

LET'S GO

Looking for something fun to do today? Celebrate 21 years of the Cruise In! **D1**

THE WEATHER TODAY, C2

8 a.m. 77°
 Noon 87°
 4 p.m. 89°
 8 p.m. 81°

Johnson Stands Out in U.S. Open Crowd

Second-round leader is the lone player under par with four-shot advantage. Sports, B1

NATIONAL NEWS

WHITE HOUSE PUTS TARIFFS ON CHINESE IMPORTS

President Donald Trump brought the world's two biggest economies to the brink of a trade war Friday by announcing a 25 percent tariff on up to \$50 billion in Chinese imports. Beijing said it would retaliate with penalties of the same scale on American goods. **National News, A5**



The Associated Press

President Donald Trump speaks to reporters at the White House on Friday after announcing the U.S. will put tariffs on Chinese imports.

Top of the News

INSIDE THE ISSUES SHAPING OUR COMMUNITY

Residents Seek New Ways To Battle Migraine Pain

Those afflicted turn to a variety of treatments to manage symptoms and function in their day-to-day lives.

By **CIARA VARONE**
Daily Sun Senior Writer

Sunshine from a cloudless sky and the sweet scent of blooming magnolias greet Karen Fischer on the golf course.

The combination makes her want to throw up.

Fischer, of the Village of Glenbrook, is among the 12 percent of Americans who feel the throbbing, at times debilitating, pain of a migraine and its accompanying symptoms — nausea, vomiting and extreme sensitivity to light, sound and sometimes smell.

"When you have a migraine, you can't function," said Chay Hebert, of Del Webb Spruce

Creek. "It's like a screw being driven into your head."

But a new medication is giving some migraine sufferers like Fischer and Hebert hope, though they are concerned about its price tag.

Last month, the Food and Drug Administration approved Aimovig, the first in a new class of preventive migraine treatments.

In clinical trials, patients who got once-monthly injections had one to 2 1/2 fewer migraines per month.

Dr. John Castaldo, director of neuroscience for The Villages Health, said as with any treatment, clinical trial results may exaggerate outcomes.

Please See **MIGRAINE, A6**

INSIDE



Learn how to make guests feel special. E1

Advice	D14
Classifieds	F1
Comics	D8
Lottery	A4
Movie Listings	D3
Obituaries	C4
Puzzles	D9
Television	D12

We support our men and women in uniform.



THAT'S AMAZING

SEARCH FOR DONATED DRESS IS SUCCESSFUL

A woman whose wedding dress was mistakenly sold at a Massachusetts Goodwill got her gown back.

Rachele Familia says the woman who bought her dress returned it to her mother Thursday, six days after she made a plea on Facebook hoping someone would recognize it.

Familia, married in 2004, was storing the dress at her aunt and uncle's house. She found out last week her uncle accidentally included the dress in a donation to the Palmer Goodwill in March.

—The Associated Press

NEW DRUG OFFERS HOPE

The FDA approved Aimovig in May for the preventive treatment of migraines in adults.

