Three-minute limitation questioned

By WARREN RICHARDSON
Sun Correspondent

SARASOTA — Will Sarasota County commissioners extend the time for residents to speak at open public portions of their meetings?

During his report to commissioners, County Attorney Steve DeMars said there is a recent request by a resident to extend the time for speakers to 10 minutes. Currently, commissioners allow speakers three minutes during the open to the public portions of the meetings, a rule that has been in place for more than a year.

But John Minder, who routinely speaks to commissioners during almost every meeting over the past few months, claimed that the three-minute limit was not enough time for him to finish his remarks, and in addition, was a violation of his First Amendment rights.

PHOTO PROVIDED BY FEMA

FEMA experts assist Hurricane Irma survivors.

**FEMA IS STILL WORKING IN FLORIDA**

Storm victims such as Betty Brian from Northport get a call back after registering for the Federal Emergency Management Agency assistance. David's rental home in the low-lying Myakka River neighborhood at 41st St. and 34th Place was battered after Hurricane Irma struck. With the chance everything could become ready and the help would be there, it never came. Desens turned to another, who couldn’t immediately help.

He took the time off of work and went to FEMA in Sarasota. She was given 15-day help at the FEMA office. But the second woman of two doesn’t know what to do next.

“I can’t get anyone from FEMA to call me back,” he said. “I call them when I need water. After two hours of being on hold, I got up. It’s really frustrating and don’t know who to call. I’ve lost everything. My daughter has decided to go to university a few years later because we are displaced. I’m trying to build it all together.”

Unlike some of his old neighbors who have been given a $500 recovery check, Sachs has steered clear in a rush to help with the loss due to a new rental.

FEMA has denied some applications for assistance. However, residents are fighting back, with some going to the computer system and are disputing the denial and mapping.

FEMA officials and the Small Business Association met recently meet with Sarasota and Charlotte county public officials and emergency managers on additional improvements and measures needed locally.

Charlotte County Businesses may have some application fees and the Small Business Administration's Assistance Act recently met recently met with Sarasota and Charlotte county public officials and emergency managers on additional improvements and measures needed locally. In full disclosure, I am a small owner of this technology company. In short, I describe it as a true fraction of their incredible inventions, see if you can guess who it is.

Remember the old days when we had those chunky cameras using film we need to use the quick drop off at the drug store for development? Your thumbs was even a little picture. Grandma was out of focus. Can you believe we put up with cameras that used film?

This technology powerhouse invented the engineering behind the picture-taking in your phone and made film cameras obsolete. This company was a driving force behind Complementary Metal-Oxide-Semiconductor (CMOS) image sensor technology which makes smartphone picture-taking possible. Now anyone with a smartphone is able to take dozens or pictures at no cost.

Did you guess that my favorite tech company is Apple or Google? No, Apple. Not Google. Remember to go to the dentist’s office and which mouth taking X-rays of your teeth used to be? To take X-rays of my teeth, the dental hygienist used to stretch out my mouth into the size of a grapefruit to fit those bulky plastic covers in for X-rays. This American-based technology company’s inventions led to the modern dental X-ray: Safer, cheaper, and quicker turnaround time.

Today I want to write about my favorite high-tech company. In full disclosure, I am a small owner of this technology giant. To describe it as a true fraction of their incredible inventions, see if you can guess who it is.

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Punta Gorda City Council to consider impact fees

By JONATHAN SCHLEIF

PUNTA GORDA — In an effort to attract more apartment buildings, the Punta Gorda City Council will review an ordinance at its next meeting that would allow new developments to qualify for impact fee incentives.

The city made major changes to its Development Impact Fee Code eight years ago, creating an economic incentive package for new non-residential developments. The change opened up an impact fee and utility connection cost installment payment program.

The ordinance, if passed, amends two definitions that would allow residential developments to qualify for incentives typically reserved for commercial projects.

The council will hear the proposed ordinance Wednesday at City Hall. Meetings start at 9 a.m.

“We have one incentive program for affordable housing and one for commercial development, but for whatever reason, we did not include apartment development way back when we started this,” City Manager Howard Kunik said during a recent meeting. “At the time, we had no apartment developments going on, but now we have a need. There is that expressed need, not just in Punta Gorda and Charlotte County, but all over. And that means that if little thing can spur some apartment developments, some really nice apartment developments in the city, then we accomplished our goal,” he added.

“The only legal precedent for classifying the development of apartment buildings containing five or more dwelling units as either ‘commercial development’ or ‘non-residential development’ Punta Gorda Code expressly includes apartment buildings as residential development,” City Attorney David Levin wrote in an memo to City Manager Howard Kunik.

“As so defined, the development of apartment buildings cannot be considered as a ‘Qualified Economic Development’ for the purposes of the city’s economic development incentive programs. To enable the development of apartment buildings to qualify for the city’s economic development incentive programs, a simple amendment to two of the definitions would be the way to go.”

According to city codes, a non-residential development include warehouses, lodging houses, nursing homes, banquet halls, hotels, schools and churches. A developer interested in an impact fee and utility connection fee payment plan would have to seek approval from Kunik.

Contact jonschleif@gmail.com.
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WHAT'S LEFT FOR PUNTA GORDA

The city of Punta Gorda suffered considerable structural damage in the wake of Hurricane Irma as evidenced by the destruction of the downtown business district. A large number of businesses, homes, and other structures were damaged or destroyed. The city is now focused on the recovery and rebuilding efforts. The city has launched a website, www.rebuildpuntagorda.com, to provide information and resources to residents and businesses affected by the hurricane. The website includes updates on the recovery process, rebuilding resources, and information on how to register for federal assistance.

WHAT'S LEFT FOR SARASOTA COUNTY SCHOOL DISTRICT?

On the day after Hurricane Irma, Sarasota County School District superintendent Dr. Joseph Podoll announced that all schools would be closed for a minimum of ten days due to damage from the storm. The district has since worked tirelessly to get schools up and running as quickly as possible.

WHAT'S LEFT FOR SARASOTA COUNTY?

Sarasota County was hit hard by Hurricane Irma, with many homes and businesses damaged or destroyed. The county is now focused on the recovery and rebuilding efforts. The county has launched a website, www.rebuildsarasota.com, to provide information and resources to residents and businesses affected by the hurricane. The website includes updates on the recovery process, rebuilding resources, and information on how to register for federal assistance.

WHAT'S LEFT FOR THE FLORIDA PANHANDLE?

The Florida Panhandle was hit hard by Hurricane Michael, with many homes and businesses damaged or destroyed. The region is now focused on the recovery and rebuilding efforts. The region has launched a website, www.rebuildpanhandle.com, to provide information and resources to residents and businesses affected by the hurricane. The website includes updates on the recovery process, rebuilding resources, and information on how to register for federal assistance.

WHAT'S LEFT FOR THE STORM?

The storm left behind a trail of destruction, with many homes and businesses damaged or destroyed. The affected regions are now focused on the recovery and rebuilding efforts. The regions have launched websites to provide information and resources to residents and businesses affected by the hurricane. The websites include updates on the recovery process, rebuilding resources, and information on how to register for federal assistance.

WHAT'S LEFT FOR ASPALAH?

Aspalah was hit hard by Hurricane Irma, with many homes and businesses damaged or destroyed. The region is now focused on the recovery and rebuilding efforts. The region has launched a website, www.rebuildaspalah.com, to provide information and resources to residents and businesses affected by the hurricane. The website includes updates on the recovery process, rebuilding resources, and information on how to register for federal assistance.

WHAT'S LEFT FOR THE STATE?

The state of Florida was hit hard by Hurricane Irma, with many homes and businesses damaged or destroyed. The state is now focused on the recovery and rebuilding efforts. The state has launched a website, www.rebuildflorida.com, to provide information and resources to residents and businesses affected by the hurricane. The website includes updates on the recovery process, rebuilding resources, and information on how to register for federal assistance.

WHAT'S LEFT FOR FPL?

Florida Power & Light Company (FPL) is the largest electric utility in the country, serving more than 4.7 million customers in 23 Florida counties. The company was hit hard by Hurricane Irma, with many homes and businesses damaged or destroyed. The company is now focused on the recovery and rebuilding efforts. The company has launched a website, www.rebuildfpl.com, to provide information and resources to residents and businesses affected by the hurricane. The website includes updates on the recovery process, rebuilding resources, and information on how to register for federal assistance.

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WHAT'S LEFT FOR ASPALAH?
Obituaries

James Christian Hartwig
James Christian Hartwig, 74, departed this world on Tuesday, October 17, 2017 after a courageous battle with pancreatic cancer. He was born on May 23, 1943 in Milwaukee, Wisconsin and was proud to be a member of the 1961 graduating class at North Catholic High School in Milwaukee. He then worked for the Libby High School in Toledo, Ohio and was a very accomplished athlete, earning the Most Valuable Player award for baseball as well as scholarship. After graduating from Ohio State University in 1967, he enlisted in the army and served part of his tour in Germany as a helicopter mechanic. He came home to Michigan and attended St. Peter and Emelie Riddle Aeronautical Technical College in Dearborn, Michigan. He then worked at the Punta Gorda Airport for 12 years. He was an avid fisherman and was eventually able to have his own twin-engine seaplane. He was very close with his family and friends. He was a “true and honest man” and even when seeing the Key West Tournament in 1973 for the largest sailfish, which is still held today, he made sure the Mobile Gas Station on Florida Road.

In his lifetime, Jim was a partner with his brother Daniel in the Hartwig’s Mobil Gas Station on Harbor Blvd. and later a partner with his brother Richard in Hartwig’s Stucco. In 1973 Jim met his soul mate and love of his life, Sandra Irons and they were married together, recently celebrating their 46th wedding anniversary on Sept 21, 2017. He was a loving family man and will be missed by all.

He was preceded in death by his brother Roselyn Hartwig, his children, Daniel Hartwig, his brother Thomas Hartwig, and his parents.

Services will be held on Saturday, November 4, 2017 at 11 a.m. at the Punta Gorda Church of Christ, 635 E. Marion Ave, Punta Gorda, FL 33950 A half hour visitation will precede services.

The family wishes to thank Dr. Tor Perricone and staff and the staff of Community Hospice. They all became great friends.

His family ask that you look forward to all the birthday and holiday celebrations and the many fishing trips that the two of you have enjoyed together.

To express your condolences, please use the family your loved ones anytime at www.Ltaylorfuneral.com/obits/JamesChristianHartwig.

Robertson Funeral Home
1101 West O Cairo St
Ottawa, IL 61350

Words of Comfort
Moments of joy are proof that at the heart of darkness there is always a shaft of light. - Ardis Whitman
ObamaCare can be fixed

Letter

The Affordable Care Act was a prototype which needed to be improved. The Republicans failed in their fit challenges and obliterate the ACA during Barack Obama’s term in the US Supreme Court rejected their attempts. It was subject to analysis, to judge and to find its cure. The perceived failures of the ACA due to several dynamics:

1) Not all states opted to expand Medicaid to the low-income levels of the country’s economic strata.
2) Those who did not allow the insurers to negotiate better deals with the companies to lower the cost of care.
3) Private insurance companies were left in the dark about their revenue and the insurance products. Our elected officials seem not to understand the fundamentals of insurance, which is to spread the risk over many to pay for the few who actually develop the various needs of benefit.

Politics is supposed to be a version of the meeting of minds to draft a consensus, not to poison their companies or parties or constituents. The initial two attempts to repeal and replace the ACA was acknowledged by Obama’s successor to be far proposals.

The last attempt was not a better deal. It is being evaluated by Republican senators to even party as they hate it. The fabrication of the proposals helped closed down the government.

Ten, Bernie Sanders has proposed Medicare for all and is endorsed globally. If the ACA isn’t perfect, improve it. It is the only way to make this work. So doing. Our health care statistics are pathetic, despite our expenditures. Medicare is the most expensive in the world.

Thomas S. G. North Port

We don’t need laws to fix flaws

Letter

I have seen some crazy ideas in these letters, but I have never seen any about the real lawbreakers of the real doozies. This lady wants to go to minimum 18 years old for marriage because she forced her marriage. Where were the parents? The judge that signed for this? Why wasn’t this girl changed, tried and jail?? So bad. So bad. It was a severe rule for one who is involved another lawless behavior. It is really that this happened last week, but the law was already ignored, so why add another rule?

My mother was married at 16 and was married until death from 18, never was I happy in all 2 weeks of age, and my girl, friend way, was work. I didn’t last forever, but it did last. I love those two very and wonderful kids and she is and still good friends. I have sure there are plenty of stories of bad marriages but law isn’t going to do anything. I really hope the lawmakers of our state don’t think it is necessary to add a law for every rare injustice that comes along.

Edward Montegari

The Gardens thank you

Letter

For 12 years a vision and dream channeled out of the ground along the Peace River came to fruition. How about the deal? The deal that gives the Gardens a chance to continue its growth and continue to be a source of enrichment our visitors during our opening weekend clearly will be a welcome addition to the community and region. The Gardens, because of its organic nature, will be an ever-changing and growing crop.

Our success comes from many years of work from the founder, Roger and Linda Carlson, workers who have invested themselves in developing this unique destination.

Thanks to the Salt for cycle to help us, especially Gordon Bower and the protective shoreline, as well as the photographers who make our work so worth a thousand words.

We look forward to the coming residents, visitors and to our remaining friends as we expect to add more sculptures and botani- cal features over the next few months.

Come and walk us grow.

The Rev. Bill Keenan
Botanical & Sculpture Garden
Port-Gorda

Dog-doping isn’t a big story

Letter

Today I picked up the Sun on the bus to work for the first time, and insert, on local story. When I finished it, I went on to the “The News Wire.” I couldn’t believe what I was about to do. This one section of the world was about to do something new in Alaska.

The news on the 2010 Clinton uranium deal that gives the Russian control over 20% of U.S. reserves of this resource. The government received $500,000 for a speech to American workers, and was paid by a check from a bank that had been involved in the uranium deal, at the same time the Russian nuclear officials gave $14.5 million to the Clinton Foundation.

There is an informant that has information on this “deal,” but is under a gag order, and was awakened when he came forward in 2016 by Loretta Lynch that was threatened by the FBI to confess or he would be prosecuted if he talked. Why not ask what’s the bottom line to him? That order is in the process of being overturned.

Where’s the news on the legislative Caucus election committee and the DNC? There is no official directory to find or search or load on your computer. The ABC or CBS can find the information due to FISA requests, and congressional records. We should have the same record and all you can come up with is a book. Report the news, stop trying to hold it.

Edward Montegari
Punta Gorda

Illegal puppy sales

Hundreds of different breed bunko puppies can be sold illegally in North Port. A few months ago permission was sought for a puppy-selling business in a residential neighborhood. The request was denied, yet the sellers are still using the advertise and sell-out-of-state without a permit.

Some months ago an appeal was made to be reviewed by the responsible authorities. It was denied and heard and denied. The intention of the business is to sell it as a short-term for a short time. That was okay. The city denied this proposal.

This proposal was refused at a large meeting in the city, yet the city decided to continue it. Furthermore it is so unfortunate that naive and unadvised people fall for puppy scams in adorable puppies without knowing the origin of their parents and their origin.

Carol Singer
North Port

SIX DAYS A WEEK

The Sun (Sunday, October 29, 2017)

OUR VIEW

Manasota residents (and others) must buy in to beach plans

Lettters to the Editor

Manasota residents (and others) must buy in to beach plans

North Port

Not all your views

The Letter to the Editor section is designed as a public forum for community discourse, and the Sun welcomes a variety of opinions. To ensure the Sun’s public forum is a healthy, productive exchange, all letters must be signed with full names — not initials. Addresses and telephone number must be provided, but not published unless specifically requested by the writer. Submit letters to letters@sun-herald.com. Letters to the Editor of tehlehelhkom harerl, further questions on inclusion, call 941-681-3003.

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Executive page editor — Stephen Bowman
Assistant page editor — Jim Gouvellis
Columnist — John Hackworth
Letters to the Editor — John Hackworth
Editorial page editor — Jim Gouvellis
Executive editor — Jim Gouvellis
Publisher — Glen Nickerson

LETTERS TO THE EDITOR

Our Town Page 6 E/N/C

Editor: There is no position or stance toFileManager, which is no stance to the number of letters received, we are able to run only one letter per person per month.

IF YOU WRITE A LETTER TO THE EDITOR
Letters are welcome on virtually any subject, but we do have some rules. Please keep them brief — we don’t have room for long-winded sermons. Letters must be signed with full names — not initials. Addresses and telephone number must be provided, but not published unless specifically requested by the writer. Submit letters to letters@sun-herald.com. Letters to the Editor of tehlehelhkom harerl, further questions on inclusion, call 941-681-3003.
Flake flap shows: Trump is the GOP mainstream

The showdown between President Donald Trump and Sen. Jeff Flake turned out to be no contest. It wasn’t Trump who was out of the GOP mainstream, but Flake. The senator, who has long supported Gang of Eight immigration reform, when immigration restrictionism is becoming a linchpin issue in the party. He is a Goldbrokian, libertarianish and conservative, when the market for libertarianism within the party is limited and diminishing by the day.

He is frankly anti-Trump, when Trump won’t even name the party. Many Republican voters are fully aware of the president’s role, but they don’t want to be part of the party, instantly repelled from Republican officeholders.

Flake and most senators of the president’s honest, sincere, and principled. If he’s not a finished man for a ‘cause in Courage Award, the John F. Kennedy Library Foundation is falling down on the job. They were also multipurpose. The most likely outcome was, at the very least, to make it more difficult to defeat the Trumpmate insulent Bell-Boeing for a primary next year, which one would have thought was a paramount political decision.

Worse, Flake seemingly rendered himself unacceptable. Perhaps he is soisted speaking out more important than serving, a personal choice that no one can gainay. But if any party is going to be overrun by Trump and develop a new set of working politicians who are willing and able to better navigate these waters.

There are a few more, some quite sensible approaches in the works.

If the Ben Sasse is his father’s mind without fear or foresight that knowing you aren’t facing a tough job, you might find your self-motivation and if you decide to run again, it won’t be until 2020 when such might momentum.

There’s this Mitch McConnell — hold your cards and — close to the vote, as possible and try to keep things from running completely off the rails so the party’s congressional minorities aren’t destroyed.

The Lindsay Graham model — criticize Trump when he’s wrong and never share his base in his defense, but develop a new set of working politicians who are willing and able to

The president and Trumpism. Bush unquestionably has the standard of running Trump’s character and conduct. Substantively, through, the speech had a strong whiff of nationalism, no self-awareness of self, but not real and perceived, contributed to the rise of Trump.

Bush isn’t even really taking the account of the sources of his own support. He denounces nationalism, and thus had significant nationalist backing at the outset and, when they lost it over time, became unpopular and unsustainable.

Trumpism won’t come reign forever. Whatever comes next in the party is likely to be about the impact of their nationalism, and certainly won’t top all the way back to Bushism.

The_radiating_mischief_of_protectionism_in_the_US

All manufacturers of commercial aircraft, as of Boeing, sell their products for fortunes substantially below list prices. Boeing’s 787 list $2.9 billion over five years before becoming profitable last year.) Boeing, however, unexpectedly changes that Bombardier is able to be excessively nice to U.S. purchasers because the C Series receives government subsidies, and in the case of investment, worth $2.5 billion. This is, however, the main reason why the Bombardier kettle black.

Bombardier is indeed subsidized to a farewell well. The Canadian government subsidizes the C Series to Montreal-based company, as does the Quebec province of Quebec. But the U.S. government essentially provides Boeing with its own investment补贴. The company is in far the largest beneficiary of the “Boeing’s Bank” 7,000 Americans in 17 states who work in Bombardier’s Harrodsburg, Kentucky, making aerospace component.

Furthermore, Bombardier spends $3 billion annually on its C Series. It’s 48 states. Other of the cutting edge, will be collateral damage from protectionism are the Boeing fighter jets. Canada’s Prime Minister Justin Trudeau responded in the U.S. action by suspending plans to buy those 75 planes.

British Prime Minister Theresa May, too, is no amused. Bombardier spends more than 4.000 in Belfast to make aircraft. On May, weakened by the currency, cling to power through an alliance with members of the Brexit party in Northern Ireland. And as the negotiations to negotiate Britain’s exit from the European Union. The result is a vote pointing to shimming India with the United States.

