



Love makes the world go around
 Love will not make you frown
 Love never puts you down
 Love always makes a good sound
 Love in your life is profound
 Love is life's crown.

By local poet: Charles Marshall



MMA is coming to Dallas Bull. See page 3

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THE OBSERVER NEWS

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How do you show love?

By **CHERE SIMMONS**
 chere@observernews.net

Tomorrow is Valentine's Day. A day that is usually steeped in romance with a side of candy, cards and flowers. Schoolchildren will be passing out cute 'Will you be my Valentine?' cards, but, for the most part, it's the adults who rush around last minute trying to satisfy someone else's idea of what the day should be about.

Fear not. I have it all figured out. **Love = time.**

Gifts are nice, and I won't turn down a good box of chocolates, but I've learned that the one gift that is truly sacrificial is your time. You have a limited amount of it, and you can't receive more than your allotment. Giving it away is an act of love.

I recently read that there are approximately 940 Saturdays from the time a child is born until he or she goes away to college. In the grand scheme of life, that's not very many.

Therefore, following is a collection of fun things you can do locally with someone you love, and also some examples of sacrificial love others have shown in our communities.

Volunteer

Volunteer somewhere. From

feeding the homeless to caring for hurt or unwanted animals, the options are endless. A favorite charity of our family involves both. The Rugged Cross Youth Ranch and Rescue offers a safe haven for kids who are broken physically, spiritually and emotionally. They do the same for abused or unwanted horses, bringing the two together for the perfect example of love. Find out more about



This is Moose. He lost his left eye due to abuse. He is now a therapy horse for kids.

Continued on page 14

Lennard Robotics Club needs your help, offers a boundless future in return

By **MITCH TRAPHAGEN**
 mitch@observernews.net

At just after three o'clock, most of Lennard High School's 1,700-plus students rush out to enjoy the freedom of after-school youth on a beautiful winter's day. But not all of the students rush from the Ruskin campus. Some rush to a series of rooms on the second floor, finding a home in a laboratory.

Jim Reve opens the doors to the rooms that serve as the home of the Lennard High School Robotics Club, and happily yells out, "Hello, ladies and gentlemen!"

The students respond in kind, but only briefly looking up from their soldering irons, circuit boards and schematics. In this club, they have found a home. A place where they can dream and then turn those dreams into reality.

Reve spent 26 years working for Lockheed Martin before retiring and then deciding to teach. He found a home at Lennard in 2012 teaching Earth/space science, physical science and physics. And shortly after, seven students joined him to create the Robotics Club.

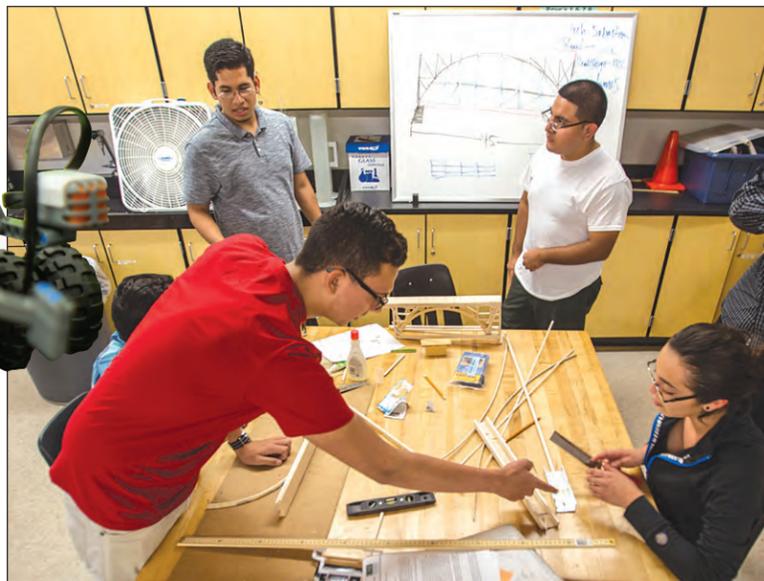
His years spent at Lockheed Martin helped sharpen Reve's enthusiasm for discovery. He worked on the Cassini project, named for a spacecraft now orbiting Saturn.

