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## Food drive kicks off with festival

By Michael Hinman

[mhinman@cnewspubs.com](mailto:mhinman@cnewspubs.com)

Adrienne Castens signs her emails with a phrase of inspiration from Metropolitan Ministries: "Hope starts with a meal."

Castens' church, Keystone Community Church on State Road 54 near Land O' Lakes Boulevard, provided a lot of hope already with its annual holiday food drive for Metropolitan Ministries. But Castens and other members of Keystone knew they could do more.

Last year, Castens and her team

started Fun Feeds Pasco, a food drive kickoff event that turned making a donation into a festival. And thanks to the success of that event, Keystone will do it again this Saturday beginning at 10 a.m.

"I don't have the exact number in front of me, but we brought in three times as much food as we normally do during the festival last year," said Castens, who has attended Keystone with her family for the last six years. "So we decided to do it again this year, and this time we've got even more activities for

See **FESTIVAL**, page 14



Gaynor Dietz poses with some of the turkeys donated during last year's food drives that helps Metropolitan Ministries feed hungry families during the holiday through Keystone Community Church. (Photos courtesy of Adrienne Castens)

## Young girls keep smiling through arthritis pain

By B.C. Manion

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At first blush, Lindsey and Ashley Valenti look like typical preteenage girls.

They enjoy doing typical preteen things: Going to Disney theme parks, attending birthday parties and playing.

But doing even these simple things is difficult for the Wesley Chapel girls, as they both suffer from juvenile arthritis.

Still, they keep an upbeat attitude, which their mom, Mary Valenti, said is probably one of the reasons they've been chosen as the child honorees for Tampa's Arthritis Foundation Jingle Bell Run/Walk. The event is set for Dec. 21 at the Dale Mabry campus of Hillsborough County Community College. Besides a 5-kilometer and one-mile run, there also will be activities for kids, a silent auction and awards.

Valenti is pleased that her daughters were selected for the honor because she thinks it's important to spread the word about juvenile arthritis, a condition she be-



Ashley Valenti, left, and her sister Lindsey have been selected as the child honorees for the Tampa Bay Arthritis Foundation's Jingle Bell Walk/Run event in December. Both girls have had to curtail many of the activities they enjoy because of the pain they suffer from juvenile arthritis. (Photo by B.C. Manion)

lieves is often misunderstood. Both girls — who also require a monthly infusion of antibodies because of an immune system condition called specific antibody deficiency — were diagnosed in 2010, but Valenti

suspects that they had the condition much longer.

Lindsey, 12, said she began noticing prob-

See **ARTHRITIS**, page 14

## Nurse earns national accolades creating new approach to care

By B.C. Manion

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Susan Scherer — one of four finalists for a national nursing honor — wants to help patients understand their medical conditions and to obtain the most appropriate care.

Scherer will find out Friday if she received the 2013 Oncology Nurse Excellence award from the Academy of Oncology Nurse Navigators when they meet in Memphis, Tenn.

Scherer is gratified to be recognized as being among the nation's leading oncology nurses, but she is even more excited about a business she has launched that will serve patients in a new way: RN Cancer Guides.

It pairs oncology nurses with cancer patients to help the patients gain a better

understanding of their medical condition, and to be better equipped to manage their care. It's a unique approach, Scherer said, noting "it's never been done."

The company is in its infancy, but the Land O' Lakes nurse foresees vast potential for expansion, as there is no shortage of a need for the services her company provides.

In a nutshell, RN Cancer Guides provides a nursing expert to review a patient's medical records and medications, and to accompany a patient on important doctor visits when patients are at a decision point in their care. They also help patients become aware of resources that may be available to help them reduce medication and medical service charges, or to help cover those costs.

Prior to launching her business this sum-

mer, Scherer worked as a nurse at H. Lee Moffitt Cancer Center & Research Institute. Before that, she was a nurse in Minnesota where she suffered a stroke. That gave her a greater affinity for working with patients with neurological conditions.

Scherer's goal is to help patients learn enough to handle their health care issues on their own, but she said most people are not equipped to deal with the complex issues that confront cancer patients. On top of that, patients generally are grappling with emotional and financial pressures, as well as impacts their conditions have on their work and family lives.

She believes oncology nurses are in a unique position to help cancer patients understand their condition, become more

See **CARE**, page 14



Susan Scherer, a nurse who lives in Land O' Lakes, has created a business called RN Cancer Guides. It pairs an oncology nurse with a patient to help the patient gain a clearer understanding of complex medical issues as well as the complicated medical system. (Photo by B.C. Manion)

# A Day for Remembering



An antique fire truck from Zephyrhills Fire Rescue entertained crowds gathered to honor veterans last weekend in the city's downtown. (Photos by Michael Hinman)



A young Cub Scout carries the American flag during the parade.



A veteran sits on the steps of the United Methodist Church on Fifth Avenue.



A horseback-riding contingent from the Pasco County Sheriff's Office carry various flags of the county, state and country.

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## Legg wants 'tech surge' to target education

The Laker/Lutz News Staff Report

While the federal government looks at a "tech surge" to help fix some of the technical problems involved with the Affordable Care Act's website, State Sen. John Legg, R-Lutz, is suggesting a "tech surge" concentration for education. And Florida can help.

"Our nation, indeed global economy, has dramatically changed, and individuals that have digital and technological skills are, and will continue to be, in demand," Legg said in a release.

Nationwide there is expected to be a 50 percent to 60 percent shortage of skilled workers in the technology field by 2018, Legg said. Yet, a report last year by Cyberstate ranks Florida first in computer training, second in space and defense high-technology industries, third in engineering services, fourth in Internet and telecommu-

nications services, and fifth in technology employment.

"It is imperative that our education system equips Florida's students with fluent digital and technological skills so they will be the leaders of this changing economy," Legg said. "Many of Florida's business and education leaders have seen firsthand the need for policies and investment in technology in our schools."

The Legislature has adopted policies that promote elementary school cyber security programs, middle school digital arts certification, and industry certifications as a substitute for rigorous high school graduation requirements, said Legg, who spent more than 10 years in the classroom as a certified teacher before entering politics.

"We must continue to march swiftly to excellence by equipping our students with the skills they need in order to lead in an ever-increasing digital economy," he said.

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# Porter Campus aims to become hub of academic activity

By B.C. Manion  
bcm@cnnews.com

Deja Ventura couldn't be more excited about the January opening of Porter Campus at Wiregrass Ranch in Wesley Chapel.

The new campus — PHCC's fifth — will make life much easier for Ventura, a student at the college.

"I can't wait," she said. Ventura and others attended an information session last week in a conference room at Florida Hospital Wesley Chapel. There, faculty and administration for the new campus gave the crowd a virtual tour of the new facility, and shared their aspirations for the quality of education it will bring to its students.

Having a campus in Wesley Chapel will reduce Ventura's commuting time for school by two hours, she said. It takes the 20-year-old an hour to drive each way to her classes now at PHCC's New Port Richey campus.

Ventura's also pleased that the new campus is near Florida Hospital Wesley Chapel, where Ventura eventually wants to work.

The Wiregrass Ranch High School graduate said she was a patient at the hospital, and the positive experience she had there helped seal her decision to pursue a nursing degree.

Julio Rivera, an employee in the hospital's cafeteria, is also looking forward to the opening of the new campus, as he pursues classes in information technology.

"I live five to 10 minutes from here," he said. "I drive by here all of the time." Rivera said.

Stan Giannet, provost of Porter Campus, was enthusiastic about what the school intends to offer its students.

"We're very fired up," Giannet said, noting that PHCC expects to branch into four-year degree programs next year, with bachelor's degrees in nursing as well as su-



Stan Giannet, at left, provost at Porter Campus at Wiregrass Ranch, looks forward to creating a sense of community on campus and connections with the community it serves. Deja Ventura, at right, can't wait for the shorter commute that she'll have when she begins classes at Porter Campus at Wiregrass Ranch in January. (Photos by B.C. Manion)

pervision and management.

The community college has received approvals from the state for the programs and is awaiting approval on its application for accreditation for the programs.

Once that clears, PHCC plans to change its name to Pasco-Hernando State College.

The four-year programs are slated to begin in fall of 2014.

Porter Campus also plans to be the only PHCC location to offer two new certification programs that the college will launch in 2014. Those certification programs are for surgical and pharmacy technicians, both fields where workers are in high demand.

One of the college's missions is to help address workplace needs. "We want to be at the table to offer some solutions," Giannet said.

The new campus is well equipped to serve student needs, Giannet said. It has a seven-story building, which includes four

stories of classrooms on top of a three-story parking deck.

Beyond traditional classrooms, it also has nursing, computer and science labs as well as a two-story library. The nursing labs are so current that the mannequins used there can breathe and talk.

The campus also features two outdoor plaza areas, which Giannet believes will be popular places for people to congregate, for academic discussions and social gatherings.

He aspires to make the new campus an intellectual, cultural and community hub.

"We want to make it a vibrant campus for this community," Giannet said.

The campus doesn't have a cafeteria, but Giannet said students, staff and faculty members have many dining opportunities nearby.

"It's so ideally situated in the heart of Wesley Chapel. There are restaurants that are peppering this entire area," he said,

adding that the library will have a coffee shop.

Besides offering a wide variety of programs, the college is committed to helping its students succeed, Giannet said.

"You are not a number. You are known. This is the kind of climate we are going to have at Porter Campus at Wiregrass," Giannet said.

Courses will be offered in a variety of ways. Some will be taught in the traditional mode of a teacher delivering face-to-face instruction. Some will be offered online. Some will be a combination of both.

Pam Medley, the assistant dean of student development, said the college wants to help students get the classes they need.

Those transferring in must be sure to get their transcripts, to help them during the enrollment process, she said. Unofficial records can be used during the registration process, but official records are needed to release financial aid.

It's also important for high school graduates to be aware that they can enroll as early as May for classes that begin in August.

The college will work closely with high schools for dual enrollment, where high school students can earn college credits, Medley said. She expects those relationships to be especially close between the college and Wiregrass Ranch High School, which is across the street from the new campus, and with Wesley Chapel High School, which is nearby.

The college also has a Teaching-Learning Center, which is committed to helping students achieve their potential. The idea is to help students engage in learning, whether they are tackling a complex research project or struggling to stay on pace, said Natalie Epo, coordinator of the Teaching-Learning Center.

Classes at Porter Campus are set to begin Jan. 13.

For more information, visit the school's website at [www.PHCC.edu](http://www.PHCC.edu).

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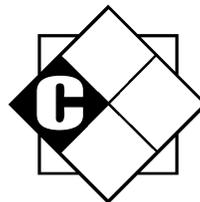
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# My son becomes a husband

By Diane Kortus  
Publisher



It was just two months ago that I wrote about my son's engagement over Labor Day weekend. I shared with you that Andy and Erin were planning to marry next November after Andy returned from his upcoming deployment to Afghanistan.

Well, a lot has happened since then. As you can see by the accompanying photo, Andy and Erin decided not to wait until 2014, and were wed earlier this month in a chapel on the base at Camp Lejeune, N.C.

It was a lovely wedding on a beautiful autumn day, with fallen leaves carpeting the walk from the church, and branches laden with red, orange and yellow foliage perfectly framing their photos.

The bride was gorgeous in a classic satin dress, and the groom stunning in his formal officer uniform. Andy proudly wore his white cover (as U.S. Marines call their hats) and playfully plopped it on his bride's head after the ceremony — a bit like Richard Gere and Debra Winger in "An Officer and a Gentleman."

Witnessing this joyous event was immediate family only — mothers, fathers, sisters, brother, sister-in-law and one first cousin. Between both families there were just nine of us — 11 including the bride and groom.

The wedding was intimate and deeply personal, with Andy and Erin focusing 100 percent on each other and their vows. There was none of the stress usually associated with getting married because there

were no guests to greet and no reception to worry about.

Andy and Erin shared their commitment with their closest family members, those who have loved them since the day they were born, or younger siblings who never knew life without them.

Everyone else — grandparents, aunts, uncles, cousins and friends — will have to wait until Nov. 8, 2014. That's when Andy and Erin will renew their vows in the church where Erin grew up in Appleton, Wis. Together we will celebrate their union with a traditional Midwestern reception in a spacious hall overlooking the Fox River.

I'm still not sure exactly how this accelerated wedding came to be. Shortly after becoming engaged, Andy left for a month of training in southern California. While still out West, he called to tell me that he and Erin had decided to get married before he deployed instead of waiting another year.

