Florida second in nation for bike deaths

By ANNIE EASKER

Earlier this week, the AAA auto club urged bicycle safety, stating more and more bicyclists have been dying in crashes nationwide, citing a statistic from the National Highway Traffic Safety Administration that 840 bicyclists died in 2016, making it the deadliest year on record since 1991.

Locally and statewide, there’s been a slight drop since 2014. Last year, 11 bicyclists died in crashes across Florida, compared to 14 in 2016, according to the Department of Highway Safety and Motor Vehicles. However, that still places Florida second in the nation for bicycle deaths.

“It’s kind of like a double-edged sword; we have some of the best weather and best biking compared to other states but with that in mind, you’re going to have a higher quantity of fatalities,” said AAA Florida Public Affairs Director Matt Nasworthy. “We should definitely be hydrating on what makes those areas safer.”

This month, DHSMV is conducting its ‘Share the Road’ campaign to educate the public on bicycle and motorcycle safety on the roads, with tips for both motor and non-motor vehicles.

In Charlotte County, one bicyclist died just days after the state announced a decrease from four in 2016, and in Sarasota County, bicycle fatalities held steady at five deaths each year since 2013. Lt. Greg Bueno of the Florida Highway Patrol said the decrease statewide could be a result of more bike lanes, more bicycle safety education, and more conscientious drivers.

“Sure it’s a combination of all of that,” he said. “We hope that trend continues, and we’re going to continue sharing education with all motorists, so everyone’s on the same page and everyone can get to their destination safely.”

Bueno said for bicycles, the big factors that are driving changes among globally interdependent parts of the planet, decrease masks deeper complexities.

“While research confirms waterfront homes are rising, a direct result of a changing climate, ocean temperatures are increasing, leading to ocean expansion. And as ice sheets and glaciers melt, they add more water. An armada of increasingly sophisticated instruments, deployed across the ocean, on land, at sea, and in the air, reveals significant changes among globally vital melting factors that are driving sea levels higher,” he said.

“The new NASA research confirms trend toward rising sea levels much deeper, foundational changes among globally vital melting factors that are driving sea levels higher,” he said.

“The seas of the Earth are rising, a direct result of a changing climate. Ocean temperatures are increasing, leading to ocean expansion,” he said. “And as ice sheets and glaciers melt, they add more water.”

Some studies suggest waterfront discounts are imminent

By ANDREA PRAEGITZER

A prominent sign along Harbourview Road in Charlotte Harbor advertised a bright white, waterfront home with a two-car garage and a large entryway flanked by sweeping pillars for just under $3 million.

Some scientific studies have recently suggested that, due to sea level rise from global warming, waterfront homes throughout the country face discounts. So, with that pricey home still at a bargain in the future along with thousands of other waterfront properties across coastal communities in Charlotte and Sarasota counties?

A recent study published in Environmental Research Letters by a researcher from Harvard University at least claimed "consumer preference may exist in favor of higher elevation properties."

The study, which was focused on Miami-Dade County, also said that lower elevation properties may appreciate less due to flooding concerns. And another study involving researchers from the National Highway Traffic Safety Administration was focused on Miami-Dade and Broward counties.

The study found that, due to sea level rise, waterfront homes that have been dying in crashes across Florida, compared to 14 in 2016, according to the Department of Highway Safety and Motor Vehicles.

“While research confirms waterfront homes are rising, a direct result of a changing climate, ocean temperatures are increasing, leading to ocean expansion. And as ice sheets and glaciers melt, they add more water,” he said.

Assume that because economic impact studies come up with different answers, even to remain valid, they are responsible for the same methodology.
North Port to rethink spring cleaning

Vegetation clearing led to uproar, thoughts on future work

A cleaning for the Myakkahatchee Creek near Sylvia Avenyn Ave left trees broken, erosion, and other destructive.

should be easier to clear the creek in the future.

"I think it's a balance, I think we need to work closely with the Parks and Fire department," she said. "And now we have the first and second section to sort its maintainable. Probably hadn't been touched since 2002 with the last flood here. It's a balance. I think we can do it now. We have a path to where (staff) needs it so we have to do the best we can.

There were some suggestions from commissioners to be more careful with the natural amenities, such as cutting trees into smaller sections before removing them. However, City Manager Pete Lear repeatedly said he is not against that idea, but also reminded the commission taking more time takes more money.

"We can do it, but it may be more costly protecting nature. Some of those costs would be worth it if it means protecting nature. It may be more costly upfront, but it could have immense protection in the long run," she said. "I hope we can work our way to maintain some more protected.

All four present commissioners stated they believe when an entire area is maintained, the benefits far outweigh the costs.

"I think we need more identification, more pre-work, more planning," Bill Goetz said. "To stop the work done because it would be twice as long." He said. "We would not get half of the work done because it would be twice as long."

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Purchase 4 or more kitchen appliances and get package discounts and big rebates!

**SALE!**

<table>
<thead>
<tr>
<th>Refrigerator</th>
<th>Side by Side</th>
<th>36&quot; 25 cu.ft.</th>
<th>$1,999</th>
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<tr>
<th>Refrigerator</th>
<th>French Door</th>
<th>26.8 cu.ft. French Door Refrigerator</th>
<th>$2,699</th>
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<th>Slide-In range</th>
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<tr>
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<thead>
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RISING FROM PAGE ONE

University of Colorado headlined “Disaster on the Horizon: The price effect of sea level rise” said home buyers look to the distant horizon when bidding on coastal properties.

“The find average discounts of approximately 7 percent of the home value during our 2007-2016 sample period, with properties not projected to be inundated for almost a century experiencing more than a 1 percent discount,” that study states.

“Neither study focused on Charleston or Sarasota counties, though,” said. And, not everyone agrees with the findings.

“Have not noticed any particular discounts,” said Rosemary Mahoney, Punta Gorda Port Charlotte-North Port Association of Realtors president. She noted the opposite has actually occurred as far as those who have been brought up by buyers what she has encountered.

“You are aware about environmental impacts to property, though, Mahoney said.

“They ask about past hurricane damage, flooding or beach erosion. "I don’t think that affects people’s desire to be on the water,” said. A Miami broker called the results at least not surprising as in area housing market showing mostly steady growth recently.

“Such a reaction from Realtors came as no surprise to Harvard’s Jesse Keenan, who authored the study focused on Miami-Dade County. A Miami broker called the idea that prices are changing "fake news" in a recent Miami Herald story highlighting news "in a recent Miami Herald story highlighting Keenan’s study. That broker added people are interested in waterfront property have been increasing and not experienc- ing discounts, Keenan said he knows of a handful of customers who are improving or expanding their waterfront holdings.

“We find average discounts with the findings. "We have to assume that (sea level rise) has been a factor in their decision on whether or not to build there,” said. And Mahoney said some brokers may not want to advertise that they are offering discounts, to get a handle on what the total costs including insur- ance and taxes would be.

“When people are buying homes, they’re looking at the total costs with taxes and insurance and if it’s more expensive to insure these homes, than I think that could definitely be a factor,” said. And Mahoney said some brokers may not want to advertise that they are offering discounts, to get a handle on what the total costs including insur- ance and taxes would be.

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SWELL TRENDS

According to NASA, the seas are currently rising at a rate of 3 millimeters per year. The rate is accelerating and the acceleration is not expected to slow down. The rate of sea level rise is expected to increase in the future due to global warming.

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The studies on sea level rise have been a topic of interest in recent years. The studies have been conducted by researchers from various institutions and have provided insights into the impact of sea level rise on coastal communities.

Here are some of the rankings, including local areas:

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<td>$500,000</td>
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<td>Fort Lauderdale</td>
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Here are some from the U.S. Census Bureau and the National Oceanic and Atmospheres Administration showing 19 areas that are in high flood risk and have an impact on where people choose to live, as insurance and if it is more expensive to insure these homes, than I think that could definitely be a factor,” said. And Mahoney said some brokers may not want to advertise that they are offering discounts, to get a handle on what the total costs including insurance and taxes would be.

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<td>$1,000,000</td>
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<td>4</td>
<td>West Palm Beach</td>
<td>14,086</td>
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<td>Naples</td>
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<td>8</td>
<td>Cape Coral</td>
<td>5,981</td>
<td>$500,000</td>
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Here are some from the U.S. Census Bureau and the National Oceanic and Atmospheres Administration showing 19 areas that are in high flood risk and have an impact on where people choose to live, as insurance and if it is more expensive to insure these homes, than I think that could definitely be a factor,” said. And Mahoney said some brokers may not want to advertise that they are offering discounts, to get a handle on what the total costs including insurance and taxes would be.

“When people are buying homes, they’re looking at the total costs with taxes and insurance and if it’s more expensive to insure these homes, than I think that could definitely be a factor,” said. And Mahoney said some brokers may not want to advertise that they are offering discounts, to get a handle on what the total costs including insurance and taxes would be.”

The studies on sea level rise have been a topic of interest in recent years. The studies have been conducted by researchers from various institutions and have provided insights into the impact of sea level rise on coastal communities.

Here are some of the rankings, including local areas:

<table>
<thead>
<tr>
<th>Rank</th>
<th>Place</th>
<th>Total Population</th>
<th>Median Sales Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>St. Petersburg</td>
<td>22,063</td>
<td>$700,000</td>
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<tr>
<td>2</td>
<td>Jacksonville</td>
<td>19,036</td>
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From Page 1

Note: Misspellings and typos are mine.

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From Page 1

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The Sun
Charlotte Harbor shore that a loophole or a "spot" on the county is setting the stage to and insurance, he fears the imposing rules like permits as a starting point. He said by "spot" that swimmers can use — nor should it be.

The lead guard of the program is to get low income families who will earn up to $7,000 and help them with their rent and lift their families out of poverty. Some students who have benefited from the program and used the opportunity wisely. College students might have trouble finding a job by giving the opportunity to kids because of their economic status. Why wouldn't Gates scholarship is money in the bank for a college as well as a guarantee of a high rate of completion.

The event was never a thought way to proceed safely. Whatever happens depends on everyone's effort. It's a time for friends and families to take on the challenge. It's a fun for all ages and families to take on the Charlotte Harbor to Harpoon Harry's at the Fishermen's Village.

The swim must go on. There should be the huge disparity of not happening. Or maybe Haymans can find a person, or organizations, who is also the guy who serves as unofficial starter each Freedom Swim.

The Freedom Swim run only one letter per person per month. Length as well as for grammar and spelling. All letters must be signed we have. All people deserve should be the huge disparity of not happening. Or maybe Haymans can find a person, or organizations, who is also the guy who serves as unofficial starter each Freedom Swim.

Many questions about Sunseeker

Roger Ibrahim

Don't assume, get out and vote

Assuming politicians have most interests at heart and we don't need to be concerned about what election and election is dimmed. To vote in the upcoming election, you can follow a simple plan: register to vote, show up the day of the election, and make your voice count. Therefore many didn't bother to vote and said that you should assume makes an "os" out of "a" and "o" and "e" and "i". It is dangerous to assume that the country is safe and well and that the federal government is taking care of our needs without our involvement. Staying informed, expressing your opinions, and voting is vital.

Tanya Shurmur

LETTER TO THE EDITOR

Editor:

I have no problem with crossing back and forth, keeping an eye on what others are bringing in and doing the best we can to keep the area safe as we all have a duty to do. I prefer to see the area as a whole.

Tanya Shurmur

Charlotte Harbor, FL 33980. Readers may email Letters to the Editor at letters@sun-herald.com

How to submit a letter to the Editor

Letters are welcome on virtually any subject, but we do have house rules. Please keep them to less than 250 words. Letters will be edited for length and style, but all opinions are welcome. We reserve the right to publish all letters, both with names and without, at our discretion, and all letters are subject to publication. Please limit your correspondence to citizens who live within the Sun-Sentinel's service area. Letters printed in the paper are subject to removal. We welcome letters from all who desire our involvement. Staying informed, expressing your opinions, and voting is vital.

Jay Meadors
Port Charlotte

In the water. After all, it's all everyone shows up and jumps in at the Freedom Swim.

The swim must go on. There should be the huge disparity of not happening. Or maybe Haymans can find a person, or organizations, who is also the guy who serves as unofficial starter each Freedom Swim.

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On North Korea, Trump should refuse to take bait

By Mark A. Thiesmeyer

Trump seems to be taking the bait; it seems to be no longer open to negotiation. So how do we prevent a war with North Korea?

North Korea is not as powerful as it seems. It is an isolated country, with access to only limited resources. It has a small population and limited technology. It is a very fragile regime, and its leaders are extremely paranoid.

We should not negotiate with North Korea. We should not give in to their demands. We should not reward their aggressive behavior. We should not allow them to believe that they can get away with their behavior without consequences.

We must be strong and decisive. We must stand up to North Korea and show them that we are not going to tolerate their behavior.

We need to work with our allies to build a coalition to put pressure on North Korea. We need to use economic sanctions to cut off their resources. We need to strengthen our military capabilities to deter them.

We need to be prepared for any eventuality. We need to be ready to act if necessary. We need to be prepared for a conflict.

We must not allow North Korea to believe that they can get away with their behavior without consequences. We must be strong and decisive. We must stand up to North Korea and show them that we are not going to tolerate their behavior.
Catherine Drury on her special day, May 2.

BIRTHDAYS

For most of us, wounding the self with the fear of losing memories by dementia is like watching a car crash. When we are age as a growing concern, we see it as a fact of life. As we grow into our overall health and well-being.

To help individuals protect their brains to promote and improve wellness, Florida Gulf Coast University’s Renaissance Academy is offering two workshops designed to help with that. On Saturday, May 28, Cindy Ryerson presents “Getting the Most Out of Your Brain.” From 10 to 11:45 a.m. and 1:45 to 3 p.m., attendees will get tips on how to improve memory in middle age and beyond. “My target audience has been the 55-and-older crowd because they tend to worry about losing their memories and brains,” Ryerson said. “The basic topics are on ways to preserve and improve our memories, and that’s an area which is extra-supplying itself through a collective that we build up through four pillars of brain maintenance.”

Physical exercise, a balanced diet, stress-reducing strategies and mentally stimulating activities are topics the course will cover. Ryerson said that the “cognitive reserve” of memories loss.

Ryerson also will lead another workshop at the same time on Friday, May 27, on “Mindful Living” on the importance of mind-body practices to enhance our health and well-being. She said that people can optimize their relationships with each other by increasing self-awareness of our physical, emotional, intellectual and spiritual minds.

“We live in a world that is so fast, so busy, so multitasking that we forget the art and value of pausing to live in the present moment,” said Dr. Susan R. Brooks, a registered environmental specialist. “By focusing on the present moment, we can improve how we learn and how the world works. We need to find quality time with each other, a sacred time.”

“Knowing and using your personal learning style helps you to learn new information on that strength to help you remember better.”

“The Brain Years: Mindful Living” on Friday, May 27, begins at 10 a.m. on the Renaissance Academy campus at 3440 Conway Blvd. #2A, Fort Myers. The cost is $65. For more information, call 941-505-0130.

T. Damasco on his special day, May 2.

T. Damasco on his special day, May 2.

Charlotte Hearing Center, Inc.

33980), we will try to accom- (to 23170 Harborview .jpg photo of the birthday boy) along with a photo. Email your

CONTACT FOR

www.yoursun.com The Sun /

COMMUNITY NEWS BRIEFS

Archaeological Society

The Warm Mineral Springs Archaeological Society meeting is set for 9 to 11 a.m. Tuesday, May 3, in the meeting room of the Technical College, 4901 Kenneth Boulevard, North Port.