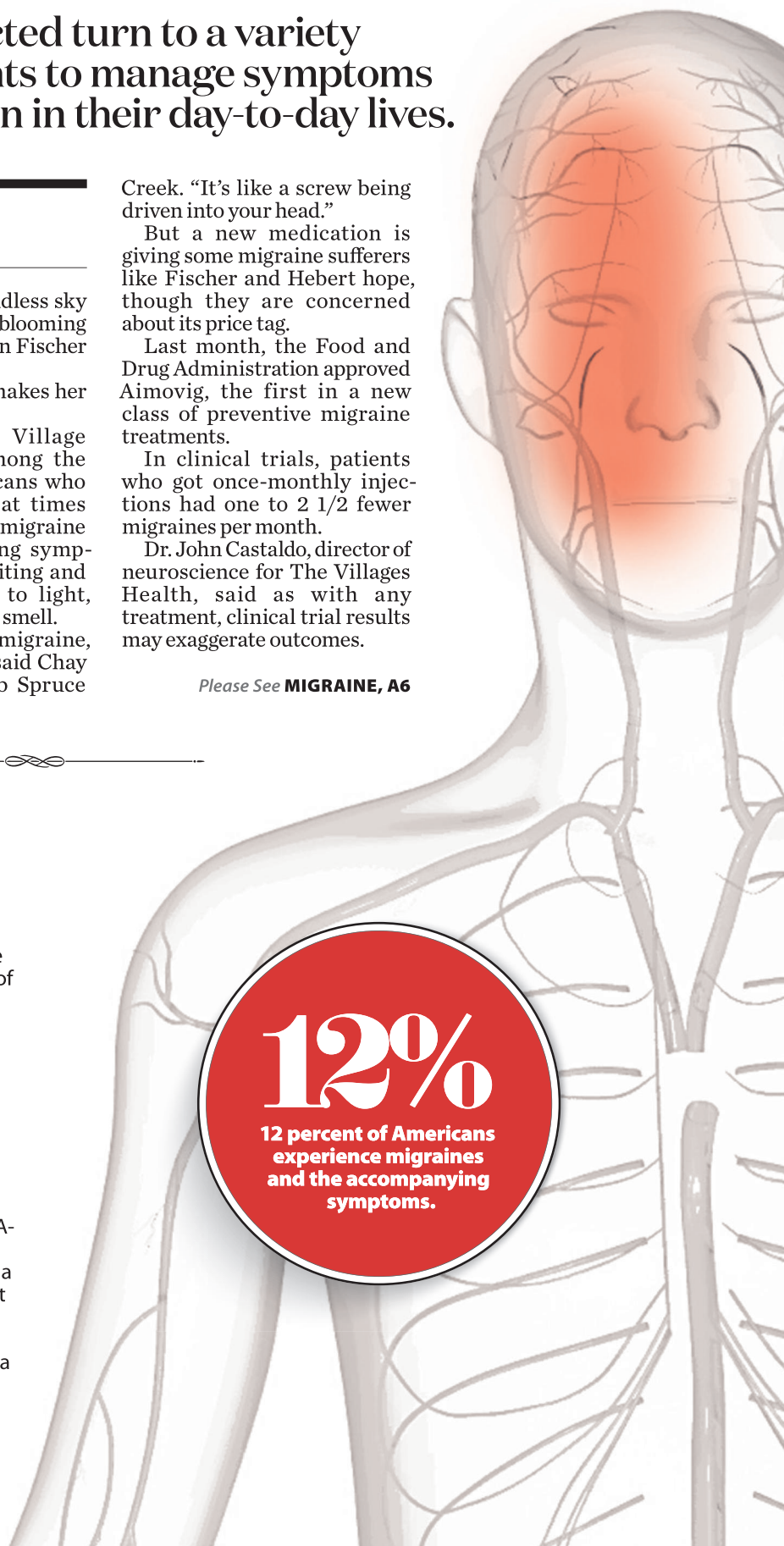
TREATMENT

The treatment is given by once-monthly self-injections.

FIRST OF ITS KIND

Aimovig is the first FDA-approved preventive migraine treatment in a new class of drugs that work by blocking the activity of calcitonin gene-related peptide, a molecule involved in migraine attacks.

Source: U.S. Food and Drug Administration



WHAT ARE THE SYMPTOMS OF MIGRAINES?

There are four phases of migraines. You may not always go through every phase each time you have a migraine.

PRODOME

This phase starts up to 24 hours before you get the migraine. You have early signs and symptoms, such as food cravings, unexplained mood changes, uncontrollable yawning, fluid retention, and increased urination.

AURA

If you have this phase, you might see flashing or bright lights or zig-zag lines. You may have muscle weakness or feel like you are being touched or grabbed. An aura can happen just before or during a migraine.

HEADACHE

A migraine usually starts gradually and then becomes more severe. It typically causes throbbing or pulsing pain, which is often on one side of your head. But sometimes you can have a migraine without a headache. Other migraine symptoms may include increased sensitivity to light, noise, and odors; nausea and vomiting; worsened pain when you move, cough, or sneeze

POSTDROME

Following the headache you may feel exhausted, weak, and confused after a migraine. This can last up to a day.

Source: medlineplus.gov

COMMUNITY & CONNECTIONS

Only in The Villages

LIFE IN FLORIDA'S FRIENDLIEST HOMETOWN

Students Showcase Outcome of Two-Week Performing Arts Academy

More than 130 students dedicated two weeks of their summer vacation to wake up early and go back to school — not to learn English, math, history or science — but to brush up on their dance, drama, band and stage technology skills.