So with the blessings of their priest and their parents, Andy and Erin began planning their wedding, and were married four weeks later. It was surreal how the wedding details fell into place so easily and beautifully. Even the weather was perfect.

As I write this column, I've been back in Land O' Lakes for three days and am still getting used to the idea of a married son and a new daughter-in-law. Of course I am thrilled, but it is an adjustment — one of those transitional times most parents experience as their child embarks on a new life path quite separate from their own.

And, of course, this is the way it is meant to be: "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh," Ephesians 5:31-33



Andy Mathes, son of The Laker/Lutz News publisher Diane Kortus, married Erin Morgan on Nov. 2 in Camp Lejeune, N.C. (Photo by Kathleen Payne Photography)

I never gave much thought to this Biblical verse until Andy's wedding. But now it resonates loudly, as it does undoubtedly for all parents who have witnessed their son become a husband, or their daughter become a wife.

# Rehab center is Pasco's biggest sale

By Michael Hinman  
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Not much is expected to change at Trinity Regional Rehab Center on Welbilt Boulevard in Trinity after its building and land were sold late last month for \$14.4 million.

The new owner is Florida-LTC Inc., according to Pasco County property records, a company out of Westlake, Calif., that shares the same address and management staff as LTC Properties Inc. The larger company makes a business of acquiring properties around the country that already have existing leases with long-term care providers, according to the company's website.

The sale is the largest in Pasco County this year, according to the Pasco County Property Appraiser's office. It tops the \$12 million spent to acquire Sweetwater Apartments outside of Dade City and the \$10.4 million purchase of a CVS Pharmacy site on State Road 54 in New Port Richey, both in September.

Trinity Regional Rehab provides physical, occupational and speech therapies in its 120-bed facility, located two miles west of Trinity Medical Center. It was built in 2008 as a replacement to the Tarpon Health Rehab Center located seven miles south in Pinellas County. Original construction costs were \$11.1 million, according to a report filed ahead of its construction with Florida's Agency for Healthcare Administration.

The facility was built by Pasco Health Investors LLC of Roanoke, Va., and leased to Eastlake Rehab & Care Center LLC of Clearwater.

LTC Properties owns nine assisted living facilities and four other medical facilities in Florida. Last year, LTC purchased nine facilities across the country for \$166.8 million, according to corporate filings with the U.S. Securities and Exchange Commission.

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Welcome to our new column. We're calling it "Dental Bites" because we will be bringing you bites of information each week about preventative dental care and the latest in dental technology.

There have been so many changes in how dentistry is practiced since we opened our dental office 25 years ago in Lutz. We want to use this dedicated space in The Laker and Lutz News to answer questions we are frequently asked and to share with you information about new innovations that make dentistry pain free and affordable.

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In addition to a sensational menu that features family-priced Tex-Mex as well as traditional Americana cuisine, Elsa's offers a full-service bar and incredible drink prices all day long, not just during happy hour.

Holiday revelers appreciate Elsa's fabulous all-day, everyday drink specials — two-for-one well and call drinks, and \$1.75 pint domestic drafts.

Guests are especially crazy about Elsa's trademark Bad Juan margarita — a clear, lime-based drink made from tequila, lime juice and triple sec. It's strong alcohol content amounts to twice the liquor found in a bottle of wine.

And for ladies and young adults, there's the Bad Juanita — a strawberry margarita that has the same alcohol content as the Bad Juan.

"Because we have so many sports fans in the area, we've put big screen TVs in our party room so groups can watch their favorite game as they celebrate with friends and family," said Amanda. "We subscribe to NFL Sunday Ticket and NHL Center Ice, so we get all the games."

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 are the perfect place to celebrate the holidays, whether you're planning a party for a group up to 30, or just want to get together with a few of your friends," said Amanda. "The party room is booking up fast, so please call as soon as you can to reserve your date. Best of all, there is no charge to use our private room."



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**Congratulations to Rob Conker of Lutz, winner of Elsa's raffle for front row seats to the Oct. 26 Tampa Bay Lightning game against the Buffalo Sabres. Rob saw an exciting game, with the Lightning scoring two goals in the final two minutes to win 3-2.**



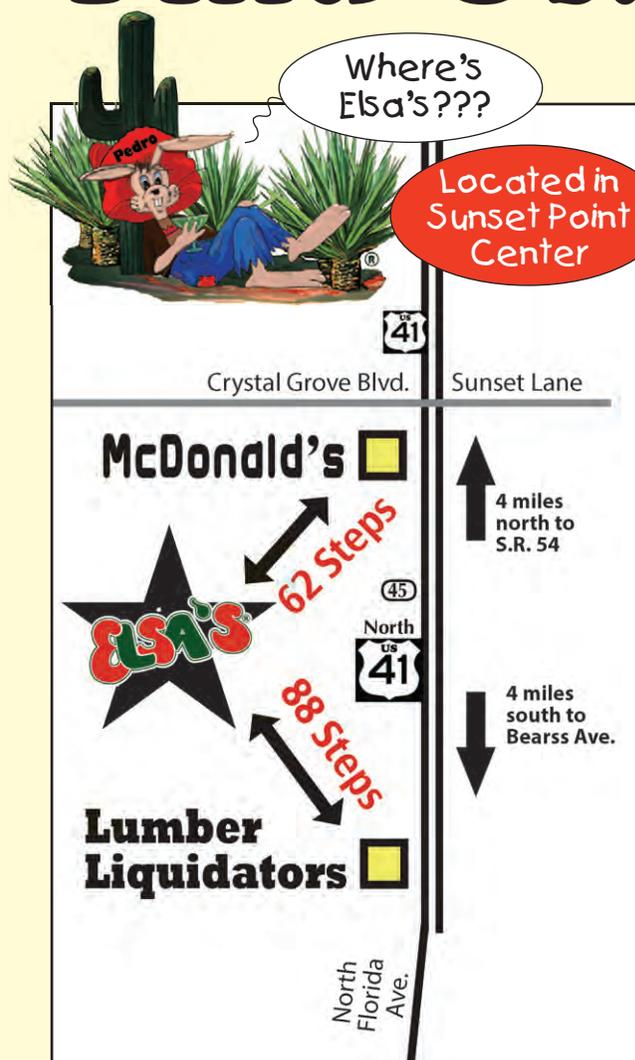
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# New charter school aims to help children with autism

By B.C. Manion

bcmation@cnewspubs.com

Children with autism often are unable to say what they need or want, said Carrie Walker.

She's the director of Florida Autism Center of Excellence, a Pasco County charter school that opened this year in Zephyrhills.

"They're hungry. They're sleepy. They can't express when they're hurting," Walker said.

That inability to communicate can cause frustrations, which boil over into behavior problems, Walker added. So, it's essential to help them learn that their voice is a tool to help them get what they need or want.

"You want to focus on the language first," said Claire Stanford, a board-certified behavior analyst who works with children at the charter school for prekindergarten through fifth-grade students.

Although public awareness about autism has improved, stereotypes about it still exist, both women said.

Some people lump all children with autism into the same group, failing to distinguish their individual differences. Others assume that children with autism must have low IQs because of their inability to verbalize. Others brand children with autism as being bad kids.

"Autism is a spectrum," Walker said. Each child faces individual challenges.

By helping children develop and use language skills, problems with behavior often are resolved, Stanford said.

The Florida Autism Center of Excellence aims to help students gain academic, social and behavioral skills needed to be independent in later life. The center uses the principles of Applied Behavior Analysis — a research-based strategy that has been proven to be effective for teaching students with autism.

"We break the goals down into small, dis-



Carrie Walker is the director of Florida Autism Center of Excellence, which is located at 39375 Chancey Road. (Photos by B.C. Manion)

crete, observable steps," Stanford said. Students are given praise and reinforcement for exhibiting those steps.

While many schools use a stoplight system to regulate behavior, the charter school does not. At those schools, all of the kids will start on green, Stanford said.

"There's nothing they can do but go down," she said.

The charter school teaches children to substitute unacceptable behaviors with acceptable choices, Stanford said.

"We do not use punishment," Walker said.

The school uses individual language assessments to pinpoint gaps. Stanford then helps teachers write a teaching plan, and a data sheet is used to monitor how a student is faring. Parents receive monthly progress reports.

The idea is to tailor instruction to meet an individual child's needs.

The charter school, on Chancey Road,



## FLORIDA AUTISM CENTER

**WHAT:** Florida Autism Center of Excellence is a Pasco County Schools charter school providing services for children with autism. It serves prekindergarten through fifth grade, and hopes to add middle school classes next year.

**WHERE:** 39375 Chancey Road, Zephyrhills

**WEB:** www.FACEProgram.org

**PHONE:** (813) 395-5952

operates out of a number of portable classroom buildings. It has an enrollment of 18, and is continuing to accept new students until it reaches this year's cap of 38. Once that happens, new students will be admitted through a lottery system.

Next year, the school hopes to add middle school classes. Ultimately, it would like to have 110 students, Walker said.

To be eligible, students must have a diagnosis of autism by a medical doctor or an Individual Education Plan issued by a school that states the student has autism, Walker said.

She encourages families to take quick action if they believe their son or daughter has autism. The sooner a child is diagnosed, the sooner he or she can get help.

"You want to get them enrolled as early as possible," Walker said. "Early intervention is the key."

The charter school also wants to give parents support and help. Parents often feel they are being blamed for their child's behavior, Walker said.

"For some of them, they feel they're

## ABOUT AUTISM

As a spectrum disorder, children and adults with autism can exhibit any combination of these behaviors in any degree of severity.

Some examples of behaviors a person with autism may display are:

- **Communication:** Children may have difficulty in verbal and nonverbal communication. There may be a lack of language development. Speech may be limited or disordered, or they may engage in one-sided conversations. They may have challenges with body language, facial expressions, gestures and signs.
- **Social Interactions:** Children may exhibit highly inappropriate behaviors and may show indifference to others. They may avoid affection, eye contact, and may play by themselves.
- **Imagination:** Play may be limited to one or two activities, involving repetitive actions.
- **Playing:** Children may use toys inappropriately and not for their intended purpose.
- **Repetitive Behaviors:** Children may develop ritualistic behaviors and obsessions. Autistic behaviors may include rocking, spinning, flicking hands or fingers in front of their eyes, tapping objects and mouthing objects.

Source: www.FACEProgram.com

being pointed at, they're the cause," she said. "This is a safe environment for them. They don't feel judged."

Walker said the work she does is rewarding.

"I like to see the gains," Walker said, referring to the progress that students make. "I like to give hope to the parents, because there is hope."

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Maryhelen Zopfi, above, has added another point of interest to her eclectic collection of yard art that embellishes her garden and koi ponds at her home in Lutz. At left, a 1997 Buick front end makes a perfect waterfall, she said. (Photos by B.C. Manion)

## Old car, pay phone booth perfect for this garden

By B.C. Manion  
bcmansion@cnewspubs.com

Maryhelen Zopfi gets a kick out of finding new uses for old stuff.

The avid gardener's green thumb is on glorious display at her North Mobile Villa Drive home in Lutz, where she grows roses, orchids, crotons, fruit trees, orchids, grapevines and all sorts of other plants.

But her enthusiasm for gardening is perhaps outdone by the funky stuff she has all over her place.

Recent additions to her eclectic outdoor décor include the front end of 1997 Buick that she's converted into a waterfall for her koi pond in her backyard. The pond, by the way, is a former swimming pool, which is partially covered by a deck.

The deck, it turns out, is the perfect cover for the koi — should a hungry bird swoop down to try to grab a quick bite to eat.

The Buick's front end is raised up on blocks, spilling water through its grill into the pool below.

Meanwhile, out front, Zopfi has added an old-fashioned telephone booth amidst her plants, just for fun.

She also has a smaller waterfall in her front yard, which, by the way, she thinks would be a perfect candidate for the front end of a Smart car.

Zopfi, who describes herself as a "stay-at-home gardener," always is thinking up stuff she can do to keep adding interest to her yard. Besides being full of whimsy, her yard also is environmentally friendly, too.

