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August 22, 2013
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THE OBSERVER NEWS

www.ObserverNews.net

Sixty children were identified by Lord's Lighthouse founders Bill and Dora Cruz and their staff to receive backpacks filled with complete outfits, shoes, and school supplies. The items were supplied by South Bay Church's Shepherd's Connection ministry through a grant from the SCC Interfaith Council. Shepherd's Connection is a ministry that mentors foster children in the area and saw this as an opportunity to teach them to give back to their community as well. At right, volunteers from the church line up and number the backpacks that were chosen for each individual child.

PENNY FLETCHER PHOTO



Mentors teach foster kids how to give back

By PENNY FLETCHER
penny@observernews.net

A unique project helps foster children and teens learn that they can give as well as receive. "We want to be sure they don't think they're always the ones with their hands out. That they know they're worth something. They can give as well as receive," said Grace Selph, one of the two women who headed up a project that culminated at the Lord's Lighthouse in Ruskin Saturday, Aug. 10. The project was to give away backpacks filled with clothes and school supplies to migrant farm workers' children chosen by Lighthouse founders Bill and Dora Cruz and their staff. For many, the things they received will be all they get before they start school Aug. 20, Selph said.

The give-away project has been in the planning since May. It is part of the community projects done by a volunteer group called Shepherd's Connection within South Bay Church, located at 13498 U.S. 301 in Riverview. "We've worked with foster kids and now we're expanding into helping and mentoring single-parent families within the church, and hope to also be able to expand that into the community," Selph said in a telephone interview prior to the Aug. 10 event. Foster children they have worked with, sometimes up to 15 at a time, help with community events, she explained. To become part of Shepherd's Connection, volunteers must be 18 or older. To work one-on-one or to

► Continued on page 7

SouthShore Chamber welcomes new teachers

Members and a Commissioner lend a hand

By MITCH TRAPHAGEN
mitch@observernews.net

RUSKIN — The SouthShore Chamber of Commerce held its annual New Teacher Breakfast at Destiny Church in Ruskin on August 16, with 145 teachers in attendance, all new to South County schools, and 210 people in total, representing area officials including Hillsborough County Sheriff Office Major Ron Hartley, Chris Farkas, District 8 Area Supervisor, Dr. Alan Witt, President of the Hillsborough Community College SouthShore Campus, school administrators and chamber members.

Hillsborough County Commissioner Sandra Murman also attended the breakfast, bringing 150 backpacks, canvas cinch-bag backpacks, each with a plastic zipper pencil pouch that included crayons, a pencil, a plastic ruler, a pencil sharpener and a large pink eraser. Murman received the backpacks from the Office Depot Foundation's "National Backpack Program," which has helped more than three million children since 2001, by donating backpacks and backpacks to students across the nation and the world.

In a press release, Murman stated that she is working with the SouthShore Chamber to identify schools and teachers in the area that would most benefit from receiving the backpacks.

Chamber members also stepped forward to help students in need, providing everything from classroom supplies to clothing items for children. Additionally, the



MITCH TRAPHAGEN PHOTOS

Hillsborough County Commissioner Sandra Murman holds a "sackpack," one of 150 provided by the Office Depot Foundation's "National Backpack Program."

chamber once again held a shoe collection for children in need of such basic supplies. Last year the organization collected 75 pairs of shoes with a goal of beating that this year with 100 pairs of shoes. According to chamber executive director Melanie Morrison, the chamber exceeded that goal by collecting 112 pairs, all of which were donated last weekend to the Back to School Coalition of Hillsborough County.

The chamber also donated checks to the Parent Teacher Association to ensure that every student in South County will be able to purchase at least two books when the book fair comes to their respective schools.

Each teacher in attendance was presented with a gift bag contain-

► Continued on page 2

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PUBLIC WELCOME



Four elementary schools were identified as having further needs and school officials were presented with gift baskets containing everything from supplies to underwear and shorts for needy students.

SouthShore Chamber welcomes new teachers

► Continued from page 1

ing school supplies and special gift baskets were also presented to four area elementary schools. The special gift baskets included toiletries, socks, underwear, and shorts, along with gift cards from Staples and from Barnes & Noble.

According to the results of the June 2013 Horace Mann Educator Advisory Panel Survey, the majority of teachers will spend up to \$400 of their own money for needed school supplies in the coming year. Those supplies will range from essential items needed by students who can't afford them to supplies needed for classroom operation and projects. In the survey, 38 percent of teachers responding stated that more than two classroom projects had to be abandoned due to lack of funds. The State of Florida does reimburse teachers for a fraction of what the typical teacher will spend on supplies for the coming year.

As a result, the support of the chamber in such events has an immediate and significant impact for both teachers and their students. In the Horace Mann survey, 90 percent of teachers considered

community support and involvement in schools to be either critical or very critical.

The SouthShore Chamber of Commerce is located at 137 Harbor Village Lane in Apollo

Beach. For more information, call 813-645-3808 or visit www.southshorechamberofcommerce.org.



MITCH TRAPHAGEN PHOTOS

SouthShore Chamber of Commerce executive director Melanie Morrison addresses the crowd of more than 200 during the annual New Teacher breakfast at Destiny Church in Ruskin.



Each of the 145 teachers in attendance at the annual New Teacher Breakfast organized by the SouthShore Chamber were given a goodie bag containing needed supplies.

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Slow down, commuters, school is back in session

■ By MITCH TRAPHAGEN
mitch@observernews.net

A summer of breezing through school zones during the morning rush hour came to a close on Tuesday as approximately 200,000 students returned to classes in Hillsborough County, opening the 2013-2014 school year. Students in Pinellas, Pasco and Hernando counties returned to school on Monday.

And from Tuesday onward, the Hillsborough County Sheriff's Office will be taking the "protect" part of the oft-said law enforcement motto seriously. Drivers accustomed to less traffic and regular speed limits on the roads during summer must now be aware of school zone speed limits, stopped school buses, children walking to school and children on bicycles.

The HCSO kicked off its new school bus safety initiative called, "Got Brakes?" The public awareness campaign is aimed at educating motorists about when they do and do not have to stop for a school bus, an occasionally perplexing problem for drivers, particularly on multi-lane roads.

The department has released a YouTube video to help explain the laws. That video is available at www.tinyurl.com/observer-schoolbus.

Additionally, parents are likely to see increased security at county schools and although the school board ultimately did not provide funding for additional armed guards, officers will be out in force around schools keeping an eye on the kids and on motorists who fail to heed the laws regarding stopped school buses and school crossing zones.

The laws regarding school buses in Florida and in Hillsborough County are as follows:

(1) (a) Any person using, operating, or driving a vehicle on or over the roads or highways of this state shall, upon approaching any school bus which displays a stop signal, bring such vehicle to a full stop while the bus is stopped, and the vehicle shall not pass the school bus until the signal has been withdrawn. A person who violates this section commits a moving violation.

(b) Any person using, operating, or driving a vehicle that passes a school bus on the side that children enter and exit when the school bus displays a stop signal commits a moving violation, and is subject to a mandatory hearing.

(2) The driver of a vehicle upon a divided highway with an unpaved space of at least 5 feet, a raised median, or a physical barrier is not required to stop when traveling in the opposite direction of a school bus, which is stopped in accordance with the provisions of this section.

(3) Every school bus shall stop as far to the right of the street as possible and shall display warning lights and stop signals as required by rules of the State Board of Education before discharging or loading passengers. When possible, a school bus shall not stop where the visibility is obscured for a distance of 200 feet either way from the bus.

According to HCSO Public Information Office Larry McKinnon, "Drivers who pass a school bus illegally on the left side commit a moving violation. Drivers who pass a school bus illegally where students enter or exit the bus commit a moving

violation, and are subject to a mandatory hearing. Fines could range from \$165-265 dollars and may include significant time of your driver's license being suspended."

Although students returned to school on Tuesday, many area commuters may have seen school buses out in force on Monday as the district kicked off a full-scale practice run for bus drivers on both morning and afternoon routes. Parents, particularly those of special needs children, were encouraged to walk their children to their bus stop for the morning practice run. Despite the buses being empty, all laws regarding stopped school buses were in force on Monday.

For commuters, the increase in traffic will be most noticeable in the vicinity of elementary schools and high schools during the morning rush hour with start times at 8 a.m. and approximately 7:30 a.m., respectively. Middle schools are the most likely to impact afternoon rush hour with release times at approximately 4:15 p.m.

In South Hillsborough, several elementary schools are located adjacent to heavily traveled highways and are subject to school zone speed limits, which are significantly less than the normal operating limits.

The Hillsborough County School District operates 1,100 buses, transporting approximately 91,000 students each day. The district is the third largest in Florida and the eighth largest in the nation.



MITCH TRAPHAGEN PHOTOS

For the first time in months, school zone speed limits are again in effect as the 2013-2014 school year began on Tuesday. The Hillsborough County Sheriff's Office is focusing this year on school bus safety, and has produced a video to educate drivers about the legalities of passing a stopped bus.



The Hillsborough County Sheriff's Office will be stepping up patrols around area schools to ensure the safety of the children, particularly in school zones and crosswalks.

Veterans Memorial Park holds Patriots Day ceremony

The Veterans Council of Hillsborough County, Inc., Hillsborough County Government, and the Veterans Museum & Parks Committee invites the public to join them at 11 a.m. on Wednesday, Sept. 11 for the 12th anniversary of the Patriots Day Remembrance

and a special tribute to the four Americans killed last Sept. 11 at the attack on the U.S. Mission in Benghazi.

The ceremony will take place at Veterans Memorial Park, 3602 U.S. Hwy. 301 N in Tampa. Highlights include:

- Master of Ceremonies will be Mary Ellen Harlan, Veterans Council Chaplain

- National Colors will be presented by the 6th Air Mobility Wing Color Guard, MacDill AFB.

- The National Anthem will be sung by James Stewart, Resident Chaplain, James A. Haley VA Hospital and U.S. Army Iraq war veteran. Chaplain Stewart will also conduct the Invocation.

- Keynote Speaker is Col. Scott DeThomas, Commander 6th Air Mobility Wing, MacDill AFB, Tampa, FL.

- A musical presentation of patriotic songs will be sung by the Riverview High School Chorus.

- An Honor Guard comprising of military heroes, veteran service members, fire/rescue and law-enforcement personnel, and civilians will represent and honor all personnel killed on 9/11 2001 and 2012 as well as military personnel who made the ultimate sacrifice fighting the global war on terrorism during Operations Iraqi Freedom, New Dawn and Enduring Freedom.

- A Memorial Wreath Tribute by Gold Star families

- Rifle salute and TAPS by the Marine Corps League, Detachment 1226, Riverview.

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Navy

Navy Airman Apprentice Adrian J. Neutz, a 2012 graduate of East Bay High School, Gibsonton, Fla., recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

During the eight-week program, Neutz completed a variety of training which included classroom

study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis was also placed on physical fitness.

The capstone event of boot camp is "Battle Stations." This exercise gives recruits the skills and confidence they need to succeed in the

fleet. "Battle Stations" is designed to galvanize the basic warrior attributes of sacrifice, dedication, teamwork and endurance in each recruit through the practical application of basic Navy skills and the core values of Honor, Courage and Commitment. Its distinctly "Navy" flavor was designed to take into account what it means to be a Sailor.

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Back when I was a kid in North Carolina, my family knew the people they were buying from: The Ashworths, who owned the drug store; Mr. Davis, the butcher, and other regular neighborhood characters. After school every day, I was to walk to the library, work on my homework until 4:15, then go down to the drug store and have a Coke while I waited for Mom to pick me up and take me home. Mr. Ashworth knew every kid sitting at the counter, who their parents were and what time they would be picked up. And every Friday, all of the regular kids got their Cokes for free.

Fast forward a few decades and now most of the stores are chains, soda shops are all but nonexistent, and phone calls are "press one for English" and "Please hold for the next available representative." I've heard entire symphonies while on hold waiting to talk to someone who pretends I matter to them. And I have walked out of stores when I couldn't find a salesperson to wait on me.

The businesses that will make it in today's high tech world are the ones who make sure you feel you DO matter to them. Be honest. It's so easy for your customer to shop across the street or online to get what they want. They come to you because of price and product, sure. But they CONTINUE to come to you because of the relationship you have with them. If they get great customer service, they will stay. If not, they'll grab their smart phone and in no time, they'll have

a package from Amazon on their doorstep.

I have said this so many times: if you want to keep customers coming to your door, make it easy for them to do business with you. Make your website easy to navigate. Keep the writing crisp and clear and the graphics understated. Use a large enough font and a menu that takes them where they want to go.

By Dana Dittmar, Executive Director SCC Chamber of Commerce

Make the experience of coming into your store consistent. If you offer them coffee the first and second time they come into your store, offer it every time.