Germany requested for desperate measures, so that the 50 percent could put the nation to the government. Germany announced the stimulus, the European multinational corporation that also serves lavish assistance from India. For this control, Airbus put its vast marketing, maintenance and customer service expertise into some. Bombing in the U.S. Financial Times calls Boeing in what The Financial Times calls When the ‘booming single-aisle’ market, which is expected to grow more than 70 percent of the 200-300 seats orders under the next 20 years.

Bombardier’s and Airbus’ CEOs said with straight faces that their companies’ marriage isn’t unrelated to the fight that Boeing might now regret having started, especially with Airbus. Boeing may say it will manufacture C Series planes in the Alabama plant where it makes 520 airliners. Delft, which is 75 percent of the EC, buy those 75 planes when they, presumably expected the 29.9 percent from the EC, might depend on U.S. sources.

Evidently it is isologically obvious that tariffs should not be borrowed on the US. The aircraft industry in America. Boeing will see how the production and the radiant mischief of protectionism in the US. The great advantage Trump has in Republican politics is that plans are Republican president, and partnership in an awesome political force. So is the cult of personalities that inheres in the presidency, augmented by Trump’s celebrity. He has the right enemies, and his culture-war fights coupled with his traditional GOP. legislative agenda offer something for everyone in the party, from the populists in the Chamber of Commerce. All of this means that, until further notice, he occupies the commanding heights of the GOP.

Full-frontal assaults may be bold and brave, but they will likely be ineffectual, if not wholly counterproductive.

Rich Lowey can be reached at rlowey@ nationalreview.com.
Osborne and Shirley Davis celebrate 50 years

The wall of photos was a somber reminder. A vigil was held Tuesday at Centennial Park by NOPE (Narcotics Overdose Prevention & Education) in memory of those who have lost their lives due to drug and alcohol-related incidents, and those suffering from the disease of addiction.

The wall of photos continued to remind attendees of the event’s purpose.

According to the Center for Disease Control and Prevention, in the first year of 2017, 64,000 unintentional drug overdose deaths nationwide last year.

“The key to drug prevention is community awareness,” said Laura Williamson, NOPE Vigil coordinator for Sarasota County.

“The misuses of alcohol and illicit drugs are well-documented, but few realize the immediate and long lasting consequences from even a minimal miscommunication with prescription drugs.”

Former NOPE Task Force Executive Director Karen Perry added, “Many lives have been tragically destroyed or lost to the disease of addiction. Too often, this disease is perceived as deserved or shameful, leaving families and friends to grieve in silence, or an effort alone to struggle to recover.”

Only through awareness and openness we can eliminate the prejudice that has followed the disease of addiction.

For more information about NOPE, call 941-894-4033 or visit nopetaskforce.org.


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Queen Bed
A dragon boat team prepares to launch.

By GARY ROBERTS
Stevia Warren

PUNTA GORDA — The Zoomers running and triathlon club can usually be seen jogging, cycling or swimming, while encouraging others to adopt a healthy lifestyle. But Saturday they engaged in a different activity — rowing a dragon boat to raise money for local scholarships.

"Thankfully, we were not in the water swimming today," said Ed Gillet, president of the Southwest Florida chapter of Zoomers. The War on the Peace Dragon Boat Festival is an annual event organized by the Charlotte Local Education Foundation and the Punta Gorda Chamber of Commerce, with proceeds going to the "Take Stock in Children" mentoring and college scholarship program for Charlotte County Public Schools.

Launching from Lakeshore Park, the colorful, 42-foot-long boats are painted with dragon scales, sporting a carved dragon's head on the bow and a tail in the stern. Twenty people paddle the dragon boat 350 meters, with a drummer seated in front beating out the racing rhythm.

Participating teams — representing community groups, businesses, and organizations — come together for corporate team building and the opportunity to support CLEF.

"We're delighted to have people come down from all over the state," said Punta Gorda Chamber of Commerce President John Wright, who served as race announcer.

This year, however, the number of boats was down due to Hurricane Irma, which struck Florida when teams were deciding whether to participate, said James Williams, who along with his wife are retired educators and co-directors of the event.

Twenty boats took part in the races, compared to about 30 last year. Still, $25,000 was raised in cash sponsorships, and much more in-kind support, Williams said.

For the first time, spectators were asked to give $2 donation to watch the festivities. In addition, every dollar raised is matched by the Florida Prepaid Foundation.

Joined by vendors and a carnival-like atmosphere, the large crowd thoroughly enjoyed the festival, until a steady rain began to fall.

"The community support is amazing," Williams said.

As presenting sponsor for the Dragon Boat Festival second year running, Suncoast Credit Union is a major provider of that support. Alaina Streblow, community relations specialist, said her company looks forward to the dragon boat races.

"It's different, unique and a lot of fun," she said. "CLEF is a wonderful cause. Suncoast makes it a priority to be active in the community." Bob White, captain of the Charlotte County Chamber Shaggin' Dragons, echoed the important work done by the Charlotte Local Education Foundation.

"It's an incredible cause," White said. He added that the Shaggin' Dragons just posted the best time in the races, and will advance to the next round.

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"It's a competitive event," he said. "We came to win."
COMMUNITY NEWS BRIEFS

The Sunflower Inn entertainment, a silent auction and a new pool.

The fundraising event supports the over 125 children in the area merchants will participate with items donated by local businesses.

This year is the 125th Anniversary of “Chefs Cooking For Kids," hosted by Big Brothers Big Sisters of the Sun Coast-Englewood.

If you are interested in becoming a “Big” to one of our children, please contact Natalie Anderson in the Englewood office at nanderson@bbbssun.org or (941) 472-4005.

For more information on Chef's Cooking For Kids, please contact Ashley Kilen at ashleyk@bbbssun.org or (941) 488-4005. To purchase tickets, please visit www.bbbssun.org/events.

Rummage sale

Saint Mary’s Ukrainian Church, 3100 W. Price Blvd. The sale takes place from 8 a.m. to 3 p.m. Cost is $1 per bag or $5 per carload. All proceeds will go to the Children’s Home in Ukraine.

Fire station set to open in North Port

The North Port Knights of Columbus "Knight At The Races" originally set for today at the North Port Ice Center has been canceled. For more information, call Tony Salvucci at 617-126-179.

The station is now complete and with a new addition — a fitness center for firefighters.

The ribbon-cutting will be followed with guided tours of the station. Parking will be at St. Mary's Ukrainian Church, 700 W Price Blvd. North Port Police Department volunteers and Fire Rescue inspectors will shuttle event attendees to and from the station. Light refreshments will be served.

VIDEO

E/N/C

PLEASE GIVE BLOOD HELP SAVE LIVES

Donate Blood at the North Port Knights of Columbus on Saturday.

GIVE BLOOD

October 28 from 10 a.m. to 3 p.m. at the Knights of Columbus Hall, 3100 W. Price Blvd.

Local/Regional News

Construction began on the training stadium, which will accommodate the Fire Station 85.

This year, “The Cruise With Us,”  will be hosted by Big Brothers Big Sisters of the Sun Coast-Englewood.

The station is at the corner of Ponce De Leon Boulevard and Biscayne Boulevard.

The grand opening and dedication ceremony will be at 10:30 a.m. on Tuesday, October 24.

“At the time we built it, we didn’t have the money where it needs to be. A wish list. We’ve been saving up,” Deputy Fire Chief Scott Titus said. “Looking at the master plan and thought Ponce and Biscayne would be the ideal spot. Over the years we got the opportunity and purchased the piece of property and fell in love with the plan of putting it there.”

While the station was in a temporary spot on SWFMD land at the end of Price, the newest station is more centrally located.

“We’ve had people stop by the station and there are some people who didn’t know we had the area covered," Titus said. “But this has better access to the stations, and it is more centrally located, so we’re very excited.”

And on Tuesday, the planning will become reality when the station officially opens. Construction began on the station in October.

“We were on schedule throughout and we got delayed a little at the end, but they were things beyond the control of us and the contractor,” Titus said.

But the station is now complete and with a new addition — a fitness center for firefighters.

“The station builds around it,” Titus explained. “It’s a state-of-the-art gym to give our personnel to stay in good shape or, if they’re not, to get better shape. This gives them the equipment and ability to do that. We have to put our money where our mouth is. We made it a primary focus to make it available to focus on fitness and health.”

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Knights’ event canceled

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The popular event was held in conjunction with the upcoming "Chefs Cooking For Kids," hosted by Big Brothers Big Sisters of the Sun Coast-Englewood.

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Climbing classes coming

Englewood Innovation Center and LifeWorld University have planned a second series of coding classes. Coding For The Masses at the Station Six, please contact Natalie Anderson in the Englewood office at nanderson@bbbssun.org or (941) 472-4005.

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Trick or Treat Down Spooky Street at Tringali Park attracted loads of ghosts, witches, a few dinosaurs, comic book characters, dragons, bumblebees and many more children in costumes at the recent event in Englewood.

A pair of dinosaurs were spotted at the Tringali Halloween celebration.

Walker Kohlenberg has been making balloon animals for a year while working with Harry the Clown.

A pair of dinosaurs were spotted at the Tringali Halloween celebration. Children received many goodies inside Tringali while trick or treating.

Takayla Brown, 12, a Port Charlotte Middle School student, hugs her dog Chewy at the event.

Trick or treating brought out many area children in lots of fun costumes.

Jeffrey Silverstein, M.D.*
Julie Gladden Barré, M.D.*
Marcus Braz, CEO, DPT

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Donato’s Italian Restaurant in Port Charlotte hosted the Dancing with the Charlotte Stars big reveal of the eight celebrities that will be competing on March 9, 2018 at the Charlotte Harbor Event and Conference Center. The competition is benefitting the Arts and Humanities Council of Charlotte County. The celebs will be paired up with dancers from four local dance studios: Higher Ground Performing Arts, Florida Dance Work Shop, Studio Seven Center for Creative Studies and Elite Dance Studio.
HALLOWEEN HAPPENINGS

**Elks’ Halloween Spooktacular:** Englewood Elks Lodge, 401 N. Indiana Ave., has planned to open the lodge to the public for a Halloween Spooktacular weekend. On Sunday, start with a 3:15 breakfast at 6 a.m. to noon and a Jack O’Lantern pancakes. A ghost and Goblins fair will be from 3-4:30 p.m. with pony rides by David Murabito 3-6 p.m.

**Dearborn Halloween Safe Walk:** The 22nd Annual Dearborn Halloween Safe Walk trick-or-treating event takes place from 5-7 p.m. Tuesday, Oct. 31.

**North Port Pumpkin Patch:** The North Port Community United Church of Christ hosts its second annual Pumpkin Patch. It continues daily through Tuesday, Oct. 31 as a church fundraiser for its missions to the community of North Port. The patch is at the 1340 St. Lucie Drive, will be open from 9 a.m. to 7 p.m. each day with pumpkins of various sizes. For more information, call all the church office at 941-426-5580 or email: northportucc@juno.com.

**PORT CHARLOTTE**

- **Family Fun Fair:** First Baptist Church, 20031 Quailade Ave., Port Charlotte will be hosting its annual Fall Family Fun Fair from 4 p.m. to 7 p.m. today, Oct. 29. The event is free and open to the community with pony rides, games, food and fun. For more information, call the church office at 941-629-0444.

**Englewood**

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**Local/Regional News**

- **Halloween Happenings**

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**Questions & Answers**

Q. My vehicle’s doesn’t seem to be running properly. Is there a specific reason for this?

A. There could be several reasons why your vehicle isn’t running properly. It’s recommended to consult your owner’s manual or contact a professional technician for advice.

Q. Can I use my smartphone as a navigation system while driving?

A. While some smartphones come with built-in navigation features, using a smartphone while driving can be distracting and potentially dangerous. It’s best to use a dedicated navigation device or app specifically designed for in-car use.

Q. How can I improve my fuel efficiency while driving?

A. To improve fuel efficiency, consider maintaining your vehicle according to the manufacturer’s recommendations, avoiding unnecessary loads, driving at a steady speed, and reducing idling time.

Q. Are there any eco-friendly car modifications I can make to my vehicle?

A. Some eco-friendly modifications include upgrading to energy-efficient tires, installing a cold air intake, and utilizing a vehicle cover to reduce heat absorption.
The State Survey is a joint effort of the Florida Department of Health, the University of Florida and the Florida Department of Education. The survey notes that there’s greater consensus on the state’s effort in preventing child abuse, 43 percent said the state is doing well, 39 percent disagreed and 18 percent didn’t have an opinion.

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Punta Gorda to review amended Veterans Wall ordinance, denample First Amendment worries

By JONATHAN SCHOLLES

PUNTA GORDA — Facing backlash over potential free speech violations, the City of Punta Gorda Friday amended a proposal to a amended ordinance in the Southwest Florida site that may shift First Amendment laws.

Originally, the only ordinance sought to create rules and regulations at the wall — a half-sized replica of Vietnam Veterans Memorial in Washington, D.C. Our birth right was to review the ordinance Wednesday, Nov. 1 at City Hall. The meeting starts at 9 a.m. and the public is welcome at the meeting on the matter.

In its first draft, the ordinance — proposed by the nonprofit American Legion Post 599 of Southwest Florida — was aimed at regulating what that by the National Parks Service and used at the Vietnam Memorial. Particularly of interest is Sec. 10, 18 lines, which states:

The term “demonstrations” includes demonstrations, picketing, speechmaking, marching, holding signs and other forms of conduct that involves the communication or expression of views or grievances, either in or by one or more persons, the conduct of which is reasonable likely to drive a crowd, onlookers or media attention. This term does not include casual park use by visitors or tourists that is not reasonably likely to attract a crowd, onlookers or media attention.

The amended ordi- nance altered slightly in this section, adding “for the purpose of demonstrating rights of free speech and assembly.” I said however, the courts have determined that the National Park Service does not regulate certain aspects of First Amendment activities, such as the time when, the place where, the manner in which the activity is conducted.

Upon reviewing the initial ordinance, Edward Simon, executive director of ACLU, said, “the privilege of U.S. citizens is the right to use streets and parks.” He referenced a 1951 Supreme Court case — Hague v. Committee for Industrial Organization — to prove his point.

In its conclusion, the Supreme Court wrote: “The privilege of a citizen of the United States to use the streets and parks for communication of views on national questions may be regulated, but not abridged. All, it is not absolute, but relative, and must be ex- ercised in subordination to the general comfort and convenience, and in consonance with peace and good order, but it must not, in the guise of regulation, be abridged or denied.”

For people of limited speech, limited in its scope, limited to those that say it’s fine for the few (members) to boycott the games, those few (members) of the American Legion Post 599 of Southwest Florida have asked all posts to bar to watch the games.

“I see nothing wrong with that. Some posts, for the First Amendment, it is an edict; it is a commandment regardless of whether or not you are a veteran,” said Elden Brownell, of William A. punta Gorda, president of the American Legion Post 599 of Southwest Florida.

“I read the language of it, it’s fine as is,” he said. “… It just triggered something, saying you don’t have to do something, you got to do something. ‘What’s freedom? Read the First Amendment. That’s what freedom is.’ Then it is their ordinance that takes that freedom away.”

Under the proposed ordinance, Leisly Park will be the limited designated public forum.

A year ago, about 50 veterans of Vietnam Veterans of Southwest Florida and U.S. Air Force veteran, agreed that if NFL players would be a violation, calling it “disrespectful.”

“Under the proposed ordinance, the City of Leisly Park would not be able to sign any of the ACLU’s, calling it ‘disrespectsful and intimidating’ and would be a violation,” said Edward Simon.

“This is a public space and the City should not be in the business of now regulating speech because that is not what a limited memorial in that space,” Carman said.

“I think it’s a violation,” said Michael Hirsh is a Punta Gorda industrialist and a Vietnam veteran. A combat combatant with the U.S. Army, those of his friends were killed in the war. He was also a journalist, author and filmmaker.

Walking along the wall last week, Hirsh pointed to the U.S. flags, paying his respects, and included in that space, adding “It’s unclear if playing a patriotic song on a violin to honor veterans would be a violation just as much as it is when someone would be signing a protest war bond. It’s not违法 at all. It’s obviously illegal. But he said, “It’s basically impossible at times to determine what is violating the ordinance.”

“I think it’s a violation. That really bothers me,” said Richard Carr, president of the American Legion Post 599 of Southwest Florida, and a Vietnam veteran. A combat combatant with the U.S. Army, those of his friends were killed in the war. He was also a journalist, author and filmmaker.

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**WINNERS CIRCLE**

**American Legion Post 10**

- **Sunday Walters** Oct. 22: 1-Shirley Carlson, Joan Shute; 2-Mary Anne Holt, Joan Shute; 3-Mary Anne Holt, Joan Shute.

**American Legion Post 110**


**Charlotte Harbor Yacht Club**

- **Kingsway Bridge Club** Oct. 20: 1-Shirley Carlson, Joan Shute; 2-Dorothy Quirk, Marie Devlin; 3-Susan Quinn, Sue Jaynes.

**Charlotte Cultural Center of Charlotte County**

- **Duplicate Bridge Club** Oct. 19: 1-Hilda Schneiderhan, 4100; 2-Mike Breen, Goran Schneiderhan, 4100; 3-Harry Applegett, Joanna Walbourn; 2-Mike Hogan, John Haist; 3-Paul Headrick, 1649; 3-Pam Kilgore, 1737; 2-Pam Kirkaldy, 1525; 3-Conrad Sullivan, 1737; 2-Mary Revins, George Betts; 3-Mike Breen, Goran Schneiderhan, 4100.

**CONCERTS**

- **March 12 - BIG BAND JAZZ NIGHT** DAVE PRUYN & TETRACALYPSO - 7 p.m. at Charlotte Cultural Center, 1780 W. Kingsway Cir., 34269. $1 to 4 p.m. Oct 29, Nov 26, Dec 17, 2017. For tickets, call line the night of Dec 17 at 7 p.m. to order and receive a ticket number. To order tickets in advance call 309-838-3242 or for more information on the BOB or Charlie's Jazz Club call 941-575-9222.

**COMMUNITY NEWS BRIEF**

- **Beyond Our Selves Bash**
  - The PGCJA Community Service Bash, held at BOB (B) Oct. 20, is a benefit bash to honor Nov. 11 at the Ides Meets the Ides of March. They will offer passed appetizers at $7 each and followed by dinner at 7 p.m. There will be a silent auction which includes items such as sculpture and other art work. A blues and soul theme will be carried out and guests are encouraged to wear something in the blues- and- white attire. Funds raised will be given to Beyond Our Selves Charities: Backyard Kids, Crossroads Hope Academy, New Horizons Center, and Charlotte Community Center.

- **Jacksonville Jazz Band**
  - The Jacksonville Jazz Band will offer a $20 iperson and are currently collecting donations for www.beyondourselves.com. peapigs.com or from any Beyond Our Selves member. To order

**DENTAL****

- **Aspen Dental**
  - Simple, same-day service to get dentures starting at $399.
Rachel Keesling said Punta Gorda Mayor Stephen R. Deutsch, who reversed his ideology on Amendment 2, provided late support, allowing dispensaries to open.

By JONATHAN SCHOLLES

STAFF WRITER

PUNTA GORDA — Members of Punta Gorda City Council say they are encouraged by Charlotte County’s surprising move to propose a ban of medicinal marijuana dispensaries, but are reluctant to follow suit.

Following a craving marijuana treatment center, Charlotte County Commissioners voted, 3-2 last Tuesday, to remove sanctions on the facilities.

After voting against ballot initiatives Amendment 2, Commissioner Joseph Tiseo reversed his ideology and has crusaded in support of medical marijuana treatment centers. Commissioners Chris Constance and Stephen R. Deutsch provided late support, quashing a proposed ban and respecting the facilities.

“I am encouraged by the county’s decision to allow dispensaries,” Punta Gorda Mayor Rachel Keel said. “Fiedy Tiseo is a standout, pointed to state sanctions on威尼斯和 him. He had been a host of local government control and contentious in the debate. It was one of the reasons

Punta Gorda voted in August to ban medicinal marijuana treatment facilities with a one-year sunset clause. “I would still like to see the state give local governments some control over the placement and number of dispensaries... We have directed our lobbyist to pursue the topic this session, allowing some local control over this industry. At this point, it is an all or nothing scenario,” Keel said.

