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Without a word, Amazon making huge waves in South Hillsborough

The world's largest Internet retailer is expected to create 1,000 jobs in a new fulfillment center slated for Ruskin.

■ By MITCH TRAPHAGEN
mitch@observernews.net

The world's largest Internet retailer, Amazon.com, is making huge waves in Ruskin and throughout the Tampa Bay area without saying a word.

According to Hillsborough County records, a company named RELP Tampa, LLC, a Delaware corporation with the same mailing address as USAA Real Estate Company, purchased 80 acres of mixed use, commercial property in Ruskin from South Shore Corporate Park, LLC, a company affiliated with property developer Ryan Cos. U.S., Inc. of Minneapolis late last week for \$14.6 million. The property is located near I-75 in the vicinity of 30th Street NE between State Road 674 and 19th Avenue NE. The Hillsborough Community College Ruskin campus is also located in the immediate area.

The Tampa Bay Business Journal reported last month that USAA Real Estate Company has developed seven Amazon distribution centers around the country over the past two years.

Amazon has not confirmed or denied the 80-acre purchase in Ruskin is related to a proposed distribution center, which the company refers to as fulfillment centers. The company has not issued a public statement on the matter since earlier this summer after coming to an agreement with Governor Rick Scott to invest \$300 million and bring at least 3,000 jobs to the state starting in 2014.

Requests for comment by *The Observer News* went largely unanswered with one Amazon media representative replying that a request for comments was "passed along to the right team" within the company.

The fulfillment center is expected to be in excess of one million square feet and employ 1,000 people. Also earlier this summer, the Hillsborough County Board of

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MITCH TRAPHAGEN PHOTO

RELP Tampa, Inc. a company with the same mailing address as a company located in Texas that has developed seven distribution centers for Amazon, has purchased 80 acres from South Shore Corporate Park, LLC for \$14.6 million



Trick or Treat Street happens this Saturday

■ By MITCH TRAPHAGEN
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Back in 1988, the organizers of the original Trick or Treat Street were attempting to create a safe place for children of all ages to have fun while participating in the Halloween tradition of trick or treating. They could not possibly have envisioned how successful their idea would become.

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Questions about the Affordable Care Act? Head to Ruskin presentations

■ By KEVIN BRADY
kevin@observernews.net

Confused about the Affordable Care Act? Michael Van Hoek is your man.

Van Hoek, and thousands like him, are fanning out across the country this month to explain the new healthcare regulations. "We had more than 50 people turn out last week for a presentation at the SouthShore Regional Library," Van Hoek said. "We want to let everyone know that information and help is available out there for free."

The presentations are set for 6 to 8 p.m., Wednesday, Oct. 16 and 1 to 3 p.m., Saturday, Oct. 19 at the Ruskin Branch Library, 26 Dickman Drive SE.

More than 20,000 Hillsborough County residents don't have health insurance, according to Van Hoek, with 11,000 of those living west of U.S. Hwy 41. Some 3.5 million Floridians live without coverage, the second highest in the nation, according to the U.S. Department of Health and Human Services.

Almost lost in the furor over the shutdown of the federal government and debt limits, the Affordable Care Act (ACA), or Obamacare as it has become known, went live Oct. 1. The biggest

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Discover Camp Bayou Oct. 26

■ By MITCH TRAPHAGEN
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Camp Bayou, a Hillsborough County park located in Ruskin, is holding an open house on Saturday, October 26, to showcase the park's many incredible resources.

"Our upcoming Open House gives folks a chance to enjoy this great fall weather in the outdoors while learning a little about all the wonders of nature all around us," said Dolly Cummings of Camp Bayou. "In addition, we've coordinated with some great October themes to provide additional activities including Florida history, gender equity in the sciences and of course Halloween. It will be a fun morning sharing nature in our community."

The theme for the event is Fearlessly Facing the Forest — showcasing a variety of forest inhabitants as well as highlighting the wildlife that can be found in your own backyard.

The open house includes the following events:

- The Creature Scavenger Hunt will take guests on a wildlife



MITCH TRAPHAGEN PHOTO

Camp Bayou, at the end of 24th Street SE in Ruskin, will be holding an open house on Saturday, October 26.

safari through the trails and exhibits at Camp Bayou. Those who complete the Hunt will receive a small prize.

- The Viva Florida 500 (Florida history) activity asks visitors to think about what they would have on their 160 homestead acres, or make a craft using a tree cookie

as a memento in your life history. Native Camp tours will be ongoing throughout the morning.

- Ada Day celebrates female scientists. Visitors will learn about a few women who have careers in the natural sciences, then make a mask or hat of a related animal

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Dottie Berger MacKinnon: A life fighting for children

By KEVIN BRADY
kevin@observernews.net

Caring for children that society all too often forgets is the legacy of Dottie Berger MacKinnon, according to those who knew her best.

Founder of A Kid's Place in Brandon, Joshua House and A Kid's Charity of Tampa Bay, Berger MacKinnon, 71, died at her home Sunday morning, Oct. 13.

"Blessing and prayers have been answered at 8:27 this morning. Dottie went to be with the Lord.

Love to all who have been on her journey with her," was the simple message on Berger MacKinnon's Facebook page announcing her passing.

Virginia Johnson, executive director of A Kid's Place, said there was no more powerful presence than Berger MacKinnon.

"She was an amazing and remarkable woman. She never backed down from a fight and was a very strong and significant advocate for children in the community. She always wanted to do the right

thing for children and she worked tirelessly to ensure we as a community did the best for them."

The \$5 million center has helped more than 700 children and acts as a shelter for abused, abandoned and neglected youngsters and their siblings. It provides a nurturing home for children who are taken from their homes while their cases are addressed in court.

"She really wanted to raise the bar in foster care and we really believe we have done that at A Kid's Place. This was her passion and her vision."

Berger MacKinnon would sometimes joke that her friends hated seeing her because they knew it was going to cost them money "but people didn't mind because they knew she always produced results," recalled Craig Latimer.

A former major in charge of the Hillsborough County Sheriff's Office Child Protective Investigations Unit, Latimer had "many a conversation" with Berger MacKinnon about the state of foster care in Hillsborough County. A Kid's Place was the realization of that dream.

"She was just an undying advocate for children and keeping siblings together," said Latimer, Hillsborough's supervisor of elections and a board member at A Kid's Place. "I thought the world of Dottie."

A friend for more than 20 years, Tampa tax attorney Linda Hanna, said Berger MacKinnon had enormous energy and is an example of what one person can do.

"Lots of times we say one person cannot do very much but she is an example that one determined

► Continued on page 3



PHOTO PROVIDED BY A KIDS PLACE

Dottie Berger MacKinnon with her husband, Sandy, at the naming of a home at A Kid's Place in her honor.



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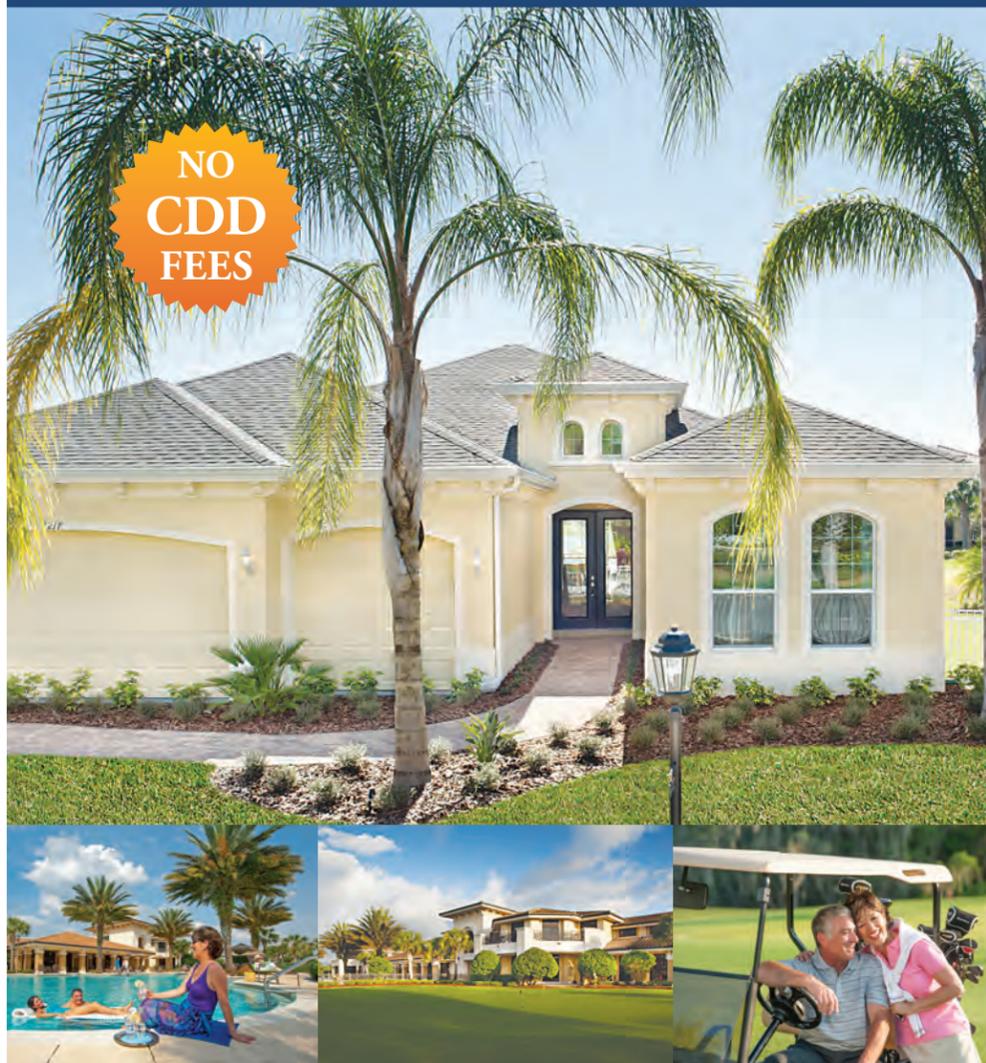
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minto creates better places to inspire life.

Dottie Berger MacKinnon passes

► Continued from page 2

and dedicated person can make a difference," said Hanna, who has served on the board at A Kid's Place since it was founded.

"Her determination has been a huge factor in creating and sustaining Joshua House, A Kid's Charity of Tampa Bay and A Kid's Place. It was her vision and a result of conversations she had with folks in the foster care system about what was needed (that led to their creation). She then called on friends and acquaintances for all kinds of support. It was hard to say no to Dottie."

"It always came down to one simple rule with Dottie: Do the right thing, and do it in the best interest of our children. A simple rule does not always mean it's easy to execute and yet Dottie could move mountains," said DeDe Grundel, executive director of the Friends of Joshua House Foundation. "She could push through almost any barrier to achieve her goal."

Berger MacKinnon was inducted into the Hillsborough County

Women's Hall of Fame earlier this year. She served as a Hillsborough County commissioner from 1994-1998 and also sat on the board of Tampa General Hospital.

Berger MacKinnon overcame breast cancer in the 1990s only to be diagnosed with stomach cancer in 2010. She was given three months to live at the time.

"I always considered her a friend and a great servant and have tried to hold myself to the level of service that would meet her expectations," said County Commissioner Al Higginbotham whose district includes Brandon and much of South County.

"She definitely had a great impact on the community both on and off the commission," said Higginbotham who said he was sure the current commission would mark her passing.

Joe Troy, a member of the board at A Kid's Place, said MacKinnon will be smiling today.

"While one can never really prepare properly for the passing of someone as iconic as Dottie,

our board made a promise to her that one day when she looks down on us from heaven, she would be beaming proudly that her legacy and vision to help God's children through A Kid's Place was solidly intact."



Dottie Berger MacKinnon, founder of A Kid's Place in Brandon, Joshua House and A Kid's Charity of Tampa Bay, and former Hillsborough County Commissioner, died at her home Sunday morning, Oct. 13. She was 71 years old.



MITCH TRAPHAGEN PHOTO

South County holds public premiere

Described as a "community driven documentary" *South County*, a film by Shawn Cheatham, a University of South Florida professor, had its public premiere at the Firehouse Cultural Center in Ruskin on Friday. After the viewing, Cheatham answered questions from the audience. According to the film's entry on IMDB.com, "South County is an experimental documentary project that focuses on the heterogeneity of the people who live and work in South Hillsborough County, Florida. A very diverse cross section of people connected to this complex landscape reveal personal narratives that help to examine the rich social, political and cultural past and present of a unique place in the Sunshine State." The documentary is available in high definition on the web at <http://vimeo.com/73683919>

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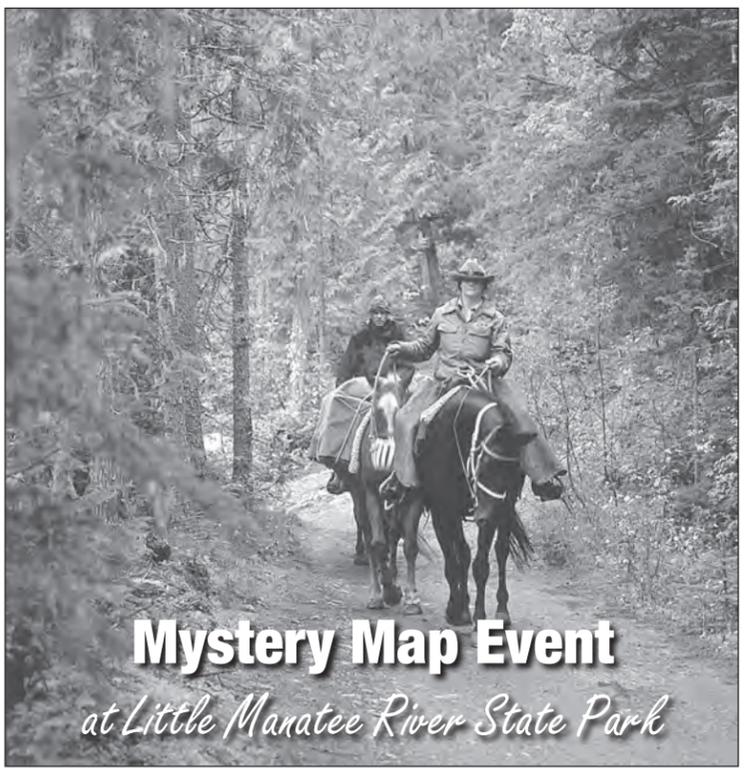
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Mystery Map Event

at Little Manatee River State Park

The 16th Annual Mystery Map Event at Little Manatee River State Park is scheduled for Saturday, October 19, from 8 a.m. to 2 p.m.

A donation of \$25 to enter the Mystery Map event includes a chance to win some great prizes donated by local businesses. The entry fee also includes a spaghetti dinner with drink and dessert. Extra dinners are available for \$6 each.

The Mystery Map Event is fun for horse riders, canoe and kayak paddlers, and hikers of all ages. Each participant is given a map of a trail to follow. For paddlers, the trail is on the Little Manatee River. Along the trail there will be themed activities to complete. This year's theme is *A Halloween Adventure*.

A mystery person has been timed on the trail and the person who completes the trail in the time closest to the mystery person is the winner.

A free costume contest takes place at 1:30 for children, adults, and horse and riders. (Only the Mystery Map participants will pay the \$25 fee.) The winner will receive a \$50 gift certificate from ACE Hardware of Riverview for each division. Everyone is welcome to enjoy free music, booths, and participate in a silent auction.

All proceeds from these events benefit projects in the park. Sponsored by The Friends of the Little Manatee River State Park; Saddle Up Tack, Lithia; Ace Hardware, Riverview; Canoe Outpost Little Manatee River; and Florida State Parks.

So decorate 'em up and have some fun!

