



# Living Lord Lutheran Church

Make disciples, Serve selflessly, Live faithfully

## The Voice



October 2024 Issue



Dear Friends in Christ:

Worship is the center of our life in Christ. We often come to worship with the hope that we will hear something that helps us for the week ahead or to hear something uplifting whether it is the message or Scripture or in the music. It is my hope that happens also. Yet, our primary reason for worship is to, well, worship. We are to give prayer and thanksgiving to God who has given us all we have and has promised to be with us through all the good and bad that life brings. We are to praise God. In all things. Sometimes that is hard when life gives us rotten apples and yet for us to praise God in those moments is to remember his presence and his love and that we will make it through with his help. Us Lutherans have often shied away from this word because it is used by other groups to describe their worship. We still tend to think of worship in terms of reverence only. Scripture paints a little different picture. Reverence is important and yet our joy in our relationship with God can show. Therefore when you are at our more contemporary worship service there are people who lift their hands and “rock out.”

So whether you praise God with raised hands or folded ones, or praise God in your innermost being or with a loud shout, come, worship and praise God with your whole life.

Read Psalm 150 and always remember that God loves YOU.  
In Christ's love: Pastor Ed



# PRAYER REQUESTS

|   |       |              |           |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|-------|--------------|-----------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ★ | ★     | ★            | ★         | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ | ★ |
| ★ | 10/01 | Burkman      | William   | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/02 | Bohlmann     | Tracy     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/02 | Pyeatt       | Dennis    | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/03 | Byrne        | Jon       | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/03 | Reimer       | Jerry     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/03 | Waggett      | Becky     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/07 | Anderson     | Donna     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/08 | Hanusa       | Julia     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/09 | Boorsma      | Annette   | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/09 | Corn         | Debbie    | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/10 | Cockfield    | Elaine    | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/10 | George       | Eileen    | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/11 | Allen        | Charlotte | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/11 | Dolan        | Linda     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/11 | Silver       | Leslie    | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/13 | Rogers       | Baird     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/14 | Blankenfeld  | Katie     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/15 | Gutzler      | Michael   | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/15 | Schrand      | Karla     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/16 | Hunter       | Mary      | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/16 | Mezzo        | Eileen    | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/18 | Havey        | Mike      | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/20 | Brockschmidt | Beverly   | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/21 | Pierannunzi  | Steve     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/22 | Holst        | Emily     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/23 | Olson        | Rhoda     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/23 | Pinkerton    | Bonnie    | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/23 | Sahr         | Olivia    | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/23 | Taylor       | Nancy     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/24 | Howell       | Liz       | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/27 | Pope         | Logan     | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/30 | Anderson     | Bob       | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | 10/30 | Dzumela      | Gary      | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ★ | ★     | ★            | ★         | ★ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |



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|---|-------|----------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ♥ | ♥     | ♥                          | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥ |
| ♥ | 10/10 | DeLosh, Judith & Lee       |   | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | 10/13 | Cubberly, Diana & George   |   | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | 10/15 | Bohlmann, Tracy & Todd     |   | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | 10/17 | Priest, Pauline & James    |   | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | 10/19 | Schimmoller, Kathy & Ralph |   | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| ♥ | ♥     | ♥                          | ♥ | ♥ |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