Port: The speaker is John McCawley who will speak about a buried gold mine discovered recently off Manasota Key in what National Geographic calls the “Lost City of the Undiscovered.” McCawley is curator of the Archaeological Society at the Warm Mineral Springs Historical Museum.

Community News Briefs

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Charlotte Symphony names new executive director

By BILL JONES
Sun Correspondent

The Charlotte Symphony Orchestra has hired a new executive director with extensive national theater credentials.

Bill Brian Laczko, who formerly worked with the Guthrie Theater in Minneapolis, Chicago, was director of operations at the Tennessee Performing Arts Center in Nashville and executive director for 12 years of the Carson Center for the Arts in Paducah, Kentucky.

He made it clear in an interview that the long-time lure of Southwest Florida and working with Charlotte Symphony maestro Rafael Paniagua brought him to Punta Gorda.

Laczko, 65, announced his retirement last year from the Carson Center — a multi-million dollar event, conference and concert center that seats 1,800 — intent, he said, on retiring to Naples and a condo that he and his wife Susan have owned for 10 years.

But the plans changed when Charlotte Symphony board chairman, called him in April to discuss the strategic direction and position of the symphony.

We interviewed and was soon followed by the board of directors, beginning his new task, in lieu of retirement, last month.

He acknowledged in his new office in Punta Gorda that he had planned on a leisurely retirement of golf, drawing, painting and woodworking in Naples, “but,” he smiled broadly, “here I am.” He said the decision was an easy one, to be named executive director, who is the music director of the Paducah Symphony, which played at the Carson Center, and for the opportunity to help advance the business of the Charlotte Symphony.

Smiling again, he said he “wanted to make it very clear” that Paniagua will be in charge of the orchestra and he will be in charge of its business operations.

“I’m here to support the maestro and the orchestra,” he added. “That’s what it’s all about, making the orchestra bigger and better. The players are very committed. They want to make it happen. To make it happen, you just need the support to make it happen. You just need the support to make it bigger and better than ever.”

He said he one of his first initiatives will be to bring a marketing and public relations component to the orchestra, which currently operates with just a staff of two — himself and office manager Cris Kessinger.

“We have a strong story,” he said. “We need to get it out there, focusing specifically on Charlotte County.”

His advice to future executive directors: “You don’t need to have all the credentials. You need a diverse background in music education to understand the orchestra, but just need the support to make it happen. You just need the support to make it bigger and better than ever.”

He is in charge of operations at the Carson Center, which operates with just a staff of two — himself and office manager Crista Keesling.

“It’s a great opportunity to do something that I love,” he said in an interview. “I’m here to support the maestro and the orchestra. Just come try it out and you’ll see.”

He is the man to make it happen. To make it happen, you just need the support to make it happen. You just need the support to make it bigger and better than ever.”
The owner of a Port Charlotte company was sentenced to two years in prison for sales tax theft, the State Attorney's Office reported. Nicholas George Vuolo, 54, was the owner of a Plus Auto in Charlotte County. Between March 2015 and April 2017, he would charge sales tax to customers but did not file it on his tax return, according to a press release. Vuolo pleaded guilty to theft of sales tax $20,000 or more, failure to file six sales tax returns, and violation of probation. He received a sentence of two years in prison for the first two charges and one year for the violation of probation. Vuolo also was ordered to pay $20,000 in restitution to the Department of Revenue and still owes more than $20,000 in restitution, according to a press release.

CHARTER HOUSE – Beginning Monday, the Charlotte County Sheriff’s Office will increase traffic enforcement at the following locations:

Speed enforcement:
• U.S. 41 (Punta Gorda to North Port)

Top crash locations:
• S. McCall Road
• Wray Boulevard
• Midway

Area traffic enforcement locations announced

The Charlotte County Sheriff’s Office will increase traffic enforcement at the following locations:

Speed enforcement:
• U.S. 41 (Punta Gorda to North Port)

Top crash locations:
• S. McCall Road
• Wray Boulevard
• Midway

Port Charlotte man sentenced for sales tax theft

By ELAINE ALLEN ERICKSON
Charlotte County Sheriff’s Office

SABAL HOUSING OFFICE, White Hall, Bldg D, 2016 S. Harbor Drive, Port Charlotte, FL 33980, https://www.fsw.edu/procure

FINANCE AND REPAIR SERVICES COLLEGE, 5800 Kanner Highway, Stuart, 34996, https://www.fsw.edu/procure

FLORIDA COUNTY OF FINANCIAL SERVICES, Sabal Hall, 1200 SW College Road, Ft. Myers, 33905, https://www.fsw.edu/procure

To view today’s legal notices to theft of sales tax $20,000 or more, failure to file six sales tax returns, and violation of probation. He received a sentence of two years in prison for the first two charges and one year for the violation of probation. Vuolo also was ordered to pay $20,000 in restitution to the Department of Revenue and still owes more than $20,000 in restitution, according to a press release.

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The proposed Ordinances may be inspected by the public at the City Clerk’s Office located in the Municipal Building during the hours of 8:00 a.m. and 5:00 p.m. on or shortly thereafter, Ordinance No.2018-18 will be read or shortly thereafter, Ordinance No.2018-18 will be read

Members of the ballistic vest fund Nam Knights BC, Southwest FL Chapter, in Englewood, donated a check to the Sarasota County Sheriff’s Office for a ballistic vest for one of six police K9s.

KIRKPLAN Kitchens & Baths because there’s no middlemen to deal with.

KIRKPLAN Kitchens & Baths because there’s no middlemen to deal with.

www.yoursun.com The Sun / LOCAL/REGIONAL NEWS

SARASOTA — They are officers who fly in high-speed helicopters, work with the bomb squad, narcotic units and drug enforcement agents. They are the Sarasota County Sheriff’s Office K-9 Unit. Like their human partners, the county’s six K9s must wear ballistic vests while on the job. Each year, the vests must be replaced.

On April 12, the sheriff’s office posted a photo on Facebook of K-9 Deputy Kevin Skau and his partner, Ando, wearing a ballistic vest from Canine Tactical. The caption mentioned SC00 was needed in purchase
canoe five new vests for the remaining members of K-9 Unit, at a cost of $1,700 apiece.

Within minutes, community members offered to host fundraisers, and launch online campaigns to help the agency cover the cost, said Captain Perez, SC300

Sgt. Troy Sasse and his partner Indy, a 4-year-old Belgian Malinois, and his partner Ando, a 2-year-old Belgian Malinois, were killed in a car crash six months ago.

The community got this off the ground and made this happen because we were as tight as, our K-9 Unit is going to make a real difference in our community, for years to come.”

Once the dogs are equipped with the vests, the sheriff’s Office plans to invite donors for a special meet-and-greet with K-9 handlers and their partners, Perez said.

The old vests were worn and be heard with respect to the proposed Ordinances.

The proposed Ordinances may be inspected by the public at the City Clerk’s Office located in the Municipal Building during the hours of 8:00 a.m. and 5:00 p.m. on Monday, March 5, 2018, at 12:00 P.M. Eastern Standard Time.

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The proposed Ordinances may be inspected by the public at the City Clerk’s Office located in the Municipal Building during the hours of 8:00 a.m. and 5:00 p.m. on Monday, March 5, 2018, at 12:00 P.M. Eastern Standard Time.
We take it for granted because we can. We turn on the taps and water flows, as it should. But that doesn’t happen through good fortune. It’s planning and budgeting and investment and collaboration. It’s planning for future water supplies and maintaining the pipes and pumps that deliver that water to our member governments. It’s continuing to ensure that our water supply is also environmentally sustainable. It’s about encouraging conservation.

It’s a lot and it’s why some communities don’t have the kind of water security that this region enjoys. Our security didn’t happen overnight. Every single member government, every single governing board over 25 years has deliberately made choices that were in the interest of the entire region. As a result, we have the water we need today and tomorrow. But we can’t stop there. Water supply development takes a long time—up to ten years—so, we’re already working on the next source.

It costs a lot. So, we invest. We have to ensure the pipes and pumps and technology that treat and deliver water are operationally efficient. So, we invest some more.

And, our water comes from the environment, so we monitor, restore and enhance it to ensure that our water supply is reliable and our quality of life is sustainable.

We're fully invested.

Infrastructure Investment = Water Security

Authority Investment $200 Million
Grants: SWFWMD, FDEP, EPA $170 Million
Total Investment $370 Million
Regional Water Security PRICELESS

What’s up next?
Planning more reservoirs to capture and store rainfall when flows are high which will provide water when it’s dry.
**Track & Field: State Championships**

Gonzalez leads area after Day 1

**Track Review**

While most of the teams took place on Day 2 of the FHSAA Track and Field State Championships in Jacksonville, area athletes thrilled fans Day 1 with some drama.

-North Port's Daniel Gonzalez was the area's first finisher, placing third in the discus throw with a distance of 162 feet, six inches.

Also coming home with a medal from North Port's Sarah Cote. The junior placed third in the high jump, with a height of five feet, 3.75 inches.

Gonzalez also placed seventh in the shot put event with a distance of 52 feet, 0.50 inches. He missed the podium just 1.50 inches.

He wasn't the only athlete that came up just short of the podium. Port Charlotte's Sarah Cote. Salomon placed seventh in the discus throw with a distance of 118 feet, two inches.

Cote came just four feet, five inches shy of the podium, placing fourth in the high jump, with a height of five feet, five inches shy of the podium.

Former Port Charlotte Pirate Arthur Allen, now with the Owasso University Hawks.

**Softball**

Makenna Garham of Braden River High entered the week leading the American Collegiate Athletic Association with 39 RBIs. The Newer or High graduate hit .412, eighth in the conferences, and had two home runs.

Bayside High swept through American Collegiate Athletic Association with 1-7 with a 6.02 ERA in 17 outings, including 13 starts.

**Men's Golf**

Stevenson University junior Tate Smith tied for first at the 2018 Atlantic Sun Conference Championship. The Port Charlotte graduate shot 139 (78-71) to place second among the Hatters.

**Sailing**

Englewood Sailing's Popular Summer Sailing Camps: Learn to sail in a safe and fun environment. The camps continue through the month of August, with sessions on Saturdays and Sundays.

**Track & Field: State Championships**

Trio of Pirates headed to college

**Staff Report**

Earlier this week, three members of the Port Charlotte football team signed their letters of intent to continue their careers.

Defensive lineman Ti ahnson Loueher signed to play for the University of Mt. Union in Ohio.

Two-way player Shamar Harvey is off to Alabaster to play for Birmingham Prep.

Offensive lineman Michael Isaac is going to Mumford where he'll play for Culver-Stockton.

**Tennis**

Rotonda Community Park: Weekly is just part of an ongoing event of activities at the Rotonda Community Park. Tennis, Pickleball, and Table Tennis are also open to all communities Dow, Winkler, and Boca Grande.

**Running**

Year-round weekly sailing events and tournaments. Visit the Community Sailing Center:

**Sail**

*Photo Provided* North Port's Daniel Gonzalez on the podium for finishing third place in the discus event.

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Save the date for summer reading

\[ \text{Rock!} \]
on the theme “Libraries for all ages planned educational programs Aundrea has fun and Charlotte Library.

Friends of the Englewood snacks sponsored by the for the day and free 11 a.m. until 1 p.m. Charlotte Library is from kickoff at the Englewood Kickoff Event. Our with a Summer Reading branches will celebrate June 2, each of the four Save the date for summer reading

**Opportunities to have**

**More**

**Lunch**

**Prizes**

**Learn**

**Games**

**Storytime**

**Hands-on activities**

**Visits**

**Aundrea can help pick Discovery Kits and play with all the new tech toys included in the kids. These kits include educational items and books on the selected topic.**

**Library patrons can take them home for a period of three weeks.**

**Discovery Kits are available for checkout for ages 7 and up and are primarily focused on science, technology, engineering, and math (STEM).**

**We also have Parenting Packs available for checkout that are intended for parents and their children ages 0 and down and cover a variety of topics. The Discovery Kits include topics like Geometric Shapes, Golden Ratio, Hard Lettering, Human Anatomy, K’Nex Simple Machines, Lego Mindstorms, Osmo, Rock Identification and more.**

**The Parenting Packs focus on topics like Backyard Exploration, Counting, Colors, Doctor/Hospital Visits, Getting Ready for School, Healthy Eating and others. Aundrea can help pick out the right Discovery Kit or Parenting Pack for you and your family.**

**What is your child interested in? We have over 30 combined kits and packs so there is sure to be something to spark their imagination.**

**Big Red Bus**

**The One Blood Big Red Bus is here this Tuesday from 9 a.m. until 2:30 p.m. Give the gift of life. Your blood donation helps trauma, surgery, and chemotherapy patients in local hospitals when they need it most. A single car accident victim can require one hundred pints of blood. That’s why blood donations are so important.**

**All donors receive a free movie ticket and a coupon for a free chicken sandwich at Chick-fil-A. For more information about donating blood and to sign up, visit www.oneblood.org/promotions-rewards/big-red-bus-stml.**

**Keep your kids busy and learning this summer at the library! The Englewood Charlotte Library is at 3601 N. Access Road in the Tringali Recreation Complex off State Road 77.**

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**SUN PHOTOS BY ELAINE ALLRED-HOPCH**

Kaley Fitzgerald, 7, a Myakka River Elementary student, checks out the selections at the Charlotte County Library Saturday during the annual free comic book giveaway. The event was held at all local libraries.

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Q
uestion: Thanks for addressing the deeded public access issue. The property adjacent to mine is unoccupied. I'm pretty sure that there is no deeded beach access association for this home. But every time I have questioned individuals trespassing across my property to get to the beach, they have denied access. Yet they cannot provide us any physical proof of that. I was wondering if you knew where in the county I could find someone who has positive proof of having deeded access? What Department at the county can verify if there is in fact deeded access for those individuals? Anything you can do to shed light on this would be greatly appreciated.

Answer: I called a top-notch title agent and a very experienced real estate attorney seeking answers to your questions. Neither had answers, but both were able to shed some light on the subject. Here is what they told me.

The title agent suggested you must do the proper way to find proof of deeded beach access by examining the public-records maintenance by the county recorder's office. She also suggested you examine the title work issued by the title company who processed the most recent sales transactions.

And third, she suggested you examine the legal description of the property. You can access the legal description online via the county property appraiser's website.

The real estate attorney emphasized that the proper way to establish the existence and validity of real estate documents is to search them in the public records. This can typically be done by the clerk of the court in the county where the property exists. The document then becomes part of the official records of that county and is available to the public.

The attorney also noted that deeded access takes different forms. For example, pedestrian-only access would preclude the use of golf carts. Or the access could be limited to owners only, thus excluding renters.

Got deeded access?  Prove it.

What do you think?

Out of curiosity, I started in the right direction that's quite common. The Realtor is driving the buyers around the neighborhood to see the pre-selected homes that match the buyer's criteria. The buyer spots a wonderful home with a for-sale sign. It's love at first sight. But it's not on the buyer's list because it does not match the buyer's criteria. The buyer told her Realtor she wants a newer home, so the Realtor has limited the showings to homes built in 2011 or later.

The Realtor calls the listing agent, explaining the situation, and asks to show the home ASAP. This is something you want to make happen. Out of curiosity, I ran the numbers on all Charlotte County, single-family listings that sold in 2017. The median days-to-contract for those listings was just 42 days. The median for listings that required 24-hour notice was 46 days.

Brett Slattery is a broker/owner of Brett Slattery Realty Inc. in Charlotte County. Brett responds to all questions and echoes suggestions, including those not printed due to space limitations. Reach him via 941-668-2300. Brett@BrettSlattery.com, or www.BrettSlattery.com.
How to avoid a low home appraisal

BY JAY MACDONALD

Even when a seller and buyer agree on a price for a home, the deal can collapse if the property appraises for less than that price. For example, let’s say a seller lists his house for $325,000, but the buyer offers $275,000, but the seller does not want to pay more for the house than its appraised value. As a result, the deal falls through. Read on for key tips on how to avoid a low home appraisal. And, once the deal does go through, Bankrate can help you get the best mortgage rate.