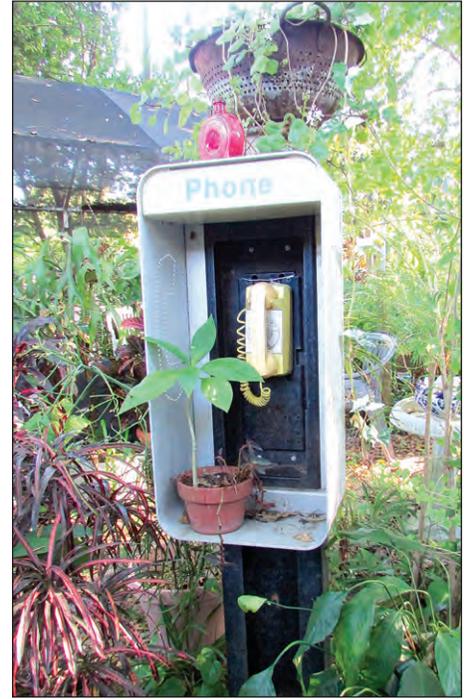
She won Hillsborough County's 2012

Florida-Friendly Landscape Water-Wise Award for the many water-conserving practices she observes.

For instance, she catches rainfall in a barrel to water a portion of a garden. She diverts runoff from her rooftop and pipes it into areas of her garden. She also uses landscape beds to keep storm water from spilling out of her yard. And, she uses micro-irrigation to apply water where needed without wasteful spraying.

Zopfi gets a kick out of showing off her handiwork. She welcomes garden clubs to come take a tour of her yard. She's also been known to set up tables in her driveway, to let garden club members have a meeting and eat lunch.

If your garden club would like to schedule a visit to Zopfi's garden, you can email the request to [mhmango@msn.com](mailto:mhmango@msn.com).



Maryhelen Zopfi recently added this pay telephone to the whimsical yard art, scattered lavishly around her property in Lutz.

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### Dandelion stole his owner's heart

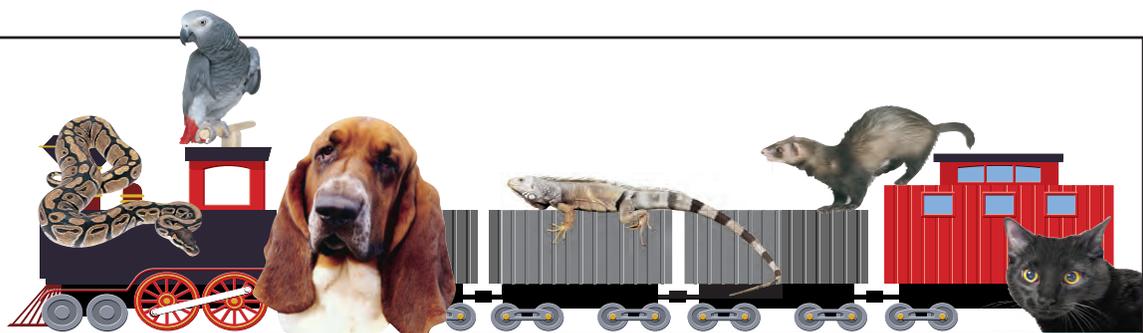
Dandelion was adopted from the Cat Network in Miami around nine years ago. The owner's daughter was volunteering for the network when she met Dandelion, immediately falling in love with him. His owner confesses that she wasn't crazy about adopting him, since they already had a dog, and she considered herself to be a 'dog person.' However, Dandelion had stolen their hearts with his affection and intelligence. Now they are 'cat people.' Dandelion's proud owner is Wanda Alverio-Sardina of Lutz.

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For more information on how to adopt Pumpkin Creamer or other animals with Pasco County Animal Services, visit [tinyurl.com/AdoptPasco](http://tinyurl.com/AdoptPasco).

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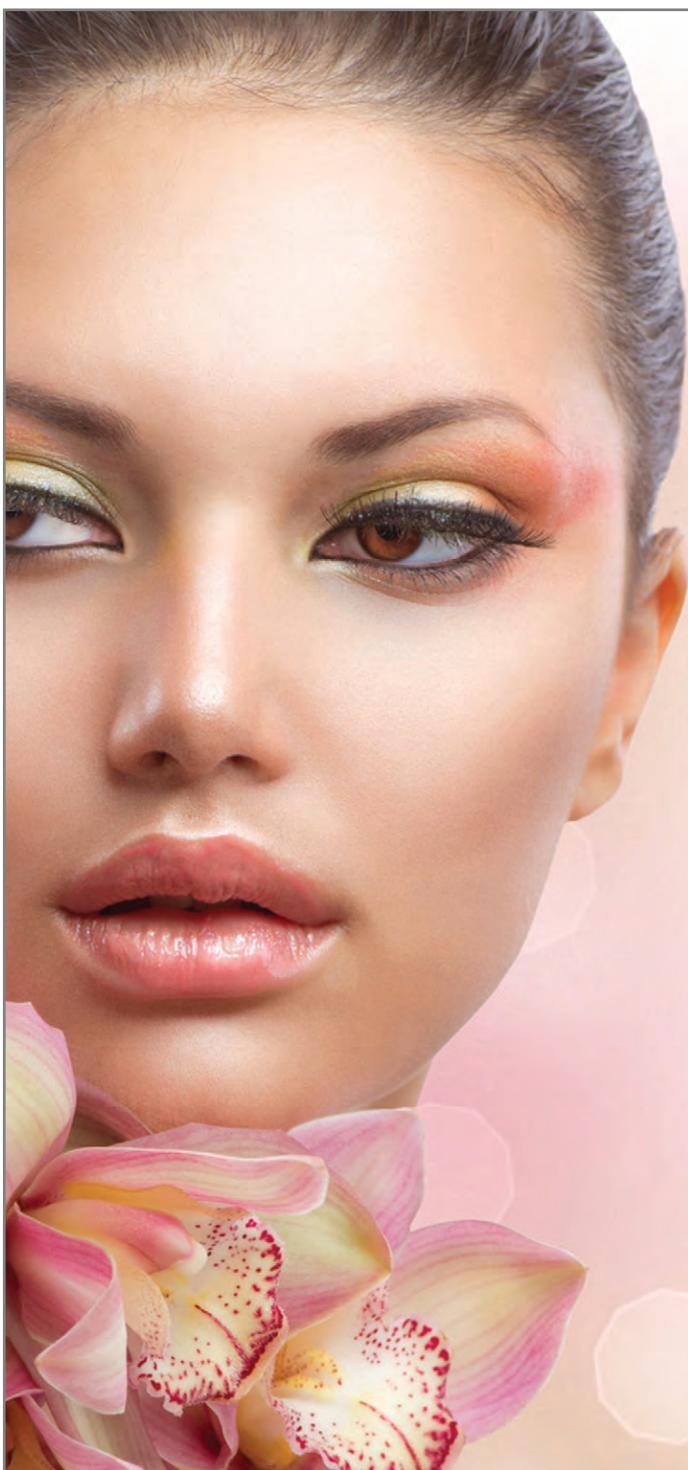
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# What's Happening

Your Community Calendar • Submit 2 weeks in advance to: [whathappening@cnewspubs.com](mailto:whathappening@cnewspubs.com) • All listings free of charge

## THANKSGIVING FOOD DRIVE

Craven Chiropractic Clinic in Land O' Lakes is collecting nonperishable food items for distribution through Christian Social Services. A collection box is located in the clinic's reception room at 5420 Land O' Lakes Blvd., Suite 105, in the Black Lake Professional Office Park. Monetary donations also will be accepted.

## SCHRADER AT REPUBLICAN CLUB

The Wesley Chapel Republican Club will host County Commissioner Ted Schrader on Nov. 14 at 7 p.m. Doors open at 6:30 p.m. Seating is limited. The club meets at Hyundai of Wesley Chapel, 27000 Wesley Chapel Blvd., in Wesley Chapel. For information, email Mike Moore at [wcrepublican@att.net](mailto:wcrepublican@att.net).

## HCC FALL DANCE

The Hillsborough Community College's dance program and the School of Visual and Performing Arts will host its annual fall dance concert Nov. 14-16 at 7:30 p.m., in the Mainstage Theatre at the Ybor City campus. General admission is \$10. All HCC students, faculty and staff are free. The theater is at the corner of East Palm Avenue and North 14th Street. For more information, email [cacosta@hccfl.edu](mailto:cacosta@hccfl.edu).

## BUSINESS EXPO

The Temple Terrace Area Business Alliance is having its first Business Expo on Nov. 14 from 11 a.m. to 1 p.m. at the Olde World Cheese Shop, 11001 N. 56th St. There will be a drawing for four tickets to the Museum of Science & Industry, and a lunch certificate from the Olde World Cheese Shop.

## BIBLE STUDY GROUP

The Storehouse Bible Study Group meets at the Senior Center, Wisteria Loop in Land O' Lakes, every Thursday at 7 p.m., except the second Thursday of the month. Pastor Dan Brockman leads the group. Refreshments are served. There is also Power Point Sunday School at 5 p.m., and a worship service at 6 p.m., on Sundays. For information, call (813) 235-9239.

## CHURCH CARWASH FUNDRAISER

Path Of Holiness Church is having a carwash fundraiser at LOL Transport & Moving's parking lot, 5811 Ehren Cutoff in Land O' Lakes, on Nov. 16 from 9 a.m. to 1 p.m. Proceeds will go to feeding hungry families in the local area.

## LAKESHORE VILLA CRAFT SHOW

Lakeshore Villa Community is hosting an arts and crafts show on Nov. 16 from 9 a.m. to 1 p.m., at 15401 Lakeshore Villa St., in Tampa. Vendor spaces are still available for \$10. For applications and information, call Mary Brate at (813) 264-1303.

## CARD MAKING WORKSHOP

The University of South Florida Botanical Garden is hosting a mixed-media card-making workshop on Nov. 16 from 10 a.m. to noon. Participants will use rubber stamps, encaustic wax, inks, papers, gesso and more. Embellishments will be added using ephemera, old photos, mica, found objects and others. The class is \$40, and all materials are provided. Art cards will be suitable for framing. For information, visit [gardens.usf.edu](http://gardens.usf.edu).

## SYMPHONY IN LIGHTS

The Center Court at The Shops at Wiregrass will premiere its annual Symphony in Lights holiday light show on Nov. 16 from 5 p.m. to 9 p.m. This show is choreographed to music featuring the Trans-Siberian Orchestra, and features a tree trimmed with more than 250,000 lights. There will be a live performance by Late Night Brass Band,



Hickory Hills by Rhonda Hancock

## 'Local Landscapes' exhibit

Pasco Arts Council is showing the exhibit "Local Landscapes" until Dec. 2 at the New Port Richey Government Center, 873 I Citizens Drive. The exhibit showcases open air landscapes by the artists of West Coast Plein Air. The paintings are for sale as well as viewing. Admission is free. The center is handicapped accessible. Hours are Tuesday through Thursday from 9 a.m. to 4 p.m., and Friday and Saturday from 9 a.m. to 1 p.m. For information, call the council at (727) 845-7322, or visit [PascoArt.org](http://PascoArt.org).

strolling carolers, strolling models, snow, and Santa. The Shops at Wiregrass is at 28211 Paseo Drive in Wesley Chapel.

## FUN FEEDS PASCO

Keystone Community Church is hosting its second annual Fun Feeds Pasco event on Nov. 16 from 10 a.m. to 3 p.m., at 21010 State Road 54 in Land O' Lakes. The event is free and includes bounce houses, live music, face painting, a book fair, plant sale, law enforcement displays, food and drinks. Monetary donations, and donations of nonperishable food and new toys, will be accepted for Metropolitan Ministries. For information, email Pastor Gary Edwards at [pastor@keystonecommunity.org](mailto:pastor@keystonecommunity.org).

## HOLIDAY OPEN HOUSE

Christian Social Services, 5514 Land O' Lakes Blvd., in Land O' Lakes, is hosting a holiday open house on Nov. 16 from 10 a.m. to 4 p.m. The event includes sales, treats, fun, and a drawing for a hot air balloon ride.

## NEW TAMPA PEDIATRIC FESTIVAL

New Tampa Pediatric Dental will host its third annual fall festival on Nov. 16 from 9 a.m. to 1 p.m. at its office, 2242 Ashley Oaks Circle in Wesley Chapel. The event includes games, contests, live music by Mr. Tommy, food, prizes, tours of the offices and more. To RSVP, visit New Tampa Pediatric Dental on Facebook and click on "events."

