rewarding career in the advertising field, please apply online at jobs.gr.com and use job listing number FL9934512.

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2014 GMC TERRAIN FWD SLE-1
SAVE $6,500
Price Includes Conquest Rebate
SAVE $5,000
LEASE $189 per month
2014 GMC SIERRA 1500
LONG BED V8
SALE PRICE $22,981
ALL NEW 2015 GMC SIERRA 2500 & 3500 HD
DURAMAX DIESEL CREW CABS
SAVE $5,000
Voted Best of Venice for New Vehicles for 2014!

Looking for Adventure? Find it in the Classifieds
PERSONALS 3020

Need To Place a Classified Ad?
TO PLACE YOUR AD NOW" print the ad must be 3 lines or less, price must appear in the ad. Your ad will appear online & in print for 7 days!

ANNOUNCEMENTS 3010

FREE MERCHANDISE ADS!
To place a FREE OUTGOING SINGLE W M 52
SUN-CALIFIEDS.COM and place your ad. "CLICK ON CLICK HERE TO PLACE YOUR AD NOW" and follow the prompts. FREE ads are for merchandise UNDER $500, and the ad must be placed online by you. One item per ad, the ad must be 3 lines or less, price must appear in the ad. Your ad will appear online & in print for 7 days! Some restrictions do apply. LIMIT 5 FREE ADS PER WEEK *Everyone Needs to Do a Free Ad for 60 MOS. FOR $22,981

Place your Happy Ad for only $16.25
3 lines 7 days.
Add a photo for only $13.00!
Please call (866)-463-1638 or 941-204-2826 for more information

Notes:
*With Aprooved Credit thru Ally Financing Sale ends 9/30/14
**Limited time offer. Prices do not include taxes and fees.

Your source for local, national & world news.
GULF COAST HEALING ROOMS
If you need healing, we want to pray with you. Our prayer teams are available to minister to you by appointment. Thursdays 10 am-12:30 pm for apt. Call 239-356-7465 or 3339 Big Bay Dr. Punta Gorda, FL 33953 Jesus Still Heals Today!

BURIAL LOTS/CRYPTS
3070

LKS/LAWN MEM. 2 crypts side by side $1,600 incl. vases. 219-356-7436.

L O S T & F O U N D
3090

LUST MOVED WATCH GOLD and DIAMOND TENNIS BRACELET! in silk pouch in Venice area. 2011 REWARD 914-957-8622.

GET RESULTS USE CLASSIFIED!

ARTS CLASSES
3091

ACRYLIC PAINTING CLASSES

EDUCATION
3094

MEDICAL BILLING TRAINEESE NEEDED!
Become a Medical Office Assistant! NO EXPERIENCE NEEDED. Online training. You can get your job ready. HS Diploma/GED & PC Internet needed. 941-695-5547.

CLASSIFIEDS!

You Save Big Bucks Shopping Classifieds!

NEW LIFE FAMILY WORSHIP has “Discipleship Development” Class. “Building a Solid Foundation” 7pm Every 2nd Friday of the month. (941)-639-1700.

You Save Big Bucks Shopping Classifieds!

CLASSIFIEDS CLASSIFIEDS

VERIFYING LICENSE NUMBER. Always Done Right Handyman Services, Inc. 941-408-8500.

DEDICATED TO HELPING AGRICULTURISTS!
Check the Classifieds! 941-457-8230.

NEW 2014 Civic LX 4-DOOR AUTOMATIC
$119 + TAX

NEW 2014 Accord LX 4-DOOR AUTOMATIC
$249 + TAX

NEW 2014 CR-V LX 2WD
$149 + TAX

HONDA SARA grabs the most! 941-481-2060
533 S Tamiami Tr. gowildehonda.com

FINANCIAL

BUSINESS OPPORTUNITIES
4010

COMMUNICATION BIBLE STUDY
Adult Informational Class 941-639-6309

PRIVATE IN-HOME TUTORING
Your home or mine $40.00 or an hour, please call 941-445-4205.

CLASSIFIEDS

NEW 2014 Civic LX 4-DOOR AUTOMATIC
$119 + TAX

NEW 2014 Accord LX 4-DOOR AUTOMATIC
$249 + TAX

NEW 2014 CR-V LX 2WD
$149 + TAX

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PRIVATE IN-HOME TUTORING
Your home or mine $40.00 or an hour, please call 941-445-4205.
FRESH CUT LAWN N MULCH
Turf Service Prices
Starting at $25!
941-661-1850
Free Estimates - Call Frank

L.B.’S TOTAL LAWN &
LANDSCAPING SVCs
Lawn Care Mulching
Pruning Hedges & Trees
Pressure Washing & More
**I will beat your current
lawn svc by 10%!!**
Serving Nokomis, Osprey,
Venice & Englewood
941-302-2244
Lic/Ins

PAINTING /
WALLPAPERING
5140

STEVEN’S CUSTOM PAINTING
Res/Comm. Int/Ext
FREE EST.
Lic. & Ins. 941-255-3834

J.A.D.E. HOME
IMPROVEMENTS LLC
CARPENTRY, CROWN MOLDING,
DRYWALL, CUSTOM TRIM, MAINT,
PAINTING, MORE. LIC/INSU.
941-999-0019

JAMISON TREE SERVICE
Complete & Professional
15% Sr Discount!
FREE EST. Lic. & Insured
ENGL 941-475-6611
OR N. PORT941-423-0020
Serv. Charlotte & Sarasota
 Counties for over 20 yrs.
JAMISON-TREE-SERVICES.COM