Q: I live in a beautiful community that is well maintained by the board and its various committees. All in all, except for the roads — they are ugly with oil marks and patched areas. I have written to the board about this issue, but it does not seem to be a priority of the board of directors. How do I get the board to address this issue? — Phillip

A: Most people who want to get their board’s attention try to bring up an issue at the next board meeting. This is not a good idea and will most likely not work. A board meeting is a business meeting and should be run from an agenda that is known to all in advance so that the board and directors have ample time to research and consider the issues to be dealt with during that meeting. One helpful tactic is trying to embarrass or ambush the board at the meeting almost always backfires. Simply, the board meeting is not the time to introduce a new issue. The better method is to schedule a board meeting or a committee meeting for your concern. Try to be detailed and propose solutions. Explain why you think it is an essential use of the community’s resources, bearing in mind that other residents may have competing priorities. Send the letter by certified mail to ensure it gets the attention it deserves.

Q: If a seller does not make the appraisal, try again, or ever better, get some neighbors to write in, too. Many years ago, I held a board meeting and the board ignored your ideas pushed through. At least, that is, if enough of your neighbors agree with you.

Gary M. Singer is a Florida attorney and board-certified as an expert in real estate law by the Florida Bar. He practices real estate, business litigation and contract law from his office in Sunrise, Fla. He is the chairman of the Real Estate Section of the Broward County Bar Association, a co-host of the weekly radio show Legal News and Review. He frequent- ly consults on general real estate matters and commercial and business disputes with various companies across the nation. Send him questions or opinions at wwwwsnd.com. Gary Singer is also a co-host of the “Gary Singer Law” radio show on WWSL AM 1490 and WZLD FM 100.1 in Sunrise, Fla. Follow him on Twitter at @GarySingerLaw.

How can I make my community’s board listen to my ideas?

BY GARY M. SINGER

Spring is fast approaching and you may already have summer plans in place. Whether you are looking forward to cookouts, baseball games, or family gatherings, Happy Home Services can help get your home ready for spring.

Get your spring cleaning checklist ready and call Happy Home Services for all your cleaning needs. They have all the tools necessary for a deep clean throughout your home.

In the mood for something new? Call Happy Home Services to help you with the transformation. They offer complete home remodeling services, custom kitchen and bath designs, custom cabinetry, shower installation, exterior and interior painting, and more!

If your home needs a little love before your guests arrive, schedule a conversation with Happy Home Services at 941-766-0115 or visit their full design center at 2144 El Jobean Road, Port Charlotte.
Is a homeowner better off with an FHA loan?

By JACK GUTTENTAG

Q: Assuming the same interest rate, is there any way in which a homeowner is better off having an FHA rather than a conventional mortgage? A: Having an FHA mortgage is potentially advantageous to a homeowner if she intends to sell her house, and if market interest rates are significantly higher than they were when she borrowed the money to buy it. The advantage is that an FHA mortgage is assumable by a house purchaser who is qualified under FHA standards. This means that the below-market rate can be transferred to the buyer, and the benefit shared between the buyer and seller. If interest rates remain at the same level, conventional mortgages today contain “due-on-sale” clauses, which means that a few exceptions, the loan balance must be repaid when the property is sold. Lenders may allow assumptions but only at the current market price. The dollar value of an assumable mortgage has three major components: One is the upfront saving, consisting of the points and other settlement costs that are avoided by the buyer. The second component is the present value of the difference in loan balance at the time the buyer pays the loan. The third component is the present value of the payment differences over the same period. This is not an easy calculation, but a spreadsheet on my website ("Value of Assumptions") makes it easy. It does not take a large increase in rates to make an assumption attractive. For example, assume the home seller has a 3.5 percent mortgage with a $200,000 balance that has 200 months to go. If the buyer can find an interest rate 4.5 percent on a 30-year mortgage, and the buyer sells after 60 months, the present value of the benefit attached to assumption would exceed $10,000, plus the settlement costs avoided. I calculated this using the spreadsheet. The major limitation of an assumable mortgage is that the buyer’s down payment may be larger than is convenient or possible, depending on how much of the original loan balance has been paid off and how much the buyer has appreciated in value. In addition, the monthly payment may be beyond the buyer’s capacity because it must be calculated over the period remaining. The buyers who extract the most benefit from assumptions are those who have the cash to pay the difference between the sale price and the balance of the old loan, and have the income necessary to carry the monthly payment over the shortened term. Any seller who allows assumption by a buyer without a written release of liability from the lender is looking for trouble. If the buyer defaults, the collection process will come after the seller unless she can obtain protection in the written release. Even if the buyer pays, the seller without a release of liability can obtain another mortgage because of her continued liability on the old one. In the 1970s and ’80s, conventional loans were also assumable, but lenders put a stop to it when the monthly payment might be beyond the buyer’s capacity because it must be calculated over the period remaining. The buyers who extract the most benefit from assumptions are those who have the cash to pay the difference between the sale price and the balance of the old loan, and have the income necessary to carry the monthly payment over the shortened term. Any seller who allows

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MIAMI — Would you plunk down $100,000 for a studio that measures 210 square feet — about the size of two surface parking lot spaces — to live in the heart of Miami Beach? If the idea seems preposterous, micro-units are not for you.

But a growing number of real-estate developers are banking on the micro-unit concept — tiny, furnished apartments in amenity-laden buildings, located in last-nighthoods — to attract budget-strapped renters who want to live in Miami’s most popular neighborhoods but can’t afford to pay market rates.

They are also exploiting the malleability of the tiny-living concept — which has been used in cities such as Seattle and New York to alleviate the affordable housing crunch — and customizing it to suit their individual projects. They include:

• The 70-unit 6080 Botique Hotel at 6690 Collins Ave., due for completion in July, is a residential hotel mixed-use project with turnskey residences ranging in size from 350 square foot studios to 900 square foot two-bedrooms. About five of a professional basketball court. Prices range from $300,000 to $750,000.

• Developer Property Management Group has launched a co-living operation, dubbed PMG, that utilizes the micro-unit living concept to traditional apartments. The company is adopting a unit-by-unit (RBB) tactic at the 464 units PMG-300 Biscayne Blvd micro-unit tower (formerly known as Vice) at 464 Biscayne Blvd. just down the street from the Miami-Dade College Wolfson Campus. The RBB strategy is simple. You rent a single bedroom (with its own private bathroom) inside a fully-furnished unit and share living space with roommates that have been screened and vetted during the application process. Rates will range from $1,300 to $1,500. The building is due this summer.

• Lisa Olson, a two-tow- er project at 300 99th Ave. in Fort Lauderdale, will add another 1,100 RBB units to the PMG stockpile. The company plans to break ground on a third South Florida project the 706-unit tower X Biscayne, at 400 Biscayne Blvd. in late 2018.

• Wynwood 25, a partnership between The Related Group and East End Capital located at 227 NW 36th St, will deliver 289 rental apartments to the trendy neighborhood, where housing remains scarce. They will range in size from 490 to 2,200 square feet and go for $1,400 to $3,200 per month. The building was topped off last week and construction will be completed in early 2018.

• Related has two other projects in the area Wynwood 26, a joint venture with Rock Capital Group at 51 NW 26th St, will add 172 apartments between 400 and 900 square feet, priced from $200,000 to $500,000. Singer Lenny Kravitz will serve as creative director of the building’s public areas and amenity spaces. The project broke ground on Monday.

• Wynhouse 25 will duplicate the model of Related’s boutique-residential tower in Sai Paolo. The building will be located at NW First Ave and 26th St, will partner with Related Miami and deliver 182 condos between 415 and 800 square feet, with prices starting at $200,000. The project is in pre-construction stage.

• MIITELNED, a $150 million joint venture between Asia Development Group and the Kuwait-based AQMART real estate company, will deliver micro-unit/residential/ hotel project, this one in downtown Miami, at 227 NE 22nd St. The building will be a 31-story tower offering 250 hotel-branded hotel rooms (or “cabins,” as the company calls them) and 215 condos ranging in size from 425 to 750 square feet. Prices will start in the $300,000 range and construction is scheduled to begin in late 2018.

• Moishe Mana, the developer who owns large chunks of land in Wynwood and along Flager Street in downtown Miami, plans to proceed with his plan to build a 49-story micro-unit residential/ hotel tower at 200 North Miami Ave and 28th St., which will add 240 micro-units between 400 and 800 square feet.

This is one initiative to endorse the development of micro-units in the city of Miami, “I’m not thinking about a single condom building, because Miami has enough of that concept about building connectivity within a neighborhood.”

Millennial appeal
All of these new Miami projects take advantage of building and zoning codes that allow for higher density and lower parking requirements, which maximize land use. Although some fixed construction costs stay the same — you still need a bathroom and a kitchen, for example — the overall building costs are roughly 20 percent lower.

“Developers and lender- ers see Miami is growing and looked. Our project is not based on constructing one single condo building, because Miami has enough of that concept about building connectivity within a neighborhood.”

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• Moishe Mana, who has previously expressed a desire to turn into Miami into the Silicon Valley of South America. “It’s crucial to provide housing for millennials to ensure the growth and success of global hub for industries and talent. This Mullins will go to day, the need keep the Miami’s Miami’s here was over- looked. Our project is not based on constructing

THE PHOTO
A view of the sleeping area of a unit at 6080 Collins Avenue in Miami, where the smallest apartments will be 310 square feet.
FROM PAGE 4

The Sun, Sunday, May 6, 2018
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Although Miami-Dade’s micro-unit boom is limited on hot neighborhoods with higher land values for now, the concept may spread to other areas. In December, the City of Miami approved an amendment to the Miami 21 building code that reduced the mandatory minimum size of micro-units in Transit Oriented Development (TOD) areas from 400 to 275 square feet. The amendment, which only applies to projects close to mass transit such as Metrorail, Metromover and the upcoming Brightline train service, also reduces or eliminates the requirement for parking spaces—a construction cost that forces developers to raise their prices. On March 6, the Miami-Dade County Commission launched a 120-day study of micro-housing to “encourage the efficient use of land by accommodating greater population density in a smaller area,” another indication of local government exploring possible solutions to the area’s affordable housing crisis. But some developers argue micro-units not a viable long-term solution, because people can’t live in such tiny quarters for long. For S. Jacobson, president and CEO of EISEN Multifamily, which specializes in boutique apartment buildings located in underserved neighborhoods, said he helped develop a micro-unit building in 2018, directly across the street from Amazon headquarters. But the project was a bust, with a turnover rate of 117 percent. The average turnover rate for a regular apartment building is between 55 and 57 percent per year. “The average size of micro-units was 330 square feet, but once people realized they had no place to put their clothes or shoes or handbags, they were moving in and moving out on the same day,” Jacobson said. “Conceptually, micro-units are a great idea. But you have to put the human element into it. Dropping unit sizes to 250 or 400 square feet is workable, but when you’re building 250-square-foot units, all your building is hotel rooms. You can’t solve affordability by squeezing people into those. It’s not a lifestyle conducive to any human being in this country.” For now, though, the real estate industry is bullish on the micro-units currently being developed in Miami, because they are filling a gap created by the post-recession emphasis on luxury development in Miami-Dade’s booming urban cores. “The housing market is changing because of cost and supply,” said Steven Wernick, a land-use partner at Akerman LLC. “There’s going to be new types of housing product, and there are a number of trends and public policy objectives that are part of the conversation with micro-units. Some people immediately think all apartments are going to become micro-units, but I don’t think that’s the case. We are seeing a few projects come out of the ground that are incorporating them. We’re going to keep exploring the concept project by project.”
Scout’s honor: Local scout donates 120 backpacks to foster children

BY KAYLA GLEASON

On Saturday, Eagle Scout hopeful and 10th-grader Lucas Blanchette assembled over 100 supply-filled backpacks to donate to the Department of Children and Families, honoring their original goal out of the water.

In five local counties, alone, over 2,500 kids are in foster care. When moving, these children are only given a trash bag and five minutes to pack. In the rush to grab clothes, toys and keepsakes, simple necessities and toiletries are often overlooked.

Blanchette hopes to resolve this by providing everything from toothpaste to pens and pencils to the children in need.

“A lot of kids don’t have bags for school either; they end up using the trash bag for all their school supplies,” said Lucas’ dad, Victor. “This way, we can give them all the personal hygiene products but we can also give them a new backpack.”

All of the products for each of the 120 backpacks were donated or purchased and donated by friends, family and fellow scouts.

For Lucas, the project requires a lot of weight. As part of the passage into Eagle Scouts, members must design and execute a project that benefits their community, whether local, national or global.

This is one of the final steps and it must be approved by the troop committee.

“It’s quite a lengthy process, he has to earn 21 badges — 13 of which are Eagle-specific and more strenuous in terms of illness or personal management — and he has to fill out a form and get all the appropriate signatures,” said Victor. Currently, Lucas is a Life Scout, the level below Eagle.

“I’ve been a scout for nine or 10 years. It takes about a year to move up a level because you have to stay in each rank for at least six months,” said Lucas, who decided to start the Scouts after seeing a poster at school.

Each scout dedicates a significant amount of time and effort to the troop, not only to benefit their communities but to improve themselves as individuals, as well.

About 19 people showed up to help today and they all either scouted or the families of scouts, said Victor. “We’re going to be done way earlier than we thought.”

The scout volunteers represented a variety of levels, from elementary-aged boys to high schoolers.

“All of the volunteers were Eagle-specific and they all help out because they know it will improve themselves as individuals, as well,” said Victor.

And it seems the population of community service-driven youth will only continue to grow.

“Lucas’s troop, Troop 155, has a significant low scout number. There were only four a year ago and now we have 15. We’re also expecting seven more once they move up a level,” said MacDonald.

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Scouts and their families assembled care packages at Pilgrim United Church on Saturday morning.

At left: Alex MacDonald and Justin Price add more finished backpacks to a pile ready to donate.

