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IN THE EDUCATION &
ACTIVITIES DIRECTORY

Details on page 12



They are coming, will Pasco be able to build it?

By Michael Hinman
mhinman@cnewspubs.com

For decades, the population center of Pasco County has been on its western, coastal side. Areas surrounding Port Richey and New Port Richey have always been the focus of activity thanks to their proximity to Pinellas County.

But by 2025, that could all change. The southern portion of Pasco County, which as

late as 1990 had population rivaling only the northern rural parts of the county, will not only overtake the New Port Richey area, but will become the most populous in Pasco.

The area, which includes Wesley Chapel and Wiregrass Ranch, could reach as high as 309,000 people by 2040, putting Pasco on the path to 1 million residents. And the county will have to be ready.

"We have a big responsibility in the Tampa Bay area," Melanie Kendrick, senior

planner in Pasco County's economic development department, told members of the Greater Wesley Chapel Chamber of Commerce late last month. "As companies are looking to come to this area, and companies in Hillsborough and Pinellas are expanding, they don't have the room. And great cities grow north."

In 1990, the southern portion of the

See PASCO, page 14

New festival celebrates the joys of flight

By B.C. Manion
bcmansion@cnewspubs.com

A festival debuting in Lutz this year celebrates the joys of aviation.

The Festival of Flight, presented by American Balloons and Tampa North Flight Center, will feature hot air balloons, kite-flying demonstrations and aircraft ranging from vintage World War II airplanes to state-of-the-art flying machines.

Festivities begin at 7 a.m. on Oct. 19, with a hot air balloon launch and wrap up that day with a night hot air balloon glow at Tampa North Aeropark, 4241 Birdsong Blvd. in Lutz.

Activities will resume at 7 a.m. on Oct. 20, with another hot air balloon launch and activities will conclude around noon.

Those wanting to watch the balloon launches are advised to arrive early and should bring chairs to sit on, according to the event's website.

"There will be balloons flying in and out," said Jessica Warren of American Balloons, a company based at the flight center.

Besides the hot air balloons and airplanes, Kiting Tampa Bay will also be there flying kites. And children will be able to make kites, Warren said.

Other plans that are pending include paratroopers dropping in and tethered balloon rides, Warren said.

The event celebrates the renovation of



A hot air balloon operates over Land O' Lakes. Festival of Flight, a free public event, makes its debut at Tampa North Aeropark on the weekend of Oct. 19-20. (Photo courtesy of American Balloons)

the private airport and the grand opening of The Happy Hangar café.

Various vendors will also be there, offering wares for sale or dispensing information about their businesses. Live music is planned, too.

"We've been trying to bring the balloon festival in here for a really long time," Warren said. "We really need something local. We

want to share our love of aviation."

The Pasco County area is fortunate to have hot air balloon flights, Warren said. The only other place in Florida that offers hot air balloon rides is Orlando. Many people come from around the world to go for rides in her company's balloons.

See FLIGHT, page 14

Boothe kicking cancer for herself, unborn child

By B.C. Manion
bcmansion@cnewspubs.com

Ashley Boothe has been engaged in a battle with breast cancer for the last seven months, but she wasn't just fighting it for herself.

The Wesley Chapel woman was also battling for her unborn child.

On Oct. 4, at 10:17 a.m., she won part of the fight. She delivered her son, Scott Gregory Booth III. He weighed 4 pounds, 8 ounces, and was 18.5 inches long.

"Mom and dad and everything is fine," said Lilly Fontanez, a family friend, shortly after the baby's birth.

But the little boy's birth was hardly a sure thing.

When Boothe was just a couple weeks into her pregnancy, she found a lump in her left breast.



Ashley Boothe

"I was putting lotion on to prevent stretch marks and I felt it. It was like, 'That's weird,'" the 26-year-old said.

When she was diagnosed with breast cancer, she had to make a decision. The

doctor had informed her that her pregnancy was still in the early term and she could have an abortion.

Boothe, however, was determined to have the baby.

"I was like, 'That word is not in my vocabulary. It's not an option. God didn't give me this baby for me to terminate him.'"

Boothe, 26, said she made that decision even before she talked to the experts at H. Lee Moffitt Cancer Center & Research

Institute who told her they could work around her pregnancy.

The decision still carried increased concerns about her health and about the pregnancy. So, Booth told her husband Scott she would understand if he couldn't support her decision.

"I gave him an out card," Boothe said. "He said, 'Are you kidding me? You're crazy. I'm not going anywhere.'"

Boothe made the overture, she said, because she understands that some people just aren't built to handle these kinds of challenges.

"They can't," Boothe said. "It's not that they're not a strong person and it's not that they're not a good person. They just can't bear to see people go through something like that."

See BOOTHE, page 14

Looking for
FUN
close to home?

CHECK OUT

What's Happening

Your Community Calendar

See page 10

Despite focus, manufacturing labor still lacking in region

By Michael Hinman
mhinman@cnewspubs.com

It takes more than tax incentives and good schools for kids to attract the manufacturing industry to Pasco County. It's going to take a solid workforce base already living here. And that's where programs like the engineering academy at schools like River Ridge High School come into play.

The only program of its kind in Pasco County, these engineering students are learning about the ever-evolving manufacturing industry — one that more and more requires homegrown highly skilled labor to take on complex jobs.

"Many times, kids don't have a clue what they want to do when they graduate from high school," said Bryan Kamm, director of public and government relations for Bauer Foundation Corp. in Odessa. "And when they do, they still don't have the experience they need when they graduate from college. Here we're trying to bridge that gap."

The doors of Bauer Foundation Corp., a company that specializes in building foundations and equipment, were opened to students around the area last week as part of National Manufacturing Day. Pasco-Hernando Community College organized this year's tours, providing an in-the-field look at industry to more than 160 students in the River Ridge program as well as 100 more from Nature Coast Technical High School and Hernando Robotics Club.

The River Ridge program pulls in students from all over the county, and continues to grow, said former school board member and current Pasco County Commissioner Kathryn Starkey.

"If you stay in engineering, you have the highest chance of anybody to get a job," Starkey told some of the students during the Bauer Foundation Corp. visit. "Whether you go on to college, or you just want to get a job after high school, you will get the high-



Bryan Kamm, director of government and public relations for Bauer Foundation Corp., talks to students of the Engineering Academy at River Ridge High School as part of Pasco-Hernando Community College's National Manufacturing Day on Friday. Bauer has an apprenticeship program that helps produce high-skilled manufacturing workers in the county. (Photo by Michael Hinman)

est pay and have the most opportunities.

"That, to me, is why engineering is so important. It will help bring American jobs back from overseas, and bring stability to our economy."

Manufacturing jobs have remained flat year-over-year in Florida, according to the U.S. Department of Labor's Bureau of Labor Statistics for August. The Tampa Bay region, which Pasco County is a part of, has actually witnessed manufacturing jobs drop 3 percent since last year. Yet, some 600,000 manufacturing jobs across the country remained unfilled because of the gaps between the job requirements and the skills of those who are applying for them, according to PHCC.

Many young people, especially those under 25, aren't even considering manufacturing jobs in their future. That's despite the fact that manufacturing salaries are typically 19 percent higher than other jobs, according to a report from The Manufacturing Institute. The national trend is for salaries and benefits averaging at just under \$79,000, while non-manufacturing jobs pay a little more than \$66,000.

Manufacturing jobs are also more likely to have benefits — 78 percent offer health care, for example — compared to non-manufacturing jobs, which only 54 percent offer similar benefits, according to the study.

Pasco County offers a wide range of manufacturing opportunities through 320 different facilities, according to the Pasco-Hernando Workforce Board. That includes 3,100 jobs in highly technical advanced fields in pharmaceutical packaging, aerospace, military and defense manufacturing, as well as the manufacturing of baking equipment, and storm and lightning detectors. The county also offers thermoforming jobs, where plastic is heated and shaped into different products.

Bauer Foundation focuses on the construction of building foundations, and developing the equipment that creates it.

A division of the German-based Bauer Group, the Pasco company employs up to 80 people at its Odessa site, but has more than 200 people working in construction sites across the Southeast.

Bauer offers an apprenticeship program that allows high school students to apply for

what becomes a job complementing their schoolwork. It introduces jobs that students may not even have known existed before, and helps create the local workforce manufacturing companies like Bauer needs.

"We're a very highly technical and skilled company from Germany, and when someone comes in the door and applies, generally they don't have the skills they need to work for us," Bauer's Kamm said. "There ends up being this learning curve, where over a long period of time, they can come up to speed. And they can do that while still going to school."

Bauer typically takes in four students each year for its summer orientation program, a six-week program that is ultimately a long-term job interview. The best candidates from that group are offered on-the-job training that they can do during their junior and senior years, and while they continue their education.

And if they choose a local school, like PHCC, Bauer also pays their tuition.

For more information on National Manufacturing Day and how to pursue a job in the manufacturing industry, visit mfgday.com.



Ocoee Founders' Day Festival

November 8 & 9, 2013

'Pre-Founders' Day' Activities

Friday, November 1st

Founders' Day Golf Tournament at Forest Lake Golf Course

Registration: 11:30 a.m.

Shotgun: 12:30 p.m.

Prizes * Dinner served after the tournament

Saturday, November 2nd

12th Annual Founders' Day Poker Run

Registration: 9:30 a.m.

Start Location: Sandwich Shop
1113 S. Clarke Road, Ocoee, FL 34761

End Location: "The Bar"
1107 S. Clarke Road, Ocoee, FL 34761

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Fire inspires priest to transform ministry

By B.C. Manion

bcmajian@cnewsdubs.com

It happened more than a decade ago, but the Rev. Garry Welsh said the event was a turning point in his life as a priest.

"I woke one night to the sound of wood burning," recalled Welsh, then pastor of St. Ludger Catholic Church, a parish in the small town of Creighton, Neb. "The rectory caught on fire."

Welsh descended from his second-floor bedroom to search out the source of the fire.

"I saw a kind of a glow at the end of the hallway, and when I walked down toward it, I discovered the kitchen was on fire," he said.

The black smoke was so thick that Welsh became disoriented. He suffered burns on both of his hands and feet.

"They tell me — I don't remember much about the night — that I did walk across a floor that was on fire. It was a laminate floor, so it was hot and it burnt the bottom of my feet," Welsh said. "I was in the hospital for quite a while. I had to learn how to walk again."

Investigators traced the cause of the fire to a candle that Welsh had left burning on the stove, he said. The rectory had just been renovated, and it and all of its contents were destroyed.

Recovering from his injuries kept Welsh away from full-time ministry for quite some time. Now, however, he's on loan to Our Lady of the Rosary Church in Land O' Lakes. And despite the fire's destructive nature, Welsh said it held lessons for him.

"I think what it gave me, as I look back now, is that it gave me a better appreciation of the struggles people go through," Welsh said. "I was in a wheelchair for quite a while. I think it made me understand (the impacts of) when people start to lose their mobility?"

The experience gave him a greater appreciation of being able to do things independently and changed his perspective on life, people and the priesthood, he said.

"It changed my outlook on ministry, entirely," Welsh said.

Before the fire, Welsh said he was a priest that was driven by a schedule. The experience of the fire, and recovering from it, however, softened and mellowed him. Welsh became more aware of the value of savoring the gifts that God bestows.

"Before when I would visit with people, it was very much an in-and-out, I've got other things to do," he said. "Now, I take more time. I'm more liable to sit with people and listen to people a little bit more."

Before the fire, Welsh said he was an ambitious priest. That changed, as well.

"As a priest, I used to try to be the best," he said. "I discovered that when I try to be the best, it's all about me. What I try to do now is that I try to be the priest that people need today. So, when someone comes to me, my prayer always is: 'What do you need from me as your priest, now?'"

"That might be a listening ear. That might be some advice. It might be a pat on the back to say you're OK. It might be that you need me to sit and listen to your joke and laugh at it, even if it's bad."

Welsh said he asks himself: "What does this person, or these people, or this group — what do they need from me, now?"

"They don't need me to be the best priest. They need me to be their priest, their priest who loves them," he said.