TOMMY'S TREE &
PROPERTY SERVICE
Honest & Reliable
*Trim & remove
*Complete lawn care.
Lic/Ins. (941)-809-9035

JADE HOME
IMPROVEMENTS LLC
CARPENTRY, CROWN MOLDING,
DRYWALL, CROWN TRIM, MAIN,
PAINTING, MORE. LIC/INS.
941-999-0019

A JAMISON TREE SERVICE
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FREE EST. Lic. & Insured
ENGL 941-475-6611
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Serv. Charlotte & Sarasota
 Counties for over 20 yrs.
JAMISON-TREE-SERVICES.COM

EXPERIENCED LANDSCAPER
Pruning & transplanting
plants, Pressure Washing &
Window washing
941-876-3077

AN OCCUPATIONAL LICENSE
may be required by the City
and/or County. Please call the
appropriate occupational licens-
ing bureau to verify.

PAUL DEAD ROOFING
Protecting Your Biggest
Investment. 22 yrs Exp.
941-441-8943 Lic/Ins0239

MOIST ROOM OR DRIP 
IRRIGATION SYSTEMS
5120

STEVEN'S CUSTOM PAINTING
Res/Comm. Int/Ext
FREE EST.
Lic. & Ins. 941-255-3834

GULF COAST RESCREEN
LIC & INSURED
FAMILY OWNED & OPERATED
SPECIALIZING IN RESCREENING ,
BUILDING AND REPAIRING .
PRESSURE WASHING & PAINT-
ING POOL CAGES , LANAIS,
FRONT ENTRY WAYS ETC ...
941-536-7529
FREE ESTIMATES

TOMMY’S TREE &
PROPERTY SERVICE
Honest & Reliable
*Trim & remove
*Complete lawn care.
Lic/Ins. (941)-809-9035

Randy Harnett screening
POOL CASES, CRAB, ENTRY WAYS.
Lic. & Insured 25yrs, Exp.
941-809-1171

NEED CUSTOMERS?
ADVERTISE!

(941) 206-1000
Display Ads

(941) 429-3110
Classified Ads
REAL ESTATE

FRIDAYS, SATURDAYS AND SUNDAYS

SUNSHINE

BROKERS WANTED

Furniture

- IKEA
- Bobs
- Ashley
- Mathis Brothers
- Homegoods
- Overstock
- Restoration Hardware
- Wayfair
- West Elm

Get the Word Out — Advertise in the Classifieds!

Auctions

- Estate Sales
- Online Auctions
- Absolute Auctions
- Live Auctions
- Online Bidding

Classifieds

- Cars
- Real Estate
- Jobs
- Pets
- Wanted

Merchandise

- Antiques
- Collectibles
- Jewelry
- Music

Garage Sales

- Tools
- Sports
- Books
- Clothing
- Electronics

Events

- Concerts
- Shows
- Sports
- Festivals

Services

- Cleaning
- Repair
- Maintenance
- Installations

Advertising

- Business Cards
- Postcards
- Flyers
- Brochures

Retail

- Clothing
- Shoes
- Accessories
- Furniture

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- Business Cards
- Postcards
- Flyers
- Brochures

Retail

- Clothing
- Shoes
- Accessories
- Furniture

 Fenix

- Personal Trainers
- Personal Training
- Personal Training Studios

Business

- Accounting
- Advertising
- Business Coaching
- Business Consulting

Food

- Restaurants
- Cafes
- Street Food
- Bakeries

Leisure

- Travel
- Fitness
- Swimming
- Hobbies

Utilities

- Water
- Electricity
- Gas
- Internet

Transport

- Cars
- Trucks
- Bicycles
- Boats

Public Transportation

- Buses
- Eggs
- Milk
- Eggs
- Milk

Government

- City
- County
- State
- Federal

Education

- Schools
- Universities
- Colleges

Employment

- Job Listings
- Job Searches
- Job Applications

Financial

- Banking
- Money
- Insurance
- Real Estate

Technology

- Computers
- Smartphones
- Tablets
- Printers

Legal

- Lawyers
- Attorneys
- Estate Planners
- Probate

Health

- Hospitals
- Clinics
- Doctors
- Pharmacists

Nutrition

- Food
- Nutrition
- Diet
- Health

Entertainment

- Movies
- Music
- Books
- Games

Travel

- Hotels
- Airports
- Railroads
- Cruise Lines

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<table>
<thead>
<tr>
<th><strong>FURNITURE</strong></th>
<th>6035</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COMPUTER EQUIPMENT</strong></td>
<td>6060</td>
</tr>
<tr>
<td><strong>ANTOQUES COLLECTIBLES</strong></td>
<td>6070</td>
</tr>
<tr>
<td><strong>MUSICAL INSTRUMENTS</strong></td>
<td>6090</td>
</tr>
<tr>
<td><strong>TREES &amp; PLANTS</strong></td>
<td>6110</td>
</tr>
<tr>
<td><strong>SPORTING GOODS</strong></td>
<td>6130</td>
</tr>
</tbody>
</table>

### Furniture

- **Dining Room**
  - **74L**: $425 | 76L: $695
- **Tops**: 6 chairs $350 | 941-661-9196
- **Table**: 6 chairs round, granite top $100 | 941-426-1017
- **Wagon Wheel Table**: real wood wheel $150 | 941-650-5539
- **Units**: 5 1/2 ft. wood glass doors adj. $575 | 941-661-9196
- **Wagon Wheel Bamboo**: acacia wood 24” w $65 | 941-249-4601
- **Units**: 8, Walnut end table $100 | 941-276-2476