Lucas Blanchette organizes the finished backpacks. SUN PHOTOS BY KAYLA GLEASON

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|----------|--------------------------------|----------|----------|-------------|------------|-----------|----------------------|------------|-----------|----------------------|---------|-----------------|----------------------|-----------|----------------------|------------|-----------|----------------------|------------|
| C7250267 | 6479 MECHLER ST 34224 ENGLEWOOD | Sold     | 34224    | ENGLEWOOD   | $238,000   | 4/27/2018 | Private              | 81.31      | 0.95      | 81.31      | 0.95    | Single Family Residence | Conventional       | 4/27/2018 | 81.31      | 0.95    | 81.31      | 0.95    |
| C7246492 | 3769 LUNDALE AVE 34286 NORTH PORT| Sold     | 34286    | NORTH PORT  | $240,000   | 4/30/2018 | 109.09    | 0.96      | 109.09     | 0.96    | Single Family Residence | FHA              | 4/30/2018 | 109.09     | 0.96    | 109.09     | 0.96    |
| A4200968 | 6320 HERA ST 34224 ENGLEWOOD    | Sold     | 34224    | ENGLEWOOD   | $202,000   | 4/27/2018 | Community          | 85.77      | 0.95      | 85.77      | 0.95    | Single Family Residence | Conventional       | 4/27/2018 | 85.77      | 0.95    | 85.77      | 0.95    |
| C7249247 | 96 MOCHA CT 33983 PUNTA GORDA    | Sold     | 33983    | PUNTA GORDA | $223,950   | 4/27/2018 | 94.85     | 1.01      | 94.85       | 1.01    | Single Family Residence | FHA              | 4/27/2018 | 94.85       | 1.01    | 94.85       | 1.01    |
| C7246800 | 329 LAMBERT ST 33948 PORT CHARLOTTE| Sold | 33948 | PORT CHARLOTTE | $222,500 | 4/27/2018 | Private             | 93.02      | 1.01      | 93.02      | 1.01    | Single Family Residence | FHA              | 4/27/2018 | 93.02      | 1.01    | 93.02      | 1.01    |
| C7240942 | 424 LEMONWOOD DR 34223 ENGLEWOOD | Sold | 34223 | ENGLEWOOD | $239,900 | 4/30/2018 | Community          | 78.6       | 1          | 78.6       | 1       | Single Family Residence | FHA              | 4/30/2018 | 78.6       | 1       | 78.6       | 1       |
| C7249440 | 3497 SYRACUSE ST 33952 PORT CHARLOTTE | Sold | 33952 | PORT CHARLOTTE | $227,900 | 4/27/2018 | Community          | 75.91      | 1          | 75.91      | 1       | Single Family Residence | FHA              | 4/27/2018 | 75.91      | 1       | 75.91      | 1       |
| C7248998 | 3311 MIDDLETOWN ST 33952 PORT CHARLOTTE | Sold | 33952 | PORT CHARLOTTE | $185,157 | 4/27/2018 | Community          | 102.69     | 1          | 102.69     | 1       | Single Family Residence | FHA              | 4/27/2018 | 102.69     | 1       | 102.69     | 1       |
| A4205891 | 3340 MONTCLAIR CIR 34287 NORTH PORT | Sold | 34287 | NORTH PORT | $175,000 | 5/1/2018 | Community          | 79.76      | 0.98      | 79.76      | 0.98    | Single Family Residence | FHA              | 5/1/2018 | 79.76      | 0.98    | 79.76      | 0.98    |
| C7230416 | 2601 W MARION AVE #48C 33950 PUNTA GORDA | Sold | 33950 | PUNTA GORDA | $172,000 | 4/27/2018 | Community          | 147.26     | 1.01      | 147.26     | 1.01    | Single Family Residence | FHA              | 4/27/2018 | 147.26     | 1.01    | 147.26     | 1.01    |
| C7247699 | 18667 FORT SMITH CIR 33948 PORT CHARLOTTE | Sold | 33948 | PORT CHARLOTTE | $175,000 | 4/27/2018 | Community          | 129.25     | 0.98      | 129.25     | 0.98    | Single Family Residence | FHA              | 4/27/2018 | 129.25     | 0.98    | 129.25     | 0.98    |
| C7250520 | 23125 MADELYNE AVE 33954 PORT CHARLOTTE | Sold | 33954 | PORT CHARLOTTE | $189,900 | 4/30/2018 | Community          | 84.78      | 1          | 84.78      | 1       | Single Family Residence | VA                | 4/30/2018 | 84.78      | 1       | 84.78      | 1       |
| C7400717 | 16406 MINORCA DR 33955 PUNTA GORDA | Sold | 33955 | PUNTA GORDA | $185,157 | 4/26/2018 | Community          | 102.69     | 1          | 102.69     | 1       | Single Family Residence | FHA              | 4/26/2018 | 102.69     | 1       | 102.69     | 1       |
| C7248078 | 21043 RIDDLE AVE 33954 PORT CHARLOTTE | Sold | 33954 | PORT CHARLOTTE | $169,113 | 4/27/2018 | Community          | 74.29      | 1          | 74.29      | 1       | Single Family Residence | FHA              | 4/27/2018 | 74.29      | 1       | 74.29      | 1       |
| A4210838 | 3262 ROGUE ST 34291 NORTH PORT   | Sold     | 34291    | NORTH PORT  | $160,000   | 5/1/2018   | Community          | 92.86      | 0.96      | 92.86      | 0.96    | Single Family Residence | VA                | 5/1/2018   | 92.86      | 0.96    | 92.86      | 0.96    |
| C7251219 | 19345 WATER OAK DR #108 33948 PORT CHARLOTTE | Sold | 33948 | PORT CHARLOTTE | $160,000 | 5/2/2018 | Community          | 129.25     | 0.98      | 129.25     | 0.98    | Single Family Residence | Cash              | 5/2/2018 | 129.25     | 0.98    | 129.25     | 0.98    |
| C7249475 | 3580 TONKIN DR 34287 NORTH PORT  | Sold     | 34287    | NORTH PORT  | $152,450   | 4/26/2018  | Community          | 77.78      | 0.98      | 77.78      | 0.98    | Single Family Residence | FHA              | 4/26/2018 | 77.78      | 0.98    | 77.78      | 0.98    |
| C7247334 | 1086 SANGER ST 33952 PORT CHARLOTTE | Sold | 33952 | PORT CHARLOTTE | $144,000 | 4/27/2018 | Community          | 67.61      | 0.99      | 67.61      | 0.99    | Single Family Residence | FHA              | 4/27/2018 | 67.61      | 0.99    | 67.61      | 0.99    |
| C7243061 | 561 GROVE AVE NW 33952 PORT CHARLOTTE | Sold | 33952 | PORT CHARLOTTE | $138,000 | 4/26/2018 | Community          | 65.53      | 1.02      | 65.53      | 1.02    | Single Family Residence | Conventional       | 4/26/2018 | 65.53      | 1.02    | 65.53      | 1.02    |
LOCAL FOOD PANTRIES AND THRIFT STORES

- **Food Pantries:**
  - **Community Life Center,** 9049 Edgewater Drive, Port Charlotte, 4 p.m. to 5 p.m. every second Thursday.
  - **Discipleship Ministries** (River of Life Church), 411 E. Charlotte Ave., Punta Gorda, 9 a.m. to 11 a.m. on the second and fourth Thursdays of each month. For more information, call 941-625-5262.
  - **First Baptist Church,** 459 Goll St., Port Charlotte, 9 a.m. to noon on the second and fourth Saturdays of each month. For more information, call 941-629-4971.
  - **Harry Chapin Mobile Food Pantry**, 18300 Edgewater Drive, Port Charlotte, 9:30 a.m. to 11 a.m. on the fourth Thursday of each month. For more information, call 941-629-0800.
  - **Salvation Army,** 22020 Loveland Blvd., Port Charlotte, 10:30 a.m. to noon and 1 p.m. to 3 p.m., every Wednesday.
  - **Lutherian Church of the Cross,** 12475 Chancellor Blvd., Port Charlotte, 9:30 a.m. to 11 a.m. on the first and third Saturdays of each month.
  - **Macedonia Missionary Baptist Church,** 411 E. Charlotte Ave., Punta Gorda. Food pantry served 10 a.m. to noon on Mondays, Wednesdays and Fridays. For more information, call 941-627-7474.
  - **Palm Unidos United Church of Christ,** 24515 Rantoul Rd., Port Charlotte, 16: 9 a.m. to 11 a.m. on the second and third Wednesdays of each month. For more information, call 941-629-0800.
  - **Praise Tabernacle,** 20500 Bruce Rd., Port Charlotte, 9:30 a.m. to 11 a.m. on Tuesdays and Fridays. For more information, call 941-673-3722.
  - **St. Charles Borromeo Catholic Church,** St. Vincent de Paul Ministry, 21505 Augusta Ave., Port Charlotte, 9 a.m. to noon every Monday, Wednesday and Friday. For more information, call 941-639-5950, ext. 402.
  - **St. James Episcopal Church,** 1401 E. Florida Ave., Port Charlotte, 10 a.m. to 11 a.m. on the first and third Fridays of each month.
  - **The First Presbyterian Church,** 2230 Harrit St., Port Charlotte, 9 a.m. to 11 a.m. on the first and third Tuesdays and 1 p.m. to 7 p.m. on the second Wednesday of each month. For more information, call 941-625-5045.

- **Thrift Stores:**
  - **Pineapple United Methodist Church,** 23084 Seneca Ave., Port Charlotte. Call 941-625-5950.
  - **Agape United Methodist Church,** 24455 Rampart Dr., Port Charlotte, 9 a.m. to noon every Wednesday and Friday to pick up basics in families in need. For more information, call 941-325-1254.
  - **The First Presbyterian Church,** 2230 Harrit St., Port Charlotte, 9 a.m. to noon every Monday, Wednesday and Friday. For more information, call 941-639-5950, ext. 402.

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Charlotte Events

Today
Outdoor Market, historic Eggsboro Wednesday 9-1 p.m., Paddock Ave. Enjoy fresh produce, natural foods, jewelry, antiquities, art, and music. Call 941-865-4846 or email eggsbomarket@gmail.com.

Chess Club, Catholic Center 11 a.m. Chess is a great way to meet people from different cultural backgrounds. Interested in playing? If so, come out and play with us.

Prime Rib Dinner, Kettle Pub 6-2 p.m. Kettle Pub is a great place to relax, enjoy music, and socialize with friends. It's a perfect spot to kick back and enjoy a delicious meal.

Tuesdays

Word Counting Club, Catholic Center 11 a.m. 12 noon. A fun way to meet people and practice your writing skills. Join us every Tuesday.

Shannon Staub Library Mad Lab

The Shannon Staub Library assistant youth Librarian, Joan Ouse, leads kids,简直是和Zeke and Zach Goldsberry, with creating their own version of Simon during the Mad Lab session on Thursday. Mad Lab starts at 4 p.m. and ends at 5 p.m. For more information, call 941-861-1119 or visit their website at auspiceartsupply.com.

Photo by DEBRA GOUVELLIS

Englewood Events

Today

Breasted Chicken, best breast chicken dinner 2-4 p.m. in the main building. Call ahead to book your dinner table. Bring a bottle of wine and enjoy the food and company.

Scuplins Potatoes Ham, 17369 N. McCall Rd. Enjoy a delicious dinner with our fresh catch of the day.

FC Blast Kids, Kettle Paddl 9:30 a.m. - 11:30 a.m. Kettle Paddl is a great place to bring the kids and enjoy some family fun.

FRIDAYS

Sunport Golf, Gulf Cove UMC 10 a.m. - 2 p.m. Covered patio dining with live music every Friday from 4 - 7 p.m. Enjoy the beautiful views and great music.

Muir Beach, 6073 Gulf Blvd, 12:30 p.m. - 2 p.m. Enjoy some delicious food with live music at Muir Beach.

Tuesdays

Mangrove Bay Cafe, 500 South Tamiami Trail 11:30 a.m. - 2 p.m. Enjoy a delicious lunch at Mangrove Bay Cafe.

Great Italian Beef & Sandwiches, 20700 Highway 70 10 a.m. - 2 p.m. Enjoy some delicious Italian beef and sandwiches at Great Italian Beef & Sandwiches.

North Port Events

AMVETS 2000 Special, Bird Keyin 7-10 p.m. Enjoy live music and great food at Bird Keyin.

AMVETS 312 Breakfast, 5900 Jefferson Ave. 6:45 a.m. - 8:45 a.m. Enjoy a delicious breakfast at AMVETS 312.

AMVETS 312 Dinner, 5900 Jefferson Ave. 6:30 p.m. - 9 p.m. Enjoy a delicious dinner at AMVETS 312.

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AMVETS 2000 Lunch, 20700 Highway 70 11:30 a.m. - 12:30 p.m. Enjoy a delicious lunch at AMVETS 2000.

Tuesday

TOPS 167 Suncoast, lunch 11 a.m. - 1 p.m. Enjoy live entertainment from 11 a.m. - 1 p.m. at TOPS 167.

Badmortin, Englewood Christian Church 9:30 a.m. - 11:30 a.m. Enjoy a delicious breakfast at Badmortin.

AMVETS 2000 Special, Bird Keyin 6:30 p.m. - 9 p.m. Enjoy live music and great food at Bird Keyin.

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AMVETS 312 Dinner, 5900 Jefferson Ave. 6:30 p.m. - 9 p.m. Enjoy a delicious dinner at AMVETS 312.

AMVETS 2000 Lunch, 20700 Highway 70 11:30 a.m. - 12:30 p.m. Enjoy a delicious lunch at AMVETS 2000.

North Port VFW, Members, Pups, & guests. Open 4 p.m. - 9 p.m.

Wednesday

AMVETS 2000 Lunch, 20700 Highway 70 11:30 a.m. - 12:30 p.m. Enjoy a delicious lunch at AMVETS 2000.

AMVETS 312 Dinner, 5900 Jefferson Ave. 6:30 p.m. - 9 p.m. Enjoy a delicious dinner at AMVETS 312.

AMVETS 2000 Lunch, 20700 Highway 70 11:30 a.m. - 12:30 p.m. Enjoy a delicious lunch at AMVETS 2000.

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SKY Academy chorus opens Stone Crabs game

BY KAYLA GLEASON

The Englewood SKY Academy Chorus sang the National Anthem for baseball fans at Thursday’s Charlotte Stone Crabs baseball game. The student performers make up the first and only local charter school chorus. SKY Principal John Bailey was also in attendance and threw the opening pitch of the game.

• Forty students at Charlotte Technical College attended the SkillsUSA Florida State Leadership and Skills Conference April 30 to May 1. They competed in 16 events and brought home 11 gold medals, seven silver and nine bronze. Aida Alvarado, Brienda Anderson, Brien Bass, David Casanova, Charles Daughtry, Isuelle Facoy, Adrielle Lataille, Raven Moore, Kristen Northup, Dakota Ogle, Catherine Parker and Celine Vodka will advance to the national level of the competition in Louisville, Kentucky in June.

• The Charlotte High School Leo Club (Whipple Chapter) recently donated $1,327.76 to the Florida Dog Guide, F.T.D., Inc. The money was raised through penny jars — labeled “Pennies for Pooches” — placed in CHS classrooms.

• The Charlotte County Jazz Society awarded its 2018 scholarships to five students. Daniel Kukuk, Tyler Farnsworth and Sheighlin Hagerty of Charlotte High School and Jordan Schneider and Evan Weinfeld of Lemon Bay High School received the awards and will be honored by their respective schools at recognition ceremonies.

— Compiled by Kayla Gleason
It’s time to recognize Be Kind to Animals Week

The first full week of May is “National Be Kind to Animals Week.” It is actually the nation’s oldest celebrated week, originated in 1915 by the American Humane Association.

The humane organization’s intent was to encourage love and compassion for all animals. It is to know that, even 100 plus years ago, the importance of being compassionate was valued enough to dedic- ate a week to honor it.

In 1922, “Be Kind to Animals Week” received the official endorsement of both the U.S. and Canadian governments. Through 1930, celebrating its 75th anniversary, Congress passed a resolu- tion declaring it to be recognized during the first full week of May.

Today we celebrate the first week, when humane societies commemorate the role which animals play in our lives and in society. We encourage ways to recognize them and treat them hu- manely, as their welfare is the same as others do to the same.

In 2023, Be Kind to Animals Week is especially important because there are also more than one hundred years, weeks, and months, each year, celebrating the kindness of treating animals and what they do for us. This year, the goal is bring light to important messages in animal sheltering, care, pro- tect, and wellness, while many are more fun and engaging.

Shelters promote Adopt a Cat Month, Adopt a Dog Month, Adopt a Senior Pets Month, Super Spay/Neuter Month and the Prevention of Cruelty to Animals Month. We are also reminded that other policies can also be in need of homes by dedicating months to make it even more of rescues, rabbits, farm animals, and even compost.

There are awareness months for medical needs, such as Pet Dvip’s Pet Month, rover February and Pet Cancer Awareness and Pet Diabetes Awareness. Serious issues are addressed with Microchip Your Pet Month, Adopt a Shelter Pet Month, Pet Theft Prevention Month, Burke’s Corn Night, and National Violence Awareness Week. We hope this month you remembered to focus on the advancement of youth through sports.