"That project allowed humanity to hear thunder on another world for the first time," he said with the awe of a young engineer evident in his voice. "Working on that project, I thought nothing could top that. But teaching does, these students in this club do. It is amazing to see the excitement in these guys. It is far more rewarding to see the lights come on in them. They're not here because they have to be but because they want to be."

Jim Reve is a modest man. The club, despite being new and running almost entirely on spare and salvaged parts, tools and PVC pipe donated by people in the community, has already had stunning success. The club is winning awards, competing against well-established and well-funded clubs from high schools and colleges. Because the Robotics Club is an extracurricular activity, it does not directly receive funding from



MITCH TRAPHAGEN PHOTOS



Members of the Lennard High School Robotics Club works on beating their award-winning entry from last year: a 48-gram bridge that worked at 1,100 percent efficiency.

the Hillsborough County School District. For that, it needs help from the community. Reve isn't asking for much, and his appreciation for what has already been provided to them in donations is boundless.

"With four months left of school, I'm already looking to next year," he said. "If I could find a thousand dollars, that would be wonderful. And then expendable materials, screws and bolts and plastic parts and PVC. I am already overwhelmed, and I need to find a

way to express my sincere gratitude to people in the community. We have wood screws and metal screws and tools and much more, thanks to them."

Last week, the Sun City Center Rotary Club called Reve to tell him that they would provide the club with \$250 per year. As he hung up the phone, his joy was palpable; he was nearly speechless.

Only \$750 to go to meet his goal, his dream for his students: such a small number for such a promising

and infinite future.

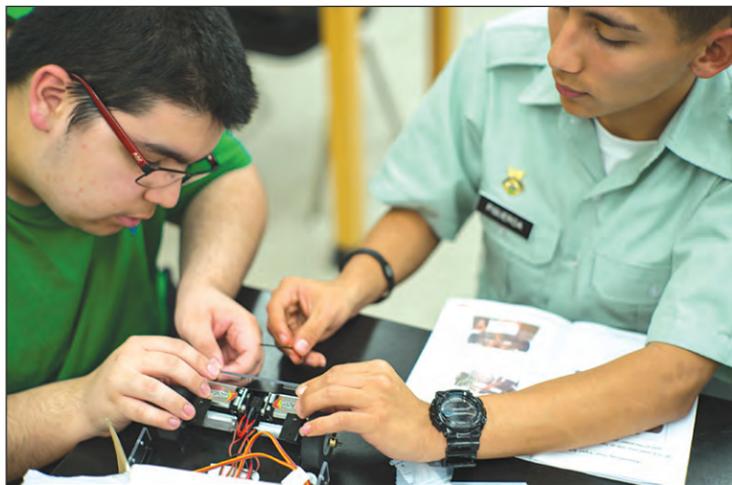
Previously he had to turn away some kids due to a lack of materials. Last week he was able to take on another four new students, bringing the total number to near 40.

"We have freshmen, sophomores and juniors in this room," he said. "The senior club members are doing a bridge competition where last year we won first place with a 48-gram (roughly 1.7 ounces) bridge built with 1,100 percent efficiency. The seniors here are dual-enrolled; they start their day in high school and then walk across the street to college at Hillsborough Community College. And then they come back here for this."

The beginnings were humble but also successful.

"We started this as a team building exercise at the NASA egg drop competition," Reve said. "We had to build a craft that would safely drop an egg 25 feet. It was their first-ever project and they took second place. A second craft won first place in the 'most creative' category."

The club went on to win another award for building a robotic arm. Members were given a box of wood, metal, screws, small motors and wire and told to do what they



Robotics Club students work on wiring and soldering the electronics of a remote-control vehicle capable of stunning handling. Moments after this photo, the vehicle had its successful first test drive.