## AFRICAN MARKETPLACE

The Museum of Science & Industry, or MOSI, will host a unique fair trade "I Love Africa" marketplace Nov. 16-17. Hours are from 10 a.m. to 5 p.m. on Saturday, and 10 a.m. to 3 p.m. on Sunday. The handmade, fair trade wares created by more than 200 East African artisans will be showcased. Gifts include clothing, jewelry, organic coffee, baskets, ornaments, children's toys, and more. Parking and admission is free. MOSI is at 4801 E. Fowler Ave., Tampa. For information, call (813) 971-1085 or visit [Africatraid.org](http://Africatraid.org).

## WOMAN'S CLUB SWAP & SHOP

The GFWC Lutz-Land O' Lakes Woman's Club is hosting its Swap & Shop fundraiser to benefit Relay for Life on Nov. 19 at Copperstone Executive Suites, 3632 Land

O' Lakes Blvd., in Land O' Lakes. The idea is for participants to bring several top-notch items, such as jewelry, clothing or housewares, to "swap." Previewing begins at 6 p.m., and the swap shopping starts at 7 p.m. Cost is \$10 and includes wine, cocktails and light hors d'oeuvres. For information, call Nancy Boschert at (727) 642-5959.

## TAMPA ICE RINK RE-OPENS

Tampa's downtown ice rink, 600 N. Ashley Drive, will return to Curtis Hixon Waterfront Park from Nov. 21 to Jan. 5. Cost is \$10 for a 90-minute session with skates. Proceeds will help fund scholarships to send children to summer camps through the city's parks department. For hours, visit [TampasDowntownOnIce.com](http://TampasDowntownOnIce.com).

## ORCHID SOCIETY

The Tampa Bay Orchid Society will meet Nov. 21 at 6:30 p.m. at Christ the King Church, 821 S. Dale Mabry Highway, Tampa. Guest speaker will be Ron McHatten, chief operating officer and director of education of the American Orchid Society on the topic of Madagascar orchids. Refreshments will be provided. There will be plants for sale and a plant raffle. For more information, call (813) 839-4959, or visit [tinyurl.com/TampaOrchids](http://tinyurl.com/TampaOrchids).

## MOSI PARENTS' NIGHT OUT

The Museum of Science & Industry, 4801 E. Fowler Ave., Tampa, is hosting a parents' night out on Nov. 22 from 6 p.m. to 10 p.m., for kids older than 5. MOSI's education department staff will care for and entertain kids with Minecraft and age-appropriate video games, museum treasure hunts, creative play, and more. Kids will dine on pizza and drinks while parents enjoy a night off. Advanced registration is required. Cost is \$25 per child. For information, call (813) 987-6000 or visit [MOSI.org](http://MOSI.org).

## INTERNATIONAL AUTO SHOW

The 2014-Model Tampa Bay International Auto Show will be Nov. 22-24 at the Tampa Convention Center, 333 S. Franklin St., in Tampa. The show will feature a collection of high-end luxury cars, plug-in electric vehicles, family fun, and more. Hours are Friday from noon to 10 p.m., Saturday from 10 a.m. to 10 p.m., and Sunday from 10 a.m. to 6 p.m. Tickets are \$9 for adults, and \$5 for

seniors 62 and older, military, and children ages 7-12. Children younger than 6 are free. For information, visit [AutoShowTampa.com](http://AutoShowTampa.com).

## CLAYS FOR KIDS

Big Brothers Big Sisters will host a Clays for Kids' fundraiser at Tampa Bay Sporting Clays, 10514 Ehren Cutoff in Land O' Lakes, on Nov. 23 starting at 9 a.m. Individual shooters are \$100. Teams of four are \$400. Participants should bring protective eyewear and ammunition, which also can be purchased onsite. The event includes a shotgun raffle and silent auction. For information, call (813) 929-6200, or visit [MyTBSC.com](http://MyTBSC.com).

## MODEL TRAIN SHOW, SWAP

Regal Railways will present its Model Train Show & Swap Meet on Nov. 23 from 10 a.m. to 3 p.m. at the Knights of Columbus, 5850 K of C Drive in Port Richey. There will be more than 60 vendor tables and a model train layout. Admission is \$4 for adults. Children younger than 12 are free. Lunch will be provided for a small fee. For information, call (727) 244-1341 or visit [RegalRailways.com](http://RegalRailways.com).

## THANKSGIVING SERVICE, PICNIC

First United Methodist Church of Lutz, 960 W. Lutz Lake Fern Road, will host its Old-Tyme Thanksgiving Service & Picnic on Nov. 24. Following morning services at 8 a.m., 9:45 a.m. and 11:30 a.m., there will be a picnic by the lake at 12:30 p.m. Turkey and drinks will be provided. Those attending should bring a side dish to share. There will be family yard games and music. For information, call (813) 949-1751.

## COMMUNITY YARD SALE

Gunn Highway Memorial American Legion Post 147 will have a community yard sale on Nov. 30 from 8 a.m. to 2 p.m., at the Legion Hall, 17383 Gunn Highway in Odessa. Spaces can be reserved for \$5. A space with table and two chairs is \$8. All proceeds go to the Disadvantaged Children's Christmas Party. There also will be an all-you-can-eat pancake breakfast available for \$5 for adults and \$2.50 for children younger than 12. For information, call (813) 295-0820 or (813) 920-7162, or email [amlegion@gmail.com](mailto:amlegion@gmail.com).

## 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](http://TampaBayCoinClub.org).

## HELP FIGHT HUNGER IN THE COMMUNITY

The Laker/Lutz News is joining the ongoing fight to help feed community members in need through a food drive. We have a collection box in our office for our readers to drop off donations for Feeding America Tampa Bay-Suncoast Branch in Land O' Lakes, just one of the more than 200 food banks in the Feeding America network.

The Laker/Lutz News office is in the Copperstone Executive Suites, 3632 U.S. 41, Suite 102 in Land O' Lakes. The most needed items are:

- Canned meats (tuna, chicken, ham, sausage)
- Canned fruits and vegetables
- Canned and boxed meals (soup, chili, stew, macaroni & cheese)
- Pasta and rice
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You can also download and print this form from our website at [www.LakerLutzNews.com](http://www.LakerLutzNews.com)

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 Phone number \_\_\_\_\_ E-mail \_\_\_\_\_  
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## BUSINESS DIGEST

Send business news to  
mhinman@cnewspubs.com

### ROCKWELL RECEIVES WOMEN'S CHOICE AWARD

Brian Rockwell of the Rockwell Financial Group of Raymond James, has received the Women's Choice Award for Financial Advisors from WomenCertified Inc.

Rockwell, of the Trinity-based firm, was chosen based on rigorous research, 17 objective criteria including a client survey to obtain feedback regarding service and practices.

The Women's Choice Award is the only recognition program for well-qualified advisors who are committed to the women's market and serving their female clients. Achieving the award reaffirms the commitment Rockwell has to extraordinary service in addressing the financial needs of women and their families, according to a release.

The award allows Rockwell to now showcase his commitment to the women's market, giving potential clients a starting

point for entrusting their finances to an advisor.

For more information on Rockwell's firm, call him at (727) 372-2530.

### IT'S A NEW CAR!

Tina Pyles Johnson was the winner of a 2013 Fiat 500L from Parks Fiat of Wesley Chapel, part of the Win My Ride contest from the dealership group and WFLA-Channel 8. Johnson was able to choose from six participating dealerships in the contest, and chose the four-door Fiat.

### FLORIDA DESIGN CONSULTANTS EXPANDS INTO DOWNTOWN TAMPA

Florida Design Consultants Inc., a full-service engineering firm in Trinity, has expanded with new offices in downtown Tampa.

Located on the sixth floor of 707 N. Franklin St., Florida Design will now be centrally located for clients in Hillsborough, Manatee and Polk counties.

"At this point, expanding our physical presence in the center of our market area was essential to meet the increased demand for our services, as well as convenience for our clients," said Stuart Rogers, president of Florida Design Consultants, in a release. "We also think it is a great opportunity to be located in the iconic Tampa Theatre building."

The company will continue to service clients from Pasco, Pinellas and Hernando counties from its Trinity office.

### LIFECHOICES HIRES CONNELLY

Susan Connelly is the new director of advancement for LifeChoices Women's care in Lutz.

Connelly brings with her more than 12 years of marketing and public relations experience. She will be responsible for furthering the center's mission, which offers free pregnancy testing, counseling, and educational services to women of all ages.

LifeChoices is funded entirely by private donations, and is not affiliated with any particular church.

For more information, call (813) 948-7734.

### COMPUTERS ETC., COMPUTER BASIC TRAINING, MERGE

Computers Etc., of Dade City, has merged with Computer Basic Training of Wesley Chapel, pointed to provide its customer base a range of services surrounding the computer.

The new company will be known as Computers Etc., and will include Computer Basic Training owner Kristin Pelletier, leading the company's training division, that will provide individual tutoring in a customer's home, office or remotely.

"We are thrilled to have Kristin join our team," said Ken Buzzie, chief executive of Computers Etc., in a release. "She has built a great reputation for her training skills both in the classroom and in-home. Adding computer training to our list of services (complements) our business."

For more than six years, Computers Etc.

has offered in-home or in-office computer repair, laptop repair, data recovery, managed services and full-service technology hardware and software replacement and upgrade. It also offers cloud services, voice-over Internet protocol, points of service and remote support.

For more information, visit [www.ComputerEtc.com](http://www.ComputerEtc.com), or call (352) 424-1079.

### FACE HAS RIBBON-CUTTING

The Florida Autism Center of Excellence had a ribbon cutting Nov. 5 at its location at 39735 Chancey Road in Zephyrhills.

The Greater Zephyrhills Chamber of Commerce conducted the event.

For more information on FACE, visit [FACEProgram.org](http://FACEProgram.org).

### TAYLOR MORRISON OPENS ARBOR WOODS WITH BARBECUE

Homebuilder Taylor Morrison recently celebrated the opening of its latest neighborhood, Arbor Woods, with an old-fashioned backyard barbecue.

The community turned out for food, refreshments and music, as well as to tour model homes Taylor Morrison set up for the Wesley Chapel community.

Arbor Woods has 423 wooded acres with preserve areas, mature trees, ponds and natural wetlands. When complete, it is expected to have more than 220 single-family residences, with prices beginning above \$200,000.

For more information, visit [www.TaylorMorrison.com](http://www.TaylorMorrison.com).

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## MILITARY



Corbin C. Cooper



Brennan S. Maxwell



Taylor C. Williams

## Three airmen graduate from basic training

Three U.S. Air Force airmen recently graduated from basic military training at Joint Base San Antonio-Lackland, in San Antonio, Texas.

Taylor C. Williams, Brennan S. Maxwell and Corbin C. Cooper all completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training

earn four credits toward an associate's degree through the Community College of the Air Force.

Cooper is a 2012 graduate of Wesley Chapel High School, and is the son of Mark Cooper of Wesley Chapel.

Maxwell is the stepson of Shannon McManigal of Lutz.

Williams is a 2012 graduate of Land O' Lakes High School, and is the daughter of Michele Williams of Land O' Lakes.



## LIBRARIES

### Land O' Lakes Branch Library

- Baby Storytime, 11:30 a.m., and 2:30 p.m., every Thursday
  - Toddler Storytime, 10:15 a.m., and 10:45 a.m., every Friday
  - Preschool Storytime, 11:30 a.m., every Friday
  - Teen Advisory Board, 6 p.m., Nov. 26
  - Computer Skills, 10 a.m., Nov. 13
  - Social Seniors, 10 a.m., Nov. 14
  - Florida Blood Services Blood Drive, 11 a.m., Nov. 14
  - Friday Afternoon Movie, 1:15 p.m., Nov. 15
  - Young Adult Book Share, 10 a.m., Nov. 16
  - Kids Crafts-Thanksgiving, 2 p.m., Nov. 16
  - Teen event, 6 p.m., Nov. 19
  - Family Night Out, 5:30 p.m., Nov. 19
  - Land O' Lakes Book Club, 1:30 p.m., Nov. 20
  - Friends of the Land O' Lakes Library, 2:30 p.m., Nov. 20
  - Taste of Sunshine, 5 p.m., Nov. 20
  - PM-16-plus Game Night, 6 p.m., Nov. 22
  - Tween Shrinky Dink Craft, 2 p.m., Nov. 23
  - Tablet Time, 10:15 a.m., Nov. 27
  - All day closed - Thanksgiving Holiday Nov. 28 and Nov. 29
- The library is closed Sundays and Mondays, and is located at 2818 Collier Parkway. It can be reached at (813) 929-1214.