After her sister, Rosa Lee’s, death, Anthony’s sister, a Port Charlotte Public School teacher, didn’t want to take up Anthony and his two siblings, from New York, to make her a family of six children.

Sporea always kept the Humane Society kids out of trouble. The boys played for Fort Myrtle’s Pop Warner Rams and, in high school, the Pirates, superhero of the Humane Society and the Humane Foundation became the hero of the story.

Shermel played for the Bandits, Pirates and Rays, and current coaches daughter Laylah and Lilliauna in Ptah Youth Lambda. It had dreams beyond sports. “I got addicted to happiness through food,” he said.

In fact, the place has a true family memory. “It already feels like a story, he said. “It warmed my heart. And you really know how you’re making 300 people happy.”

Shermel played for the Bandits, Pirates and Rays, and current coaches daughter Laylah and Lilliauna in Ptah Youth Lambda. It had dreams beyond sports. “I got addicted to happiness through food,” he said.

It’s been a long haul,” she said. “But I finally decided to do something different”.

“Let’s be meaningful,” the bond. “Having a family of six children, to honor Anthony’s mother, the nonprofit Hargrove Foundation started the Charlotte County Regional Banquet to provide opportunities for older people and continues in the Charlotte Humane Society’s county, in the context of helping young athletes’ dreams come true.

Photos provided

The White Rabbit Saloon, South Gulf Cove and Rotonda West’s newest neighborhood tavern on Wiltshire Drive.

Elaine Barna and Melissa Smith, one of whom you’ll

The Sun Friday, May 6, 2021

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Shelters promote Adopt a Cat Month, Adopt a Dog Month, Adopt a Senior Pets Month, Super Spay/Neuter Month and the Prevention of Cruelty to Animals Month. We are also reminded that other policies can also be in need of homes by dedicating months to make it even more of rescues, rabbits, farm animals, and even compost.

There are awareness months for medical needs, such as Pet Dvip’s Pet Month, rover February and Pet Cancer Awareness and Pet Diabetes Awareness. Serious issues are addressed with Microchip Your Pet Month, Adopt a Shelter Pet Month, Pet Theft Prevention Month, Burke’s Corn Night, and National Violence Awareness Week. We hope this month you remembered to focus on the advancement of youth through sports.

After her sister, Rosa Lee’s, death, Anthony’s sister, a Port Charlotte Public School teacher, didn’t want to take up Anthony and his two siblings, from New York, to make her a family of six children.

Sporea always kept the Humane Society kids out of trouble. The boys played for Fort Myrtle’s Pop Warner Rams and, in high school, the Pirates, superhero of the Humane Society and the Humane Foundation became the hero of the story.

Shermel played for the Bandits, Pirates and Rays, and current coaches daughter Laylah and Lilliauna in Ptah Youth Lambda. It had dreams beyond sports. “I got addicted to happiness through food,” he said.

In fact, the place has a true family memory. “It already feels like a story, he said. “It warmed my heart. And you really know how you’re making 300 people happy.”

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It’s been a long haul,” she said. “But I finally decided to do something different”.

“Let’s be meaningful,” the bond. “Having a family of six children, to honor Anthony’s mother, the nonprofit Hargrove Foundation started the Charlotte County Regional Banquet to provide opportunities for older people and continues in the Charlotte Humane Society’s county, in the context of helping young athletes’ dreams come true.

Photos provided

The White Rabbit Saloon, South Gulf Cove and Rotonda West’s newest neighborhood tavern on Wiltshire Drive.

Elaine Barna and Melissa Smith, one of whom you’ll
A place seniors can call their own

By RUSTY PRAY
FEELING FIT CORRESPONDENT

In 2013, Todd underwent emergent overnight bypass surgery at Peace River Regional Medical Center (which made him the first patient at Bayfront Health Port Charlotte a year later). Six days later, while in still in the hospital, he suffered a cerebellar stroke that left him with mobility and speech deficits and cerebral edema. Lili had been his full-time caregiver ever since.

“We’ve been able to continue enjoying our Florida home during the winter months, though for a shorter duration than before the stroke.” Lili wrote in an email.

“Since the start of this year, we arrived near the end of November with a return date in the first week of April.” Of course, I had purchased an additional insuranceto cover the costs of any emergencies that may arise from his injury. Unfortunately, Todd had a setback toward the end of our stay. Lili noted in an email.

They've been coming on average three times a week since the place opened in October.

“I love everything about it—the people, the activities,” she said. “The work people here are wonderful.”

Chelsea Place—named after owner Kris Chana’s wife—is kind of a drop-in day care. It’s just slightly more complicated than that—forms of payment are filled out, doctors’ permission granted—but seniors can call in any time, get a meal, engage in volleyball with a friend. It’s just a six-week trial, a discounted rate.

That can be one day a week or five days a week, it doesn’t matter,” said Deborah Spear, director of Chelsea Place.

On this particular Thursday, that side of the room was filled with people engaged in activities like rummy, cornhole, dancing, trivia, playing a TV game show. There was a big beach ball. Other activities included horse races and car racing, dart ball, trivia, bowling, walking, throwing a frisbee and wood working.

The next day, local musician Tiki Tom Watson, owner of the Bean coffee shop in Punta Gorda, played a set on the back porch. The weather was warm, the sun was shining. People were sitting on the porch, listening to music, talking, laughing.

“Tiki is the best.” Lili paused for a moment. “I called him Tiki Tom Watson because he was my husband. He was a Barber. We met in Pop’s Barber Shop off Tamiami Trail. He was my husband, I met him in 1950. We didn’t have children.”

How teens can cope with stress

Provided by MCC

Stress affects people from all walks of life, and the causes of stress are as varied as the people it affects. In its 2017 Stress in America survey, the American Psychological Association found that the three most common sources of stress were the future of the nation (63 percent); money (62 percent); and work (61 percent). According to the National Institute of Mental Health, routine stress that becomes chronic can have negative side effects.

Stress may be most often associated with adults, but teenagers are no strangers to stress. In the 2014 Stress in AmericaTM survey from the American Psychological Association, teens reported that their stress levels during the school year far exceeded what they felt they followed to be healthy. In fact, teens’ report of stress levels during the school year (56 on a 10 point scale) actually exceeded adults’ reported stress levels (53).

In addition to the pressures of school, teens must contend with social pressures. Reducing the balance two can be difficult, but the APA offers the following tips to teenage: looking to keep their stress levels in check.

• Embrace physical exercise. The APA notes that being physically active is one of the most effective ways to combat stress. Teens are urged to find activities they enjoy. For example, if a young person’s leeds not need to try out for the swim team or another organized sport simply by choosing physical activity as an effective way to reduce stress. Teens are more likely to have fun and relieve stress when participating in a physical activity they enjoy, especially when such activities include their friends.

• Don’t overlook the importance of sleep. The National Sleep Foundation notes that teens need between eight and 10 hours of sleep per night to function best. But the Stress in America survey found that teens sleep an average of just 7.4 hours a night, a statistic thatOperating on insufficient sleep can compromise teens’ existing stressors, so teens who are not getting enough rest should make a concerted effort to get more sleep each night rather than the next.

• Schedule time for fun. The APA recommends that teenagers not overlook their weekends, leaving half of time to enjoy themselves. It’s important to focus on school, teens also should schedule time to have fun, during which they should attempt to avoid worrying.

Healthy ways to relieve stress throughout the day

Provided by MCC

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Healthy ways to relieve stress throughout the day

Provided by MCC

• Meditate. When stressed, teens may find their minds racing. By practicing meditation, they can allow their mind to slow down and focus on the task at hand. Meditation can ease stresses like anxiety, depression and pain. The APA notes that such meditation has been found to reap immediate benefits, potentially helping people who can find time to meditate during the day to prevent their stress from accumulating throughout the rest of the day. People who practice meditation are less likely to have anxiety, depression and pain.

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Transplanted livers help body defend against organ rejection, study finds

by Mayo Clinic

Transplanted livers change the profile of blood cells of the recipients, reducing the potential for organ rejection, Mayo Clinic research shows. The findings are published in the journal International.

For decades, transplant experts have observed that liver transplants recipients often need less anti-rejection medication, known as immunosuppressive therapies, than patients who have received organs from other solid organs. Similarly, when patients - receive a multi-organ transplant that includes the liver along with any other organ, they need less immunosuppressive therapies and have less incidence of rejection even if they are highly sensitive to cellular and have bad actors, known as antigens, from the donor organs. The Mayo Clinic research explains why:

"This study shows that the liver transplant itself regulates the host's immune responses. Compared to the other organs, the liver is immunologically a very active organ, so it is capable of receiving the immunosensitive response against itself, said lead author Ursula Gunther, M.D., Ph.D., a transplant surgeon at Mayo Clinic. When patients undergo a dual kidney-liver transplant, the liver has an effective effect on the kidney already found. Researchers compared the blood samples of organ recipients a year after a kidney transplant, liver transplant or kidney-liver transplant. It found that patients who received a liver and kidney at the same time, or a liver alone, had fewer of the cells that help into action to defend the body from an invader - known as killer cells or T cells - compared with a kidney transplant alone. While the T cells of the liver transplant recipients reacted to the donor organs cells weakly, their reaction to other antigens was preserved."

The research helps prove the way for ongoing studies on the transplanted liver's unique properties. The hope is that future researchers will identify how the liver regulates the immune response and to mimic that to help patients receiving other types of transplants scale back that need for post-transplant immunosuppression drugs for a necessary but difficult aspect of post-transplant care. Without it, the transplant would not be successful because the body would immediately reject the donor organ. But immunosuppression itself causes increased risk for infection, cancer and other issues. Future therapies may provide ways to target immune protection to the donor organ and minimize the risks of immunosuppressive drugs for the patients.

SUPPORT GROUPS

Cancer support group

Fenestra, an onboard affiliate, is an HCA affiliate, now offers a cancer support group for cancer patients, their families and caregivers. The group meets the third Tuesday of each month from noon to 1:30 p.m. with lunch provided. Research shows that support groups can help patients and caregivers cope with treatment and their families by reducing anxiety and stress, emotional distress and depression, fatigue and the experience of pain while improving mood, self-image, ability to cope with stress and feelings of control. In addition, having a supportive social network can help with recovery and adjusting to life after treatment. The group supports those affected by cancer diagnosis to cope with the emotional aspects by providing a safe place to share their feelings and challenges while allowing people to connect from similar situations.

Cancer patients and their family members are encouraged to attend. Active participation is not required, listeners are welcome. Physicians and other health professionals will periodically speak to the group on cancer related topics. For more information or to RSVP please contact the oncology patient navigation at 941-424-4331.

Courage Over Cancer

Gulf Coast United Methodist Church's cancer program, Courage Over Cancer, offers support and recovery to men, women, and families who are affected by cancer. Church and community caregivers, or loved ones. For more information, call 941-697-1747 or GulfCoveUMC@gmail.com. Gulf Coast UMC is located at 11330 Gulf Road in Port Charlotte.

Food Addicts Anonymous

A 12-step program for those who wish to recover from food addiction. Group meets from 6 p.m. to 8 p.m, on the first, third, and fifth Fridays of the month at First Alliance Church, 15131 Founders Drive, Port Charlotte. For more information, call 941-380-6650.

STRESS

From Page 1

is to the body. Exercising several days per week helps to strengthen the body and mind, and body, but every 15-minute exercise session, including a walk around the grounds of an officer complex or a quick swim during a lunch break can help people combat stress for several hours afterward. Delegate more often during the day Work is the third-leading source of stress among Americans. Men and women feel the stress every day. By delegating more tasks may provide ways for those who are stressed out men and women to cope with the toll of chronic stress, which can contribute to heart disease and stroke, takes on your body. Stress is a part of daily life for many people. But there are several simple and easy ways to cope with their stress during the day.

TEENS FROM PAGE 1

about school: • Discuss stress. The APA notes that stress is more easily handled when those coping with a treatment become the advisors of others. Teens can speak about their stress with their parents, teachers or other trusted adults, many of whom they deal with similar stress when they were teens. Such adults may even show them how they manage their own stress, which can be used to teens. Teens deal with stress every day. In an effort to manage such stress, teens can embrace various strategies. More information on how teens can deal with stress can be found at www.apa.org.
Inversion training: Part 2

By GREGORY WHYTE
Toronto Star/StarMetro
Sunday, May 6, 2018

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Lung Cancer Support Group
The First United Methodist Church, 713 S. Marion Ave., Punta Gorda, will host its Lung Cancer Support Group meeting from 1 p.m. to 2 p.m. on the second Tuesday of each month.

Alcoholics Anonymous
Call 432-4776 to schedule an interview with a counselor, or visit the website, www.aa.org. For meeting information, call 733-8939.

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Florida Skin Center to open office
Florida Skin Center is scheduled to open a fourth location on Monday, May 7, at 329 East Olympia Ave., Punta Gorda. The two-story, 7,000-square-foot building features a Mohs surgical center with six specially-designed Mohs operating rooms, 22 private, comfortable and airy patient rooms. Each surgical patient also receives gourmet coffee and tea, juice, water, and other beverages, plus hot snacks from an enclosed microwave oven. Patients will also enjoy music and a high-definition television in their suite where they will remain for the entire visit, as well as have unprecedented safety precautions and same-week Mohs surgery and general dermatology appointments.

The interior of the building is designed to resemble a five-star spa and is an unconventional physician office with tile floors, spacious and unique countertops, as well as various other amenities found in Florida Skin Center’s other Florida southwest Florida locations. Likewise, guest amenities will range from a waiting lounge and examination rooms, to high-definition televisions and free Wi-Fi in the lounge and examination rooms, to a walk-in beauty bar with a champagne tower, as well as a coffee and tea bar.

Parking handicap and accessible-friendly parking are available in front of the building. The park and is an unconventional physician office with tile floors, spacious and unique countertops, as well as various other amenities found in Florida Skin Center’s other Florida southwest Florida locations. Likewise, guest amenities will range from a waiting lounge and examination rooms, to high-definition televisions and free Wi-Fi in the lounge and examination rooms, to a walk-in beauty bar with a champagne tower, as well as a coffee and tea bar.

Handicap parking and accessible parking is also available in front of the building.
Women suffering from postpartum depression, a mood disorder that affects women after childbirth, often deal with extreme feelings of sadness that interfere with their ability to care for themselves, their families and their new babies. Often, women may find their joy of welcoming a baby interferes with grief feelings that they experienced after childbirth, a woman’s body that occurs when her body does or does not have. Mental Health, there is no single cause of postpartum depression, which is the result of a combination of factors, some of which are physical and others that are emotional. The National Institute of Mental Health (NIMH) points out that postpartum depression does not mean something a woman does or does not have after giving birth, after childbirth, a woman’s experience and pregnancy, one week quickly drop, potentially triggering mood swings. Women coupled with the inability to get adequate rest that many western experience after childbirth, these hormonal changes can contribute to symptoms of postpartum depression. Recognizing postpartum depression is not always straightforward. For example, many women experience feelings of exhaustion after giving birth, but that does not mean they are suffering from postpartum depression. The following are some of the more common symptoms of postpartum depression, courtesy of the NIMH: Feeling sad, hopeless, empty, or overwhelmed by normal events. Tiring more often than usual or for no apparent reason. Feeling moody, irritable or restless. Overeating or being unable to eat. Changes in sex drive.Thinking about harming herself or her baby. Not sleeping or sleeping too much. Withdrawing from friends or family. Being trouble of work or an emotional attachment to a baby. Persistently doubting her ability to care for her baby.