Continued on page 17

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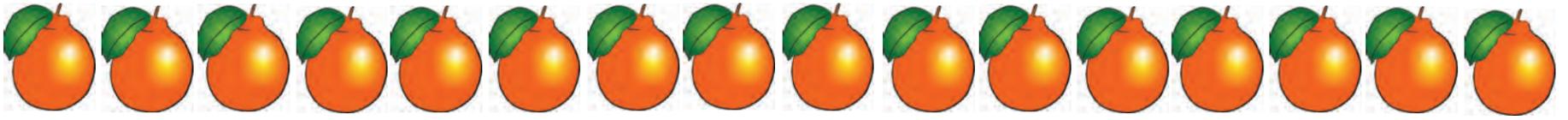
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Tue 18:	SilverSneakers® (MSROM)* DIABETES WORKSHOP* (MUST REGISTER WITH ARLETTE 727-828-2411)	11 am to Noon 1 to 3 pm
Wed 19:	LINE DANCING*: Beginners or Advanced (Classes Limited to 30 ppl)	11 am to Noon; 12:15 to 1:15 pm
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Reality TV star and Florida resident readies to rumble at Dallas Bull

By **KEVIN BRADY**
kevin@observernews.net

Were he alive today, Julius Caesar would probably be ringside at a mixed martial arts cage-fighting match.

In a 21st-century version of a Colosseum scene, cage fighters punch, kick, slap and generally batter their opponents to a pulp in an enclosed ring — a scene Roman gladiators would recognize.

"It's not staged," said David Joseph, a promoter with Florida Championship Fighting. "It's full on, and these guys are really going at it. The blood is real, the punches are real and the broken bones are real. They are trying to knock each other out and trying to protect themselves from being knocked out as well."

Fans will get a chance to see the action up close, Feb. 17, when Florida Championship Fighting kicks off its 2014 MMA cage-fighting season at 7:30 p.m. at the Dallas Bull, 3311 N US 301.

Brad Taylor, a Fort White, Fla., resident and star of the History Channel's *Ax Men* show, will be the featured fighter on the night's amateur card. He'll fight Eugene Feliciano of Brazil, who has won four fights and lost one.

When not logging Florida's Withlacoochee River, Taylor trains at the North Florida Academy of Martial Arts. The reality TV star has 29-9-1 record and holds four titles: World Cage Warriors (205 pounds), Proving Ground (170 pounds), Fx3 Cagewars (185 pounds), and Breakthrough MMA (185 pounds). Taylor also will meet and greet fans before the fights, which are expected to attract 1,000 spectators.

Mixed Martial Arts, once banned but today the most popular event on pay-per-view TV, is one of the fastest growing sports in America.

According to a report by the Simmons Research Database, Ultimate Fighting Championship, the major leagues for mixed martial arts, is the fastest-growing sports league in the country, increasing its number of fans by 10 percent yearly.

Not surprisingly, male fans dominate the fan base of this



COURTESY OF FLORIDA CHAMPIONSHIP FIGHTING
Brad Taylor, star of TV's *Ax Men*, headlines the nine-fight card.

testosterone-fest that is MMA with a 75-to-25 ratio of male to female fans. The sport is even nipping at the heels of the National Hockey League in terms of popularity in this country. It's already more popular than NASCAR and the NHL among 18-to 34-year-old males, according to the report.

The lack of theatrics and the raw appeal of two men fighting also add to the appeal, Joseph said.

"It can be extremely brutal and hard to watch at times," he said, "but people are always attracted to these kinds of things. It's almost like a modern-day gladiator sport."

Former UFC fighter Corey Hill also will be on hand to meet fans, sign autographs and pose for photos. Hill, a collegiate wrestler who suffered a horrific leg break during an MMA fight, is currently training for a ring comeback.

While the sport is popping up all over cable TV, the live experience of watching two men battling it out in the ring can't be compared, Joseph said. "You hear all the sounds, there are lights and music, it's just all part of the experience."