For more information visit www.FriendsOfTheLittleManatee.com or call 813-677-9291 for information on hiking or riding. Call the Canoe Outpost at 813-634-2228 for paddling information. Proof of negative coggins required.

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For special needs or for Park information, call the office at 813-671-5005. Located south of S.R. 674 on U.S. 301, pass the main entrance on Lightfoot Road and follow the signs.



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Positive Talk: Wake up your brain

There are those who believe that the brain is much like a muscle; if it does not get used, it starts to atrophy and loses the ability to react when called on to do a task. There is little doubt that many of us run our life on auto-pilot and continue to do things in old and comfortable ways that require little new thinking. In other words, we are creatures of habit. If those habits include doing things to keep the mind active, then the habit is a good one. But if you are simply living yesterday over and over, then here are some ways to expand your thinking process and keep your mind active.



By William Hodges

2. Try some different routes for your travels. Many of us get set in our travel patterns and do not try to find different routes until something forces us to deviate from our normal paths. That fact was reinforced for me many years ago while I was in Indianapolis conducting some presentation and briefing skill seminars. I found that I had fallen victim to the "I've always gone that way" syndrome. For 15 years, I had been traveling from my hotel to the customer's facility by the same route. This time, because of construction, the road was blocked and I had to find a new way to go. To my surprise, I found that the new route took 10 minutes off my travel time. I found the new way by asking the desk clerk — something I could have done a lot earlier if I had been open to new ideas.

3. Make a list of the things you do everyday. After a week of keeping records, review the list. How could you make changes that would either allow you to be more efficient, have more fun, or eliminate unnecessary tasks from your life? It is amazing how many things we continue to do long after the reason for doing them is gone. As an example, when we had a dog, I would wrap chicken bones in foil and take them immediately outside to the garbage rather than putting them in the kitchen waste

basket. I didn't want the dog to get them and do him harm. We had the dog for 17 years and for many years after his death, I still wrapped the bones and took them outside. What are you doing that does not need to be done?

4. Take every opportunity to exercise your mind. There are many good ways to help keep your mind active — puzzles, reading, etc. I have several friends who always have a jigsaw puzzle in some state of completion in a convenient place to work. The nice thing about a puzzle is that it can become a family project and can be worked on at odd hours. As to crossword puzzles, they are great when you want to exercise your mind and also fill some time.

Physical exercise is important to our well-being, but you must also exercise the brain to get the job done.

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 : 813-641-0816. Email: bill@billhodges.com Website: www.billhodges.com



Libraries feature local foster children in need of adoption

The Heart Gallery of Tampa Bay is currently on display for the month of October at 12 of the Hillsborough County Public Library Cooperative libraries. The exhibit features photos and videos of children and teens waiting for adoption in Hillsborough County. Information on how to become a forever family for foster children will also be available.

According to the Children's Board, an average of 225 children and teens are awaiting adoption in Hillsborough County. The Heart Gallery exhibits are intended to raise awareness of these waiting foster children, engage the community in their welfare and secure permanent, loving adoptive families. The Heart Gallery exhibit is offered at the libraries in partnership with the Children's Board Heart Gallery of Tampa Bay.

Locally, you can see the Heart Gallery exhibit at:

- SouthShore Regional Library, 15816 Beth Shields Way, Ruskin
- Bloomingdale Regional Library, 1906 Bloomingdale Ave.
- Brandon Regional Library, 619 Vonderburg Dr.

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Wimauma's Redhawk Ranch opens as retreat, store and meeting place

■ By PENNY FLETCHER
penny@observernews.net

Three times Bud and Brenda Hoshaw have lived on what Native Americans call "sacred lands." But they didn't know that when they moved there.

The 18 acres they now own at 4110 County Rd. 579 in Wimauma was just palmetto scrub and woods when they bought the place in 2003.

When they first walked the land, they found they were close to the spring that forms the Little Manatee River. The creek that flows through the south end of their property soon becomes that river. But on Redhawk Ranch, it is only a few feet deep and babbles across rocks, the water so clear you can see every pebble on the bottom.

Brenda and Bud have cleared and mowed and cleaned large spaces to allow for what's coming next: a retreat that will be open to all, many events without any charge.

The two — both of whom have Native American blood in their background (Bud has Mamacqtaw/Menominee and Brenda Cherokee and Cheyenne) — have already been in touch with Ruskin's Boy Scout leaders and arranged for the scouts to earn their Indian Lore Badges on the property.

"It's a perfect place for artists and writers and for people who want to relax or meditate," Brenda said.

They also plan to have spiritual meetings and to allow people to walk the large labyrinth they've built.

Bill, a history buff, says labyrinths are one of the oldest spiritual structures in history and are found in the ancient background of almost every religion.

He has also studied the tribes that have lived on or near the land and has verified the one-time existence of those Brenda says "come in spirit and help her with



Brenda makes sage-prayer feathers such as those lying beneath the feet of this carved eagle. They are used to spread burning sage smoke in ceremonies.

her poetry and prayers."

In fact, the name, Redhawk Ranch, was derived from an unusual spiritual experience that happened when they first looked at the land.



Brenda hand paints on lampshades and other items and writes poetry, all of which she says are inspired by the spirits on the sacred land. Bill has checked out the historical facts and has found record of the people she names.



The shop was built to go along with the retreat and was built entirely by Bud and their son Marty May.

PENNY FLETCHER PHOTOS

"I took all kinds of photographs," Bill said. But when they were developed, there were 'spirits' in the pictures I had not seen."

He called in photo and computer experts to check the photos. One was of a neon orange-colored hawk on the ground that appeared transparent.

"We had to crawl through animal trails to look at things before we cleared it, he explained.

They were first led to the land while living in Palmetto, also on what Native Americans call sacred land, when Brenda, who was not used to computers, was trying to learn to go online and do email.

"An ad for this land kept coming up on the screen," she said in an interview Sept. 15. "Now I know what a pop-up is, but I didn't then. And it wasn't a pop-up. It was a regular ad."

It happened several times, so finally she said maybe they had

better go look at the land.

Bud describes himself as a "major skeptic" at the time. But once on the Wimauma property, he said he began to sense the presence of the spirits as well.

"We're going to be having Sacred Circles starting in October," he said. You do not have to be Native American to attend, and there will be no charge. Renting the large long room in the store for meetings, however, will have a charge, although they do not have a price set yet. Use of the land as a tranquil relaxation place — a retreat, they said — will be for everyone, at any time.

They purchased a vibroacoustic chair that uses electromagnetic sound waves as music flows through it into the body. "It is used by NASA to give people a feeling of zero gravity," Brenda said.

Some similar chairs used in the

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THE SAVVY SENIOR

Help For Seniors Who Are Drowning In Clutter

Dear Savvy Senior,

My 67-year-old mother's house has become a cluttered mess. Since my father died a few years ago, her house is so disorganized and messy with stuff that it's becoming a hazard. I think she has a hoarding problem. What can I do?

Worried
Daughter



By Jim Miller

Dear Worried,
Compulsive cluttering is a problem that affects up to five percent of Americans — many of whom are seniors — with problems ranging anywhere from mild messiness to hoarding so severe it may be related to a mental health disorder like obsessive-compulsive disorder (OCD). Here's what you should know, along with some tips and resources that can help your mom.

The reasons most people hoard are because they have an extreme sentimental attachment to their possessions, or they believe they might need their items at a later date. Hoarding also may be a sign that an older person is depressed, or showing early symptoms of dementia.

Why People Hoard

Common problems for seniors who live in excessive clutter are tripping, falling and breaking a bone; overlooking bills and missing medications that are hidden in the clutter; and suffering from the environmental effects of mold, mildew and dust, and even living among insects and rodents.

To get a handle on your mom's problem, the Institute for Challenging Disorganization offers a free "Clutter Hoarding Scale" that you can download off their website at challengingdisorganization.org.

What To Do

If you find that your mom has only a mild cluttering problem, there are a number of things you can do to help. Start by having a talk with her, respectfully expressing your concern for her health and safety, and offering your assistance to help her declutter.

If she takes you up on it, most professional organizers recommend decluttering in small steps. Take one room at a time or even a portion

of a room at a time. This will help prevent your mom from getting overwhelmed.

Before you start, designate three piles or boxes for your mom's stuff — one pile is for items she wants to keep-and-put-away, another is the donate pile and the last is the throwaway pile.

You and your mom will need to determine which pile her things belong in as you work. If your mom struggles with sentimental items that she doesn't use, like her husband's old tools or mother's china for example, suggest she keep only one item for memory sake and donate the rest to family members who will use them.

You will also need to help her set up a system for organizing the kept items and new possessions.

Find Help

If you need some help with the decluttering and organizing, consider hiring a professional organizer who can come to your mom's home to help you prioritize, organize and remove the clutter. The nonprofit group National Association of Professional Organizers has a directory on the website at napo.net to help you locate an expert in your area.

If she has a bigger, more serious hoarding problem (if her daily functioning is impaired, or if she is having financial difficulties, health problems, or other issues because of her hoarding) you'll need to seek professional help. Antidepressants and/or talk therapy can help address control issues, anxiety, depression, and other feelings that may underline hoarding tendencies, and make it easier for her to confront her disorder.

To learn more and find professional help see the OCD Foundation (ocfoundation.org/hoarding) which provides a hoarding center on their website that offers information, resources, treatments, self-help groups, and more. Also see hoardingcleanup.com, a site that has a national database of qualified resources including cleaning companies and therapists that can help.

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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Hoarding Giveaway contest is announced

Spaulding Decon, a hoarding / crime scene company, is holding a contest for a free home clean-up for residents of Hillsborough County.

To enter, visit the company's website at spauldingdecon.com or hoardercleaners.com and follow the online instructions. Contestants, who must be age 18 or older, can also enter by mail at 3614 E. 7th Ave., Tampa, FL 33605.

Include name, age, describe living conditions, enclose photos and explain why he/she should get a free cleaning.

The contest runs through Saturday, Nov. 30. Contestants must be willing to have the media film and take photos for local news coverage.

SouthShore Regional Library

Kids program/event highlights

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

Teen Game Zone - Thursday, Oct. 17 at 5:30 p.m.

Teen gamers come join us as we plug our Xbox 360, Wii, and Playstation into our large projector screens for two hours of gaming.

Bedtime Stories - Thursday, Oct. 17 at 7 p.m.

For ages 2-5 with a caregiver ~ 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.

Teen Advisory Board Meeting - Thursday, Oct. 17 at 7 p.m.

Join the Teen Advisory Board to get involved with the library's teen programs or earn community service hours for graduation, scholarships and more.

ABCs and 123s of Toddler Yoga - Friday, Oct. 18 at 10 a.m.

For children ages 2-3 and their caregivers ~ Kids benefit from yoga too! Lucky Cat Yoga introduces yoga to toddlers using basic yoga postures. Bring a towel or yoga mat and wear comfortable clothing. Funded by the Friends of the SouthShore Regional Library.

ABCs and 123s of Preschool Yoga - Friday, Oct. 18 at 10:45 a.m.

For children ages 3-5 and their caregivers ~ Kids benefit from yoga too! Lucky Cat Yoga introduces yoga to toddlers using basic yoga postures. Bring a towel or yoga mat and wear comfortable clothing. Funded by the Friends of the SouthShore Regional Library.

You, Baby, and Yoga - Friday, Oct. 18 at 11:30 a.m.

For children ages 0 - 24 months and their caregivers ~ Bring baby along for a calm, relaxing yoga practice with Lucky Cat Yoga. This class includes baby massage, interactive song and dance, and sharing a story with baby. Bring a towel or yoga mat and wear comfortable clothing. Funded by the Friends of the SouthShore Regional Library.

Teen/Adult Collage - Saturday, Oct. 19 at 10:30 a.m.

Join art instructor Susan Hess and learn the techniques of collage in this two hour class. Collage is a technique where the artwork is made from an assemblage of different forms and materials. All levels welcome. Materials provided. Limit 22. Registration required at either the SouthShore Regional Library Information Desk or by calling 813-273-3652. Funding for this program provided by a grant from the Community Foundation of Greater Sun City Center.

Spooktacular Spectacle - Saturday, Oct. 19 at 2:30 p.m.

For children ages 5-12. Join us for fun, slightly chilling tales shared by Gypsy Storyteller Katie Adams. With lots of audience participation and colorful props, Katie conjures up a hauntingly good time. This show is sure to shiver your spine and tickle your funny bone.

Pee Wee Artists: Let's Create! - Monday, Oct. 21 at 10:30 a.m.

Pee Wee Artists (3-6 years with caregiver) ~ join our art instructor and have fun creating an art project to take home. Limit 18. Registration required at either the Information Desk or by calling 813-273-3652.

Baby Time - Monday, Oct. 21 at 1:35 p.m.

Tuesday, Oct. 22 at 11:35 a.m.

Wednesday, Oct. 23 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.

Creative Artists: Let's Create! - Monday, Oct. 21 at 4 p.m.

Creative Artists (7-11 years) ~ join our art instructor and have fun creating an art project to take home. Limit 25. Registration required at either the Information Desk or by calling 813-273-3652.

HTML for Teens - Monday, Oct. 21 at 7 p.m.

For ages 13-18 ~ Learn how to program for the Web with HTML and make your own dynamic websites. Registration is required. Ask at the Information Desk or call 813-273-3652.

Toddler Time - Tuesday, Oct. 22 at 10:05 a.m. & 10:35 a.m.

Wednesday, Oct. 23 at 10:35 a.m.

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

Teen/Adult "Gouach Painting" - Tuesday, Oct. 22 at 6:30 p.m.

Join Art Instructor, Cory Wright, for this two-part gouache painting class (second class meets on Tuesday Oct. 29, must be able to attend both classes). Students will learn the techniques of using gouache paints and work on a painting during the two classes. All levels welcome. Materials provided. Limit 22. Registration required at either the Information Desk or by calling 813-273-3652. Funding for this program provided by a grant from the Community Foundation of Greater Sun City Center.

Story Time - Tuesday, Oct. 22 at 11 a.m.

Wednesday, Oct. 16 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.



Meet Gibsonton Elementary's Terrific Kids

Gibsonton Elementary's Terrific Kids were recognized for showing their peers how to be thoughtful. They are: Marley Jordan, Shelly Franks, Emerson Maine, Dwight Luman, Samuel Castillo, Jeremy Norris, Chase Snyder, Maria Duarte, Trent Newton, Jennifer Lopez, Jazmin Limon, Griffin Pelletier, Wendy Thurston, Anthony Velis-Hernandez, Tyler Ammons, Fernando Ocampo, Linda Hedrick, Janelle Martinez, Brady Steffen, Jayson Cobb, Jaelyn Sandoval, Alanah Mcdwell, Trinity Boyd, Haileigh Watson, William Mcintyre, Emy Cantu, Malykai Riffas Johnson, Shyanne Knox, Yasmin Ortiz, Hailey Ammons, Damiyan Garcia, Ashanni King and Amie Woodham.



Ruskin Elementary's Terrific Kids for September 2013

The Terrific Kids this month at Ruskin Elementary School were recognized for the character trait of commitment. Present for the award ceremony were: Isaac Garcia, Nephtalie Saintidor, Alexander Soto, D'Nilson Cerecero, Daniel Bernal Acosta, Symon Butler, Adrian Rocha, Emily Alvarado, Kevin Singh, Sofia Mier, Bryan Cesario-Quezada, Sherley Hernandez DeJesus, Jeffrey Grover, Elizabeth Guerrero, Johanna Salinas-Castellanos, John DeLeon-Torres, Selah Rocha, John Cardoza, Marisol Cesario Quezada, Brisieda Mejia-Mejia, Analyce Rivera, Erasmo Quirino, Jr., Eddie Abonce, Lonna Mckeller, Emma Miley, Mollie Duholke, Ruby Flores-Cortes, Melany Garcia, Anthony Vasquez, Gavin Singh, Kimberly Perez-Galicia, Alvaro Claudio, Eriana Cardoza, Emma Nieves, Sheili Martinez-Ramos, Lisa Martinez, Saydey Coronado, Fiona Dong, Alayna Jones, Esmeralda Renteria, Jonathan Montoya, Diana Rojo, Antonio Martinez, Brianna Conklin, Dylan Simon, Juan Avonce, Melanie Chavez, Ashley Ortiz, D.J. Hernandez, Karla Basave, Victoria Perez, Lisa Tran, Jonathan Arellano, Sean Tupper, Ximena Alvarez, Ivy Ramirez, Lisbeth Ramirez and Edith Ferral. Also pictured are Sun City Center Kiwanis members Donna and Tom Braden, Charlene Wirick and Principal Lisa Amos.