Symptoms of postpartum depression

Provided by MCC

For many women, the idea of giving birth to a new baby into the world is a triumphant, life-changing experience. For others, women dealing with postpartum depression may find that their initial weeks or months of motherhood may not have been what they imagined they would be prior to giving birth.
Celebrating Earth Day with yoga

The Yoga Sanctuary, 112 Sullivan St., Punta Gorda, will host yoga with essential oils from 1 p.m. to 3 p.m. Sunday, May 6. Explore the refreshing, relaxing, and restorative effects of yoga practiced with essential oils. Each participant will receive a sample oil to take home and experiment with on your own. This workshop is open to anyone. Cost is $45. For more information, visit www.theyogasanctuary.biz or call 941-356-9642.

Instructor Returning to Ananda Yoga

Certified yoga instructor Karen Kreisler, will be returning to the Ananda Yoga studio, 1305 Tamiami Trail, Ste E, North Port, on May 7. Karen is a certified Meditation, Yoga, Health & Wellness Instructor. She has been a yoga instructor for 8 years. Karen’s Gentle Stretch Yoga and Meditation is a combination of movement of the body, breathing, and calming the mind that provides amazing health benefits. This is a tool you can use throughout your life and practice anytime & anywhere to create health, wellness, strength, flexibility, and balance. Karen’s classes are Mondays at 9 a.m. Walk-ins are welcome, and the walk-in fee is $10. For more information, call Teri Michel at 941-475-8542, or visit the website at www.prana.com/anya/amana/yoga.

Maha Mrityunjaya Mantra: The Heart of the Vedas

The Maha Mrityunjaya mantra is considered the heart of the Vedas. It awakens the internal healing force, helping us to receive the full nourishment of any discipline undertaken for well-being. In this workshop, you will first explore the basics of the Vedic principles. You will then be led through the details of japa meditation—silently or quietly chanting a mantra to oneself while working with the Maha Mrityunjaya mantra. Come experience the effects of this powerful healing mantra from 1 p.m. to 3 p.m. on Sunday, May 20 at The Yoga Sanctuary, 112 Sullivan St., Punta Gorda. Open to all levels: no medication or yoga experience necessary. BYOM (bring your own mala, if you have one). Cost is $35. For more information, visit www.theyogasanctuary.biz or call 941-356-9642.

The Art of Teaching People, not Poses

The Yoga Sanctuary, 112 Sullivan St, Punta Gorda, will host a half-day intensive class that will explore the foundational and practical skills necessary to modify postures to meet the individual needs of the student in a group setting. Co-taught by Jennifer French, E-RYT 200, and Jaime Boswell, Yoga Therapist in Training, in this workshop you will learn how to explore the essence of key poses and how to maintain that essence while modifying for various common challenges. This workshop is part of The Yoga Sanctuary’s Mentoring Program and counts towards continuing education hours. Cost is $66. For more information, visit www.theyogasanctuary.biz or call 941-356-9642.

Free Yoga

• Englewood Beach: Daily at 7:30 a.m., and Wednesday at 6 p.m. 941-475-6155
• Manasota Beach: Monday–Saturday at 8 a.m. and 9 a.m., and Monday–Thursday at 7 p.m.
• Venice Beach: Padilla: Daily at 8 a.m. and 9 a.m., and Monday–Thursday at 7 p.m.
• North Jetty, Nokomis Beach: Yoga: 9 a.m. Monday–Friday and Wednesday at 7 p.m.

If you would like your yoga event added to our events, email feelingfit@sun herald.com.
For a lot of people, it feels easier to find a new job when you’re still not your old one. The research backs this out: In one study, employed people who are actively hunting for a job get more than half of the job offers on the table, versus unemployed workers who receive only 18% of job offers. What’s more, the offers were better for employed people.

When you’re unemployed it seems unfair that more jobs are going to people who already have a job, and you wonder how you can achieve the same magic that employed workers experience. When you’re out of work and feeling out of luck, try these strategies to buoy your job quest.

Keep it positive
When you’re dealing with rejection—or simple non-response—for an extended period, it may be hard to keep your chin up. Don’t be like the only person who hasn’t been asked to dance. But drooping like a wilted flower is hard to keep your chin up. Try these strategies to buoy your job quest.

Changing your mindset can help. View this process not as an endless job hunt but as an opportunity to find the best fit for yourself. Knowing your individual selling points is huge,” says Jessica Hernandez, president and CEO of Great Resumes Fast. “It’s going to help you present yourself in the best light to each employer and know what’s not a good fit for you.”

Not only does that lend you some self-assurance in interviews, but it gives you the confidence to say “No thanks” when it’s not the greatest offer. “You shouldn’t have to just take whatever comes by,” Hernandez says. “You can be selective, and those rejections don’t all deal quite as bad as a blow.”

Volunteer
Keep your skills sharp by putting them to good use for a local nonprofit. “For me, as a recruiter, I’ve reached out to places like Catholic Charities or places that do resume reviews,” says Mary Warriner, a career coach in Niagara Falls, New York. “Find something in your niche.”

It may also be possible to volunteer around your field. “I’ve seen people that are collecting gigs in your area. A lot of times these lead to permanent positions,” says Karen Tucker, owner of online interview coaching firm InterviewOne. Either way, your activities give you something to discuss in the same way you’d talk about a job you’re doing. It makes you seem active and involved. “And it’s great networking, too,” Warriner says.

Work on your weaknesses
Interviewers love to ask questions about your flaws. “What’s your biggest weakness?” or “What skill could you most improve upon?” Whatever your answer, here’s your chance to solve the issue. “Maybe there’s a technical skill that you feel you need to improve on,” Warriner says. Take advantage of having more free time. “That mindset shift of, ‘Hey, now my job is to find a job, but I’m also improving my skills and keeping myself current and relevant,’” Warriner says. “It helps with that mindset of being unemployed.”

Get some help
If you’ve been at it for a while and you’re not seeing results, it may be time to call in a professional. Sending out resumes and getting no replies? Consider getting a resume review. Getting interviews, but no offers? Get some interview coaching. “I think it helps to have an objective outside viewpoint,” Tucker says. This is especially important if the position you left was one you held for years. The way you communicate may be a habit that doesn’t play as well outside your old company.

“Often you just don’t know what you’re actually saying or how it’s being taken... or you don’t have the right skills anymore.” Tucker says.

Keep networking
It’s more important than ever that you stay in touch with people in your field—but it’s not about sniffing out job openings. It’s about building relationships. Have lunches. Go to industry events. Ask for advice. The more you’re around, the more you might spring to mind when people hear of a job opening.

And as much as you can, stick to those who encourage you. “People get down on themselves when they’ve been unemployed,” Hernandez says. “Find some positive career experts, positive people that you know. Run from the naysayers. I’ll help keep you positive, and you won’t feel desperate or like you need to jump at the first thing that presents itself.”

Looking for a job while you’re out of work can feel very isolating and lonely, and it can be very easy to get discouraged. It’s important to stay in the loop on hiring trends, current openings, and search strategies.
Businesses are mellowing out over hiring pot smokers

More businesses are mellowing out over hiring pot smokers

More businesses are mellowing out over hiring pot smokers

Small businesses grapple with maze of conflicting pot laws

What about workers’ comp?

Some companies may receive discounts on their workers’ compensation insurance premiums if they allow medical marijuana use. But if an employer is thinking about stopping testing, they should find out what those discounts look like.

Michael Clarkson, head of the drug testing practice at Ogletree Deakins, recommends small companies check in with their insurance brokers before making a final decision.

Keep an eye on the White House

In January, Attorney General Jeff Sessions revoked a policy from the Obama administration that had allowed marijuana users in states that screened for heroin and other drugs.

Marijuana plants grew at the Desert Green Farms cultivation facility in Las Vegas. Many employers across the country are quietly taking marijuana use off their drug tests.

Last month, Trump suggested the Trump administration would crack down on marijuana users and cause even greater uncertainty among employers.

"It’s been a radical shift," said Curtis Reeves, a lawyer at the firm graveyard. "People can’t say it a decade ago that they’ve dropped marijuana testing."

Though still in its early stages, the shift away from marijuana testing appears likely to accelerate. More states are legalizing cannabis for medical use, while Michigan could become the 20th state to allow medical marijuana in November. Missouri voters on track to become the 30th state to allow medical pot use.

Rhode Island and California have won lawsuits in the past year against companies that screen for marijuana users. New England employers, too, are watching in favor of newly legalized marijuana.

"There is no definitive data on how many companies conduct drug tests, though the Society for Human Resource Management found in a survey that 57 percent do so. Nor is there any current data on how many have dropped marijuana from the drug testing practice at Ogletree Deakins, the source of much of the information in this story.

Marijuana testing is a fiercely debated issue in states that have legalized the drug for medical use. And it’s still illegal to use marijuana for non-medical purposes.

"We have all these Americans that are really concerned about the use of marijuana," Acosta said. "We are seeing an alignment of drug-testing policies with what’s right for the workforce.

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Marijuana testing is a fiercely debated issue in states that have legalized the drug for medical use. And it’s still illegal to use marijuana for non-medical purposes. People can’t say it a decade ago that they’ve dropped marijuana testing.
We are seeking talented individuals who share this purpose and want to excel in their field of expertise. If you are customer-minded, love to learn and improve, and value collaboration and professional growth, JELD-WEN is the place for you.

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Must have own tools and valid insurable Florida Driver's license, clean for prior three years.  
**APPLY IN PERSON:**  
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May 7th thru May 11th at  
McHugh-Porter Builders, Inc.  
370 East Railroad Ave, Boca Grande  
or Email resume to  
mpb33@comcast.net

Employee's park at our shop in Englewood and ride to Boca Grande in company trucks.  
Competitive wages, paid holidays, 401(k). DFWP
Tips for getting a job after you've been fired

By MARK ELDER Managing Editor

An old terminated. Cann not have enough skills. You are looking for a job that you will never return again. Don't let it get the best of you. You can find what you're looking for and get yourself back in the game. Stronger than before. Marck P. Zand, chief economist at ADP, which prepares the ADP report. The figures come two days before the government releases its monthly employment report. As the economy continues to recover, that's why the figures are updated every month. The government said private employers added 202,000 jobs in March, much less than ADP's initial March figure of 241,000, which was revised down to 230,000. The unemployment rate was a 17-year low of 4.1 percent. Zandi predicted it was heading below 4 percent, boosted by tax cuts and increased government spending.

A strengthening economy may be leading to lift U.S. inflation. The Federal Reserve has been raising interest rates as the economy gains momentum, but it is not expected to raise rates at its latest meeting, which ends Wednesday.

You don't immediately apply for jobs, trying to do something productive that will help you when you do return to the job market. The secret to help develop your skills and make yourself more in demand is education. Use social media to see current happenings in your field. Start following thought leaders and influencers who post about topics related to your industry, and become a part of the discussion by liking and sharing. Your network will outline your skills, making you top of mind if they hear of you. You must return to the job market, whether or not you agree with the system, will go a long way.

Don't just expound on your resume. You'll need to take a lot of care in the way you frame your circumstances. Don't avoid it, and certainly don't lie about it. But phrases like "differences of opinion" or "different working philosophies" largely speak for themselves, as long as they are accurately reflected in the situation. The main thing you'll want to avoid specifying too much of your previous employer. "If you had differences with your superiors, they'd say," says Alan Gaiman, managing director at the Gaiman Consultancy Group. "If you're willing to work with them, that may have been okay, depending on the circumstances. But personal attacks. They're no go."

4. Choose your words carefully

So, you're going to be working in an office that is a左右的fuel. If you're just been fired, it's crucial that you avoid letting the current gap in your resume widen into a yawning chasm. Even if you don't immediately apply for jobs, trying to do something productive that will help you when you do return to the job market, like enroll in a course to help develop your skills and make yourself more in demand is education. Use social media to see current happenings in your field. Start following thought leaders and influencers who post about topics related to your industry, and become a part of the discussion by liking and sharing. Your network will outline your skills, making you top of mind if they hear of you. You must return to the job market, whether or not you agree with the system, will go a long way.

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5. Reasses your and File

Self-reflection is underway. You're interviewing for a new position or job search, you need to take a lot of care in the way you frame your circumstances. Don't avoid it, and certainly don't lie about it. But phrases like "differences of opinion" or "different working philosophies" largely speak for themselves, as long as they are accurately reflected in the situation. The main thing you'll want to avoid specifying too much of your previous employer. "If you had differences with your superiors, they'd say," says Alan Gaiman, managing director at the Gaiman Consultancy Group. "If you're willing to work with them, that may have been okay, depending on the circumstances. But personal attacks. They're no go."

Get to work

Obviously, getting fired isn't the best look on your resume. But the fact is people get fired. It doesn't mean you're doomed to a life spent hiding behind the curtain of whining infomercials. You need to take action and start being visible to hiring managers.

Get more of what you're looking for in your SUN Newspaper!

Tips for getting a job after you’ve been fired

By MARK ELDER Managing Editor

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EMPLOYMENT

2000

DOMESTIC VIOLENCE INTENSIVE SERVICE WORKER

2005

EMPLOYMENT OFFICE

2010

EXECUTIVE ADMINISTRATIVE ASSOCIATE

2015

JOBS — CLASSIFIEDS

www.yoursun.com

Page 5

ONE OF FLORIDA'S LARGEST NEWSPAPER GROUPS

The Sun (Sunday, May 6, 2018)

2000

EMPLOYMENT

2005

PROFESSIONAL RESUMES

2010

NORTH PORT GOVERNING BOARD

2015

PORT SUNLIGHT REAL ESTATE AGENCY

2020

THE CHARLOTTE SUN

2025

THE CHARLOTTE SUN

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THE SUN NEWSPAPER

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Hundreds of anxious residents Hawaiians brace for long upheaval before the start of a community meeting with local authorities at Pahoa High School, Friday in Pahoa, Hawaii.

WASHINGTON — President Donald Trump seems determined to pull out of the Iran nuclear deal next week, with U.S. officials suggesting that the president is poised to “never ever be under siege as long as I am your president.”

The spacecraft will take more than six months to get to Mars and start its unpiloted geologic explorations, traveling 300 million miles to get there. InSight will dig deeper into Mars than ever before — nearly 16 feet, or 5 meters — to take the planet’s temperature. It will also attempt to make the first measurements of Marsquakes, using a high-tech seismometer placed directly on the Martian surface.

“The real payoff of this whole mission and that’s still lying ahead of us is going to be the chief scientist, Bruce Banerdt of NASA’s Jet Propulsion Laboratory. They will be the ones who will 4.5 billion years of Mars and the history of Marsquakes.”

By NICK WADHAM Bloomberg News

WASHINGTON — President Donald Trump seems determined to pull out of the Iran nuclear deal next week, with U.S. officials suggesting that any initial diplomatic turmoil will be followed by negotiations for a new agreement. But Iran is ruling out new talks, calling the current agreement “unnegotiable.”

“Let me make it absolutely clear once and for all. We will not negotiate on our security, nor will we negotiate on the future of our country. Iran has long claimed that the U.S. is ‘bullying’ its country. Iran has long claimed that the U.S. is ‘bullying’ its country. It is clear that the deal’s future has stymied economic sanctions — it’s clear that the deal’s future has stymied economic sanctions — and that uncertainty about the agreement has raised economic sanctions — and that uncertainty about the agreement has raised questions about future U.S. investment. Questions about future U.S. investment. The agreement’s future has stymied questions about future U.S. investment. The agreement’s future has stymied questions about future U.S. investment. If we make this deal, it means that nuclear inspections are clear and once and for all. If we make this deal, it means that nuclear inspections are clear and once and for all. The Trump administration has stated explicitly that we will not renegotiate and that we will not add on to a deal that has already been implemented.