### Austin Davis Public Library

- Baby Time 11:30 a.m., every Tuesday
- Toddler Time, 10:30 a.m., Nov. 14 and Nov. 21
- Storytime, 11 a.m., Nov. 14, and Nov. 21
- Microsoft Access - Table Design, 3:30 p.m., Nov. 14

- Library Website, 12:30 p.m., Nov. 18
  - Art After School, 4 p.m., Nov. 18
  - Teen Advisory Board, 4 p.m., Nov. 20
  - Scratch for Teens: Video Game Design Basics, 4:30 p.m., Nov. 20
  - Microsoft Access-Tables And Relationships, 3:30 p.m., Nov. 21
  - Early closing, 6 p.m., Nov. 25, Nov. 26 and Nov. 27
  - Closed all day - Thanksgiving, Nov. 28 and Nov. 29
- The library is located at 17808 Wayne Road in Odessa. It can be reached at (813) 273-3652. The library is located at 17808 Wayne Road in Odessa. It can be reached at (813) 273-3652.

### Lutz Branch Library

- Chess Do It at the Lutz Library, 1 p.m., Nov. 16
  - Storytime, 11:30 a.m., every Tuesday
  - Lucky Cat Yoga: Chair Yoga, 10:30 a.m., Nov. 20
  - Baby Time, 10:15 a.m., Nov. 14 and Nov. 21
  - Toddler Time, 11 a.m., Nov. 14 and Nov. 21
  - ABCs and 123s of Yoga, 11 a.m., Nov. 13
  - e-books and e-readers: An Introduction, 2 p.m., Nov. 18
  - Block Party, 6:30 p.m., Nov. 18
  - Jump, Jive and Jam, 10:15 a.m., Nov. 20
  - Keyboard Basics, 2 p.m., Nov. 25
  - Early closing, 6 p.m., Nov. 25, Nov. 26 and Nov. 27
  - Closed All Day - Thanksgiving, Nov. 28 and Nov. 29
- The library is located at 101 W. Lutz Lake Fern Road and can be reached at (813) 273-3652.

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## ARTHRITIS, from page 1

lems with her knees about two years before she was diagnosed with juvenile arthritis. She was taking a dance class and one part of a routine required dancers to spring up from the floor.

"All of the girls were able to get off the floor with ease," Lindsey said. All except for her. She had to push herself up.

When Valenti reported that Lindsey's knees were swollen, it was explained away as "growing pains," she said. Lindsey had back pain, which doctors said could be kidney infection. She had severe fatigue that was chalked up to her immune system condition.

"It took us a very long time to come to this diagnosis," Valenti said.

But it didn't take as long to recognize Ashley's condition, her mom said. When Ashley complained that her foot hurt, they initially thought she had turned her ankle.

When that wasn't the problem, Valenti wondered if Ashley also might have juvenile arthritis. A rheumatologist confirmed her suspicion.

Many people have never even heard of

juvenile arthritis, Valenti said. Often, they trivialize the condition, saying things like their grandmother or grandfather has arthritis.

"They don't get it. They don't understand it. This is a life-altering diagnosis," Valenti said. "They look so normal and healthy, that's why we have trouble getting across to people how serious this is."

The arthritis they have is aggressive and lifelong. It affects organs. It affects their heart. It causes blindness.

"These are things we constantly having to get checked," she said. "We have a team of about seven specialists."

Lindsey remembers that recently she saw her neighbors playing outside.

"We used to be out there with them, and now we can't," she said. "It hurts to run. We'd go and play tag. We live in a lot of pain."

When Lindsey wakes up in the morning, she has at least an hour of stiffness "with every joint, my neck, my knees, everything."

The arthritis has prompted Lindsey to be home-schooled, taking classes through Florida Virtual School. But it can be hard, because Lindsey is at an age where having a social life is important. Being out of sight means being out of mind, she said, noting

### If you go

**WHAT:** Jingle Bell Run/Walk  
**WHO:** Tampa Bay Arthritis Foundation  
**WHEN:** Dec. 21, with registration beginning at 7:30 a.m.  
**WHERE:** Dale Mabry campus of Hillsborough Community College, 4001 W. Tampa Bay Blvd.

she doesn't attend many birthday parties because she's not invited.

"I have a wheelchair that I use off and on during flares, and sometimes I think kids are almost scared of what to say, so I'm avoided," Lindsey said. "Ashley will go and play with the Barbies and she'll need help getting up. And, I'll sit down on the floor, and I'm pulling on the chair to try to get myself up. Even getting up from a chair is sometimes hard."

Ashley attends Wesley Chapel Elementary School, but is frequently out of school to attend doctor's appointments and get treatments.

Valenti and her husband Tony try to keep things as normal as possible for her girls. When Ashley's school had a Halloween parade, for instance, Valenti pushed her

daughter around in a wheelchair so Ashley could take part.

"She's fifth grade, it's her last one. We're fighting to make it memorable for her because fifth grade is a big deal," Valenti said. "I don't know how much more schooling she's going to be able to attend. We have some decisions to make for next year. We're probably going to have to do the virtual school as well. But it's a tough choice. She's a very social kid."

Besides robbing her children of their childhood, the disease has posed challenges for the entire family, Valenti said, especially when it comes to finances. There's the cost of medical treatment, doctor visits and medication. There's also the cost of just driving the girls to their medical appointments, which include trips to St. Petersburg and Gainesville.

"We bought a brand new car in May just because we travel so much, and I already have 12,000 miles on it," Valenti said.

They've formed a fundraising team they call the Valient Valentis, and they've had some local events to raise money to help battle arthritis. They're determined to do what they can to help their daughters and others who suffer from juvenile arthritis.

## FESTIVAL, from page 1

children, vendors, and some great entertainment lined up."

Castens works by day as a substitute teacher, and sees firsthand more often than not what hunger can do, especially with young minds wanting to learn.

"Hunger is one of the things that breaks my heart," she said. "I see children who come in and say their tummy hurts because they hadn't eaten. But at least in school, they can get lunch and maybe even breakfast. But it's during the breaks, like holidays, where they can really go hungry. Where they don't have breakfast, lunch or dinner."

Metropolitan Ministries looks to serve just under 590,000 meals during the holiday season in Pasco, Hillsborough and Pinellas counties. To achieve that, the organization is going to need literally tons of food, and every drive — including the one at Keystone — is essential to make that happen.

The tent for Keystone's food drive will go up this weekend, and it will accept donations through Thanksgiving week, primarily of frozen or nonperishable, nonexpired food items.

But those not wanting to clean out the pantry or hit the grocery store on the way

### If you go

**WHAT:** Fun Feeds Pasco  
**WHEN:** Nov. 16 from 10 a.m. to 3 p.m.  
**WHERE:** Keystone Community Church, 21010 State Road 54, Land O' Lakes  
**COST:** Free, with suggested donation of nonperishable food, new toys or monetary donations  
**INFO:** FunFeedsPasco.org

can also bring other donations like gift cards, personal checks, new toys and new clothes. One popular donation is frozen turkeys, which could help make a needy family's holiday truly special.

"It's about bringing the community together, and helping those in need," Castens said. "This isn't just a Metropolitan Ministry thing. It's not just a Keystone Community Church thing. This is a community event to bring awareness of the needs in our community, and to help our neighbors when they need us the most."

The event will also include live music, face painting, clowns, inflatable bounce houses, free hot dogs and cotton candy, and even a Florida Blood Bank Bloodmobile unit.

## CARE, from page 1

aware of their options, and pursue appropriate care.

"Nurses seem to be the point of contact. Patients really open up to nursing," Scherer said.

She also is a staunch advocate for patient rights.

"People are having to take more responsibility for their own health care," Scherer said. "I believe people have the right to hear what's going on, honestly, with them."

Unfortunately, many people find doctors to be intimidating, she said. "There's a whole generation of, 'Well, the doctor said ...'"

Finding appropriate care is essential, but that doesn't always happen. "People will shop for cars more than they will their own physician," she said.

Scherer's service helps people gain greater insight about their options and resources that may be available to help them. It also helps patients realize they need to advocate for their health care.

"I give them a voice. I say, 'You have every right to say what you have to say. You have every right to be heard. This is your life,'" she said.

She believes patients want to be informed about their condition, — even when the news is bad.

"If you arm people with education and you tell them the truth, they can handle it a lot better than if you blindside them," Scherer said.

She believes her new venture is particularly timely.

"Right now, we have this health care system and nobody knows what's happening. It's mass chaos. Looking at how fragmented

that things are right now, now is the time to help out," she said.

RN Cancer Guides serves patients at any stage of their diagnosis, she said.

Costs for the service vary. For newly diagnosed patients with no complications, the service is \$750, which includes 10 hours of service and a doctor's visit.

The cost increases to \$1,000 for 15 hours of service and a doctor's visit, for more complicated cases, and \$2,000 for up to 20 hours of service and a doctor's visit for even more complex cases.

There's also an hourly consulting service available at \$149 an hour. And, there are corporate programs available, too, for businesses that want to provide a cancer assistance program for their employees.

When the patient is facing an important decision, the oncology nurse will accompany them on that doctor visit, Scherer said.

"When I go into physicians' offices, I have to not be adversarial. I'm supposed to be an extension of everybody, to make sure they're all talking," Scherer said.

If she wins the award on Friday, it won't be Scherer's first honor. In 2005, she received a Florida Hospital Heroes Award after she and her husband, Nick, traveled to Mississippi twice in the aftermath of Hurricane Katrina.

The couple hauled a trailer full of food and supplies to dispense to storm victims. She also provided medical assistance, administering tetanus shots and helping in other ways.

Anyone who would like to know more about RN Cancer Guides can call (813) 360-1145, can email info@rncancerguides.com, or can visit the company's website at www.RNCancerGuides.com.



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 Sun 12-5

# They fly the friendly skies to help those in need

By Sherri Lonon

The Laker/Lutz News Correspondent

Two local residents were nominated for pilot of the year honors for their dedication to the nonprofit that flies missions of mercy throughout the Southeast.

John Hanselman and David Trilling are on a mission to give back to others in need.

As pilots for Angel Flight Southeast, Trilling of Lutz and Hanselman of Odessa, give their time and donate their personal aircraft and fuel to take patients in need of medical care to appointments. Whether it's transporting a child to another state for cancer treatments or flying a transplant organ from a donor hospital to a patient in need, Hanselman and Trilling stand ready to answer calls for help when they arise.

For their efforts, Angel Flight Southeast has nominated both Hanselman and Trilling for its pilot of the year award. The award is the highest honor Angel Flight bestows on its volunteer pilots.

Angel Flight Southeast is a nonprofit humanitarian organization that serves Florida. Through a network of about 650 volunteer pilots, the agency helps those who are unable to take commercial flights — whether for financial or medical reasons — get to their appointments within the state, or in



John Hanselman, at left, takes a moment to smile from the cockpit of his Cessna 206h before a flight. Hanselman of Odessa is joining other pilots, like David Trilling, of Lutz, at right, to help others with Angel Flight Southeast. (Photo courtesy of John Hanselman)



he was ever in a position to take part, he would.

When Hanselman retired and sold his stake in a business, he bought a Cessna 206h and kept that promise to himself. His first flight for the nonprofit was a year ago.

For Hanselman, being a part of such a "noble enterprise" is reward enough.

"I enjoy flying, and at the same time, it's giving back," he said.

Trilling's motivations are similar.

"After five years of flying, earning ratings and certificates, I wanted to use the acquired flying skills to do interesting flying as well as give back to the community," he said.

Trilling learned how to fly after working 35 years in the food research and development arena.

"After retiring, I consulted and learned how to fly, always having been interested in planes and the magic of flight," he said.

Now a flight instructor and volunteer with Angel Flight, Trilling uses his personal plane, a Mooney, to conduct missions of mercy.

As for the nomination, Trilling is honored, but says that "all of the pilots who contribute their time and planes for this purposes are pilots of the year."

For more information about Angel Flight Southeast, visit the nonprofit online at [www.AngelFlightSE.org](http://www.AngelFlightSE.org).

other states. It's part of the Air Charity Network, which logs more than 22,000 missions annually, according to Angel Flight's website.

Trilling won pilot of the year during a ceremony Sunday night, while Hanselman received the "Above & Beyond" award, given to pilots who not only volunteer their time, planes and fuel for Angel Flight missions, but also work to raise awareness for the charity, and will often help with fundraising.

Hanselman and Trilling both say they are honored by the nominations and wins, but admit they don't take to the skies in hopes of earning awards.