Halloween Social at Palmetto Historical Park

Palmetto Historical Park and Manatee County Agricultural Museum will be celebrating Halloween on Saturday, October 19, from 4:30 to 9 p.m. There will be trick-or-treating, crafts, games, face painting, a tattoo parlor, fortune telling, and lots of other spooky happenings. While in the park, visit Snow White's Enchanted Forest and see the crazy things going on in Seussville!

There will be a costume contest sponsored by Palmetto Publix and some special surprise "thrilling" guests. Play Plinko at the Pirates-Marauders game table and visit the creepy graveyard. Decorated buildings



Work Crew in Pirate Ship at last year's Halloween Social



Manatee Riverside Rotary's creepy postmaster delivers mail in the misty Heritage Station Post Office

in the park will be sponsored by the Ellenton-Parrish Lions Club, the North River Kiwanis and the Manatee Riverside Rotary Club. Demetrio's

will be selling \$2 pizza and drinks and Alex's Lemonade Stand will be raising funds for childhood cancer research with baked goods and lemonade. This family event is FREE, donations accepted. The Park is located at 515 10th Ave. West, Palmetto. For more information, call 941-721-2034 or 941-723-4991.

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South Bay Hospital hosts Rummage Sale

On Saturday, Oct. 26, South Bay Hospital will host a Rummage Sale in the hospital's Outpatient Diagnostic and Rehab Center parking lot, 4051 Upper Creek Dr., Sun City Center. The sale will run from 8 a.m. to noon, and all proceeds will benefit the American Heart Association.

For more information, or to donate items for the rummage sale, contact Dottie Crist-Marshall at 813-634-0177.



MFST sponsors WWII veteran on Honor Flight

Augustine C (Gus) Fleischman, WWII US Army Signal Corps veteran, who lives in Apollo Beach, Fla., was recently invited to take one of the Honor Flights conducted by nonprofit organizations dedicated to transporting as many WWII veterans as possible to Washington D.C. to see the memorials of the respective war(s) they fought. His guardian (companion on the trip) was Brigadier Colin Howgill, RM (Ret.), Chairman of the Military Family Support Trust (MFST), sponsor of Mr. Fleischman's trip. The trip took place Oct. 8 and was provided at no cost to the participating veterans. The guardian expenses were paid by MFST.

Gus landed over the Normandy beaches on the third day post D-Day. He served at St. Mer Eglise before moving down to Paris then into the Ardennes where he was at the Battle of the Bulge during that awful winter weather when so many troops froze to death. From there he

was at the Remagen Bridge crossing and from there into Germany as far as Leipzig. His battle medal has a silver star on it representing the battles of Normandy, Northern France, The Ardennes, Rhineland, and Central Europe.

At the conclusion of the war in Germany, he and a small number of his Signals unit, were moved by a freight train to Paris and then on to Marseilles from where they were shipped via the Panama Canal to the Pacific Theater. His ship was South of Hawaii when the atom bomb was detonated. On arrival in Manila the local Japanese had not yet gotten the message that the war was over so their arrival was more exciting than anticipated.

As do all of the veterans who are fortunate enough to participate in these Honor Flights, Gus was extremely grateful for the opportunity and encouraged all WWII veterans to take advantage of this extraordinary program.

Protecting Paradise ... FWC officers: Ready in an instant

■ By KATIE PURCELL

At 9 p.m., the officer backs into his driveway. He signs off on the radio, climbs out of his truck and heads toward his darkened house. When he gets inside, he greets his wife and looks in on his two young children who are already tucked into bed. After changing out of his uniform, he hangs it in its usual spot in the closet. Finally, he showers and warms up his supper.

At the other end of the county, one of his squad mates has just put on her bullet-resistant vest and uniform shirt. After snapping on her duty belt, she goes through the routine of checking her gear. Then she says goodbye to her husband and son and heads out the door to begin her shift. Her plans for the night include working in a wildlife management area where there have been night-hunting complaints.

In the meantime, while the second officer is in the dark woods and the first is getting ready for bed, at just past 11 p.m., their supervisor is awakened from sleep by a ringing phone. "Lieutenant?" a voice asks. "This is Dispatch. Your squad is heading to work a search-and-rescue and they need you right away."

After giving a few brief details, the dispatcher disconnects quickly and begins calling others on the radio.



In less than 20 minutes, the lieutenant has grabbed his uniform, always hanging in the same place in his closet, put on his gear, and is pulling out of his driveway in his patrol truck. As he buckles his seat belt, he checks in on the radio and lets Dispatch know he is "10-51" — en route to the

scene. During his drive to the next county — he supervises six officers across two counties — he finds out more about the incident and plans a meeting point with the other two officers.

Situations like this are all too common for officers with the Florida Fish and Wildlife Conservation Commission (FWC). They don't work what most people would call traditional hours. Nor would many aspects of their job be considered traditional. But these roles are necessary.

Many of them are working while we're sleeping or enjoying a Saturday at a state park or a holiday weekend in a campground.

They may start out their shift thinking they're going to work on a certain issue, or they may have just finished their regular shift and are at home. But, with a moment's notice, they are called to assist with an urgent issue, like a search for a missing person.

Many times, FWC officers work with other law enforcement, fire and



Upcoming events in the race for Honorary Mayor of SouthShore

■ **Thursday, Oct. 17, 4-8 p.m.**, Shannon Brown is hosting Family Fun Night at Beef O'Bradys, 205 Apollo Beach Blvd. in Apollo Beach. Beef O'Brady's Apollo Beach will donate 10 percent of all sales between the hours to Shannon Brown for Honorary Mayor of SouthShore. Funds will be donated to the SouthShore Chamber of Commerce and Athletic Boosters at East Bay and Lennard High School (sporting gear for students in need).

■ **Friday, Oct. 18, 1- 3 p.m.**, Anne Madden will be hosting a Cool Down with Ice Cream at Cadence Bank, 4842 Sun City Center Blvd. in SCC. They will be making ice cream sundaes and taking donations for the campaign. For more information, call Fran at 813-633-6700.

■ **Friday, Oct. 18, 7-10 p.m.**, John Smith is hosting Vegas Casino Night at the Firehouse Cultural Center, 101 1st Ave. NE in Ruskin. There will be finger food and drinks, games, 50/50 and silent auction. Also, Casino Games and a Texas Hold'em Poker Tournament.

■ **Sunday, Oct. 27, 2-5 p.m.**, Family Fall Fest hosted by Shannon Brown. Food/Bouncers/Tumblebus/Games. While it is free to attend, donations are appreciated!

■ **Wednesday, Oct. 30, 5:30-8 p.m.**, Anne Madden will be hosting a Mystery Dinner Theatre at the Sun City Center Chamber Banquet Room, 1651 Sun City Center Plaza. Tickets are \$15 per person or \$25 per couple and includes dinner. Go and solve the mystery of *Evil Never Dies*, with local business people playing the roles. Attend with your team or join another one. For tickets, call 813-645-3732 and leave a message.

■ **Now until Oct. 25**, Scentsy Fundraiser by Shannon Brown. Order under Shannon's Honorary Mayor Fundraiser and 25 percent of sales will be donated. To place your order go to: <https://shannonjbrown.scentsy.us/Scentsy/Buy>.

■ **Now until Oct. 30**, Anne Madden — If you are in the market for a new vehicle, go to Brandon Hyundai. Ask for Rob Danley and mention Anne's name. Brandon Hyundai will make a donation to the campaign for every new Hyundai sold by Oct. 30.

medical personnel. Typically, the FWC provides the equipment and knowledge of the area, often using their ATVs and airboats to transport the personnel and victims.

Every year, they perform around 1,000 rescues in the woods and on the water. This year, they have been involved in almost 700 so far.

In fact, a scenario like the example above played out in the end of June. FWC officers spent nearly two days working with the Flagler County Sheriff's Office and Volusia and Seminole county air support to locate a missing man.

Guss Baker had been missing for several days when FWC officers finally found him shivering in a swamp near the Turkey Island Hunt Camp in Flagler County. The officers warned him with what they had — their bullet-resistant vests and bug-tamer jackets — for several hours until a helicopter could arrive to lift him out of the swamp.

Last month, after recovering from his ordeal, Baker reached out to the officers to thank them for their actions.

"Those officers saved my life. If it wasn't for them I wouldn't be here," Baker said.

FWC officers Lee Lawshe and Rich Wilcox were the ones called upon to help.

"Even if we have a plan in mind, we never really know what we'll be doing on a given day," Lawshe said.

"We are all willing to respond quickly and do what it takes to get the job done and even save a life."

From backing into their driveways at home, to hanging their clothes in the same spot after each shift, FWC officers have many habits. These ensure they can be ready as quickly as possible to respond to those after-hours emergencies when every second counts.

When you're out enjoying all Florida has to offer — whether you're taking your bow to hunt deer this weekend or are headed to the coast in search of snook — remember to be safe. Wear a life jacket on the water; take a GPS with you into the woods. If you do find yourself in a bad situation, remember that officers with the FWC are trained and prepared. They will do their best to get you and your family to safety.

Note: Protecting Paradise provides a glimpse into the world of an FWC officer. Finding lost hikers, checking boaters for safety gear and teaching children about fishing and hunting are just some of the contributions they make. This column is written by Katie Purcell, Division of Law Enforcement Community Relations Coordinator. It will feature different topics to help communicate with the public and foster the shared passion and teamwork that are vital to protecting Florida's people and beautiful natural resources for years to come.

IN UNIFORM

Army

Army Cadet Sydney A. Malveaux has graduated from the Army ROTC Leader's Training Course at Fort Knox, Ky.

The four-week course is a leadership internship for cadets that can lead to the ultimate goal of becoming an Army officer. College students experience and examine the Army without incurring an obligation to serve in the Army or ROTC, and are eligible to receive two-year college scholarship offers and attend the Advanced ROTC Course at their college.

Cadets are observed and evaluated during classroom and field training exercises to determine their officer potential in leadership abilities and skills. The cadets are trained to have a sound understanding of traditional leadership values during the challenging, motivating "hands-on" training. The training develops well-disciplined, highly motivated, physically conditioned students, and helps improve the cadets' self-confidence, initiative, leadership potential, decision making, and collective team cohesion. The cadets receive training in

fundamental military skills, Army values, ethics, Warrior ethos, basic rifle marksmanship, small arms tactics, weapons training, drill and ceremony, communications, combat water survival training, rappelling, land navigation, and squad-level operations field training.

Malveaux is a student at the University of Florida, Gainesville.

She is the daughter of Sandra and Nathan Barrick of Bass Oak Court, Riverview, and Billy and Nicole Malveaux of 87th Place, Seminole. Malveaux graduated in 2012 from Seminole High School.



Plant sale to help beautify Apollo Beach

Over 100 varieties of plants and trees, including annuals, palms, landscaping plants, herbs and household plants, will be on sale from 10 a.m. to 1 p.m. on Saturday, Oct. 19 during the Apollo Beach Beautification Plant Sale.

The location is Flip Flops and Fitness at 328 Apollo Beach Blvd. next to the Circle K.

Proceeds from the plant sale will go to Christmas decorations for Apollo Beach, Kite Fest and maintaining ongoing projects.

Apollo Beach Beautification is a 501(c)3 organization.

	Kids Cut (11 & under) Free Shampoo & Lite Dry Specialty cuts, blow-dry style, design lines, set or curling iron extra. Not valid with other offers. \$7⁹⁵ OK3 - EXP. 10/31/13 	Adult Cut Free Shampoo & Lite Dry Specialty cuts, blow-dry style, design lines, set or curling iron extra. Not valid with other offers. \$11⁹⁵ OA6 - EXP. 10/31/13
	CHI Ionic Color Free Shampoo & Style Price will vary with length or condition of hair. Haircut extra. Not valid with other offers. \$44⁹⁵ OC7 - EXP. 10/31/13 	Quick & Easy Perm Wave Free Shampoo & Cut Price will vary with length or condition of hair. Design wraps extra. Not valid with other offers. \$44⁹⁵ OP5 - EXP. 10/31/13
	Cut & Style™ Shampoo, Cut & Finished Style Price will vary with length and/or condition of hair. Specialty cuts/flat iron extra. Not valid w/other offers. \$19⁹⁵ OS2 - EXP. 10/31/13 	Highlights/Lowlights Free Shampoo & Style Price will vary with length or condition of hair. Haircut extra. Not valid with other offers. \$10 off OH2 - EXP. 10/31/13 \$50 Minimum
	Shampoo & Set Price will vary with length or condition of hair. Haircut extra. Not valid with other offers. \$12⁰⁰ OSS1 - EXP. 10/31/13 	Buzz Cut (one guard all over) Free Shampoo Specialty cuts and design lines extra. Not valid with other offers. \$8⁰⁰ OA8 - EXP. 10/31/13

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- Garden Salad with all the trimmings
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- Beet and Onion Salad

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- Pecan Pie
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Two area students compete for national FFA awards

Lennard High School students head to Louisville

Danielle Rose DeSilvestro, of the Lennard High School FFA Chapter, has been selected as a finalist for the National FFA Proficiency Award in Wildlife Production and Management - Entrepreneurship/Placement.

Kyle Bowman, also of Lennard FFA, was selected as a finalist for the National FFA Proficiency Award in Landscape Management - Entrepreneurship/Placement.

Both students became eligible for the national award after winning the Florida FFA competition earlier this year, and both are among only four people chosen nationally to compete for their particular awards. The awards will be announced at the 86th National FFA Convention & Expo, to be held Oct. 30 - Nov. 2 in Louisville, Ky.

The proficiency awards recognize outstanding student achievement in agribusiness gained through establishment of a new business, working for an existing company or otherwise gaining hands-on career experience. In recognition of being a finalist, each of the finalists will receive a plaque and \$500. National winners will receive an additional plaque and \$500 during a special ceremony at the convention.

The Wildlife Production and Management - Entrepreneurship/Placement award is sponsored by Purina Animal Nutrition LLC. The Landscape Management - Entrepreneurship/Placement award is sponsored by John Deere and Tractor Supply Company.



PET TIP: As your cat ages, it might be necessary to shrink her living space. Close off parts of the house where your elderly cat could get lost or disoriented and restrict the cat to a few familiar rooms.

Drs. Ott, Slaughter, Waldy & Heaton

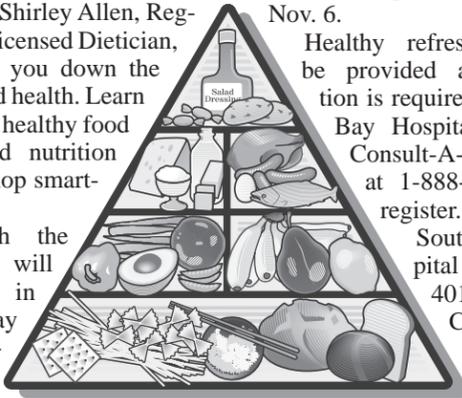
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South Bay Hospital hosts Shop with the Dietician

South Bay Hospital invites you to shop with Shirley Allen, Registered and Licensed Dietician, as she takes you down the aisles of good health. Learn how to make healthy food choices, read nutrition labels and shop smarter.