Father Garry Welsh is on loan to the parish of Our Lady of the Rosary in Land O' Lakes. He says a fire that destroyed the rectory where he was living in Nebraska transformed his ministry. (Photo by B.C. Manion)

ple get disappointed. We don't get fulfilled, and the people don't get fulfilled. And we all end up in this bad place."

Instead it should be more about the image of Christ. "What did Christ instruct us to do?" Welsh said. "He said, 'Love one another, as I have loved you.'"

"That's the key, I think, to all faith," he said. "No matter what we do, we have to do it with love. People will respond to love."

When Welsh officiates the mass, he begins with a reminder that those present are on a journey together. As such, they are bound to stumble and fall. But they are there to help each other and to continue together on the journey, he said.

When he prepares his homilies, he consults a number of sources and draws on his personal experiences.

"As a priest, I struggle like you struggle," Welsh said. "I have good days and bad days. I have high moments and low moments. We're journeying together."

When others hurt him, he said, he realizes he is unable to forgive them. "I ask God to forgive them," he said.

Like commentator Bill O'Reilly, he enjoys being pithy.

He also recalls this bit of advice offered by a professor when Welsh was learning to write homilies: "In three minutes, you'll move hearts. In 10 minutes, you'll freeze butts."

Welsh, who has been an associate and a pastor at several churches in Nebraska, said he has never requested a particular assignment, trusting the Holy Spirit will lead him to the right place to use his skills.

Currently, he is on loan to the Diocese of St. Petersburg, from the Archdiocese of Omaha. He's not sure how long this assignment will last.

"When I came down here, my archbishop said, 'This is for three years.' And, I said, 'Well, let the Holy Spirit decide that.'"

The LAKER / Lutz NEWS

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The New Restaurant on 54



Seafood ~ Steak ~ Crab

Aquafinz, announcing the arrival of better food & service to the 54 corridor, has hired the management team from Splash!, an award winning restaurant in Lutz that closed last May after 12 years in business.

Aquafinz owner Angela Madonia announced the new hires, including Chef Lenny Terlaje, a highly regarded local chef known for his nightly chef's specials at incredibly reasonable prices. "Aquafinz is getting rave reviews from new and old guests alike for their new chef-driven menu that features top quality, creative, fresh seafood!" said Angela.

Chef Lenny and the new management team at Aquafinz have designed an exciting menu for the S.R. 54 corridor in Lutz/Land O' Lakes that offers culinary excellence at neighborhood prices.

"From the 'cravable' foods coming out of the kitchen, to the camaraderie at the bar with our seven big-screen televisions, and a happy hour featuring \$4 well drinks all night, to the warmth and knowledge of our hostesses and servers, we're already achieving our goal to be known for better food and service," said Angela.

When asked what better food and service was~ "It's incredibly hard to define, but you sure know it when you receive it," said Angela. "From the half-dozen 'cheater' glasses at the reception desk for the guests who forget theirs at home, to coloring pages for kids when adult conversation gets boring, the Aquafinz team knows that GOD is in the details and leaves almost no stone unturned to provide one of the better Tampa dining experiences to a market that has come to expect more than the ever growing chain restaurants can deliver.

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BUSINESS DIGEST

Send business news to mhinman@cnewspubs.com

DR. SCAMARD WELCOMES DR. GLASS PATIENTS

With Dr. Paul Glass moving to a new practice out of the immediate area, Dr. David Scamard of The Eye Care Professionals of Tampa Bay LLC is now accepting his former patients.

Glass previously practiced out of Sam's Club Optical at 27727 State Road 56 in Wesley Chapel. His patients, however, can now visit Dr. Scamard at 24412 State Road 54 in Lutz.

Eye Care Professionals is a full-scope optometric practice that specializes in contact lenses and provides eye care to patients of all ages, ranging from 6 months to the elderly.

For more information on the transition, call (813) 949-7274, or visit PaulGlassOD.com.

SAUCE COMPANY WINS THREE AWARDS

Intensity Academy Sauces of Northdale recently won three People's Choice Awards at the 13th annual Houston Hot Sauce Festival.

The company, which specializes in natural, gourmet and hot sauces, traveled to Texas to sample its newest product, Saucy Everything.

This adds to the more than 55 national awards the company has won in the past six years.

For more information on the company, visit www.IntensityAcademy.com.

BRIGHT HOUSE OFFERS CONTEST WITH \$1 MILLION IN PRIZES

Bright House Networks has teamed up with local chambers of commerce to recognize outstanding companies and their success with its regional business awards.

The inaugural ceremony will offer prizes of more than \$1 million in value that include commercial television production, air time, customer newsletter, a feature news story and cash. Categories include small business (from 5-25 employees), medium business (from 26-100 employees), large business (101-500 employees) and start-ups with one to three years of business.

Deadline for applications is Oct. 11 at 5 p.m. For more information, visit tinyurl.com/BrightHouseAward.

EMPLOYED WORKER TRAINING FUND WORKSHOP

The Greater Dade City Chamber of Commerce and the Pasco Hernando Workforce Board Inc. are offering an employed worker training fund workshop Oct. 22 from noon to 1 p.m. at the Dade City chamber boardroom, 14112 Eighth St. in Dade City.

The workshop is designed for businesses located within Pasco County that can demonstrate a need for a skills upgrade to help it become more competitive or maintain employee self-sufficiency, a willingness to match funds to optimize training impact, and agree to complete employee training by May 15, 2014.

The event is a "brown bag lunch," and participants are asked to bring their own.

For more information, or to RSVP, call Jo Uber at (352) 567-3769, or email her at juber@dadecitychamber.org. Deadline is Oct. 14.

GRAND OPENING FOR GROW FINANCIAL

Grow Financial will open its newest location with a grand opening Oct. 19 from 11 a.m. to 2 p.m. at 2579 Bruce B. Downs Blvd. in Wesley Chapel.

Dickey's Barbecue Pit will provide lunch, and participants will have a chance to win a Mini Cooper weekend getaway.

For more information, call (813) 837-2451, ext. 2144, or email adrienne.drew@growfinancial.org.

CHIROPRACTOR OPENS NEW LOCATION

Dr. Thomas Myers has opened a new location at 27552 Cashford Circle, Suite 101 in Wesley Chapel.

Myers said he is accepting new patients as well as existing for both chiropractic and functional medicine.

For more information, call (813) 973-8883.

SCORE SEMINARS IN OCTOBER

The Pasco-Hernando Chapter of SCORE, which historically stands for Service Corps of Retired Executives, will host the following seminars throughout October:

- Increase Sales-Master Selling Skills at the Hugh Embry Branch Library, 14215 Fourth St., Dade City, Oct. 26 at 12:30 p.m. It will re-address "old mindsets" when it comes to sales, and introduce a solution-based process.

- Using the Internet in Your Business at the New River Branch Library, 34043 State Road 54, Wesley Chapel, Oct. 31 at 5:30 p.m. It will review the various roles a website can support in enhancing a business.

For more information, or to register, visit www.score439.org.

LOVE, HOPE & PIZZA

Eating pizza can help in the fight against cancer, and Hungry Howie's is trying to prove that.

The pizza chain is raising money for the National Breast Cancer Foundation all through October. Customers can purchase \$1 wristbands, as well as tote bags from recycled vinyl through G2 GreenGear. Also, Hungry Howie's is serving large pizzas in pink boxes with the foundation's logo on it.

Also, with every story shared on Facebook, every new Facebook fan, and every picture tagged "#LoveHopePizza" as well as with every large pizza purchase, the restaurant will make a donation to the foundation.

This year's goal is to raise \$200,000, which when added to the \$800,000 raised in previous years would bring the total raised by Hungry Howie's to \$1 million.

Area Hungry Howie's locations include 21222 Mariner in Lutz, 27307 State Road 54 in Wesley Chapel, and 6431 County Line Road in Tampa.

BUSINESS LEADERS ROUNDTABLE

The Greater Zephyrhills Chamber of Commerce is sponsoring a business leaders roundtable Oct. 18 beginning at 11:45 a.m. It will include Beverly Ledbetter as the guest speaker, sharing how the Affordable Health Care Act will impact business.

The roundtable will take place at the chamber office, 38550 Fifth Ave. in Zephyrhills. Cost is free for members, and \$10 for guests. A light lunch will be served.

For more information, call (813) 782-1913, or email news@zephyrhillschamber.org.

EAST PASCO NETWORKING GROUP

The East Pasco Networking Group has scheduled several speakers for the coming months. The group meets every other week at the Village Inn at 5214 Gall Blvd. in Zephyrhills. Networking begins at 8 a.m., with the meeting starting at 8:30 a.m.

Here's the group's slate of speakers:

- Oct. 22: Paul Stonebridge, teen services manager of Pasco County library, and Cheryl A. Pollock, business development director Premier Community HealthCare Group Inc.

- Nov. 12: Gary Loman, professional education manager for Rasmussen College

- Nov. 26: Tom Jackson, columnist for The Tampa Tribune, and Pasco County Sheriff Chris Nocco

- Dec. 10: Rev. Scott-Eric Lindner, pastor of Atonement Lutheran Church in Wesley Chapel



Presented by: **The Greater Wesley Chapel Chamber of Commerce**

SATURDAY AND SUNDAY OCTOBER 12TH AND 13TH

10AM-5PM SATURDAY • 10AM-3PM SUNDAY

Festival will be in the Grove at Wesley Chapel • I-75 and SR 54

- Art, Crafts & Specialty Items
- Local and Out of Area Restaurants
- Wesley Chapel's Battle of the Wings Contest on Saturday!
- Children's Activities: Bounce Houses, Inflatable Games & Interactive Crafts
- Pet Extravaganza of Wesley Chapel!
- Lions Club Parade of Pets: Pet Parade & Costume Contest on Saturday! Face Painting
- Rotary Club of Wesley Chapel Events: Pumpkin Patch Pageant on Sunday! Hay Ride & Pumpkin Patch



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12:00-1:00pmBryan Edwards
2:00-3:00pmTime Bandits
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The LAKER / Lutz NEWS



Tampa Bay Times

Government shutdown could soon victimize poor children, infants

By Michael Hinman
mhinman@cnewspubs.com

Lacy White followed the latest news from Washington, D.C. closely over the past few weeks as Congress and the President haggled over spending measures that led to a federal government shutdown.

Not only was her husband a civilian contractor at MacDill Air Force Base who would lose his paycheck if a shutdown were to occur, but both were eight weeks into caring for an infant they've fostered since she was born, and were depending on the government to help pay for the baby's needs.

"This is a double whammy for us, and it's frustrating," the former Land O' Lakes resident said. "We need the checks to help with the baby's formula, and without those, we'd have to pay out of our own pockets. But if my husband is working without pay, too, then we really have to dig to get the money."

White receives support through WIC, the federal assistance program more formally known as the Special Supplemental Nutrition Program for Women, Infants and Children. Individual states like Florida administer the program using federal dollars — money that is now missing because of the federal government's inability to keep the financial coffers open.

Communication between the government and WIC recipients has been nonexistent. Even visiting the website of the U.S. Department of Agriculture, which runs the federal program, brings up a page telling visitors that "due to the lapse in federal government funding, this website is not available."

So, White and others like her have to turn to the news.

"As far as I have read, WIC is shut down, and we will no longer be getting her formula checks," White said of her foster baby. "No



The U.S. Department of Agriculture website, which is the home for information on the federal government's WIC program to help support women, infants and children, shows only an error page to anyone trying to visit. The federal government shutdown has created a potentially serious problem for poor families, who depend on government assistance to feed their children.

one has contacted us. No one has let us know. We have to go by word of mouth."

But checks are continuing to be cut, even as federal dollars stop, said Deanna Krautner, a spokeswoman for Pasco County. She referred more detailed questions to the state level, who in a statement said Florida Department of Health "continues to monitor the situation in Washington, D.C., and the department will be able to continue WIC services for the foreseeable future."

When pressed further about where those dollars are coming from, Department of Health spokeswoman Denishia Sword said the state has put together temporary operating dollars, including reallocated federal funding, USDA contingency funds and infant formula rebates.

Yet, those contingency funds won't last long. Bruce Alexander, communications di-

rector with the USDA, told Forbes magazine that if the shutdown is not resolved before October ends, there may not be sufficient money to keep the program going.