And if you do get a complaint, see it as the opportunity it is to make your relationship with that customer even better! It isn't the mistake, the bad product or the bad service they will remember. It's how you handled it and how you fixed it. If your customer asked for the grilled chicken and got fried, not only should it be replaced immediately with the correct dish, but it should either be discounted or comped.

Customers want to be more than just a number. They want a personal experience that makes them feel special. They want you to know them by name and to acknowledge them. They want you to remember their likes, favorite products, dislikes and kids' names.

Old Mr. Ashworth knew that when those parents came in to pick up their kids, more than likely they were going to buy something. And they always did. And I bet he's still giving away free Cokes on Friday.

Applications now accepted for 2014 Neighborhood Mini-Grants

Could your neighborhood association use a hand up to make improvements? Through the Hillsborough County Department of Community Relations, the Office of Neighborhood Relations is now accepting applications for its 2014 Neighborhood Mini-Grant Program to strengthen local communities.

Mini-grant awards of up to \$2,500 are available to any organized Hillsborough County neighborhood or civic association, homeowner association or neighborhood watch group recognized by a local law enforcement agency. For-profit entities, non-neighborhood groups, and HOA's controlled by developers are not eligible to apply.

Hillsborough County's popular Neighborhood Mini-Grants Program excludes funding for food or drink but may be used to fortify communities as follows:

- Signage and neighborhood identity development
- Events, workshops and festivals
- Crime Watch
- Communication efforts, such as websites and newsletters
- Beautification (planting, clean-up) for neighborhoods located within city boundaries
- Educational efforts, including disaster preparedness, at the neighborhood level
- Playground equipment, park benches, trash receptacles

To assist applicants, the Hillsborough County Office of Neighborhood Relations has prepared a training video about the mini-grant process and criteria. The online presentation and grant application may be found by visiting www.hillsboroughcounty.org/2014minigrant.

Applications may be submitted in person or by mail to: Hillsborough County Office of Neighborhood Relations, 601 E. Kennedy Blvd., 21st Floor, Tampa, FL 33602. Applications may also be faxed to: 813-272-7078.

A maximum of one grant may be awarded per qualified neighborhood association or group. Applications must be postmarked by Friday, Aug. 30. Award recipients will be notified by Nov. 30.

Outdoor World Tip

Scouting

Scout back roads in late summer and early fall. Get reacquainted with favorite hunting areas and explore new roads and trails.

Nothing is as frustrating as finding the road to your favorite duck blind is no longer open to you because somebody else now owns the farm it runs through. Finding a new way to get there on opening day will cost valuable hunting time.

Private land you used to hunt for deer could now be public land open

to anyone. All the habitat on the land you hunt for pheasant and quail may now be a new housing development.

Get out there and find out now. It's also a good time to locate campsites and it's an opportunity to meet with private landowners and gain permission for future hunts.

Brenda Valentine is a member of the RedHead® Pro Hunting Team. For more tips, log onto basspro.com and click on News & Tips.

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Doggie Doos moves to new location

Since 2007 Doggie Doos has offered its pet grooming services to pet owners at a location in Thrift-Way Plaza in Ruskin. The business has recently moved to 2107 E. College Ave. (SR 674), Suite 8.

Doggie Doos offers a variety of services, including pet grooming, nail trims, ear cleaning, anal gland expression, nail caps, Furmanator, teeth cleaning and pet remembrance items. The business also does nail trims on birds and ferrets, as well as bathing and cleaning ears on ferrets.

At its new location Doggie Doos will also offer Hydro Massage in a whirlpool tub, starting next month. "The treatment is wonderful for older dogs to help loosen their muscles and joints," said owner Tracy Ledford.

We add aroma therapy into the water to help calm and relax the dogs as they get their well-deserved massage."

Services at Doggie Doos start at \$40 for a small dog, which includes the bath, hair cut, coat conditioner, nail trim, anal glands, ears cleaned, breath freshener and hair removal, if needed. The business will match the price if customers get a written estimate that is lower from a licensed grooming salon.

Through September, the business is open 8:30 a.m. to 2:30 p.m. Tuesday through Friday. Starting Oct. 1, hours will be 8:30 a.m. to 4:30 p.m., Tuesday through Saturday.

For more information or appointments, call 813-645-8039.

District seeks name for new school in Ruskin

The Hillsborough County School Board is seeking name nominations for an elementary school being built in the Ruskin area in 2014. Elementary School "A" is located on East Shell Point Road, adjacent to Lennard High School.

Anyone wishing to nominate a name for the school should send their recommendation in writing to Chris Farkas, Area Leadership Director for Area 8, at 2807 John Sherman Way, Ruskin, FL 33570, or email it to christopher.farkas@sdhc.k12.fl.us.

The phone number for Chris Farkas' office is 813-658-1970.

The deadline for accepting names is 4 p.m., Monday, Sept. 9. Names submitted after this date will not be included in the packet of materials that will be prepared for the school board. The tentative date for the school board to vote on the name is Tuesday, Sept. 24.

According to school board policy, schools shall be named for individuals who have rendered outstanding service to public education, such as U.S. presidents, school board members, educators, outstanding citizens, and geographic locations.

SouthShore Regional Library Kids program/event highlights

15816 Beth Shields Way, Ruskin • 813-273-3652

Teen Night - Thursday, Aug. 22 at 5 p.m.

Thursday, Aug. 29 at 5 p.m.

Three hours of video games and anime on the large projector screens.

Family Story Time - Thursday, Aug. 22 at 7 p.m.

Thursday, Aug. 29 at 7 p.m.

For ages 2-5 with a caregiver ~ Make reading time family time. Stories, action rhymes, songs, interactive activities, and crafts make up this fun 30-minute program that celebrates a love of reading. Children may wear pajamas and bring a blanket and favorite cuddly toy.

Baby Time - Monday, Aug. 26 at 1:35 p.m.

Tuesday, Aug. 27 at 11:35 a.m.

Wednesday, Aug. 28 at 10:05 a.m.

For children ages 0-20 months and their caregivers ~ Early literacy begins at birth. Bond with your baby through stories, bouncy rhymes and songs in this 20-minute lapsit program that introduces early literacy skills and encourages language development.

Toddler Time - Tuesday, Aug. 27 at 10:05 a.m. & 10:35 a.m.

Wednesday, Aug. 28 at 10:35 a.m.

For children ages 20-36 months and their caregivers ~ Stories, fingerplays, songs and interactive activities make up this fun 20-minute program that highlights early literacy skills and encourages reading readiness.

Story Time - Tuesday, Aug. 27 at 11 a.m.

Wednesday, Aug. 28 at 11 a.m.

For children ages 3-5 and their caregivers ~ Stories, action rhymes, songs and interactive activities make up this engaging 30-minute program that highlights early literacy skills, and encourages reading readiness and social interaction.

Apollo Beach Woman's Club begins season with luncheon

The Apollo Beach Woman's Club will welcome new and returning members to the Sept. 11 luncheon meeting at Little Harbor in Ruskin.

The meeting will be presided over by President Sharon Vasquez beginning at 11:30 a.m. with socializing, followed by lunch and program with Dr. Brandt Henningsen, of the Southwest Florida Water Management District.

Recognized by the National Oceanic and Atmospheric Administration (NOAA) for his dedication in restoring Tampa Bay habitat, Dr. Henningsen will discuss the importance of protecting and restoring threatened surface water bodies. Dr. Henningsen has done various studies and research, including Cockroach Bay habitat restoration.

Founded in 1959 the ABWC has grown to 176 members who not only provide scholarships to graduates but have expanded their help to the community by supplying needed clothing to two elementary schools, assisting families in need with Thanksgiving and Christmas dinners, and providing Christmas gifts under their tree. Also, ABWC has awarded scholarships

to Apollo Beach youngsters to attend Hillsborough County's Park's summer camps.

Members enjoy enrichment activities which include:

Book Club: the next meeting is Sept. 26, Seel Lundy, hostess, 813-645-2313.

Bridge Club: meeting the fourth Monday of each month at the Apollo Beach Golf Club on Golf and Sea Boulevard.

Culture Club: Activities are planned to introduce members to the wide variety of places of interest in the Tampa Bay area.

Garden Club: next meeting is Sept. 18 at the Apollo Beach Recreation Center, Flowers by Mary Jo Patterson: Bows by Lynn Swinscoe.

ABWC is open to all women in the Apollo Beach community. For membership (dues \$20/year) or information regarding any of the club's activities, contact Judy Peck 813-746-1072 or judypeck@tampabay.rr.com.

Luncheon tickets are \$16. Reservations for the Sept. 11 meeting must be made by Friday, Sept. 6 by calling Deanna Anest 813-938-3641 or email hookr06@hotmail.com.



Rechael Brate to wed Jacob Roe

August 10, 2013 was a happy day for Jacob Roe and Rechael Brate. Jacob received his Bachelor's degree in criminology from the University of South Florida and Rechael received an engagement ring from Jacob.

At the moment, Jacob lives in Tampa and Rechael is scheduled to receive her Bachelor's degree in psychology from Clearwater Christian College on December 13, 2013.

Jacob is employed as a Quality Control Manager at 4 Wheel Online while Rechael is an administrative assistant at her family's business, David Brate Aluminum and Construction in Ruskin.

Proud parents are Melissa Miller and Milton Roe and David and Teresa Brate.

Free course offered for family, friends of those with mental illness

A free 12-week course for family members, partners and friends of those with a serious mental illness will start on Monday, Sept. 9 and end Monday, Nov. 25.

The class is offered by NAMI (National Alliance on Mental Illness) Hillsborough and will be held from noon to 2:30 p.m. at the SCC Chamber of Commerce building. The program is taught by trained NAMI family members who have themselves lived through the experience.

The free course will help attendees:

- gain insight into how mental illness affects your relative
- get an eye-opening look into some of today's current brain research related to mental illness
- learn how families can become advocates for better treatments for their relatives
- learn about mental illness medications available and the latest treatment options
- learn to cope with worry and stress; learn to focus on care for you as well as your loved one.

Family-to-Family offers knowledge and skill that family partners and friends need in order to cope more effectively. Illnesses include bipolar disorder, major depression, schizophrenia, co-occurring brain disorders, addictive disorders, post-traumatic stress disorder and others.

NAMI is the nation's largest grassroots organization that focuses on ways to improve the lives of those with mental illness and their families.

Registration is required, and space is limited to the first 25 people registered and qualified. To register or for more information, call 813-273-8104 or 914-469-2323.



Annual Teenage Battle of the Bands now accepting registrations

The 16th Annual Teenage Battle of the Bands will take place Wednesday, Oct. 18 during the Hillsborough County Fair, 4810 E. SR 60 in Dover.

Registration is \$50 per band, and registration is now open.

This competition offers FREE studio time to the top winner.

Band members must be between 13 and 20 years of age, and only one band member can be age 20. The bands are judged on guitars, drums, vocals, showmanship and originality.

Previous winners include Obscurity in 2012; Culprit 2011; Styx of Fire in 2010; Rising Down in 2009; and Envy in 2008.

Only 15 bands are accepted. Those wishing to compete in the Teenage Battle of the Bands must pre-qualify by providing a link to an online video of the band, and contacting Joe Soletti, Parks, Recreation and Conservation Department, 813-376-5778.

Open call to budding photo students

Do you see a flower or a building or perhaps people or animals differently than others? Do you take pictures of anything and everything? You might just be an emerging photojournalist or perhaps an artist in the making.

Frog Pond Center for the Arts is opening up the fall session beginning Saturday, Sept. 7 at 9 a.m. This is an open call to all students between the ages of 12 - 17.

Participants will be hanging their first exhibit in October at the SouthShore Library and preparing for both the Hillsborough County and the Florida State Fairs.

Send an email to Laura Linton at lauralinton2011@gmail.com if you would like to attend the first session of Photo I.

You will need a digital or film camera (not your phone). Also bring with you 10 photos that you took within the last year. Laura will be looking at style so bring

the photos that have meaning to you. They should be 5x7 so that instructors can actually see the photo. Don't PhotoShop the photos; this is not allowed in the Fairs so the group works with the photo you took, not the photo you enhance.

Classes meet Saturdays from 10 a.m. until noonish. The first session will be at Laura's home in Gibsonton. During the first session the group will take a field trip to Ybor City to tour the Columbia Restaurant as well as have lunch in the café. After lunch the group will walk down 7th Avenue, taking photos as they go.

The cost of the program is \$45 for the first session, which will include a shirt, workbook, and two sessions in the darkroom. Class size is limited, so email your space reservation ASAP to lauralinton2011@gmail.com.

Positive Talk: Keep your options open (Part One)

In a world where the only constant that we can count on is change, it is important that we do everything we can to keep our options open and recognize new ones when they appear. We must make change our ally rather than our enemy. To do that, we must stay current and be, as Bob Schuller would say, "possibility thinkers." We must keep our minds open, and here are a few ways that we can do just that.