Shop with the Dietician will take place in the South Bay Hospital cafeteria at 2:30 p.m. on Wednesday, Nov. 6.



Healthy refreshments will be provided and registration is required. Call South Bay Hospital's toll free Consult-A-Nurse line at 1-888-685-1595 to register.

South Bay Hospital is located at 4016 Sun City Center Blvd. in SCC.

RWC adds website

The Ruskin Woman's Club has posted a new website at www.theruskinwomansclub.org.

On it you'll find information about the club, its activities and achievements.

The club's next meeting is 2 p.m. on Wednesday, Nov. 6 at the clubhouse. Details may be found on the website under 'About Us.'



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MITCH TRAPHAGEN PHOTO

The view from 35,000 feet shows a nation at peace. Perhaps things aren't as bad as they seem. The future can be a bright and shining place.

Observations:

Cracks in the road ahead

Thirty-five thousand feet over America provides a view of a peaceful, almost pastoral nation. So many things have changed in the world and in my own country since I took my first flight decades ago. But the view from above isn't among them. All I see in peering out the aircraft window is a nation at peace.

The view was something of an allegory to my life of late. I keep thinking that I'll find what I'm looking for in life by looking far down the road, into a hazy horizon from which no details emerge, while praying to God that He'll keep me from tripping on the rocks and the cracks in the road directly beneath my feet. And then each moment passes, unappreciated, waiting for something I can only feel might happen in the future.

Perhaps that perspective is born of age, but more likely it is born of circumstance. Our world is a stressful one. It's unfair, and sometimes ugly. And for some reason, we seem, by circumstances twisted all on there own, to celebrate that.

When did we decide that the bizarre, perverted and downright obscene was what we wanted the news to report on in today's world? The rhetoric on just about everything is so far over the top that people have become immune to it. You can't just disagree with someone, you have to call them a Nazi and threaten to destroy everything about them. Anyone who believes that either political party has all of the answers is delusional — and it is stunning and sad that we allow our elected officials to promote such thinking. It's even more sad that with the entire world of knowledge at our fingertips with the Internet, by and large we tend to seek out only that information that confirms or validates our already held beliefs. That mentality makes it really hard to advance much, I would think. I am as much to blame for that as anyone.

I saw a joke of sorts on Facebook recently that appropriately describes what I was referring to. If we had to explain our smartphones to a person who had just been transported from a half-century ago, we could tell them that the tiny device is capable of connecting us to nearly anyone, anywhere in the world, and has instantaneous access to all of

the cumulative knowledge of the world. But we use it to argue pointlessly with strangers and watch cat videos.

The reporting of bad news is necessary; in my opinion it is critical to the functioning of what is supposed to be a largely transparent government. Although it seems to be forgotten at times, elected officials work for us, not for their respective political parties. Reporting bad news is critical

to keep increasingly powerful businesses as honest as possible. It is critical to shed light on injustice and even ineptitude. We need to know about misfortune, catastrophe and adversity if we hope to correct it. And, as a nation, I know we hope to correct such things. That is who we are as Americans. But that doesn't mean that good news should not be celebrated as well. Lord knows we could sure use some of that today. We must not let those with selfish motives or ill intent speak for us. That must stop.

And speaking of which, I was wrong last week to paint such broad strokes about the ineffectiveness of elected officials. I honestly believe that most of them are good people, hoping to do good things for their constituents and this nation. A case in point, from my perspective, at least, would be Hillsborough County Commissioner Sandra Murman. At any given time, you may or may not agree with her politics, perhaps in the course of her career as a public servant she has made mistakes — she's human, after all — but she is just what her office suggests: a public servant. She puts herself out in the public for face time with real people, she invariably attends public meetings, making herself personally available to those she represents and I know from seeing her over the course of years, that she works hard to do the right thing for those she represents. Not every elected official can say that but she can.

The northern plains stretch far outside of my window on the airliner. I'm sure that out there somewhere, someone is profitably taking advantage of someone else. I am certain that somewhere out there, someone is lying, taking the



Observations
By Mitch Traphagen
mitch@observernews.net



Thursday, Oct. 31 • 9 a.m. to 2 p.m.

Caregiver Symposium

Sun City Center Community Hall • 1910 S. Pebble Beach Blvd., SCC

<p>Coping with Caregiver Stress Eileen Poiley, MS, Director of Education, USF Health Byrd Alzheimer's Institute</p> <p>Developing a Caregiver Plan Genevieve Faulk, Aging Care Advocates</p> <p>Common Sense Approaches to Avoiding Popular Scams Mike Pierce, Esq. Program Admin. Stetson University</p> <p>New Power of Attorney Law: Top 10 Changes You Need To Be Aware Of Amanda Wolf, Esq., Board Certified in Elder Law</p> <p>Don't Let Your Children Inherit Your Nursing Home Bill Mike Wills, The Equis Group at Morgan Stanley</p>	<p>— LUNCH SERVED —</p> <p>Understanding Dementia Care Video by Teepa Snow • Scott Fox, Owner, Senior Helpers</p> <p>How to Prepare for the Move to a Retirement Community Damon Glisson, Attorney at Law</p> <p>Technologies to Help Caregivers Dr. Meredith Rowe, Professor, USF Health</p> <p>Dementia Hospital Caregiving Wristband Project Gary Le Blanc, author of <i>Staying Afloat in a Sea of Forgetfulness</i></p> <p>— Q & A — Speakers will have vendor tables where individual question and answer time will be made available</p>	<p>to keep increasingly powerful businesses as honest as possible. It is critical to shed light on injustice and even ineptitude. We need to know about misfortune, catastrophe and adversity if we hope to correct it. And, as a nation, I know we hope to correct such things. That is who we are as Americans. But that doesn't mean that good news should not be celebrated as well. Lord knows we could sure use some of that today. We must not let those with selfish motives or ill intent speak for us. That must stop.</p> <p>And speaking of which, I was wrong last week to paint such broad strokes about the ineffectiveness of elected officials. I honestly believe that most of them are good people, hoping to do good things for their constituents and this nation. A case in point, from my perspective, at least, would be Hillsborough County Commissioner Sandra Murman. At any given time, you may or may not agree with her politics, perhaps in the course of her career as a public servant she has made mistakes — she's human, after all — but she is just what her office suggests: a public servant. She puts herself out in the public for face time with real people, she invariably attends public meetings, making herself personally available to those she represents and I know from seeing her over the course of years, that she works hard to do the right thing for those she represents. Not every elected official can say that but she can.</p> <p>The northern plains stretch far outside of my window on the airliner. I'm sure that out there somewhere, someone is profitably taking advantage of someone else. I am certain that somewhere out there, someone is lying, taking the</p>
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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.



Silver

Silver is a really sweet female young cat whose mom is Mona. Her favorite thing is to cuddle with a loving volunteer. This beautiful girl also loves to show off her playing skills with cat toys. Silver is a beautiful gray cat like her brother, Rascal, who also lives at C.A.R.E. Can you find it in your heart to take Silver home forever. As part of her adoption she has been micro chipped and spayed. She is also current on her shots.

DOB: July 2, 2012.



Cooper

Cooper is a delightful little man. He has an easygoing and affectionate personality. He gets along well with everyone! He is a lap dog and would make a great companion. Cooper enjoys walks and Swiss cheese Cheeze-Its. Go meet handsome Cooper today. As part of his adoption, Cooper has been micro-chipped, brought current on his shots and neutered. He does require daily eye medication that will be discussed at the meet and greet.

DOB: April 2, 2012.

C.A.R.E. holds Boo Bash Oct. 26

From 10 a.m. to 1 p.m. on Saturday, Oct. 26, C.A.R.E. (Critic Adoption and Rescue Effort) will hold its Boo Bash! at the shelter at 1528 27th St. SE in Ruskin.

In addition to a dog costume party, there will be a pumpkin carving contest, raffles, food and bake sale, vendors, shelter tour and a time for pet off-leash play.

All proceeds benefit C.A.R.E., a nonprofit, no-kill shelter in the South Shore area, funded entirely by donations from supporters.



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Have an encounter with Florida fish, wildlife at MarineQuest 2013

The Florida Fish and Wildlife Conservation Commission's (FWC) Fish and Wildlife Research Institute welcomes the public to the 19th annual MarineQuest open house on Saturday, Oct. 19, from 10 a.m. to 4 p.m.

This fun, free event introduces visitors of all ages to the state's fish and wildlife and their habitats at the Fish and Wildlife Research Institute (FWRI) headquarters, 100 8th Ave. S.E., in downtown St. Petersburg.

Held in conjunction with the third annual St. Petersburg Science Festival, MarineQuest offers more than 60 exhibits from FWRI and other government agencies and conservation groups.

Visitors to MarineQuest 2013 will see live fish and wildlife, including sharks, rays, alligators and snakes. Touch tanks feature critters from Tampa Bay and the Florida Keys.

Some of the state's top researchers will demonstrate how they rescue distressed manatees, tag fish and monitor red tide. They will also provide pointers on identifying Florida panther tracks.

Experts on sea turtles, scallops and sharks and rays will entertain audiences with presentations about their research.

The Choctaw bass, a freshwater fish species newly discovered by



Guests get a chance to view and touch sharks up close with these preserved specimens from FWRI's specimens collection.

FWRI scientists and rarely seen by the public, will be on display.

Visitors can hone their bow-and-arrow skills at the Florida Youth Conservation Centers Network's archery station. Children can get creative, with wildlife origami, marine magnets and the Japanese art of "gyotaku" — fish printing. Wearable art offerings include face painting and marine tattoos.

Free event parking is available at the USF St. Petersburg parking garage at the corner of 5th Ave. S. and 3rd St. S.

For more information about MarineQuest 2013, visit MyFWC.com/MarineQuest, and "like" FWRI on Facebook at Facebook.com/FW-CResearch.

This event is designed to provide equal opportunity for enjoyment by all participants. To request any particular aids or services pursuant to disability laws, please contact the event planner at 727-896-8626 or the city of St. Petersburg Community Affairs Division at 727-893-7345 or 727-892-5259 TDD/TTY.

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Observations:

► Continued from page 11

name of God and country in vain. I'm equally certain that others are giving a few bucks to a person who is truly and temporarily down on their luck. I am positive that someone is reaching out a hand, literally and figuratively a hand of hope, to someone who felt there was nowhere else to turn. I know that someone is working hard to serve their neighborhood and this nation. We are good people. It's time to stop letting those with less admirable qualities speak for us. That includes the greedy, the soulless and, in some cases, the elected.

Out there, somewhere on the hazy horizon is my future, our future. Despite all that is happening in this nation today, I know that when we arrive there, it can be a better place. Whether or not that happens is entirely up to us — but it's important to keep an eye on the rocks and cracks in the road lying directly beneath our feet as we slowly, sometimes painfully, make our way there. Today can be a pretty good place, too, if we just look around to see what all we have.

Southeast Guide Dogs Walkathon holds kick-off meeting Oct. 22

If you're interested in becoming involved with planning for Southeast Guide Dogs Walkathons (the first one is Feb. 22 in Bradenton), go to the Tampa Women's Club at 6 p.m. on Tuesday, Oct. 22. The Tampa Women's Club is at 2901 Bayshore Blvd. in Tampa.

Southeast Guide Dogs is one of ten accredited guide dog schools in the US and the only one in the southeast. Their biggest fundraiser of the year is Walkathon, and it has typically been held near their Palmetto, Fla. campus. "The amount of support we get from the community and our extended Southeastern family is astounding. It is what allows us to continue to provide all our services for free," said Titus Herman, CEO.

"We have puppy raising groups and supporters all over the Tampa Bay area, so it made perfect sense to expand Walkathon into Tampa and allow all the residents to feel a part of our mission," stated Herman. This year will also see Walkathons held in Bradenton, St. Petersburg, The Villages, and Sarasota.

Dogs are welcomed (and encouraged) to walk with their owners — it is a family and dog-friendly event for all involved.

The Oct. 22 informational meeting will give you all you need to get started. The organizers will explain what Southeastern Guide Dogs are all about, why this Walkathon is so important to the visually impaired who will benefit the most, some inspiring stories from graduates, and an opportunity for you to get involved in an event that will make a profound difference in someone's independence.

Additional information may be found at www.guidedogswalkathon.org or by calling 941-729-5665.



MITCH TRAPHAGEN PHOTO

Amazon making waves

► Continued from page 1

County Commissioners voted to waive half of Amazon's property tax bill for the first seven years and approved paying \$1.1 million in incentives for the company to include at least 375 "high paying jobs", offering salaries in excess of \$47,500.

"The South Shore area has been a diamond in the rough for a long time," said Hillsborough County Commissioner Sandra Murman. "Someone has finally found the treasure here in Amazon's decision to locate its distribution center in Ruskin. It's going to mean economic development and more jobs for an area that so desperately needed a jump-start after the recession. It's a perfect fit, and it couldn't happen in a better place than South County."

With Amazon expected to begin business operations in Florida in any of several possible sites around the state in 2014, residents will, at some as of yet undetermined point, begin paying Florida sales tax on Amazon purchases, which are currently not subject

to sales tax. That issue, however, may soon be rendered moot as Congress inches ever closer to an Internet sales tax, requiring all but the smallest Internet merchants to collect state and local taxes. On the positive side for Amazon customers, however, is the possibility of same-day service on Amazon orders, a service that the company offers in eleven other cities around the country. Subscribers to Amazon Prime, a \$79 annual membership plan, pay as little as \$3.99 per item for same day delivery in those markets.

Amazon, founded in 1994 by Jeff Bezos in a Seattle garage, went online in 1995. Today the company operates 33 fulfillment centers in the United States with at least two more expected to go online in the coming months. Amazon has nearly 40 other fulfillment centers around the world. The company employs approximately 100,000 full and part-time employees, and reported \$61.1 billion in 2012 revenues.



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You, me and business: Why, oh, why?

My mother always said I asked more questions than the Spanish Inquisitors. No matter the topic or observation, my response would always be "why?" Why, why, why, why why? I doubt I was any different than any other kid. In fact, I think all of us are basically curious beings. And while curiosity may have killed the cat, the rest of the adage is true: curiosity brought him back.

The greatest mysteries in life, such as the location of the Holy Grail and the real name of Donald Trump's barber, are called eternal enigmas. We will never know the answer to the existence of the Hanging Gardens of Babylon or what drugs were involved in the naming of Dweezle and Moon Unit Zappa.

But there are smaller mysteries in life as well. They are things or situations that make us go "huh?" Call them enigmas, call them posers, call them whatever. They drive us bonkers when we come across them.

Some are just humorous banalities, such as "what did Chanel No. 4 smell like" or "why does Hawaii have interstates?" After many years of Sunday School, I was once admonished for asking the teacher "did

the Corinthians ever write back?" I was worried Paul was just wasting his time with a loser pen pal.

Some posers are pure swipes at linguistics. Why do we park on a driveway and drive on a parkway? Why is a building called a building and not a "built" once it's completed?

The Internet is full of fun posers. My favorites include "if nothing sticks to Teflon, how does Teflon stick to the pan?" and "why do they put Braille on the drive-up ATMs?" Somehow reading all of these crazy questions puts the world into a little better perspective. It's as if the posers are telling us, it's no wonder we're confused. We're supposed to be.

So basically I'm not the only soul in the universe who is totally at sea trying to understand why any of the Kardashians are famous. Or why a politician would spend millions of his own money for a job that pays only a couple of hundred thousand. Or why women's shirts have the buttons on the left side and men's shirts have buttons on the right. (And why does it cost three times as much to have our shirts drycleaned?)

Forget trying to understand the Meaning of Life or answering the

riddle of the Sphinx. Forget searching for the illusive Fountain of Youth or even Jimmy Hoffa's body. There are bigger questions than that in our crazy little world.