The USDA typically receives \$7 billion to run programs like WIC nationally, but the program's contingency fund is just \$125 million — enough to run the program for six days.

White's family, luckily, has put money away for a rainy day, and only collects WIC because she has a foster baby. Yet, families that solely depend on WIC won't have those options, and she fears children not just in the Tampa Bay area, but across the country, will suffer.

"We would typically spend \$100 a month on formula, and that's just to feed her," White said. "There are a lot of expenses involving children, and families who live in poverty would not be able to do this on

their own."

If her family ran into problems, White said her church will be available to help. But there may be only so much charity groups can do — especially if so many families end up in need, said Thomas Mantz, chief executive of Feeding America Tampa Bay. While the organization does not necessarily provide the same services as WIC, if families have to suddenly pay for items like formula, they may have to make cuts in other areas — like food.

"Any time there are challenges in the economic environment, one of the choices people will often make is the choice of food," Mantz said. "They have to pay a medical bill, or they have to get their car running to get to work, or they have to pay for their lights or rent. Any time those choices have to be made, these folks have to go without food, and seek food assistance elsewhere."

Feeding America will move 40 million pounds of food in its 10-county service area this year, but that is still not enough, covering less than 50 percent of the need. And if the government shutdown continues, that will be even more assistance the group will have to be ready to supply.

Congress and the President getting back on the same page couldn't come too soon, White said. The government needs to get back to work, and start paying for these much-needed social programs.

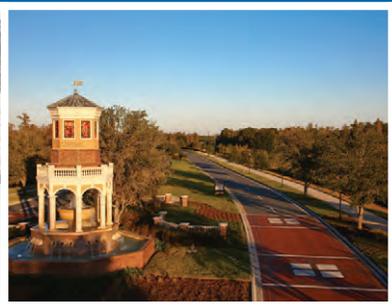
"My husband has to get up every day to go to work without a paycheck, yet these guys are up there still paying themselves while we are all just waiting," White said. "Something needs to be done."

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Cupcakes for a cause

It's a good thing the Twinkie is back, otherwise this cupcake recreation of the minions from 'Despicable Me' may not even be possible during an employee cupcake contest at Belk's on Collier Parkway. The cupcakes were later sold for \$1 each, with proceeds benefitting the fight against breast cancer. (Photos by Michael Hinman)



Whenever you want a cupcake, be sure to look for your mummy. This cupcake, which helps celebrate Halloween (while raising money for breast cancer) was chosen as one of the most creative during the Belk's employee cupcake contest last week.



Just in time for Thanksgiving, Zoe Dutton, who works in accessories at Belk's, painstakingly made these turkey cupcakes. Each cupcake took 15 minutes to create, and is a combination of caramel, pound cake and wheat sticks.

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Swiftmud lowers taxes, cuts budget

The Laker/Lutz News Staff Report

The Southwest Florida Water Management District, the water usage governing agency commonly known as Swiftmud, has reduced its ad valorem taxes for the upcoming fiscal year.

Swiftmud's governing board adopted a millage rate of 0.3818 mills, down 2.8 percent from the previous year.

One mill represents \$1 of tax on every \$1,000 of taxable property value. For example, a home appraised at \$150,000 with a \$50,000 homestead exemption would be levied a Swiftmud tax of \$38.18 for the coming year.

The savings represent a \$2.9 million overall reduction in how much Swiftmud will collect from property owners this year

compared to last year. This year's budget totals \$170.8 million. That budget includes \$95.8 million for capital and infrastructure as well as other projects.

Those investments, after being leveraged with various financial partners, will rise to \$138 million. It will be funded using money available from previous years as well as projects that have already been completed under budget or outright cancelled.

Swiftmud's district encompasses roughly 10,000 square miles in all or part of 16 counties in the state, according to the agency's website.

It serves a population of 4.7 million people.

The state allows Swiftmud to levy up to 1 mill, but the agency actually collects about a third of that with the current budget.

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Patients of Dr. Paul Glass Now Welcome at The Eye Care Professionals

Dr. David Scamard of The Eye Care Professionals of Tampa Bay, LLC is pleased to announce that the patient records of Dr. Paul Glass, O.D. (an independent optometric physician formerly located at Sam's Club Optical on 27727 State Road 56 in Wesley Chapel) have been transferred to The Eye Care Professionals of Tampa Bay, LLC (located at 24412 State Road 54 in Lutz) effective Oct. 7, 2013.

Dr. Glass has joined a multi-specialized ophthalmology group in Tampa and has entrusted Dr. Scamard with the continued eye care of his former patients.

The Eye Care Professionals of Tampa Bay, LLC is a full-scope

optometric practice that specializes in contact lenses and provides eye care to patients of all ages – from 6 months to the elderly. With the merger of Dr. Glass' records, the staff at The Eye Care Professionals of Tampa Bay, LLC, promises to make the transition of Dr. Glass' patients a simple one, while providing superior eye care at an affordable price.

Most vision plans are accepted. For more information on the patient records for Dr. Glass, please visit paulglassod.com or call (813) 949-7274. The staff at The Eye Care Professionals of Tampa Bay, LLC look forward to serving Dr. Glass' patients.

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The Eye Care Professionals

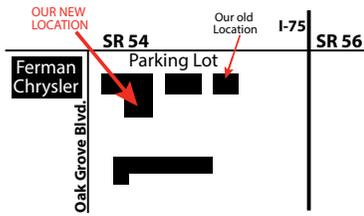
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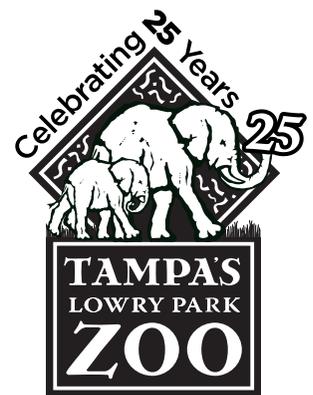


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Runners take off during the inaugural Thin Mint Sprint and Tagalong Trot, hosted by the Girl Scouts of West Central Florida in Safety Harbor. The event was expected to draw roughly 500 participants, but actually attracted 800 people ranging from elite runners to walkers. All proceeds from the event supported the nearly 21,000 girls and nearly 10,000 adult members served in the Pasco, Hillsborough, Citrus, Hernando, Mario, Pinellas, Polk and Sumter counties region. (Photo courtesy of Girls Scouts of West Central Florida)



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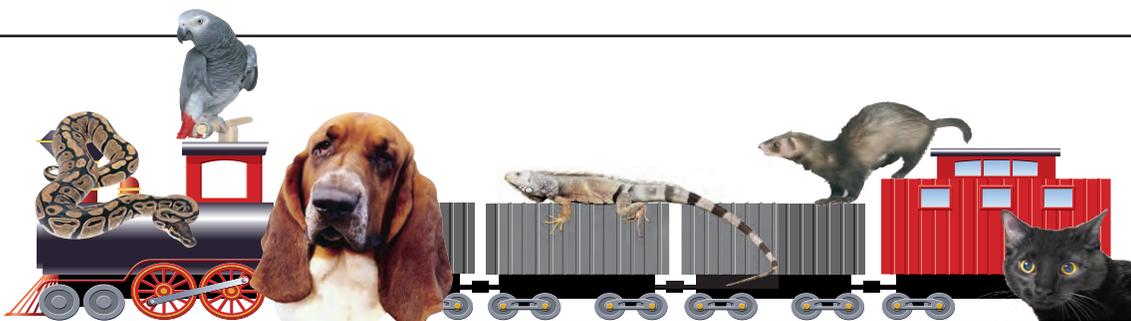
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REPUBLICAN CLUB

Pasco County Commissioner Henry Wilson will speak at the Wesley Chapel Republican Club meeting on Oct. 10. Doors open at 6:30 p.m. Seating is limited. The club meets at the Hyundai Dealership, 27000 Wesley Chapel Blvd., in Wesley Chapel.

SEN. WILTON SIMPSON TO SPEAK

The Pasco Alliance of Community Associations will host guest speaker State Sen. Wilton Simpson, R-New Port Richey, on Oct. 10 at 7 p.m., at the Land O' Lakes Community Center, 5401 Land O' Lakes Blvd. For information, call Ron Litts at (813) 475-4561 or visit mypaca.org.

SIDEWALK ASTRONOMY

The New River Library, 34043 State Road 54 in Zephyrhills, will be the site for a sidewalk astronomy event open to the public on Oct. 11 from 7:30 p.m. to 9:30 p.m. There will be a viewing of the moon, planets and other celestial objects. Admission is free. The event is weather permitting. For information, email Melanie Crowson at scopegal617@gmail.com.

LUTZ WOMAN'S CLUB

The GFWC Lutz-Land O' Lakes Woman's Club will meet at the Lutz Community Center on Oct. 10 at 9:30 a.m. for coffee, fellowship and crafting. Newcomers are welcome and membership applications will be accepted. For information, visit GFWCLutzLandOLakesWomansClub.org.

STREET RODS ON DISPLAY

The 2013 Southeast Street Rod Nationals will be at the Florida State Fairgrounds from Oct. 11-13. The event features street rods, cool customs, pick-ups, restored muscle cars and pro-touring cars. There will be a variety of activities for kids and adults, an arts and crafts show, a vintage automobile swap meet, and trade show. For hours, ticket prices and discounts, visit nsra-usa.com and click on "events."

OKTOBERFEST IN TAMPA

The Oktoberfest Tampa Bavarian Games will take place at Curtis Hixon Waterfront Park Oct. 11-13. Guests can take part in beer-fueled games such as stein hoisting, knuckle wrestling, brat tossing and wench carrying for a chance to win prizes. Or they can sit back and enjoy German food and beer. Tickets are \$10 for a single day, or \$25 for a weekend pass. Must be 21 years or older. For information, visit OktoberfestTampa.com.

AGATHA CHRISTIE PLAY

The Carrollwood Players will present "A Murder is Announced" by Agatha Christie from Oct. 11-27. Shows are at 8 p.m.,



Old-fashioned corn maze

Sweetfields Farm, 17250 Benes Roush Road in Brooksville, has opened a 5.5-acre corn maze for guests. Admission is \$4.50 for children ages 3 to 11, and \$8.50 for ages 12 and older. Children younger than 3 are free. Activities included with admission are a hayride, hay maze, farm animals, pig races, storytelling, a tree fort, swings, games and more. Pumpkins will be available for purchase. The farm and corn maze is open on Saturdays and Sundays from 10 a.m. to 5 p.m. through Nov. 3. For information, visit SweetfieldsFarm.com.

Goodwill costume contest

Goodwill is offering Facebook users a chance to win a \$50 gift certificate and other prizes by posting a picture of their Halloween costume made mostly of Goodwill finds. Pictures, posted on Goodwill's Facebook page, also should include a picture of tags and receipts. Other prizes include two tickets to Goodwill's Heroes, Villains and Vixens gala. Deadline is Oct. 11. For information and to enter, visit Facebook.com/goodwillsuncoast.

The Haunted Angelus

The Haunted Angelus, a benefit for the cerebral palsy group home The Angelus, is slated for Oct. 11-13, Oct. 18-20, Oct. 25-27, Oct. 31 and Nov. 1-2, at the home, 12413 Hudson Ave., in Hudson. There will be a main haunted house, pirate haunt, hayride with zombies, and a one-mile haunted trail. There also will be food available. For ticket prices and information, visit HauntedAngelus.com.

Scarecrow festival

The Pioneer Florida Museum & Village in Dade City will host a Scarecrow Festival on Oct. 12 from 10 a.m. to 3 p.m. The event includes games, train rides, bounce houses, face painting, petting zoo, tractor pull and more. Admission is \$3. Children younger than 3 are free. For information, visit PioneerFloridaMuseum.org.

Tampa Theatre ghost tour

The Tampa Theatre, 711 N. Franklin St., in Tampa, will host two 90-minute ghost tours on Oct. 19 at 9:30 a.m. and 11:30 a.m. The theater is said to be "one of the most haunted buildings in town." Tickets are \$7.50 for adults and \$5 for children ages 2-12. Space is limited. For information, visit TampaTheatre.org.