By William Hodges

writing down your plan of action for changing tomorrow will relieve a great deal of stress. An added benefit to writing plans down is that you will see them more clearly which will help you to see options that might have stayed hidden.

- Do take a good look at who you are and what your strengths and weaknesses might be. Look carefully at your personal history of achievement and at the

way you handle life. For instance, if you are a procrastinator, trying to start earlier may be a good suggestion but may not be the answer. On the other hand, being sure your calendar is clear near the deadline date so you can spring into action with all those great last-minute ideas might be a realistic solution. In truth, keeping options open is not a real problem for procrastinators; choosing an option is the problem. However, keep in mind that every time you choose an option, another will present itself.

- Continue to upgrade your skills. Nothing will open more doors than to remain well educated. I am not referring to just going to school, although that is not a bad idea. We can remain educated and up to date by reading magazines, books and other publications. The libraries are full of books that can inspire and energize us. Libraries of today also have videos and DVDs on a variety of subjects and access to the Internet. It is amazing to me just how much information is available to me as I sit at my computer. Research projects are now done in days or even hours rather than the weeks that I remember prior to the Internet. With the press of a button, I can tap the best minds

of our century. If you want to keep your options for the future open, learning how to educate yourself through the World Wide Web may be a place to start.

These are just a few of the ways that you can keep your options for the future open and, in turn, your future bright. Next week I will give you some additional ideas that can open doors to new adventures and add interest to your life.

Hodges is a nationally recognized speaker, trainer and syndicated columnist. He also hosts an interview-format television program, Spotlight on Government, on the Tampa Bay Community Network which airs Mondays at 8 p.m. (Bright House channel 950, Verizon channel 30) and Wednesdays at 7:30 p.m. (BH channel 949, Verizon channel 36). The shows can also be viewed at www.hodgesvideos.com. Phone : 824-641-0816. Email: bill@billhodges.com Website: www.billhodges.com

Amateur chefs, take note!

The Ybor City Market is holding a contest for the best Arroz con Pollo, to be held in conjunction with its Festival del Sabor on Saturday, Sept. 12 from noon to 4 p.m. in Centennial Park.

Two prizes will be awarded: \$500 for the Best Dish; and \$250 for the Most Creative Recipe.

To register for the contest, call 813-241-2442, or email ybormarket@yahoo.com, or visit CENTROtampa.com (in Spanish) and click on the contest banner.

The deadline for applications is Friday, Sept. 6. Past winners may not re-enter the contest.

Festival del Sabor is sponsored by Tampa Hispanic Heritage, Inc.

Hillsborough Arts Council seeks board applicants

The Arts Council of Hillsborough County is accepting applications for vacancies on its Board of Directors for the term commencing October 2013.

The 15-member Board meets monthly and supports arts and culture in Hillsborough County. Members must be qualified electors residing in Hillsborough County, having general knowledge of the arts and/or specific and in-depth emphasis on one or more of the arts, nonprofit management expertise, and active involvement in the arts. Applicants with nonprofit leadership experience and/or active members of the arts community are encouraged to apply.

Board members serve four-year terms and cannot be a grant recipient or part of an organization receiving a grant from the Arts Council while serving. Financial disclosure during the application process is required. County regulations prohibit Board members from serving on two County boards/committees/councils/etc at one time. Final appointments are made by the Hillsborough County Board of County Commissioners.

Deadline to apply is Friday, Aug. 30.

Applications are available by emailing siebelt@tampaarts.org or by calling the Arts Council at 813-276-8250.

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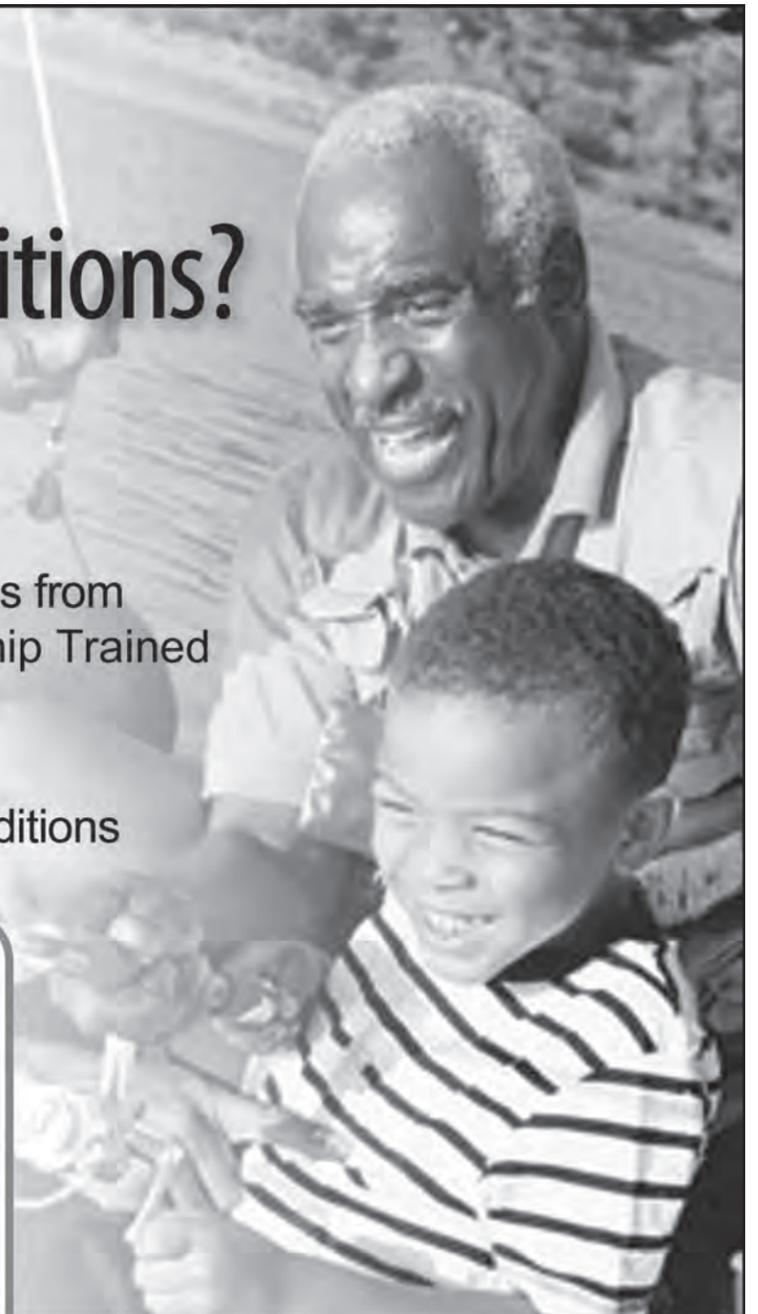
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S. County YMCA gets green light

On July 31 *The Observer News* and *The Current* printed a story about the public-private partnership proposed by the Hillsborough County Parks, Recreation and Conservation Department and the Tampa Metropolitan Area YMCA to build a new facility adjacent to Vance Vogel Park on a 40-acre tract in Gibsonton. Readers who missed this story may read it at ObserverNews.net by typing YMCA in the search line.

Back in the news



By PENNY FLETCHER
penny@observernews.net

Aug. 7 the County Commission voted to accept the joint lease agreement, with the county providing \$2,000,000 toward phase one of the project, which includes three multi-purpose fields, a playground, picnic pavilion, a covered basketball court, parking and drainage improvements. The Tampa YMCA is responsible for the remaining \$1,500,000 cost to construct phase one, which is anticipated to be completed by April 2015.

The Tampa Y is responsible for the entire cost and construction of phase two, which consists of an aquatics center, and phase three, which includes the main facility and additional parking. The total estimated cost is \$8,500,000 and the facility is anticipated to be complete in the next three to five years depending upon capital fundraising efforts.

SCC Board modifies Master Plan

For the last few months *The Observer News* and *The SCC Observer* have been following the Sun City Center Community Master Plan closely and two news stories about it may be found in the archives since Jan. 1 of this year.

According to Ed Barnes of the Sun City Center Community Association Board of Directors, the association recently made modifications to the originally-announced plans by adding an expansion of the existing association offices. The addition will include a lunchroom for employees and additional storage space as well. All the projects are still on a pay as you go basis as originally planned. The money for the first phases which include the design, parking lot, moving utilities and constructing two buildings, was saved before the project began by initiating a \$1,500 resale fee for all homes resold in Sun City Center. This corresponds to the impact fee paid for each new home built by developers and is charged because of the impact more people have on facilities, roads and community amenities.

AB Dragon Boater competes in Hungary

Seventeen-year-old Lennard High School senior Ben Hoover of the Dragon Boat team Leviathans, based in MiraBay in Apollo Beach, qualified to go to the World Dragon Boat Racing Championships as part of Team USA, held in Szeged, Hungary, July 24. Teams from approximately 30 countries raced in multiple classes and distances. The results of all the races and the placement of the United States team are available online.

The Leviathans say this is a sport a whole family can do together – from age 15 up – and encourage residents of communities in the area to join them at practices held Tuesdays and Thursdays at 6 p.m. and Saturdays at 9 a.m. at the MiraBay Lagoon, Apollo Beach.



PENNY FLETCHER PHOTOS

Grace Selph and Linda Ward, standing, served as event planners and leaders for Shepherd's Connection backpack and school supply give-away Aug. 10 at the Lord's Lighthouse in Ruskin. Shepherd's Connection is a community ministry of South Bay Church in Riverview.



Bill and Dora Cruz, founders of the Lord's Lighthouse.

Ministry teaches 'giving back'

▶ Continued from page 1

transport children, they must also undergo a background check.

Members Mike and Sandy Paquin had already had their background checks through state agencies as foster parents, so they were a natural to take on projects within the group involving children, Selph said.

Selph's partner in planning the event, Linda Ward, was busy directing a crew of volunteers — both men and women — handing out backpacks filled with complete outfits, including underwear and socks, shirts and pants and shoes as well as school supplies. Each child identified on the list given to them by the Cruzes received a number, which was then attached to the packs, so everyone got things that fit them.

The Interfaith Council of Sun City Center, made up of local houses of worship in that community, gave \$7,500 to make the project possible.

"It was a miracle — a real God thing," Selph said. She said they worked hard for days on the grant application, and then received a check in the mail. "We didn't expect it. We hadn't heard anything. It just came, and we are so very, very grateful," she said.

Ward said there were many others who helped by providing food, snacks and clothing. "We could never have done this alone," she said.

The Sun City Center Interfaith Council donates to projects all

over South County but only through nonprofit organizations. Whenever the Council members are interviewed, they ask that people be told they give outside of Sun City Center as well as within it. Any charitable organization in the area may fill out a grant application online.

Shepherd's Connection tries to do at least one project every year where the foster children they work with can help.

"We work with kids from 13 to 19. We mentor and do community projects, but we also have fun. Like horseback riding and picnics," she added.

The Paquin family was busy all during the event, including Austin, one of three children they have now.

The couple, who have been married 13 years, currently have three children, two of whom they have adopted; the third a foster child, the brother of one who came suddenly four months following the placement of his sister.

Raised in Valrico, the couple recently returned from living awhile in Maryland.

They find their children through the Children's Home Society.

"It is certainly a blessing to us," said Sandy Paquin, handing her son a plate of food.

Selph said community events like these help the fosters they work with realize they can be a contributing part of society, even at a young age.



Sandy Paquin and her son Austin help at the give-away. Paquin and her husband Mike have fostered three children and adopted two and are part of a program through South Bay Church that teaches foster children how to give back to their communities.



Hot dogs, chips, snacks and drinks were provided for everyone who took part in the event. Mark Selph, a volunteer for Shepherd's Connection, manned the grill for the event Aug. 10.

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THE SAVVY SENIOR

Assistance Programs that Help Seniors with Health Care Costs

Dear Savvy Senior

Are there any programs that you know of that help seniors with their Medicare expenses? I'm 67 and live primarily on my Social Security, and am having a hard time paying my Medicare premiums, deductibles, co-pays and prescription drug costs.

Need Some Help



By Jim Miller

Dear Need, There are several financial assistance programs that can help Medicare beneficia-

ries who are having a tough time paying their out-of-pocket health care costs. Here's what's offered, along with the eligibility requirements and how to apply.

Medicare Savings

Let's start with a program that helps lower-income Medicare beneficiaries pay premiums and out-of-pocket costs for Medicare Parts A and B. It's called the Medicare Savings Program (MSP), and it has several different benefit levels for people with different financial resources. At its most generous, the program will pay your Part B premium and pretty much all your Medicare deductibles and coinsurance. At its least generous, the program will pay just your Part B premium.

To qualify for a MSP, the minimum standard set by Medicare, is an income under 135 percent of the federal poverty level, which at the moment works out to around \$1,313 a month for individuals. Everything counts towards income, including payouts from 401(k) plans, pensions, Social Security, and help from family members. Medicare also allows states to impose an asset test, which can be as little as \$7,080 per individual, not counting your house or car but counting retirement savings and bank accounts.