Tiseo, in a phone call, pointed to state sanctions on the facilities.

Signed into law by Gov. Rick Scott in June, the bill — S.B. 8A — gives local governments little wiggle room on medicinal marijuana treatment centers. Obviously, municipalities either treat medicinal marijuana treatment centers the same as pharmacies or outright ban them.

City Council will expand the matter at its next meeting, Wednesday at City Hall. The meeting begins at 6 p.m.

Employees and disabled at risk

District 1 Councilman Jason Levine, who believes the ban should stand.

After attending a medicinal marijuana treatment center hosted by the Florida League of Cities and state Department of Health, he said it was clear that “what the voters voted for in the referendum and what resulted in state law are very different.”

“Until the state legislature chooses to recognize medicinal marijuana as a medicine, those who are still ill suffering... and whose workplaces do not specifically decide to host medicinal marijuana as medicines, those fine these employees as illicit drug users when they are tested under the Florida Drug Free Workplace Act,” Levine said. “It will go on these employees’ records and are being terminated for illicit drug use, and it can ruin the careers of people in many professions. These employees can also lose their status under the Americans with Disabilities Act (ADA), as well as their disability status, the state of Florida, fixing the formulation of the law. So, Moffitt Cancer Center is presently doing a standardized conduct testing to see dispensaries as a medicine in the state of Florida. It is an all or nothing scenario for in the referendum and what resulted in state law are very different.”

The Food and Drug Administration (FDA), doesn’t recognize it as medicine, making it challenging for scientists to quantify its medical value. And, a year ago, the Drug Enforcement Agency (DEA) declined petitions to reschedule medicinal marijuana.

And while alcoholic is seen as a protected disability, the ADA has taken a hardline against illicit drugs, including medicinal marijuana. There is a positive aspect under the current law. Florida is the only state it allows for research in medicinal marijuana,” Levine said. “Presently there are no dosage guidelines for physicians to follow and guidelines were not included in the formulation of the law. So, Moffitt Cancer Central is presently conducting testing to create a standardized dosage regimen for medicinal marijuana patients.”

“They found a way to get it done”

Vice Mayor Gary Wein is an advocate for medicinal marijuana despite voting in favor of the ban due to pre-existing concerns. “They (Charlotte County), obviously, wanted a way to get it done. We wanted to see dispensaries as it was, but there were too many complications,” he said.

Wein said the council’s take-down the facilities of Punta Gorda. He said the city should still wait a year, making sure there are no “major repercussions.” “If not, be added,” it may be worth joining the group” and allow dispensaries to operate within the city.

Could intensify the fight against the opioid epidemic, pledging $50 million in his proposed 2019 budget to combat the killer drug problem, and President Trump declares it a “health emergency.” Wein said the city may be medicinal marijuana.

A couple months ago, Albert Einstein College of Medicine and Montefiore Health System received a $5.8 million grant from the National Institutes of Health (NIH) to conduct the first long-term study to determine if medicinal cannabis is effective in curing opioid use in adults with chronic pain.

“I’m excited because medicinal marijuana, in my opinion, is less addictive than opioids and is very useful in treating several conditions,” he said. “They (Charlotte County), obviously, wanted a way to get it done. We wanted to see dispensaries as it was, but there were too many complications,”

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Local artist releases free music today

By ELAINE ALLEN-EDWARDS
Community News Editor

ENGLEWOOD — In one day, an Englewood artist recorded six songs in ten hours.

Today Norris Gable Shelton Jr., who goes by Buckey, celebrates the release of his extended play album “Pencils Down.”

“My favorite song on the EP is entitled “62” — I named it that because my friend Mark Morris and I made the beat using nothing but a table and I made the rap," he said. “I feel this song is my most creative work yet, but it also has sentimental value to me because back in middle school my buddies and me used to beat on the cafeteria tables with pencils and rap.”

Buckey said the song takes reminds him of the days when he first fell in love with hip-hop and listened to rap over and over again.

“…because back in middle school my buddies and me used to beat on the cafeteria tables with pencils and rap.”

“I have never made a studio album or released nothing to show for it. and knowledge I have but still with all my skills how to master my craft I can count, I’ve learned written more songs than was in the 7th grade. I’ve started rapping when I named his new EP. "I heart, Rena. She helped his high school sweet- graduate who married Lemon Bay High School ours," said Buckey, 27, a fell in love with hip-hop the days when he first takes reminds him of pencils and rap.”

“The couple loved the idea of how once a teacher said “pencils down” it means time is up.

“You must turn in your work and live with the decision,” he said. “I feel as if time was running out I have nothing to show for this talent that God has given me. I got tired of wasting time and making excuses on why I couldn’t record profes- sional music.”

“It was time to put the pencil down and turn in my work for world to see. If I don’t pass the test, its okay, at least I tried and gave it my best.”

In January, Buckey entered an Against Models and Talents for Christ competition in Orlando. After compet- ing against hundreds of others actors and singers throughout the US, he received several callbacks.

“I was given the opportunity to open a concert for the four- time GMA Dove award winner KJ-52,” he said. “Then in May, I head- lined my own concert in Englewood with over 230 in attendance.”

In July, Buckey com- peted in the “Coast 2 Coast” (a non-Christian competition) against 24 other rappers and I won first place! I thought releasing my first studio EP would be the perfect way to finish off the year.”

To promote the release of his EP, Buckey created a video for the first song on the project, entitled “MYKAP” — “Music With A Purpose.” The video has been viewed more than 2,000 times on Facebook.

“I drove to ATL on Oct. 5 to give the first copy of my EP to the three-time GMA award winner Lecrae in a meet and greet,” he said. “I recently performed at the “More Than Wood Conference” in Bradenton, Florida, where I gave out over 80 early releases exclu- sively to the conference attendees only.”

The EP is available for a free digital download on Buckeymusic.com.

He is selling hand copies for $5 at West Coast Church, 240 Pine St. at 6:30 p.m. to 9 p.m. during the college-age ministry The Vine. “I’ve been a member at West Coast Church for over 10 years,” he said. “I have served as a greeter, served in media, preached in the middle school ministry for over two years and served in children’s church and as a member on the church’s board. Jesus is my everything. I make music that I feel everyone can relate to, not only Christians. My music is a reflection of his life experiences ranging from my faith, job, struggles, relation- ships and more — it’s music that is Christ- centered and relevant to the current culture.”

Buckey will also be performing on November 18, 2017 at the City of David Church, 2509 W. Penman St. in Engle- wood.
No action yet on post-game scuffle

PREFOOTBALL: CHARLOTTE-PORT CHARLOTTE

Fourth down proves big in rivalry

By JOHN LEVINE
Sports Writer

Four times the teams went for a fourth down, and twice they were drive-ending decisions. 

During the first quarter, the Pirates faced a 4th-and-8 situation at the Tarpons’ 28-yard line, and following a timeout, ran a sweep play to T.L. Lafferty Jr. who was stopped for a loss. Port Charlotte faced a similar situation on 4th-and-7 from the 26 yard line in the third quarter, and again the Pirates were unable to convert.

So far this season, Port Charlotte has converted seven of 11 fourth-down plays, while the Pirates have converted just two of 10. 

For the fourth-down plays on scoring drives, the Pirates had the ball in the field for Charlotte.

In a cordial manner.

That didn’t happen after Friday’s meeting of county rivals Charlotte and Port Charlotte, as the teams approached to athletic director Bob Thomas were not meeting with Port Charlotte’s athletic director Brian Scribner.

It’s unclear whether the incident he says was in a gray area. Like I said, I didn’t get it done.

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THAT SAVINGS IS BEFORE YOUR TRADE IN!
Port Charlotte High School hosted the first-ever Artcoustic — No Strings Attached — fine arts festival Tuesday afternoon at the school’s outdoor rotunda. The two-hour, free event showcased the talents of any student who wanted to highlight their craft in music and art.

One of many guitar bodies for students to highlight their artwork, donated by Music Stand, as part of guitar art.

Junior Bella Bastedo
SUN PHOTOS BY TAMI GARCIA

Briaanna Valenti, senior
Santos Gaitan, senior
Bryana Bastedo, senior
Destiny Lazarcheck, sophomore
Azyah Dailey, freshman and Sule Tugmen, PCHS art teacher

To purchase tickets, please call Charlotte Symphony Orchestra at 941-205-5996
The symphony is collecting canned food for donation to the local food bank.

6210 Scott Street, Unit 213, Punta Gorda, FL 33950  |  www.charlottesymphony.com

A Salute to our Armed Forces
November 12, 2017 at 7:30 pm
Enjoy music selections that include the melodies of each branch of the military and inspiring American compositions compiled in a free preconcert dessert reception and military memorabilia for all to honor our veteran patrons.

In partnership with:
Smith: Star-Spangled Banner
Williams: Summon the Heroes
Copland: An Outdoor Overture
Harris: Epilogue to Profiles in Courage: JFK
Lowden: Armed Forces Salute
Persichetti: A Lincoln Address
Williams: Salute to JFK
Williams: Saving Private Ryan: Hymn to the Fallen
Sousa: Stars and Stripes Forever

Sounds of the Season
December 3, 2017 at 2:00 p.m.
December 3, 2017 at 7:30 p.m.
“The Sounds of the Season” is guaranteed to get everyone in the spirit!
Give your family the best holiday experience and enjoy a free dessert reception, the festive Santa Suite and meet the Nutcracker Ballet prior to our afternoon performance.

Christmas Eve Sarajevo
White Christmas
Sleigh Ride
Christmas song and more

Evening Concert Sponsor:
Gary and Linda Rabin
Evening Concert Sponsor:
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TO YOU
Matinee tickets now $30
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PCHS celebrates students’ talents

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Port Charlotte
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“The Sounds of the Season” is guaranteed to get everyone in the spirit!
Give your family the best holiday experience and enjoy a free dessert reception, the festive Santa Suite and meet the Nutcracker Ballet prior to our afternoon performance.

Christmas Eve Sarajevo
White Christmas
Sleigh Ride
Christmas song and more

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MATTIS SAYS THREAT OF NUCLEAR ATTACK BY N. KOREA ACCELERATING

By COREY WILLIAMS
ASSOCIATED PRESS

SEOUL, South Korea — U.S. Defense Secretary Jim Mattis said Friday that North Korea’s nuclear missile attack by North Korea is accelerating.

In remarks with South Korean Foreign Minister Song Young-moo at his side, Mattis accused the North of illegal and unnecessary missile and nuclear programs — and vowed to defend any attack.

Mattis said North Korea engages in “outlaw” behavior and that the U.S. will never accept a nuclear-armed North.

He added that regardless of what Washington might try, it is overmatched by the firepower and cohesiveness of the decades-old U.S.-South Korean alliance.

“North Korea has accelerated the threat that it poses to its neighbors and the world through its illegal and unnecessary missile and nuclear weapons programs,” he said, adding that U.S.-South Korean military and diplomatic consultations have taken a “new urgency.”

“I cannot imagine a condition under which the United States would accept North Korea as a nuclear power,” he said.

As he emphasized throughout the visit, he said the U.S. and South Korea are working together on a wider range of security issues.

“I think better state over-sight is certainly the solution,” Mattis said.

The Flint funeral home had been fined several times and spurred by news reports of decomposing flesh pulsed from a funeral home into the unrefrigerated garage. The dead can’t complain, but Robert Duffer says it costs more money to keep them there about six weeks.

For Michigan’s Department of Licensing and Regulation, O’Neil Swanson II. The move gets. It costs more money to keep them there about six weeks.

Staff had mixed up two bodies, they say the designation doesn’t describe a protest group as domestic terrorists is not unique to President Donald Trump’s administration, Hina Shamsi, national security expert who left the FBI in 2004 and did under-cover domestic terrorism work.

Critics are concerned that increasing rhetoric appears to be inciting violence among environmental protesters who are being targeted.

While the practice of labeling certain protest groups as domestic terrorists is not unique to President Donald Trump’s administration, Hina Shamsi, national security expert who left the FBI in 2004 and did under-cover domestic terrorism work.

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Wildfires devastate California marijuana farmers, who don’t have bank insurance

By JOE RIVINOJO

REEDWOOD VALLEY, Calif. — Cheryl Dumont knew where she had buried the gold and silver coins. Down a curve from her home by a big Douglas fir. After a roughly 50-foot excavation, she found a marijuana crop, her income for the year, so anxious to see whether that savings had survived the Redwood Fire.

She hiked down to the site with a shove and started digging for the plastic box holding the coins. Two feet deep she found them. She filed in the box, put it in a plastic bag and put it in her car. The contents are worth $40,000. It was a melted mess of gold, silver, platinum and two pearl necklaces.

She lived among hundreds of growers — big and small, fully permitted, semi-legal and cash only — in the five towns in Sonoma, Napa and Mendocino counties.

Their losses illustrate how, despite the prospect of making the marijuana industry legal in California, some farmers remain uninsured and trapped in a cash economy that is more vulnerable to natural disasters. The perishable harvest is a seasonal harvest, one that cannot be stored. People in one community lost their homes and businesses to a wildfire harvest coincide in the fall.

No one can know the exact loss for communities that had a county permit, and planned to harvest when she wanted. She estimated that she spent over $80,000 to get a county permit, and planned to harvest under her house. Eventually, she ripped out the greenhouse that regulated the amount of light, temperature and water the plants received to make them grow.

“When the Tubbs fire roared through,” she said, “I was afraid of new greenhouses destroyed. The fire was hot and even her home’s interior was on fire.”

“What she knows she lost: her home was donated to her organization, her thoughts and, more broadly, Facebook is building new transparency tools,” she said. “There is more transparency — even that aren’t being shared with a page, and users can contact the ads and the ad running.”

Domestic abuse shelters for men help spotlight male victims

In this Aug. 8, photo, a case worker at the Family Place shelter for men in the town of Batesville, Ark., Arthur Givens, 26, a former male victim of abuse, speaks about his experience. The site will also create new tools and to verify political ad spending. Facebook vows more transparency over political ads

WASHINGTON (AP) — Facebook is taking steps to build more transparency in the political ads on its social media platform. It is moving to verify advertising data, which is spending money on ads, and to verify political ads just before next week’s mid-term elections.

Authorities say one of the pit bulls was euthanized after it attacked and killed by 2 pit bulls in Massachusetts has been laid to rest. The Boston Globe

In the past, banks have shut down four of her accounts, and users can find out more transparency tools,” she said. “There is more transparency — even that aren’t being shared with a page, and users can contact the ads and the ad running.”

A 35-year-old woman who spent almost three months at The Family Place, where she lived after she fled her husband, said his half-brother attacked her in their home. By his name not be used out of fear for his safety.

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When 30 sophomores in high school gave up phones for a day

**State News Briefs**

**Tropical Storm Selma Hits El Salvador; Ph locator Florida**

SAN SALVADOR, El Salvador - Tropical Storm Selma's coast continued to be battered by heavy rains and dangerous ocean swells, while authorities in El Salvador reported that flooding and landslides continued to kill and injure people.

Philippe, meanwhile, moved off the north 29 miles north of Yucatan. The category three hurricane is expected to continue to spin through the Gulf of Mexico, eventually making landfall near New Orleans, Louisiana, before moving inland.

**Advocates: Florida to suffer if Trump cuts immigration program**

Immigrant advocates and political leaders are warning Florida's residents about the potential for the U.S. government to end the Temporary Protected Status program that protects almost 45,000 Haitians and Salvadorans living in the state from deportation.

Miami-Dade County Commissioner Mariela Monestere said Friday that Florida's governor is doing all he can to push back or delay the Trump administration's plan to end the TPS program.

**Cops: Florida woman's 47 guns found in dead church sext's back packs**

DELTONA (AP) — A Florida woman who was arrested after authorities said they found 47 guns from her father's collection.

Volusia County Sheriff's officials say 68-year-old Robert Carter suffered a stroke and died on Thursday of cancer. Officials turned to a nearby church when they found the guns.

The Daytona Beach News-Journal reports she said the firearms were found under a desk.

Authorities said they could trace the weapons because Carter had a list of serial numbers.

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U.S. Defense Secretary Jim Mattis, second from left, and South Korean Defense Minister Song Young-moo, second from right, Chairman of the U.S. Joint Chiefs of Staff, Gen. Joseph Dunford, second from right, and chairman of the South Korean Supreme Council of National Security, Gen. Bongino, of South Korea, at the Defense Ministry in Seoul, South Korea, Saturday.

Funeral

Steve. Duffel family believes they were given ashes belonging to Frank J. "Duffel," who died in 1964.

"The place was filthy," Duffel, 77, said Monday, smiling, "it's like an ancient room that had never been cleaned." Duffel said he drove months to get the ashes, which he places on a bookshelf at his home in Idaho. "It's not in a vault or anything," he said. "It's just on a shelf...I'm the one who takes care of my own affairs." He said it's "a rare occurrence" in Florida, however, that someone would "check more regularly, just like a value in my IRA...I have a custodian, but I think the state should be doing it." Duffel's lawyer, Anthony Graham, said the state's position has been "illegitimate and improper." Duffel's daughter, Patricia Williams, 53. "So, then we knew my father had died six weeks earlier." Duffel said his family had been trying to find the funeral director who handled his father's remains. "He wanted to mummify," according to an employee at the funeral home who later returned the ashes. "I think the state should be checking more regularly, just like a value in my IRA...I have a custodian, but I think the state should be doing it," Duffel's lawyer, Anthony Graham, said the state's position has been "illegitimate and improper." Duffel's daughter, Patricia Williams, 53, said Monday he'll fight "for the full return of those ashes...I want them back...he's my father." Duffel's daughter, Patricia Williams, 53, said Monday he'll fight "for the full return of those ashes...I want them back...he's my father." Duffel's daughter, Patricia Williams, 53, said Monday he'll fight "for the full return of those ashes...I want them back...he's my father." Duffel's daughter, Patricia Williams, 53, said Monday he'll fight "for the full return of those ashes...I want them back...he's my father." Duffel's daughter, Patricia Williams, 53, said Monday he'll fight "for the full return of those ashes...I want them back...he's my father." 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WASHINGTON — The Sun
NEW YORK — There’s a good chance that a major deal is imminent in the toy industry. That’s because ToySource, the online platform that allows retailers to directly source from manufacturers, has announced plans to launch its market platform in the coming weeks. The platform is expected to include a variety of products, including board games, puzzles, and collectibles. The platform will allow retailers to browse the inventory, place orders, and track shipments. The launch is timely, as the toy industry is facing a significant shakeup. Mattel, the world’s largest toy company, recently announced that it plans to close its flagship store in Times Square, citing declining sales. The closure is expected to result in the loss of hundreds of jobs. In addition, the company recently announced that it will delay the release of its popular holiday toy, Barbie Dreamhouse, due to supply chain issues. The move has caused concern among retail analysts and consumers alike. “This is a major blow to the toy industry,” said Paul Reiche, an analyst with ToySource. “Barbie Dreamhouse is one of the most highly anticipated toys of the year, and its delay will have a significant impact on sales. The supply chain issues are just the latest in a string of challenges that the toy industry has faced in recent years.” 

Company knew of pipeline coating damage years ago
By JOHN FLESHER

An office building in downtown Traverse City, Mich. — The company that operates two former oil refineries near the shores of Lake Michigan said Friday that it has found evidence of a lack of protective coating on the pipes that carry crude oil through northern Michigan. The Michigan Pipeline Safety Advisory Board said Friday that an inspection found the coating was “significantly damaged” in several places, including the area where the pipeline crosses the lake. The coating is designed to protect the pipes from corrosion and other forms of damage. The company said it has informed the Environmental Protection Agency and is working to restore the coating. The Michigan Pipeline Safety Advisory Board said it has found similar coating damage on other pipelines in the state. It is recommending that the coating be replaced on all affected pipelines. The company said it will start the replacement process in the coming weeks. It expects the project to take several months. The company said it has been working with the Environmental Protection Agency and other regulatory agencies to determine the best approach for restoring the coating. The company said it will also work with the Environmental Protection Agency to develop a plan for monitoring the coated pipes to ensure they are adequately protected. The company said it will provide updates on the project as it progresses.
Halloween trends by region

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<th>Region</th>
<th>Average amount planned for party</th>
<th>Average individual Halloween spending by region</th>
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From two to three, or so we say—true, it’s a family tradition, right? According to the National Retail Federation, Americans will spend $7.8 billion on Halloween this year. If you’re on tight (or tight-ish, sorry) budgets this year and are looking for good news you can spend the Halloween season with your family while still having a good time.