Like why do hotdogs come in packages of ten and the buns come in packages of eight? Life might be so much simpler if the Oscar Meyer people would talk to the Bunny Bread people and get it together, but then we'd have one less trivial issue to ponder. One less loser to discuss over beer at the pub. One less thing to laugh about. It's not only fun to enjoy posers, it's also essential to our mental health. It keeps us sane in an insane world. And that's important. Because, what if the Hokey Pokey really is what it's all about?



By Dana Dittmar, Executive Director SCC Chamber of Commerce

Free, local assistance for Medicare Plan shoppers

The Florida Department of Elder Affairs' SHINE (Serving Health Insurance Needs of Elders) Program is available to provide free, unbiased help for Florida Medicare beneficiaries as they carefully evaluate their health care options during the Medicare Annual Enrollment Period.

During the Annual Enrollment Period, which runs Oct. 15 through Dec. 7, Medicare beneficiaries have the opportunity to make changes to their Medicare Prescription Drug or Medicare Advantage plans.

SHINE encourages beneficiaries to review their benefits each year for a variety of reasons. Individuals often experience subtle changes in their health over the course of the year, and these changes may alter the kind of care they need. This could directly affect their need for more or less health insurance, the types of prescription drugs they require or their access to particu-

lar doctors or pharmacies. Health changes can also increase costs, which can be particularly critical for Medicare beneficiaries on fixed incomes.

SHINE volunteer counselors through West Central Florida Area Agency on Aging, Inc. provide free, unbiased one-on-one insurance counseling and information on Medicare options and prescription drug assistance for elders, their families, and caregivers. Beneficiaries are encouraged to act quickly to assure a smooth transition into the 2014 benefit year.

To receive help from SHINE to review and enroll in a plan, individuals may visit designated SHINE counseling sites, attend enrollment events in their local communities, or contact trained SHINE volunteer counselors at 1-800-963-5337.

For a listing of SHINE counseling sites and enrollment events, visit www.floridashine.org.

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To arrange an appointment, call the Small Business Development Center office at 813-914-4028.

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Trick or Treat Street happens this Saturday

► Continued from page 1

A quarter of a century later, more than 100 local businesses, churches and civic organizations are expected to participate in this year's event, scaring up treats, thrills and family-friendly fun for tens of thousands of children and their families.

Trick or Treat Street will be held on Saturday, October 19 from 3:30 to 8:30 p.m. at Riverview High School. The event is presented by the Greater Riverview Chamber of Commerce, Hillsborough County Sheriff's Office, Hillsborough

County Parks, Recreation & Conservation and Riverview High School.

New to the event this year will be a hayride and a magician to entertain the crowd. In addition to the numerous booths, there will also be a costume contest for children of all ages as well as a costume contest for dogs. A small entry fee is required for the contest.

Admission to the event is free. Wristbands will be sold for a nominal fee to include unlimited

play on bounce houses and other inflatable attractions. Parking is \$5 per carload. Various clubs from Riverview High School will also be offering games and activities for a small fee as fundraisers.

For more information, visit the Riverview Chamber online at www.riverviewchamber.com, call 813-234-5944 or email info@riverviewchamber.com. The chamber office is located at 10012 Water Works Lane in Riverview with office hours of 9 a.m. to 4 p.m. Monday through Friday.



MITCH TRAPHAGEN FILE PHOTOS

Dance exhibition set for next Moonglow Ballroom Dance event

Moonglow Ballroom Dance Club will feature the live music of Daniel Fugazzotto at its monthly dance from 7:30 to 9:30 p.m. on Thursday, Oct. 24 at Community Hall, 1910 S. Pebble Beach Blvd. in Sun City Center.

As a special treat, Daniel and his National Championship Amateur Ballroom Dance Partner Janis Merluzzo will perform a dance exhibition during Intermission.

The attire at Moonglow dances is dressy casual. Members are free, and visitors/guests pay \$5 per person at the door. Singles table(s) are always available. BYOB and snacks, and the club will provide ice, water, cups, and napkins

Moonglow holds monthly dances year-round. Their exciting 2014 schedule will be available at the Oct. 24 dance. For more information call 813-633-1297 or 813-642-8845, or if you would like to receive Moonglow information by email, contact gail3357@gmail.com.



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ATTENTION - Peripheral Neuropathy Sufferers...

“New, Breakthrough Treatment Reduces or Possibly Eliminates Peripheral Neuropathy Symptoms - Without Drugs or Surgery!”

(Would you like to end the numbness, burning, tingling, and sharp pain in your feet, toes, calves, and legs? If so, read on.....)

SUN CITY CENTER RESIDENTS: Our names are Dr. Darrin Tyson and Dr. Shanelle Tyson. If you have idiopathic Peripheral Neuropathy or Diabetic Neuropathy, you may be asking yourself any or all of these questions:

- Why do I have pain in my legs, feet, toes?
- What causes the tingling sensation or numbness in my legs and feet?
- Am I at risk for infection or amputation - even if I'm not a diabetic?
- Why do my feet feel like they're on fire?

If any of these problems or concerns are creating a situation where the quality of your life is being compromised, then you need to pay close attention to what we're telling you in this article. Isn't it sad to otherwise feel so alive and full of vigor, but not be able to fully participate in life because the pain, tingling, and numbness is so pervasive, so intruding - and so unfair? Don't you sometimes feel downright angry that these symptoms have appeared - and won't go away?? If you do, it's only normal. After all, who wants to be burdened with carrying a load of pain, and live life through an all-encompassing fog of discomfort? Pain that's always there, always reminding you of its presence. Always raising its ugly head, no matter how hard you try to ignore it. It's always there - sitting in your recliner. Going to the store. Playing golf with friends, or just trying to get some much-needed sleep and rest at night. Anything you do is accompanied by the sharp pain, tingling, and the numbness.

Here's What Makes Peripheral Neuropathy So Dangerous:

See, PN is so bad because it sort of sneaks up on you. Quietly like a thief in the night. Like the angry spouse in the detective stories who slowly poisons the other spouse with arsenic.....PN is a condition that slowly eats away at you. It doesn't happen in an instant like breaking a leg. No, it's just like a poison (especially with diabetes), doing its damage to nerves slowly. So slowly, that at first, when it's already done some damage, you won't even notice it.

What About Your Future?:

Are You Worried About Your Job - Your Life? Unfortunately, there are people who have been forced to quit their jobs or give up their social life because of PN symptoms. So what do you do? What choices do you have? If you're like most people, the outcome of your visits to the MD have resulted in taking cortisone injections, Motrin, prescriptions for Neurontin, and you've experienced the drowsiness it causes - only giving you a brief relief from the pain - or none at all. Only to have it return as soon as the tranquilizing, nerve-deadening effect wears off. What good is that??

So, Back To The Question:

What are YOU going to do if you're stuck between the tingling, prickling, hot fire-like burning sensation in your feet or continuing to take mind-numbing Lyrica and Neurontin? Finally - some good news! A patented, extremely effective non-invasive diabetic and peripheral neuropathy treatment is now available, for the first time ever, in the Sarasota and Bradenton area. If your feet feel like you're walking on thumbtacks or are "on fire", or if they tingle unbearably, or they feel as cold as a frozen Popsicle you owe it to yourself to check out this new technology.

There May Be Hope For You With A New Technology For Treating Peripheral Neuropathy Called:



Neuro-Analgesia

Neuro-Analgesia, sometimes referred to as Electronic Signal Treatment, is a patented, innovative treatment modality that utilizes a modulated and attenuated pulsed electronic signal (current) that can substantially reduce or even possibly eliminate - the burning, sharp pain and associated numbness and tingling of PN!

So, How Does Neuro-Analgesia Work?

Neuro-Analgesia, or electronic signal treatment, uses a modulated electronic signal that pulses very rapidly, firing off very short micro-bursts of current that effectively "overrides" pain receptors. The attenuated current or signal penetrates deeply through and across both nerve endings and affected muscles and other associated tissues, producing profound physiological changes, such as reduced swelling and inflammation. Microcirculation is increased and pain levels can drop dramatically after just a few treatments! The physiological changes are triggered by the electronic signal or current, making this a true healing modality. Neuro-Analgesia or electronic signal treatment does not require the use of drugs or surgery; side effects are, for the most part, non-existent! Most importantly - Neuro-Analgesia may achieve results faster than other treatment options!!!

What Do You Experience During A Treatment?

Patients remain fully clothed, and you may sit in a chair, lay down on a table, or better yet - "kick back" in a recliner! During every phase of the treatment you will be very comfortable and relaxed. You'll experience a soothing sense of electrical stimulation in your feet and legs. Some patients read or watch TV throughout the procedure; others close their eyes and take a nap!

NOTE: This technology is patented, exclusive technology. This is not available anywhere else in the State of Florida. Therefore, space and availability is extremely limited.....

What Patients Are Saying About Peripheral Neuropathy Therapy

I can't begin to tell you how much your Peripheral Neuropathy Therapy program has done for me. I used to have constant leg pain, burning, numbness and stinging sensations in the feet. I could barely stand to

brush my teeth or walk through the grocery store. I had been to see just about every kind of doctor there is, and I just kept getting worse and worse. I had virtually quit all of the things I used to enjoy doing - golf, bowling, square-dancing, going to football games - just about everything. My improvement has been continuous and steady - pain levels and discomforts have dropped to a fraction of what they used to be, and I'm now able to do most of the things I used to do! Thank you, and thanks to your staff too! Alexander Holbert

Who Should Call For A Qualifying Assessment?

- If you've had severe peripheral neuropathy (diabetic or otherwise) for at least six months, and nothing has helped
- If you're over the age of 65
- If you have tried just about everything and anything and nothing seems to help
- If you're practically at the end of your rope, and out of other options

Who Should Not Call?

- Do not call us if you are under the age of 60 (we have to reserve this technology for the "worst of the worst")
- Please do not call if your problem is not very bad - (again, we must reserve this for the worst cases)
- Do not call if your problem is already improving, and please do not call if you have not tried some other form of treatment!

Now, What's the Next Step You Should Take?

We have decided to make it super-easy for you to take action. This is the very first time that we have released any information on our Peripheral Neuropathy treatment program to the public - to date, we have only treated established, existing patients with this new technology. We will only be able to accept 15 new patients, so you must call as soon as possible to schedule your complimentary (free) Qualifying Assessment.

The FREE 4-Point Qualifying Assessment

No charge at all and you don't need to buy anything. But, you will find out if you qualify for this revolutionary new therapy. You won't leave our office wondering if it's something that could have helped you get rid of your pain. During your assessment, we'll check out your: pain levels, reflex response, balance & risk of fall assessment and a complete quantitative & qualitative examination.

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Dr. Darrin Tyson, D.C.

Dr. Shanelle Tyson, D.C.

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Handcarved items of all kinds some made from wood and others gourds are available in the store portion of Redhawk Ranch.



Behind this screen is an electromagnetic chair manufactured in Tampa that is used in meditation therapy at Redhawk Ranch, although NASA uses it for people in training to attain a feeling of zero gravity.

Redhawk Ranch

Continued from page 5

medical field cost from \$20,000 to \$40,000 Bud said. This one, however, did not, and will be available for periods of at least 15 minutes to one hour for a fee not yet decided. It is behind a screen in the small shop they are opening in October, called The Native Way.

The shop was built entirely by hand by Bud and their son Marty May. They rented a lift for two weeks to hand-make the 19-by-30 foot room with a high cathedral ceiling entirely out of cedar, which is what the “ancient ones” like best, Bud said.

“The scissors lift was more than \$500,” said Brenda, “but we couldn’t have gotten this built without it.”

The inside of the store looks like a rustic cabin, with everything made from wood. There are shelves filled with handmade items from sage-prayer feathers to bags of different kinds of sage, which is used for many ceremonial purposes. There are lamps and clothing and jewelry and replicas of ancient tools that Bud has made.

There is also an array of art — paintings especially — and everything on the wall except the huge black buffalo head is for sale.

Skylights bring in natural light but there are full utilities, including a modern (although rustic looking) restroom in the store.

The couple originally came to Florida from Indiana in 1984, where Bud says they had also lived on what was called “sacred Indian ground.” Yet he was a skeptic until they moved to Redhawk Ranch.

Brenda was not.

Her great-great grandmother was an escapee from the Trail of

Tears and she has traced her family back through many lines.

“A lot of her people have last names like Chicken, Abraham Chicken, Beaver Chicken, and other animals, Katie Owl and Rachel Whitefawn,” Bud said. “They gave themselves animal names when they had to get names.”

Bud says he enjoys making replicas of ancient tools and fighting instruments. Some of those he has done are hatchets from buffalo jawbone, hoes, and weapons from antlers and horns.

Meanwhile, Brenda crafts dream catchers and pottery and prayer fans.

Some things that happen there are unexplainable, but visitors say they find peace.

“I discovered when I met with Brenda and Bud at their ranch it was a very special place and the atmosphere is conducive to relaxing and meditating and becoming more in tune with nature and with my own feelings,” said Joyce Kennedy, who recently used their vibroacoustic chair. “In this fast-paced society, it was a place I could slow down and catch my breath.”

Joyce said she had been searching to find peace of mind following her husband’s death and since using the chair and putting up a dream catcher Brenda made for her she has found better sleep and stays in a more peaceful state during the day.

There are many more stories told at Redhawk Ranch but people have to be there to hear — and understand — them.

“Every time I research a spirit I have heard or seen, it turns out to have been someone who has lived on, or had an experience

on this land,” Bud said. This was confirmed for him when he researched the story of a breakdown of a train carrying Native Americans from out West to Fort Hamer and St. Augustine and broke down near the ranch.

“A Lakota warrior named Zacade escaped; it’s all recorded,” he said.

Zacade is an historical figure. Bud, originally a skeptic, said he did not know that until after he had heard the story from his spirit who he says appears on the land.

To find out more about Redhawk Ranch email Redhawkacres@aol.com, call 813-634-5352) or visit Red Hawk Acres (three separate words) on FaceBook. The website has not yet been created.

“Anyone who would like to learn more about the Red Path is welcome here,” Bud said.



PENNY FLETCHER PHOTOS

Brenda and Bud Hoshaw relax in the center of the elaborate labyrinth they have created for meditation on Redhawk Ranch in Wimauma where Native American ceremonies are about to begin and a new store featuring hand-made Native American items are sold.