But some states have made their MSP programs a lot more generous, with much higher income limits and in some cases no asset tests at all. And the program may be called something else in your state. To find out if you qualify or to apply, contact your local Medicaid office — call 800-633-4227 for contact information.

Medication Assistance

For help with your Medicare prescription drug plan costs, there is another completely separate program called Extra Help. To get it, you'll need to apply through your local Social Security office.

Depending on exactly how low your income is, the program will pay all or part of your Part D prescription drug plan premium and deductible, a hefty chunk of your copay, and totally eliminate the doughnut hole coverage gap. In 2013, individuals with an income below \$1,436 a month, and assets under \$13,300 can qualify for Extra Help.

If you're eligible to be in a Medicare Savings Program, you will automatically qualify for Extra Help. But because the requirements are slightly different, even if you don't qualify for a Medicare Savings Program for Part B you might be able to get Extra Help for Part D. For more information or to apply, call Social Security at 800-772-1213 or visit socialsecurity.gov/prescriptionhelp.

Get Help

To help you find out if you're eligible for these programs, use the National Council on Aging web-based tool at benefitscheckup.org. You'll need to fill out an online questionnaire that asks things like your date of birth, zip code, expenses, income, assets and a few other things. Once completed you'll get a report detailing which programs you may qualify for, along with downloadable application forms and, in the case of Extra Help, allow you to complete your entire application online. The program even knows the specific MSP eligibility rules in your state.

Or, if you don't have Internet access, contact your State Health Insurance Assistance Program (SHIP), who provides free one-on-one Medicare counseling in person or over the phone. To locate your local SHIP, call the eldercare locator at 800-677-1116.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of The Savvy Senior book.

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On the road again... *Bishop's Lodge Ranch Resort & Spa*



The entrance to Bishop's Lodge, Santa Fe, NM.

JEANNE O'CONNOR PHOTOS

■ WARREN RESEN – North American Travel Writers Association
Santa Fe, NM — Bishop's Lodge Ranch Resort & Spa was the first planned stop after leaving West Palm Beach on our 2013 cross country road trip. Until then it was just drive and stop for the night where ever we were.

Historic Bishop's Inn is nestled in the Sangre de Cristo Mountains, the southernmost foot hills of the Rocky Mountains just a few miles north of the historic, touristy, art-filled downtown of Santa Fe, New Mexico.

In 1610, Santa Fe was proclaimed the capital of the Kingdom of New Mexico by the Spanish governor making it the oldest

capital city in the country today.

To clear up any confusion at this point for Florida readers, St. Augustine, Florida, is the oldest continuously occupied European city in the United States having been founded in 1565, almost half-a-century before Santa Fe's capital designation.

Running streams and gurgling waterfalls (manmade) in the middle of this high desert country greeted us when we turned in at the entrance of Bishop's Lodge. As we arrived, several large mule deer watched our approach from across the road as if to let us know that we were in their territory also.

Bishop's Lodge is named for Jean-Baptiste Lamy (1814-1885), the first Archbishop of the Southwest Diocese, who arrived here in the mid 1800s. Bishop Lamy lived on this site for many years and the small chapel, which he built on this property almost 160 years ago, remains practically unchanged from its original design. Still in use today, the chapel is open for guests to visit and a favorite location for weddings.

This area of New Mexico is a world of open spaces, crisp mountain air and four seasons, so different from Florida's featureless landscape and humid 2-season climate. Bishop's Lodge is spread out over 450 acres of rolling foothills adjacent to the Santa Fe National Forest, its earth-tone adobe buildings blending into the landscape.

Bishop's Lodge is not a monolithic resort with a large bustling central lobby, its rooms radiating

out in all directions. The Lodge's registration and public areas are comfortably furnished in traditional southwestern style incorporating Colonial Spanish, Native American and southwestern furniture, art and artifacts. Typical of a charming, warm, inviting hacienda, the setting sets the theme for the rest of the resort.

An obscure booklet about the resort, which I was fortunate to obtain, titled "From Retreat To Resort," describes the property and its history and best sums up the soul of Bishop's Lodge. "The Lodge is modern and up-to-date in every respect and offers all of the comforts and conveniences of the leading metropolitan hotels, yet it possesses none of the atmosphere of a hotel. On the contrary, it is most homelike. It is a place where one may take things easy and enjoy the pleasure, wonders and glories of the out-of-doors in absolute comfort but without any of the unnecessary conventions of fashionable retreats." That is precisely what we encountered everywhere we went on the property.

There is no reason to leave Bishop's Lodge during your stay. Everything is here for your comfort and enjoyment: horseback riding for beginners and advanced riders (their horse or yours), miles of hiking trails, mountain biking, skeet and trap shooting, fitness center, outdoor heated pool, hot tub, tennis, spa, winter skiing, nearby golf courses and many more amenities. There is also a camp for kids on the premises.

► Continued on page 28

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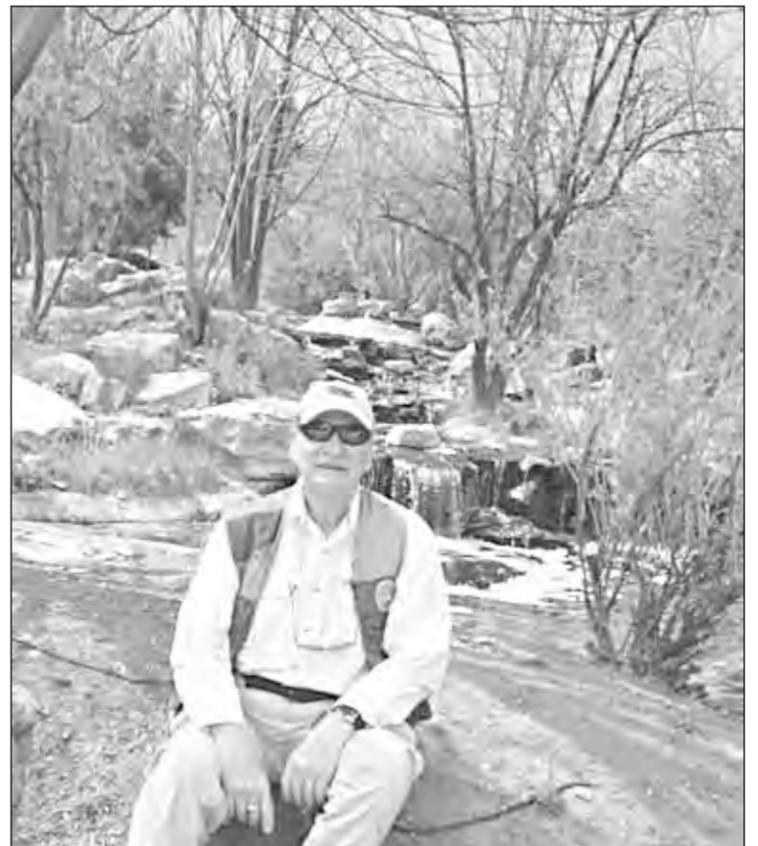
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Heading out to Sangre de Cristo Mountain trails. A nice amenity offered by the Lodge.



This beautiful desert waterfall at entrance to Bishop's Lodge was a tranquil place for the author to rest.



Sea Scout Quartermaster Award-winner Jackson Pentith, holding award plaque, stands with members of Ship 185.

Quartermaster Award Ceremony held at the Sailing Squadron

Sea Scout Ship 185 *Valhalla*, chartered to the Tampa Sailing Squadron by the Boy Scouts of America through the Gulf Ridge Council, has announced that Sea Scout Jackson Pentith, 18, has earned the Sea Scout Quartermaster Award, the Sea Scout equivalent of the Eagle Scout Award. Sea Scouts is a coed program for young adults aged 14-20. The Ship is led by its youth officers, with mentoring by 'Skipper' Donald St. Amour, its longtime primary adult leader, and other adult committee members.

According to the National Council of the Boy Scouts of America, Jackson is the first Sea Scout in the 25-year-history of Ship 185 to earn the award, and is only the sixth Sea Scout in the history of the Gulf Ridge Council — and the first since 1946 — to earn the award. Only about 30 Sea Scouts are awarded the Quartermaster Award nationally, per annum, equating to about 0.5% of all Sea Scouts.

The Quartermaster Award evi-

dences not only a proficiency in Seamanship, including boat handling, sailing, piloting, navigation, safety, and vessel maintenance, but, more importantly, requires the recipient to achieve a series of difficult goals over a long period of time and to demonstrate character, leadership, fitness, and service to others. Service to others is especially demonstrated through the completion of a Community Service Project. Jackson's Service Project involved the restoration of the beach area used by the young student sailors enrolled in TSS Youth Sailing.

Jackson's "Bridge of Honor," a Sea Scout term for the Presentation Ceremony for his award, was August 13, 2013, at the Sailing Squadron in Apollo Beach. Later this month, Jackson is matriculating at the California Maritime Academy to earn a Bachelor of Science in Marine Transportation.

For more information, contact Tom McMullen at 813-685-0457.

SouthShore Regional Library Adult program/event highlights

15816 Beth Shields Way, Ruskin • 813-273-3652

Windows 7: More Windows - Thursday, Aug. 22 at 12:30 p.m.

Learn what can be done through the Control Panel, how to install software and run a disk cleanup. Explore the Control Panel. Find files. View and change properties. Install and remove software. Limit: 20.

Composting with Worms the Easy Way - Friday, Aug. 23 at 4:30 p.m.

Join local naturalist, Diana Kyle, as she presents this entertaining and educational program on composting with worms. Funded by the Friends of the SouthShore Regional Library.

Adult Writing Group - Monday, Aug. 26 at 1 p.m.

Connect with local writers to discuss all aspects of the writing process. Inspire, encourage, and exchange ideas. Opportunities to share your writings and receive feedback will be available. If you've ever wanted to be a writer, this is the group for you! All levels of writers are welcome.

Internet: Safety and Security - Tuesday, Aug. 27 at 12:30 p.m.

Learn how to surf the Internet while avoiding common scams and pitfalls that can compromise your security. Learn about different types of malicious software, how they get on the personal computer, how to remove them, and precautions to take when using the internet. Limit: 20.

Introduction to Genealogy - Tuesday, Aug. 27 at 3:30 p.m.

Learn about the types of records that are available for genealogical research and where to find them using the library's resources in this beginners class.

eBooks for Tablets and Smartphones - Wednesday, Aug. 28 at 10:30 a.m.

Learn how to check out and download free library eBooks to read on a Android, Blackberry, iPad, iPhone or Windows 7 devices using a free app. Learn how to register for a free Adobe ID to wirelessly check out and download library eBooks to an electronic tablet. Presented by the Tampa Bay Library Consortium Limit: 20.

Family Center on Deafness Telephone Distribution - Wednesday, Aug. 28 at 1 p.m.

Presented by Florida Telecommunications Relay, Inc. (FTRI). FTRI provides free specialized equipment and training to qualified Florida residents who are deaf, hard of hearing or speech impaired. The equipment enables them to place and receive phone calls.

SouthShore Needle People - Wednesday, Aug. 28 at 6:30 p.m.

Join other needle people to share techniques, tips and experiences about knitting and other fiber and fabric crafts. Beginners are welcome! Bring a project and ask us questions!

Windows Movie Maker - Thursday, Aug. 29 at 12:30 p.m.

Introduction to Microsoft Movie Maker. Learn how to create, edit and save a video. Learn the Windows Movie Maker layout. Import pictures, video, and audio. Arrange scenes and images on the storyboard. Save as a project or movie. Using Microsoft Movie Maker, learn to add credits, video effects and transitions to a video. Adding credits and narrations. Apply video effects. Apply video transitions. Limit: 20.

Membership with the Friends of the SouthShore Regional Library helps provide the funding for free programs offered at the Library. If you would be interested in becoming a Member of the Friends of the Library, call Jim Duffy at 813-634-1396, www.southshorefriends.com.



2012 Northwest Regional CotY Award in the Entire House \$500,000 to \$1,000,000 category with Universal Design Project Recognition, by Aloha Home Builders based in Eugene, Ore.

Universal design is smart design

Design solutions cover long-term, situational needs for all

Remodeling trends may come and go, but one trend has evolved into an improved design movement focused on increasing accessibility for everyone in the home. The National Association of the Remodeling Industry (NARI) recognizes **universal design projects** as proven design solutions for not only aging-in-place, but for families with special needs or anyone who wishes to move about his or her home freely, without barriers.

Russell Long, president of Aloha Home Builders based in Eugene, Ore., is a pioneer of Universal Design, remodeling his home to fit the accessibility needs of his 16-year-old son who was born with cerebral palsy.