"Most pilots just absolutely love to fly, and they love to fly with purpose," said Hanselman, who has been flying for Angel Flight for about a year.

Hanselman first learned about the organization in the 1980s while he was working on his pilot's license. He promised himself if

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## Infant care class

The obstetrics program at Medical Center of Trinity is offering an infant care class on Nov. 18 at 6 p.m. This is a six-hour course consisting of two classes on two consecutive Thursdays. The class provides parents with the knowledge and skills to make the transition into parenting smooth and comfortable.

Cost is \$40.

The center is at 9330 State Road 54.

For information or reservations, call (727) 834-5630.

## Annual memory screening day

The Alzheimer's Foundation of America is recognizing the 11th Annual National Memory Screening Day on Nov. 19. A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills.

Anyone interested in having their memory tested can make a free confidential appointment by calling the Baldomero Lopez State Veterans' Nursing Home in Land O' Lakes at (813) 558-5000, ext. 1416.

## Healthy lifestyle workshop

A Focus on Fitness in Wesley Chapel will host a weight loss and wellness workshop on Nov. 19 from 6:30 p.m. to 7:30 p.m. at

2136 Ashley Oaks Circle. Participants can learn how to target quick weight loss, feed muscle mass, improve digestion, increase energy, lessen food cravings, and stabilize blood sugar. Seating is limited.

To RSVP, call (813) 344-3325.

## Childbirth preparation

Morton Plant Mease Outpatient Center, 2102 Trinity Oaks Blvd., in Trinity, is offering a half-day intensive childbirth preparation class on Nov. 19 at 7 p.m. Fee is \$25.

For information, call (727) 953-6877, or visit BayCareEvents.org.

## Parkinson's support

The Tampa area's Parkinson's Support Group will meet Nov. 20 from 1 p.m. to 3 p.m. at Church of the Nazarene, 5902 Himes Ave., in Tampa. Guest speaker will be Kelly Tehan, of Dr. Hauser's Movement Disorder facility. Those diagnosed with Parkinson's, caregivers and family members are welcome.

For information, call Adele Ida Walter at (813) 932-6902.

## Advance planning seminar

Gulfside Regional Hospice will host an advance planning seminar for those wanting to learn more about Five Wishes, a living will and health agent document. The seminar

will be on Nov. 20 at 2 p.m., at The Groves, 7924 Melogold Circle in Land O' Lakes. Those attending will receive a complimentary copy of "Five Wishes."

For information, call (800) 561-4883.

A free copy of Five Wishes can also be picked up at Gulfside's thrift shops located at:

- Lutz, 1930 Land O' Lakes Blvd., (813) 909-0485
- New Port Richey, 6117 State Road 54, (727) 842-7262
- Zephyrhills, 36524 State Road 54, (813) 788-5461
- Dade City, 37925 Sky Ridge Circle, (813) 782-7200.

## Nutrition and diabetes

The Medical Center of Trinity, 9330 State Road 54, is offering a nutrition and diabetes class on Nov. 20 at 10 a.m. The class will teach meal planning, how food affects blood glucose, label reading, and dining out with diabetes. Seating is limited. Reservations are required.

For information and reservations, call (727) 834-5630.

## Oncologist speaks at Keystone

The cancer support group sponsored by Keystone Community Church will host guest speaker Dr. Michael Montejo, an oncol-

ogist with H. Lee Moffitt Cancer Center, on Nov. 21 at 7 p.m. The program topic is prostate cancer, followed by a question-and-answer session. The church is at 21010 State Road 54 in Land O' Lakes.

For information, call Walt Bockmiller at (813) 527-8211, or call the church at (813) 948-4522.

## Food addicts program

The 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.

## Millennium Sertoma Club

The Millennium Sertoma Club, which assists people with speech-language and hearing disorders, meets on the second and fourth Tuesdays of each month at 6:30 p.m., at Elsa's Mexican Restaurant, 18450 U.S. 41 in Lutz. Both men and women are encouraged to bring their children, who in turn become honorary members and participate in meetings and service activities.

To learn more, visit the group's website at MillenniumSertomaClub.org.

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"If anyone is thinking of doing this, just do it!" ~ Karen Sandifer

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# Living Well

## Staying Healthy During the Holiday Season

St. Joseph's Hospitals want you and your family to stay healthy this holiday season. Here are some tips to keep your health on track during the holidays – and throughout the New Year.

### Don't Get Lost in the Hustle and Bustle of the Holiday Season

Emergency Physician Charles Sand, M.D., advises folks to be careful with their heart health this holiday season.

"With the holidays just around the corner, people are so busy with their pre-holiday activities (shopping, traveling, and partying) that they forget to take their medicines, completely abandon their diets, drink excessively and fail to exercise at all," said Sand. "This all leads to an increase of ailments including hyperglycemic episodes, uncontrolled hypertension, heart failure, heart attacks and other health emergencies."

Overeating during the holidays can be especially problematic for people with diabetes. This time of year is often especially difficult for diabetics, who need to keep close tabs on their blood sugar levels and control the amount of carbohydrates they eat.

### Get to Know Your Family Health History

With the holidays coming and families getting together, it is a great time to ask about and share your family history with those who are affected by it. Ask grandma to spill the beans. What questions should you ask?

"Find out if you have first degree (parent, sibling, and offspring) or second degree (grandparent, aunt, uncle or grandchild) relatives with cancer, heart disease or diabetes," said Sand. "Some risk factors for certain cancers, heart disease and diabetes are similar, and you

could learn a lot about your health risks by asking those around you during your next family gathering."

### Don't Wait Until Next Year!

This is a time to continue to pay attention to your health – don't wait for a monthly health observance or to make that New Year's resolution.

If this is the usual time for your annual mammogram, then be sure to keep that appointment! A mammogram should be number one on every

woman's list after turning 40. It's the best method to detect breast cancer.

Another cancer that's easy to screen for is cervical cancer – but only if women are screened regularly with a Pap test.

Men and women 50 or over should begin screening for colorectal cancer. This easy test can save your life. Sure, the prep isn't pleasant, but the test is fast and recovery is minimal. If you

have risk factors or family history you should begin screening at a younger age.

One of the easiest screenings is for skin cancer and that's done at your dermatologist's office. Be sure to visit your dermatologist and establish a yearly or bi-yearly screening schedule based on the advice of your physician.

A yearly baseline blood sugar, cholesterol profile and blood pressure add to well-rounded preventative care. And while you're at it, don't forget your teeth, eyes and ears.



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 NOV 30

**SMALL BUSINESS SATURDAY IS YOUR DAY**

Founded by American Express in 2010, this day is dedicated to supporting local businesses that help neighborhoods prosper. It's celebrated every year on the Saturday after Thanksgiving and has given small businesses across the country a huge boost.

- In 2012, U.S. consumers who were aware of Small Business Saturday are estimated to have spent a reported total of \$5.5 billion with independent merchants.<sup>1</sup>
- In 2012, government officials in all 50 states and Washington, D.C. officially recognized Small Business Saturday — including President Obama and the U.S. Senate.<sup>2</sup>

**MAKE THE MOST OF THE BIG DAY**

Visit ShopSmall.com/USSPI to help make Small Business Saturday a success for your business. There, you can:

- **PROMOTE YOUR BUSINESS**  
Get local attention by creating a free, personalized marketing campaign that includes a personalized online ad, printable signage, social media copy, and email templates. You can also get tips and resources to help you get ready for the day.
- **RALLY YOUR NEIGHBORHOOD**  
Help build enthusiasm and drive local support for Small Business Saturday by becoming a Neighborhood Champion.
- **GET ON THE MAP**  
If you're a qualifying American Express® Card accepting small merchant, sign up by Nov 4 to get your business on an interactive map to help American Express Card Members find and shop at your business.<sup>3</sup>

**GET STARTED TODAY**

Visit ShopSmall.com/USSPI today.

Imagine what will happen when your entire neighborhood comes together to support the businesses they love. Join the movement and make Small Business Saturday huge for your business — and your neighborhood.

**CITATIONS:**

<sup>1</sup>From the second installment of the Small Business Saturday Consumer Insights Survey by the National Federation of Independent Business (NFIB) and American Express (November 26, 2012). Redshift Research asked 800 people: "How much did you spend at small independently owned retailers, including restaurants on Nov. 24?" A sample size of 671 responding between Nov. 24 and Nov. 25 self reported a median spend of \$75 which was extrapolated to the US population aged 18 and older who would have been aware of (67%) and shopped (47%) on Small Business Saturday.

<sup>2</sup><http://www.govtrack.us/congress/bills/112/sres589/text>

<sup>3</sup>Qualifying merchants are those located within the 50 U.S. States or D.C. that have 25 or fewer locations and a sum total 2012 American Express charge volume not to exceed \$5 million. (Businesses located in Puerto Rico and U.S. Virgin Islands must have 10 or fewer locations and a sum total 2012 American Express charge volume not to exceed \$500,000 and additionally must not have headquarters in the 50 states or D.C.) Businesses in the following industries are excluded: government agencies, public administration, charities, non-profits, trade associations, shopping, property management companies, direct sellers, and political organizations. Small businesses that are part of a franchise brand with more than 100 stores are excluded. Additionally, if a franchise brand has more than 20 corporate-owned units, then the entire brand is excluded. Businesses that accept the Card through Square are not eligible. Merchants that do not have a physical storefront or location are not eligible.

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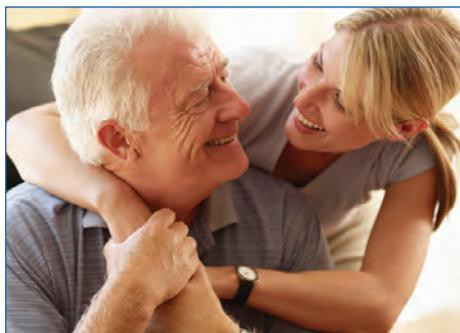
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Every recipe we receive will be posted on our Facebook page, and on Dec. 20th, we will **randomly select** 3 winners who will each receive a **\$25 Gift Certificate to Publix**.

Winners will be announced on Facebook on Dec. 20th and in the Dec. 25th edition of TheLaker/Lutz News.

You can also download and print this form from our website at [www.LakerLutzNews.com](http://www.LakerLutzNews.com)



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- 1.) Clip this form and mail along with your recipe to: **Cookie Recipes, The Laker/Lutz News, PO Box 479, Lutz, FL 33548.**
- 2.) Email your recipe and if you want, attach a jpg photo of your cookie, to [news@cnewspubs.com](mailto:news@cnewspubs.com). Put "Cookie Recipes" in the subject line and don't forget to include your name, address, phone number, email and the story behind your recipe.
- 3.) Drop off your recipe and entry form at our office in **Copperstone Executive Suites at 3632 Land O' Lakes Blvd, Suite 102, Land O' Lakes, FL 34639.**



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## Stars for our vets

A number of local veterans were honored Nov. 1 during a pinning ceremony conducted by HPH Hospice at the Pasco Federated Republican Women's Club luncheon at Fox Hollow Golf Club. Those participating in the ceremony, which included a star from a U.S. flag flying over a home in Florida, as well as a second pin that says 'We honor veterans,' were, from left, Lamar Lallerstedt, Al Gaskill, HPH representative Don Andrews, Sharon Mikus, Peter Travers, John Marek, Joe Nicolini and Sam Orella. In front is Harry DePeppe. (Photo courtesy of Meg Merritt)

# November's specialty plate supports troops

The Laker/Lutz News Staff Report

November might be best connected with Thanksgiving, but it's also known as a period to celebrate the men and women who have defended the country in war.

The Pasco County Tax Collector's office is honoring that by promoting the "Support Our Troops" specialty license plate.

The plate itself benefits Support Our Troops, a charitable organization that helps



Money from this specialty license plate benefits Support Our Troops as well as veterans' nursing homes in the state. (image provided)

strengthen the morale and well-being of service members and their families through the provision of goods and services. Food, family assistance, kids summer camps and other programs are all services provided through the sale of the specialty license plate.

The tag does carry a premium over normal license plate costs of \$25. Additional money from that premium goes to the State Homes for Veterans Trust Fund within the

Department of Veterans' Affairs State Homes. This program helps build and maintain the veterans' nursing homes throughout Florida.

The tags are available for purchase in the tax collector's four locations in Land O' Lakes, Dade City, New Port Richey and Gulf Harbors.