The four sections of The Villages Charter School's Summer Performing Arts Academy came together to showcase what they learned Friday night at the Sharon L. Morse Performing Arts Center.

Backstage, students raced in and out of dressing rooms and did last-minute rehearsals as Villagers, siblings and parents holding bouquets of flowers filed

Please See **SHOWCASE, A6**



Michael Johnson | Daily Sun

Trombonist Brian Meadows plays a solo Friday night during The Villages Charter School's Summer Performing Arts Academy show at The Sharon.

THE DIGIT

22

groups

Today is the one-year anniversary of Fenney Recreation Center's opening in the Village of Fenney. Since then, Pam Henry, recreation manager of resident lifestyles, parks and public relations, said 22 groups have started meeting at the recreation center. The groups vary from yoga classes to art clubs.

—Sarah Wilson, Daily Sun

TONIGHT'S EVENTS ON THE SQUARES

Entertainment runs from 5 to 9 p.m.

Spanish Springs Town Square
 Mpire
 Happy hour, 5-7 p.m.

Lake Sumter Landing Market Square
 Earthbeat
 Happy hour, 5-6 p.m.

Brownwood Paddock Square
 Steelhorse
 Happy hour, 5-6 p.m.

from the front page



Rhiana Szabo leaps during the opening of a dance routine Friday during The Villages Charter School's Summer Performing Arts Academy concert at the Sharon L. Performing Arts Center.



Lisa Torres spins a flag as the color guard performs Friday during The Villages Charter School's Summer Performing Arts Academy concert at The Sharon.



Grandpa Bucket, played by Dylan Weston, left, talks to Charlie Bucket, played by Andrew Collins, center, as Willy Wonka, played by Janik Buranosky, helps perform a scene Friday from "Willy Wonka, Jr."

SHOWCASE

Continued from A1

into the theater. "I feel like we really got to bond as a band and as a color guard," said 12th-grade color guard captain Ailey Smith before the show. "We made a lot of memories and had a bunch of fun. We made this routine that we're about to perform and we just really came together." The band started off

the showcase, performing as a percussion ensemble, brass ensemble, woodwind ensemble, jazz band and wind ensemble. Members of the band wore green T-shirts and khakis while the color guard waved silky green and gold flags across the stage. Behind the scenes, students of the Sound and Light program of the Academy worked to keep the show running smoothly. Villages Charter Middle

School seventh-grader Ja'Darian Saucier manned the sound board. After the band and guard portion of the show, the audience watched a video made by the sound and light students, then the dance and drama students performed several numbers. The drama students did a scene from "Willy Wonka, Jr." and sang "You're Never Fully Dressed Without a Smile" from "Annie."

The dance students showcased short routines they learned in the style of jazz, ballet, musical theater, contemporary and hip-hop. "We had professionals come in to teach us," said seventh-grade dancer Emma Braun. "It was nice to work with them." The numbers were short, not meant to be a full performance, but to showcase the wide range of dance and drama education the students got during the two-week academy.

Shirley and John Keith, of the Village of Gilchrist, came to the show because they love children and are getting involved with a new performing arts group at Wildwood Middle High School, so they wanted to see how the Performing Arts Academy was organized. John said he was amazed by the jazz band and the way so many students were able to be organized for one show. "They did very well," Shirley said. "There was a high level

of stage presence among the dancers and performers." Kristen Fiore is a senior writer with The Villages Daily Sun. She can be reached at 352-753-1119, ext. 5270, or kristen.fiore@thevillagesmedia.com.

MIGRAINE

Continued from A1

Real-life use will give a better sense of the magnitude of this new discovery, he said, but there is promise. "Overall, headache specialists remain very enthusiastic about this new class of medication to prevent migraine and believe this is a very significant advancement in the field of managing migraine headache," Castaldo said.

UNDERSTANDING THE PAIN

People who don't get migraines don't understand the magnitude of pain, sufferers say. Mary Lou Slayback has been told many times to just take over-the-counter pain relievers to ease her agony. "It doesn't work. You can't eat because if you do, you vomit," said Slayback, of the Village of Chatham. "It's just awful. They don't understand what people go through." On a scale of 1 to 10 for severity, migraines can reach a 10, while tension headaches rarely pass 4 or 5, Castaldo said. "Migraine headaches often come on more quickly than the tension headaches and can wake up patients from deep sleep," he said.