### Electronics

- **Antique Ceramic**
- **Black Metal w/ Fresh. Per - Albert**
- **Blonde Mink Cape**
- **Round Red Oak Table**
- **Round Oak Table**
- **Sitting in Chair**
- **Tall Oak**
- **Tufted in Chair**

### Antiques Collectibles

- **Blond Mink Cape**
- **Large Blonde Mink Coat**
- **Large Great Coats**
- **$250**

### Musical Instruments

- **Cabinet**: Country Comer very old, solid, great antiques | 941-421-4464

### Trees & Plants

- **Chinese Oribe Fresh, per pound $1.50 | 941-697-0794**

### Sporting Goods

- **Bow Deck Chairs**
- **Bow Fishing Penn 320**
- **Bowling Ball 16 lb good condition**
- **Boy Scout UNPENED Kit**
- **Cayucos**
- **Chow**
- **Coyote Style**
- **D0 G5**
- **Dolla E**
- **Dow**
- **Drywall - No camping**

### Other Items

- **5 Martin Logan SPEAKERS, DENON Amp/Tuner & CD Player, Pioneer TV, Black Glass Stand, Blue Ray SONY**
- **941-525-7599**
- **Woven**
- **6600 W**
- **Antique Ceramic**
- **Black Metal w/ Fresh. Per - Albert**

### Firearm

- **1911 Colt D.A. Revolver**
- **941-488-6338**
- **CVA Kodiak 205, mag, 45-70, black finish, and acc new. Cond. $160.**

### TV Antennas

- **2 Dual #1243PV**
- **Community Like New**
- **941-625-8757**

### TV Stand

- **Black Metal/ Glass**
- **30”**
- **630405@lsbgoodwood.com**

### TV Set

- **19” Flat screen**
- **50” | 416-4822**
- **19 in tvs w/remote $35**
- **941-743-4318**

### Velodyne Base

- **VP**
- **10”**
- **941-626-9398**

### TV/Stereo/ Radio

- **50” Flat LCD Like New Watt.**
- **2005 EZGO TXT**
- **941-716-6792**
- **2005 Club Car CIVIL VOL**
- **4 Passenger Folding Rear Cab, Deluxe 6.8 Volt Batteries (3 years old)**
- **Was $90, Asking $40 | 941-764-8588**
- **2006 LNG TRUCK TRANS**
- **4 Passenger Folding Rear Cab, New Batteries (0.14)**
- **2006 LNG TRUCK TRANS**
- **4 Passenger Folding Rear Cab, New Batteries (0.14)**

### Vehicle

- **Golf Cart**
- **941-488-6338**

### Bicycle

- **230’ Palm Trees w/ ARMS NEW Condition**
- **1 3/4 yrs,**
- **$35 | 941-625-2779**

### Exercise

- **ELBOW PROTECTOR**
- **Three-quarter length sleeves**
- **Sleeping Bag**
- **Gel Seat Cushion**
- **Exercise Bike**
- **Stamina® Exercise Bike**
- **Treadmill, digital, folding T900S**
- **$162-136**

### Gardening

- **PRUNING GOODS**
- **6130**

### Boat

- **BEACH BOAT**
- **BOW COMPASS, with chart and compass case included**
- **$550 | 941-505-0815**
- **Boat Accessories**
- **Tuna**
- **Hobie**
- **Caymas**
- **Caymas**

### Sports

- **SWIMMING TRUNKS**
- **Stadium Blanket**
- **Softball Bat**
- **Golf Bag**
- **Golf Ball**
- **Golf Clubs**
- **Fishing Lures**
- **Fishing Reel**

### Spiritual

- **Spirit, Bundled, and ready for sending.**

### Pets

- **Dog Food**
- **Dog Treats**
- **Cat Food**
- **Cat Treats**
BIKE, Recumbent $300 941-743-0582
BIKE, USA Savannah Custom $599 941-544-0042
RALEIGH RITRO aluminun $599 941-544-0042
TRICYCLE MINI Sun, with baskets, nice lines $125 941-276-4969

SUN. 8-2, TUE. & THU. 9-1 2036 LOVELAND BLVD. LOTS OF FURNITURE MUST GO 10% Off On Inside Things & Large quantities of Clothes. Vegetarian Food Store Adventist Community Services 941-629-0398

HUGE MCMILLEN & CO. 32387 Furniture, household, tools and much more.
SAT. 10AM-2PM 26054 Concepcion Dr. MOVING Furniture and Misc items. MUST GO!

SAT. 8-3 12097 Dubarry Ave. Flood Store. MUST ADD CUTLERY & MANY OTHER GREAT ITEMS!

SUN. 10AM-1PM 1426 Moraus Ln. MOVING SALE Treadmill, Scrub, Stair, Beanies, Clothes, etc.

SAT. 8AM-7PM 7010 Nokomis/Osprey 50c SOLD HIGHER! HUGO MOVING SALE From furniture, racks to kids stuff.

SUN. 7AM-7PM 12105 Bradley Rd. FINAL MOVING SALE Garage Sale! Everything must go. 20% OFF!