For more information about the tax promotion, call Greg Giordano at (727) 847-8179, or visit [www.PascoTaxes.com](http://www.PascoTaxes.com).

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## Butash among local grididders competing in Orlando

By Michael Hinman  
mhinman@cnewspubs.com

Christopher Butash's life is filled with football, from his time on his squad with Academy at the Lakes, to his extra playing time recreationally with the Lutz Chiefs.

And he loves it. In fact, as long as the 13-year-old is not cooped up inside doing something, he's happy.

"I love being outside," Butash said after a recent practice. "I love going to my friend's house who has an outside basketball court. When it's basketball season, we play basketball. When it's football season, we're out there throwing the football."

That throwing and catching has helped Butash a lot. As a quarterback for the Chiefs, he scored nine touchdowns this season, seven of them in the air. And that was before he moved to the wide receiver position, where he continues to excel.

And in December, he'll have a chance to show those skills at a much more regional level through the Offense-Defense Youth All-American Bowl Week activities taking place at the Citrus Bowl in Orlando. The weeklong event includes a number of instructional camps as well as the Offense-Defense All-American Bowl game that features 88 of the top high school seniors in the country.

Butash joins teammates Jaxson Bless, Nick Testa and Sebastian Bove, all of whom were named All-Americans during a summer camp hosted by Offense-Defense, a South Carolina company that hosts such camps around



Christopher Butash prepares to make a pass during a Lutz Chiefs football game this past season. Butash and three other teammates from the Chiefs are heading to Orlando next month to play among the best in recreational football. (Photo courtesy of Lisa Butash)

time volunteering as well — especially for Christopher's athletics.

Yet all of them work to make it to the dinner table each night, in what seems to be a dying tradition elsewhere, to share valuable time with each other.

"I'm very proud of my dad for keeping our family in shape," Christopher Butash said. "My mom has to plan ahead of time for dinner, but she does it, and that keeps us together."

In fact, Butash said he would like to follow his father's footsteps and become an attorney as well, but seems more attracted to personal injury law like another football player-turned lawyer, Brad Culpepper.

Where he'll go to college is a question he's probably too young to answer. But Butash said he's working hard not just on the field, but also in the classroom, maintaining an A average at Academy at the Lakes, especially in his favorite class, language arts.

"I need to work hard, because working hard and getting good grades gets you into college to play football, and it helps get you recognized," Butash said.

Bowl week in Orlando begins Dec. 30 and runs through Jan. 5. It includes plenty of practice sessions as well as parties for New Year's and awards, as well as autograph signings for some of the standout senior players taking part.

For more information, visit O-D.com.



Freshman wide receiver Rakeem 'Kimme' Jones grabs a pass against the River Ridge Royal Knights in a 36-0 win last September. (Photo courtesy of Belinda Kasper)

## A perfect 2013 for Sunlake JV

By Michael Murillo  
The Laker/Lutz News Correspondent

A local high school football team just completed an undefeated season in which most of the games were shutout victories.

The last game was the closest, a one-point win where the margin of victory was a blocked extra point. That capped a three-game winning streak, all on the road.

They finished a perfect season, and most people had no idea they were even playing. And it's all because of one word: "junior."

As in, junior varsity football. They don't get the crowds, the accolades or the press, but the Sunlake Seahawks went 8-0 this season, just one year after completing a 7-1 campaign.

There won't be any playoffs and there are no district or regional titles to earn. But for the players, coaches and those who followed the team, there's a lot of pride in what they accomplished.

"It feels great. It's what we worked hard for, it's what I drilled into their heads: 8-0 was the goal, and we finally reached that goal," explained Head Coach Ryan Horan.

But it wasn't an easy goal to attain. Even though the games weren't at the top tier of high school sports, the Seahawks certainly felt varsity-level drama this season.

They avenged their only loss last year with a close 7-0 victory against the Pasco Pirates to open their schedule, and they closed it out with a win on the road against the Wiregrass Ranch Bulls, another undefeated team looking to avoid its first loss. A blocked extra point and a go-ahead touchdown later, and Sunlake had finished its season undefeated.

Junior varsity football isn't usually a big draw. There might be a few fans, but often there's family, friends and a lot of empty seats. But the last game was different, because both teams wanted a perfect season. For that game there were a lot of fans in the stands and a lot of energy to motivate both teams.

"Believe it or not, you would've thought it was a varsity game," Horan said.

One of those fans was a former player: Justin Hall, a freshman quarterback who played five games with Sunlake's junior varsity team before leaving the squad. His absence was justified, however — he caught the eye of the varsity team and was called up for the remainder of their season.

Since there are no playoffs, the real payoff for the players is the opportunity to eventually work their way up to the varsity level. Hall accomplished that after a handful of games in his first year, and he credits his experience with junior varsity football with giving him a solid foundation to compete.

Even though he wasn't with the team anymore, he still had friends there and attended their remaining games to show support.

"I felt really good. I felt happy for them that they could pull off those last two wins, and it was good knowing that I could be part of that 8-0 season," Hall said.

## CHECK THIS OUT

### Carrollwood Day School's Patriot Run

Carrollwood Day School, 1515 W. Bears Ave., in Tampa, will host its Patriot Run Nov. 16 beginning at 8 a.m. at the school.

The event includes a 5-kilometer walk and run for all ages, as well as a one-mile fun run for all ages. Children's races will also be available for kids ages 2 through 11.

CDS will have a free pancake breakfast for all participants and spectators, as well as an obstacle course and crafts.

Participants are encouraged to bring used shoes to donate to Soles4Souls. Collection boxes will be available at the Patriot Run.

For more information, visit [www.CarrollwoodDaySchool.org](http://www.CarrollwoodDaySchool.org).

### Senior Slo Pitch registration

The Slo Pitch Softball League, geared toward players older than 60, will host registration every Friday beginning at 8:30 a.m. at the Land O' Lakes Recreation Complex, 3932 Collier Parkway in Land O' Lakes.

Teams will be balanced, and will play Friday mornings.

For more information, call Walt Bockmiller at (813) 527-8211.

### No Name volleyball tryouts

The No Name Volleyball Club will hold tryouts for kids between the ages of 15 and 18 on Nov. 17 at Bishop McLaughlin Catholic High School, 13651 Hays Road in Spring Hill.

Tryouts begin at 9 a.m. For more information, call Doug Chinchar at (813) 949-9936, or visit online at [www.NoNameVBC.com](http://www.NoNameVBC.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](http://NewAPSL.com).

### Sign up for lacrosse tournament

Registrations are now being accepted for the 2014 Lax Max Florida Lacrosse Tournament taking place at Lakewood Ranch on the weekend of April 6.

Lax Max is designed for recreational travel and town team programs within Florida. The event offers a choice of either one-day three-game jamboree, or a two-day tournament. It features boys and girls round-robin competitions at various levels for ages under-10 through under-18.

For more information, visit online at [USAmateurSports.com](http://USAmateurSports.com), or email [usamateursports@aol.com](mailto:usamateursports@aol.com).

### Contest has high schools cheering

The Florida High School Athletics Association has launched the Sunshine State Spirit Showdown, a video contest in which students are encouraged to submit videos showing their classmates and community exhibiting positive sportsmanship while rooting for their favorite school.

Students from around the state are invited to submit videos ranging in length from 90 seconds to three minutes, including at least 30

seconds on why that school's student section is the greatest.

Videos can be uploaded online at [www.FHSAA.org/upload](http://www.FHSAA.org/upload) by Jan. 31.

For more information, visit the website at [tinyurl.com/SpiritShowdown](http://tinyurl.com/SpiritShowdown).

### Florida Hospital Zephyrhills golf tourney

Florida Hospital Zephyrhills Foundation is hosting its 24th annual golf tournament Nov. 22 with an 8:30 a.m. shot gun start at Saddlebrook Resort in Wesley Chapel.

Tickets are \$150 each, and include breakfast, lunch, snacks and beverages, as well as 18 holes on the Arnold Palmer-designed course. Proceeds benefit the Florida Hospital Zephyrhills Brain and Spine Institute.

For more information, call (813) 783-6144.

### Tampa Y's Turkey Gobble 5K

The Tampa Metropolitan Area YMCA will host a 5-kilometer run — the Tampa Y's Turkey Gobble 5K — in downtown Tampa on Thanksgiving Day, Nov. 28, beginning at 7 a.m. in front of the Tampa Bay Times Forum on Channelside Drive.

Awards will be given for top three finishers in both male and female categories, as well as for the largest corporate team, and best turkey costume.

Registration fee is \$25 per teen or adult before Nov. 25, or \$30 afterward. Children ages 6 through 11 are \$10, while groups of five or more receive a \$2 discount per person.

For more information, visit online at [www.YMCA5K.com](http://www.YMCA5K.com), or email [ymca5k@tampaymca.org](mailto:ymca5k@tampaymca.org).

—Submit your sports updates to [mhinman@cnewspubs.com](mailto:mhinman@cnewspubs.com).

## THURSDAY, NOV. 7

### GIRLS BASKETBALL

Wiregrass Ranch 68, Belleview 14

### BOYS SOCCER

Sunlake 3, Anclote 0

Zephyrhills 5, Ridgewood 1

### GIRLS SOCCER

Wiregrass Ranch 8, Tampa Catholic 0

Sunlake 8, Anclote 0

Wesley Chapel 4, Gulf 1

## FRIDAY, NOV. 8

### FOOTBALL

Freedom 12, Riverview 7

Land O' Lakes 38, Lecanto 35

Pasco 49, River Ridge 30

Jefferson 31, Steinbrenner 9

Sunlake 19, Zephyrhills 14

Wiregrass Ranch 35, Wesley Chapel 21

Wharton 30, Bloomingdale 23

### BOYS SOCCER

Pasco 2, Land O' Lakes 0

### GIRLS SOCCER

Durant 2, Freedom 0

## WEDNESDAY, NOV. 13

### GIRLS BASKETBALL

Clearwater Central at Academy at the Lakes, 7 p.m.

Nature Coast Tech at Sunlake, 7:30 p.m.

### GIRLS SOCCER

Academy at the Lakes at Carrollwood Day, 4 p.m.

## THURSDAY, NOV. 14

### GIRLS BASKETBALL

Freedom at Alonso, 7 p.m.

Plant City at Steinbrenner, 7 p.m.

Gulf at Wiregrass Ranch, 7:30 p.m.

Hudson at Wesley Chapel, 7:30 p.m.

Ridgewood at Zephyrhills, 7:30 p.m.

Sunlake at Mitchell, 7:30 p.m.

### BOYS SOCCER

Academy at the Lakes at Brooks-DeBartolo

Collegiate, 4 p.m.

Wharton at Jenkins, 6 p.m.

Wesley Chapel at Pasco, 7:30 p.m.

Zephyrhills at Anclote, 7:30 p.m.

### GIRLS SOCCER

Anclote at Zephyrhills, 7:30 p.m.

Pasco at Wesley Chapel, 7:30 p.m.

Wharton at Jenkins, 8 p.m.

## FRIDAY, NOV. 15

### FOOTBALL

Pasco at North Marion, 7:30 p.m.

Sunlake at Gainesville, 7:30 p.m.

Wharton at Dr. Phillips, 7:30 p.m.

### BOYS BASKETBALL

Crystal River at Zephyrhills, 5:30 p.m.

Real Life at Land O' Lakes Christian, 7:30 p.m.

### GIRLS BASKETBALL

Anclote at Sunlake, 6 p.m.

Blake at Steinbrenner, 7 p.m.

Osceola at Academy at the Lakes, 7 p.m.

Robinson at Wharton, 7 p.m.

Land O' Lakes at Fivay, 7:30 p.m.

Mitchell at Zephyrhills, 7:30 p.m.

Nature Coast Tech at Wesley Chapel, 7:30 p.m.

Pasco at Wiregrass Ranch, 7:30 p.m.

### BOYS SOCCER

Academy at the Lakes at Seffner Christian, 4 p.m.

Gaither at Wiregrass Ranch, 6 p.m.

Plant at Steinbrenner, 6 p.m.

### GIRLS SOCCER

Gaither at Wiregrass Ranch, 7:30 p.m.

River Ridge at Sunlake, 7:30 p.m.

Mitchell at Freedom, 8 p.m.

Plant at Steinbrenner, 8 p.m.

## MONDAY, NOV. 18

### BOYS BASKETBALL

Freedom at Robinson, 6:30 p.m.

### GIRLS BASKETBALL

Real Life at Land O' Lakes Christian, 6 p.m.