Tickets start at \$30; reserved cage-side seats are \$40. VIP tickets, \$65, include reserved seating in the first row, early entry at 6 p.m., an appetizer bar, a laminated souvenir pass and a program.

Tickets are available online at www.fcfighting.com, or at Buddy's Home Furnishing, 6608 Adamo Dr., (813) 621-9767; and Abby's Bail Bonds, 2512 Orient Rd., (813) 231-8520.

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Positive Talk: Believe in yourself

I heard a story recently that I cannot verify but will share with you anyway. It seems that a professor stood before his class of 20 senior organic biology students and was about to hand out the final exam. Before doing so, he said, "I want to say that it's been a pleasure teaching you this semester. I know you've all worked extremely hard and many of you are off to medical school after summer. So that no one gets their GPA messed up because they might have been celebrating a bit too much this week, anyone who would like to opt out of the final exam today will receive a B for the course."



By William Hodges

There was much rejoicing as students got up, passed by the professor to thank him and take him up on his offer. As the last taker left the room, the professor looked out over the handful of remaining students and asked, "Any one else? This is your last chance." One final student rose and took the offer.

The professor closed the door and took attendance of the three students remaining. "I'm glad to see you believe in yourself," he said, "I'm giving you all A's." Three happy students were off to medical school.

I don't know about you, but I hope my doctor would have been one of the three students still sitting in the class. These students had confidence in their ability to reach a little higher than the other 17 who left the room and cared enough to reach for the best rather than settle for less. Come to think of it, I guess that is what I want from my auto mechanic, my barber, my teachers and everyone

else whom I trust parts of my life to on a day-to-day basis.

If we encourage others to believe in themselves, can we display less if we hope others will have confidence in us?

One way that we can display confidence in ourselves is to use positive conversation. Simply changing a sentence from "I will try to do that" to "I will take care of that" can make a great difference in whether others see us as self-confident or tentative. Some other tentative statements along the same lines are "I might be able to," "I think I can," "Maybe I can get to that" or the famous "I guess I can do it." All of these hedge on your ability to do the project and may cause the other party to doubt both your capability and commitment to succeed. If you truly plan to complete the assignment, why start out by planting the seeds of doubt in others' minds with these half-hearted statements. For that matter, since our mind acts on what we tell it, why tell it you have doubts in your ability to succeed?

Think before you speak. What are your words conveying about you? The next time someone asks you to work on a project, listen closely to the words that are coming out of your mouth. If you accept the assignment, be positive in the way you approach

it. "Yes, I will do that" will always beat "I will give it a try."

Many goals are scary when we first look at them, but just like the three students who got A's, life sometimes has a way of rewarding those who stay in the game. When you drop the shield of tentative words, you are much more likely to succeed. When you say "I can!" your mind will work hard to make an honest person of you and help you to achieve your goal.

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, that 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

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Meet your Valentine for lunch, live entertainment, sunshine and fresh air from 11 a.m. to 2 p.m. on Friday, Feb. 14, at the *Eat at Joe's* lunch and concert party.

It all takes place at the Joe Chillura Courthouse Square in downtown Tampa, at the corner of Pierce and Madison streets.

Eat at Joe's is a partnership among the Hillsborough County Parks, Recreation and Conservation Department; the Arts Council of Hillsborough County; the City of Tampa; and the Tampa Downtown Partnership. Hillsborough County Commissioner Al Higginbotham inspired the *Eat at Joe's* lunchtime concert series to increase patronage in and around the scenic spot downtown known as Joe Chillura Courthouse Square.

For more information, call the Parks, Recreation and Conservation Department at (813) 635-3500.

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This pond is one of many new projects at My Warrior's Place that have been built since Sims last visited Kowall. Mobile homes have been refurbished, the grounds cleaned, a memorial garden and flagpoles also have been added. Kowall said she always enjoys hearing new project ideas from people in the community and needs volunteers to complete them.