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JSA Medical Group Sun City Center Activity Center EVENTS CALENDAR

JSA Medical Group
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JSA Medical Group - Sun City Center Activity Center is open to the community & offers a variety of FREE community & patient events including Yoga, Tai Chi, health lectures, parties, line dancing & more! (*Classes are subject to change)

OCTOBER EVENTS *REGISTER NOW! (813) 419-5020

Thu 17:	SilverSneakers® (MSROM)*	9:30 to 10:30 am	LINE DANCING PARTICIPANTS: Close-toe shoes with non-stick bottoms only permitted. No scented perfumes & lotions to class.
Fri 18:	SALSA DANCING SLOW FLOW YOGA GENTLE CHAIR YOGA	10 to 11 am 1 to 2 pm 2:15 to 3:30 pm	
Mon 21:	BALLROOM DANCE - RUMBA (COUPLES ONLY) SLOW FLOW YOGA GENTLE CHAIR YOGA	11 am to Noon 1 to 2 pm 2:15 to 3:30 pm	*MSROM: Muscular Strength & Range of Movement Classes
Tue 22:	SilverSneakers® (MSROM)*	11 am to Noon	
Wed 23:	LINE DANCING*: Beginners Class Advanced Class	11 am to Noon 12:15 to 1:15 pm	Kidney SmartSM is a series of classes offered through DaVita Dialysis on Chronic Kidney Disease (CKD). The program is free and open to the community. For more information: www.davita.com , click on Kidney Smart tab.
Thu 24:	SilverSneakers® (MSROM)*	9:30 to 10:30 am	
Fri 25:	SALSA DANCING SLOW FLOW YOGA GENTLE CHAIR YOGA	10 to 11 am 1 to 2 pm 2:15 to 3:30 pm	Please check your insurance coverage for SILVERSNEAKERS class participation eligibility.
Mon 28:	BALLROOM DANCE - RUMBA (COUPLES ONLY) SLOW FLOW YOGA GENTLE CHAIR YOGA	11 am to Noon 1 to 2 pm 2:15 to 3:30 pm	
Tue 29:	SilverSneakers® (MSROM)*	11 am to Noon	
Wed 30:	KIDNEY SMART SM LINE DANCING*: Beginners Class Advanced Class	9 to 10:30 am → 11 am to Noon 12:15 to 1:15 pm	
Thu 31:	SilverSneakers® (MSROM)*	9:30 to 10:30 am	
Fri NOV 01:	SALSA DANCING SLOW FLOW YOGA GENTLE CHAIR YOGA	10 to 11 am 1 to 2 pm 2:15 to 3:30 pm	

Visit us online for the monthly schedule: JSAMedicalGroup.com, click “Events”



MITCH TRAPHAGEN PHOTOS



Area outdoor markets: A sure sign of autumn

In Florida, the arrival of autumn isn't always obvious as warm weather continues well into the season. But one sure sign, in addition to overnight lows in the high 60s, is the opening of outdoor markets, such as the one held last weekend in the parking lot of C1 Bank and Beggins Realty in Apollo Beach. A few dozen vendors, consisting primarily of small, locally-owned businesses and organizations, offered their wares to those stopping by the market located just off of U.S. 41 on Sunday. "I think it's good for the community for us to come out and support these events," said vendor Steve Fagen, owner of the Mullet Shack. The outdoor market was produced by Jen's Market, Inc. For information, visit www.jens-market.com.



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Adult Computer Classes for the Technologically Challenged

Craigslist: Introduction • Thursday, Oct. 17 at 3 p.m.

Learn how to become a member, browse, search, and buy items on Craigslist. Basic mouse and keyboarding skills are recommended.

Craigslist: Listing & Selling • Thursday, Oct. 17 at 3:45 p.m.

Learn how to create a listing, and sell items on Craigslist. Basic mouse and keyboarding skills are recommended.

eBooks and eReaders: An Introduction • Friday, Oct. 18 at 3 p.m.

Have a new eReader or interested in getting one? Learn which devices can download the library's free eBooks and how to load eBooks onto various types of eReaders. Discover the library's large selection of eBooks in various formats!

Internet: Malicious PC Software • Thursday, Oct. 24 at 3 p.m.

Learn about different types of malicious software, how they get on personal computers, how to remove them, and precautions to take when using the Internet.

South Hillsborough Elks Lodge #2672 Upcoming Activities



Every Tuesday – Jam Session – 3 p.m. - 5ish. No charge for all Elks and their guests.

Every Wednesday – Best Spaghetti in Town - \$7, All You Can Eat, for all Elks and their guests. Music by Bryan from 5 to 8 p.m.

Every Friday - Seafood, Sandwiches, and a Chef's Special for all Elks and their guests from 5 to 7 p.m. Music by Bryan from 5 to 8 p.m.

Monday, Oct. 28 - Blue Plate Special for all Elks and their guests, 5 p.m., \$7 per person. Menu: Stuffed Peppers with all the trimmings including dessert. Only 50 tickets available.

The South Hillsborough Elks Lodge is a clean, smoke-free environment that accepts all major credit and debit cards and is located at 1630 US Hwy 41 S. in Ruskin. Telephone 813-645-2089.

Friday is Cake Day at MOSI

Capping a three-day Food Fair and Expo at MOSI will be Cake Day on Friday, Oct. 18.

The program runs from 10:30 a.m. to 2:30 p.m. and features cake decorating by Outrageous Cakes, Lana Tai, Stacey's Gluten Free Foodies, Moreno Bakery, Perkins and Publix.

The event will take place in MOSI's grand lobby and is open to the public. Call 813-987-6000 for more information.

MOSI (Museum of Science & Industry) is located at 4801 East Fowler Ave. in Tampa.

Area poet earns national awards

At the October convention of the Florida State Poets Association, area poet John Foster earned multiple awards for poetry submitted to nationwide contests.

These national awards included a first-place win for humorous poetry, second-place prizes for Villanelle, Rubaiyat and open categories, and several honorable mentions.

It was noted at the convention that he had won more state-sponsored awards in 2013 than any other Florida poet.

Foster has published three collections of verse and is working on a fourth book. He has addressed dozens of civic organizations and literary clubs across west central Florida and is known for his entertaining and instructive presentations.

For more information about his work or to book a speaking engagement, contact lojofoster@gmail.com.



John Foster

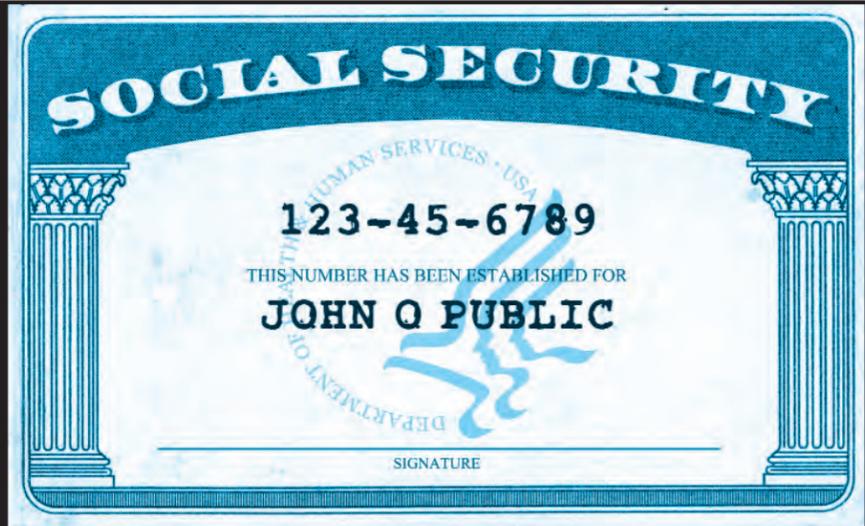
KIWIS meet Oct. 26

Members of the Florida Gulf Coast Chapter of the American Airlines KIWI Club will meet at 11:30 a.m. at the University Park Country Club in Bradenton on Saturday, Oct. 26.

KIWIS is an organization composed of former and current flight attendants for American Airlines. They welcome new members.

Upcoming events are: Holiday party in Sarasota on Sunday, Dec. 15 and a visit to the Chihuly Glass Museum and lunch at the Hangar Restaurant in St. Pete on Friday, Jan. 17.

For event and membership information contact the President, Kathy Kridel at thegulfcoastkiwis@mac.com or call 941-730-4027



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- HOW DO I DECIDE WHEN TO COLLECT?
- HOW CAN I UTILIZE SPOUSAL BENEFITS?
- DO YOU HAVE A RETIREMENT INCOME STRATEGY IN PLACE?
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- STRATEGIES TO HELP MAXIMIZE BENEFITS

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DATE: Tuesday, October 22, 2013

TIME: 4:00 PM

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SPEAKER:

Tom Payant, C.E.O.
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Fish Tales: Develop your own fishing style

For some reason, through the years fisherman have been known to tell a little white lie or to stretch the size of that great catch. Often they seem to increase the size of the catch as the years go by and the story is told and retold. There is an element of pride and excitement in that record catch that's fun to relive with family, friends and fellow anglers for the rest of your life.



By Jonie Maschek
Member: Florida Outdoor Writers Association

Always take along a can of sardines. You can eat them if you get hungry or use them for bait.

There are a few fishing spots that often are a place of great catches. The kitchen (that's the back waters around Bullfrog Creek) is so named because of the variety of catches. Out from Shell Point is Mag's Hole, Rock Pass, Sand Key, Emma's Hole, Goose Neck Pass, Cockroach Bay Channel, and Big Pass. All of these fishing holes were named by pioneer fishermen of this area and are today favorite spots for anglers. Once you start fishing these spots, you will return with a variety of fish that hang out there. None have signs, 'cept Cockroach Bay. So if you can't find one, more than likely the boat anchored next to you knows about each and every one.

Reports of schools of redfish surfacing again this week. Legal catch is only one per person, per day, 18 to 27 inches.

Lots of chatter about snook. Many refuse to catch them and are advocating for others to join them. These anglers want to let them continue to heal from a freeze several years ago.

I saw the usual flounder catches, all were large size. This fish is a lean, white meat and great table-fare.

Freshwater catfish and pan fish graced many tables this week, caught in upper waters of the Alafia and Little Manatee Rivers.

One angler caught me at the grocery store with a tale of the monster trout that are in our waters.

You can e-mail me at aletamaschek@yahoo.com

Fishing is full of dreams, anticipation, patience, skill, hope — and most often — luck.

Fishing is one of the top pastimes of the world. It brings the State of Florida millions in revenue every year.

Who can tell you when it is the best time to fish? No one, just go fishing anytime you feel the urge.

You can find snook, anywhere between Florida and Brazil. You can read a dozen books on how to catch a snook, and that might help you, but the novice who never reads a book could outfish you on snook catches. You need to be on the water regularly, watch for spots where there is action, watch the birds who follow schools of fish and eat the minnows that they leave behind. Try artificial bait for snook, if it doesn't work, have some fresh live shrimp in your baitwell. If lures or shrimp don't work, throw your bait net and get live bait. Use sinking lures — if they don't work try floating bait. You can read all the books you want, but you've got to learn to fish *your* way. What works for you may not work for others.

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Camp Bayou open house

► Continued from page 1

for the Species Walk at 11:30 a.m. Wear a costume or make a mask to join the half hour walk along the trail.

- Help create a cascade of falling leaves while learning to identify the trees around Camp Bayou.

- The new Little Free Library shelf will make its debut at the Open House. The idea is to encourage reading in nature by offering books in an open-air location. Participants can take a book and/or leave a book at the information table during the event, and then the shelf will be moved to its permanent location in the Birding 101 shelter.

- Other non-profits, such as Florida Public Archaeology Network, Girl Scouts of West-Central Florida, Cub Scout Pack 662, Conserve it Forward, Eagle Audubon Society, Little Manatee River State Park and the Paleo Preserve Fossil Museum will also be offering nature-based activities.

The schedule for the day is as follows:

9 a.m.: Photo Trail Walk w/ Becki; join National Geographic Great Nature Photo Project: www.greatnatureproject.org.

9:30 a.m.: Instructables: Let's make... rain barrels w/ Frank; learn how to make a rain barrel from found containers or make a donation to receive a complete kit.

10 a.m.: Birds of Prey w/ Pat Bradley; Boyd Hill volunteer.

10:30 a.m.: Are you Weather Ready? With Rick Davis of the Ruskin National Weather Station/NOAA office.

11 a.m.: Little Free Library with Ann; story-time circle (geared for elementary age) introduces Camp

Bayou's Little Free Library — take a book, leave a book (for all ages).

11:30 a.m.: Species Walk with Dolly; make an animal mask in the morning or wear your Halloween costume, then join others in a guided tour along the trails and through the old fishing cabins.

Noon: National Food Day Buffet; good-for-you-food is on the menu: fresh smoked turkey, side, salad, and beverage, for just \$7 per person.

12:30 p.m.: National Neighborhoods Month Tree Planting. Replant trees to replace diseased oak that provided shade in lawn area.

All activities tables and booths will remain open until 1 p.m. Lunch is made possible in part by Sweetbay Supermarket in Ruskin.

Camp Bayou, at one time an RV park, is living proof of nature's incredible ability to reclaim her beauty. Bordered by the Little Manatee River, the park offers hiking trails, historical displays, a learning center and the Paleo Preserve fossil museum. The facility is open year-around offering activities or simply a quiet respite in one of natural Florida's undiscovered gems.

The Camp Bayou Learning Center is managed by the non-profit Bayou Outdoor Learning and Discovery, Inc. in a public-private partnership with the non-profit Ruskin Community Development Foundation and Hillsborough County Parks, Recreation and Conservation. Camp Bayou is located off State Road 674 at the south end of 24th Street SE in Ruskin. For more information visit www.campbayou.org or call 813-641-8545.

MITCH TRAPHAGEN PHOTO

Birding 101 will become the permanent location of Camp Bayou's Little Free Library, designed to encourage reading in nature. Outdoor libraries are fast gaining popularity in larger cities across the United States and Europe.






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USF researcher seeks participants in study on caregiver stress

■ By DEBBIE CANEEN
Director of Admissions, Sun Towers

Are you a Hyper Vigilant Caregiver? Are you caring for someone who wanders the house at night? Do you live in fear of your spouse or parent being left alone? Is there a possibility of them being injured due to a fall or that they may even set the house on fire due to Alzheimer's or a dementia-related disease?



Debbie Caneen

Caregivers continually come into my office with an exhausted look, and oftentimes severe depression. How long is the average individual able to function without a good night's sleep? Caring for someone who might wander in the night, become injured, or damage their surroundings due to a disease that they are unable to control can be exhausting and last for years.

Meredeth Rowe, RN, PhD is researching the effects of this very situation at the USF College of Nursing. Dr. Rowe would like to understand the role of the caregiver and what appropriate interventions might be available to assist them. Stress from being "hyper vigilant" is common among caregivers. Each time your loved one stirs in the night, you are immediately up for the task, but at what consequence to your own health?

With Dr. Rowe's "Alz Alert" system, she is trying to determine if the constant vigilance keeps the sympathetic nervous system on high alert, working even at night. This state would increase the risk for heart disease for the caregiver,

because it's much like having untreated high blood pressure.

If you are in this situation and would like assistance, Dr. Rowe would like to have you participation in her study. Her team from USF would place her monitoring system in your home, and it will alert you each time your loved one gets out of bed. Should they continue on in moving through the house, up to 16 sensors can be placed to also alert you where they



One element in Dr. Meredith Rowe's Alz Alert system.

might be in the house allowing you to remain in bed in a somewhat restful state.

Caregivers seem to have a sense that their loved one is fine to wander for about 15 minutes before "getting into any trouble," so the alert system has an option that could be considered a snooze button. The caregiver has the option of setting the time allowed for the snooze and then the system pictured below will give a digital readout of where their loved one is at any

given time in the home based on the placement of the sensors. There is nothing for the individual with Alzheimer's to wear as the entire system takes care of itself.

So far, the study has revealed that participants with the disease have shown an 85 percent reduction in injuries, and caregivers are receiving treatment due to sleep dysfunction.

Dr. Rowe will be in Sun City Center on Thursday, Oct. 31 at Community Hall on South Pebble Beach, speaking at the 2nd annual Caregiver Symposium sponsored by Sun

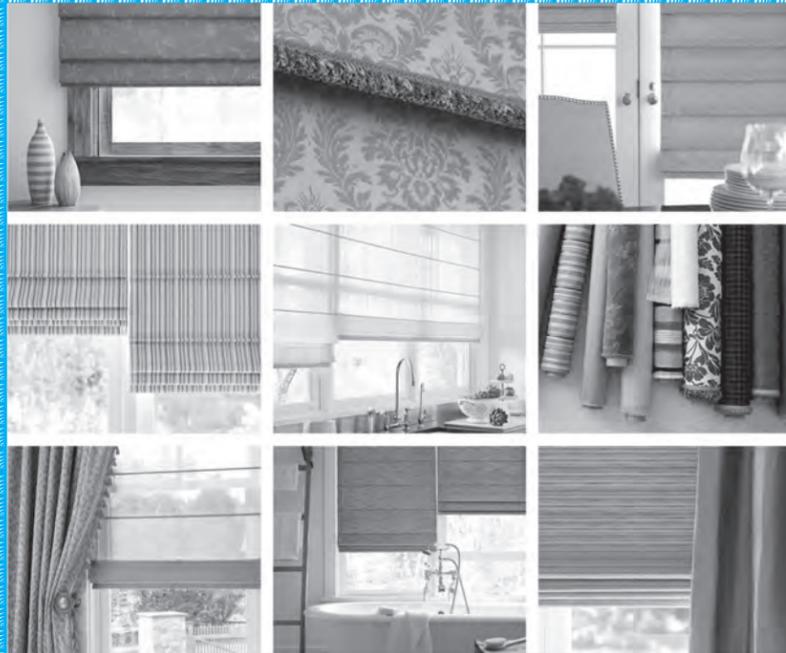
Towers Retirement Community.