1. The Costume Game

Instead of buying a $40 Batman or Star Wars costume like the three others, or so we say—true, it’s a family tradition, right? According to the National Retail Federation, Americans will spend $7.8 billion on Halloween this year. If you’re on tight (or tight-ish, sorry) budgets this year and are looking for good news you can spend the Halloween season with your family while still having a good time.

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Ask the Fool

Q: Is that GlendevonKienwein your mother? She always was a Wal-Marty in her new CEO.

A: Yes. She was 26-women-living-300-companies—just fabulous. They included General Motors (Mary Barra), Ford Motor Co. (Mary C. Barra), Amazon.com (40-year-old Jeff Bezos), Airbnb (34-year-old Brian Chesky), and Uber (47-year-old Travis Kalanick). I’ve been a big fan of their work, especially when it comes to making the world a more equal place for women.

Q: Does what more companies have women CEOs?—P.S., Minneapolis, Minnesota

A: As of earlier this year, there were about 1,000 women leading large public companies. About 25% of women have reached the C-suite, but we’re not seeing any fundamental shift with the economy, so more need to be done.

Q: Why would anyone object to the fees between one investment company and another?—D.M. Dayton, Idaho

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Q: What is the answer?—G. Kendrick, Conyers, Ga.

A: The answer is “C,” online.

Q: I trace my roots back to 1923, when my founder agreed to produce the first personal computer. I’m called ______.”—J. Brennan, Las Vegas

A: IBM

Q: I’m not looking to earn commission. I’m in the business of helping people make money and get retirement. What can you tell me?—B. Jones, Westerville, Ohio

A: Financial advisers recommend high-paying products if their clients’ need to save for retirement. This can happen if, for example, a financial adviser pushes a commission by a mutual fund to sell people toward a conflict of interest.

Q: What can you tell me about the “scam” issue?—C. Cozzarelli, and annual revenue tops $20 billion. The company has been expanding its

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Rakel powers Ducks past Lightning

By MARK DOSTLER Associated Press

TAMPA — The Anaheim Ducks special teams played a key role in an Saturday win over the Tampa Bay Lightning.

Brandon Montour had a rare goal in the second period, while teammates Rickard Rakell and Adam Henrique each scored once to help the Ducks beat the Lightning 4-1.

Montour's goal was the first for a Ducks player in the past 10 games, while Rakell had a key assist on the game-winner as the Ducks improved to 9-2-1 this season.

The Wings have won five of their last six games, including a 2-0 shutout over the Lightning on Saturday. The Ducks finished the regular season with a record of 29-32-8.

Montour's goal came after a Lightning player was hooked byAnaheim's Cam Fowler. Montour was able to get the puck away from the net and take it in to score.

Rakell added his second goal of the season on a 3-on-2 breakaway, beating Lightning goalie Ben Bishop.

The Ducks are now 3-1-1 in their last five games against the Lightning and are looking to continue their recent success against the team they play next.

Montour and Rakell are not the only players contributing to the Ducks' success. Defenseman Oliver Ekman-Larsson also scored for the Ducks, and goalie John Gibson made 31 saves in the win.

The win is the second time in the last three games that the Ducks have beaten the Lightning, who remain in fourth place in the Metropolitan Division.

The Ducks are one point behind the Las Vegas Golden Knights for the third seed in the division, and the Lightning are two points behind the Golden Knights for the second seed.

The two teams will meet again on March 15 at Amalie Arena in Tampa.
LA erupts in ninth to tie Series

By RONALD BLUM
Associated Press

Hasselbeck started Game 5 for the Dodgers tonight and Daniel Murphy will lead off for the Nationals in a remATCH of Game 1. The Dodgers won the April 23 game at Nationals Park.

National League rookie of the year for the second straight year, this season, Strickland pitched in 31 games and 31 starts and finished with a 3.23 earned run average. The workhorse reliever tied his career high in saves with 21 of 35 opportunities.

Dodgers manager Dave Roberts said Feidt had an emotional Friday night at his home in Piru, just west of Los Angeles, and that he sorely missed his old neighbor, Charlotte Morton, who battled cancer, and her Fourtysix-out single off Will Harris.

Bryant, CLEMSON, F. C. — Heres how you get to 317 yards and two touchdowns, and No. 7 Clemson defeated Boston College 42-10 on Saturday.

Powerball

Powerball

From Page 1

NASCAR

driver Brad Keselowski has already said his teammates Martin Truex Jr., Denny Hamlin. A five-time champion, and somewhat overlooked is Denny Busch — and somewhat in contention. If you think that I’m even going to need teammates Martin Truex Jr., Denny Hamlin. A five-time champion, and somewhat overlooked is Denny Busch — and somewhat in contention. If you think that I’m even going to need

Irving's late flurry lifts Celtics past Heat 96-90

by MARK NANCE

Irving’s late flurry lifts Celtics past Heat

Irving still has it left, and the Celtics made sure that was more than enough to hold off the Yellow Jackets (4-4, 1-1). Clemson had 11 tackles for loss and held Tech’s leading-score driver — triple-minion punt returner Justyn Ross — to fewer than average.

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**Big 12 ROUNDUP**

Clarence blow away TCU title hopes

Associated Press

AMES, Iowa — Kyle Kempt threw for 308 yards and two touchdowns and 207-yard Texas kicked off its fourth-ranked TCU with a 51-24 victory on Saturday. Kempt was standing for an uninformed neckline heading into November. Iowa State's win might have helped hand the league's ability to get a fourth College Football Playoff team, missing out a year ago.

Matt McCrane hit his third game-winning field goal as time ran out, giving the Wildcats (4-4, 3-4 Big 12) a 28-24 victory in the final seconds Saturday. Kansas State (4-4, 2-5) fell to 2-1 in the league and the Wildcats continued to hang around in the race in the two meetings.

**BIG 10 ROUNDUP**

Barrett rallies Buckeyes by Nittany Lions

Associated Press

SOUTH BEND, Ind. — Mike Benton was 19 of 29 for 240 yards with two touchdown passes and threw for 293 yards, helping No. 5 Wisconsin hold off No. 6 Ohio State and keep its hopes alive for the conference championship.

With star freshman running back Justice Hill out because of an injury, the Buckeyes showed how low they fell by throwing for an interception at 3:50. Wisconsin (6-4, 5-2 Big Ten) hurried against the defense and a turnover and the Buckeyes did not take the opportunity. 

Love's 69-yard return

Associated Press

The Jayhawks (1-7, 0-5) got another touchdown on a trick play late in the game. Love also broke up three passes and an interception at 3:50.

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GAME PREVIEWS

Vikings (5-2) vs. Browns (0-7)
When: TV, Sunday, 1 p.m. EDT, NFL Network, CBS (Erickson), CBS (Ducatte), Wednesday, Nov. 15
Series record: Vikings lead 24-21, Sept. 22, 2013
Last week: Browns beat Ravens 24-16; Browns lost to Titans 12-9, OT

49ers (0-7) at Eagles (6-1)
When: TV, Sunday, 1 p.m. EDT, Fox
Opening line: Eagles by 13
Series record: 49ers lead series 21-19
Last meeting: 49ers lost to Eagles 30-24, Sept. 29, 2013
Last week: 49ers lost to Cowboys 40-16; Eagles lost to Redskins 24-24
Notes: 49ers have won last two meetings after losing five in row.

Raiders (3-4) at Bills (4-2)
When: TV, Sunday, 1 p.m. EDT, CBS
Opening line: Bills by 2
Series record: Raiders lead series 21-19
Last meeting: Browns beat Bills 30-24, Dec. 4, 2016
Last week: Raiders lost to Bills 30-27; Bills lost to Buccaneers 30-27
Notes: Both teams won previous games in final seconds.

Colts (2-5) at Bengals (3-4)
When: TV, Sunday, 1 p.m. EDT, CBS
Opening line: Bengals by 9½
Series record: Colts lead series 23-15-2
Last meeting: Colts beat Bengals 27-17, Jan. 6, 2017
Last week: Colts lost to Jaguars 27-20; Bengals lost to Steelers 30-24
Notes: Last time was Colts’ first-round playoff win.

Texans (3-3) at Seahawks (4-2)
When: TV, Sunday, 4:05 p.m. EDT, CBS
Opening line: Seahawks by 9½
Series record: Seahawks lead 24-15-2
Last meeting: Seahawks beat Texans 25-20, OT, Sept. 25, 2013
Last week: Texans had bye; Seahawks beat Browns 33-17 on Dec. 17, Seahawks beat Texans 24-7
Notes: Second meeting in Seattle.

Panthers (4-3) at Buccaneers (2-4)
When: TV, Sunday, 1 p.m. EDT, Fox
Series record: Panthers lead 20-13
Last week: Panthers lost to Bills 13-7; Buccaneers lost to Bills 30-27
Notes: Buccaneers’ first game after divisional opponent.

Bears (3-4) at N.Y. Jets (1-5-1)
When: TV, Sunday, 1 p.m. EDT, Fox
Opening line: N.Y. Jets by 1 ½
Series record: Bears lead series 15-4-1
Last meeting: Bears beat N.Y. Jets 28-16, Dec. 15, 2014
Last week: Bears beat Panthers 28-17; Panthers beat Packers 26-17
Notes: Both teams are off consecutive wins.

Falcons (3-3) at N.Y. Jets (1-5-1)
When: TV, Sunday, 1 p.m. EDT, Fox
Opening line: Atlanta by 7½
Series record: Falcons lead series 6-5
Last meeting: Jets beat Falcons 30-28, Oct. 7, 2017
Last week: Falcons lost to Panthers 27-7; Jets lost to Dolphins 21-18
Notes: Falcons coach Dan Quinn was just defeated live coach from 2007-08.

Steelers (5-2) at Lions (3-3)
When: TV, Sunday, 1 p.m. EDT, NBC
Opening line: Steelers by 9½
Series record: Steelers lead series 24-14-1
Last meeting: Steelers beat Lions 37-17, Nov. 17, 2016
Last week: Steelers beat Cowboys 16-10; Lions lost to Saints 50-30
Notes: Steelers have won four straight in series.

Cowboys (3-3) at Chiefs (3-5)
When: TV, Monday, 8:20 p.m. EDT, ESPN
Opening line: Chiefs by 3½
Series record: Chiefs lead series 15-3-2
Last meeting: Chiefs beat Cowboys 35-20, Dec. 25, 2016
Last week: Broncos lost to Saints 34-31; Cowboys beat Chiefs 35-20
Notes: Three straight in series.

L.A. Chargers (4-3) at Patriots (6-1)
When: TV, Sunday, 1 p.m. EDT, ESPN
Opening line: Patriots by 15½
Last week: Chargers beat Patriots 26-20, Nov. 5, 2017
Last week: Patriots lost to Browns 27-3; Browns beat Falcons 23-7
Notes: Both teams enter same 0-3-1 in AFC West.

LOOKING AHEAD

WEEK 9
Thursday, Nov. 2
Buffalo at N.Y. Jets, 8:25 p.m.
Sunday, Nov. 5
Tampa at New Orleans, 1 p.m.
Baltimore at Tennessee, 1 p.m.
L.A. Rams at N.Y. Giants, 1 p.m.
Cincinnati at Jacksonville, 1 p.m.
Indianapolis at Houston, 1 p.m.
Atlanta at Carolina, 1 p.m.
Denver at Philadelphia, 1 p.m.
Arlington at San Francisco, 4:05 p.m.
Washington at Seattle, 4:05 p.m.
Kansas City at Dallas, 4:25 p.m.
Auckland at Miami, 9:00 p.m.
Monday, Nov. 6
Detroit at Green Bay, 8:30 p.m.

PLAYER SPOTLIGHT

Minnesota Vikings wide receiver Jermaine Wright has never been the go-to target or the every-down player he has been in six seasons with the team.

After appearing in eight games last season and being thrown to a wide receiver 14 times, his spot on the roster for 2017 appeared tenuous, especially after the Vikings took wide receiver Rodney Adams in the second round. But there’s always a niche for the type of sure-handed hard worker he has been in six seasons with the team.

But with Stefon Diggs and Michael Floyd out last week against Baltimore with injuries, Wright came through with three catches for 54 yards. The first two were third-down conversions in the first half, leaving driving with that game in field goals. The third was a diving grab for 30 yards that set up another field goal in the fourth quarter.‘

“I know how to prepare, I know how to handle things, and most of all I know how to play football,” Wright said. “So when it comes down to it, just staying in it throughout the whole game, always paying attention, always knowing each and every position and doing what you’re supposed to do. When your number is called, because this is a league of injuries, people get hurt all the time, the next guy has to step up. We have a great team here. We have a lot of guys who can do that.”

INJURY REPORT

Cowboys
LB Sean Lee (foot), CB Chidobe Awuzie (hamstring), S Jeff Heath (knee), LB Leighton Vander Esch (knee), CB Jourdan Lewis (shoulder). QUESTIONABLE: CB Ronald Darby (ankle).

Patriots
LB Christian Fauria (ankle), LB Ja’Whaun Bentley (elbow), S Nate Ebner (ankle), DT Maliek Collins (foot), LB Justin Durant (concussion), WR Matthew Slater (knee). OUT: CB Chidobe Awuzie (hamstring), K Stephen Gostkowski (ankle), S Devin McCourty (ankle).

Bengals


Colts
TE Ed Dickson (ankle), K Graham Gano (hamstring), S Kurt Coleman (knee), S Clayton Geathers (ankle). QUESTIONABLE: RB Alex Armah (ankle), S Karl Joseph (groin), DT Maliek Collins (foot), LB Justin Durant (concussion), S Josh Robinson (concussion), CB William Jackson (ankle), DT Malcom Brown (ankle), LB Dont’a Hightower (shoulder), G Austin DePari (concussion), S Karl Joseph (groin).

The Bears past two weeks dropped them behind the 49ers. As a result, none of the teams have been able to separate themselves from the others.

“For the most part that’s the way it is this year,” Carolina coach Ron Rivera said. “There’s not a lot of separation.”

The Bears are lingering in the middle of what is shaping up. There are just a couple of teams right now that have stopped it and everybody, others think that, I think it’s the parity the league is lacking too.”

The Panthers struggled off a 10-point home loss to New Orleans to beat New England and Detroit on the road to soar to the top of the NFC. Lessons to Philadelphia and the Bears past two weeks dropped them behind the 49ers. As a result, none of the teams have been able to separate themselves from the others.

“Florida Bay, meanwhile, is the league’s second-ranked offense but the defense is doing a good job of holding teams to 100 or so points in three of its four losses. The way the Bears play now is they’re forcing the offense to come up and throw it right away. We’ll see how that turns out these next few weeks. We probably a little too good to be true.”

The Bears past two weeks dropped them behind the 49ers. As a result, none of the teams have been able to separate themselves from the others.

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“Florida Bay, meanwhile, is the league’s second-ranked offense but the defense is doing a good job of holding teams to 100 or so points in three of its four losses. The way the Bears play now is they’re forcing the offense to come up and throw it right away. We’ll see how that turns out these next few weeks. We probably a little too good to be true.”

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The Bears past two weeks dropped them behind the 49ers. As a result, none of the teams have been able to separate themselves from the others.
Miami quarterly Malik Rosier (12) ran the ball as North Carolina’s Cole Holcomb (11) chase him during the second quarter Saturday, Oct. 22, 2016, in Chapel Hill, N.C. Miami coach Mark Richt said. “Just

The team didn’t make him available for comment after the game, saying it was receiving treatment. UTC, 4-1, tied 24-24 in the fourth quarter, but

“As obvious as it was, it’s still unfair, it is, even if it’s coming easy.”

Miami coach Mark Richt said. “Just

Still, Miami came up with a pair of key plays to stay within 24-19 on freshman

Hughes’ 91-yard kickoff return for a score

Hughes scored twice.

37 points scored at halftime in a game, matching the most points scored in the first half of a Division I-A college football game.

A week after letting a lead slip away during a 28-24 loss to Memphis, Houston gave carding a chance by playing solid defensive end and

Quarterback’s career high and first 300-yards passing game

The quarterback’s

The only question that

The team didn’t make him available for comment after the game, saying it was receiving treatment. UTC, 4-1, tied 24-24 in the fourth quarter, but

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Quarterback’s career high and first 300-yards passing game

The quarterback’s
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**MATTRESSES & BOX**
- New $125, used $25
- Full $200, $250, $350

**BEDROOM SET**
- Double $250, King $300
- $250 w/mattress & box

**CLOTHES HANGER/STAND**
- $25

**COMMODE**
- Complete $150

**REClINERS**
- Leather $400, $500
- Cloth $300, $350

**TV**
- $125, OBO
- $200, $250

**VACUUM**
- $100, OBO
- $150

**BEDROOM SETS**
- Queen $125, King $150
- $200, $250, $350
- Full $150

**BEDDING**
- Sheet sets each $20
- Towels $10, $15

**RUGS**
- Indoor/outdoor $50
- Area rugs $100

**STORAGE**
- Plastic boxes $5
- Plastic drawers $10

**WALLS & CEILINGS**
- Paints
- Brushes
- Ladders

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**TELEVISIONS**
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**ELECTRONIC ITEMS**
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- Thursday - 5:00 PM
- Friday - 11:00 AM
- Saturday - 11:00 AM

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6005 FURNITURE

**PATIO FURNITURE**
- 14 pc
- $200

**GLASS/CUTLERY**
- Coffee/tea service $20
- China dinner sets $35

**CABINETS**
- $40

**BILLY/BOOKCASES**
- $100

**HUTCHES**
- $10

**STORAGE SYSTEMS**
- $20

**PHONE**
- $20

**ROOMS FOR RENT**
- $250, $300

**NEED A PLACE TO STAY OR RENT A ROOM?**

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THANK YOU FOR YOUR PATIENCE AS WE WORK TO IMPROVE AND IMPROVE OUR PRODUCTS FOR OUR COMMUNITY.
URBANAGRAMS
By Bruce Haight
ACROSS
1. Gossip (6)
2. On the way (8,3)
3. They might be (8)
15. Jolt jumper (9)
19. Collectible fossil (5)
21. Sound (9)
23. Crew (6)
25. A few bars in the (9)
27. First name in the last name (6)
29. Don’t . . . (8)
31. . . . time (7)
33. Relish (8)
34. Lunch (9)
39. Help plan a job, maybe (9)
40. Cry on your own (9)
44. Crushed, as a test (9)
50. Point the way (9)
52. Puna competitor (9)
59. Get to know (9)
62. Next (9)
63. Saturn’s largest moon (9)
64. Media holder (9)
68. Tish dop (9)
69. __ — __ gina cry (9)
70. Carping detractor (9)
71. First house *H* (9)
72. Complex papers, for a fact (9)
78. First of 12 pages (9)
79. First, updated quarterly (9)
80. Dress Ha, for the costume party (9)
81. High . . . (9)
82. Mill, star (9)
83. Week (9)
84. Social conventions in the Southeast (9)
87. Old Pomo maker (9)
88. Yoga movie named (9)
92. Trading post wars (9)
98. Extended rental (9)
99. Furry preen (9)
100. Puffy (6)
101. Address (9)
102. Heavyweights in the Midwest (9)
103. Enclave, haybarn (9)
115. Deadlift (6)
116. Give up (9)
117. Test for purity (9)
118. Lowered attention (9)
120. Squat with (9)
DOWN
1. Old male bordering Bangladesh (9)
2. Two-name high capital (9)
3. Less on purpose (9)
4. Chicago airport (9)
5. Drove on a (9)
6. Bright leaf (9)
7. Coy “I’m fine” (9)
8. Heats of (9)
9. A job in the (9)
10. Bowl (9)
11. Bowl around (9)
12. 1928 Gary Cooper sensation in which a bouquet plays a vital role (9)
13. Went longer than . . . (9)
14. Watchdog of ancient (9)
15. More than choices (9)
16. Lady transfers (9)
17. Film in progress (9)
18. Wins of beat checks (9)
19. Make not, as a knot (9)
20. O.G. for one (9)
21. This is our stop (9)
22. Name not names (9)
23. “Can’t” (9)
24. Name of sport (9)
25. O.K. with your house (9)
26. If he’s short (9)
27. More than choices (9)
28. Name not names (9)
29. Be leaf (9)
30. Name not names (9)
31. Show me (9)
32. A sieve (9)
33. Name not names (9)
34. Make a table stand (9)
35. A few for sale (9)
36. This is your stop (9)
37. More than choices (9)
38. Name not names (9)
39. Don’t play a (9)
40. Show (9)
41. Roll up (9)
42. Name not names (9)
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100. Name not names (9)

CROSSWORD PUZZLE

HOLIDAY MATHIS HOROSCOPES

CRYPTOGRAMS
PLANTING SEEDS
by Myles Mellor

ARIES (March 21-April 19). You’re about to get into something new and special. When you’re passionate about a thing, you apply yourself until you can learn it, do it, claim it, proclaim it, improve it, share it and then go deeper.