Though Long's accessibility needs may be greater than others, he always communicates the benefit of Universal Design to all of his clients. "Most people

don't think about Universal Design until it's too late," he says. "A healthy person can be injured or need to care for a loved one who is aging, and suddenly, your needs have changed," he says.

Long believes many of the design elements incorporated into his project, which won a 2012 Northwest Regional CotY Award in the Entire House \$500,000 to \$1,000,000 category with Universal Design Project Recognition, are convenient and luxurious, as well as functional and wheelchair accessible. For example, the universal design features from his project include:

►Zero barriers, which mean there are no steps in the home, especially for entryways. All living quarters are on the first floor, with the exception of an upstairs area that was converted into an apartment with the purpose of housing a caregiver at some point.

►Wide hallways, open living spaces and dual entries in all rooms are common design elements used in wheelchair accessibility. Long's hallways are more than 5 feet wide, and living spaces are expanded so wheelchairs can move around furniture easily. Also, two entryways in all rooms — including the living room, dining room and kitchen — allows for ample traffic flow throughout the house.

►Microwaves drawer and/or refrigeration drawers are also common in universal design, but Long says it is also a stylistic feature for those who prefer to showcase beautiful cabinetry and granite countertops rather than the eye-sore of a microwave taking up counter space.

►Hardwood flooring is superior over carpeting for wheelchair accessibility. Long removed all carpeting on the first floor and installed engineered hardwood flooring throughout the entire floor, only covering certain areas with rugs. The new flooring also allowed for a five zone, energy-efficient radiant heating system throughout the house, which couldn't have been accomplished with carpeting.

►Ramped pool entrance is a unique design feature developed by Long to make it easier for his son to be transferred in and out of the pool safely. However, once installed, the ramped entrance doubles as a convenient bench for guests to sit on while they enjoy the pool.

The key to Universal Design, according to Long, is to come up with design solutions that address current needs and future needs down the road. "We tried to think of solutions that could easily be added or taken out if we needed them or decided to sell our home one day," Long says.

He also adds a big misconception of Universal Design is that it looks institutional. "We research products and designs that blend functionality with beautiful aesthetics of a home, so that it never compromises a client's style," Long says.

NARI is the source for homeowners seeking to hire a professional remodeling contractor because members are full-time, dedicated remodelers who follow a strict code of ethics that observes high standards of honesty, integrity and responsibility. To learn more, go to NARI.org.

C.A.R.E. Pets of the Week

C.A.R.E. is open from 10 a.m. to 3 p.m. Tuesday through Saturday. For directions, visit www.CareShelter.org or call (813) 645-2273.



Angie

Now here's a lovely and friendly young tabby cat. Angie is the recent proud mom of four babies, who also reside at C.A.R.E. Mother Angie is so happy to lounge on the lanai and look over her beautiful babies, but she would really like to come to live at a forever home of her own. Go see this beautiful girl and her children and give her that home. Angie is updated on her shots, and spayed. As part of her adoption she will be microchipped.

DOB: Oct. 2, 2011.



Cotton

Cotton is a special little gal who was found on her own and in need of some TLC. She can be a little shy, but once she gets comfortable, she will show her sweet and happy side. Since arriving at the shelter, Cotton has opened her circle of friends wider and wider each week. She is also growing her hair back slowly but surely. Cotton likes to romp around her yard and see what the other dogs are doing on the other side of the fence. She walks nicely on a leash and is being paper trained too. Cotton will be spayed, microchipped, and brought current on her shots as part of her adoption.

DOB: Jan. 2, 2011.

PHOTOS MARLENE GREENBERG



The morning watch

■ By DIANE STRAUSSER ALVAREZ, Master Naturalist and Camp Bayou Supporter

Sleeping in is a wonderful thing, especially when the college English class that I teach most often starts at 11 AM. But when I see my husband off at 6 AM, then begins the watch for the morning surprise. This morning it's the hummingbird moth flitting from tiny blue flowers on the tall porterweed, which I notice upon opening the blinds onto the

butterfly garden. At first, I thought it was a baby hummingbird, though those are probably the size of an adult when they leave the nest. The wings fluttered a bit more, and the flight was more erratic. It seemed to barely touch the flower, which is not a tubular one like the firebush. The hummingbird rests for a moment at each sweet firebush tube, while this moth seemed to sample in flight. It came so close to the window that I finally saw its curved body. Several years ago I watched an encounter between a hummingbird and a hummingbird moth about the same size, but this moth was even smaller, another of the sphinx or hawkmoths (Sphinginae).

I have seen ruby-throated hummingbirds for the last seven summers hanging around my two mature firebushes. I'm delighted to say, "It's just another hummingbird day!" The female is as tiny as an oak leaf with an iridescent green back and a white chest. In the early morning, one whirls in and out of the necklace pod, finds the coral honeysuckle, tests the milkweed, hovers over the golden dewdrop, then retreats into the oak trees. The male is red-throated with some black on the head and an iridescent green back.

At 8 a.m. one August, I watched a battle between a hummingbird and a hummingbird moth (tersa sphinx). The light orange moth had a curved quarter-moon body with horns! They also like the tall blue porterweed, but they were fighting over the firebush. The



bird and the moth flew at each other like dive bombers towards the firebush. The hummingbird won out, at least while I was watching.

This column is sponsored by Camp Bayou Outdoor Learning Center located in Ruskin at 4140 24th Street SE, 3 miles south of S.R. 674 off exit 240 W. on I-75. Email: campbayou@gmail.com or call (813) 641-8545 for more information.

Reminder – school breakfast is free to all students

Each school day, all Hillsborough County public school students are reminded to take advantage of the district's free breakfast program.

The national School Breakfast Program continues to make it possible for all school children to receive a free, nutritious breakfast every school day. Breakfast options include fruit and yogurt parfaits, whole grain muffins, and apple cinnamon oatmeal. Every school breakfast served meets federal nutrition standards and is offered free of charge to all students in Hillsborough County Public Schools.

A free breakfast is available 45 minutes before the first bell rings. Check with your child's school for availability.

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Hillsborough County Fire Rescue celebrates 40 years of service with special events

Hillsborough County Fire Rescue (HCFR) will celebrate 40 years of service with a pair of public Anniversary Open Houses on Saturday, Aug. 24 from 10 a.m. – noon at the following locations:

- Station #37, 5602 Providence Road in Riverview
- Station #42, 5209 Ehrlich Road in Tampa

The free Anniversary Open House events will feature displays, fire safety education, and family-friendly activities with refreshments courtesy of Hillsborough County Firefighters, Local 2294.

The HCFR Anniversary Open Houses will offer station tours and the chance for kids of all ages to explore trucks and rescue vehicles. The HCFR Junior Firefighter Challenge arena will let children wear real gear and practice professional firefighting such as:

- hooking up and spraying hoses
- running an obstacle course
- pulling a mannequin "victim" out of harm's way

In addition to the Open Houses, Hillsborough County Fire Rescue will commemorate its 40th Anniversary with a special ceremony on Tuesday, Aug. 27 from 1 p.m. – 4:30 p.m. at HCFR Headquarters located at 2711 E. Hanna Ave. in Tampa. The ceremony will feature former firefighters of distinction to recognize the agency's four decades of service and dedication to public safety through education and emergency planning initiatives.

HCFR began as an all-volunteer force in the 1950s, hiring its first career, full-time firefighters in 1973. HCFR has since evolved into one of the largest, most progressive fire departments in the State of Florida.

For more information on Hillsborough County Fire Rescue's 40th Anniversary celebration, call 813-272-6600 or visit www.HillsboroughCounty.org/FireRescue.

Maritime Museum closing for September

The Florida Maritime Museum (FMM) in Cortez will close for the month of September to reconfigure the museum layout and update exhibits. FMM hopes that these changes will improve and energize visitor experience. A more dynamic repertoire of exhibits will further engage the community, and draw in a wider range of visitors to learn about the historic fishing village of Cortez.

The new floor plan will improve traffic flow, allow a greater number of objects to be seen by the public and provide more opportunities for rotation of exhibits.

The Florida Maritime Museum will close on Sunday, September 1 and celebrate its grand reopening Saturday, October 5. The museum is located at 4415 119th Street West, Cortez, Florida 34215. Call (941) 708-6120 for more information.

Scam and Fraud Alert

Sometimes it seems like everyone's out to separate you from your money. We are writing this column to alert readers to the latest scams and schemes you need to watch for and avoid. These may come by email, in your mailbox, by phone, or even show up at your front door.

Your ATM Card is Bad...

One of the latest is an automated call purporting to be from a local credit union that advises your ATM card has been compromised and they need to verify information. This has come to both Gary's and his wife's cell phone. It was an obvious scam because they never had an account at that institution. But the message was very professional and might well have fooled someone who was a member of that credit union. This type of scam is called "phishing". If you follow the instructions they request more and more personal information until they have enough to steal your identity and obtain credit in your name, or duplicate your ATM card and use it to drain your account. Serious stuff.



By Gary Cotter
SCC Businessman

You Won the Lottery!

Many local mailboxes have been filled recently with notices of big prize winnings from various sweepstakes. Legitimate? Probably not. The big red flag is the request that you send a nominal amount of money for "verification" or "certification" of your prize. While it may sound like a fair trade to send ten or twenty dollars to "certify" your million dollar prize winnings, please know two things: 1.) You can't win a contest you haven't entered. 2.) Legitimate contests never ask for money before sending your prize. These offers come in official looking envelopes with compelling messages urging fast action and promising sure winnings, but if they are asking you to send money, it's a scam.



By John Bowker
SCC Historian

These promoters send out tens of thousands of letters at a time to very special lists called "sucker lists". If you are getting this type of mail you are on the list. These promoters often make more selling your name to other promoters than by getting your \$20. Since they send so many letters at once, they may make hundreds of thousands of dollars on each mailing.

Let Me Help You...

Our least favorite is a phone call from the Tampa jury system pointing out that since you did not show up for jury duty, "the judge has ordered me to fine you the full amount." Of course, this was news to the recipient who never received a jury summons. But wait: the caller hears your distress and offers to cut the fine in half if you send the check to him so he can "process it through the system."

With your help we can make this column timely and useful. If you have discovered a scam or fraud or suspect you have, email details to scamalert@gate.net. Your email will be confidential and your identity won't be revealed. But you can take pride in the fact that you are helping keep others from becoming victims.

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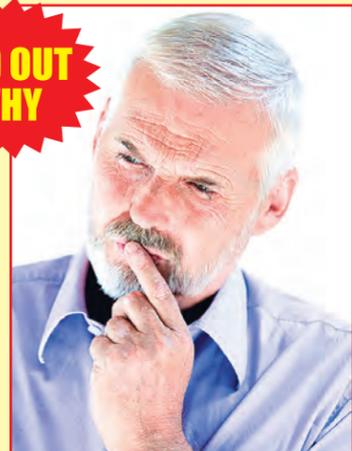
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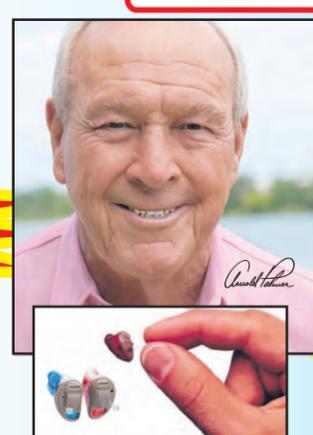
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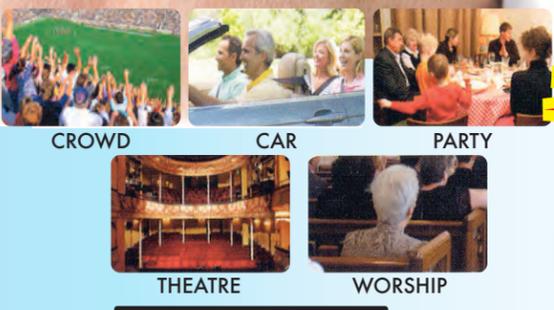
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 Family Medicine

St. Vincent de Paul helps those in need with back-to-school supplies

RUSKIN — St. Vincent de Paul of East Hillsborough County hosted a back-to-school event on Thursday, August 15. The event was held at the St. Vincent Thrift Store located in Ruskin. Backpacks and school supplies were given to children in grades K-8.

The backpacks and school supplies were donated from parishioners at Prince of Peace, St. Anne and St. Stephen Catholic Churches. Over 100 backpacks were distributed to children, mainly from the Ruskin, Sun City, Gibsonton and Wimauma areas.

St. Vincent de Paul is a Catholic charity that assists the poor and disadvantaged. The East Hillsborough District is made up of volunteers from St. Anne, Prince of Peace and St. Stephen Catholic churches. Over 100 volunteers in the area assist families-in-need with food and financial assistance including rent and utility support, and one-time emergencies. The volunteers also visit the sick and elderly in the local area.