If you would like to attend the FREE symposium and receive a complimentary lunch, please RSVP no later than Oct. 29 to 813-634-3347. You may bring your loved one to receive care during the event to allow you as the caregiver to listen to the speakers.

If you are unable to attend the Symposium but would like to participate in the free study with Dr. Rowe which takes place IN YOUR HOME, call Debbie Caneen, Director of Admissions at Sun Towers at 813-892-2990 for more information.

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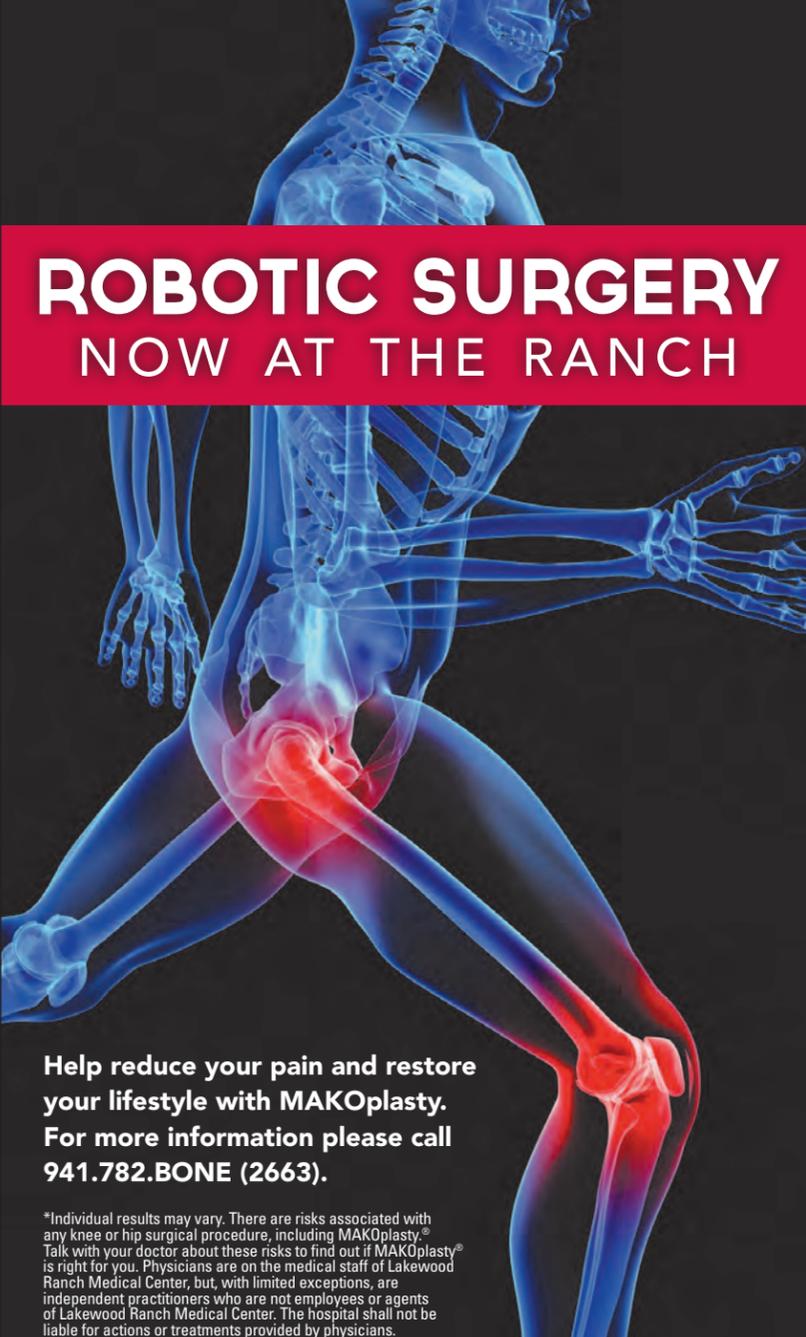


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David Cashen, MD, Harvard-trained Orthopaedic Surgeon
Medical Director of the Orthopaedic Spine and Joint Center




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Adult programs, events at SouthShore Regional Library

The SouthShore Regional Library is located at 15816 Beth Shields Way, Ruskin, just off 19th Ave. NE, 813-273-3652.

Apps for Android - Thurs., Oct. 17 at 12:30 p.m.

An exploration of common apps available for Android tablets and SmartPhones. Limit: 20.

Viva Florida 500 Book Discussion: Anansi Boys by Neil Gaiman - Thurs., Oct. 17 at 2 p.m.

Charles "Fat Charlie" Nancy's

normal life is turned upside down when he flies to Florida for his father's funeral only to discover a brother he never knew he had and that his father was the West African trickster god, Anansi. Copies of the book are available at the Library. This program is part of the Viva Florida 500 celebration, a statewide initiative led by the Florida Department of State to highlight the 500 years of historic people, places and events in Florida since the arrival of Juan Ponce de León in 1513.

Dining Etiquette with Tia Young - Fri., Oct. 18 at 3 p.m.

For adults. Brush up on your dining etiquette skills with Tia Young, Founder and Director of Tampa Etiquette Academy. Miss Young will offer a step-by-step dining tutorial including table manners, utensil placement, silent service codes, electronics and conversations at the table.

Adult/Teen Collage - Sat., Oct. 19 at 10:30 a.m.

Join art instructor Susan Hess

and learn the techniques of collage in this two hour class. Collage is a technique where the artwork is made from an assemblage of different forms and materials. All levels welcome. Materials provided. Limit 22. Registration required at either the SouthShore Regional Library Information Desk or by calling 813-273-3652. Funding for this program provided by a grant from the Community Foundation of Greater Sun City Center.

Internet: Introduction and Google - Tues., Oct. 22 at 12:15 p.m.

Introduction to the Internet and related terminology. Learn how to use Google to find information and tips for evaluating what you find. Basic mouse and keyboarding skills are recommended. Registration required at either the Information Desk or by calling 813-273-3652.

RootsMagic with Beth Clarke - Tues., Oct. 22 at 3 p.m.

Join Beth Clarke from the South Bay Genealogical Society as she demonstrates how to use RootsMagic to create a family tree. Learn how this genealogy software can be used for researching, organizing and sharing family history. Seating limit: 20. Register in advance at the Information Desk or call 813-273-3652. Presented in partnership with South Bay Genealogical Society.

Adult/Teen "Gouach Painting" - Tues., Oct. 22 at 6:30 p.m.

Join Art Instructor, Cory Wright, for this two-part gouache painting class (second class meets on Tues. Oct. 29, must be able to attend both classes). Students will learn

the techniques of using gouache paints and work on a painting during the two classes. All levels welcome. Materials provided. Limit 22. Registration required at either the Information Desk or by calling 813-273-3652. Funding for this program provided by a grant from the Community Foundation of Greater Sun City Center.

Apps for Kindle Fire - Wed., Oct. 23 at 10:30 a.m.

An exploration of common apps available for the Kindle Fire. Limit: 20.

Family Center on Deafness Telephone Distribution - Wed., Oct. 23 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.

Mah Jongg Club - Wed., Oct. 23 at 6:30 p.m.

Enjoy an evening of the popular table game, Mah Jongg. Participants are asked to bring their own Mah Jongg set or card. Limited to 28 players. Register in advance at the Information Desk or call 813-273-3652. Funded by the Friends of the SouthShore Regional Library.

SouthShore Needle People - Wed., Oct. 23 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!



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Area Obituaries



J. E. "Gene" Lofley

J. E. "Gene" Lofley, suffered a stroke on his 89th birthday September 10, 2013 and passed away on September 30, 2013. He was a lifetime resident of Hillsborough County, retired member of Boilermakers Local #433 where he served as Business Manager and International Representative, member of Mason Lodge #185 and served in the Merchant Marines.

Gene is survived by sister Marie Elena Reynolds (Gene), brother Lou Al Chiaramonte, close friend DaLane Terrell, and many nieces, nephews and cousins.

Family and friends are invited to a Celebration of Life to be held on Saturday, October 19, 2013 from 2 to 5 p.m. at the Boilermakers Union Hall at 9725 U.S. Highway #92 East.



Barbara Anne Migliaro

Barbara Anne Migliaro, 60 of Gibsonton, Fla. passed away October 4, 2013. She was a member of St. Anne Catholic Church where she served as an Instructor, Lector and Eucharistic Minister as well as a member of Our Lady of Divine Providence House of Prayer.

The funeral Mass was held on October 8, 2013 at St. Anne Catholic Church in Ruskin, Fla. Burial will be in New Jersey.

Women's Bible study group meets at UMC

If you are interested in fellowship and an in-depth Bible study, the women of the United Methodist Church of SCC invite you to join their group, which meets each Monday from 9:30 to 11 a.m.

They are from different denominations and levels of Bible knowledge, so any and all are welcome. The snowbirds will be returning and the women would like to remind them that they are still meeting — and have been doing so since 1978.

For information, call 813-633-9083.

Yvonne Ponsor speaks at UU

Yvonne Ponsor, Dean Emeritus of Community Church College, will speak to the Unitarian Universalist Fellowship of SCC on the subject of "How to Write Stories" on Thursday, Oct. 17, at 7:30 p.m.

The Fellowship meets in the Henry Gibson social hall of the Beth Israel Synagogue on Del Webb Blvd. East. All are welcome.



Erika Nargolwala

Erika Nargolwala, resident of Kings Point, wife of Joe Nargolwala, died August 11, 2013. Born December 12, 1930, Erika was an author and teacher.

The memorial service for Erika Nargolwala will be at 2 p.m. on Saturday, October 26, 2013 at the United Community Church (Church of Christ), 1501 La Jolla Avenue in Sun City Center.



Steve Toth

Steve Toth, 92, of Sun City Center Fla. died October 2, 2013. Steve, son of Elizabeth Boza and Steve Toth Sr., loving husband of Margaret Linnea Sundwick-Toth, and beloved father of Karen Elizabeth Doom-Toth passed away of natural causes.

Steve is survived by his wife "Lynn," daughter Karen Elizabeth, and grandchildren Draven and Kaden. Steve worked as a Civil Engineer for the City of Detroit, Mich. after earning his degree from Wayne State

University. Upon retirement in 1986, he moved to Sun City Center, Fla., where he and his wife Lynn lived for 26 years.

Steve loved gardening, volleyball, music, and spending time with his family. He was also proud and honored to be the first Dean of the United Community Church College, appointed by Dr. Robert Gingery. He will be greatly missed by his family and friends.

In lieu of flowers, donations to any nature preservation society would be a wonderful and appreciated way to celebrate his love of the outdoors and preservation of our earth. Steve's life will be celebrated with a small family service in Jacksonville, Fla.

In Memory of Arnulfo (Arnie) Rodriguez



Jan. 2, 1947 - Oct. 14, 2007

It's been six years this week since you left us with precious memories. We miss your kind, gentle heart, your caring and loving nature, your smart ideas in business, and your generosity to all your family and friends.

You will be forever loved and remembered in our hearts.

Your loving wife Elva and family



JAY SPARKMAN PHOTO

SCC Interfaith Council hears from broadcasting task force

At a recent meeting of the Interfaith Council, officers heard from the SCC Broadcasting Task Force. From left are: Elaine Gibbs, Treasurer; Jim Clor, President; Pat Pelton, Vice President; and Dawn Henn, Secretary.

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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

Unitarian Universalist Fellowship of SCC
 Meets in the Henry Gibson Social Hall of the Beth Israel Synagogue • 1115. E. Del Webb Blvd.
 Thursday, 7:00 PM • Call 633-0396 • www.uuofsc.org
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 —William Ellery Channing

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Prayer - Praise - Worship
 Starting Sunday, October 20, 2013 - 10 a.m. - Noon
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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:**
 The United Methodist Church **SUNDAY**
 8:30 a.m. Contemporary Service
 9:30 a.m. Traditional Service
 10:00 a.m. Contemporary Service
 11:00 a.m. Traditional Service
 4:00 p.m. Hispanic Worship
Pages of Life
 Bookstore 633-8595
 FREE Senior Pastor: **Dr. Warren Langer**
 Nursery Provided Assistant Pastor: **Rev. Samuel Rorer**

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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.

First Christian Church
 Worship Service @10:30 am
 Adult Sunday School @ 9:30 am
 1707 53rd Street Southeast
 Ruskin, Florida 33570
 www.firstchristiansuncitycenter.com
 Phone:813-938-4955
 Minister Mike Grant

CELEBRATING our 75th ANNIVERSARY
First Baptist Church of Ruskin
 820 College Ave. W. • Ruskin, FL 33570
 645-6439
 www.fbcruskin.org • A Resource for Families
 Sunday School.....9:45 a.m.
 Morning Worship..... 8:30 & 11:00 a.m.
 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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 8:00 AM-Rite I — 11:00 AM-Rite II
 & Choir
 Fellowship hour after both services

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Sunday Service..... 10:00 a.m.
 Sunday School..... 10:00 a.m.
 Wednesday Service..... 5:00 p.m.
 Reading Room..... Wednesday 4 to 4:45 p.m.

All Are Welcome

St. Andrew Presbyterian Church
 Sunday Services
 Traditional Service 9:00 a.m.
 Contemporary Service 11:00 a.m.
 Prayers with anointing for healing and wholeness during worship the second Sunday of every month.
 Pastor: Rev. Dr. Mark E. Salmon
 Meet friends in Fellowship Hall after each Service.
 Refreshments served.

1239 Del Webb Blvd. West Phone: 813-634-1252
 Sun City Center, FL 33573 For information visit:
 Church is Handicap accessible www.standrewatcc.org

Saint Anne Catholic Church
 SouthShore: Apollo Beach, Ruskin, Sun City and S. Gibsonton

U.S. Hwy. 41
 106 11th Ave. NE
 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.

Tampa Oratorio Singers in concert at Prince of Peace

On Sunday, Oct. 20 at 4 p.m., Prince of Peace Catholic Church will kick off its 2013-2014 concert series with a concert featuring the magnificent voices of the Tampa Oratorio Singers.

The Tampa Oratorio Singers will perform the Symphony No. 2 in B flat major, Op. 52 (also known as the "Hymn of Praise") by Felix Mendelssohn, written in 1840 to celebrate the 400th anniversary of the invention of printing. It's a glorious work, consisting of three purely orchestral movements for chorus and/or soloists and orchestra.

The concert will last approximately 65-70 minutes, is open to the public and free of charge. A free will offering will be accepted, however.

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

Free safety seminar for seniors offered by St. Andrew

St. Andrew Presbyterian Church will present a FREE Safety Seminar for Seniors on Saturday, Oct. 26 from 8:30 a.m. to 1 p.m. in the Church Fellowship Hall.

The presentations will include:

► **Medication Safety** - Sunrise Pharmacy, Hiral Patel, RPh., Pharmacist

► **Ambulation Safety** - Gentiva Health Services, Betty Ryczynski, Physical Therapist

► **Driving Safety** - Tom Winterstein, NY State Trooper Driving Instructor

To register, call the church at 813-634-1252; fax 813-642-0352; or visit www.standrewatcc.org by Wednesday, Oct. 23.

St. Andrew is located at 1239 Del Webb Blvd. West in SCC.