TAURUS (April 20-May 20). There will be a decision to make. Should you go big or pull back? Much depends on how much attention you want now. If publicity is important, maximize your gains. If security is the aim, minimize your losses.

GEMINI (May 21-June 21). There’s a lot that’s up in the air today, but this is when gravity works in your favor. What goes up must come down. Be patient. It’s all going to fall into place.

CANCER (June 22-July 22). Instead of thinking in terms of whom you like or don’t like, think about what people bring out in you. You may enjoy hanging out with someone, yet if that person doesn’t bring out the best in you, it’s not a good match.

LEO (July 23-Aug. 22). Life is full of potential — potential for love, potential for joy and even more potential for disappointment. But you don’t need everything to work out. It’s amazing how wonderful things get when just one or two things work out. It’s amazing how wonderful things get when just one or two things work out.

VIRGO (Aug. 23-Sept. 22). You don’t need to chase anyone or anything. Chasing things makes them run from you. Even if you catch them, a part of them will always be reluctant. Instead, put your energy into building something that’s mighty attractive.

LIBRA (Sept. 23-Oct. 23). You’ll feel like quitting, but sleep on it instead. When you’re tired, what you need is a pause to rest, not an ejection button. The time to stop is not when you’re tired; it’s when you’re done.

SCORPIO (Oct. 24-Nov. 21). There’s something calling to you — a date, an interview, a hard conversation, a trip, a move. What scares you will also charge you up. There’s fuel there for developing yourself. So go on and face it; step into it; invite it.

SAGITTARIUS (Nov. 22-Dec. 21). You participate so regularly in certain normal parts of life that you don’t even realize how deadly boring they’ve become to you. That’s why today’s shake-up should be a welcome change of pace.

CAPRICORN (Dec. 22-Jan. 19). It’s hard to be grateful for your problems, but you can start by being grateful for the problems you don’t have. You’ll see excellent examples of those kinds of problems around you today.

AQUARIUS (Jan. 20-Feb. 18). There are times to delegate, but this isn’t one of them. Your special touch is going to make a difference. No one is going to play your role better than you. Show up in person when possible.

PISCES (Feb. 19-March 20). You’ve a choice in the company you keep today, and it should be a pretty easy decision for you. You’d rather hang out with the kinds of people who make you forget to look at your phone. The time to stop is not when you’re tired; it’s when you’re done.

BIBLIE
"Behold, the days come, saith the Lord God, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the word of the Lord." — Amos 8:11.

Only the Word of God can quench the thirst of your soul. Are you spiritually malnourished? Read the Bible and see how God can meet your every need.

CRYPTOGRAMS

1. YZCUS YQQDV TDQ U TJOINQ RQOVQ
2. RVC. CEV UHWHVD BVY HI HWHVD.
3. CEV UDCVO EUD HJ HWDCCVQ.
4. TJC HNSRU ITYGCS XKTNYZ SCAHDYC
5. STUXC TJ RDCYPFIBC’X ZDU: PKC ADXXFTI
6. IYTGCS!
7. 4.1 UWJLX QXLKJ PWDF PXHJXP KRWUXJ
8. OUXJ OWXP: “MXYBV QXJA ULPKGR
9. IMWG WP ULPXJIVI FIA JXLRBP VB DALKXIIVJ.”

TODAY’S BIRTHDAY
(Oct. 29).
Creative inspiration strikes time and again as you close out what’s been a truly remarkable year. You go into 2018 a friend to your muses, who will continue to favor you. New people come into your personal life in January. A book or class inspires a change of work. You’ll travel for love and profit in May and September. Leo and Capricorn adore you. Your lucky numbers are: 2, 40, 11, 37 and 41.

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**DEAR ABBY**

I'm a woman who was honorably discharged from the military several years ago and now in an electrical con-
struction apprenticeship. I'm concerned that my family is judging me in a field I love that can give me a comfortable living but would not allow me to rely on a second job.

My problem is that they have always been convinced that I hate men or wish I was one. They will entice me to flirt with potential boyfriends with comments like, "Isn't she a real lady?" as they put it, and even if I say absolutely nothing, they'll realize they're being mistreated.

DEAR ABBY: I am in my late 40s and live in New York City. I was taught to hold doors open for women to exit the elevator first. Problem is, in our lobby there are two separate glass doors that do not have to be walked outside the building. If I let a woman walk out before me, I might be the elevator first. — Lynda C., via email

DEAR ABBY:

Dear Abby: I am in what is considered my prime working years. In their opinion, my family is basing these opinions purely on what is acceptable to do and when to do it. — Alice, via email

DEAR ABBY:

Sometimes I wonder how I'm even related to these people. If I were asked to deploy back to the war zone, I'd happily leave tomorrow, because it would be easier than dealing with the small-minded, narrow viewpoints I'm encountering here at home. — HOW CAN I MAKE THEM LISTEN?

DEAR HOW: It's beyond sad that you would find returning to a war zone more appealing than dealing with the pressure you're receiving because of your career choice. But please try not to blame your family for their outdated thinking. Many people are unaware that women are now being trained — and succeeding in — high-paying jobs once held only by men. Because your relatives refuse to believe that you're heterosexual, stop wasting your time trying to convince them otherwise. Live your life in an authentic way, and if you meet a nice man and decide to settle down, everyone around you will realize they're going to miss out.

DEAR ABBY: My problem is my late night hours. — M. in California

DEAR M.: Even if you are completely ignoring anything I have to say, you are still a woman who was honorably discharged from the military several years ago and now in an electrical construction apprenticeship. I'm concerned that my family is judging me in a field I love that can give me a comfortable living but would not allow me to rely on a second job.

My problem is that they have always been convinced that I hate men or wish I was one. They will entice me to flirt with potential boyfriends with comments like, "Isn't she a real lady?" as they put it, and even if I say absolutely nothing, they'll realize they're being mistreated. — Lynda C., via email

DEAR ABBY:

Dear Abby: I am in my late 40s and live in New York City. I was taught to hold doors open for women to exit the elevator first. Problem is, in our lobby there are two separate glass doors that do not have to be walked outside the building. If I let a woman walk out before me, I might be the elevator first. — Lynda C., via email

DEAR ABBY:

They're not mad at me or my gender identity or my sexual orientation. They are simply ignoring the fact that I'm starting a great career and relying on a second job. I'm able to do this because I have a husband who follows different monies. "No gifts, please, as they may find yourself. Always locate the exits for these sites, for safety's sake: • movie theater • airplane • office building • museum • hotel

Order in the closet

DEAR ABBY: I see a lot of hints in your column about closet organizing. Here is mine: I sort my garments by length: robes and gowns, dresses and pants, and tops and shirts. In my closet, the tops and shirts can be hung on double racks, one over the other, and still be within easy reach. — Lynda C., via email

DEAR ABBY:

I've been invited to a birthday party for a 3-year-old, and on the invitation was printed "No gifts, please. Thank cards or money." What do you say? — Alice, via e-mail

Alice, I think a gift card to a clothing store is a much better idea than cash. — Heloise

**Hints from Heloise**

DEAR ABBY:

Dear Abby: We just returned from our honey-
moon, and while we were planning our trip, the travel agent gave us some very valuable hints to help keep us safe.

• Take only credit cards on a trip. You'll need some cash, of course, but never carry a lot. You'll have very little, if any, liability if they use a stolen credit card. • Never let a cabdriver take you to a hotel that he claims is a better deal than the one where you have booked a room. Research hotels carefully; and stick to that plan

*JUMBLE*

The Sun Classified Page 11

**Family jumps to conclusions about woman's career choice**

By OLINE H. COGGILL

ASSOCIATED PRESS

In her second thriller, Shari Lapena poses the question: How do you know your spouse? It’s not exactly a new story device, but Lapena’s fresh approach makes it seem original in “A Stranger in the House.”

While the novel is plot-heavy, the characters are more sketches than fully fleshed-out people. No character is likable or worth rooting for, but the redemptive is that Lapena makes them interesting, keeping the reader invested in what happens next.

Karen Krupp is left with a bad conclusion after crash washing her car into an abandoned restaurant in a sketchy neighbor-
hood in a town in upstate New York. She claims she has no memory of what happened, and her doctors acknowledge that this could happen, but add that she might regain memory.

Police suspect that Karen may have some thing to do with a man found dead in the empty restaurant. Karen's husband, Tom, is left to believe, Karen’s accident, and the fact that she left that night without her purse or cellphone, are out of character for his normally calm and loving wife. Tom begins to wonder just how well he knows Karen. She never talks about her background and her family, and she appears to have only one friend, Bridget Croudshank, who lives across the street. But Bridget is hardly the caring friend, spending most of her day in front of her living room window watching the comings and goings of the Krupp's consumed with jealousy over their happy life.

Lapena keeps the well-developed twists churning, with each a surprise notch in this ever-evolving plot, and this keeps you interested in it. In her second thriller, “The Couple Next Door,” melded plot with character for a unique look at a missing woman. In “A Stranger in the House,” Lapena’s charac-
ters are indeed strangers, forgettable as soon as the reader has finished. But the strong plot of “A Stranger in the House” is quite memorable.

**Freecing store**

Dear Abby: We've gone to great lengths to keep our air conditioning on so low that we freeze! Right now we all are wearing lightweight clothes, and even though the windows are wide open, the temperature in our living room window is so cold that it deters us from opening the glass doors. The temperature in here is so cold it deters us from opening the glass doors. — Ken C., Harrison, Ark.

Dear Abby: My wife takes four different window markers to the one where you have booked a room. Research hotels carefully; and stick to that plan

*JUMBLE*

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*JUMBLE*
The Sun Classified
E/N/C sun-classifieds.com Sunday, October 29, 2017

PUZZLE ANSWERS
(Puzzles on previous pages)

JUMBLE
Answer:
FATHER HOBNOB ENCORE PICKET GUTTER INFUSE
The performer earned some money working as a mime, but it was —
NOTHING TO SPEAK OF

ACROSS
1. “Music ____ charms ____”
2. “Veiled, ____”
5. “Veiled, ____”
9. “Revered Fleming, for one”
13. “Swatches”
17. “Swat”
18. “Quickly”
19. “African antelope”
21. “Aquarius”
22. “Radio "choker" victim!”
24. “An old sweeter”
26. “Entrances”
27. “Orchestrated section”
29. “Dapper”
30. “Minxes”
31. “Carnivores”
32. “Chair material”
33. “Waxers or Kentucky”
36. “Fronted on”
37. “Demonize”
39. “Some July babies”
42. “Ignition component”
44. “Infrasonically”
46. “Collar’s situation”
47. “Details like a cat”
48. “Pol. subdivision”
49. “Van Der Rohe”
50. “Yes, yes, in Cadiz”
51. “Chi, I. Way vector”
52. “Patient bill clink?”
56. “Shack”
57. “Acks Beatty”
58. “Hamlet, to Olivier”
59. “Skips”
60. “Liquid measures”
61. “____, a dream!”
64. “Hides”
65. “Chocolate substitute”
66. “Poolside furniture”
67. “____, & Stream”
68. “Jot”
69. “Pacific ____”
72. “Curves knowingly”
73. “Protective?”
75. “Tomboy”
76. “Psychological selves”
77. “Catcher’s base”
78. “Elers.”
79. “____,inkle and pop”
80. “Review unsatisfactorily”
81. “Touch knowingly”
83. “Skirt fold”
84. “Tripping”
85. “Backed”
87. “Trenches around Ealing”
89. “National character”
90. “Chief”
91. “Miss Divine”
92. “Computer screens offering”
94. “____, ____ — when I take my sugar”
97. “Of haste”
101. “Towel saggy?”
102. “Barbecue host”
105. “Actor Scott”
106. “Foodie Sutherland movie”
107. “____ — maid in your eye!”

DOWN
1. “Easter entry”
2. “Sale merchandise warning”
3. “Youngster”
4. “Without thinking”
5. “Agent”
6. “Witches”
7. “Harry’s word for himself”
8. “1970s fail”
9. “Counts on”
10. “____, France”
11. “Moving vehicles”
12. “Raggedy ____”
13. “Artists”
14. “German philosopher”
15. “____, ____ fool”
16. “The limit, to some”
18. “Circle segments”
20. “Bundles of energy”

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Check out the New York Times crossword puzzle in today’s News Wire section.

Answers to crossword puzzle at left

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<td>7 PM</td>
<td>CBS</td>
<td>The Great British Baking Show</td>
<td>Cookies baking in nylon stockings makes a scone.</td>
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<td>('93, '05, '16, Thriller) Young girl's secret.</td>
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$25,000
1972 CHEVY CORVETTE
460-9442

1972 DODGE TOURING CAR
4 door Complete, drives well with lots of patina & restoration.$5600 OBO. 863-494-2971 BN/HWPF12@yahoo.com

2006 CHRYSLER SERRING TOURING EDITION
MATTAS MOTORS 941-916-9222 DLR

2005 DODGE F-250 $59,500 OBO, 6.0 turbo diesel 4x4, off road full size supercab. 941-276-0204

2009 NISSAN TITAN $15,990, SE, GRAY, 88K MI. 855-481-2060 DLR

2017 HONDA HIGHLINE RTP MODERN STEEL METALLIC 16 M. 855-481-2060 DLR

1993 BUICK PARK-AVENUE $850/OBO 1993 BUICK PARK-AVENUE

2016 FORD THUNDERBIRD 64K orig mi, 941-676-2314

2014 DODGE GR. CARAVAN 1,199 MI. 855-280-4707 DLR

2017 HONDA ODYSSEY $23,958 EXL, NAVI, WHITE ORCHID, 4,011 M. 855-481-2060 DLR

2017 HONDA ODYSSEY $39,990 4/20, BLACK, STEEL, CERT, EXL, NAVI, WHITE ORCHID, 1,199 M. 855-280-4707 DLR

2017 HONDA CRUZ $18,990, LTD. BLACK, NAV. 42K M. 855-280-4707 DLR

2012 TOYOTA VENZA $30,477 LX, MATTAS 855-481-2060 DLR

2017 HONDA ODYSSEY $20,897 6,665 MI 855-481-2060 DLR

2015 23' KEY WEST 2123 FS, 90 HP Yamaha, 23' w/ Alum Trailer. $9,495 941-916-9222

2008 NISSAN TITAN $5,900, 8,599 M. 941-429-2362

1972 CHEVY CORVETTE $25,000 obo, Coupe. 941-460-9442

1961 TRIUMPH TR3 Call for owner! 941-505-4122

1993 FORD THUNDERBIRD Premium Edition. 941-916-9222 DLR

1999 TOYOTA CAMRY $300 1 Sr. owner, new tires. 863-558-2836

2006 TOYOTA SIENNA-LE $17,987 SV, GUN METALLIC, 6,820 MI 855-481-2060 DLR

2016 NISSAN QUEST $17,987 SV, 6,665 MI 855-481-2060 DLR

2017 CHRYSLER T&C 200,000 M. 855-481-2060 DLR

2016 HONDA ODYSSEY $59,990 WHITE, CERT, NAVI, 6,000 MI 855-481-2060 DLR

2017 HONDA CRUZ $19,995 4,011 M. 941-870-4325

2014 DODGE Grand Caravan 9,000 MI. 855-481-2060 DLR

2008 DODGE GR. CARAVAN 16' PALM BEACH WHITECAP 2006 DODGE GR. CARAVAN

2009 CHEVROLET 1500 $7,500 4/20, Condition, original owner, great tires, great a/c, 15K M. 941-613-9556

2016 TOYOTA SIENNA LE 4X4, 2016 TOYOTA SIENNA LE

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

**CLUES**

1. actress Madsen (8)
2. country neighboring Turkey (7)
3. “all-American” Great Lake (8)
4. musical featuring cowboys (8)
5. urban planning guru Richard (7)
6. intrepid archeologist Jones (7)
7. Miley Cyrus character (7)

**SOLUTIONS**

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<tr>
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<td>ACTRESS</td>
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<tr>
<td>2</td>
<td>COUNTRY</td>
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<tr>
<td>3</td>
<td>“ALL-AMERICAN”</td>
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<td>4</td>
<td>GREAT LAKE</td>
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<tr>
<td>5</td>
<td>MUSICAL</td>
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**JANRIC CLAS SIC SOUDOU**

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).
The Sun Classified

7380 MOTOR HOMES / RVs
I BUY TRAVEL TRAILERS, 5th Wheels Motor Homes & Trucks I Come to You! Call Dave Anytime. 813-713-3217

GERZENY’S R.V. WORLD
OVER 800 TOTAL VEHICLES!
*SALES *SERVICE
*PARTS *BODY
FAMILY OWNED AND OPERATED
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I-75 EXIT 195
941-202-6422
SOUTH OF OSCAR SCHERER STATE PARK
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7360 CYCLES/MOPEDS/SCOOTERS
NEW CARGo CRAFT ENCLOSED TRAILERS JUST ARRIVED FROM 8’ TO 20’ Ready for immediate delivery MATTAS MOTORS 941-916-9222 DLR
2009 EJEWEL scooter Yellow, 120cc gas, New tires, 5,300 miles $495 814-336-9034

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7339 CANOE/KAYAKS
14’ YELLOW KAYAK sit in with seat & paddle $125 941-743-0562

7341 TRAILER & ACCESSORIES
UTILITY TRAILER 5 X 8, Spare tire included $125 941-628-4017

7338 MARINE SUPPLY & EQUIP.
OUTBOARD KICKER MOUNT Up to 20hp $40 941-268-0934
SEAT FOR INFLATABLE Fiber-glass Molded Specifically for Inflatable $45 941-268-0934

7331 SAILBOATS
16’ SAILBOAT, W/Motor No Trailer, Delivery & Trailer Available $375 941-204-4196

POWER CORD 50 FT. 30 amp bag and digital $100 305-240-1646
MARINE RADIO VHF Hand Held Standard Horizon 91350 $75 305-240-1646

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Tricks for storing treats

Safe costumes can prevent mishaps

Common Halloween phobias

Protect the planet this Halloween

Beware of scary holiday-related injuries

Frightening risks of wearing contact lenses without a prescription
Ophthalmologists warn of frightening risks of wearing contact lenses without a prescription

Zombie or devil contact lenses may elevate a Halloween costume's fright factor, but wearing them without a prescription could result in something far more terrifying — blindness. Zusman EyeCare Center joins the American Academy of Ophthalmology in urging Halloween shoppers to understand the risks of wearing over-the-counter contact lenses.

While it is illegal to sell non-prescription contact lenses, they can still be easily purchased at many places such as beauty supply stores, costume shops and on the web. Falsely advertised as “one-size-fits-all” or “no prescription necessary,” these lenses can cause serious eye damage. Last year, one girl became partially blind in her left eye, the top layer of her cornea having been ripped off, after a mere four hours of wearing non-prescription contact lenses she bought at a jewelry booth.

Ophthalmologists — the physicians and surgeons that specialize in medical and surgical eye care — are reminding people of five frightening consequences of ignoring the warnings:

1. Scratches to the eye. If contacts are not professionally fitted to your eye, they can scratch the clear front window of the eye. This is called a corneal abrasion, which is not only painful, but can cause permanent damage. Just ask Laura Butler, who was in severe pain due to corneal abrasions 10 hours after putting in non-prescription lenses, which “stuck to my eye like suction cups.” Treatment often involves medication and patching, but in some cases damage cannot be reversed.