SAT. 8-3 2502 TAMIAMI TRAIL FLORENCE DANCE WORKSHOP MULTI FAMILY YARDSALE DANCE COSTUMES & MORE

SAT. 10AM-2PM 20014 Old Tampa Rd. Garage Sale WASH & Dryer, Glass Pie Plate, Records, Books, Tools. FURNITURE, HOUSEHOLD, DISHES, LADDER, SOME FISHING, GOLF, BICYCLES, RECUMBENT $300 941-743-0582

SUN 8-1 PM 27051 Gulf Stream Way. Huge Sale! All new homes with a donut. Must go. 20-50% OFF

SAT. 8AM-1PM 20014 Old Tampa Rd. Interstate 75, 8-3
SAT. 8AM-1PM 1130 Tavares St. MOVING SALE, 100% of items in the store are going for 25% OFF

SAT. 8AM-1PM 1130 Tavares St. MOVING SALE, 100% of items in the store are going for 25% OFF

SAT. 10AM-1PM 26394 Harsh Ave. Lots of tools, Household items, Yard tools, Concrete Statutes. No Junk! NO EARLY BIRDS!

SAT. 8AM-1PM 12097 Dubarry Ave. BIG Sale, Artquats, Household, Furniture & Boat Stuff. Everything Must Go!

SAT. 8AM-1PM 12097 Dubarry Ave. BIG Sale, Artquats, Household, Furniture & Boat Stuff. Everything Must Go!
**THE SUN**

**Place your business in front of everybody from Punta Gorda to Sarasota and Boca Grande to Arcadia. And build your business in the Classifieds!**

---

**Our customers say it best...**

“The Sun Newspaper, with the best, by far, the advertising dollars we have spent. Our Sales Representative, Denise has been exceptional to work with. The Sun Newspaper and Service Directory is far better than any other in the area.”

---

Mark Porter
EZ Slider
mpconow@yahoo.com
www.ezslider.net
941-628-8576

---

FIND THE PERFECT COMPANION IN THE CLASSIFIEDS!

**THE SUN**... WHERE YOU WANT TO BE WORKIN’.

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Make the Sun Classifieds part of your marketing plan for success. Call today!

941-429-3110 or 1-866-463-1638

www.suns-classifieds.com
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Port Charlotte Honda

End of SUMMER SALES EVENT!

2014 Honda Civic Sedan CVT LX
*ONLY $99/MO

2014 Honda CRV Automatic 2WD LX
*ONLY $149/MO

2014 Honda Accord Sedan CVT LX
*ONLY $129/MO

Port Charlotte Volkswagen

END-OF-SUMMER SALES EVENT!

2014 VW Jetta S
*ONLY $99/MO

2014 VW Passat S Automatic
*ONLY $149/MO

2014 VW Tiguan S
*ONLY $179/MO

Port Charlotte Volkswagen

END-OF-SUMMER SALES EVENT!

2014 Honda Civic Sedan CVT LX
*ONLY $99/MO

2014 Honda CRV Automatic 2WD LX
*ONLY $149/MO

2014 Honda Accord Sedan CVT LX
*ONLY $129/MO

Port Charlotte Volkswagen

END-OF-SUMMER SALES EVENT!

2014 VW Jetta S
*ONLY $99/MO

2014 VW Passat S Automatic
*ONLY $149/MO

2014 VW Tiguan S
*ONLY $179/MO

Port Charlotte Volkswagen
### New Inventory Arriving Daily!

#### PREMIUM USED CARS

<table>
<thead>
<tr>
<th>Make</th>
<th>Model</th>
<th>Year</th>
<th>Color</th>
<th>VIN</th>
<th>Mileage</th>
<th>Price</th>
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**Notes:**
- All prices include tax, tag, and fees.
- Prices are subject to change without notice.
- Vehicles are available for immediate delivery.

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If you are getting your home ready to place on the market there are a few home improvement considerations that may add value. Buyers are very picky about bathrooms and kitchens, and therefore will make offers based on the home’s functional obsolescence. What this means generally is that if there is $5,000 in depreciation value due to out-dated cabinets, fixtures, and countertops, a buyer is likely to make an offer for $4,500 less than your asking price. The same would apply to bathrooms that are out-dated.

A former owner of a custom tile business, I renovated my own bathroom and kitchen and learned that tile is not only beautiful to look at, but it’s also very durable. Now, we are not talking about ceramic tile at a cost of 79 cents a square foot. It’s tough selling a $400,000 house where the owner renovated with cheap tile. I have always preferred porcelain in all areas because it is durable. Porcelain is also available in various texture finishes and comes in many sizes and colors. If you are considering new tile, I would stay with neutral colors because just about any furniture and decorations will blend with neutral or earth-tone colors.

Today, you can buy porcelain tile for as little as $1.50 a square foot. I have always recommended tile at a price between $1.50 and $5.00 per foot. You cannot go wrong somewhere in the middle.

Large tiles like 16 inch or 18 inch, or even bigger depending on the size of the house. Depending on the layout of the house, setting tile on a diagonal is more attractive to the eye. I have in the homes where I walk in and see a great title job where the tile flows from room to room continuously. In other words, no separate at door junctions. Sometimes, tile can be set right over the existing tile depending upon the texture.

If you are renovating a tub surround or shower, this would be the best time to change out the shower diverter and install new fixtures because the plumbing is exposed. I have totally gutted bathrooms right down to the studs replacing drywall, cabinets, and even toilets. A bathroom can look like Tuscan after a quality tile installation. Both kitchens and bathrooms can be renovated at a reasonable cost. One should consider a title backslash above the kitchen countertops. Tumbled marble is a great look and blends with granite and other material.