|                         |                          |
|-------------------------|--------------------------|
| Theo Bullington         | Josh Myers Behler        |
| Rob Babel               | Chris Mork               |
| Susanna Scott           | Shirley Smith            |
| Gordy Havey             | Will                     |
| Janet Castner           | Nan Fisher               |
| Liz Howell              | Calvin                   |
| Wyly Pope               | Gene Rahn                |
| Roger Henkelman         | Lori Rapp                |
| Linda Henkelmann        | Jim Pinto                |
| Jacob Rodriguez         | Tony Zubricky            |
| Suzanne Dietzel         | Joe Kitchie              |
| Nancy Woodworth         | Rade Mallkovich          |
| June Hartlieb           | Sharlene Jones           |
| Ron Silver              | Shirley Kitsmiller       |
| Andrew Catanese         | Linda Couch              |
| Laura Apeathy           | Jeanne Thum              |
| Frankie Vasquez         | Ray Rankl                |
| Elaine Truitt           | Jim and Sandy Kudrin     |
| Ralph Hanson            | Becky Berka              |
| Bob Ready               | Debbie Skelly            |
| Brian Brockschmidt      | Jeff Shaw                |
| Kathy Rodd              | Valerie Walden           |
| Terrie Dale             | Peggy Smith              |
| Schrand Family          | Dan                      |
| Kathy Murgatroyd        | Dawn Schaeffer           |
| Meri Capithorne         | Family of Marlene Saum   |
| Alexa                   | John Saum                |
| Peter Aument            | Linda                    |
| Jan Hillman             | Family of Margitta Rizzo |
| Family of Gisele Phipps | Bradley                  |
| Ron                     | Tracy B.                 |
| Angie                   | Family of                |
| Connie T.               | Charlie Croatman         |
| Sandy & family          | Denise                   |
| Bonnie                  | Gay Jeffreys             |
| Gayle                   | Call Committee           |
| Pauline Priest          | Mike                     |
| Donnie Simonson         | Troy and family          |
| Diane Buechner          | Family of Jana Hanson    |
| Debbie Carsile          | Sean                     |
| Jim                     | Kyle Resentreter         |



All God's Children Preschool school year is underway! Our first day of school was August 26th and it is amazing that we have almost completed an entire month of school. As with the start of anything we are all learning new things, getting to know one another, and starting to form a beautiful school family. Our hallways and classrooms are full of laughter, art work, play, and of course learning. Our students are learning how to make friends, share, sit together at the table, follow instructions, transition into new activities, and of course how to play.

Our teachers are introducing many new activities and lessons to our students, they are showing them how fun learning can be by having them engage in hands-on activities and play-based centers. Each of the classrooms are decorated beautifully and very warm and inviting. Each class has exciting centers for the children to explore throughout the day and the teachers are able to do some small group, large group, and even outdoor activities.

We have also started our dance enrichment which is a pre-ballet class taught by our very own Kelly Miles. Kelly was a professional dancer for many years and now shares her talent with our AGC students. She has about 13 dancers and it is a joy to watch them express their happiness through dance. The ballet class will have two recitals throughout the year as well as perform at our Christmas program in December.

AGC had their second annual Ice Cream Social this month. We invited all of our families, staff, and students to join us for a fun family night out. We offered ice cream bars, ice cream sandwiches, and fruit bars to everyone that attended.

We also had our students play on the playground with their friends and teachers got the opportunity to talk to the parents and spend some time getting to know one another. The best thing about this event is that it gave our families a chance to network and hopefully build lasting relationships. A big thank you to our AGP (All God's Parent) group for all of their hard work putting this wonderful event together! Pastor Ed also stopped by to check out the event and buy some cool new AGC merchandise!

We had to bid farewell to our large oak trees on the playground as they were unhealthy and losing many branches. These trees have provided shade for the playground as well as a hiding place for the students when playing hide and seek, and a cool place to look for bugs, frogs, and birds. It was bittersweet for our AGC family but we are looking forward to having new adventures in their place.