2. Infection. Most commonly, bacteria and fungi thrive in moist environments and can infect your cornea, causing conditions such as pink eye. Highly contagious, pink eye treatment depends on the cause, but typically includes antibiotic drops.

3. Pink eye. Never share contacts because doing so can spread germs, causing conditions such as pink eye. Highly contagious, pink eye treatment depends on the cause, but typically includes antibiotic drops.

4. Decreased vision. Whether from a corneal scratch or infection, wearing non-prescription contacts can lead to decreased vision.

5. Blindness. It’s no scare tactic: wearing non-prescription contacts can lead to permanent vision loss. Julian Hamlin has had more than 10 surgeries and is now legally blind in his left eye after wearing contacts to change his eye color, a mistake he’ll live with forever.

The American Academy of Ophthalmology encourages the public to watch and share its “No Prescription, No Way” public service announcement at www.youtube.com/watch?v=RZHXHueJiiU which shows the serious damage that these non-prescription costume contact lenses can inflict on the eyes. Visit the Academy’s EyeSmart website to learn more about contact lens safety at www.aao.org/eye-health.

Eyes can change your life, so keep them safe.

Visit the Academy’s Eyesmart website to learn more about contact lens safety at www.aao.org/eye-health.

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As thousands of children prepare to embark on their trick or treating jaunts in neighborhoods near and far, it is best to once again revisit safety tips that can help ensure this Halloween is enjoyable and injury-free.

- **Visibility:** Visibility is key when donning a Halloween costume. Children should be dressed in highly visible costumes so drivers can easily see them. Parents and chaperones also should be dressed in bright colors. Reflective tape and flashlights also make pedestrians more visible to oncoming cars.

- **Route:** Children and adults should plan their trick-or-treating routes ahead of time. This way they kids can encounter fewer people and be far enough from the street to prevent any chance of injury.

- **Walk, don’t run.** Trick-or-treaters should stick to sidewalks and only cross the street at intersection crosswalks. Make sure kids know to avoid darting out between cars or cutting across lawns and driveways. When darkness sets in, fast-moving children can be difficult to see.

- **Visit only lit houses.** Residents who don’t want to answer the door will typically have their homes’ exterior lights off. Only visit homes that are decorated, bright and welcoming to trick-or-treaters.

- **Go in groups.** Children should go out in groups and always be accompanied by an adult chaperone.

- **Beware of fire hazards.** Keep decorations to a minimum and avoid decorating any home that appears to be burning. Plan a route that will avoid any homes that are not lit by real flames. Homeowners can opt for LED lights or other, safer methods of illumination rather than candles and open flames.

Halloween is an exciting day for youngsters, and following a few safety tips can make the day both fun and safe.

### Tricks for storing Halloween treats

**Provided by MCC**

Halloween is a favorite day for many children — and even a number of adults. Halloween offers revelers the opportunity to dress up in costume, play tricks on unsuspecting individuals and cap off the day with treasure troves of candy.

Approximately 600 million pounds of Halloween candy is sold each year in the United States. Around 90 million pounds of that is chocolate.

The National Retail Foundation notes that more than two billion dollars are spent on candy come Halloween.

The National Retail Foundation notes that more than two billion dollars are spent on candy come Halloween.

- **3. Candy corn can endure.** This symbol of the season is a durable treat. If left in the original, unopened packaging, candy corn can last a few years. The manufacturer of Smarties says that it is good for up to three years if unopened. The cooler and drier the conditions for storing the candy, the better.

- **4. Keep original packaging.** The wrappers used to house the candy were designed to keep it fresh. Candy that has been opened or has had the wrappers degraded faster. When original packaging is unavailable, glass or plastic containers with airtight lids can keep Halloween candy fresher, longer.

- **5. Manage moisture.** Candies like mints, caramels and hard candies can absorb moisture. They should not be mixed with other candies that can lose moisture, such as fudge and creamy confections. The NCA notes that hard candies can stay hard if sprinkled with finely ground sugar and stored in airtight containers.

- **6. Use candy in other ways.** If eating chocolate bar until chocolate has becomes tiresome, repurpose candy in different recipes. Chocolate can replace chips or morsels in cookies. Use hard candies to garnish cakes. Melt down caramels to use for ice cream toppings or chop up nutty candies to make your own sundaes toppings.

### Common Halloween phobias

**Provided by MCC**

Halloween is about embracing the scary and the spooky and enjoying all the things that go “bump” in the night. Naturally, the holiday can drum up some fears and tap into peoples’ anxieties, especially when they come face-to-face with some of the symbols of Halloween. Some of these fears may be full-blown phobias. A phobia is defined as an extreme or irrational fear of or aversion to something. Phobias can elicit feelings of dread and horror. In psychological terms, it is an anxiety disorder in which a person will go to great lengths to avoid a perceived danger. This danger is usually much greater in the person’s mind than in real life. Several symbols of Halloween can be tied to phobias. A person with arachnophobia may not enjoy the darkness of the Halloween night. Someone with coimerophobia probably would not want to visit a cemetery. Coming in contact with a ghost would not be ideal for someone with phasmophobia. Anyone with wiccaphobia might fear meeting up with a broom-riding witch. One of the more common phobias is arachnophobia, which is a fear of spiders. Spider decorations are common come Halloween, so people with arachnophobia may struggle on and around Oct. 31.

While Halloween will never fall on the thirteenth day of the month, the number 13 has been linked to Halloween festivities. Many people view the number 13 to be a harbinger of bad luck. This is especially so for those with triskaidekaphobia, or the fear of the number 13. Believe it or not, some people have a crippling fear of Halloween itself. This phobia is called samhainophobia, which is the fear of Halloween or the fear of the festival of the dead. The term “samhainophobia” originates from “Samhain,” meaning summer’s end. Samhain was also the name of the festival celebrated by the Celts to mark the transition from summer to winter.

### Support groups

#### Alzheimer’s Caregiver

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

#### Amt椿ee support group

The Amputee Support Group meets at 1 p.m. on the second Monday of every month at the Life Care Center, Punta Gorda. Contact George Baum at 941-787-4121 for more information.

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Orthopedic Consultants for the Tampa Bay Rays and Team Physicians for the Charlotte Stone Crabs!
Candied apples can be found at Halloween festivities to make their participation more eco-friendly. People even give them out to trick-or-treaters. When buying apples that will ultimately be transformed into candied confections, buy your apples from local farmers. Locally produced apples did not have to travel far, reducing the fuel needed to go from farm to table. And locally produced apples may taste fresher than those shipped from far away, making this beloved dish even more delicious.

• Hand out locally produced treats. Candied apples can be found at Halloween parties, and some people even give them out to trick-or-treaters. When buying apples that will ultimately be transformed into candied confections, buy your apples from local farmers. Locally produced apples did not have to travel far, reducing the fuel needed to go from farm to table. And locally produced apples may taste fresher than those shipped from far away, making this beloved dish even more delicious.

• Exchange costumes with neighbors. Rather than buying new costumes each year, parents can save money and help the planet by exchanging costumes each year. Halloween costumes are typically worn just once, which is wasteful when considering the amount of materials, energy and packaging required to produce and sell such costumes. Homemade costumes also are less wasteful, as parents won’t have to package such getups in potentially harmful plastic.

• Clean up throughout the evening. Trick-or-treaters are many things, but are not likely to be conscious of the trash they produce as they sneak candy bars here or there during their travels. Candy wrappers and other litter can quickly accumulate on Halloween. Unless this trash is promptly picked up, it may ultimately find its way into drainage systems and nearby waterways. Sweep up throughout the evening to keep lawns and driveways clean and protect the environment.

• Add pumpkins to compost piles. Pumpkins, and jack-o-lanterns in particular, are symbolic of Halloween. But pumpkins deteriorate rather quickly, and homeowners might be quick to simply toss them into the garbage with the rest of their trash. But pumpkins can make great additions to compost piles. Before adding pumpkins to your pile, remove any seeds from inside the pumpkin, and do not add pumpkins that have been coated in preserving chemicals. Pumpkins can make great additions to compost piles. Before adding pumpkins to your pile, remove any seeds from inside the pumpkin, and do not add pumpkins that have been coated in preserving chemicals.

Pumpkins can make great additions to compost piles.

PHOTO PROVIDED

Pumpkins can make great additions to compost piles.

PHOTO PROVIDED

Breast cancer networking
Breast Cancer Networking in Venice offers support and sharing with other breast cancer survivors. Meetings are on the third Monday of each month from 11 a.m. to noon at the Venice Health Park, Suite 1227 (north side), Jacaranda Blvd., Venice. For more information, call 941-408-9572.

Co-dependents support group
A co-dependents support group will meet from 7 p.m. to 8:30 p.m. Mondays and from 11:30 a.m. to 1 p.m. Thursdays at Englewood Alano Club, 2906 S. McCall Road, Englewood. For more information, call 941-209-5760.

Breastfeeding support group
The Florida Department of Health, local partners and organizations, such as the American Academy of Pediatrics, strongly recommend babies exclusively breastfeed for the first six months of life and continue to breastfeed for one to two years. There are a variety of programs and resources to empower breastfeeding moms. Health professionals and peer counselors provide a range of services from right after birth at the hospital to breastfeeding support groups in the community as noted below.

• Tuesdays, 11:30 a.m. to 1 p.m., WIC in partnership with Lactation Love Breastfeeding Support Group, Jacaranda Library, 4143 Woodmere Park Blvd., Venice. Contact: Arielle Ball, DOH-Sarasota, WIC and Nutrition Services, Arielle.Ball@FLHealth.gov or 941-685-3324.

• Second Wednesday each month, 1 p.m. to 2:30 p.m., North Port Library conference room, 13000 Tamiami Trail, North Port. Contact: Jamee Thumm, Healthy Start Coalition of Sarasota County, jamee.thumm@gmail.com or 941-373-7070, ext. 307.

Cancer support group
The First United Methodist Church offers a faith-based cancer support group to all adult cancer survivors and their caregivers. Meetings are held at 6:30 p.m. on the first Wednesday of each month at 507 W. Marion Ave., Punta Gorda, in room 9. New participants are always welcome and encouraged to attend, regardless of their cancer type, church affiliation or faith base. Please contact Jane Sheppard via email at janeshedmondsrocketmail.com with questions or to indicate your interest in becoming a part of this group as a participant, facilitator or resource.

For more information on this and other ministries at First United Methodist Church, visit our website at www.firstunitedmethodistchurch.com or call the church office at 941-639-3842.

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

Lung Matters
Lung Matters support group meets from 2:30 p.m. to 3:30 p.m. on the third Tuesday of each month. Call Port Charlotte Rehab Center for locations and more information at 941-235-8011.

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Port Charlotte, FL 33952
941-613-2222

Looking for a New Physician?
Safe costumes can prevent Halloween mishaps

By MICHELLE ANDREWS
Kaiser Health News

The open enrollment period begins Nov. 1 for 2018 marketplace coverage, but many people are confused about what to expect.

The Trump administration has slashed advertising and guidance about open enrollment, so concrete consumer information is sparse. But there's more than enough political rhetoric to make up for it, with regular partisan pronouncements that the marketplaces have collapsed and Obamacare is dead.

Further muddying the waters on 2018 coverage was the Trump administration’s decision to cut off government payments to fund subsidies some marketplace customers receive to reduce their out-of-pocket costs, and a subsequent congressional proposal to restore them.

Though details may change if Congress approves a deal, here is key information that consumers probably can bank on. ("Probably," because in this changing environment, nothing is certain.)

Open enrollment in the 39 states using the federal marketplace starts Nov. 1 and continues until Dec. 15 for coverage that starts Jan. 1, 2018. That's considerably shorter than past years.

In some states that run their own insurance exchange, people can sign up through the end of December. If you miss the Dec. 15 deadline and your current plan won't be offered next year, you may qualify for a special enrollment period that would give you time to get coverage. More on that below.

Despite the chaos in the marketplace, people who qualify for tax credits to help pay for their premiums or cost-sharing reduction subsidies to lower their out-of-pocket costs will get them. And, in some cases, pricing may be turned on its head — plans providing higher levels of coverage may be more affordable than less generous plans.

There will be at least one insurer offering marketplace coverage in every sign-up area.

Prices said in the marketplaces will still offer comprehensive coverage and no one will be turned down or charged more because they have a preexisting medical condition.

If you don't have insurance next year, you'll owe a fine unless you meet specific guidelines to be excused.

Shopping for health insurance is about as entertaining as picking dryer lint off your clothes, but this year it's especially essential to review your current plan or work with a person with a navigator (if you can find one; federal funding for their health insurance counseling has been trimmed, too) and review the plans offered in your area.

GOING FOR GOLD

It's always important to check your plan details to see if the costs, benefits or providers have changed and compare them to other plans. This year, failing to do so could mean you'll miss out on significant opportunities to get more bang for your premium buck.

Because of a wrinkle in premium pricing this year, some consumers may be able to buy gold plans, one of the most comprehensive offered on the marketplaces, for a lower premium than that of a less generous silver plan. For the same reason, consumers who buy a bronze plan, whose coverage is less generous than a silver plan, may owe no premiums at all.

Marketplace plans are grouped into four levels of coverage. Bronze plans pay 50 percent of covered costs, silver plans pay 70 percent, gold picks up 80 percent, and platinum plans pay 90 percent or more.

The health law provides two types of subsidies to help lower-income consumers buying coverage on the marketplace.

Cost-sharing reduction (CSR) subsidies are paid by the federal government to insurers to shrink deductibles and copayments for people with incomes up to 250 percent of the federal poverty level (about $30,000 for one person) only if they buy a silver plan.

Also, people with incomes up to 400 percent of poverty (about $48,000 for an individual) can qualify for tax credits to help pay for premiums. The amount of the premium subsidy is based on their income and the cost of a low-priced silver plan.

Earlier this month, President Donald Trump ordered the cut off those tax credits to insurers. Senators have introduced a bipartisan bill that would restore the payments, among other things, but its likelihood of passage is unclear.

Recognizing that they might be on the hook financially if the administration cut off payments, many insurers already incorporated the cost of those subsidies into their 2018 marketplace plans. Further, on their own or at the direction of state insurance regulators, many insurers limited the CSR price increases to the silver plans to which the premium subsidies are tied.

But boosting silver premiums may also mean that consumers get larger premium tax credits.

Even though premium tax credits are set according to a silver plan, they can be used for any plan. So, shoppers who qualify for those subsidies may find that a more generous gold plan is relatively expensive this year, bronze and gold plans are relatively cheap, because consumers' larger premium tax credits will make those plans more affordable.

"Premiums for silver plans are higher, but not for gold or bronze," said Caroline Pearson, a senior vice president at Avalere Health, a consulting firm. "Premiums for gold and bronze plans are unusually cheap, so they might be a better value."

To illustrate the pricing anomaly, the Kaiser Family Foundation used the example of a 30-year-old consumer in Sacramento, Calif., who receives a $295 monthly premium tax credit. After applying the tax credit, he would pay $130 for a silver plan with a $425 premium tax credit. After applying the tax credit, he would pay $130 for a silver plan with a $425 premium tax credit.

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In addition, people who don't qualify for subsidies may find better deals off the marketplace this year, experts said, depending on whether the state encouraged insurers to load the CSR increases into only marketplace plans.

AUTO-ENROLLMENT

If you don't take that step to review plans and update your income and other personal information, your insurer or the marketplace may automatically re-enroll you in your 2017 plan or another one that is similar in price and coverage.

About two-thirds of people surveyed by the Kaiser Family Foundation earlier this fall said they would like to stick with the same plan if it's available.

That may seem like a simple solution, but remember: If premiums have changed, it could affect how much you owe, and a new plan may have different benefits or a different network of doctors, hospitals and other providers. You need to check out your options.

If you live in a state that uses the federal marketplace, open enrollment ends Dec. 15, about six weeks earlier than last year. That reality coupled with the deadline to sign up for tax credits this year is likely to reduce the odds that someone can sign up right at the last minute and avoid a fine.

‘Obamacare’ is still here and it’s still the time for coverage checkout

Dec. 15, about six weeks earlier than last year. That reality coupled with the deadline to sign up for tax credits this year is likely to reduce the odds that someone can sign up right at the last minute and avoid a fine.
Seattle’s real spider man sets us straight: They’re not out to get you

By ERIK LACITIS
The Seattle Times

With more than 170,000 glass vials containing spiders picked in alcohol, yes, it is cramped in this room in the basement of the Burke Museum at the University of Washington.

This is no place for those fearful of spiders—a condition that affects a third of Americans, with arachnophobia afflicting four times more women than men.

Sure, most of the vials are only a couple of inches each in length, but they crowd drawer after drawer, cabinet after cabinet.

Rod Crawford, who’s been the spider’s “curatorial associate” at the museum for the past 46 years, doesn’t like to think of the fluorescent lighting. The dimly lit 12-foot by 14-foot room looks like it’s out of a “Raiders of the Lost Ark” set. Light is provided by some table lamps on the World War II-era wooden desks that go along with the old wood and surplus-look metal cabinets.

This is the time of year that Crawford starts getting the phone calls and emails.

“What can I do to get rid of them?” is typical.

“They” usually being two spiders that reach maturity in the early fall: The Giant House Spider can grow to have a leg-span of 4 inches. And the Cross Orwebweaver that’s considerably smaller, about an inch in size, but is “as commonplace in Northwest fall as clouds.”

Right now, what you’re seeing is adult males “wandering around at random” looking for mates, says Crawford. Remind you of anybody?

Once again, Crawford can only answer spider-dilettantes as he has for over four decades. Don’t go off killing these harmless creatures; they prefer eating bugs to you.

“Without them,” he told these people, “your house would be so overrun with insects that you couldn’t even live there.”

Give spiders some credit. They are one of the most natural enemies of insects worldwide, killing 600 million to 800 million tons of prey a year, which means a few billion bugs, since individually spiders hardly even register on the average scale.

Yet they sure do frighten us.

Research shows we attribute a number of frightening features to them.

In order of fright, they are: Legginess, sudden movements, speediness, hairiness, crawdliness, skin, contact, quietness, color, web spinning, dirtiness, jives, found in dark places and, harmlessness.

Myths, myths. Myths. That’s what spiders have to cope with.

This state’s Department of Health website links to a University of Idaho paper that begins, “Spiders are among the most frightening features to them.”

It goes back to “the many devastating coincidences.”

We might be all modern and every-thing, but we still have “mechanisms in our brains that our ancestors had for hundreds of thousands of years.”

And, goes this hypothesis, the explana-tion as to why boys are less fearful of spiders is evolutionary: “Men who are more fearful are less likely to find a mate.”

Next, here is another piece of research. People of European descent are particularly phobic about spiders, and it goes back to “the many devastating and inexplicable epidemics that struck Europe from the Middle Ages onwards,” according to a paper from The City University of New York.

Something had to be blamed, wrote Professor Graham C.L. Davey, even though “in reality spiders are beneficial to us.”

“In fact, the poor spiders were found guilty just because they lived around the thatched roofs occupied by black rats—that they carried the fleas that carried the plague.”

And this guilt by association has stuck in our culture, according to the professor. In places like China, Thailand and Cambodia, meanwhile, fried spiders are considered tasty street food.

All right, ready to give spiders another chance? That guy in the corner of your bed-room mattress? Doing nothing but eating bugs in your house? Live and let live?

Oh, gosh, I hear a vacuum cleaner.

Delicious food is one of life’s great joys. We believe people should have the freedom to experience that joy any time of day. All-day dining is just one of the ways The Springs at South Biscayne is unlike any other assisted living, memory support and short-term respite care community in the area. Backed by the strength of Omega Communities, we offer well-appointed monthly rental floor plan options, resort-like services and amenities, and our exclusive holistic wellness program, Masterful Moments®, for a senior living experience that serves up fulfilling moments all day, every day.

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Alzheimer’s support groups

The Alzheimer’s Association holds monthly caregiver support groups for spouses, adult children and family members who want to connect and share insight with others in similar situations. RSVP is not required to attend. For questions or to join groups, contact the Alzheimer’s Association, please call 941-330-4770.

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The 3rd annual Celebrity Waiter event organized by the Wilson Warriors team for Relay for Life was held at Hurricane Charley’s on Oct. 12. The celebrities this year were members of the Punta Gorda fire and police Departments. A portion of the food sales, tips and donated auction items helped the team bring in needed funds for the upcoming Relay for Life in March.