Kitchens can be upgraded with new cabinets, granite countertops, new appliances and fixtures at a cost that won’t necessarily break the bank. If you are a do-it-yourself individual, I have a few words of caution. When I was doing tile work, I’d walk into a home where the inexperienced homeowner attempted to install tile. It ended up ripping everything the homeowner did because he did not understand setting materials, application, how to make precise cuts, and lack of grouting knowledge. There are too many home improvement cable networks that show the finished job, but really don’t show you how to tile it. It’s a craft, and it doesn’t happen in 30 minutes. So, if you haven’t set tile before, find someone who has the experience. That’s the best advice I can give you.

Homes that have been upgraded generally sell faster, and it is possible to recover your costs depending on how much you spend. My suggestion would be to call three (3) contractors, find out exactly what they include in their price, and whether they warranty their work. I would also ask them to provide before and after photos of some of their work. The lowest price is not necessarily the best price. The sweetness of a job well done far exceeds the bitterness of a poor job you spent very little for.

Mario D’Artagnan is the Managing Broker at Berkshire Hathaway Florida Realty in Punta Gorda, Florida. Mario is a former Florida Real Estate Commission investigator, a former real estate instructor, and published author. Mario is also a U.S. Air Force veteran. For more information or questions, contact Mario at mariodartagnan@bhhsfloridarealty.com, or call 941-639-2600.

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Today’s Challenge

Time: 3 Minutes

27 Seconds

Your Working Time

Time: 8 Minutes

24 Seconds

Yesterday’s Challenge

Answers

HI AND LOIS By Brian and Greg Walker

WE HAVE SO MUCH STUFF! WE'RE GOING TO DO IT ALL!

BEETLE BAILEY By Mort Walker

A MAN AND A MONKEY WALK INTO A BAR... WHO IS THIS GUY?

NAGAR THE HORRIBLE By Chris Browne

THIS IS THE BEST MEAL I'VE HAD IN TEN YEARS! WOW! REALLY?

THE WIZARD OF ID By Brant Parker and Johnny Hart

I DID YOU HEAR THAT?

THE BEST MEAL HE'S HAD IN TEN YEARS!

CALM DOWN... HE LOST A TOOTH IN PRISON THIS MORNING!

MOTHER GOOSE AND GRIMM By Mike Peters

WHAT'S WITH ALL THESE DOG BUTT PHOTOS YOU HAVE ON YOUR COMPUTER?

PICKLES By Brian Crane

HAVE I EVER TOLD YOU WHAT A GREAT WIFE YOU ARE?

B.C. By Mastroianni & Hart

NOT LATELY, THAT I CAN RECALL.

WELL, REMIND ME TO DO THAT ONE OF THESE DAYS.

CRYPTOQUIP

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9-20

Y U R T T C Y R U E R Z D U J T X R X S J

M K R H M O O J T T K J R X S Z C W H

T M E J V Z M E C W J W X D U M M O

G I T T J U T; G I W M S T O I E C U M

Yesterday’s Cryptquip: THIS COMPANY THAT MAKES WOODEN FENCE PIECES IS DOING WELL FINANCIALLY. I’D LIKE A STAKE IN IT.

Today’s Cryptquip Clue: K equals F

“MARMADUKE By Brad Anderson

“When Marmaduke catches a pass, it stays caught.”

WORD SLEUTH

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Find the word in the diagram. They run in all directions—forward, backward, up, down, and diagonally.

Friday’s Unskippable Clue: CYPRIO

Saturday, September 20, 2014

ads.yoursun.net

The Sun Classified—Section B

Page 7
The plant-power diet

Juicy tomatoes, sweet peaches, sizzling hot peppers... good summer produce is at its peak, just in time for you to get all the benefits that a plant-based diet offers! And here's the latest proof that it can help you grow younger.

In a headline-grabbing study from the Cleveland Clinic (where Dr. Mike is Chief Wellness Officer; he’s also a co-author of the study), 1,112 women and men with heart disease stayed on a produce-packed, plant-based diet for three and a half years. They gave up processed foods, added sugars and salt, meat, poultry—even fish, vegetable oils and caffeine. On their plates: Loads of artery-pampering leafy greens, plus plenty of hearty whole grains, satisfying beans and helping handfuls of fruits and veggies.

It was a huge diet overhaul for the study volunteers, and an impressive 89 percent stick-with-it. The results changed lives: A whopping 94 percent of those who stayed on the plant-power diet saw symptoms like chest pain reduced. Just one person from that group suffered a health event related to artery disease (a stroke). In contrast, during the course of the study, 62 percent of those who didn’t stick with the diet experienced an event, including stroke, artery-clogging or bypass surgery, and heart-related death.

In the plant group, results from heart scans and stress tests found measurable improvements in one in five leading the researchers to note that “farming food can help some people reverse heart disease. (Note: Participants stayed on their heart meds, making changes only as recommended by their doctors). Volunteers also lost an average of 19 pounds apiece.

Five ways produce helps

In midsummer, the incoming president of the American College of Cardiology blogged about his decision to become vegan (100 percent plant-based diet) to combat his own rising cholesterol levels:

No. 1: Artery protection. Cutting out processed foods, animal proteins and dairy reduces intake of saturated fat and cholesterol, both of which increase artery-damaging LDL, cholesterol levels in the bloodstream. Removing them from your diet also protects the endothelial cells that line the walls of your arteries, and helps keep them from releasing compounds that make arteries tighten.

No. 2: Revitalized blood vessels. Eating loads of leafy greens like kale, spinach and collards helps your body produce new copies of the cells that line artery walls. Healthy arteries, in turn, produce loads of nitric oxide, a beneficial compound that keeps your blood vessels relaxed.