The Society operates a Thrift Store on 3rd St. in Ruskin, directly behind St. Anne's Catholic Church. The store is open Monday through Saturday. All proceeds from the store go directly back into the local community. Hundreds of families in the East Hillsborough County area are assisted by St. Vincent each year.

More information about the East Hillsborough St. Vincent de Paul can be found at www.svdpruskin.org.



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MITCH TRAPHAGEN PHOTOS

On August 15, 100 free backpacks for children going back to school were made available by the St. Vincent de Paul Thrift Store in Ruskin. The backpacks were gone within minutes after the scheduled opening time. The organization provided rain checks for those children who did not receive a backpack and have since obtained 112 additional backpacks to fill the need.

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Hot home news from TopTenRealEstateDeals.com



The glass house from *Ferris Bueller's Day Off*.

Real estate is never boring at TopTenRealEstateDeals. Check out this week's most entertaining and unusual real estate stories.

Bueller's Glass House

We still cringe at remembering the red 1961 Ferrari 250 GT California Spyder convertible fall from its jacks and go careening through the plate glass wall into the ravine below. Teenage lesson learned? You can't remove mileage from an odometer by running a car in reverse. The 1986 film "Ferris Bueller's Day Off," now a cult classic, starred Matthew Broderick as Ferris, who just wanted to play hookie from school for a day to explore and enjoy the city of Chicago for one last time before the responsibility of college began.

Though no one will ever forget the stunning view of forest and tree tops from the film, the house has an interesting past as well. Before it was referred to as the Ferris Bueller House, it was and is more accurately known as the Rose House.

The Roses built the A. James Speyer designed house in 1953. Speyer was a well-known architect, professor at Illinois Institute of Technology and was Curator of Twentieth Century Paintings and Sculpture at The Art Institute of Chicago.

At 4,300 square feet, the home consists of four bedrooms and four baths and is situated on one acre of wooded land. In 1958, the house was one of twelve homes in the nation featured in a Bethlehem Steel publication promoting the use of steel framing for residential design.

Designed by James Speyer it is now listed at \$1.5 million.

Steve McQueen's Cowboy Ranch

"I would rather wake up in the middle of nowhere than in any city on earth" - Steve McQueen.

Considered to be one of the sexiest and toughest leading men in film history, Steve McQueen is remembered for so many roles in top box office films such as "The Magnificent Seven," "Bullitt," "Papillon" and so many others. But what made

him so tough and sexy?

Steve had a rough childhood. Abandoned by his mother at age three, he was left with his grandparents who were loving, but also facing the problems of raising a toddler at the start of the Great Depression. They were forced to move in with Steve's great uncle, from whom Steve said he learned a lot and greatly admired. But no sooner had life stabilized for Steve than his mother reappeared to take him to live with her and her new husband. The new husband beat both him and his mother, including throwing Steve down a flight of stairs. At that point, the stepfather demanded that Steve be put in a reform school at his age of 14. By age 16, he was released and sent back to his grandparents. From joining a circus to enlisting in the Marines, Steve's life evolved. After separating from the Marines, he used the GI Bill to study acting and the rest is history. He had survived life's hard knocks with a laid back attitude and beautiful mystery eyes, making Steve appear very sexy to women of all ages. Steve died of asbestos-related cancer shortly after marrying his third wife in 1980 at the age of 50.

People tend to remember the things mysterious men say, usually in an effort to figure them out. One of Steve's quotes explains why he loved his Pioneer Moon Ranch in Idaho: "The Navajos have a saying they live by: 'A land where there is time enough and room enough.' I want that, too." This is exactly what he achieved, without any grandiose gestures of building one more show-off mansion, but a simple log cabin from where one could enjoy the pasture land and mountains.

Steve's 500-acre ranch lies at the foot of the Pioneer Mountains with the East Fork of the Big Wood River running the length of the property. The current owners restored the existing log structure in 2004. At 1,410 square feet, it has two bedrooms, two baths, a full kitchen, living and dining area with large rock fireplace. The loft above is used as a library. The ambiance of natural log and stone is exactly what we hope for in a log cabin, and this one is cheerful, warm and cozy. A sepa-

rate log structure was added in 2010 which measures in at 1,731 square feet. It contains a living room with bar, dining room, library, bedroom

and 1.5 baths. It also has a 1,539 square foot four-bay garage with workshop and loft. One bay is a drive-through for farm equipment.

Steve McQueen's 500-acre dream getaway, Pioneer Moon Ranch, 25 minutes from Ketchum, Idaho, is now listed for sale at \$7.4 million.

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A+ Lunches

How much sodium is in your child's lunchbox?

They need to be able to eat it in 20 minutes or less. They need to be able to open and close all of the containers themselves. And it can't go bad before they eat it. What are we talking about? The lunch your kids take to school each day.

What you put in your child's lunchbox might matter more than you realize. A recent study by the Centers for Disease Control and Prevention found a significant amount of sodium in the foods toddlers commonly eat. It's feared that similar levels of sodium are also found in a number of the foods older kids eat at school every day. As concerns rise about the early onset of high blood pressure, a major risk factor for heart disease, parents may want to re-examine those lunchbox choices.

Why does sodium matter? A 2012 study of children and adolescents found that higher sodium consumption was associated with increased blood pressure. This effect was even greater in overweight and obese participants compared to normal weight participants.

In addition, research suggests that children's taste for salt develops as they are exposed to it. The less sodium children consume, the less they want it. Children's taste for salt may be reduced if they are exposed to lower sodium diets at a young age.

Here are some tips to help tackle high sodium in your child's lunchbox:

- Pack fresh fruits and vegetables with lunch every day.
- For a healthy snack, make trail mix using unsalted nuts, dried fruits and whole grain cereal.
- When buying prepared meals, look for those with less than 600mg of sodium per serving.

With your help, your children can develop healthy, low sodium eating habits that will last throughout their lives. For additional information and tips for parents visit www.cdc.gov/salt.

Make-Your-Own Snack Mix

- 1 cup toasted oat cereal
 - 1/4 cup unsalted dry roasted peanuts (or other unsalted nut)
 - 1/4 cup raisins
 - 1/4 cup dried cranberries
- Combine all ingredients, and toss well.

Serve immediately, or store for later snacking. Tip: Put snack mix in individual snack-sized bags for a great grab-and-go snack.
Source: Centers for Disease Control and Prevention



Turn good lunchboxes into great lunchboxes

While moms want to make sure their kids eat a healthier lunch at school, it's not always easy packing lunches that are good for them.

Food and lifestyle expert Evette Rios has five easy tips to help families pack a healthier lunch, and turn a good lunchbox into a great lunchbox:

1. Subtract the fat. Remove unnecessary fat with fat-free deli meats - your kids won't know the difference.
2. Avoid temptation with snacks. Children who eat a poor quality breakfast or lunch may give in to temptation, so offer healthier snacks like nuts and dried fruit, or sneak 20 percent of your kid's daily fiber into the lunchbox by packing a Nature Valley granola bar or Fiber One bar.
3. It's not juice if it's not 100 percent. If you are going to serve juice make sure its 100 percent fruit juice.
4. Don't be afraid to give them a sweet treat. Instead of a candy bar or cookies, try packing Go-GURT(r) Portable Lowfat Yogurt. With a fun tube and smooth, creamy texture, these treats are specially made to freeze and thaw by lunchtime.
5. If kids help select it or cook it, they'll eat it. Give them a choice and involve them, but guide their choices. Let them cruise the produce aisle and pick out the fruit they want to eat. Show your children how to cut veggies into bite-sized pieces that they can dip into a favorite sauce. Also, have them make trail mix with low-salt nuts and dried fruits, and portion it into single serving bags.

When shopping for healthier ingredients to feed your family, Rios recommends looking for the Great for You seal on Walmart produce available in stores now and on select Great Value and Marketside products beginning this fall. "As part of their healthier food initiative, Walmart is making it easier than ever to make healthier food choices. This seal lets you instantly identify food options that are both great for you and affordable," said Rios.

Get more ideas for great school lunches at www.walmart.com. You can also download the free Walmart mobile app that lets you create grocery lists and get coupons at www.walmart.com/mobile.



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Anna Maria Oyster Bar takes 118 employees on Annual Longevity Trip

John Horne, owner of the Anna Maria Oyster Bar restaurants in Bradenton, recently sent 118 employees on the Annual Longevity Trip. This year, the employees were treated to a day at Busch Gardens in Tampa. All employees who have worked for three years or more are taken on the trip. These employees represent a combined 811 years of experience working for AMOB. The average tenure of those 118 employees is 6.87 years. Past Longevity Trips include a Tampa Bay Rays game, Universal Studios, and a Tampa Bay Buccaneers game.

Camp Bayou offers guided canoe trips



At 9 a.m. on two upcoming Saturdays, Aug. 24 and Sept. 21, Camp Bayou in Ruskin is offering guided canoe tours. The tours last approximately 90 minutes; the cost is \$25 per canoe, which seat up to three. Those with their own canoes and kayaks are welcome to be part of the tour for a \$5 donation.

Reservations are required. Call 813-641-8545 to reserve, or email campbayou@gmail.com for more information.

There will also be a moonlight paddle in mid-October, with exact day and time to be determined.

Upcoming Events at Camp Bayou

►The International Coastal Cleanup is scheduled for Saturday, Sept. 21. Starting time at Camp Bayou is 8:30 a.m. Register at

Keep Tampa Bay Beautiful: www.keeptampabaybeautiful.org

►Camp Bayou is taking school field trip reservations for October and November. Fall school reservations fill quickly, so consider spring trips as well.

►Save the Date: Saturday, Oct. 26 is the Camp Bayou Fall Open House. The event ties into National Food Day and Viva Florida 500 with healthy snacks and themed activities for families.

►The Camp Bayou Photo Contest is back with prizes in addition to the award ribbons. There is no fee to enter. Photos must be taken at Camp Bayou. Submit a mounted 8x10 and include contact information. For an entry form, visit the homepage or stop in at Camp Bayou during regular operating hours.

RUSKIN VFW POST #6287

Ruskin VFW Post #6287, 5120 U.S. 41 N. has listed the following weekly activities. Meetings are: VFW and LAVFW on the 2nd Wednesday each month; and MAVFW on the 3rd Thursday each month.

- Thursday, Aug. 22 - Bar Bingo with Jerry 6 p.m.
- Friday, Aug. 23 - Fish & Chips 4:30 - 7 p.m. Queen of Hearts 7:30 p.m. Music by You 2 Kan 7:30 p.m.
- Saturday, Aug. 24 - Crew Games & free hot dogs, 6 p.m. Music by You 2 Kan 7 p.m.
- Sunday, Aug. 25 - Music by Chuck Cobbs 6:30 p.m.
- Monday, Aug. 26 - Crew Games & free hot dogs, 6 p.m.
- Tuesday, Aug. 27 - Games in Lounge 1-4 p.m. Kitchen opens 4:30 p.m. Bingo, 6 p.m.

Winners will be announced at Fall Open House, Oct. 26, 2013.

The Camp Bayou Outdoor Learning Center is a public-private partnership between Bayou Outdoor Learning and Discovery, Inc., Ruskin Community Development Foundation, Inc. and Hillsborough County Parks, Recreation and Conservation. Camp Bayou is located three miles south of SR 674 at the end of 24th St. SE in Ruskin.

More information is on the web at www.campbayou.org or call 813-641-8545.

Fish Tales:

Afternoon rains mean morning fishing

It was another week of great morning fishing and boating. Unpredictable weather patterns in the afternoons make it difficult to go out then.

Many of the boats I saw arriving ashore last week had their share of Spanish Mackerel.

Mackerel are considered one of the world's most important food fishes. This fish is found in every ocean and sea of the world. This is a roving fish, always on the move. It is preyed upon by all other fish.

Spanish Mackerel is sometimes called Spotted Speedsters. The average weight is 28 oz. Food value is excellent. This species is covered with golden spots; is bluish-brown on its back and has a silver belly. Catches must be 12 inches to the fork and 15 per person, per harvest.

Since the mackerel is a small fish, I suggest pan frying in hot oil at 350° for about 3 to 5 minutes depending on the size of the fish.

With the large amounts of recent rainfall there is an abundance of brackish water, and with this type of water lots of trash fish have been caught.

Numerous blowfish, dogfish, and catfish were caught by anglers this week. Some were saved for bait, others released.

The rains have brought black drum by the numbers. The drum is considered to be of poor food value with only the small ones

edible. Average weight is 9 pounds with the largest on record caught in our Bay waters at 115 pounds. It's a fighting fish that's fun to catch. Large drum are most often full of worms

Tripletail fish showed up this week. They are a fish that like to school around wrecks, probably because they like the shade and cooler spots. Tripletail are open water fish that lurk around buoys, or any object where they can hide. Legal is 15 inches and anglers are allowed two per harvest, per day

Flounder was a popular catch this week also. Many anglers with redfish catches had a flounder or two as well.