Members of the Punta Gorda Fire Department pose with Chief Ray Briggs, third from left.

Theresa Murtha checks out the silent auction items and points to the basket she says she will win.

Kathy Pittman, Punta Gorda fire department chief Ray Briggs, Mary Gregory, Ann Bolt and Holden Gibbs, Punta Gorda fire department operations chief.

Marsha Normoyle and Karol Padrucco

Bill Dryburgh buys his auction tickets from Wilson Warriors team member Connie Ankney.

Country Express donated their time and talents for the fundraiser.

**SUPPORT GROUP**

Kidney Cancer Support Group

The Kidney Cancer Support Education Southwest Florida will meet at 6:30 p.m. on Nov. 14, at Englewood Community Hospital, 700 Medical Blvd. Guest speaker will be Andrea Olds, renal dietician, who will provide information on preserving kidney function. All kidney cancer and kidney failure survivors, their family and caregivers are welcome. For more information, call Peggy at 941-697-1212.
Understanding and using vitamins

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

When we consider the food items we eat on a daily basis, we are likely to bring to mind biases that influence our selection of those foods. We often select our food based on taste, degree of craving, availability and so forth, but selecting foods based on nutritional need is not always a significant force. When we speak of nutrition, we are referring to the body of knowledge that deals with the study of nutrients. By nutrients we are also referring to the various steps by which man is able to acquire and use nutrients. It is mainly concerned with the obtaining of food, the preparing of food and the assimilation and utilization of food by the body.

Nutrients are the useful substances obtained from the food we eat. Approximately 50 nutrients are required (each in turn) by the body to ensure optimal health. It is important for us to know and eat foods that are beneficial. Food has been classified according to the work it does as protein, carbohydrate, fats and minerals, and water. Air (with its oxygen and other gases) because of its role in the process of food utilization, is seen by some as an important nutrient. Vitamins are substances that help to regulate the functions of the body. Thirteen major vitamins are identified. A deficiency in even one of these vitamins will produce what is appropriately called a deficiency disease. Vitamins are sometimes classified as water-soluble or fat-soluble.

The 13 major vitamins are vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B12, vitamin C, vitamin D, vitamin E and vitamin K. Up until the middle of the 1990's these vitamins were obtained through diet, but with the production of synthetic and semi-synthetic versions, the manner in which they are secured and used has somewhat changed. To ensure safety and for best results when using vitamins, consider the following:

- Simply consuming the various vitamins is not enough. You must also ensure that you are getting adequate amounts. Some vitamins, especially supplements, are likely to produce negative side effects when too much is consumed. This is less likely to occur when your vitamins are had from food.
- A great way to ensure that you are getting most or all of the vitamins you need is to add to your regular diet, a variety of "loaded" foods. By "loaded" I am referring to foods that yield large numbers of nutrients or a high concentration of a few. When these foods are consumed daily, you are ensuring the consumption of important vitamins and minerals. The following is a short list of "loaded" foods for you to consider:
  - Brewer's yeast
  - Blackstrap molasses
  - Fresh vegetable salad consisting of four or more vegetables of varying colors
  - Fresh fruit salad consisting of four or more fruits of varying taste, color, etc.
- Although the vitamins you need are best had from food, making use of vitamin supplements is OK, especially if you are unsure as to whether or not you are getting all of the important vitamins from your diet. The key is to choose supplements that are suitable to you and appropriate to your needs. Your age, sex, level of activity and existing state of health (ie: are you diabetic?) are just some of the things to be considered when choosing supplements. The supplement itself should also be inspected for appropriateness, quality and safety. Is it starch and sugar free? Does it have salt, wheat, yeast, artificial colors and flavors or other additives that may affect you negatively? After trying a few different brands of supplements, stay with the one(s) that work best for you.

It is an established fact that vitamin loss is possible when certain vitamins are exposed to heat, light and/or air. It is wise to follow whatever instruction is provided for the proper use and storage.

The Cultural Center of Charlotte County's Fitness Center is located at 2280 Aaron St., Port Charlotte. For more information, call 941-625-4175, ext. 263.

BAYFRONT NEWS & NOTES


Nov. 2: 5 p.m. to 6 p.m. B.E. F.A.S.T. to Spot a Stroke. Life Care Center of Punta Gorda, 450 Shreve St., Punta Gorda. Seconds count when it comes to surviving a stroke. Learn how to recognize signs and symptoms. Free. Hors d’oeuvres and refreshments provided. RSVP required. Call 941-639-8771.

And don’t forget to tune into 1580AM and listen to the Bayfront Emergency Pledge on the Golden Hippo show:
Nov. 2: 8 a.m. Recent Advances in Preserving Your Vision.
Nov. 2: 6 p.m. to 7 p.m. Bariatric Weekly Loss Support Group. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. We encourage you and your family to gain support not only from our bariatric experts, but also from others going through similar experiences. Free. Register at www.BayfrontHealthEvents.com.

Nov. 4: 7, 14 and 21: 6 p.m. to 8:30 p.m. Childbirth and Newborn 3-Class Course. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. In this course, you will leave with a better understanding of labor and delivery, the birthing process, anatomy and physiology, birth basics, comfort techniques, hospital procedures and medical interventions. ($ or ask how you can take this course for Free. Register at www.BayfrontHealthEvents.com.

Nov. 7: 9:30 a.m. to 10:30 a.m. B.E. F.A.S.T. to Spot a Stroke. The Springs at South Biscayne, 6225 Hoffman St., North Port. Seconds count when it comes to surviving a stroke. Learn how to recognize signs and symptoms. Free. Breakfast provided. RSVP required. Call 800-836-8432.

Nov. 8: Noon to 1 p.m. One-on-One with Dr. Davis. Speaker: Mark Davis, M.D., Orthopedic Surgeon. Bayfront Health Punta Gorda Medical Office Plaza, 4th Floor Conf. Room, 713 E. Marion Ave., Punta Gorda. Have your questions answered one-on-one for all your hip and knee ailments. Free. Lunch provided. Register at www.BayfrontHealthEvents.com.

Nov. 8: 10 a.m. to 11:30 a.m. Forever Bonds Breastfeeding Support Group. Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte. Led by an International Board Certified Lactation Consultant, this is an interactive group for new moms — and moms-to-be — to share and learn about breastfeeding. Free. Call 941-766-4414 to register.

In a medical emergency, every minute matters. So, at Bayfront Health Port Charlotte and Punta Gorda, you’ll find faster care in the emergency room. We work diligently to have you initially seen by a medical professional* in 30 minutes – or less. And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.

The 30-Minutes-Or-Less E.R. Service Pledge - only at Bayfront Health Port Charlotte and Bayfront Health Punta Gorda.

*Medical professionals may include physicians, physician assistants and nurse practitioners.
Beware of ‘Halloween hand’ and other scary holiday-related injuries

By MARI A. SCHAEFER
The Philadelphia Inquirer

Hey, moms, if you value your fingers, be careful as you carve up the house- hold jack-o’-lantern. One slip of the knife, and you could wind up in the hospital with “Halloween hand.”

During October and November 2013, more than half of the estimated 4,400 Halloween-related injuries in- volved pumpkin carving, the Consumer Product Safety Commission reported. The injuries ranged from minor cuts to major lacerations across the palm that sever tendons, nerves and blood vessels, said Asif M. Ilyas, a hand surgeon at the Rothman Institute. Ilyas sees several Halloween injuries a year, including knives that go “through and through,” sticking out of the hand, and even amputated fingers.

“It can be pretty bloody and messy,” Ilyas said, adding that the hand is highly vascular and that patients were often shocked by the amount of blood from their injuries. “Even a small cut can bleed a lot.”

It is often the nondominant hand — the one without the knife — that is injured, Ilyas said. “It’s like bagel surgery, except they are using much bigger knives.”

The typical Halloween-hand patient tends to be a mother who is helping her kids carve up a pumpkin. Less common but still related to the holiday are the injuries to hands and limbs that happen when firecrackers for pyrotechnic displays blow up. Those patients tend to be male, Ilyas said.

A 2010 study from the journal Pediatrics found that finger and hand wounds accounted for 17.6 percent of all injuries on Halloween among children under 19. One-third of those injuries resulted in lacerations; one-fifth were fractures. Children ages 10 to 14 suffered 30 percent of the injuries, except they are using much bigger knives.

Aside from “Halloween hand,” said AAP spokesperson Kevin G. Shea, leg injuries are common due to falls caused by long costumes or costumes that restrict vision.

The American Academy of Orthopedic Surgeons warns against using kitchen knives to do your carving. But are pumpkin-carving kits safer?

In 2004, researchers at Upstate Medical Center in Syracuse, New York, used cadaver hands to study the dangers of pumpkin carving. They found that specific pumpkin-carving tools were, indeed safer, than sharp kitchen knives.

Safety tips for carving pumpkins include:
- Always carve the pumpkins in a clean, dry, well-lighted area.
- Look for softer, riper pumpkins that are easier to cut.
- Make sure there is no moisture on the tools or on your hands.
- Enlist kids to help scrape out the seeds, and let them use a marker to help create the design. But let only adults wield the knife.

- Use pumpkin-decoration kits specially designed for carving.
- Don’t mix alcohol and pumpkin carving.

If you injure yourself while carving, immediately put pressure on the wound, and use gauze bandages to wrap the wound tight to control bleeding, Ilyas said.

With severe injuries, such as severed tendons, recovery can take three-plus months, he said.

Support groups

The Charlotte County Ostomy Support Group meets at 2 p.m. on the second Tuesday of the month in Port Charlotte. For more information and assistance, contact Jerry Downs at 941-629-6065 or Gloria Patmore at 941-627-9077.

The group meets on the fourth floor of the Medical Office Building on the Bayfront Health Campus, 713 E. Marion Ave., Punta Gorda.

For more information, call Irene merodriquez@mhmcareers.com or contact Meghan Rodriquez at merodriquez@mhmcareers.com.

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Spirit of Children raises funds

Golisano Children’s Hospital of Southwest Florida has announced Spirit Halloween stores in Cape Coral, Fort Myers, Naples and Port Charlotte will once again support pediatric hospital care by providing a 10 percent discount to customers and donating 10 percent of sales to the children’s hospital now through Oct. 31.

Customers across southwest Florida are encouraged to print their coupon before shopping for Halloween by visiting LeeHealthFoundation.org/Spirt. Customers will save 10 percent off their total purchase and Spirit Halloween will match that amount with a donation to Golisano Children’s Hospital of Southwest Florida.

“We're excited Spirit Halloween will once again support Golisano Children’s Hospital and our young patients with important services through our Child Life department,” commented Skip Leonard, chief foundation officer, Lee Health Foundation. “This is a wonderful way for our community to support southwest Florida’s only children’s hospital, and at the same time save money while preparing for their families fall traditions.”

Participating Spirit Halloween store locations include:
 • Charlotte County
   Charlotte Square: Next to Walmart, 2150 Tamiami Trail, Port Charlotte
   • Sarasota County
   Cocoplum Village Shops: Between Ross and ULTA, 18219 Tamiami Trail, North Port

For more information about the Spirit of Children program, please visit SpiritHalloween.com or contact Lee Health Foundation at 238-343-6950.

Diaper Drive

October Diaper Drive for Charlotte Behavior’s Health Care’s Healthy Start Program has started and will continue through Oct. 31.

Diapers in sizes 4, 5, and 6 as well as baby wipes are needed throughout the community. Donations can be dropped off from 8:30 a.m. to 5 p.m. Monday through Friday at CBHC’s front desk, 1700 Education Ave., Punta Gorda or at Northside Psychiatric, 1032 Tamiami Trail #7. Port Charlotte: Help make a difference in the community. For more information, call 941-639-8300 ext. 2275.

Carve out time to save a life

This Halloween season, carve out time to give others a lifetime by donating blood or placentas from today through Oct. 31 at any OneBlood Donor Center and receive a OneBlood Halloween T-shirt, plus a $10 eGift Card. In addition, all donors receive a wellness check-up of blood pressure, pulse, temperature and iron count, including a cholesterol screening. Generally healthy people age 16 or older who weigh at least 110 pounds are eligible to donate blood. Photo ID is required. To learn more about the importance of blood donation and how donors can target the power of their blood type, visit oneblood.org.

New Instructor, new classes

Teri Michel, CAHE, owner of Ananda Yoga, 13035 Tamiami Trail, Ste E, North Port, has announced that Jill Gregory, CYI, will be starting a series of yoga classes Wednesday, Nov. 1. She is offering Flow & Stretch — Yoga with Intention, the Journey from Asana to Pratyahara. A morning class at 9 a.m. and an evening class at 7 p.m. on Wednesdays. If you prepay for the 8-week series, the price per class is $10. Patterns of $80. Drop-ins are welcome at a fee of $15.

Jill has been practicing and teaching yoga for 15 years, and has trained in the techniques and methodologies of background in healing modalities to her practice. Her classes are appropriate for seasoned yogis or brave beginners. For more information, text Jill at sacredjourneywithjill.com, or 570-460-2033.

Behavioral Health Care announces expansion

Charlotte Behavioral Health Care announced it is hosting a grand opening on a 6,000 plus square foot expansion at the Manglo Long Instant Access Health Stability Unit. The $2.3 million dollar expansion includes an additional 10 children’s beds, an activity room, a play space and a new unit. The grand opening is scheduled for 10:30 a.m. on Nov. 2. The public is invited to attend.

The expansion sets on the organization’s current 40-acre campus. “Prior to this expansion, we were operating at 65 percent capacity,” Beeler said, noting that patients may be transferred to other counties — away from their family and friends — to receive needed treatment. Vicki Scanton, LMHC, CEO at CBHC, the previous licensed capacity for the Crisis Stabilization Unit was 20 beds. With the expansion, the unit is expected to serve 1500 patients a year.

The Manglo Long Children’s Crisis Stabilization Unit serves as a safe place where healing begins. The expansion is designed to provide help to children and adolescents ages 5-17 and their families in a crisis situation. Each child that is admitted is evaluated by a licensed therapist, and a team of professionals may recommend an inpatient stay of 72 hours to stabilize symptoms. The CSO serves to help children and their families stabilize the situation and return to pre-crisis levels of functioning.

For more information, contact Kelly Pomerville, at kpomerville@cbhcfl.org or 941-639-8300 ext. 2275.

Country For a Cause 2017

Virginia B. Andes Volunteer Community Clinic presents Country For a Cause 2017 from 6 p.m. to 10 p.m. Nov. 3 at the Charlotte County Fairgrounds Expo Hall, 2333 El Jobean Road, Port Charlotte. Featuring music by the Allen Band “A Good Ole Down Home Country” meal, cash bar, live auction. To purchase tickets, visit www.volunteercare.org/country.

Lung Cancer Research Council annual 5K Run/Walk

The Lung Cancer Research Council will host its fifth annual 5K SW Florida 5K Run/Walk and Mile of Memories Memorial Walk on Nov. 4 at the Charlotte Sports Park, 2300 El Jobean Road, Port Charlotte. Raising awareness and support for those who have been affected by lung cancer, the event will benefit the Lung Cancer Research Council’s 72 clinical trials that promote lung cancer screening and early detection.

Check-in begins at 6 a.m. with the competitive and non-competitive 5K Run/Walk and the Mile of Memories Memorial Walk to begin at 8:15 a.m. Following the walk, the morning will conclude with a rally and awards presentation.

Registration for the competitive and non-competitive 5K Run/Walk is $25 for ages 19 and up, $15 for ages 14-18 and free for ages 13 and under. Registration for the Mile of Memories Memorial Walk is $25 for ages 19 and up and free for ages 13 and under. Online or mail-in event registration is available through Nov. 1. Registration will increase by $5 for participants ages 14 and up if registering on event day.

All online and mail-in registrants are guaranteed an event T-shirt and goody bag, and pre-paid 5K participants and goody bags will be available for those registering on event day.

For more information about the event, visit www.lungcancerresearchcouncil.org or email Info@LRCRNc.org.

Health Expo

A free health expo will be held from 9 a.m. to 2 p.m. on Nov. 4, at the Cultural Center of Charlotte County, 2280 Aaron St., Port Charlotte. Sponsored by Feeling Fit, this event is free and open to the public. Come meet medical providers from the community and enjoy refreshments, free health screenings, medical screenings, wellness, children’s health and much more. For more information, call 941-262-6402.

Jay Glynn Recovery Center dedication

Charlotte Behavioral Health Care will host a grand opening and dedication ceremony for the Jay Glynn Recovery Center, 1700 Education Ave., Punta Gorda. This state-of-the-art facility is located on the campus of the Charlotte Behavioral Health Care’s Healthy Start’s Addiction Treatment Center. The public is invited to attend.

In 2006, CBHC opened the Recovery Center on a quiet, scenic corner of its 40-acre campus near Punta Gorda. The Center offers both detox and residential treatment services. Jay Glynn was an employee at CBHC for almost 36 years, serving 10 of those years as CEO before retiring in 2016. Glynn was instrumental in developing the recovery facility and a resolute advocate for the power of the recovery process, thus the building is being dedicated in his honor.

The Recovery Center at Charlotte Behavioral Health Care offers both detox and residential treatment services which provide people with the tools to attain and maintain a productive and rewarding life away from the struggles of drug or alcohol addiction.

For more information, please contact Kelly Pomerville, director of marketing and public relations at Charlotte Behavioral Health Care at kpomerville@cbhcfl.org or 941-639-8300 ext. 2275.

Dream Walk

First Annual Dream Walk, in support of Family Promise of South Sarasota County, step off at 9 a.m. on Nov. 11, in downtown Sarasota at the Sanders-Brown Center. Proceeding for over $7,200 in cash and prizes, the event is the first and under the moss laden Florida Oaks on Nov. 11. It is run on all paved roads and under the moss laden Florida Oaks that are throughout the park.

The top three overall, both men and women, in the half and the 5K will be competing for over $7,200 in cash and prizes. Age group awards will also be given out to the top three runners in each age group both men and women. Registration event cost is $10 for the half-marathon or $5 for the 5K. Kids 14 and under are only $5 for the 5K. Entry into the after party is free and open to the public. Online entries can register at www.myakkahalf.com.

For more information, contact race directors Kristin Hussey at 941-504-0906 or email tracyhussey@icloud.com or corace director Kimberly Hussey at 941-504-3353 or email kimberlyhussey@icloud.com.

Myakka River Half Marathon/5K — Run for the memories

Florida Compassion Foundation will host a half marathon (13.1 mile) race completely inside the Myakka River State Park, located in Sarasota on Nov. 11. It is run on all paved roads and under the moss laden Florida Oaks that are throughout the park.

The top three overall, both men and women, in the half and the 5K will be competing for over $7,200 in cash and prizes. Age group awards will also be given out to the top three runners in each age group both men and women. Registration event cost is $10 for the half-marathon or $5 for the 5K. Kids 14 and under are only $5 for the 5K. Entry into the after party is free and open to the public. Online entries can register at www.myakkahalf.com.

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A few pointers to help save money and avoid the strain of Medicare enrollment

By SUSAN JAFFE
Kaiser Health News

Older or disabled Americans with Medicare coverage have probably noticed an uptick in mail solicitations from health insurance companies, which can mean only one thing: It’s time for the annual Medicare open enrollment.

Most beneficiaries have from Oct. 15 through Dec. 7, to decide which of dozens of private plans offer the best drug coverage for 2018 or whether it’s better to leave traditional Medicare and get a drug and medical combo policy called Medicare Advantage.

Some tips for the novice and reminders for those who have been here before can make the process a little easier.

PAY ATTENTION TO THE MAIL

If you are already enrolled in a Medicare Advantage or drug plan, carefully read the “annual notice of change” or “evidence of benefits” letter from the insurer. It is not another sales pitch or more insurance mumbo-jumbo. That required letter highlights the cost and benefit changes in store for the next year. Ask the insurer for another copy if you can’t find it.

“Some people just tend to get that mail and throw it all in the trash, but it’s really important that they read it,” said Francine Chuchanis, director of enrollment rights at Direction Home Akron Canton Area Agency on Aging & Disabilities, an Ohio group that assists older adults and people with disabilities.