Trunk-a-Treat

Myrtle Lake Baptist Church, 2017 Reigler Road in Land O' Lakes, will host a Trunk-a-Treat on Oct. 31 from 6 p.m. to 8 p.m.. This free event will include hayrides, face painting, bounce houses, games, free food and candy. For more information, call (813) 949-5516.

Friday and Saturday and 3 p.m., Sunday. Tickets are \$18 for adults and \$15 for those older than 62. The Carrollwood Playhouse is at 4335 Gunn Highway. For information, visit CarrollwoodPlayers.org, or call (813) 265-4000.

25 CENT STREETCAR RIDES

Take a tour of the Ybor City district on Oct. 12 by hopping a streetcar line for just 25 cents a ride. From 10 a.m. to 1:30 p.m., there will be live music and entertainment, plus discounts and special offers from businesses along the streetcar line. Pick up a Streetcar Fest brochure at the Centro Ybor information tent and receive a coupon for a free kid's meal from Gametime, while supplies last. Centro Ybor

is at 1600 E. Eighth Ave., in Tampa. For information, locations of stops and a schedule of events, visit TecolineStreetcar.org.

TAMPA BAY COIN CLUB

The Tampa Bay Coin Club meets the first Wednesday of each month at 6:30 p.m. at the Land O' Lakes Community Center, 5401 Land O' Lakes Blvd. The meetings include an auction, raffle, door prizes, guest speaker, free appraisals, and an opportunity to trade with other collectors. For information, visit TampaBayCoinClub.org.

HOLIDAY CRAFT FAIR

Keystone United Methodist Church, 16301 Race Track Road in Odessa, is hosting a

Holiday Craft Fair on Oct. 12. The fair will be open from 9 a.m. to 2 p.m., offering a variety of crafts, plants, home-baked goods and gift baskets. Breakfast and lunch will also be offered. For information, email kumccraftfair@tampabay.rr.com, or call the church office at (813) 920-5153.

BOWL FOR THE HOMELESS

Florida Medical Clinic Foundation of Caring is hosting Bowl a Strike Against Homelessness on Oct. 12 from 1:30 p.m. to 4:30 p.m. at Pin Chasers, U.S. 301 in Zephyrhills. For information on team registration or sponsorships, call (813) 783-9932.

WHOLE PAWS DAY

Whole Foods Market, 3802 Northdale Blvd., in Carrollwood, is hosting a free pet event on Oct. 13 from 1 p.m. to 3 p.m. There will be pet adoptions on site, a pet costume contest at 1:30 p.m., and a pet talent contest at 2:15 p.m. Registration is required for the contests. The first 50 pets to the event will receive a free goodie bag, limit one per person. All pets must be on a leash. For information, visit WholeFoodsMarket.com.

WIND ENSEMBLE PERFORMANCE

The Center For the Arts at Wesley Chapel, 30651 Wells Road, will host the University of Tampa Wind Ensemble for a free performance of "Sound & Vision" on Oct. 15 at 7 p.m. The audience will observe artists' creations unfold with the music by watching projections of their work. For information, call (813) 794-8772, or visit CFAWesleyChapel.com.

TAMPA BAY ORCHID SOCIETY

The Tampa Bay Orchid Society will meet on Oct. 17 at 6:30 p.m. at Christ The King Church, McLaughlin Center, 821 S. Dale Mabry Highway, in Tampa. The speaker is Antonio Toscano de Brito, curator of the Orchid Research Center at Marie Selby Botanical Gardens in Sarasota. Refreshments will be served. There will be plants for sale and a plant raffle. For more information and directions, call (813) 839-4959, or visit tinyurl.com/TampaBayOrchid.

DUNEDIN OKTOBERFEST

Our Lady of the Lourdes Church in Dunedin will host a Fall Festival & Oktoberfest Oct. 17-20. There will be German and Polish music on Oct. 18, and a rock and soul band on Oct. 19. The carnival includes a Ferris wheel, games, flea market, crafts boutique and beer tent. Admission is free. For information, visit OLLFallFestival.com.



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Wilderness Café

Rewards Local Students and Teachers

Tiffany, General Manager of Wilderness Café tells us, she now opens at 6:45 am to better serve the early morning school and commuter traffic, and wants to show support for the local students and teachers that visit the café daily.

"Why not show our support for the students and teachers achievements, by offering a discount for students that show us a "B" or better test score," Tiffany says her husband Chris suggested.

"So starting Monday, any student that brings in a current test score of "B" or above, gets a 10% discount on their morning coffee or breakfast item before school, or Healthy Whole Food Juice or Creamy Gelato after school," Tiffany declared.

"We are located directly across from the high school, and are a convenient stop for the Wilderness Preserve, The Groves and Connerton commuters, on their way to work.

"We brew fresh coffee, bake fresh bagels and croissants, and

have breakfast sandwiches all ready for that 7:00 am wake up call," Tiffany explains.

Chris says that they pay special attention to the students and teachers



TO GO ORDERS, to insure no one is late for class.

Chris has also expanded the luncheon Specialty Panini menu. Including some surprise specials, there are now over a dozen succulent combinations, served on Multi-Grain or traditional White Panini breads.

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The Wilderness Café is located at the north entrance to Wilderness Commons Shopping Center.

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Food addicts program

Seventh-day Adventist Church in Wesley Chapel, 33420 State Road 54, is hosting the program "Food Addicts in Recovery Anonymous" on Thursdays from 7 p.m. to 8:30 p.m. This is a 12-step program for men and women of all ages. There is no fee and no weigh-ins. For information, visit FoodAddicts.org.

Oak Hill welcomes David Buethe

Oak Hill Hospital welcomes Dr. David Buethe to its medical staff. Buethe is in practice at Suncoast Urology with offices in Brooksville and Hudson. He received his medical degree from the University of South Florida in Tampa and is specially trained in urologic oncology. He also is experienced in all forms of surgery: open, laparoscopic, and using the da Vinci SI HD surgical system.

Smoking cessation

Florida Hospital Wesley Chapel is hosting a "Tools to Quit" smoking cessation program on the second Wednesday of every month from 5:30 p.m. to 6:30 p.m. The next class is Oct. 9. The program provides necessary tools and resources to quit smoking and includes free nicotine replacement products. For information, call (813) 929-1000, ext. 213, or email jambroise@gnahec.org.

Lighthouse celebrates milestone

Lighthouse for the Visually Impaired and Blind is celebrating 30 years of providing services to those in need with a White Cane Awareness BBQ on Oct. 11 from 10 a.m. to 1:30 p.m. at 6492 California St., in Brooksville. To RSVP, call (352) 754-1132, or email events@lvib.org.

NAMI autumn gala

The National Alliance on Mental Illness Pasco County will host an autumn gala at the Verizon Center, 8718 Trouble Creek Road in New Port Richey, on Oct. 12 from 6

Understanding 'Obamacare'

The New River Library is hosting an Enroll America Community Forum: Understanding The Affordable Care Act, aka "Obamacare," on Oct. 12 at 2 p.m. Beverly Ledbetter will present a short

PowerPoint explanation followed by questions.

The library is at 34043 State Road 54 in Zephyrhills. For information, call Fern Williams at (813) 838-0767.

p.m. to 9 p.m. Keynote speaker is Pete Earley, author of 13 books and a 2007 Pulitzer Prize finalist for "Crazy: A Father's Search Through America's Mental Health Madness." Tickets are \$50 per person and include dinner. NAMI members are \$35. To make a reservation, call (727) 992-9653.

Breast-feeding class

The obstetrics program at Medical Center of Trinity is offering a motivational breast-feeding class on Oct. 12 from 1 p.m. to 3 p.m. The class outlines the health benefits of breast-feeding with a focus on fundamentals and how to access support. The center is at 9330 State Road 54 in Trinity. For information or to register, call (727) 834-5630.

Pink Army campaign

Florida Hospital Wesley Chapel has launched the Pink Army campaign to generate awareness of the life-saving benefits of annual mammograms and early detection. When a "soldier" enlists in the Pink Army, he or she receives a set of specialty dog tags and has the opportunity to move up through missions, like attending or hosting events, volunteering or getting a mammogram. The dog tags also are good for discounts, specials or free gifts through participating vendors. To learn more about the Pink Army campaign, sign up to participate, or register to offer discounts, go to JoinThePinkArmy.com.

Pediatric CPR

The obstetrics program at Medical Center of Trinity is offering a pediatric CPR class on Oct. 12 from 9 a.m. to 11 a.m. Participants will learn the skills of the American Heart Association course "CPR for Family and Friends." The fee is \$15 for one person, or \$25 for two. The center is at 9330 State Road 54 in Trinity. To make a reservation, call (727) 834-5630.

Hip surgery options

Oak Hill Hospital will host a seminar on hip surgery options with Dr. Fady Zeidan on Oct. 15 from 5:30 p.m. to 7 p.m. at Silverthorn Country Club, 4550 Golf Club Lane in Brooksville. Zeidan, a board-certified orthopedic surgeon, will present surgical options on hip replacement. Admission is free, and a complimentary meal will be served. Seating is limited. To make a reservation, call (352) 597-6333.

New anxiety support group

The Tampa Bay Anxiety Association is a meet-up group set up so members can take an active part in making decisions about when and where to meet. The group meets throughout the Tampa Bay area. Panera Bread on Williet Way in Wesley Chapel is the newest venue to serve those in the North Tampa area. Meetings are usually in the evening. Membership is \$5 a year. For information, visit meetup.com and search for "Anxiety Association" under groups.

Trinity lung cancer treatment

The Medical Center of Trinity is now utilizing electromagnetic navigation bronchoscopy to access and biopsy lesions deep in the lung as part of its cancer treatment arsenal. The system is a minimally invasive option for patients who have been identified as having a small or hard-to-reach lesion on their lung that is inaccessible through traditional bronchoscope. The ENB procedure combines GPS-like technology with a catheter-based system that uses the patient's natural airways to reach these particular masses. The medical center is at 9330 State Road 54 in Trinity.

Aging services for seniors

Hillsborough County Senior Centers offer a variety of free programs and activities to local seniors 50 and older. These include blood pressure checks, exercise classes, health education, games, recreation, educational classes and more. There are 16 senior dining centers and eight senior centers that provide hot nutritious noontime meals for those 60 and older. The local Lutz senior center is at 112 First Ave., and can be reached at (813) 264-3803. For information and a list of other senior and dining centers, call (813) 272-5250, or call the Elder Helpline at (800) 963-5337.

Arthritis aquatic exercise

Calypso Divers in North Tampa is offering the Arthritis Foundation Aquatic Program on Mondays and Fridays at 10:45 a.m., at 401 E. Bearss Ave. This is a warm-water aquatic exercise program to help control and reduce arthritis pain, all taught by nationally certified Arthritis Foundation leaders. For information or to register, call Calypso Divers at (813) 969-3483.

—Health notes are run for free on a first-come, first-served basis. Please send all information at least two weeks before an event.

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PASCO, from page 1

county — which officials are calling “Gateway Crossings” — had just 30,500 residents, compared to the nearly 142,000 on the western side. In 2010, Gateway Crossings expanded to a little less than 120,000, a jump of 293 percent, while the western side grew just 28 percent to 182,000.

By 2025, Gateway Crossings is expected to grow to 214,000 people compared to 194,000 on the western side, according to numbers provided by Pasco County officials.

Already, 94 percent of Pasco’s population resides in the unincorporated areas.

“If the Pasco County Commission were a city commission, we would be the 12th largest city in the state,” Commissioner Kathryn Starkey said at the chamber meeting. “It’s an interesting challenge for us as commissioners as we have to act like a city commission, while other commissions like the one in Pinellas actually controls very little with so many incorporated areas there.”

Pasco is one of the fastest growing areas in the state, but still exports 90,000 people a day to Hillsborough and Pinellas counties, while importing just 40,000.

“If we could get people to work here in the county, we could bring our wages up,” Kendrick said.

To make that growth work, planning had to start a long time ago, and the county is getting its act together, Starkey said. One of the first major issues the commission had to address once Starkey arrived was the permitting process, which she described as a “disaster.”