Flounder are from the flatfish family. Apparently they are only a half fish. Their entire life is spent on the bottom. Only one side is marked, with all having a pure white bottom. They have a twisted body with only one eye on top. All flatfish have good food value, with the flounder considered excellent. They will take artificial bait or anything dangled over them as they sleep on the bottom. Legal is 12 inches with 10 per harvest, per day.

Redfish are limited to one per person, per day, and not less than 18 inches or more than 27 inches.

Freshwater anglers report great catches of large mouth bass, pan fish, and freshwater cats.

I hope all of your trips will be free of anxiety and storms. Spend your day enjoying the wonders of our waterways .



By Jonie Maschek
Member: Florida Outdoor Writers Association

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Area Obituaries

Roy G. Berglund

Roy G. Berglund, 92, died August 12, 2013. He lived in Sun City Center, Fla. for the last 28 years and recently moved to Brighton Gardens in Tampa.

He is survived by daughter Lorna Sutton of Derby Kan.; son Donald (Judy); daughter Jackie Freeman (Earl) of San Diego, Calif.; son-in-law Wayne Pederson; and grandchildren Erik Pederson, Roy (Lindsay) Pederson, Britta Pederson, Greg Sutton, Geoff Sutton, Chris Freeman, Tanya Freeman and Cindy Freeman.

He was preceded in death by wife Loris, daughter Roylene Pederson, son-in-law Lynn Sutton and parents Esther and Oscar Berglund.

William Heron

William (Bill) Heron, 86, of Sun City Center, Florida, formerly of Pittsburgh Pennsylvania, passed away peacefully on Monday, August 12, 2013 in Florida.

Bill is survived by wife Pat Heron of Sun City Center; sons Bill Maue and his wife Tracy of Ruskin, FL, and Dale Heron and his wife Christa of Annapolis, MD; grandchildren William J. Maue, Michelle Willson, Lisa Maue, Rachael Heron; and five great-grandchildren.

He is also survived by brother Jackie, and sisters Jeanne Patrusch, and Janet Synan. He was preceded in death by brothers Robert and David.

Bill was born in Pittsburgh Pennsylvania, son of Zeke and Blanche Heron. He worked most of his career at the Blawnox Mill and Machinery Company in Pittsburgh, where he started as an apprentice and worked his way to manager of the machine shop and then lead estimator before retirement. Locally, he worked for a short time at the B&M Precision Corporation in Ruskin to stay active in early retirement.

Bill was an avid hunter, mechanic, and skater. He and wife Pat won

multiple skating dance titles, and were eight-time Pennsylvania State Champions, eight-time Eastern Regional Champions, and placed in the National Championships before becoming professional instructors.

Bill was an active member of the Loyal Order of the Moose Lodge in Ruskin.



Florence E. Palmer

Florence E. Palmer, 98, of Sun City Center, passed away on Aug. 15, 2013. She was born in Dracut (Lowell), Mass. to Willard and Agnes McCallum. As a child, she and her family moved to South Bend, Ind., and then to West Paterson, N.J., where she met and married the love of her life, Harry Palmer (deceased).

She is survived by their two children, Betty Moore of Sun City Center and Harry Palmer, Jr. of Sun City Center and Calicoon, N.Y.; her beloved sister Lillian Brandes, 100, of Bangor, Maine; three nephews, one daughter-in-law, many loving grandchildren, great-grandchildren, and one great-great-grandchild.

Florence was a loving Mom and homemaker, a devout born-again Christian, and a lifetime member of the church of the Nazarene.

2nd Annual CareFest SouthShore set for Sept. 28

Somebody Cares Tampa Bay has announced its 2nd Annual CareFest® SouthShore will take place on Saturday, Sept. 28.

An outreach event, last year's CareFest brought nine local churches, several area businesses and local government officials together with almost 200 volunteers to complete 23 projects all over SouthShore for homeowners and organizations in genuine need of minor repairs or improvements that meet guidelines.

This year CareFest will kickoff with volunteer registration at 7 a.m. at Ruskin United Methodist Church, 105 4th Ave. NW in Ruskin. Volunteers will then report to their assigned pre-approved projects and return to the kick-off site for a free Celebration Lunch at 1 p.m.

Among this year's sponsors are: Hardees of Ruskin, SweetBay of Ruskin, Pure Design Studio of SouthShore and McDonald's of Ruskin. More are expected to be announced.

Single mothers, the elderly, the disabled and low-income families often have difficulty maintaining and repairing their homes, such as exterior and interior painting, simple carpentry, plumbing and electrical work, yard cleanup, landscaping, etc. Organizers are asking for projects to be submitted for consideration. The requested repair or improvement will be evaluated and, if approved, will be placed "up for adoption" through the CareFest network and assigned a team of volunteers.

CareFest Day is a national, Christ-centered community service effort that unites churches, businesses, organizations and community residents across the United States simultaneously, to demonstrate God's love in practical ways.

If you would like to volunteer for the 2nd Annual SouthShore CareFest Day, or your church or business wish to participate, donate materials or supplies and/or provide financial support, contact Dana Perrotto at 813-401-2800.

If you would like to submit a project for evaluation, contact Project Coordinator Trent Perrotto at 813-454-9244.

Your group/church can view current needs and/or adopt a project by visiting www.carefesta.com.



RAYMUND OCAMPO

St. Andrew welcomes new choir director

Members of St. Andrew Presbyterian Church in Sun City Center welcomes new choir director Raymund Ocampo.

Raymund comes to Sun City Center from the 1000-member Mt. Washington Presbyterian Church (MWPC) in Cincinnati, where he was full-time Director of Music. He administered their program of 15 musical ensembles and directed five of the vocal choirs.

In his second year at MWPC, the chancel choir was invited to perform at Carnegie Hall in New York for a festival featuring Haydn's Nelsonmesse.

Community members are invited to hear the choir directed by Raymund Ocampo, beginning Sept. 8, at St. Andrew's 9 a.m. traditional service.

St. Andrew Presbyterian Church is located at 1239 West Del Webb Blvd.

Learn more about the Catholic faith

Are you non-Catholic and interested in learning more about the Catholic faith? Do you want to know how to become Catholic?

On Sunday, Aug. 25 at 9 a.m., Prince of Peace Catholic Church will offer a special presentation for all those interested in becoming Catholic or for those wishing to learn more about the Catholic faith. The presentation will take place in the RCIA Room of the Conesa Center. Light refreshments will be served. All are welcome.

For more information, visit www.popcc.org or call 813-634-2328. Prince of Peace Catholic Church is located at 702 Valley Forge Blvd. in Sun City Center.

Gospel music convention is next week in Wimauma

The Florida Gospel Music Association celebrates its 24th Annual Convention from Friday, Aug. 30 through Sunday, Sept. 1 at the Wimauma Convention Center, 5408 SR 674.

Doors open nightly at 5 p.m., with concerts starting at 6:30 p.m. The cost is a \$5 donation plus a love offering.

Artists from all over the state will perform, including the Harper Brothers, the Pickerings, Mark V Quartet, the Gibbs Family, Pure Heartt the Vander Veens and many others.

In addition, there will be chapel services at 10 a.m. on Saturday and Sunday.

For more information, call 813-634-7537 or 407-788-6556.

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 Phone: 634-2328 • Fax: 633-6670
www.popcc.org
Masses:
 Sunday: 8:00 a.m., 10:00 a.m., Noon
 Saturday Vigil..... 4:00 p.m.
 Daily 8:00 a.m.
Confessions:
 Mon.-Fri. 7:30 a.m. and Sat. 8:30 a.m. and 3 p.m.

NORTHSIDE BAPTIST CHURCH

"Loving God, Loving Others, Serving Beyond Borders"
 Dr. Samuel (Sam) A. Roach, Pastor
 1301 U.S. Hwy. 41 N., Ruskin, FL • 645-1121 • www.nbc.org
 Sunday School (all ages)..... 9:30 a.m.
 Sunday Morning Worship 10:45 a.m.
 Sunday Evening Worship 6:00 p.m.
 Wednesday (all ages) 6:30 p.m.

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1501 La Jolla AVE, Sun City Center, FL 33573-5329
 A Caring Church United in God's Love Serving Others
 Rev. Dr. Jean M. Simpson
 Worship Services ~ 8:30 and 10 AM
 (813) 634-1304 ~ www.uccsuncity.org

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1611 First St. SW • Ruskin, FL • 645-7607
 —NON-INSTRUMENTAL—
 SERVICES: Sunday.....9:30 & 10:30 a.m.; 6:00 p.m.
 Wednesday.....7:00 p.m.

Wimauma Church of God

Sunday School 10:00 a.m.
 Sunday Morning Worship 10:45 a.m.
 Sunday Evening Worship 6:00 p.m.
 Wednesday Youth Worship 6:00 p.m.
 Wednesday Evening Service 7:00 p.m.
 Pastor Tom Durrance 5504 S.R. 674, Wimauma, FL 33598 • 813-634-4776

The United Methodist Church of Sun City Center

1210 Del Webb Blvd West • 634-2539
<http://www.sccumc.com>
 Come Belong Grow Serve
WORSHIP SERVICES: SUNDAY
 8:15 a.m. Sanctuary (Communion Service)
 9:15 a.m. New Life Enrichment Center (Contemporary)
 10:55 a.m. Sanctuary (Traditional with Choir & Bells)
 11:00 a.m. Hispanic Worship
 4:00 p.m. Hispanic Worship
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 Assistant Pastor: **Rev. Robert Chaple**

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Sunday School..... 9:30 a.m.	Wednesday Evening Service..... 7:00 p.m.
Sunday Morning Worship..... 10:55 a.m.	Thursday Morning Prayer..... 10:00 a.m.

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Evening Service.....	6:00 p.m.
Wednesday Night Service.....	7:00 p.m.
Awana.....	7:00 p.m.

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Fr. Lee Miller
 Priest

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 & Choir
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 (813) 645-6102

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Wednesday Service.....	5:00 p.m.
Reading Room.....	Wednesday 4 to 4:45 p.m.

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Contemporary Service 11:00 a.m.
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 Sun City Center, FL 33573 For information visit:
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 Ruskin
 813-645-1714
 SaintAnneRuskin.org

Very Rev. John F. McEvoy, V.F.

MASSES

Vigil Mass.....	Saturday 5:00 p.m.
Sunday Mass.....	8:00 a.m., 10:00 a.m. and 5:00 p.m. (Contemporary)
Monday thru Friday.....	8:00 a.m.
Holy Days.....	Contact Parish Office for Schedule
Español.....	Domingo - 12:30 p.m.; Jueves 7:00 p.m.
Confession.....	Thursday 6:15 p.m.; Saturday 3:45 p.m.

Catholic Women hold ice cream social Sept. 5

Prince of Peace Catholic Church Council of Catholic Women of Sun City Center invites all women of the parish to return to the re-decorated Conesa Center for a ice cream social on Thursday, Sept. 5 at 1 p.m.

This is an opportunity to talk about your summer and to review the calendar of activities for the upcoming CCW season.

Annual dues may be paid at this event, with checks made out to POP CCW (Prince of Peace Council of Catholic Women).

Looking ahead to October: The first scheduled meeting is Thursday, Oct. 3. Program to be announced.

Prince of Peace Catholic Church is located at 702 Valley Forge Blvd. in Sun City Center.

For more information, contact Lynn at 941-723-8431.

Hadassah tea to focus on Jewish connection to breast cancer

The Chai Chapter of Hadassah will hold its New Member Tea from 2:30 to 5 p.m. on Sunday, Sept. 29 at Beth Israel, 1115 East Del Webb Blvd. in Sun City Center.

A dairy dinner buffet will be served at 4:30 p.m., with coffee and tea offered throughout the afternoon.

The program will feature a presentation entitled Facing Our Risk — The Jewish Connection to Breast Cancer, by lifetime member of Hadassah Linda Barrett. Linda is a published author who is also a two-time breast cancer survivor. Her latest book is a memoir entitled *Hopefully Ever After: Breast Cancer, Life and Me*, which chronicles her journey on the Breast Cancer Express where she discovered that breast cancer "runs in the family." Linda actively supports Facing Our Risk of Cancer Empowered (FORCE), the only national nonprofit foundation in the country dedicated solely to hereditary breast and ovarian cancer. Coincidentally, FORCE is located in Tampa. The group will provide a booklet entitled *What Every Jewish Woman Should Know About Breast and Ovarian Cancer* to all who attend the New Member Tea. Spouses and non-members are invited.

You must RSVP before Sept. 22, to Carol at 813-829-7227 or monkeyandwife@yahoo.com. Space is limited, so make your reservation early.

Gaither Homecoming soloist appears at United Methodist Church Aug. 23

Gaither Homecoming soloist Larry Ford will appear at 6:30 p.m. on Friday, Aug. 23 at the United Methodist Church of Sun City Center, 1210 Del Webb Blvd. West.