No. 3: A better “good bug” mix in your intestines. Cutting out red meat, eggs, dairy and other animal proteins reduces the effects of “bad” bacteria in your digestive system that churn out a compound called TMAO. TMAO creates inflammation that clogs your arteries.

No. 4: Better blood fats and blood sugar. A high-fiber, low-fat, plant-focused eating plan can lower levels of heart-threatening triglycerides (a blood fat) as well as homocysteine (another compound that can raise heart attack risk). It also helps your body absorb blood sugar more easily.

Harnessing plant power

To start reaping the delicious benefits of plant-based eating, start with these small yet powerful changes:

Nix food felines. Banish foods packed with saturated fat, trans fats, added sweeteners and syrups, and sodium.

Get beans. Twice a week, replace animal proteins on your plate with hearty three-bean chili, a bowl of white bean and kale soup, or beans and brown rice. Pick beans with whole grains like quinoa, whole-grain pasta, wraps and barley, too.

Have leafy greens every day. Salad, a side dish of sautéed kale, collards, spinach or chard, a green smoothie... find new ways to fit in a variety of greens.

Start the day with oats and fruit. Oatmeal packed with cholesterol-muffling soluble fiber, top it withberries (and a splash of fat-free milk if you'd like), and you're good to go.
UNSCRAMBLE THESE FOUR JUMBLES, one letter to each square, to form four ordinary words.

SATHS

GIMTH

FEXRIP

FITYN

A:  B:  C:  D:

Yesterday's Jumble Answer:

Jumble: ADMIT PLUME ORNERY HUMANE

Answer: The tree wasn't growing coconuts like it should, and in order to find out why, they hired a—PALM READER

A sparkling spa

Dear Heloise: I have a spa tub in the home we just moved into. I know how to clean the surface of it, but I recall you printing how to clean the “inside.” Help! —Ann E., Austin, Texas

How lucky for you! I have one and just love it, especially after a long trip where I have been sitting on too many air planes! It’s easy, and you should have the items on hand. Use the hot water and fill the tub to 3 or 4 inches above the jets. Next, add in 1 to 2 cups of household bleach. Sprinkle in 1/2 to 1 cup of powdered dishwasher detergent as the cleaning agent. Turn on and let run 20 minutes or so. Turn off to let the water sit in the pipes for about half an hour. Pull the plug and empty, then fill with cold water and let ‘er rig for a few minutes. That’s all you need to do! —Heloise

ES: Be sure to turn on the exhaust fan, and keep the kiddos away.

Be safe

Dear Heloise: I read your column about the dangers of tying dogs to a post. May I add my story? We lost our dog Moby when her leash was inadvertently left on after a walk one day. She got caught on something outside and sadly did not survive. Even if the dog is left unattended for only a moment, you never know what can happen. —Heloise

MEMORY LIST

Dear Heloise: Because I put things away in a “safe place” and forgot where that is, I have made up a reminder sheet. In one column is the item, and in the adjoining column the place. —Stella R., Conroe, Texas

How many times have we all put something away for “safeguarding” then can’t find it? Start a list, folks, but don’t forget where you put the list! —Heloise

Snug silverware

Dear Heloise: The silverware tray in my kitchen drawer would slide back and forth when I opened or closed the drawer. The hint I came up with is simple and free! I used empty paper-towel tubes and cut them to fit between the tray and the back of the drawer. —J. Haynes, Hafford, Conn.

DOONSBURY By Garry Trudeau

Hi, Elizabeth—How was Kindergarten?

FUN!

I learned a new song—Wanna hear it?

SURE!

I wish I was young again.

NO!

Life was so much simpler then.

FOR BETTER OR FOR WORSE By Lynn Johnston

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NAPLES

That scrambled word game

by David L. Hoyt and Jeff Knurek

Born Loser by Art and Chip Sansom

Blondie by Dean Young and John Marshall

What kind of bird is that?

That’s a songbird

Does he sing all the time?

Only during the day...

Before I answer that, I have a policy—you’ll have to pay in advance in the future...

H.E.’s all work and no play.

Baby blues by Rick Kirkman and Jerry Scott

I just showed up and was out of color.

She went outside the lines...

On the subject of andic...
Independent daughter wants less help from her parents

DEAR ABBY: I graduated from college, and I’m starting my first full-time job and moving into my first apartment. I bought all the furniture for it, but needed help moving in. My parents decided to drive five hours to my new home to transport the furniture in their truck that they rented — without consulting me. While I appreciate their help because I would not have been able to lift some of the items on my own, I felt they have overstepped the normal boundaries of parenting an independent 27-year-old daughter. They also decided they would spend the night in my apartment and sleep in my newly purchased bed without asking me.

I am crazy for thinking my parents are not respecting my space. I don’t want to be ungrateful, but I feel violated in some way. This is my first step out into the real world. — BECOMING INDEPENDENT IN ILLINOIS

DEAR ABBY: How exactly did you plan to get the large items of furniture from point A to point B if your parents hadn’t stepped up to the plate? They were attempting to help you as they always have. Although they were mis- taken, they assumed that after a five-hour drive plus doing the heavy lifting, you’d be welcome to stay the night and not have to check into a hotel.

Because that wasn’t the case, you should have thanked them for their generosity and told them you had made other arrangements for getting the furniture transported and installed instead of resenting them for it. Your problem isn’t pushy parents; it’s that you didn’t speak up and clear the air.

DEAR ABBY: I’m a 27-year-old single mom, career-focused and driven in what I do for my son and me. I want the best for him. He is 3.