“We were known as a difficult place to do business,” Starkey said. “We still are, but we are working on that.”

Permitting has been streamlined, removing a lot of red tape that existed before, with the hopes that smart growth will be encour-

aged by the private sector. That does mean, however, building up rather than out. Density is going to be key, but Pasco will need the infrastructure to support it.

Already, key areas like U.S. 41 and the Suncoast Parkway junctions with State Roads 54 and 52 have more than 2 million people living within a 40-minute drive time. Wiregrass Ranch already is not far behind with 1.92 million people within a couple gallons of gas.

Yet, Pasco still wants to keep its community spirit with aspects like sidewalks and neighborhoods. Yet, some traffic arteries must remain arteries.

“State Road 54 will not be a main street,” Kendrick said. “It will not be walkable, ever.”

Communities are springing up on either side of State Road 54, which are pedestrian-friendly, but the county is going to need a much expanded road system to carry the incoming population and avoid traffic gridlock.

“You can see the numbers coming into the area, and they are not going to fit on (State Road) 54,” Starkey said. “You could walk faster.”

The county, however, will have to find ways to pay for it. Property taxes already are lower than 60 other counties in the state, Kendrick said, and the recent failure of the additional gas tax by the county commission is going to make it nearly impossible to build more roads in the foreseeable future.

“We’ve had to build \$8 million out of the budget to fund roads, and we are going to have to do something to fill that gap,” Starkey said. “It’s going to be a challenge.”

Representatives from the Urban Land Institute, which is helping Pasco County officials with long-range economic development plans, are visiting this week to follow up on recommendations made five years ago. Further suggestions on how to enhance and support growth in the county will be made in the coming months.



Ashley Boothe and her husband Scott, and their baby, Scott Gregory Boothe III. (Photo courtesy of the Boothe family)

BOOTHE, from page 1

But her husband stood strong.

Choosing to have the baby has affected her cancer treatment and the baby’s birth date.

“I had a total, radical modified mastectomy,” she said, noting it had to be done in the second trimester of her pregnancy.

She has also undergone four sets of chemotherapy, where she received strange looks from people when they saw a pregnant woman on her way to treatments. While both Boothe and her husband had doubts, experts told her the type of chemotherapy she received during her pregnancy would not harm the baby.

She had to have her baby delivered at around 33 weeks, instead of the typical 40, in order for her to stay on track for her treatments. That early delivery could cause complications, but Boothe said his development is now in God’s hands.

Yet, her faith hasn’t always been this rock-solid.

Boothe struggled with it after her mother, Donna Mullens, was struck by cancer for a second time.

“I kind of had a falling out with the Lord when my mom was sick,” Boothe said.

She was a teenager when her mom was diagnosed with breast cancer the first time.

“When she got sick the first time, she didn’t even want to tell me because she didn’t want me to get upset and she didn’t want to hurt me,” Boothe said.

Her mother’s cancer returned in 2007, and by then Boothe had married and moved to Hawaii with her husband. Her parents had planned to visit her there, but had to cancel the trip when her mom got her diagnosis.

Instead, Boothe returned to Lutz to help her mother.

“She had a rough time,” Boothe said. “It was hard for me to watch her go through that.” After Mullens recovered once again, Boothe got involved in Relay for Life. She also became heavily involved in the Land O’ Lakes Sun Rays Concert for a Cure.

And now friends are getting together to

Want to help?

Those wishing to help Ashley Boothe can make contributions at Ucaring.com/ashleyboothe or to the Ashley Gayle Boothe Benefit Trust Account at any Chase Bank

If you go

The Kicking Cancer for Ashley Fundraiser is on Oct. 12 from noon to 5 p.m. at the Fraternal Order of Police grounds, at the corner of Bell Lake Road and Land O’ Lakes Boulevard. There will be live music, food vendors, games, a kids play area and a silent auction. Admission is \$5 and proceeds will benefit Ashley Boothe.

raise money for Boothe with the Kicking Cancer for Ashley fundraiser. The event takes place on Oct. 12 from noon to 5 p.m. at the Fraternal Order of Police Grounds, at the corner of Bell Lake Road and Land O’ Lakes Boulevard.

If anyone deserves help, it’s Boothe, Fontanez said.

“When she found out that I had a (Relay for Life) team, she baked her heart out,” Fontanez said. “She went ahead and she did seven or eight cakes. She did chocolate-covered strawberries, candies, cookies.”

In fact, Boothe made so many goodies that they were giving them away at the end of the event.

“She’s done baking every year. She’s been on our team for five years,” Fontanez said.

While Boothe is grateful for the help, she wishes she were on the giving, rather than the receiving, end.

“I want to be independent. I want to do it on my own,” she said. “This time, I just can’t. I don’t have the resources. I don’t have the money. I don’t have the energy.”

Boothe is humbled by the support that others are showing her.

The Fit Body Boot Camp is having a fundraising event for her with a two-week boot camp pass to its gym for a \$33 donation. A personal trainer there also will match the money raised up to \$3,000, and is giving away prizes to existing or new clients that participate in the fundraiser.

Firefighter Charities of Pasco Inc. and the fire chief are also helping.

“We are now allowed to wear pink duty shirts as we work,” said Jesus “J.J.” Martinez, president of the charitable organization. “The money we raise from the shirts will be going to Kicking Cancer for Ashley.”

Boothe said she is in awe by the kindness of others.

“So many people are so giving. All of these businesses that are willing to donate, I’m just very grateful,” she said.

FLIGHT, from page 1

“There are only about 5,000 hot air balloonists in the United States,” Warren said, and while they’re spread out around the country, their shared interest in aviation makes them a tight-knit community.

Chuck Norris, a flight instructor at the Tampa North Flight Center, said aviation enthusiasts will have a chance to see some interesting aircraft. They can also purchase rides on a 1942 Boeing Steerman.

Norris is excited about the event.

“This airport has been a very sleepy airport for years. We want to wake it up,” he said.

Organizers intend to make this an annual

If you go

Festival of Flight, a festival celebrating aviation, will make its debut Oct. 19 and Oct. 20 at the Tampa North Aeropark, 4241 Birdsong Blvd., in Lutz.

There will be hot air balloons, interesting aircraft, kite flying and vendors.

Admission is free.

For more information about this year’s festivities, visit FestivalOfFlightWesleyChapel.com

event, Warren said. In fact, planning for that already has begun, she said.

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SANCHEZ RECEIVES SCHOLARSHIP

Javier Sanchez, a senior at Saint Leo University, has been selected to receive a \$2,400 UPS scholarship provided through the Florida Independent College Fund.



Javier Sanchez

He is the son of Javier Garcia and Primitiva Garcia, and is a 2011 graduate of Zephyrhills High School.

Sanchez is majoring in sport business and is a member of Tau Kappa Epsilon fraternity, the Sport Business Association, and Toastmasters. He also has participated in four varsity sports programs.

HUMAN TRAFFICKING PRESENTATION

The Parent-Teacher-Student Association at Charles S. Rushe Middle School will host Officer Alan Wilkett of the Pasco County Sheriff's office on Oct. 10 at 6:30 p.m. for a presentation on "What Parents Need to Know About Human Trafficking." Tampa Bay is one of the leading sources for human trafficking in Florida.

Parents of elementary or middle school children who would like to attend should arrange for child care for the evening. The school is at 18654 Mentmore Blvd., in Land O' Lakes.

For information or questions, call Tammy Curtis at (813) 909-4200.

KNOWLEDGEPOINTS CELEBRATES FIVE YEARS

KnowledgePoints Tutoring is celebrating its five-year anniversary with a series of special events throughout October, including an essay contest. There also will be an open house on Saturdays from 9 a.m. to 1 p.m.

During the month, KnowledgePoints Land O' Lakes will offer all diagnostic testing free, as well as a savings discount for those that prepay their child's program.

For information on the program, visit KnowledgePoints.com/landolakes.

USF OFFERS RETIREMENT WORKSHOP

USF Continuing Education will offer a two-day workshop, "Planning for a Balanced Retirement: It's Not Just About the Money," on Oct. 25-26 for adults ages 50-65. It will take place at Unitarian Universalist Church, 11400 Morris Bridge Road, in Tampa.

The workshop will look beyond financial issues and focuses on the personal and psychological process of finding purpose and satisfaction in life.

The workshop is \$395 per person before Oct. 14, and \$435 per person after Oct. 14. There is a discount for those registering as a couple.

For information on the program, visit conted.usf.edu/transitions.

HOME IMPROVEMENT EDUCATION SCHOLARSHIPS

Hillsborough County Public Schools and the Tampa's city water department are teaming up to support neighborhood revitalization.

Prequalified utility customers may be eligible for scholarships through the Hillsborough Education Foundation. For \$50, a prequalified customer can register for a \$216 hands-on eight-week home improvement course. The course is designed for adults looking to upgrade their home improvement skills or looking to explore a new career.



Education recognized in Pasco County

The Pasco Education Foundation received a donation of \$10,000 from Humana in support of its educational program at the Sept. 17 school board meeting. Participating in the presentation, from left, are Superintendent Kurt Browning, Pasco Education Foundation operations vice president Stacey Capogrosso, Humana president and chief executive Tom Avramis, Humana's Tampa director of accounting management Ray Hodorski, and school board chair Cynthia Armstrong. (Photo courtesy of Deborah Hebert)

The courses are at Erwin Technical Center, 2010 E. Hillsborough Ave., in Tampa, from 6 p.m. to 9 p.m. on Tuesdays and Thursdays starting Oct. 22.

Seats are limited. Vouchers are available on a first-come, first-served basis.

For information, visit tampagov.net/DIY or call the water department at (813) 274-8121 for a tuition voucher.

DISTRICT LAUNCHES NEW ONLINE TOOL

Hillsborough County parents now have the option to use the school district's new grade book tool, Edsby, that provides classroom assignments and grades.

To register, go to sdhc.edsby.com. Parents will need the name of the child's school, the child's student number, last four digits of the child's Social Security number, and the child's birthday. An Edsby registra-

tion video tutorial can be found at sdhc.k12.fl.us.

For information, call Grace Posada at (813) 840-7064.

PHCC COLLECTS CANNED FOOD

Pasco-Hernando Community College Human Services Club members will compete in The Volunteer Way's fundraising competition "Canstruction" on Oct. 18 at the Pasco Government Center, 7535 Little Road, in New Port Richey.

The exhibit will be open to the public Oct. 21-25 from 8 a.m. to 5 p.m.

PHCC has a goal to collect more than 1,000 cans of food for the event. All food collected will be donated to The Volunteer Way Food Bank after the competition.

Collection barrels are located in the library on the West Campus, 10230 Ridge Road, through Oct. 17.

Presented by:
Zephyrhills/Wesley Chapel Ministerial Association & Samaritan Project of Zephyrhills

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FLORIDA

BBBS1

Big Brothers Big Sisters®

Big Brothers Big Sisters Association of Florida has less than two years to get 1,000 pre-orders of a new specialty license plate before the state can begin production. State officials approved the plate in October. (Image provided)

Big Brothers Big Sisters release new plate

The Laker/Lutz News Staff Report

Florida state officials have approved a new specialty license plate that will help raise funds for Big Brothers Big Sisters Association of Florida.

The new plate, which features two chairs on a beach — one big and one small — will only become available if 1,000 pre-order vouchers are purchased by June 1, 2015. Once that goal of 1,000 vouchers has been met, production of the plates would begin.

The plates will not only raise money for Big Brothers Big Sisters, but it also will create statewide awareness of the organization, according to leaders of the nonprofit.

“We invite community members to take their support on the road and buy their

plates today to help generate much-needed revenue to expand mentoring opportunities for children in Florida,” said Jody Clifford, chief executive of the statewide organization, in a release.

The statewide group was organized in 1995 and assists the 13 regional agencies in Florida. The goal is to help provide children with long-term, nurturing, one-to-one mentoring relationships with caring adults to change the lives of children for the better.

Vouchers will be available at local county tax collector’s offices for the regular registration fee plus a \$25 additional payment.

For more information on the license plates, or how to become involved in Big Brothers Big Sisters, visit the state organization’s website at www.BBBSFlorida.org.