### BOYS SOCCER

Bloomingdale at Wharton, 6 p.m.

Land O' Lakes at Zephyrhills, 7:30 p.m.

Sunlake at Wesley Chapel, 7:30 p.m.

### GIRLS SOCCER

Wesley Chapel at Sunlake, 7:30 p.m.

Zephyrhills at Land O' Lakes, 7:30 p.m.

Bloomingdale at Wharton, 8 p.m.

Wiregrass Ranch at Tampa Catholic, 6 p.m.

## TUESDAY, NOV. 19

### BOYS SOCCER

Freedom at Wiregrass Ranch, 6 p.m.

Steinbrenner at Palm Harbor, 6 p.m.

### GIRLS SOCCER

Steinbrenner at Palm Harbor University, 6 p.m.

Freedom at Wiregrass Ranch, 7:30 p.m.

# Clower Look

AN ADVERTISER PROFILE

## From paramedic to foot and ankle physician

by Mike Matthew

special to The Laker / Lutz News

Dr. William Trabulsi, a family foot and ankle care physician, wants your feet to be happy. Your feet are the foundation of the body. A sore, cut or bruise can adversely affect your ankles, knees or hips, especially if you're changing the way you walk to keep the pressure off the problem. Minor issues can turn into major problems later on if they're not taken care of quickly.

"Foot pain is an indication that something is wrong," says Dr. Trabulsi. "Just like the dentist, everyone needs regular preventative checkups to avoid complications that can lead to significant problems later on especially if you're diabetic.

Children are particularly at risk for foot problems. The bones in the child's foot aren't fully formed until about the age of eighteen. If a child has flat feet, it is much easier to treat at a younger age. As the bones fuse, the problem may be permanent requiring more aggressive treatment.

November is national diabetes month. "Diabetes throws off the immune system and makes it harder for healing to occur," says Dr. Trabulsi. "Diabetes can cause a condition called neuropathy which is nerve damage causing lack of sensation." Diabetes is a leading cause of nontraumatic lower limb amputations.

The smaller blood vessels in the feet and legs are susceptible to blood circulation issues. People with diabetes or coronary heart problems need to pay particular attention to their feet. Keeping the weight off is also a big issue, especially for diabetics.

Dr. Trabulsi provides foot and ankle care for children through senior adults. He has been providing this service to the area for eight years now. He and his family reside in Land O' Lakes.

He graduated from Temple University in Philadelphia, Pennsylvania in 2002. After completing his residency in 2004, he moved to Florida to be near his wife's family. He's originally a resident of New York City and still has family living there. He and his wife have been married for 20 years. In his spare time he enjoys playing golf.

Podiatry is Dr. Trabulsi's second career. Before this he was a paramedic. "I wanted to further my medical career and podiatry seemed like a good fit," says Dr. Trabulsi. "I saw a definite need for this type of care."

Dr. Trabulsi has office hours on Monday, Tuesday and Thursday. He can usually get people in the same day and has good rates for those without insurance. He has good rapport with local primary care physicians and is affiliated with Florida Hospital Tampa.



**William Trabulsi, D.P.M.**  
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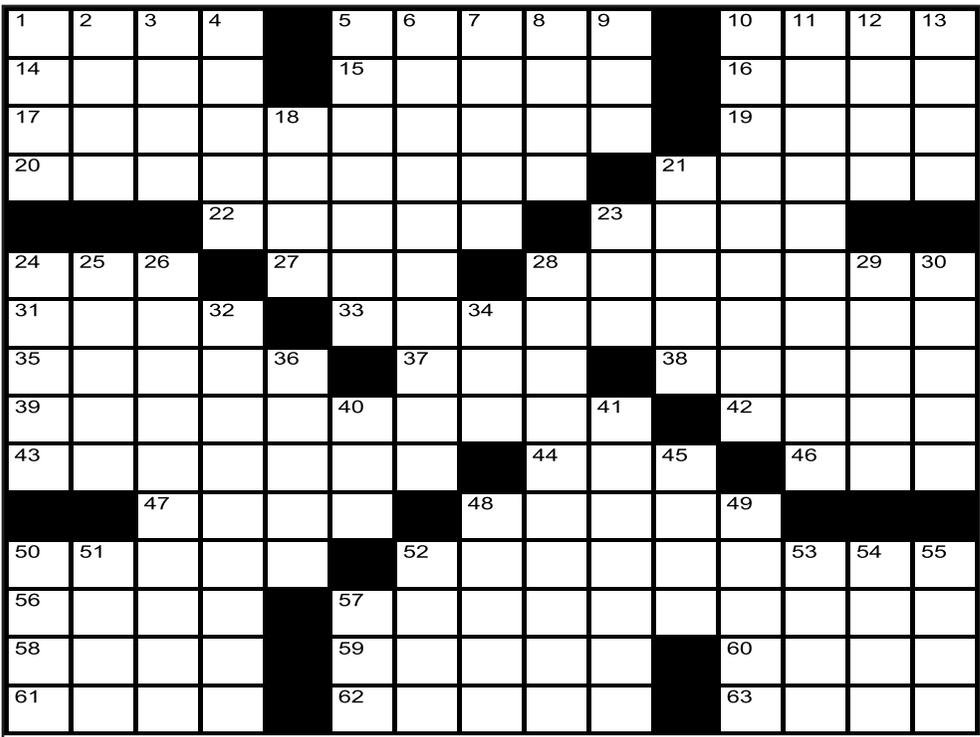
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SEE SOLUTION, PAGE 26

**ACROSS**

- 1. Come together
- 5. Past
- 10. Greek cheese
- 14. "... there is no \_\_\_ angel but Love": Shakespeare
- 15. A sudden raid
- 16. "Beowulf," e.g.
- 17. Sun's radiation eruption (2 wds)
- 19. Bank claim
- 20. In a clumsy manner
- 21. Small woods
- 22. Coarse, obnoxious people
- 23. Ratio of sinh to cosh
- 24. "\_\_\_ the season ..."
- 27. Charlotte-to-Raleigh dir.
- 28. Pluck

- 31. Aces, sometimes
- 33. Napery (2 wds)
- 35. Found a new tenant for
- 37. "\_\_\_ bad!"
- 38. Angler's gear
- 39. Leads
- 42. Appear
- 43. Causing one to scratch more
- 44. Alter, in a way
- 46. Chester White's home
- 47. Warner Bros. creation
- 48. Column bases
- 50. Wrangles
- 52. Belittle
- 56. Priestly garb
- 57. Fellow countryman
- 58. Lady Macbeth, e.g.

- 59. Lab tube
- 60. "I had no \_\_\_!"
- 61. Bad day for Caesar
- 62. Cavern, in poetry
- 63. Bungle, with "up"

**DOWN**

- 1. \_\_\_ Verde National Park
- 2. Acknowledge
- 3. Scarf material
- 4. Shredded cabbage salads
- 5. Put down
- 6. Artisan who hammers metal into thin sheets
- 7. Certain exams
- 8. \_\_\_ a one
- 9. Potato bud
- 10. Convict population
- 11. Sudden revelations
- 12. Associations
- 13. Bad marks
- 18. Abnormal respiratory sound
- 21. Embryonic membranes
- 23. "For shame!"
- 24. They may have abs of stone
- 25. All thumbs
- 26. Suited to being chosen
- 28. Bumpkin
- 29. "The Maids" playwright
- 30. Foe
- 32. Small fish that swim upright
- 34. \_\_\_ constrictor
- 36. Chamber groups
- 40. Biddy
- 41. Notched
- 45. Convene
- 48. Bait
- 49. Curtain fabric
- 50. Indian woman's traditional dress
- 51. Slog
- 52. "Whatcha \_\_\_?" (slang)
- 53. Assistant
- 54. "Little piggies"
- 55. Flight data, briefly
- 57. Bean counter, for short

**WORD SCRAMBLE**

Rearrange the letters in each word to spell something pertaining to National American-Indian Heritage Month.

**IRGNALIO PPELSEO FO ETH NLAD**



ANSWER: Original Peoples of the Land

**CRYPTOQUIZ**

Each of the following cryptograms is a clue to the identity of a Cy Young Award winner. Using the hints T=E and N=S, decipher the clues to name the winner.

- 1. RAT BLTPO
- 2. PSS-NRPL
- 3. WUPQRN
- 4. WDSVTQ NCUOTN
- 5. RAT BLPQJAUNT

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M	A	S	S	A	G	O	N	E	F	E	T	A	
S	O	L	A	R	F	L	A	R	E	L	I	E	N
A	W	K	W	A	R	D	L	Y	C	O	P	S	E
S	T	I	S	L	O	B	S	T	A	N	H	E	
S	T	R	E	N	E	C	O	U	R	A	G	E	
O	N	E	S	T	A	B	L	E	L	I	N	E	
S	R	E	L	E	T	T	O	O	S	E	I	N	
S	P	E	A	R	H	E	A	D	S	E	E	M	
I	T	C	H	I	E	R	H	E	M	S	E	T	Y
T	O	O	N	O	R	E	S						
S	P	A	R	S	D	E	P	R	E	C	A	T	E
A	L	B	S	C	O	M	P	A	T	R	I	O	T
R	O	L	E	P	I	M	P	E	T	D	E	A	
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### LEGAL NOTICES

#### NOTICE OF ACTION BEFORE THE DEPARTMENT OF EDUCATION

IN RE: The Teacher's Certificate of:  
**Randall Owen Johnson**  
7611 Notre Dame Drive, Apt. B  
New Port Richey, Florida 34653

Notice is hereby given to Randall Owen Johnson, Respondent, of the prosecution of an Administrative Complaint seeking the revocation or suspension of his teacher's certificate.

If Respondent, Randall Owen Johnson, 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 January 28, 2014 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 22nd day of October, 2013

*Pam Stewart*  
Pam Stewart  
Commissioner of Education

# Notices

## ANNOUNCEMENTS

**ROTARY INTERNATIONAL** - Rotary builds peace and international understanding through education. Find information or locate your local club at [www.rotary.org](http://www.rotary.org). Brought to you by your free community paper and PaperChain. (n)

**MEET SINGLES RIGHT** now! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now **1-888-909-9905** (v)

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**HAVE FUN AND** find a genuine connection! The next voice on the other end of the line could be the one. Call Tango **1-800-381-1758**. FREE trial! (n)

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**HAVE FUN AND** find a genuine connection! The next voice on the other end of the line could be the one. Call Tango **1-800-807-0818**. FREE trial! (n)

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**WANTS TO PURCHASE** minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201 (v)

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*In accordance with FL statute 63.212(1)(g), only attorneys licensed to practice law in Florida and Florida licensed adoption entities may legally provide adoption services under state law.*

**GIVE YOUR BABY** a loving, financially secure family. Living expenses paid. Call Attorney Charlotte Danciu 28 years experience. **1-800-395-5449** [www.adoption-surrogacy.com](http://www.adoption-surrogacy.com); FL Bar # 307084 (z)

**A FUN LOVING** married couple seeks to adopt. Stay-at-home mom & devoted dad. Financial security. Expenses paid. Let's help each other. Call/Text Paula & Adam. **1-800-790-5260**. FLBarNo.0150789. (z)

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## ADOPTIONS

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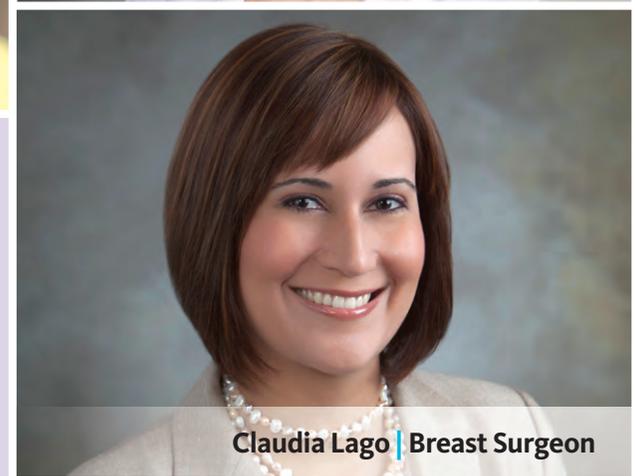
- Linda C.



Melanie Aya-ay, MD | Plastic Surgeon



Mia Jackson | Diagnostic Radiologist



Claudia Lago | Breast Surgeon

## Thursday, December 5, 6pm

### We’re in this together!

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