I am having a hard time meeting someone who will accept the two of us. Men come up to me all the time at work or when I’m out, but since I mention that I have a small child, it’s like they run and hide. If I wait and tell them later, they get upset that I didn’t bring it up earlier. I have no idea what to do.

I am ready to settle down and be a “family” with someone. How do I fix this? What should I do? — LONELY IN SAN CARLOS, CALIF.

DEAR LONELY: You’re doing nothing wrong, and nothing needs “fixed.” A man who approaches you and then runs in the opposite direction when he learns you have a child, isn’t interested in the kind of relationship you’re looking for. He’s looking for fun, not continuity.

So be honest about your situation from the beginning. While the idea of settling down is nice, you need to do it with someone whose priorities align with your own, and the men you have met so far don’t equal you.

Dear Abby is written by Abigail Van Buren, originally Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.dearabby.com or PO Box 69440, Los Angeles, CA 90069.

To receive a collection of Abby’s most memorable — and most frequently requested — poems and essays, send your name and address, along with a check or money order for $7 (U.S. funds) to Dear Abby, P.O. Box 69440, Los Angeles, CA 90069.

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).

Vénice Gonsoulin readers: Look for the puzzle solution in the Our Town section.

VENICE GAZETTE

Page 10 The Sun Classified-Section B E/N/C/V ads.yoursun.net Saturday, September 20, 2014

VENICE GONSOULIN: Look for the puzzle solution in the Our Town section.

Horoscope

ARIES (March 21-April 19): If you could persuade one of your many responsibilities to another person’s shoulders, which one would it be? Consider going through with the process.

TAURUS (April 20-May 20): You’re an exciting per- son in need of some stimulation — understandable! When you’re doing a job not finding fascination in it, it’s time to plan another venture.

GEMINI (May 21-June 21): You’ll come across a person who possesses a powerful enough charac- ter to distract you from everything else and make you want to give your complete attention.

CANCER (June 22-July 22): Diallying down your stress level is due to controlling your thoughts. When you can focus your mind on the thoughts that support you and give you hope, the stress subsides.

LEO (July 23-Aug. 22): Today’s life is a shopping spree, and you’ll enjoy the wind down. People need a reason to care as they stand at the opening of a store; otherwise, they won’t stop inside.

VIRGO (Aug. 23-Sept. 22): You know what a relationship is about to be. The other person has an entirely different set of reasons for being there. Entering any of these is a losing battle.

LIBRA (Sept. 23-Oct. 22): One main superficial trait is another main necessity. Extend the benefit of the doubt to a level one whose current desire is one you don’t entirely understand.

SCORPIO (Oct. 23-Nov. 21): Your versatile, creative and most importantly, willing to be wrong. There are the qualities that will help you transform an un- favourable situation into a burst of tremendous luck.

SAGITTARIUS (Nov. 22-Dec. 21): The demands of the day will engage all of your resources. Pulling this one off will depend as much on craft and mechanics as it does on artistry.

CAPRICORN (Dec. 22-Jan. 19): The reason you’re in your current position has more to do with your heritage, family history and the background of how you came to be in that role with your choices.

AQUARIUS (Jan. 20-Feb. 18): To become in personal life and work, try best. There is no big is a function that develops much later in our brains. Give yourself something positive to believe.

PISCES (Feb. 19-March 20): You’ll offer up what you think they need. You won’t always be correct, but your gestures are warming, and your good inten- tions will remain.

Today’s Birthday: Sept. 30. You didn’t set out to compete, but you land up in first place anyway. The next 10 weeks bring a financial high, greatest victory and when in doubt, have faith. You can. Someone told you your carry-on words of love in October. Your family will grow in December. January brings professional advance- ment. Purses and Gemini people adore you. Your lucky numbers are: 1, 5, 9 and 12.

MALLARD FILLMORE By Bruce Tinsley

I CAN’T STAND ALL THE STUFF THAT MY EYES ARE SEEING!

PEANUTS By Charles Schulz

CRANKSHAFT By Tom Batiuk & Chuck Ayers

SHOE By Gary Brookins & Susie

It’s not true that you’re looking to have your eyes opened. It’s more likely that you are just looking to get used to the new information. Your philosophy is that the more you know, the better off you will be.

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### Saturday Television

#### Venic-Enstable

**Prime Time**

<table>
<thead>
<tr>
<th>Channel</th>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABC</td>
<td>6 PM</td>
<td>Football Game (Team A vs. Team B)</td>
</tr>
<tr>
<td>CBS</td>
<td>7 PM</td>
<td>Drama Series (Title)</td>
</tr>
<tr>
<td>NBC</td>
<td>8 PM</td>
<td>Musical Performance (Artist)</td>
</tr>
<tr>
<td>FOX</td>
<td>9 PM</td>
<td>Reality Show (Title)</td>
</tr>
</tbody>
</table>

**Kids**

<table>
<thead>
<tr>
<th>Channel</th>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disney</td>
<td>6 PM</td>
<td>Cartoon (Title)</td>
</tr>
<tr>
<td>Cartoon Network</td>
<td>7 PM</td>
<td>Animation Series (Title)</td>
</tr>
<tr>
<td>Nick Jr.</td>
<td>8 PM</td>
<td>Kids' Choice Awards (Event)</td>
</tr>
</tbody>
</table>

**News**

<table>
<thead>
<tr>
<th>Channel</th>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBC</td>
<td>6 PM</td>
<td>Local News (Title)</td>
</tr>
<tr>
<td>CBS</td>
<td>7 PM</td>
<td>National News (Title)</td>
</tr>
<tr>
<td>FOX</td>
<td>8 PM</td>
<td>Regional News (Title)</td>
</tr>
</tbody>
</table>