GUEST COLUMN

Are you overprotecting your dog?

By Kim Salerno
Special to The Laker/Lutz News

She’s not just a dog to you. She’s your sounding board, your faithful sidekick, and your pride and joy.

She’s a bona fide family member. You’ll do anything to keep her out of harm’s way. But when it comes to playtime, are you protecting her too much?

As pet parents, we want the absolute best for our canine kids. But just like anxious human parents, we can sometimes fall into the trap of overprotecting our dogs as they play, especially if they’re on the small side.

Helicopter pet parents undoubtedly mean well, but they aren’t necessarily doing what’s best for their dog. In fact, the results can be detrimental, and possibly even dangerous.

Expert dog trainer and animal behaviorist Elsa Larsen of MyWonderfulDog.net, notes that while it’s perfectly appropriate in some situations to adopt protective behaviors, when taken to extremes or done at the wrong time, actions like avoiding socialization, keeping your dog on a short leash, or picking up or carrying your dog can actually decrease their confidence and set her up for fearful, aggressive or defensive behavior.

Keeping your dog firmly leashed in public places is always a wise idea. However, tightening the leash during doggie meet-and-greets or play dates can backfire. This is especially true at dog parks, where there are often many unrestrained dogs around.

“Dogs have an instinctive ‘fight-or-flight’ response to threatening situations,” Larsen notes. “If you have a dog on a leash, and all of a sudden he’s surrounded by a bunch of dogs off leash, he may act defensive because his opportunity to flee has been taken away.”

Larsen advises that if your dog is in imminent danger, picking him up may be the safest possible thing to do. However, picking up your dog to help him avoid social discomfort or anxiety could cause more problems than it solves. It can reinforce anxiety, and may even exacerbate existing behavioral issues.

If your dog is a resource guarder and sees you as one of his most important resources, holding him close while you’re around other dogs may cause him to try and aggressively “guard” you from them.

Small dogs inspire our best protective natures, and toting your little gal around may seem like a kind gesture, and a great way for you to be close. But Larsen warns that constantly carrying your dog can actually do more harm than good.

“I call it Little Dog Syndrome,” she explains. “Pet parents don’t feel comfortable with their little dog navigating through the world on their own four feet. But carrying your dog everywhere does him a great disservice because he doesn’t get a chance to be a dog. You may, in fact, be creating a dog who’s antisocial and doesn’t have good skills meeting and greeting other dogs.”

So how do you know when to step in, and when to hang back and play it cool? Larsen stresses that there’s no simple, straightforward answer. Every dog is an individual and every situation is unique. But she does offer some tried-and-true tips for ensuring that your pup is happy and safe while he plays.



- Whenever possible, lose the leash during greetings and playtime. If your dog feels threatened and can’t run because she’s tethered to the leash, her only option is to fight.

- Periodically interrupt playtime. This keeps all the dogs from getting fatigued and overexcited. Larsen suggests watching your dog carefully after a play pause. If she seems relaxed and eager to return to the group, it’s a good sign that she’s enjoying herself and feeling confident.

- Watch everyday playing for signs of overexcitement, like excessive barking, rough play, bullying, challenging stances, or even sneezing. If your dog is being threatened in any way, cries out in pain, or seems to always end up on the bottom of the pack, playtime’s over.

If you give your pooch some freedom to be her own wonderful self and the opportunity to face challenges on her own, you’ll be rewarded with a dog that’s more confident, more social and much happier.

So land the ‘copter, and head out to play!

—Kim Salerno is the president and founder of TripsWithPets.com, and is an expert in the field of pet travel. Her website features pet-friendly hotels and accommodations across the United States and Canada, as well as other pet travel resources.

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Closer Look

AN ADVERTISER PROFILE

Dr. Jay Nelson Treats Sleep Apnea with Noninvasive Dental Retainer

STOP SNORING AND SLEEP SOUNDLY THROUGH THE NIGHT



Jay A. Nelson, DMD, has been helping patients in the area solve their dental problems for 25 years and saw the need to add dental sleep medicine to his list of services. He has years of successful experience working in collaboration with medical doctors to provide patients with an alternative to the obtrusive Continuous Positive Airway Pressure (CPAP) therapy.

Dr. Nelson has fitted more than a hundred patients suffering from sleep apnea with a dental appliance that fits over the teeth much like a retainer. The appliance moves the jaw forward and opens the airway during sleep.

The result is an immediate and dramatic reduction in snoring (in many cases, snoring stops completely) — which is often a relief to the patient's bed partner who complains that their sleep too is interrupted by their partner's snoring.

But more importantly, the open airway created by the dental appliance allows the patient to sleep through the night and awaken fully rested.

"There is nothing more important to maintaining good health and an energetic, productive day than a restful night's sleep," said Dr. Nelson from his office on S.R. 54 in Lutz.

"Our body needs a continuous flow of oxygen to sleep restfully," he continues. "It is essential that our brain and body reboot every night by getting enough sleep. If we don't reboot, lack of sleep impacts every aspect of our health, including weight gain, high blood pressure, memory loss and mental health."

Dr. Nelson is one of the area's few dentists to be certified in treating sleep breathing disorders in collaboration with your physician. His office recently received a three-year accreditation from the American Academy of Dental Sleep Medicine, which required his practice to meet or exceed all standards for professional patient care, including continuing education for his staff and meeting standards for safety, customer service and patient follow-up.

Scientific studies have determined that dental sleep therapy is an effective alternative to CPAP therapy — which uses a bedside machine that pumps air into a patient's nose and mouth throughout the night.

"Many people stop using their CPAP machine because they find its mask

uncomfortable and the machine itself loud and disruptive to their bed partner," said Dr. Nelson. "Those people are desperate to find an alternative that they can tolerate to help them sleep through the night and to stop snoring."

Dr. Nelson fits his patients with mouthguard-like retainers worn only during sleep. These retainers easily and painlessly snap over a patient's top and bottom teeth.

With the retainers in place, they prevent the airway from collapsing by holding the tongue in place and moving the jaw forward. It typically takes a month for the retainers to be adjusted to a patient's mouth. After the desired effect is reached, the patient does nothing more than pop the appliance in at night and rinse it off and store it away in the morning in a small carrying case.

Diane is a local businesswoman in her 50s who was fitted with an oral appliance by Dr. Nelson six months ago.

"I no longer snore and sleep better than I have in years," said Diane. "I never realized what a huge difference a good night sleep would have on how I felt. My energy level is the best it's been in years, and I wake up feeling refreshed and ready for a new day."

The National Sleep Foundation reports that more than 40 million Americans suffer from sleep disorders today, and projects that number will more than double in 30 years as our population continues to age.

While these numbers are astounding, more astonishing is the number of people who are either unaware that they have a sleep disorder, or believe there is nothing they can do to treat it if they cannot tolerate CPAP treatment.

"It's important that folks know there is an alternative to CPAP that is effective and affordable," said Dr. Nelson. "We have helped so many people who find our oral appliances comfortable, easy to take in and out and convenient for travel.

"Our goal is to help people live longer by improving the quality of their sleep. Nothing is more important than sleep for good physical and mental health, and there's no reason that anyone needs to suffer from snoring and sleep disorders".



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Watch Any Game You Want At Elsa's Tex-Mex Grill

Fans Love NFL Sunday Ticket and NHL Center Ice

Local sports fans looking for a friendly neighborhood bar are packing Elsa's 41 Tex-Mex Sports Grill in downtown Lutz to watch their favorite college games or professional teams on NFL Sunday Ticket and NHL Center Ice.

In addition to its outstanding, family-priced Tex-Mex cuisine, sports fans appreciate Elsa's fabulous all-day, everyday drink specials — two-for-one well and call drinks and \$1.75 pint domestic drafts.

Elsa's is also known for its trademark Bad Juan margarita — a clear, lime-based drink made from tequila, lime juice and triple sec. Complementing the Bad Juan is the Bad Juanita, a strawberry margarita popular with the ladies and young adults that has the same alcohol content as the original Bad Juan.

"Our Bad Juans are very smooth for a margarita," said Justin Hemmert, Elsa's general manager. "People like them because they are delicious and because of their strong alcohol content, which is twice the amount of liquor found in a bottle of wine."

Cheering on your team often leads to food and Elsa's sports fans rave about the restaurant's menu.

"Our wings are incredible and come with your choice of 10 different sauces," said Justin. "Plus, we offer a Sunday bonus for our guests with a 50-cent wings special."

Elsa's also has excellent homemade pizzas and superb tacos loaded with meat and extras. To top off Monday night football, tacos are just \$1 and Elsa recently introduced a late night



Owner Bill Hemmert, left, and his son Justin, Elsa's general manager.

menu with reduced prices from 8 p.m. to close-weekdays and 9 p.m. to close weekends.

For families wanting to bring the kids without the expense, kids eat free every Tuesday. Families and couples enjoy Elsa's "2 for \$20" menu, which includes one appetizer, two entrées and one delicious dessert. Best of all, "2 for \$20" is available every day, all day long.

"The portions on our "2 for \$20" menu are so generous that guests frequently ask for take-home boxes," said Justin. "In addition to a shared appetizer and dessert, each entree includes Mexican rice and refried beans. It really is a heck of a deal."

Elsa's is in the heart of downtown Lutz at U.S. 41 and Sunset Boulevard in a strip center behind McDonald's. Located four miles south of State Road 54 and four miles north of Bearss Avenue, its patrons mostly come from Lutz, Land O' Lakes, Wesley Chapel and north Tampa.

"We truly are a neighborhood restaurant with a genuine, family atmosphere," said

Justin. "We are the perfect alternative to chain restaurants for those looking for great food, great service and great prices."

Elsa's is owned by Justin's father, Bill Hemmert, who also owns several Elsa's restaurants in Ohio. Justin became general manager of the family's Lutz restaurant a year ago along with Amanda Torres, the manager, and lifetime Lutz resident.

"We're the place to be in Lutz-Land O' Lakes and want more local people to come by and discover our great food, incredible margaritas and affordable drink specials," said Justin.

Congratulations to Ellen Maddux of Lutz, winner of Elsa's raffle for front row seats to the Sept. 18 Tampa Bay Rays and Texas Rangers game. Ellen graciously gave her seats to good friend Linda Metz of Odessa, who invited her son, John to join her at the game. "The seats were terrific and my friends were thrilled," said Ellen.

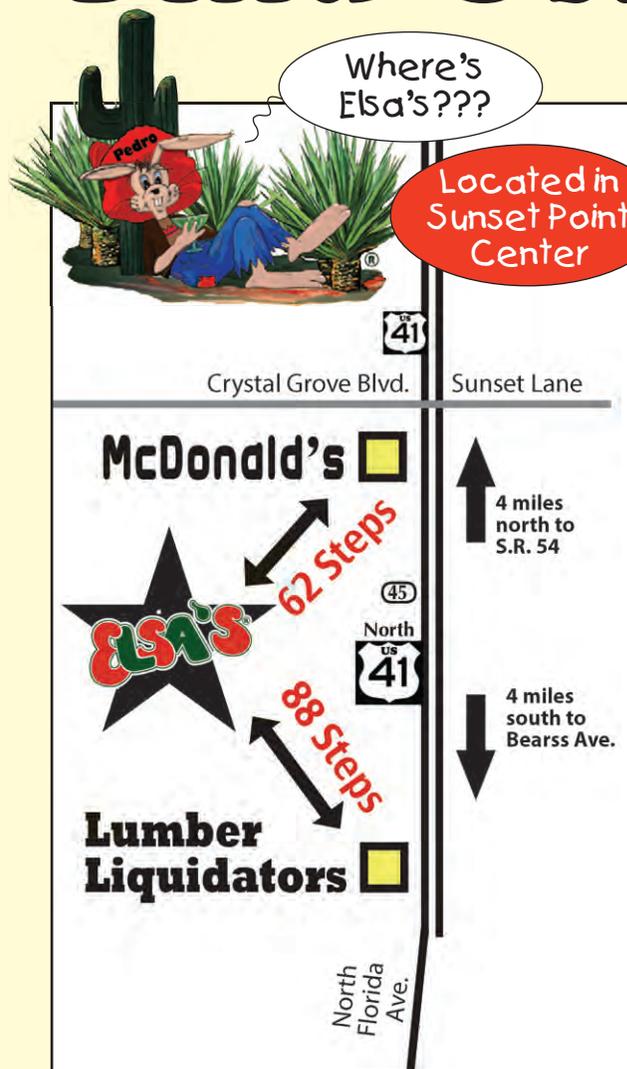


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Convenient Breast Screening Services for the Lutz Community

If you're 40 or older, chances are that you have been heeding the American Cancer Society's recommendation for annual breast screenings. For some women, one of the most difficult aspects of getting a mammogram isn't the test itself – it's remembering to schedule it each year and finding a convenient time and location to do so. Luckily, for Lutz area residents, breast imaging services are now available at The Breast Center, a division of Imaging Services at St. Joseph's Hospital-North.