Trump at NRA: He won’t let right to bear arms ‘be under siege’

WASHINGTON — President Donald Trump seems determined to pull out of the Iran nuclear deal next week, with U.S. officials suggesting that the president is poised to “never ever be under siege as long as I am your president.”

Trump spoke Thursday at the National Rifle Association’s annual convention in Dallas, Friday.

Trump is clearly back on his tough talk of the past — a man who said during a televised gun control debate last year, “I will win.”

The president’s comments came after the Parkland shooting in Florida, which left 17 dead and at least 15 wounded. Trump had previously expressed regret over his tough talk on gun control, saying he had “done well” in that debate.

Trump also referenced the Parkland shooting in his speech, saying that “we have to do great in the 2018 congressional elections.

One of the key issues in that debate was the president’s stance on gun control, with Trump saying he would support an “equally strong” law.

“I mean, we all want the same thing. We all want to make sure that our children and our grandchildren are safe. And we’re doing that. And we’re doing that.”

Trump also said he was “very proud” of his work on gun control, saying he had “made a lot of progress.”

But some of Trump’s rhetoric on gun control has been criticized, with some saying he has been more focused on his own political agenda than on actually making progress.

By MIKE WISE The Washington Post

WASHINTON, D.C. — President Donald Trump has decided to pull out of the Iran nuclear deal, according to multiple reports.

Trump’s move would be a blow to global efforts to keep Iran from developing nuclear weapons. The deal was signed in 2015 and has been seen as a key victory for the president.

Iran has long claimed that the deal is “unfair,” and has said it will not renegotiate.

The deal has been criticized by some Republicans, who say it does not adequately address Iran’s behavior in the Middle East, including its support for Hezbollah militants in Syria.

But the president has been clear that he would not renegotiate the deal.

“We will never give up our freedom. We will fight and we will win,” Trump said Friday, as he tried to rally pro-gun voters for the 2018 midterm elections.

“We are the people who have the right to bear arms. We are the people who have the right to bear arms. We will never give up our freedom. We will never give up our freedom. We will never give up our freedom.”

Trump’s comments come after a series of high-profile gun incidents, including the recent shooting at a Florida high school, which left 17 dead and 15 injured.

“We will fight and we will win,” Trump said, as he tried to rally pro-gun voters for the 2018 midterm elections.

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**MARS**

**FROM PAGE 1**

Laboratory in Pasadena, California.

Although fog prevented Banerdt from seeing the illuminated 31 billion-mile distance, he heard the rumble of the engines and saw the driving force of the vehicle as it glided. This is a familiar sight to scientists all over the world. They have been able to successfully land and operate in 2012. The U.S., in fact, has launched the twin briefcase-size landers. They're designed to fly along behind NASA's InSight lander and report back.

The French-supplied seismic network is key. It will monitor the rumbling inside Mars to determine if it has an iron core. This is important because Mars has been transformed by water. It is ideal for learning how the rocky planets of our solar system formed.

**ERUPTING FROM PAGE 1**

of our hill was going to be dormant for days, even weeks. The eruption continued for days, even weeks. The eruption is still active, but the lava flow is now moving toward the ocean. The volcano is still active, but the lava flow is now moving toward the ocean. The volcano has been active since 1983 and is one of the most active volcanoes in the world. It is considered one of the most active volcanoes in the world. It is considered one of the most active volcanoes in the world.

**WEATHER**

**FROM PAGE 1**

The lander is equipped with a seismometer for measuring earthquakes, a self-humming probe for measuring the surface, and a radio for sending the data from the spacecraft's position and velocity to the earth. The data are then sent to the earth and analyzed.

I think of a better word to describe the Big Island: “potentially beautiful.” The Big Island is one of the most beautiful places on earth, but it is also one of the most dangerous. This is because it is active, and it is unpredictable. The lava flow is unpredictable, and it can change direction at any time. The lava flow is unpredictable, and it can change direction at any time. The lava flow is unpredictable, and it can change direction at any time.

Today, May 7, 2018

**PORT CHARLOTTE**

**WEATHER TRIVIA™**

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**AP PHOTO**

After being forced out of his home at the Leilani Estates due to the lava flow from Kilauea Volcano, Todd Corrigan and his wife drove to a避难所 on the Big Island, where they will stay until the eruption subsides. Corrigan said that the lava flow is still active, but the lava flow is now moving toward the ocean. The volcano is still active, but the lava flow is now moving toward the ocean. The volcano has been active since 1983 and is one of the most active volcanoes in the world. It is considered one of the most active volcanoes in the world. It is considered one of the most active volcanoes in the world.

**www.yoursun.com**
Trump takes a deal, but will relax sanctions slightly

WASHINGTON — President Donald Trump said on Wednesday that a new deal with Iran has been reached, but he took the unusual step of relaxing some of Iran's sanctions slightly.

"We have a deal," Trump said at the White House. "It's a very good deal." But he added that it would be "somewhat softer" in terms of the sanctions.

Trump's announcement came after several days of intense negotiations between U.S. officials and Iranian representatives at the United Nations.

"It's a very good deal for the American people," Trump said. "It's a very good deal for the Iranian people." But he added that it was not a final product and that there would be more work to be done.

The deal is expected to be announced later today and would likely be implemented within the coming weeks or months.

Trump also announced plans to withdraw from the nuclear arms treaty with Iran, saying that the agreement was "defunct." He added that the U.S. would impose new sanctions on Iran and freeze assets in U.S. banks.

The president also said that he had spoken to Chinese President Xi Jinping about the situation and that China was prepared to help with the negotiations.

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ON THE TRENCHES

Trump's deal with Iran has been met with mixed reactions from around the world.

Some countries, such as France and Germany, have welcomed the deal as a step towards reducing tensions in the region.

Others, such as Saudi Arabia and Israel, have expressed concern about the deal and have called for tougher sanctions.

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IN BRIEF

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- The deal would likely be implemented within the coming weeks or months.
- Trump also announced plans to withdraw from the nuclear arms treaty with Iran.
- China is prepared to help with the negotiations.

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ODD NEWS

Sporadic gun violence in the United States

In a year marked by sporadic gun violence in the United States, the number of mass shootings has been unusually high.

According to the National Shooting Sports Foundation, there have been 14 mass shootings in the U.S. this year, compared to 15 in 2017.

The Foundation defines a mass shooting as an incident in which four or more people were killed.

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In other news:

- President Trump is expected to announce his decision on the Iran nuclear deal later today.
- The U.S. economy grew at a 3.1% rate in the first quarter of 2018, according to the Commerce Department.
- The Federal Reserve is expected to raise interest rates by 0.25% later this month.

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IN BRIEF

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US ambassador to workers in Poland located 3rd coal miner, 4 missing

By MONICA SELESNIK Associated Press

WASHINGTON — Poland — Rescuers have recovered a third miner out of seven who went missing after an earthquake in southwestern Poland earlier Saturday. The miners were trapped after a huge explosion at the Jastrzebie-Zdroj mine, and rescue efforts were ongoing.

Four miners have yet to be found and they still need to reach him. A number of other miners have been trapped since the explosion occurred at the Zofiowka coal mine, which is part of Jastrzebie Coal Company, said Jolanta Jablonska-Bajer, a spokeswoman for the company.

Rescuers have located a third miner out of seven who went missing after an earthquake in southwestern Poland, a mining company said Saturday night, said Daniel Ozon, head of the company.

Eight miners have been trapped inside the mine since the explosion, and the company said Saturday that it has located five of them.

The mine explosion occurred at the Zofiowka coal mine, where a total of 77 miners were working at the time. The explosion caused the roof to collapse, trapping some of the workers.

The Main Statistical Office said that as of May 1, 2016, following a nearly year-long delay in the wake of the blast, the company had its Mine Safety and Health Division under the role of the National Mine Safety and Health Administration.

In September, she accompanied two other miners who came to the capital to assist in researching for victims of a deadly explosion.

The U.S. embassy posted a video montage on YouTube on Monday showing the rescue efforts underway around the country, and of rescue workers and volunteers working.

The rescue operation has been ongoing since Saturday, after a tremor at the Zofiowka coal mine, said Katarzyna Jablonska-Jahor of the coal company.

“Miners are trapped 120 meters underground and need to be rescued,” she said.

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Many people haven’t heard of exchange-traded funds (ETFs), but they’re a worldclass investment vehicle. An ETF looks and trades like a stock, but it’s an indirect way to own an asset class or market segment.

ETFs appeal because they’re low-cost and liquid. Unlike mutual funds, ETFs can be bought and sold throughout the trading day at their market price. That’s an advantage when compared with mutual funds, which are only valued once a day at the end of the market.

ETFs are also more transparent than mutual funds. Mutual fund holdings are limited to asset-level details, whereas ETF holdings can be broken down to the security level. If you own an ETF, you can see exactly what you own. ETFs are also more tax-efficient than mutual funds.ETFs can be traded using a single share of an ETF through your regular brokerage account with no additional paperwork or fees.

One of the key benefits of using ETFs is their lower expenses. The typical ETF expense ratio is 0.2% to 0.3% versus 1.0% to 1.5% for average mutual funds. Many solid companies and mutual funds that have ETFs may be more attractive to investors.

Before buying any ETF, read the prospectus. The prospectus will explain how the ETF is structured, how it’s managed, and how the underlying technologies work.

Consider ETFs as a quick burn. A Quick Burn

Pfizer

Pfizer (NYSE: PFE) is arguably one of the top health-care companies in the world right now. The company is focused on delivering high-quality, affordable medicines to patients around the globe. Pfizer is the largest pharmaceutical company in the world, with revenues of $81 billion in fiscal 2017. The company has a strong global presence, with operations in more than 100 countries across the world. Pfizer’s diversified portfolio includes a broad range of innovative medicines and vaccines that are designed to address some of the world’s most pressing health needs. The company is also focused on finding new uses for existing drugs to address new health issues and on developing new treatments for existing conditions.

Pfizer’s mission is to improve the health and well-being of people around the world. The company is committed to delivering medicines that are safe and effective, and that meet the needs of patients. Pfizer is also committed to being a responsible corporate citizen and to operating its business in a way that is sustainable and environmentally friendly. The company is dedicated to finding new and better ways to treat and prevent disease, and to improving the quality of life for people everywhere. For more information, visit www.pfizer.com.
CRYPTOGRAMS FLOWER POWER 2

by Myles Mellor

1.  AJEV LQL VJD FSKAQXF OENQFKSL
   HET VK VJD HMXXT NKHD? TKM JEL OD
   EV ESKD!

2.  N YCTYXH ORUXHV NYYHNTHG
   BHGRVNVROH. QHT PTRHWG, VQH
   INJH, BCTBCTHG: “N YHUWF PUT FUCT
   VQUCJQVI?”

3.  BJ K OTNY IDFKJNBO FDFYJN, NLY
   ZIYNNS ZKJAS AKBQ ND NLY QKBAS,
   “FS CYKTNS, VY VYIY FBJN ND CY!”

4.  NSQSBOI UMIG KSBAN USBS
   RSJJMWR MWJE O AIOTS ROTS. JE
   NEIQS MJ, JKSD KOG OW MGSO JE
   HOII MW O JKMBG VOBJD- O
   HMIOWJBEVMNJ

1. What did the glowing marigold say to the sunny rose? You had me at aloe!
2. A purple violet appeared meditative. Her friend, the sage, murmured: “A peony for your thoughts?”
3. In a cute romantic moment, the pretty pansy said to the daisy, “my beauty, we were mint to be!”
4. Several wild herbs were getting into a blame game. To solve it, they had an idea to call in a third party— a cilantropist.

PERCENTAGES

North-South vulnerable, South deals

1. NORTH
   10-A90
   □ 6542
   AKIQ

   WEST
   10 E952
   □ KJO18
   □ 7606

   SOUTH
   10-G643
   □ 97
   □ K3

   EAST
   □ 964
   □ 5
   □ 4
   □ 4
   □ 6
   □ 6
   □ 6
   □ 6
   □ 6
   □ 6
   □ 6
   □ 6
   □ 6
   □ 6

   5 hearts or more  = 55%  
   **Score: 46**

   Opening lead: King of

   South showed a minimum with his three spade bid. When North started looking for slam anyway, South was happy to cooperate by cee biding his ace of hearts. North-South were using Key Card Blackwood and South's five spade response showed two “key cards,” among the four aces and the king of trumps, plus the queen of trumps. The resulting slam contract was a good one, needing only to bring the spade suit for in five west.

   South won the opening heart lead with his ace and crossed to dummy with the singleton spade. The 10 of spades was led and the moment of truth arrived. Should declarer take the finesse or try to drop the jack? The percentage play with this combination is to play for the spades to split—3-2. However, with some criminal information. West was known to be at least 5-5 in hearts and a mine, probably clubs. He had at most three cards in spades and diamonds and he had already showed a spade. South, North-South held a combined eight spades and seven diamonds, so there was a slight chance that West had the singleton spade rather than a singleton diamond. Also, West might well have led a singleton diamond if he had one. That would have been the position that had East held either the ace of spades or the ace of diamonds. Had it been a no-trump, South would have led the 10 of spades and his contract would have been good.

   (Email: cawd@tribdive.com)

Puzzle Answers:

PUZZLE ANSWERS
(Puzzles on previous pages)

LUCKY JUMBLE 2

OFFEND IRONIC HOLLER JEWETT

When the heating/cooling specialist taught his kids about the family business...

“HEIR” CONDITIONING

1. What did the glowing marigold say to the sunny rose? You had me at aloe!
2. A purple violet appeared meditative. Her friend, the sage, murmured: “A peony for your thoughts?”
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HOLIDAY MATHIS HOROSCOPES

Aries (March 21-April 19). You’re trying to make things better. You have a dream to do the right thing, no matter what. Try to rely on the heard to see.

Taurus (April 20-May 20). If people are wondering what you’re going to say, you’re in a good position. You can check off the first step. And if what you say surprises, delights or intrigues them further, you’re golden.

Gemini (May 21-June 21). To be loyal is to be supportive when you agree and voice your opinion when you don’t. If you were disloyal, you’d just leave. But instead, you speak your mind.

Cancer (June 22-July 22). When you know you’re shooting for an unlikely outcome, it’s great to have fun with the process. The more unlikely it is, the more fun you should have, otherwise what’s in it for you?

Leo (July 23-Aug. 22). You invest in your interactions. You want to get it right, but more than that, you want to make a connection—nothing less. You place great importance on what people think you are or seem to be.

Virgo (Aug. 23-Sept. 22). When you pause, you pause not necessarily in an absolute silence, but in a quiet rush with the process. The mind is then really able to observe, when otherwise it would not.

Libra (Sept. 23-Oct. 22). You have a strong desire to learn new things, and you’re hungry for information that will help you understand the world. You interpret this by learning and changing to the sound of their opinion in their programs.

Scorpio (Oct. 23-Nov. 21). You have a strong desire to be in control of your various environment, and with your unique desire to change the world, you are used to being the controller and changing the world while you are what you want.

Sagittarius (Nov. 22-Dec. 21). What is standing in the way of being able to guarantee an excellent outcome? Ponder how you might take dominion over or eliminate some of the factors that are out of your control.

Cancer (Dec. 22-Jan. 19). When the pond is muddy, you can’t clear the water by stirring it. It’s inaction that allows things to return to the clear. Sometimes you just have to wait for things to settle.

Aquarius (Jan. 20-Feb. 18). There are actions and patterns that were fine for you in the past but you’re not willing to repeat. Don’t waste time judging who you were. Accept that you’re on to something different, and enjoy yourself.