Migraines are caused by abnormal brain activity that affects blood flow in the brain, according to the National Institutes of Health's U.S. National Library of Medicine. A slew of factors, including variations in hormonal levels in the blood, barometric pressure changes and certain foods, can trigger a migraine, Castaldo said.

Treatments take a preventive or abortive approach to migraine, he said. Preventive strategies include taking a daily medication, such as a beta-blocker, more commonly used to treat heart conditions, or a calcium channel blocker, which was developed as a treatment for high blood pressure. More recently, medications developed to treat seizures have been prescribed to prevent migraines, Castaldo said. Fischer found some relief on those meds but stopped taking them years ago when

she started having mini strokes. For those who can't take oral medication, Botox injections may also be an effective preventive treatment, Castaldo said. It worked for Slayback, who started annual treatments four years ago. Prior to that, she had migraines an average of 28 days each month starting at the age of 14. "It's the best thing that has happened to me," she said. Slayback's neurologist warned her the injections likely would lead to nerve damage, which has caused one of her eyes to droop. She said relieving the constant pain was worth the side effect. For those already experiencing a migraine, relief can be more difficult to find. A class of medications known as Triptans are designed to help a migraine that already has started, working best at the first onset of symptoms. For the most severe cases, an anesthetic nerve block given in a doctor's office can provide total relief almost immediately in many cases, Castaldo said.

POTENTIAL NEW TREATMENT

Aimovig takes a novel approach to migraine prevention. Most headache specialists believe the release of Calcitonin Gene-Related Peptide is the first step in migraine formation, Castaldo said. Aimovig blocks the release of CGRP, which should stop the development of a migraine. It costs \$575 per month without insurance. Aimovig.com offers a free two-month trial to qualifying patients. Fischer said she would like to try it, but she is waiting to see if insurance will cover it. Without that, she cannot afford the high cost. Fischer had her first migraine more than 40 years ago and has tried many treatments since. Every day, she wakes up feeling pressure in her head. Medications help some. "It doesn't really go away," she said. "But I can cope." When that pressure progresses to a full-blown migraine, though, Fischer heads to a dark room with an ice pack, unable to finish the day outside of bed.

As a former migraine sufferer, Jeanette Lindsey, of Continental Country Club, remembers that routine. Her migraines ended 40 years ago when a mouth brace alleviated her pain.

Whether through the new medication or a yet-to-be developed treatment, she hopes all who still are hurting find relief. "I wouldn't wish one of these headaches on my worst enemy," Lindsey said.

Ciara Varone is a senior writer with The Villages Daily Sun. She can be reached at 352-753-1119, ext. 5395, or ciara.varone@thevillagesmedia.com.

FLAGS
Market of Marion

Hundreds of Flags From \$5
All States
Many Nations
All Military
Mini Specialty
Garden Flags

16' Flag Poles \$89
20' Flag Poles \$109
25' Flag Poles \$139

Market of Marion BLDG "B"
Fri-Sat-Sun till 4pm

THE MARKET OF MARION

Thank You For 30 YEARS

Florida's Favorite Flea Market

1 000 BOOTHS
FRIDAY • SATURDAY • SUNDAY

Del Webb Spruce Creek CR 42
US 27/441 Belleview

The Villages® Community

Free Knee Pain Seminar

Join Us for a Free Seminar

Take the first step towards understanding your joint pain as local orthopaedic surgeon **Kenneth Krumins, MD** answers your questions and discusses:

- ▶ Arthritis of the Knee
- ▶ New Technologies in Knee Replacement
- ▶ Mako® Robotic-Arm Assisted Technology

Monday | June 18, 2018 | 6:00 PM
The Waterfront Inn | 1105 Lakeshore Dr.
The Villages, FL 32162
Dinner will be provided.

Space is Limited! So, Register Today!

To register call 1-888-STRYKER (1-888-787-9537) or visit patients.stryker.com/seminars

stryker CHAMPIONS
Official Joint Replacement Products of the PGA TOUR and PGA TOUR Champions
Individual results vary. Not all patients will have the same post-operative recovery and activity level. See your orthopaedic surgeon to discuss your potential benefits and risks.
GSNPS-PE-31