"A sister facility to the Shimberg Breast Center at St. Joseph's Women's Hospital in Tampa, The Breast Center has accreditation from the American College of Radiology," said Vikki O'Neal, BS,RT(R)(M)(CT)(QM), manager of imaging services. "We offer a full range of high-quality imaging and breast biopsy services close to home."

American College of Radiology Designation

"To achieve the ACR Gold Standard of Accreditation, we've completed a rigorous review process to ensure that we meet nationally-accepted standards of care," said O'Neal. "At St. Joseph's Hospital-North we are committed to the highest standard of care, in addition to customer service. Board-certified, expert radiologists and medical physicists oversee the accreditation process."

Responding to customer requests, The Breast Center now offers evening and weekend availability for screening mammograms. This makes it even more convenient to schedule the annual appointment.

Breast Imaging Services

"We understand that breast imaging is very important to women and can be very stressful," said O'Neal. "Our staff is committed to helping patients through the breast screening process."

Services at The Breast Center at St. Joseph's Hospital-North include:

- Digital mammography

- Breast MRI
- Breast ultrasound
- Diagnostic and screening mammography

A mammogram is an X-ray of the breast that can detect a tumor or mass even before it can be felt or seen. Sometimes, a mammogram comes back with an abnormality on the image. As much as 80 percent of irregularities found on a mammogram are not cancerous.

However, it is critical that you have the abnormality looked at again—usually with a few more mammogram images followed by a breast ultrasound if needed. An ultrasound can help to detect if a mass is filled with fluid (cyst) or solid (benign or malignant tumor). After the ultrasound, your radiologist may recommend a breast biopsy.

The Breast Center offers minimally invasive breast biopsies, including stereotactic ultrasound-guided biopsies and MRI-guided breast biopsies. The radiologist inserts a small, hollow needle into the area of abnormality using ultrasound and/or mammograms, and/or MRI to guide the radiologist's needle into the suspected lesion. A sample of cells is sent to the pathologist to determine if they are cancerous. In most cases, breast masses are not usually cancer, but it is important to rule out the possibility.

"A mammogram should be number one on every woman's list after turning 40. It's the best method to detect breast cancer. Specially trained eyes can now see cancer in its earliest stages when it's easiest to treat," said O'Neal. "So make your annual appointment as soon as possible."



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H-LAK The Laker 4C-Thursdays

From after thoughts to winners

Sunlake's volleyball team is ready to dominate

By Michael Hinman
mhinman@cnewspubs.com

New players and a new head coach meant that Sunlake High School had to prepare for some big changes heading into the 2013 volleyball season. But few probably expected one of those changes would be to become accustomed to winning.

And winning a lot.

With just three games remaining — including Tuesday's late matchup with district-leading Fivay — the Sunlake Seahawks are 12-5, producing the first winning season in school history, and chalking up the most wins in school history as well.

Ask the players, and they'll point toward first-year coach Deann Newton as the reason for the change. But ask Newton, and she points right back at the players.

"The whole team has really come together," Newton said. "They like each other, which is good anytime. But these girls really get along well, and that has really helped with our team chemistry."

Newton joined the Seahawks after a 10-year break from coaching. Her most recent job before that was with Mitchell High School, where she took a 17-9 team into the playoffs, knocked off a heavily favored Lakeland High School in the first round, and then lost to eventual state champion Plant High School in four sets in the regional semifinals.

She returned to a sport that has changed a lot (primarily, the implementation of rally scoring, which allows points to be scored on every serve). The higher point totals means a lot more scoreboard watching for



Seahawks coach Deann Newton says it's just as important for the team to focus on needs outside the team — like raising awareness for breast cancer — as it is to focus on each game. Sunlake has been able to do both, hitting their way into a 12-5 record so far this season. (Photo by Michael Hinman)

many, but not for the Seahawks.

"I tell my girls all the time not to even look at the scoreboard," Newton said. "It doesn't even matter. We have to play every point like it's the last point of the game. Every ball, every serve, we have to focus on each one at a time."

The Seahawks have developed a strong core of players in recent seasons, but got some extra help this year with four transfers, including Sunlake's new team captain, Malika Saffore. The Bishop McLaughlin High School transplant is one of the leaders in digs with 157, and has more than 400 assists.

Other transfers this year included junior outside hitter Shelby Stratton from Land O'

Lakes Christian High School, senior outside hitter Maeghan O'Fray from Ocala, and junior outside hitter Sara Nafziger, who moved to Florida last summer.

Saffore, who actually played on Sunlake's varsity team as a freshman, says she returned to a much different Seahawks team for her senior year.

"There is a much more excitement than I ever remember on this team before," Saffore said. This stems from the need for everyone to stay focused and contribute, because this is a team that doesn't operate with star players.

"I'm a senior, and I'm the captain, but I'm really just one of 12 girls on this team," Saffore said. "We always work as a team, and we always motivate each other as a team."

Remaining schedule for the Sunlake Seahawks

Oct. 15: hosting Wesley Chapel, 6 p.m.

Oct. 17: at Wiregrass Ranch, 6:30 p.m.

And this year, we have so much talent. We keep looking at that talent, and are getting a hint of what we can accomplish."

The season is almost over, and while Sunlake has been successful on the court, they know that once the playoffs begins, everyone starts back at the beginning. And a loss there means the season is over. But just as Newton directs her players to focus on just one point at a time, she asks them to focus on the games the same way.

"We don't think one game is more important than another because every game is important," Saffore said. "Each game has to turn into a win, and we can't take anything for granted."

Crowds have started to grow for Sunlake home games as more and more people start to hear about the success the Seahawks are having on the court. But Newton wants to see the bleachers filled, because the energy of the crowd fuels her girls even more.

"That's probably one of the most disappointing things I've noticed since coming back, it's the size of crowds for volleyball games at our school and other schools," Newton said. "I'm 36, I'm not that old, but when I played, we packed the gym."

People will really start to come as the team improves, and for now, the Seahawks are getting tremendous support from its core of parents and students who make it a point to be at every Sunlake volleyball game.

And they shouldn't miss a thing, because it only gets more exciting from here.

"Our district is so tight right now," Newton said. "The top five teams are all strong teams, and anyone can knock anybody off. We're going to have to play our game the whole time to really make it through to the finals. That's for sure."

CHECK THIS OUT

Pasco Sheriff's Golf Classic

The 2013 Pasco Sheriff's Golf Classic, which supports Pasco County youth charities, will take place Nov. 4 at the Lexington Oaks Golf Club in Wesley Chapel.

This year's tournament will support the Pasco Police Athletic League, the largest law enforcement-coordinated football and cheer-leading organization in the Tampa Bay area.

Shotgun start is at 9 a.m. Cost is \$150 per person, or \$600 per foursome. Fees include a continental breakfast, 18 holes of golf, and a catered luncheon.

For more information, visit www.PascoSheriff.com, or call (800) 854-2862, ext. 7732. Deadline to register is Oct. 25.

Rattlesnake Run set for Oct. 19

Participants of all ages are still being sought for the 35th annual Rattlesnake Run slated for Oct. 19 in San Antonio.

The run includes options for a 5-mile course, all-terrain run, a 1-mile individual, a 1-mile team, and a 1-mile with dog categories.

It's organized by the Rotary Club of San Antonio and has been a part of Pasco County's fall activities since 1979.

Entry fee is \$15 to \$25, depending on the category. To register, visit www.RattlesnakeRun.com.

For more information, call Rozanne Ritter at (352) 668-4066.

NCAA Recruiting at AATL

Academy at the Lakes, 2331 Collier Parkway in Land O' Lakes, will host an athletic scholarship and recruiting seminar Oct. 9 at 6:30 p.m. It will take place in the Melech Pavilion on the school's McCormick Campus.

Athletic Director Tom Haslam and college counselor Debbie Pitcairn will lead the session. They will address the college recruiting process, academic requirements, as well as NCAA clearinghouse procedures.

The event is free and open to the public.

For more information, call (813) 948-7600.

PHCC hoops coaches clinic

The Pasco-Hernando Community College men's basketball program will host a coaches' clinic for middle school and high school basketball coaches Oct. 19 from 9 a.m. to noon at the school's west campus, 10230 Ridge Road in New Port Richey.

PHCC's head basketball coach Micheal Jones will host the clinic, teaching basketball philosophy, zone defense and offense, under-size post play and more.

Officials from the Florida High School Athletic Association will also be on hand to review new rules, and Warner University head coach Sean Hanrahan will be the guest speaker. Fee is \$25 per coach.

For information, or to register, call Micheal

Jones at (727) 816-3340, or email jonesm@phcc.edu.

Softball registration open for Leaguerettes

The Lutz Leaguerettes girls softball group is now having registration for both fast- and slow-pitch softball for girls between the ages of 5 and 18 until Oct. 12.

The cost is \$160 per player, and \$185 for anyone registering after the initial deadline. The final deadline to register is Dec. 1.

Practices and games are at the Oscar Cooler Sports Complex, 766 E. Lutz Lake Fern Road in Lutz. Practices begin Nov. 1, and the season runs through April.

To register, visit www.lutzleaguerettes.com. For more information, call Shannan Bergen at (813) 523-6905, or email her at sbergen31@gmail.com.

Adult soccer league wants players

With the fall season ready to commence, adult soccer players are being sought to participate in a league that plays men's, women's and coed games Sunday afternoons at CrossRoads Community Methodist Church on County Line Road in Wesley Chapel.

Players must be 18 or older.

For more information, call Colin at (747) 999-5425, or visit NewAPSL.com.

PHCC hoops round-robin

Pasco-Hernando Community College will host a high school basketball round-robin tournament Oct. 26-27 at the school's west campus, 10230 Ridge Road in New Port Richey.

The tournament will help coaching staffs assess players and foster teamwork.

Fee is \$150 per team, with a portion of the proceeds benefitting the American Cancer Society in honor of Breast Cancer Awareness Month. The remaining proceeds will benefit the PHCC men's basketball program.

For more information, or to register, call Micheal Jones at (727) 816-3340, or email jonesm@phcc.edu.

Golf tourney to benefit LifeChoices

The third annual Golf for Life charity tournament hosted by LifeChoices Women's Care will take place Nov. 9 beginning at 1 p.m. at Quail Hollow in Wesley Chapel.

Entry is \$75, and includes greens fees, door prizes, dinner and other items. It is open to all level of golfers.

LifeChoices has helped women facing unplanned pregnancies with free services since 2009. Donations to the group are tax-deductible.

The tournament is looking for door prize donations as well as sponsors.

For more information, call Tom Beach at (813) 333-3543, or visit LifeChoicesGolf.org.

No Name Volleyball Club

The No Name Volleyball Club will have tryouts for kids aged 9 through 14 at Bishop McLaughlin Catholic High School Oct. 13 from 9 a.m. to 11:30 a.m.

Tryout fee is \$25.

For more information, email Douglas Chinchar at douglas@slteam.com, or visit www.NoNameVBC.com.

Runners take over for Keppel on the track

By Michael Murillo
The Laker/Lutz News Correspondent

Everything was in place for a successful year for Land O' Lakes High School cross-country team: High expectations, skilled runners and a dedicated coach with decades of experience under his belt.

The runners were optimistic and prepared for whatever they had to face on the various courses.