Celebrate Chanukah with Beth Israel

The Beth Israel Congregation will hold its annual Chanukah party on Sunday, Dec. 1 at 4 p.m.

The event is co-sponsored by the synagogue's Sisterhood and Men's Club.

Enjoy an evening of dining and dancing to the music of the Scott Blum trio.

The menu will include a choice of brisket, chicken or a vegetarian plate, with all the fixings, assorted salads, jelly donuts, wine and cold drinks

The cost is a \$20 donation for members of Beth Israel, the Sisterhood or the Men's Club; \$25 for non-members

For more information, contact Rochelle Lafer at 813-938-3824

All reservations must be pre-paid. Money will not be taken at the door

Enjoy chicken dinner at Ruskin UMC

On Saturday, Nov. 2 the Ruskin United Methodist Church Men's Club will hold a chicken dinner from 4 to 6 p.m.

The cost is \$7 per person. The church is located at 105 4th Ave. SW in Ruskin, one block behind the SunTrust Bank.

For more information, call 813-1241, Monday through Thursday, from 9 a.m. to 1 p.m.



Fall Fest at Southside Baptist is Saturday

From 4 to 8 p.m. on Saturday, Oct. 19, Southside Baptist Church will hold a Fall Festival. Take the family for many games with prizes, a bounce house, race car and fire truck display, clowns, face painting, cake walk, hay ride and more. Get a free family photo and end the evening with a free hot dog, chips and drink.

Valentino and Winslow present music of Cole Porter

The United Methodist Church of Sun City Center, 1210 Del Webb Blvd. West, will host *An Evening with Cole Porter*, featuring Eileen Valentino and Robert Winslow at 7 p.m. on Friday, Oct. 25 in the church sanctuary.

Eileen Valentino started her career singing at Disneyland, toured with dancer Juliet Prowse, then left to create her own act, opening for stars in Atlantic City and packing cabarets and theaters in New York City.

Relatively new to Sun City Center, she performed recently with the Performing Arts Company at the Rollins Theater in *Love on a Bench*.

The singer will be accompanied by keyboardist Robert Winslow.

A donation of \$10 is requested at the door on the evening of the con-



cert. For additional information about this and other concerts and recitals at the United Methodist Church of Sun City Center, contact Jeff Jordan, Director of Worship Arts, at 813-634-2539.



LINDA MASLYK PHOTO

Seated, from left: Rich Humphreys, Ray Ellis and Mary Ware. Standing are Jim Conners, Ken Fanning, Bill Reeves, Sally Millican and Deb Fanning.

AV committee is key at Trinity Baptist

The Trinity Baptist Church Sound and Audiovisual Committee coordinates all the sound and audiovisual needs for worship services and other events. This group does a significant amount of work in advance to insure an effective program during the service. For more information on the church, call 813-634-4228.



Open Enrollment at UCC College

Open enrollment for classes at the United Community Church College began Sept. 24 and will continue through Thursday, Oct. 24. The fall semester is Oct. 21-Nov. 21.

Affordable Care Act explained at Ruskin Branch Library

► Continued from page 1

change in health care policy since the introduction of Medicare and Medicaid in 1965, The Affordable Care Act requires every U.S. citizen have health insurance.

For the millions of uninsured Americans and small business owners the issue is not a debate in the rarified air of Congress, rather a change that will impact their ability to see a doctor, and their wallets, for the rest of their lives. And they have questions. Lots of questions, Van Hoek said.

“The questions run the gamut from individuals who have questions about the penalties for not signing up for insurance to questions about how to sign up,” said Van Hoek, a former paramedic with 30 years of experience who holds a bachelor’s degree in public health from the University of South Florida.

Van Hoek is also hoping to dispel a widespread misunderstanding that there’s a difference between the Affordable Care Act and Obamacare. There’s also a common misperception that the Affordable Care Act is an insurance plan, he said.

“Obamacare is just the nickname for the Affordable Care Act. It’s not an insurance plan, rather it is a reform of the insurance industry that established marketplaces that act as one-stop shops where people can go and compare insurance coverage.”

For those with insurance, the new marketplaces also let customers “compare apple to apple coverage” to see if better coverage is available. The sites also have information on how to

qualify for Medicare, Medicaid as well as applying for federal advanced premium tax credits and other federal subsidies that may be available to cover co-payments and deductibles.

Van Hoek is one of six navigators employed by Suncoast Community Health Centers, Inc., the operator of the Ruskin Clinic and several other medical and dental clinics in east and south Hillsborough County. The group was recently awarded a one-year grant from the U.S. Health Resources and Services Administration to conduct both public and private outreach.

With problems reported on some Affordable Care Act websites, Van Hoek believes the public meetings have even greater value.

“There have been some glitches with the websites but it is improving every day. However, when we sit down with people we can also assist them with navigating the sites, filling out the paperwork and helping them with the phone calls.”

While the debate to reform the Affordable Care Act goes on in Congress, Van Hoek’s presentations are politics free.

“These presentations are not political in nature; neither are we selling anything,” emphasized Van Hoek. “We are not there to debate the politics of it. We are simply there to explain the Affordable Care Act and the Marketplaces, and to provide individuals and small businesses free assistance from trained and certified application counselors

and navigators.”

Van Hoek is also meeting with small business owners who might have questions about the Small Business Health Options Program (SHOP) Marketplace. “We already have presentations in the works for several local businesses and are reaching out to others through local Chambers.”

For more information on the Affordable Care Act, visit <https://www.healthcare.gov/>. Email Van Hoek at mvanhoek@suncoast-chc.org to schedule a presentation.

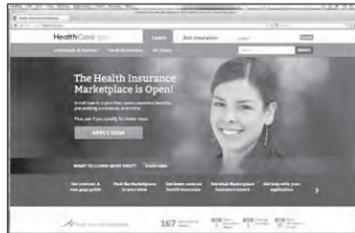
Affordable Care Act: Q&A

Q: What is the Health Insurance Marketplace?

A: The Marketplace is a new way to find health insurance coverage that fits your budget needs. With one application you can see all your options and enroll.

Q: How do I get an exemption for not having coverage?

A: Starting in 2014, most people must have coverage or pay a fee although there are exemptions



The Health Insurance Marketplace website, www.healthcare.gov, has information for individuals and small businesses on signing up for the Affordable Care Act.



Michael Van Hoek is shown during a presentation to the South Shore Democratic Club on Oct. 10.

in some cases. If you can afford coverage and don’t get it you will not only pay a penalty but also pay for coverage.

Q: What if I have a preexisting condition?

A: Starting in 2014, most health insurance companies can’t refuse to cover you or change your coverage because you have a preexisting condition.

Q: What if I am retired but not eligible for Medicare?

A: If you are retired without insurance, you may use the Health Insurance Marketplace to buy insurance. If you don’t get coverage you may have to pay a fee.

Q: What if I am unemployed?

A: The unemployed may qualify for Medicaid, the Children’s Health Insurance Program or lower costs on the Marketplace

insurance, based on your income.

Q: What if I am a part-time worker?

A: Part-time workers without job-based coverage can buy health insurance in the Marketplace and get lower costs based on their income.

Q: What if my employer offers health insurance through the Small Business Health Options Program (SHOP) Marketplace?

A: If your employer enrolls in the SHOP program, you will be able to enroll online.

Q: Can I keep my own doctor?

A: Depending on the plan you choose in the Marketplace, you may be able to keep your current doctor.

For more information on the Affordable Care Act, visit <https://www.healthcare.gov/>.

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310 GARAGE/YARD SALE

Garage sale. Oct. 19, 8am-3pm. 8417 SR 674, Wimauma. Big screen TV, men's tools & much more.

Almost New Thrift Store. 10008 Indiana St., Gibsonton (1 block off US 41, 1 block north Gibsonton Dr.) Wednesday through Saturday, 9am-3pm. Clothing, furniture, lots misc. Ministry First Baptist Gibsonton. 813-671-0036 to donate

Redecoration sale. Thursday & Friday, Oct. 17 & 18th. 9am-? 1024 Augusta Dr., SCC. Refrigerator & more. Too much to list.

Moving sale. Oct. 18 & 19, 8am-2pm. Bedroom set, living room, dining room, furniture, lots of items. Multi family sale. 1530 Allegheny Dr., SCC.

Yard sale. South end of Chipaway Dr., Apollo Beach. Saturday, 8am-noon. No early birds. Books, tools, boat stuff, household items, clothes, misc. Something for everyone

Garage sale. 2009 Prestancia Lane, SCC. 8:30am-? Furniture, pictures, custom drapes, curtains, lamps, throw pillows & many more household items. Saturday.

Garage & estate sale. Friday 8am-4pm. Saturday 8am-? Furniture, cookware, tables, books, etc. 908 Sun Key Court, SCC. Del Webb east, 1st block past Publix.

SCC neighborhood garage sale. Saturday, 10/19, 8am-1pm. 2105 - 2213 New Bedford, Opal & Periodot.

Multi family yard sale. Tools, furniture, clothing, household items. Saturday, Oct. 19, 8am-2pm. 302 11th St. SW, Ruskin.

Moving Sale
Furniture, clothes with price tags, tools, small appliances, household misc. Friday & Saturday, 8am-2pm. 1320 Emerald Dunes. SCC

Yard sale. Gibsonton. Several families. Large selection of this & that. Thursday & Friday. 8am-3pm. 7226 Anna Ave., 33534

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Ministry of Calvary Lutheran Church

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Community Wide Yard Sale Sat, Oct 19 Sundance Community Park and multi family sales from 8am-1pm. Trucks, tables, trailers full of goodies. Look for us next to Sundance Fire Station at 601 Lightfoot Road, west of the Little Manatee River State Park off of US 301.

Renaissance Area
Sun City Center garage sale. Over 20 households. Saturday, Oct. 19, 8am-1pm. Follow South Pebble Beach. Come see us.

Huge yard sake, Saturday, 10/19, 8am-2pm. 3711 Nazimova Ave., Rt 41 to Universal, Ruskin. Follow signs. See Craigslist on Friday

Multiple home garage sales. Saturday, 8am-? Clothes, including short leg extra large jeans, tools, furniture, jewelry, many more items. Starting at 725 Bel Air Ave., SCC.

312 ESTATE SALES

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Estate /Garage Sale.
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*Example discount: New 2013 Toyota Tundra Double Cab 5.7L V8 STK#L137055, MDL#8241. MSRP \$31,664 - \$2500 Dealer Cash - \$3836 Dealer Discount = Sale Price \$25,328. Additional options and features from Toyota are extra and not included in percent discount. *All offers with approved credit on select models. Interest accrues from date of purchase. 0% is \$16.67 per month per \$1000 borrowed with \$0 down. All factory rebates and incentives to dealer, excludes college grad and military rebates. All offers exclude tax, tag, title, registration and include dealer fee. Prior sales excluded. In-stock units only. Photos for display only. Vehicles subject to prior sale. Offers cannot be combined. See dealer for complete details. Offers expire end of day 10/20/2013.

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HARMONIC Series

JAN. 7, 2014

The Van-Dells

The Van-Dells are "The Nation's #1 Rock & Roll Review." They have been entertaining audiences of all ages with their unique blend of comedy, costume changes, choreography and tight harmonies for close to four decades. When The Van-Dells hit the stage, it is nonstop action from start to finish.



FEB. 18, 2014

Red Head Express

Redhead Express is a four sister act originally from Alaska, and now hailing from Nashville, Tennessee. The girls have spent the past five years touring with their family band across the country. Now they are poised for success in the country music industry as they prepare for the studio to cut their first album.



Bright House is sponsoring a Sundae Bar for ticket holders!

FEB. 26, 2014

The Flamigos

The Flamigos are known as the "Ambassadors for Romance" and are better than ever. Led by Rock and Roll Hall of Fame inductee Terry Johnson, The Flamigos perform their greatest hits including "I Only Have Eyes For You." In concert, they expand their repertoire to include classic songs from the American Songbook. It's the kind of show that seems to hit all age groups with pure entertainment.



Palm Garden of SCC is sponsoring a special treat with ticket purchase!

MAR. 6, 2014

Jay and The Americans

In 2002, Jay and the Americans were selected into the Vocal Group Hall of Fame. Their first hit record was "Tonight" (from the Broadway Musical West Side Story), but their breakout hit song was "She Cried". Next chart hit was "Only In America", followed by top ten hits "Come A Little Bit Closer" and later "This Magic Moment".



TRIBUTE Series

JAN. 15, 2014

Shadows of the 60's

Shadows Of The 60's perform The Four Tops' hits that span three decades, the 1960's to the 1980's. Great care is taken to reproduce the music, note for note and in the original keys and arrangements. The Four Tops were considered by many the best male vocal group and lead singer ever produced by Motown. Join us, as we take this very special walk with you down memory lane.



Palm Garden of SCC is sponsoring a special treat with ticket purchase!

JAN. 22, 2014

Nowhere Band

Covering the full spectrum of The Beatles' long and varied career, The Nowhere Band creates an unparalleled reproduction, entirely live (no pre-recorded material), of 60's Beatles performances blending period costumes, authentic instruments and an abundantly talented quartet to create an experience any true Beatles fan simply can't afford to miss.



Bright House is sponsoring a Wine & Cheese event for ticket holders!

FEB. 6, 2014

Re-Creation

Re-Creation is a non-profit organization whose main service is to America's Veterans Affairs Medical Centers and State Veterans Homes. "The voices, dancing, costumes and presentation are top-notch! A true professional stage show with all the trimmings! Our audience was on its feet several times! Re-Creation offers something other groups simply can't — a personal touch.



MAR. 12, 2014

Let's Hang On

The nation's premier Frankie Valli and The Four Seasons Tribute SHOW is a full blown stage production complete with that Four Season's sound, crisp choreography, and a live band. What you get is a high-energy, great sounding production, sure to entertain every audience!



PRESENTER Series

DEC. 9, 2013

Wood Herman Orchestra

Critics universally agree that The Woody Herman Orchestra lives up to the legend of the Herman name that has been synonymous for energy and swing for more than half a century. The Orchestra remains a soloist-oriented jazz ensemble which is not content to relive the glories of the past. Instead, the influence of Woody Herman encourages the young jazz musicians to express themselves using the band's original unique style as the basis for that expression.



Bright House is sponsoring a Wine & Cheese event for ticket holders!

JAN. 26, 2014

The Gary Puckett Show

Gary Puckett has performed on more than thirty network television shows and prime time specials during his career, even adding a command performance for the President and Prince Charles at the White House. In 1974, "Young Girl" was reissued in England where it received a silver record award for attaining a top five position on the pop charts, several years after its initial release. Other hits include "This Girl is a Women Now", "Lady Willpower" and "Women, Women".



MAR. 3, 2014

Milt Abel (opening for George Casey)

Milt's style of stand-up comedy is clean, clever, and funny. With material focusing on everyday experiences about his wife and kids, travels, and how we relate to the world around us; audiences always come away feeling good about how they chose to laugh.



George Casey

For over 30 years, George has been entertaining audiences all over the US with his self-deprecating humor and clean jokes and stories. He has performed at Caesar's Palace, The Sahara, and is a regular act at The Riviera Hotel and Casino in Las Vegas.



Bright House is sponsoring a Wine & Cheese event for ticket holders!

MAR. 25, 2014

Tommy Mara and The Crests

Tommy Mara has a very loyal group of fans. People are drawn to his passion for the music he sings. He has a reputation for being a powerful singer and for having an incredible stage presence. And truly, his voice is a force to be reckoned with. His dedication to his craft has earned him the respect of so many in the business. Tommy has been referred to as the Pavarotti of Doo Wop, and is now known as "The Meatloaf of Doo Wop".



TICKETS: One Series \$85.60 | Two Series \$149.80 | Three Series \$208.65 | Call the KP Business Office to buy tickets or for more information 634-9229 | All shows begin at 7:30 p.m.

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