**Living Lord Lutheran Church  
Treasurer's Report as of Aug 31, 2024**

| <b>OVERVIEW YEAR TO DATE 2024</b>                             | <b>Jan -Aug 2024<br/>Actuals</b> | <b>Jan -Aug 2024<br/>Budget</b>    | <b>Favorable/<br/>(Unfavorable)</b> |
|---|----------------------------------|------------------------------------|-------------------------------------|
| Church General Fund Receipts                                  | 237,144.68                       | 279,097.99                         | (41,953.31)                         |
| Church General Fund Disbursements                             | 246,648.94                       | 258,724.03                         | 12,075.09                           |
| <b>Net Church General Fund</b>                                | <b>(9,504.26)</b>                | <b>20,373.96</b>                   | <b>(29,878.22)</b>                  |
| Church Restricted Receipts                                    | 99,629.67                        |                                    |                                     |
| Facility Fundraiser (Scrip)                                   | (36.94)                          |                                    |                                     |
| Youth Group Fundraiser  | 521.06                           |                                    |                                     |
| Church Restricted Disbursements                               | 84,461.94                        |                                    |                                     |
| <b>Net Church Financial Position</b>                          | <b>6,147.59</b>                  |                                    |                                     |
| AGC General Fund Receipts                                     | 185,918.52                       | 161,312.70                         | 24,605.82                           |
| AGC General Fund Disbursements                                | 170,460.26                       | 149,567.66                         | (20,892.60)                         |
| <b>Net AGC General Fund</b>                                   | <b>15,458.26</b>                 | <b>11,745.04</b>                   | <b>3,713.22</b>                     |
| AGC Restricted Receipts                                       |                                  |                                    |                                     |
| AGC Fundraisers   | 15,511.03                        |                                    |                                     |
| AGC Restricted Disbursements                                  | 12,408.09                        |                                    |                                     |
| <b>Net AGC Financial Position</b>                             | <b>18,561.20</b>                 |                                    |                                     |
| <b>Total LLLC General Fund Receipts</b>                       | <b>423,063.20</b>                | <b>440,410.69</b>                  | <b>(17,347.49)</b>                  |
| <b>Total LLLC General Fund Disbursements</b>                  | <b>417,109.20</b>                | <b>408,291.69</b>                  | <b>(8,817.51)</b>                   |
| <b>Net LLLC General Fund</b>                                  | <b>5,954.00</b>                  | <b>32,119.00</b>                   | <b>(26,165.00)</b>                  |
| Fundraising Balances  | 15,995.15                        |                                    |                                     |
| Total LLLC Restricted Receipts                                | 99,629.67                        |                                    |                                     |
| Total LLLC Restricted Disbursements                           | 96,870.03                        |                                    |                                     |
| <b>Net Total LLLC Financial Position(Includes restricted)</b> | <b>24,708.79</b>                 |                                    |                                     |
| <b>YEAR TO DATE COMPARISON 2024 VS 2023</b>                   | <b>Jan -Aug 2024<br/>Actuals</b> | <b>Jan - July 2023<br/>Actuals</b> | <b>Favorable/<br/>(Unfavorable)</b> |
| Church General Fund Receipts                                  | 237,144.68                       | 278,744.07                         | (41,599.39)                         |
| Church General Fund Disbursements                             | 246,648.94                       | 292,778.29                         | 46,129.35                           |
| <b>Net Church General Fund</b>                                | <b>(9,504.26)</b>                | <b>14,034.22</b>                   | <b>(23,538.48)</b>                  |
| AGC General Fund Receipts                                     | 185,918.52                       | 169,863.72                         | 16,054.80                           |
| AGC General Fund Disbursements                                | 170,460.26                       | 150,263.17                         | (20,197.09)                         |
| <b>Net AGC General Fund</b>                                   | <b>15,458.26</b>                 | <b>19,600.55</b>                   | <b>(4,142.29)</b>                   |
| Total LLLC General Fund Receipts                              | 423,063.20                       | 448,607.79                         | (25,544.59)                         |
| Total LLLC General Fund Disbursements                         | 417,109.20                       | 443,041.46                         | 25,932.26                           |
| <b>Net LLLC General Fund</b>                                  | <b>5,954.00</b>                  | <b>5,566.33</b>                    | <b>387.67</b>                       |

Church general fund receipts through July are \$41,500 less than 2023 and unfavorable \$42,000 to budget  
Disbursements are \$9500 more than receipts  
AGC receipts are \$15000 favorable to disbursements.

Karen Symos, Bookkeeper

| <b>GENERAL OFFERING #4010</b> |                    |                    |
|-------------------------------|--------------------|--------------------|
| <b>YEAR-TO-DATE</b>           | <b>2024 BUDGET</b> | <b>2023 ACTUAL</b> |
| August 31, 2024               | August 31, 2024    | August 31, 2023    |
| \$215,613.95                  | \$257,102.99       | \$254,916.00       |

# A New Season Calls YOU for Faith Talks!

## Let's get together on Mondays at 10:00-11:30 AM beginning October 14, 2024 in Activities Hall

Beginning in October, we will resume thought-provoking discussions from current news and talk about some related Bible readings. All members and friends are welcome to attend any or all sessions. Each week's topic will be different.