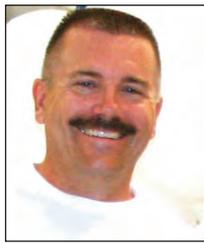
Unfortunately, nobody was prepared for Coach Kris Keppel's recent pancreatic cancer diagnosis. Now the man who hadn't missed a competition in 20 years of coaching has been forced to miss practices and meets, leaving the team stunned and concerned.

"I was just shocked, and I think the rest of the team was, too," said Tyler Stahl, one of the team's top runners. "You feel like if you've been through something like this before — like with Steven — there's no way it could happen again."

"Steven" is Steven Barnebei, a cross-country athlete who was diagnosed with brain cancer in his junior season. After emergency surgery and dozens of radiation doses, Barnebei has returned to the sport in his senior year with a cancer-free diagnosis and a determination to compete at a high level.

That experience was emotionally taxing for the team last year. And now, after rallying around their teammate, the runners now have to rally around their coach. Since the diagnosis, it's the experienced runners who have stepped up to lead the team.

Stahl and Travis Nichols — seniors, team captains and state qualifiers last year — are getting a lot of support from parents and Rick Moody, a friend of Keppel's with experience coaching Olympic athletes. But they know that to keep things running smoothly, they have to demonstrate real leadership both on and off the courses.



Kris Keppel

"We've had to really step up in keeping our team focused on post-season goals, and keeping them from being discouraged from the setbacks," Nichols said. That means coaching teammates in practice and keeping

them focused and upbeat during events. Keppel still guides the team by sending out workouts and goal times via email, and the team leaders know that everyone wants to succeed for him.

"The team is staying pretty focused and we just keep saying that they need to work hard and perform well for coach," Stahl said.

Working hard and performing well was commonplace when Keppel was at every practice and competition, and it's carrying over in his absence: The team placed third in the 2013 Gator Invitational Oct. 5 at Crews Lake Park. At the event, the top times were nearly dominated by Land O' Lakes runners. Nichols took first place, Stahl took third and teammate Jake Poore finished fourth. All three broke the 17-minute mark easily.

Both Stahl and Nichols share optimism for the rest of the year, and look forward to having their coach back as soon as possible. And while it might seem difficult to keep running and stay focused while missing their leader, nobody is letting up or lowering their goals because Coach Keppel isn't able to be there right now.

In fact, Stahl said he's been able to improve his concentration in the face of the team's recent adversity.

"I think it is actually easier to focus on running after hearing about" Keppel's diagnosis, Stahl said. "I have more of an incentive to work hard and do well than before. I want to make him proud."

PREP SPORTS BOARD

TUESDAY, OCT. 1 VOLLEYBALL
Anclote def. Land O' Lakes, 25-12, 28-26, 25-18
Freedom def. Wiregrass Ranch, 22-25, 25-22, 16-25, 25-19, 15-12
Wharton def. Riverview, 25-11, 25-16, 25-18

WEDNESDAY, OCT. 2 VOLLEYBALL
Sunlake def. Zephyrhills, 25-13, 25-13, 25-9

THURSDAY, OCT. 3 VOLLEYBALL
Sunlake def. Land O' Lakes, 26-24, 25-11, 25-9
Sickles def. Freedom, 25-19, 24-26, 25-16, 19-25, 15-11
Wharton def. Alonso, 25-15, 30-28, 25-20

FRIDAY, OCT. 4 FOOTBALL
Sunlake 20, Mitchell 3
Sickles 53, Freedom 13
South Sumter 38, Pasco 14
Tampa Bay Tech 54, Steinbrenner 28
Ridgewood 30, Wesley Chapel 27
Wharton 21, Newsome 20
Gaither 34, Wiregrass Ranch 14

WEDNESDAY, OCT. 9 VOLLEYBALL
Freedom at Steinbrenner, 6 p.m.
Pasco at Fivay, 6 p.m.
Wesley Chapel at Hudson, 6 p.m.
Gulf at Zephyrhills, 7:30 p.m.
Ridgewood at Wiregrass Ranch, 7:30 p.m.

THURSDAY, OCT. 10 VOLLEYBALL
Newsome at Wharton, TBD
Pasco at Wesley Chapel, 6 p.m.
Academy at the Lakes at Cambridge Christian, 6:30 p.m.

Land O' Lakes at Bishop McLaughlin, 7:30 p.m.
Weeki Wachee at Zephyrhills, 7:30 p.m.
Wiregrass Ranch at Sickles, 7:30 p.m.

FRIDAY, OCT. 11 FOOTBALL
Hudson at Land O' Lakes, 7:30 p.m.
Pasco at Weeki Wachee, 7:30 p.m.
Ridgewood at Wiregrass Ranch, 7:30 p.m.
Wesley Chapel at Sunlake, 7:30 p.m.
Wharton at Steinbrenner, 7:30 p.m.
Zephyrhills at Nature Coast Tech, 7:30 p.m.

TUESDAY, OCT. 15 VOLLEYBALL
Academy at the Lakes at Bishop McLaughlin, 5:30 p.m.
Zephyrhills at Fivay, 6 p.m.
Plant at Steinbrenner, 7 p.m.
Wharton at Freedom, 7 p.m.
Land O' Lakes at Pasco, 7:30 p.m.

WEDNESDAY, OCT. 16 VOLLEYBALL
Academy at the Lakes at Brooks-DeBartolo Collegiate, 6 p.m.
Wesley Chapel at Mitchell, 6 p.m.
Wiregrass Ranch at Pasco, 7:30 p.m.
Zephyrhills at Ridgewood, 7:30 p.m.

THURSDAY, OCT. 17 FOOTBALL
Zephyrhills at Central, 7:30 p.m.

VOLLEYBALL
Academy at the Lakes at Land O' Lakes, 6 p.m.
Zephyrhills at Mitchell, 6 p.m.
Sunlake at Wiregrass Ranch, 6:30 p.m.
Pasco at Anclote, 7 p.m.
Steinbrenner at King, 7 p.m.
Wesley Chapel at River Ridge, 7:30 p.m.

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Lutz Women's Club
Lutz Lake Fern Rd. (behind fire station)

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Keystone United Methodist Church
16301 Racetrac Rd.
Keystone Presbyterian
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5315 Van Dyke Rd.

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Closer Look

AN ADVERTISER PROFILE

Improving student confidence and ability one child at a time

By Mike Matthew
Special to The Laker / Lutz News

Alicia Lafarga didn't start out as a teacher, but after retiring from her desk job, she knew that was the only thing she wanted to do. She moved from Miami to Tampa two years ago to be near her daughter and began looking for an opportunity that would enable her to have the greatest impact teaching children. She found that with Tutor Doctor.



Alicia Lafarga - Tutor Doctor

Alicia opened her Tutor Doctor franchise one year ago. "It's a wonderful experience after sitting behind a desk for 40 years," says Alicia. Over the course of her career she worked with school boards and the county in Miami. These experiences strengthened her desire to do something with children after she retired.

Tutor Doctor provides in-home tutoring for students of all ages, from kindergarten to senior citizens. "It's a great company to work with," says Alicia. "They provide a lot of support to both owners and tutors which really helps us to provide the very best tutoring experience to our clients."

Alicia provides a free consultation to anyone interested in tutoring. The purpose of the consultation is two-fold. First, she talks with the parents to fully understand their concerns and expectations. The majority of her time is spent talking with the student. This information will help her to find the best tutor for the child.

"We want to match the student with the right tutor," she explains. "The tutor must have the necessary subject-matter skills. We also try to take into account any special interests or abilities the student

has, such as a love of sports, and try to find a tutor with similar interests and abilities."

Every tutoring lesson plan is customized around the students school curriculum. Parents are kept up-to-date regarding their child's progress with followup notes and assessments after every tutoring session. "We have to be able to make a difference for every student," says Alicia.

Tutoring helps students improve their grades and test-taking abilities, but the greatest reward is in the noticeable improvement in the child's self-confidence. "It is the student's rise in confidence that makes a big difference and leads to benefits in other areas of their life," says Alicia. "Tutoring works."

Alicia currently has 50 tutors working with her. All of her tutors are certified teachers or graduate school students with teaching experience. She is always looking for new tutors with experience and a passion to support students and their community.

"Tutoring is all about integrity," says Alicia. "We never lie to the client or try to sell them on the tutoring process. We also resolve any personality issues between the student and tutor immediately. This is a relationship-based experience, and we want everyone to be happy with the tutoring process."

To sum up the Tutor Doctor difference in one sentence Alicia says, "We provide one-on-one individualized instruction on all subjects in their own home and at their convenience."

Learning doesn't have to be a struggle. Call Alicia for a free consultation. Mention this article and you'll also receive two hours of free tutoring.



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WORD SCRAMBLE

Rearrange the letters in each word to spell something pertaining to Halloween.

WNLLHOEAE

--	--	--	--	--	--	--	--

ANSWER: Halloween

THEME: VEGETABLES

- | | | |
|----------|-----------|-----------------|
| BEAN | CHILI | ESCHALOT |
| BEET | CHIVE | FENNEL |
| CAPER | COLE | FITCH |
| CAPSICUM | CORN | GARLIC |
| CARROT | CRESS | GHERKIN |
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| | | OKRA |
| | | ONION |
| | | PEA |
| | | PLANTAIN |
| | | PULSE |
| | | PUMPKIN |
| | | PURPLE BROCCOLI |
| | | SAGE |
| | | SOY |
| | | TOMATO |
| | | TURNIP |
| | | YAM |

CRYPTOQUIZ

Each of the following cryptograms is a clue to the identity of a type of character often associated with Halloween. Using the hints Q=S and D=E, decipher the clues to name the character.

- CGJQSDI

- CZIB QKDWDB

- WGJDWB

- AENSGI

- FIGCDSDTQ

Oh, how many artists have taken on the role of this character over the years, including Boris Karloff and Peter Boyle: _____

Answers: 1) Monster, 2) Mary Shelley, 3) Lonely, 4) Victor, 5) Prometheus, Frankenstein

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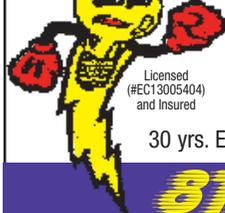
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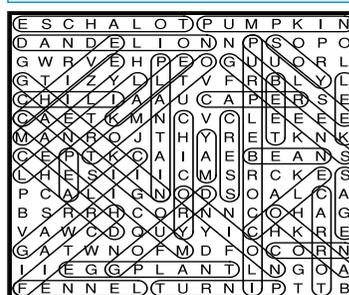
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ANNOUNCEMENTS

NOTICE OF ACTION BEFORE THE DEPARTMENT OF EDUCATION

IN RE: The Teacher's Certificate of:

Julio Alberto Machuca
8521 Northton Groves Blvd.
Odessa, Florida 33556

Notice is hereby given to Julio Alberto Machuca, Respondent, of the
prosecution of an Administrative Complaint seeking the revocation or
suspension of his teacher's certificate.

If Respondent, Julio Alberto Machuca, wishes to schedule an informal
conference under the provisions of Section 120.60(6), Florida Statutes,
with all requirements for the retention of the certificate, he should
contact Marian Lambeth, Office of Professional Practices Services,
Florida Education Center, 325 West Gaines Street, Room 224-E,
Tallahassee, Florida 32399, (850) 245-0438.

If such a conference is not requested, this notice shall constitute service
of the Administrative Complaint, which shall be filed with the
Education Practices Commission.

Failure to file a response to the complaint with the Education Practices
Commission, Florida Education Center, 325 West Gaines Street, Room
224, Tallahassee, Florida 32399 by November 20, 2013 shall constitute
holding the Respondent in default. The Complaint will then be
considered by the Education Practices Commission for final action to
impose disciplinary sanctions, including revocation or suspension,
under the terms of Section 120.57, 120.60, 1012.79, 1012.795, and
1012.796, Florida Statutes.

PLEASE BE GOVERNED ACCORDINGLY.

Dated this 9th day of September, 2013

Pam Stewart

Pam Stewart
Commissioner of Education

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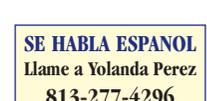
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