Larry's music career began when he climbed up on a chair at five years old at his home church in Levelland, Texas. Accompanied by his mother on the piano, he sang his first solo, *How Great Thou Art*. Fifty years later, Larry still sings, *How Great Thou Art*. He has sung it in English, Spanish, Swedish, Russian, Italian and Norwegian.

Larry's music ministry has taken him to 49 states of the United States and to more than 30 foreign countries. Larry's trained in classical music and attended Eastern New Mexico University on a music scholarship. After working for two years as a pilot, Larry sang briefly with The Downings as a featured soloist. He sang tenor with the Dixie Echoes and The James Blackwood Quartet. In recent years many invitations have been extended as a result of Larry's participation in the Gaither Homecoming recordings. Larry has often been a featured soloist on the recordings and has become



LARRY FORD

closely associated with the songs, *Little is Much When God is In It*, *Sing of My Redeemer*, *Follow Me* and *O, What a Savior*.

Concert-goers are encouraged to arrive early for a good seat. A donation of \$5 is requested at the door. For additional information about this and other concerts and recitals at the United Methodist Church, contact Jeff Jordan, Director of Worship Arts at 813-634-2539. To learn more about the church, visit its website at www.sccumc.com.



Linda Silverak, left, talks with Paula Lickfeldt about the 'Woman to Woman' program.

United Community Church contributes to 'Woman to Woman'

UCC church member Linda Stverak works with teenage mothers to help them get a good start with their babies while staying in school and preparing for the rest of their lives.

Through the end of August, church members are collecting diapers, lotion, shampoo, wipes, food and formula, clothing and

toys to be given to the mothers. Also several women of UCC have said they will mentor the young women to help them become better mothers. As one of the women said, "This is a good way to get my baby fix."

Prince of Peace craft fair is Oct. 18-19

The third annual Prince of Peace Fall Festival of Crafts will be held on Friday and Saturday, Oct. 18 and 19, providing attendees with the opportunity to start holiday shopping early.

The craft fair will be in the Monsignor Diego Conesa Parish Center from 8:30 a.m. till 3 p.m. on Friday, 8:30 a.m. until 1 p.m. on Saturday.

Last year 45 crafters and artists displayed quilted items, jewelry, original artwork, floral items, ceramics, hand knits, toys, holiday décor, and much more.

This year organizers are expecting even more vendors to participate. For more information, contact the parish office at 813-634-2328 or visit www.popcc.org.

Prince of Peace Catholic Church is located at 702 Valley Forge Blvd. and SR 674 in Sun City Center.

Beth Israel
 The Jewish Congregation of Sun City Center
 1115 Del Webb Blvd. East (634-2590)
High Holiday Services:

Rosh Hashanah	
Erev	7:30pmWednesday, September 4
Day 1	10:00amThursday, September 5
Day 2	10:00amFriday, September 6
Yom Kippur	
Erev Yom Kippur	7:30pmFriday, September 13
/ Kol Nidre	
Yom Kippur	10:00amSaturday, September 14
Yom Kippur	3:00pmSaturday, September 14

Yizkor, Concluding and Havdallah Services will immediately follow the afternoon service.

Tickets for Rosh Hashanah and Yom Kippur
 All members' spouses, parents, children and their spouses and grandchildren and their spouse there is no charge
 (Call Fred Levine for tickets at 813-672-7656, Flevine@tampabay.rr.com)
 For extended family members - \$50 for each of the two Holidays
 Non-members - \$100 for each of the two Holidays
 Military and college students are welcome at no charge.

Rabbi Carla Friedman  Cantor: Sam Isaak

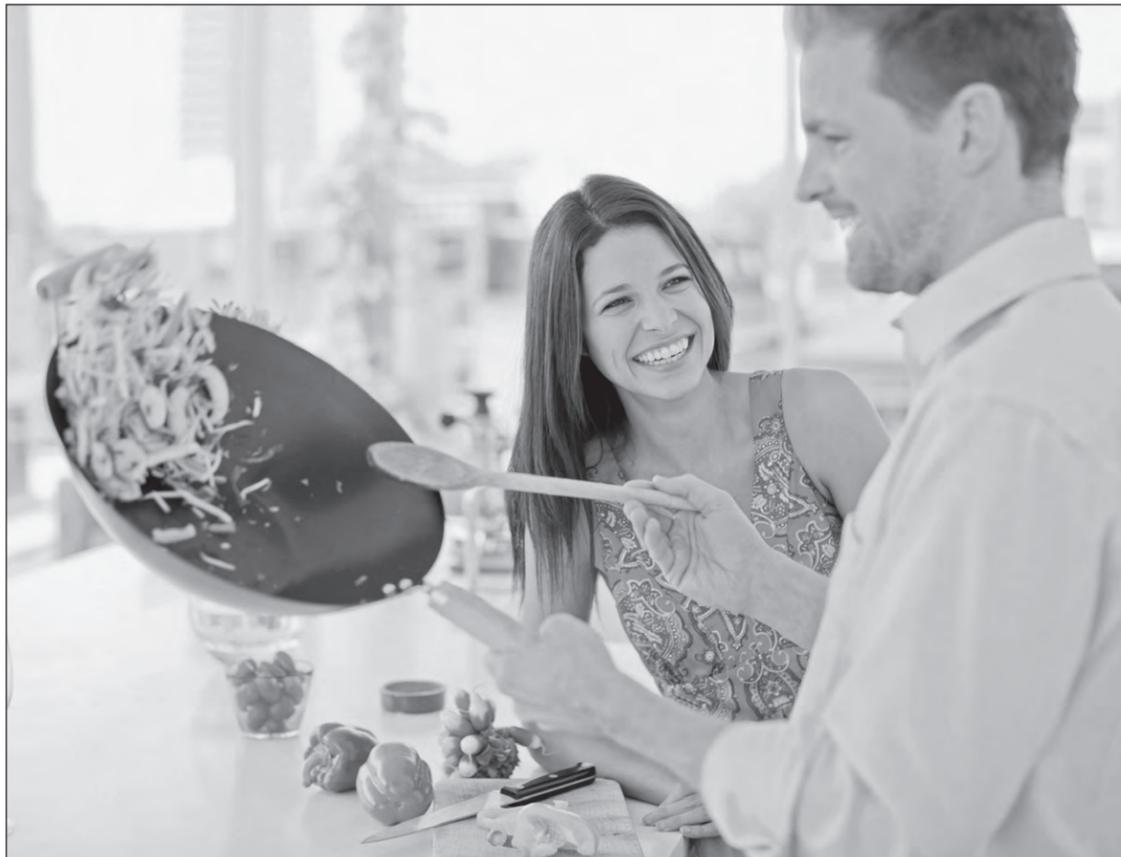


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(Small photos of staff: Annette, Maria, Miriam)

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Getting a Handle on NONSTICK COOKWARE

FAMILY FEATURES

In the last several years, kitchen activity has increased as families bypass the drive-through to cook at home more often. According to a recent survey from DuPont, maker of the most popular nonstick coating for cookware, more than two-thirds of home cooks choose nonstick pots and pans because they help families cook convenient and healthy meals that are easy to clean up.

“You don’t need a lot of equipment to cook a simple and healthy meal at home. With a chef knife and a large, high quality, nonstick skillet you can cook a lot of really great recipes,” said Janice Newell Bissex, M.S., R.D., author of the new family cookbook “No Whine with Dinner” and co-founder of MealMakeoverMoms.com.

As families try out new recipes and pick fresh ingredients for their home-cooked meals, it’s a good idea to understand what cookware to look for when it’s time to buy something new.

Browning Food

Can you really brown food in a nonstick pan? Yes.

- You don’t need high heat to brown in a nonstick pan — use medium heat. You’ll get the same results; it will just take a little longer.
- Augment the browning of your main ingredient simply by adding a sweetener, such as wine, juice, vinegar, syrup or honey.

Tips for getting the most out of your cookware

Types of Nonstick Coatings

Not all nonstick cookware coatings are equal. According to the Cookware Manufacturers Association (CMA), most quality nonstick cookware has a PTFE (polytetrafluoroethylene) finish. PTFE, developed by DuPont 70 years ago, is used as a nonstick coating that is both durable and high-temperature resistant. Brands such as DuPont™ Teflon® nonstick coatings have been developed with a variety of coatings which are reinforced to resist scratching and can come in up to three-coat finishes — which means greater durability and a longer life for your pan.

Consumers also may be familiar with pans that advertise as ceramic finishes and claim they are natural or organic. Both ceramic and PTFE-based coatings start from minerals that are used to create a synthetic coating. PTFE coatings comply with the U.S. Food and Drug Administration (FDA) regulations for their intended use. In lab tests, which simulated cooking in a home kitchen, traditional nonstick coatings lasted up to seven times longer than ceramic finishes.

Using Nonstick Cookware

While there are few rules to using nonstick coated pots and pans, just like anything else in your kitchen, you can achieve the best results when you use proven techniques.

When trying out new recipes, or simply revisiting an old favorite, it’s best to use medium or low heat. Then add food and lower the heat to cook at an even temperature.

Because food releases so easily when you use cookware with nonstick coatings, you don’t need to use oil or fat when you cook unless you want to. And with recent improvements you also can use metal utensils on many high-quality nonstick-coated pots and pans without worry of scratching.

DuPont research also shows that cleaning up after cooking remains a top concern in the kitchen. With nonstick pans, cleanup is easy. Simply wash with hot, soapy water after each use; a sponge or dishcloth is usually all it takes to get the surface thoroughly clean.

Many nonstick pans also are dishwasher-safe. Check the manufacturer’s guidelines before using a dishwasher. Cookware also should be stored carefully to prevent unnecessary wear and tear.

Buying a New Pan

Buying something new for your kitchen — even a pot or pan — is exciting, and since you’ll likely be using it for a long time, you want to make the right choice. Use these tips when shopping for nonstick cookware:

- Think about what piece or pieces you will really use most. Start there and build. You can buy a single pot or pan or a full set, depending on your needs.
- Check out all the new types of pans available, as manufacturers are constantly innovating. For example, there are new nonstick pans for grilling, stainless steel pans with nonstick coatings, as well as new colors to add flair to your kitchen.
- Next, make sure you’re getting high quality nonstick and not a cheap imitation. Look for a pan that carries the Teflon® brand logo, so you know you’ll get the durability you expect.
- Finally, if you use cookware in the oven as well as on the stove, choose a handle that can take the heat, such as metal, and check the manufacturer’s guidelines for maximum temperatures.

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On the road again... Bishop's Lodge Ranch Resort & Spa

► Continued from page 9

Should you want to visit the nearby bustling city of Santa Fe with its world-class museums and fabulous shopping without the hassle of trying to find a scarce parking space, Bishop's Lodge provides complimentary shuttle service.

Bishop's Lodge residences offer guests a mix of accommodations ranging from distinctive guest rooms located in the lodges, to suites and 2 & 3 bedroom Villas. A few on-site single family units are available for purchase or lease. All units are comfortably and individually furnished with décor reflecting the area's history

As to that all important question

of, where to go for dinner, Bishop's Inn has the answer...the Las Fuentes Restaurant and Bar in the main lodge. The restaurant's menu offers "contemporary American cuisine with a Southwestern flair" in a setting that pays tribute to the area's history and surroundings. Rustic beamed ceilings, Navajo rugs and murals by the famous Santa Fe artist W.E. Rollins add to your dining experience.

The restaurant is also open for breakfast and lunch but it is the dinner menu that was of greatest interest to us. Diners can make their selections from "the mountain top" or "from the waters" listings on the menu.

Their signature dishes, supplied by local sources, include Buffalo Lamb and Trout. Samplings and salads are prepared from fresh local ingredients. Vegetarian and vegan diners have their own selection of fresh foods.

A knowledgeable and efficient wait-staff took our orders while soft guitar music played in the background. Sandwiches, fresh salads and drinks are available to guests on the main lodge's Sunset Terrace or poolside from the Sun-

flower Bar & Grill.

Favorite reading for many guests after visiting Bishop's Lodge Resort & Spa is the novel "Death Comes for the Archbishop." American author Willa Cather (1873-1947) visited the lodge in 1927 and based her story around the life of Bishop Lamy for whom Bishop's Lodge is named. The novel concerns the attempts of a catholic bishop and a priest to establish a diocese in the New Mexico Territory.



I've often been asked why room rates are rarely mentioned in my articles. Trying to quote exact prices is like trying to hit a moving target.

Rates at hotels vary depending on unit, season, day-of-the-week, special promotions and many more variables.

Bishop's Lodge Ranch Resort & Spa is a proud member of Historic Hotels of America guaranteeing a commitment to preservation and authenticity of the property.



Bishop Lamy's original chapel building at Bishop's Lodge Ranch.

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