What is included in this 90-minute adult forum experience?

- 1. In the News.** Printed lessons will present a quick summary of a news topic and cite the sources for more detail. *(Selected by The Wired Word editorial team.)*
- 2. The Big Questions.** We will be challenged with 3-6 critical questions raised by the topic being discussed. We often expand based on our own ideas and experiences.
- 3. Scripture Confronts the News.** From Old and New Testament, we will read 5-6 verses to enlighten today's issue. What does God want us to know? How is the Holy Spirit guiding our responses? Can we connect living today to the message?
- 4. Participation.** Members explore the ideas presented, contribute their own experiences, raise questions, and consider how to apply faith today. We expect diverse opinions, expressed in love and friendship. We encourage self-expression.
- 5. Closing prayer.** We address God and focus on ways He has guided us today.

The Wired Word offers us two the topics, based on recent news events. One of these weekly topics will be covered in our 90 minutes together. All printed lesson materials are provided every week at the Monday class to all attending. Unlike previous church courses, there is NO video component for this class. We will read aloud and use our Bibles. We will learn through active thinkers, personal experiences, and conversational insights. (<https://www.thewiredword.com>)

Abundant life means adapting to changes in society. Be informed with us!

Just 90 minutes on Mondays offers a chance to practice and grow by expressing ourselves in matters of Christian daily life.  
We are free to speak our concerns and seek answers,  
because we trust our relationships among friends!  
Sometimes we even change our minds about the subject!

For more information and to join us, contact Ruth McConnell, Facilitator, 941-751-8053.

| WORSHIP ATTENDANCE | Online People Reached | In-Person Attendance | Total |
|--------------------|-----------------------|----------------------|-------|
| July 2024          |                       |                      |       |
| 7-July             | 273                   | 98                   | 371   |
| 14-July            | 280                   | 92                   | 372   |
| 21-July            | 287                   | 91                   | 378   |
| 28-July            | 319                   | 104                  | 423   |

## **FAITH COMMUNITY NURSES**

For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer – including metastatic breast cancer (MBC) – and the importance of early detection and access to timely, high-quality care.

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer, and what's normal for you so you can take action if there are any changes in your breasts or underarm areas.

Since 1989, Susan G. Komen has helped drive down the mortality rates from breast cancer thanks to our focus on early detections and improvements in treatment. However, that progress may be in jeopardy. During the COVID-19 pandemic, many people delayed their regular breast cancer screening. The pandemic also disrupted treatment and research progress.

More progress is still needed. Through research and growing knowledge about breast cancer has led to new therapies and targeted treatments that improved outcomes for many people. It is research that brings hope to people facing this disease. We need to ensure more treatment options are available for all people facing breast cancer.

The COVID-19 pandemic also highlighted the inequities in breast cancer treatments for under-resourced communities across the country, as well as the inequity in treatment between Black and white women. Black women in the U.S. are about 40% more likely to die from breast cancer than white women.

**Know Your Risk** Knowing your family history is lifesaving. Talk to a doctor about your family history and see how that history impacts your risk of breast cancer. You and your doctor can create a personalized plan to monitor for signs of the disease.

**Get Screened** For those at average risk, have a mammogram every year starting at age 40. If you have any signs of breast cancer, finding it early and treating it early may save your life.

**Know Your Normal** It's important to know what's normal for you so you can talk with your health care provider if something doesn't look or feel right.

**Make Healthy Lifestyle Choices** Living a healthy lifestyle is within your control and may lower your risk of breast cancer. Maintain a healthy weight, limit alcohol intake and exercise regularly. It all matters when it comes to your overall health and risk of disease.

**How can you tell the difference between a cyst and breast cancer?** A cyst will have smooth walls and be filled with clear fluid, whereas a tumor will look solid. A small, simple breast cyst typically doesn't need treatment and should go away on its own over time. Alert your doctor if it persists for several more menstrual cycles or becomes painful.