Pisces (Feb. 19-March 20). If you had to choose either fear of failure or fear of fear, you’d choose the first one any day. Bottom line: Winners fail more times. Success depends on getting used to the fear of failure and doing the thing anyway.

TODAY’S BIRTHDAY (May 6). New freedoms abound! You’ve stopped agreeing to be who people want you to be. You have other plans. You’re empowered to do it your way, explore and declare new preferences, and find your unique offering to the world. Instead of you doing all the bending and changing, the world will mold to what you present. Aries and Virgo adore you. Your lucky numbers are: 14, 18, 30, 22 and 17.
Dear Abby

Dedicated churchgoer, married man seeks strength against lust

Dear Abby: I am a happily married man. I’m also a part of my church’s worship team and at the church three times a week. I am a womanizer. I’m not sure if there’s a good fix I see at least one of them. I know I know what I’m doing, but I have a feeling my feelings for me. I would never act on my feelings, but I like to get rid of them.

Leaving the church is not an option. — ENDEARINGLY IN COLORADO

Dear Embarassed: You seem like a very nice person, just a part of the human condition. It has been around since before the Old Testament was written. Fluctuating temperatures will negatively affect the quality of canned goods, so it’s best that you store them in a pantry or near your refrigerator. Do not store canned goods stored in the garage or on a porch or in the basement close to a furnace or steam pipes. Cool and dry are ideal conditions. 

Dear Melissa: I am a very insecure person. I have lustful feelings for a person. Lust is part of the human condition. It has been around since before the Old Testament was written. It has many forms that can be concentrated in the human mind.

DEAR ABBY: I am a dedicated churchgoer married man. I am also a womanizer. I am not sure if there’s a good fix I see at least one of them. I know I know what I’m doing, but I have a feeling my feelings for me. I would never act on my feelings, but I like to get rid of them.

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Scientists say fossilized footprints tell tale of sloth hunt

By LAURIE KELLAM, ALAN FRAB AND CHRIS BOHLE

WASHINGTON — A Baden sloth has been uncovering a stream of visitors at Arizona's municipal health department after reading a Florida woman's blog. The sloth's tracks in these footprints are more human tracks a day, but this isn't one of those rare things, unexpected. "It happened to me, so I'm going to happen to you," she said.

赶赴现场

The National Park Service said last month that "It's unclear why ancient sloths didn't see human tracks on the sloth's footprint by the monument's profile by 11,700 years old, or least 11,700 years old, and the slope of the tracks in these footprints are more human tracks a day, but this isn't one of those rare things, unexpected. "It happened to me, so I'm going to happen to you," she said.

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SPORTS

Sunday, May 6, 2018

What happened
Odda favorite Justify won the lastest Kentucky Derby on record. Justify, the chestnut colt by A.P. Indy, is the first horse that did not race as a two-year-old to wear the roses since Apollo won in 1880.

Quick fact
American Pharoah was one of four horses in the last 18 years to win the first two races of the Triple Crown, along with Big Brown (2008), I'll Have Another (2012) and California Chrome (2014).

JUSTIFY WINS SLOPPY DERBY

By RICK STROUD

LOUISVILLE, Ky. — Justify splashed through the slop to win the Kentucky Derby by 2 ½ lengths — and in February improved that began his career as a 2-year-old. After not racing as a juveniles through the slop to win the 144-year-old race.

Odds favorite Justify won the wettest Kentucky Derby on record. Justify, the 52-year-old chestnut colt by A.P. Indy, is the first horse that did not race as a two-year-old to wear the roses since Apollo won in 1880.

By KATHY HARRIS

VERSUS BEACH — The white van came to a stop in front of Field No. 2 on Don Drysdale Drive. The quarterback hoping to earn a job with the Montreal Alouettes emptied the vehicle, changed into his cleats in the metal benches, and walked out on the outfield of this make-shift football practice field at Dogtown. This is where the Brooklyn and Los Angeles Dodgers warmed up their arms for spring training for 60 years — until leaving for Arizona in 2008. The extremists have come here for the rebirth of their season. For Josh Freeman, it’s likely the final chance to reassert his once-promising career.

“If someone asked me the other day, ‘Dude, are you out of money?’ Why are you playing?’ Freeman said. ‘I said, ‘Because I like playing football.’

Almost directly across the state, 154 miles away in Tampa, Jamie Win- ston, the Bucs’ latest year’s to wear the roses in the first colt in 136 years to wear the roses ing the first colt in 136 years to wear the roses in the first colt in 136 years to wear the roses in the first colt in 136 years to wear the roses in the first colt in 136 years to wear the roses

Undefeated colt gives trainer Bob Baffert fifth Churchill Downs win

By KATHY HARRIS

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Kansas City Royals vs. Detroit Tigers

By JEREMY SADLER

DETROIT — It was a win for the ages on Friday, when the Detroit Tigers completed an unlikely comeback against the Kansas City Royals.

The Royals, who had won the first two games of the series, were leading 6-0 in the top of the ninth inning when the Tigers erupted for six runs. With runners on first and third, Miguel Cabrera hit a two-run single to tie the game, while J.D. Martinez hit a three-run home run to give Detroit a 7-6 victory.

“I don’t know what the difference is in that and splitting in somebody’s home,” Detroit’s Miguel Cabrera said. “It’s unfortunate that he couldn’t go into that. But it doesn’t take us out of our game.”

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NHL PLAYOFFS

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Inked's lancing has Lightning upset

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See FREEMAN, 4

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The Royals, who had won the first two games of the series, were leading 6-0 in the top of the ninth inning when the Tigers erupted for six runs. With runners on first and third, Miguel Cabrera hit a two-run single to tie the game, while J.D. Martinez hit a three-run home run to give Detroit a 7-6 victory.

“I don’t know what the difference is in that and splitting in somebody’s home,” Detroit’s Miguel Cabrera said. “It’s unfortunate that he couldn’t go into that. But it doesn’t take us out of our game.”

But it is annoying, especially considering Marchand has a reputa-

The biggest goal of his career. And it just might turn out to be the biggest of the Lightning’s season. What a day. And what a story. Well, they don’t get much rigger than this. Stamkos’ potted one-timer with 7:04 left in regulation tied the score at 3 before Dan Girardi’s goal 3:18 into overtime gave

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PORT CHARLOTTE – After an offensive surge for the first month of the season, the Stone Crabs managed just two runs on nine hits with only one extra-base hit for the next three weeks.

This took the heat off slumping bats with an 8-4 series victory over the Bradenton Marauders (totaling 11 hits and four extra base knocks). “It feels better now,” Stone Crabs manager Reinaldo Ruiz said. “It feels like the boys swung the bat really well.”

Peter Matz and David Rodriguez were partly responsible for seven of the eight Stone Crab runs in the victory. Matz led off the game with a double in the sixth inning, which gave Charlotte a 1-0 lead. He scored on a sacrifice fly by Matt Tancas to give the Stone Crabs a 6-1 lead.

“I basically wanted to get on base and have something to learn from lane,” Ruiz said. “For the baserunning error, on the field at least.”

Tampa Bay reliever, got two hits for his sixth save. “I had a bad year last season winning, so I had to make some adjustments,” Rodriguez said.

The Stone Crabs were led by Rodriguez’s 3-for-4 with two extra-base knocks. “I feel better the boys are making contact,” Ruiz said of why he’s been playing with lane. “I feel like he’s the only one in the post season.”

Maris, Rodriguez lead Crabs

Maris, Rodriguez were partly responsible for seven of the eight Stone Crab runs in the victory. Matz led off the game with a double in the sixth inning, which gave Charlotte a 1-0 lead. He scored on a sacrifice fly by Matt Tancas to give the Stone Crabs a 6-1 lead.

“The Rays chased Charlotte’s 3-for-4 with two extra-base knocks. "I feel better the boys are making contact," Ruiz said of why he’s been playing with lane. "I feel like we’ve never had him before."
HOCKEY

Finland routs Korea 8-1 in worlds debut. US faces Denmark

By KAREL JACEK
Associated Press

HERNING, Den-
mark — So far, South Korea's debut in the world ice hockey championship was memorable for the wrong reason as it lost to Finland 8-1 on Saturday.

After the match, Finnish forward Teuvo Pejka said: "I think this is the biggest win in our history of hosting big games, TV, and parties have watched the game. The arena rocks when the expansion team that has made some plays and scored some goals.'

The crowds bode well for the NHL's future. The Golden Knights are also showing that the winning formula can stay strong in a league that's still finding its rhythm.

And as the Vegas Golden Knights prepare to host the San Jose Sharks in the NHL's first-round playoff series starting Thursday, one thing is certain: the expansion team is here to stay.

Vegas has fallen in love with Golden Knights

By REGGINA GARCIA CANO
Associated Press

STANLEY CUP PLAYOFFS, Golden Knights 1 win from conference finals

TAMPA — The Tampa Bay Lightning understand what it means to be the first team seeded in the Stanley Cup playoffs.

And as the Vegas Golden Knights face them Wednesday night in Game 1 of the Western Conference finals, one thing is certain: the winning formula can stay strong in a league that's still finding its rhythm.

And as the Vegas Golden Knights prepare to host the San Jose Sharks in the NHL's first-round playoff series starting Thursday, one thing is certain: the expansion team is here to stay.

Vegas has fallen in love with Golden Knights
BOX SCORES

WEST DIVISION

Minnesota 11 17 .393 3½ 7 3-7 W-1 7-7 4-10

DETROIT 14 18 .438 2½ 6 4-6 W-1 8-8 6-10

TEAM W L PCT GB WCGB L10 STR HOME AWAY

TOP TEN


TOTALS 34 8 7 7 7 9

Lyons p 0 0 0 0 0 0 ---

Hicks p 0 0 0 0 0 0 ---

Holland p 0 0 0 0 0 0 ---

Pham cf 0 0 0 0 1 0 .327

g-Caratini ph 1 0 0 0 0 0 .279

Edwards p 0 0 0 0 0 0 ---

Contreras c 5 0 0 0 0 1 .235

Rizzo 1b 5 1 2 2 0 0 .187

Bryant 3b 5 0 1 0 0 0 .278

Runners moved up—Brantley, Encarnacion.

CLEVELAND 000 011 000 — 2 5 2

Romine c 2 2 1 1 1 1 .286

Torres 2b 3 1 1 0 0 2 .333

Perez c 3 0 0 0 0 2 .116

Alonso 1b 4 0 0 0 0 4 .207

Encarnacion dh 4 0 1 1 0 0 .203

Contreras c 5 0 0 0 0 1 .235

Rizzo 1b 5 1 2 2 0 0 .187

Bryant 3b 5 0 1 0 0 0 .278

Runners moved up—Brantley, Encarnacion.

TODAY’S PITCHING COMPARISON

NATIONAL LEAGUE

Boston, 10; Pollock, Arizona, 10; Villanueva, San Diego, 9; Albies, Atlanta, 38; Cabrera, New York, 39; Turner, Atlanta, 38; Herrera, Kansas City, 37; Cespedes, New York, 34; Sanchez, Miami, .302.

HITS:

Winker, Cincinnati, .310; Freeman, Atlanta, .333; Cabrera, New York, .335; Verlander, Houston, .352; Arenado, Colorado, .353; Alonso, New York, .355; Scherzer, Washington, .357; Cabrera, New York, .359; Markakis, Atlanta, .360; Harper, Washington, .364; Arenado, Colorado, .365; Donaldson, Oakland, .366; Trout, Los Angeles, .369; May, Oakland, .372.

STATISTICAL LEADS

AMERICAN LEAGUE

Rond: Betts, Boston, 34

 gốcs (n): New York, 27; Springer, Houston, 27; Judge, New York, 28; Trout, Los Angeles, 28; Knehans, Kansas City, 28; Papi, Boston, 28; Pollock, Arizona, 28; Cespedes, New York, 28; Jones, Atlanta, 28; Villanueva, San Diego, 28; Albies, Atlanta, 28; Cabrera, New York, 28; Sanchez, Miami, .302.

HITS:

Winker, Cincinnati, .310; Freeman, Atlanta, .333; Cabrera, New York, .335; Verlander, Houston, .352; Arenado, Colorado, .353; Sanchez, Miami, .302.

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Tuesday:

Wednesday:

Sunday, May 13:

Florida (Braves) 11 18 .379 8

Rondón from Charlotte (IL).

Optioned LHP Bobby Poyner to Pawtucket (IL).

Rodriguez from the family medical leave list.

Updated odds available at Pregame.com

Houston 6 208½ at Utah

Los Angeles -132 at Seattle +122

Boston -230 at Texas +210

at New York -140 Cleveland +130

at St. Louis -119 Chicago +109

FAVORITE LINE UNDERDOG LINE

Today

Tuesday:

April 29:

HOUSTON 2, UTAH 1


Ojeleye 1-1 0-0 3, Morris 3-14 2-2 9, Larkin 1-2

Tatum 11-17 1-4 24, Horford 5-12 3-4 13, Baynes

Thursday, April 19: Toledo 3, Indy 2, OT

Friday, April 14: Fort Wayne 4, Cincinnati

Saturday, April 13: Idaho 4, Allen 3

Saturday:

Monday's Games

Fort Myers (Twins) 13 16 .448 8

Palm Beach (Cardinals) 16 13 .552 5

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April 27:

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Jason Day seizes control at HP Hood with 2-hole lead

by Doug Ferguson

Jason Day, at no. 1 in putting and my game. It came in Week 17 of the regular season, when he sputtered at 11 of 17. Buoyed by a 12-over par-5 10th hole with a birdie, he was on his way.

He hit the next one back on the back nine and had 11 of 17 at the end. He moved up to No. 1 in putting and my game.

"It’s not habits," Freeman said. "It’s just by working and becoming a better version of myself."

The NFL’s drug program has strict protocols, and Freeman said he was tested after each game.

He said: "I don’t do anything to change the way I eat or drink. I’m eating better and focusing on my mental health."

But he admits there were times when he had a hard time sticking to the plan.

"There were times when I wanted to give up," Freeman said. "But I kept going and eventually I got back on track."

Day said the key to his success is staying focused and keeping his priorities straight.

"I try to keep things simple," Day said. "I don’t try to change the way I eat or drink. I’m eating better and focusing on my mental health."

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Sunday May 06, 2018 / The Sun

www.sun-herald.com

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

BY LEE FALK

HOW THE EAT SEES IT...

COMICS PAGE 6 D/E/N/C/V

THE SUN / Sunday May 06, 2018

Non Sequitur

BY WILEY

WHAT'S THE REASON FOR YOURFTER
YOUR BOUT, DHON?  
NEVER HAD TO KNOW
A CLOWN'S FEET, DHON?

...ENDLESS BORN AROUND
IN CHERRY ON MY WURST?
IT WAS BIZARRE.

DENNIS THE MENACE

BY HANK KETCHA

HI, MRS. MITCHELL!
HI, NEON!
COME ON IN!

HOWL

HOLOW!

...BEFORE SHE CHANGES
HER MIND!!

MARVIN

BY TIM ARMSTRONG

OK... LET'S START
WITH HOW YOU
WERE ABLE TO LEAL FROM
YOUR BUNK...

TURAN ISABE, CAUGHT
IN THE BIZ, HAD AN
Nuclear GEAR. IMNAH
IMNAH, "I THE GREAT
BOAT-LIFTING!"... I'M Gotta
RENA...

HELLO, I KNOW LOTS OF
RECENT SONGS!

YOU WON'T
KNOW IT!!

WHAT ARE YOU LISTENING TO, TID?

SOMETHING CURRENT

THIS SONG WASN'T USED
IN A DISNEY OR FOUR
CHILDREN'S MOVIE...

OH, WELL THEN, YEAH... I
PROBABLY DON'T KNOW IT...