**Sports**

<table>
<thead>
<tr>
<th>Channel</th>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESPN 1</td>
<td>6 PM</td>
<td>Sport Event (Title)</td>
</tr>
<tr>
<td>ESPN 2</td>
<td>7 PM</td>
<td>Match Recap (Title)</td>
</tr>
<tr>
<td>NBCSN</td>
<td>8 PM</td>
<td>Olympic Trials (Event)</td>
</tr>
</tbody>
</table>

**Specials**

<table>
<thead>
<tr>
<th>Channel</th>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hallmark Channel</td>
<td>6 PM</td>
<td>Movie (Title)</td>
</tr>
<tr>
<td>TBS</td>
<td>7 PM</td>
<td>Comedy Special (Title)</td>
</tr>
<tr>
<td>Showtime</td>
<td>8 PM</td>
<td>Original Series (Title)</td>
</tr>
</tbody>
</table>

**Movies**

<table>
<thead>
<tr>
<th>Channel</th>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>TCM</td>
<td>6 PM</td>
<td>Classic Film (Title)</td>
</tr>
<tr>
<td>AMC</td>
<td>7 PM</td>
<td>Thriller (Title)</td>
</tr>
<tr>
<td>Horror Channel</td>
<td>8 PM</td>
<td>Horror Film (Title)</td>
</tr>
</tbody>
</table>

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**Today's Live Sports**

- **6 p.m.** GOLF Asian Tour
- **8:30 p.m.** European Tour
- **10 a.m.** F1 NASCAR Camping World Series Qualifying
- **11 a.m.** FCSB Sprint Cup Series
- **12 p.m.** ESPN College Football
- **12 p.m.** SUN College Basketball
- **1 p.m.** CBS College Basketball
- **4 p.m.** ESPN College Basketball
- **6 p.m.** NCAA Basketball Championship
- **8 p.m.** NBA Basketball
- **8 p.m.** MLB Baseball
- **9 p.m.** NHL Hockey
- **9 p.m.** Olympic Basketball
- **10 p.m.** NCAA Softball
- **10 p.m.** NCAA Volleyball
OPEN HOUSE
1010
OPEN HOUSE
1010
OPEN HOUSE
1010
OPEN HOUSE
1010
OPEN HOUSE 1010
OPEN HOUSE SUN. 12-4
25567 BAYF L. P.G.
2380 Jasmine Way
Sunday, Sept 21 1-4pm
Gated Community, 3/2/2
O/S Jasmine Model,
$237,000
Bilt 2004, 1,987 SF heated
Contact Suncoasteam Rty
Grande Pointe 979-0482

GOREN BRIDGE

NEED CASH?

OPEN HOUSE
1010
OPEN HOUSE
1010
OPEN HOUSE
1010
OPEN HOUSE
1010
OPEN HOUSE 1010
OPEN HOUSE SUN. 12-4
25567 BAYF L. P.G.
2380 Jasmine Way
Sunday, Sept 21 1-4pm
Gated Community, 3/2/2
O/S Jasmine Model,
$237,000
Bilt 2004, 1,987 SF heated
Contact Suncoasteam Rty
Grande Pointe 979-0482

7 Little Words®
Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each word. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES
SOLUTIONS
1 draw in (9)
2 make more repulsive (6)
3 flight-training machine (9)
4 stopwatch units (7)
5 actress Channing (8)
6 Thai cooking ingredient (8)
7 finished (4)

ULU AT UT UGL OCK
ARD ES ACT ER TOR
GAL MIL MAD MIN
AN ED SIM OV

Friday’s Answers: 1. INTANGIBLES 2. WIDENED 3. AERATOR 4. AHEAD 5. MAZES 6. SHINGLED 7. AEROMEXICO

TODAY’S CROSSWORD PUZZLE

ACROSS
1 Theme
2 Alternative
3 Moon or eye
4 Show teeth
5 Bees of Tim
6 Platypus cry
7 Bumps
8 Lucile or Dasi
9 “I know it!”
10 Parcels out
11 War
12 Dental filling
13 Mama (run drink)
14 More gaunt
15 Video-game gamer
16 Tel.
17 Flash
18 Flowery months
19 Love
20 Bobby of hook
21 Too submissive
22 Get an ear
23 Momentary
24 Flash
25 Ocean flea
26 Violinist
27 Stim
28 Pixie
29 Charm
30 Bucket, maybe
(2 wds.)
31 Nirvana

TODAY’S CROSSWORD PUZZLE

DOWN
1 Chose main
2 Additive
3 She Loved
4 Cosmic force
5 D.C. tax people
6 Feather an arrow
7 Chairing
8 Miller and Jillian
9 People of TV
10 Roommate sale
11 Pleins tribe
12 Change the length
13 Boss, in Swhali
14 Staff movers
15 Glisten
16 Fuse
17 Blockbuster
18 Sidebars or Loco
19 Footman’s uniforms

Ward Beizer’s Bang
Emir Maude Oomoo
Bach Annex Easo
Divilkrun Tinsel
Milk Run Tues
Sac Balat Add
Stabs Peres Sig
Viel Ecura Condo
Mall G Adore Edna
Ally Bebar Deal

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And build your business in the Classifieds.

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Jeff & Marrie Crocker
17 Marine, LLC
5274 Duncan Rd.
Punta Gorda, FL 33982
17Marinelc@comcast.net
www.17MarineLLC.com
941-575-4835

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