**Breast cysts can have a number of symptoms, including:** **Lumps:** A breast cyst can feel like a smooth, soft, round or oval lump that moves easily within the breast tissue. Some cysts are so small that they can't be felt. A cyst located near the skin's surface may feel like a blister.

**Pain or tenderness:** Breast pain or tenderness may be felt in the area of the lump, especially before a menstrual period.

**Nipple discharge:** Nipple discharge may be clear, straw-colored, yellow or dark brown.

Breast self-exam, or regularly examining your breasts on your own, can be an important way to find breast cancer early, when it's more likely to be treated successfully. Although no single test can detect all breast cancers early, many people report that performing a breast self-exam in combination with other screening methods can increase the odds of early detection.

Source: [www.komen.org](http://www.komen.org)

*So do not be afraid, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand.* Isaiah 41:10



## Ask The Weatherman

By: Bill Mork

**How warm and wet was the summer of 2024?** It was the 5th warmest summer on record at the Sarasota-Bradenton Airport with an average temperature of 83.7 degrees, 0.9 degree above normal. Record warm summers were recorded at Lakeland, Plant City, Punta Gorda, St Petersburg, and Winter Haven. It was the wettest summer on record at the Sarasota-Bradenton Airport with 47.32 inches. Fort Myers also had a record wet summer with 43.87 inches. Parrish had the second wettest summer since we moved here in 2005 with 43.28 inches. Hurricane Debby and easterly flow contributed to the wet summer in 2024. Too much westerly flow in 2023 gave us a dry summer with only 12.60 inches of rain at the airport. Westerly flow was wet for the FL East Coast in 2023 with an all-time record of 113.61 inches at Fort Lauderdale.

**Was August another record-setter globally?** The August global surface temperature was 2.29 degrees F above the 20th -century average of 60.1 degrees F, making it the warmest August on record. This was the 15th consecutive month of record-high global temperatures. Europe had its warmest August on record. Antarctic sea ice extent was second lowest on record for August. Death Valley National Park had its hottest summer on record with an average temperature of 104.5 degrees. Heat was a contributing factor for two fatalities. A man had to be rescued from sand dunes after losing his flip-flops and experiencing second degree burns. Phoenix AZ set a record with 113 consecutive days of high temperatures reaching at least 100 degrees F.

**Who has drought?** West Virginia remains historically dry. On 15 Sep, West Virginia led the nation with 98% of its pastures rated very poor to poor, along with topsoil and subsoil moisture rated 100% very short to short, according to USDA. In Ohio, significant drought stress extended to row crops, with U.S.-high 28% of the soybeans rated very poor to poor. In the hardest-hit drought areas of southeast Ohio, other complications included abysmal streamflow and surface water shortages. On 14 Sep, Texas led the country with 36% of its cotton rated very poor to poor. Summer drought forced McGlasson Farms in Hebron KY to use a drip system to hydrate crops.

**Who was hit by Francine?** Hurricane Francine was a moderately strong tropical cyclone that brought extensive flooding to parts of LA and northeast Mexico. The 6th named storm and 4th hurricane of the season made landfall in southern LA in Terrebonne Parish with sustained winds of 100 mph on 11 Sep. Storm surge was greater than 4 feet. There were mandatory evacuations, water rescues, and loss of power to 450,000 customers. Strong winds and heavy rain moved into MS. Peak rainfall included 7.44 inches in Brownsville TX and 7.90 inches in Matamoros, Mexico. Strong winds and heavy rain moved into MS. Lowest pressure was 972 millibars or 28.70 inches of mercury. There were no deaths, 4 injuries, and \$1.5 billion in damage.

**How much rain fell in North Carolina?** Historic rainfall occurred across the Cape Fear Region of Southeastern NC on 16 Sep. Gauges and radar estimates showed that 12 to 20 inches of rain fell in only 2 days, creating severe flash flooding affecting Carolina Beach, Southport, Bolivia, and Bolling Spring Lakes. Although this system never became a named tropical system, observed weather impacts including strong winds, heavy rain, and flash flooding were similar to tropical storms and hurricanes of the past. The peak storm total was 20.81 inches at Carolina Beach.

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