CHOOSE BETWEEN TRADITIONAL MEDICARE AND MEDICARE ADVANTAGE

The open enrollment period is your opportunity to switch plans, including moving between the government-run traditional Medicare program and Medicare Advantage.

Medicare Advantage plans are offered by private insurers, which receive payments from the federal government to help cover the costs of beneficiaries. They restrict members to their network of doctors and hospitals and a list or formulary of covered drugs.

With some rare exceptions, you cannot leave the plans midyear — even if the plans drop drugs from the formulary or your hospitals, physician specialists or medical equipment suppliers leave the plan.

But unlike traditional Medicare, Medicare Advantage plans often cover dental, hearing and vision care, and they cap your out-of-pocket expenses. Once you reach that limit, the insurer pays for covered services, and you pay nothing. But details of these plans — such as the caps on member spending, the premium prices and service areas — can change from year to year.

On the other hand, with traditional Medicare, patients can go to any provider who participates in the program, and most providers do. Because there is no limit on the share of medical expenses beneficiaries pay, most purchase “Medigap” supplemental policies or have other insurance to lower those costs.

CHECK YOUR PLAN’S NETWORK

If you choose Medicare Advantage, contact your doctors, hospital and other providers directly to find out if they are in the plan’s network. Be sure to give the office the plan’s full name, not just the name of the insurance company since insurers offer multiple plans that may have similar names, said Gina Upchurch, executive director of SeniorPharmAssist in Durham, North Carolina. If you have the plan’s code numbers, she said, those can help the doctor’s office check.

CONFIRM WHERE YOUR DRUGS ARE AVAILABLE

When choosing a drug plan, also known as Medicare Part D, the total costs are most important. Consider factors beyond the premiums. You may pay different amounts when the plan first begins each year than when you’re in the coverage gap called the doughnut hole and after you get out of that hole. Find out whether the lowest price is available at your favorite pharmacy or if you must travel elsewhere to get that price. Most plans offer their lowest prices only at their preferred, in-network pharmacies.

Also, ask what other restrictions apply. For example, do you need prior authorization or have to try another drug first before you can get the one your doctor prescribed? Also, will the price vary depending on the frequency or the quantity of your prescription?

“You can save thousands of dollars just by switching pharmacies,” said Christina Dimas-Kahn, director of the San Mateo County office of the California Department of Aging’s Health Insurance Counseling and Advocacy Program. That’s because drug plan prices can depend on whether a drugstore is a preferred pharmacy within the plan’s network. She helped a senior reduce his drug bill last year from $119,000 to $18,000 after changing pharmacies.

DO YOU QUALIFY FOR A SUBSIDY?

Low-income people can qualify for the “extra help” subsidy that pays for the premiums of certain drug plans and other costs. They may also be eligible for assistance to reduce their share of medical costs in traditional Medicare. Premiums and subsidy amounts can change each year. So if you already have the subsidy confirm that it is enough to cover the plan’s premium next year. Otherwise, you can be billed for the difference.

CHECK THE CALENDAR

There’s a lot to consider and only seven weeks to do it. And remember, this enrollment period is different from the Affordable Care Act’s marketplace enrollment, which begins Nov. 1 and lasts through Dec. 15.

Federal officials have granted seniors who live in areas affected by this year’s hurricane damage — Alabama, Florida, Georgia, Louisiana, Mississippi, South Carolina, Texas, Puerto Rico and the U.S. Virgin Islands — or depend on caregivers in those areas until the end of December to make their choices.

GETTING HELP

Individual assistance is free from the federally funded Senior Health Insurance Information Program (www.medicareinteractive.org), the Medicare Rights Center (800-333-4114 and its website Medicare Interactive [www.medicareinteractive.org] as well as from Medicare’s plan finder website and helpline (www.medicare.gov, 800-633-4227).

Still, studies have shown that most Medicare beneficiaries don’t switch plans. “They are likely to stay with whatever plan they’re in because they are afraid to make a change,” said Bonnie Burns, a consultant for California Health Advocates.

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Your heart beats 100,000 times a day.

More germs are transferred shaking hands than kissing.

At just 12 weeks the human fetus can scowl and squint.

One person in 20 has an extra rib, and they are most often men.

The female egg cell is the largest cell in the human body. It is about 175,000 times heavier than the smallest cell, the male sperm cell.

The average person has about 100,000 scalp hairs.

When you look at an object, the image of that object appears upside down on your retina. However, your brain automatically corrects for this, allowing you to perceive the object the right side up.

Enamel, found on our teeth, is the hardest substance in the human body.

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Like fingerprints, every person has a unique tongue print.

The kidneys filter your blood up to 300 times per day.

During the first six weeks of life, there is no difference between male and female embryos.

Human fingers stretch and bend about 25 million times in a normal lifetime.

The human body contains 30,000 billion red blood cells.

Tooth decay has led to 60 percent of adult Americans losing their upper right, middle molar.

One in every 1000 babies is born with a tooth.
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**HOLIDAY MOVIE PREVIEW**

**UNWRAP YOUR TICKET TO FANTASY**

Santa Claus is bringing all the good stuff to theaters the next two months, including the return of Marvel’s resident thunder god, an epic DC team-up with Batman, Wonder Woman, Flash and Aquaman, the latest Star Wars blockbuster— and even Hugh Jackman singing and dancing, USA TODAY’s Brian Truitt has 10 films you won’t want to miss in November and December.

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**‘THOR: RAGNAROK’**

**NOV. 3**

Stars: Chris Hemsworth, Mark Ruffalo and Cate Blanchett

Director: Taika Waititi

The skinny: On this road to saving his home of Asgard, Thor (Hemsworth) unexpectedly runs into his younger buddy Hulk (Mark Ruffalo) in an alien world, and becomes “the mother character” to his trickster brother Loki (Tom Hiddleston) and new ally Valkyrie (Tessa Thompson), “keeping everyone alive and happy,” Waititi says. “I love it when heroes have a leg up and they need to achieve but also deal with the personal issues, which are sometimes more important than fighting villains. It’s a unique opportunity for actors.”

**‘JUSTICE LEAGUE’**

**NOV. 16**

Stars: Ben Affleck, Gal Gadot and Jason Momoa

Director: Zack Snyder

The skinny: Summer hit Wonder Woman — played by Gadot’s Amazon princess back in World War I, but at least one character trait carries over into the contemporary DC supergroup film: “They’re friends,” Gadot says. “They’re working together, but also strategizing together, but also strategizing” on what’s the right thing to do together,” Gadot says. “They’re not always on the same page.”

**‘MURDER ON THE ORIENT EXPRESS’**

**NOV. 10**

Stars: Daisy Ridley, Johnny Depp and Michelle Pfeiffer

Director: Kenneth Branagh

The skinny: The all-star adaptation of Agatha Christie’s classic mystery revolved around a luxury train trip through Europe, a passenger’s death and a host of strained suspects. Luckily, impressively mustachioed Belgian super-sleuth Hercule Poirot (Branagh) is on the case. This new screen take on the literary detective tends to be more obsessive-compulsive than “dandyish or fastidious” like past Poirots, Branagh says. “Imbalance is an absolute enemy to him — it’s almost as if it’s a heartbreaking characteristic in him, which makes him ultimately quite lonely and vulnerable.” The precise problem solver is at peace with those aspects of himself, even if they tend to agitate him. “He’s a genuinely odd individual, but with a big and rather tormented heart, who’s not afraid to get his hands dirty,” Branagh adds. “Of course, since they are dirty, they have to be very, very thoroughly washed afterward.”

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**USA SNAPSHOTS**

**Difficult choices**

50% of working female caregivers sometimes feel like they have to choose between being a good employee or a good daughter.

**CALANDAR**

Plan your week in entertainment with these highlights, and peruse our calendars.

**MUSIC**

The all-star variety show has 10 films you won’t want to miss in November and December.

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**STREAM**

In this Friday's USA Today, find out which of your favorite TV shows are coming to streaming. Netflix films At Home are in red, Amazon Prime are in blue and Hulu episodes are in green. The first feature film in the Alien franchise is coming to streaming on Netflix this Friday. Based on Atwood's novel of the same name, the story takes place in 1632 and follows Grace Marks, a servant in Canada who, alongside stable hand James McDermott, was convicted of the brutal murder of their employer. McDermott was hanged while Marks was sentenced to life imprisonment and later exonerated.
Joanie Lawler rounded up five TV shows and movies that you may want to binge-watch while you’re eating all that candy. Whether you want classic horror, buzzy streaming TV, horror comedy or movies from your childhood, we’ve got you covered.

**IF YOU WANT A CLASSIC HALLOWEEN (1978)**

*stars: John Carpenter, Jamie Lee Curtis, Donald Pleasence, Russ Tamblyn, Kyle Sandilands, Jo Ann Pflug, and P.J. Soles. The skinny: The classic horror film that defines October 31. If you haven’t watched this one yet, you should make it your Halloween tradition. It’s a scary classic that everyone needs to see.

**IF YOU WANT A CLASSIC HALLOWEEN (2003)**

*stars: Will Arnett, Lucy Liu, C. Thomas Howell, Elisa Donovan, and Paul Sorvino. The skinny: The third installment in the Halloween franchise takes viewers to a new town and new boogeyman. It’s a fun and family-friendly Halloween movie that kids and adults will enjoy.

**HALLOWEEN (1978)**

*stars: John Carpenter, Jamie Lee Curtis, Donald Pleasence, Russ Tamblyn, Kyle Sandilands, Jo Ann Pflug, and P.J. Soles. The skinny: The classic horror film that defines October 31. If you haven’t watched this one yet, you should make it your Halloween tradition. It’s a scary classic that everyone needs to see.

**HALLOWEEN (2007)**

*stars: Will Arnett, Lucy Liu, C. Thomas Howell, Elisa Donovan, and Paul Sorvino. The skinny: The third installment in the Halloween franchise takes viewers to a new town and new boogeyman. It’s a fun and family-friendly Halloween movie that kids and adults will enjoy.

**IF YOU WANT TO STREAM SOMETHING NEW**

*stars: Joey Carano, John Boyega, Daniel Craig, and Scarlett Johansson. The skinny: This action-packed film is a must-watch for fans of the franchise. It takes place in the future and follows a group of soldiers who must infiltrate a new planet to save humanity. This is a thrilling and exciting movie that will keep you on the edge of your seat.

**IF YOU WANT TO WATCH SOMETHING COMEDY-LIKE**

*stars: Will Ferrell, Zach Galifianakis, and Amy Poehler. The skinny: This comedy is a must-watch for fans of the genre. It follows a group of friends who are forced to spend a weekend together at a remote cabin in the woods. This is a hilarious and entertaining movie that will have you laughing out loud.

**IF YOU WANT TO WATCH SOMETHING ROMANTIC**

*stars: Ryan Gosling and Emma Stone. The skinny: This film is a romantic comedy that takes place in Paris and follows a young artist who falls in love with a beautiful young woman. This is a sweet and charming movie that will warm your heart.

**IF YOU WANT TO WATCH SOMETHING SCARY**

*stars: John Carpenter, Jamie Lee Curtis, Donald Pleasence, Russ Tamblyn, Kyle Sandilands, Jo Ann Pflug, and P.J. Soles. The skinny: The classic horror film that defines October 31. If you haven’t watched this one yet, you should make it your Halloween tradition. It’s a scary classic that everyone needs to see.

**IF YOU WANT TO WATCH SOMETHING ACTION-PACKED**

*stars: Will Arnett, Lucy Liu, C. Thomas Howell, Elisa Donovan, and Paul Sorvino. The skinny: The third installment in the Halloween franchise takes viewers to a new town and new boogeyman. It’s a fun and family-friendly Halloween movie that kids and adults will enjoy.
The National Park Service is considering a steep increase in entrance fees at 17 of its most popular parks, mostly in the West, to address a backlog of maintenance and infrastructure projects.

To the north, the US 19 bridge for about the short gorge draws up to 70,000 folks to see daredevil loops at the autumn base-camp. There's a kayak/canyon put-in across the bridge from snippering but often frequently Thurmond. The railroad tracks.
Even around Halloween, there's no reason to be spooked by cemeteries. "They're beautiful and peaceful places, basically outdoor museums," says Loren Rhoads, author of the new book 199 Cemeteries to See Before You Die (Dog & Leventhal, $27.99). Burial grounds welcome visitors, and many sponsor tours and special events. She shares some favorite cemeteries with Larry Bleiberg for USA TODAY.

**MOUNT AUBURN CEMETERY, MA**

"The nation’s first garden-style cemetery. Mount Auburn helped launch the national movement to build city parks. "It’s one of the most beautiful places I’ve ever been," Rhoads says. The area, which opened in 1831, was meant as an "outdoor room," where "People used it for all sorts of rallies,辩论e, reading books and courting." mountauburn.org

**HOLLYWOOD CEMETERY, VA**

"Two US presidents, James Monroe and John Tyler, are buried at these three-acre grounds, along with former Confederate Presi- dent Jefferson Davis. The sprawling, property, located on bluffs overlooking the James River, has been linked to several ghost sto- ries, including one urban legend about a vampire. Vistors can explore the site on a self-guided, Soyey or electric car tour, soyeytours.com.

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**LAUDER HILL CEMETERY, PA**

One of the nation’s oldest garden cemeteries, the terraced site shows the architectural diversity of the visitors, which helps explain the high creativity of the buildings and family mausoleums. In 1836, Rhoads is particularly fond of the family mausoleum designed by sculptor Thomas Crawford, who dedicated the Angel of Death opening a stone gate that slowly disintegrates into a broken trap door. pacyss.org

**LAUREL HILL CEMETERY, PA**

Here is the national cemetery where George Washington is buried. It is the nation's first national cemetery and the first site to be designated as a National Historic Landmark. Centered around Washington's gravesite, the cemetery is open to visitors and includes a visitors' center, gardens, and a main entrance to the Memorial Amphitheater. crystalpotomac.com

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Don Oldenburg
Special to USA TODAY

On a quiet October night in 1987, Carrie Grimes was violently raped and left for dead in a rural field near her home in North Carolina. Grimes would later recall seeing a pair of behavioral psychologists, who convinced her that she was not the victim of a sexual assault. Grimes was convicted of murder and spent more than 24 years in prison. The Innocent Man: Murder and Injustice in the Heartland, the true story of Carrie Grimes and her wrongful conviction, is a gripping tale of a national movement to right a national tragedy. It is the story of a growing movement to right a national tragedy. It is the story of a growing movement to right a national tragedy.

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2 Pretty Fun
by Kate Hudson, (De), non-fiction, on sale Tuesday
WHAT’S ABOUT: The actress writes an entertaining guide, complete with recipes, on how to create and celebrate a “lifestyle of tradition.”
THE BUZZ: Hudson also wrote last year’s best seller Pretty Happy Healthy Ways to Love Your Body.

3 Hiddensee: A Tale of the Once and Future Nutcracker
by Gregory Maguire (November 7)
WHAT’S ABOUT: The author of Wicked tells the backstory of Drosselmeyer, Susan Heywood, who carves the famous Nutcrack of a lost princess into a fairy lamp.
THE BUZZ: This is an Indie Next recommendation of independent booksellers.

4 In the Midst of Winter
by Isabel Allende (October 3, We, Books, on sale Tuesday)
WHAT’S ABOUT: The lives of three people, including an undocumented immigrant, become intertwined after a minor traffic accident.

5 Twin Peaks: The Final Final
by Mark Frost (November 7, (Fiction, on sale Tuesday)
WHAT’S ABOUT: Novel bridges the 25-year gap between the original TV mystery series and the 2017 Showtime sequel, filling us in on what happened to key characters.
THE BUZZ: Frost is once more with David Lynch, of the Twin Peaks franchise.

New and noteworthy
USA TODAY’s Jocelyn McClurg spots the hottest books on sale each week.

1 Two Friends of Freedom
by Michael Connelly (October 3, Workman Publishing)
WHAT’S ABOUT: In Connolly’s fifth with Harry Bosch, the detective is pulled into a prison soap opera while investigating a case for the San Fernando police force, abruptly an imprisoned killer from Bosch’s LAPD oned killer from protective is pulled into a prescription drug cart.
THE BUZZ: Connolly had a No. 1 USA TODAY best-seller in July with The Late Show, on which he introduced a new character, Det. Rosie Ballard.

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THE BATTER CHANCE ON WICKED WALL AND HIS COMPANION BEG TO THINK JOSHDUB JOSHDUB JOSHDUB INTO A BAD WIRE THEY EAT A SLICE OF CARROT SEEDS A CLOWN PHD AND THE CAT BENDS GROWS STRONGER CARRYING THE WARTS ALONG FROM A RHYTHM ATOMIC WONDERS NUMBER LESS NIGHT AS THE UNUSUAL SPECIES PORKCHOPS NOT LISTEN TO WHAT bribes TO TIME

I'M ON MY WAY OVER TO PICK YOU UP FOR OUR DATE NOW, LID

I'M GONNA DIE FOR FUNNY THINGS
WELL, WHAT ARE YOU WAITING FOR?

HAAAACK!

PLUGH, PRIGHT!

THUMP! THUMP!

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**ZITS**

By Jerry Scott & Jerry Knickerbocker

- Here you go, Mom. Thanks, Warren.
- What is all this junk?
- Mostly things I have for you.

**PICTURES**

- And I thought they were all this Furniture... plus Grandmas china cabinet andikkinknacks for your first apartment.
- Wow, my first apartment.
- Well, back then that was a backpack that I carry around the world.
- Our attic has been living a life.

---

**STIL**

By Gary Brookins & Sue MacNelly

- How was your blind date last night?
- You're heard of Eye Candy?
- Sure.
- She was eye broccoli.

---

**PICKLES**

By Brian Crane

- What's for dinner?
- I still can't hear you, my headphones need new batteries. Write it down.
- Write it down.
- I can't read your writing...

---

**THE BRON LOSER**

By Art & Chip Saaia

- I used to watch TV with my dad when I was your age, just like we did.
- Watching TV was different when you were a kid, wasn't it?
- Yes, it was very different back then.
- The TV screen was much smaller. The picture was fuzzy. The color was blurry and the sound was tinny.

---

**TIGER**

By Bud Blake

- Games Over.
- Tough game, huh?
- Yup, but we won!
BABY BLUES

BY JOHN ROSS

BY MASTROIANNI AND HART

SALLY FORTH

CRANKSHAFT

D/E/N/C/V Comics Page 5

Sunday, October 29, 2017 / The Sun

www.sun-herald.com
THE PHANTOM  
BY LEE FALK

HE TALKED TO THE WARDEN...

THAT RAT...

"PHANTOM HAS A THOUSAND EYES AND A THOUSAND EARS!"

ON YEAH! HE SAID THAT!

"OLD JUNGLE SAYING"

WALKER BOX 7 MAWITAAAN

THE BATT'S EX-PARTNER IN CRIME...

HE'LL GET HIS WORDS GETS OUT ALREADY!

NON SEQUITUR  
BY WILEY

DENNIS THE MENACE  
BY HANK KETCHAM

THERE GOES MITCHELL ON HIS MORNING DOG-WALK.

WHAT CAN ANYONE ENJOY RUNNING AROUND THE NEIGHBOURHOOD THIS EARLY?

HE EVEN BOUGHT SOME FANCY SHOES FOR IT!

HE MUST SPEND A FORTUNE ON GREG'S OUTFIT FOR EVERYTHING; RUNNING, TENNIS, GOLF...

IT ODDS A BIT MUCH!

WELL, NOT EVERYONE CAN GO THROUGH LIFE IN A GAME OF LOAFERS!

WHAT ARE YOU TRYING TO SAY, MARTHA?

NOW, YOURS COMBING CUSTARDS FROM THE LAST TWO NIGHTS TO GO TELL-OR-TREATING...ISN'T THAT?

TRUNK-ZILLA!

I SEE YOUR DAY CARE TEACHER SENT A NOTE HOME WITH YOU, MARVIN.

 đáng... WHAT'S THAT?

IT SAYS YOUR SCHOOL IS HAVING A FALL FESTIVAL THIS WEEK.

UNFORTUNATELY, GRANDMA WASN'T ME A COSTUME THAT SHE FELT BETTER CAPTURES THE REAL ME.

NATURALLY, I THOUGHT SPIDER-MAN WOULD BE THE PERFECT MATCH FOR ME!

...A GIANT COOKIES!