My Warrior's Place in Ruskin hosts national bereavement specialist

■ By **PENNY FLETCHER**
penny@observernews.net

Kelly Kowall, who founded and runs My Warrior's Place in Ruskin, recently hosted Darcie Sims of Seattle, a certified grief management specialist. Kowall met her while training to help veterans and their families before opening My Warrior's Place.

Kowall has been building the Ruskin retreat at 101 22nd St. N.W., off W. Shell Point Road, since a year after her son, Special-

ist Corey Kowall, 20, and a medic were killed Sept. 20, 2009, while en route to aid a location in Afghanistan where Improvised Explosive Devices had been detected.

Kowall began with a boating program; veterans could just come and paddle a canoe or kayak alone or with others; or just sit around and open up to people who had been through similar war experiences.

Kowall got the idea for the retreat while grieving alone on a boat trip to Beer Can Island where she stopped, and, while asking for a sign, what proved later to be a Vietnam-era bullet washed up right at her feet.

"It was as though God had spoken directly to me, and although I had no idea how such a thing could be accomplished, I knew there wasn't anything anywhere for families suffering losses like this, and I had to be the one to put something in place," she said.

"The military works very hard at death, and does it very well," said Sims. "They do elaborate ceremonies, give real honor to the deceased. And then it's over. It's like those who have witnessed the tragedy must 'soldier up' again right away with no time to grieve. They may do death well, but they don't do grief."

Kowall studied under Sims at Fort Bragg before working with the veterans.

Sims said that her husband was in Vietnam when their son died, and she realized there was no support system for the families — either in the military or in civilian life.

So she switched from working as a clinical psychologist to special-

ize in grief counseling.

She has since become the national director for the TAPS program, or Tragedy Assistance Program for Survivors.

Sims wrote the program for TAPS, which is what Kowall originally studied so she could open the retreat, which has since gained full tax-exempt status from the IRS.

Sims also can be credited with starting the Birdhouse Project, which is a hands-on "new start" given for people "stuck in a phase of grief."

"They actually build a cardboard birdhouse as a foundation for their new life," Sims said. She recently gave the program to a group of people in Brandon.

Kowall has been using Birdhouse in Project Corridor Grief and Peer Mentoring Program, which is now a staple at My Warrior's Place. But Sims and Kowall have since decided that Birdhouse could be used for people other than veterans, and offered it to a mixed group: parents who had lost children; veterans; people who had lost spouses and others at a workshop last week during Sims' visit — the main reason she came at this time.

Sims and Kowall, along with Sims' husband Tony and Cora Ruff, who lives in Sun City Center during winter, started the project together after brainstorming at the Comfort Inn after Kowall's experience on Beer Can Island. When major changes seem to be needed, they get back together or converse by phone or by email.

Kowall learned when she took her training at Fort Bragg that

► Continued on page 29



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You, me and business: Have some fun at work

There's an adage: Love what you do, and you won't work a day in your life. True enough. When you have a job you're passionate about, it really isn't work at all.

But even the best jobs can go through times when it just plain isn't fun. You're depressed on Sunday night because the weekend is already over. You sleep-in a little later than usual. You take more sick days. Face it. Sometimes putting fun back into your job takes a little, well, WORK.

If you've lost that fun feeling and want to get it back, start slowly. Is there a morale issue in your company? Unfortunately, it won't disappear overnight. If you suddenly go from a dreary workplace to a three-ring circus, your employees will wonder if you've

gone off the deep end. Change the culture a little at a time so it's not distracting.

The changes have to come from you. As the leader in your company, you need to be excited about the



By **DANA DITTMAR**
Executive Director
SCC Chamber of
Commerce

prospect of having fun while working. Your positive enthusiasm will be contagious. It's even more contagious than the black mood that brought everybody down in the first place.

But while it's contagious, you can't force-feed fun to your employees. Some will

immediately respond to your cues, while others will want more time before they join the fun. There's nothing worse than mandatory attendance at a company outing because "we're all here to have fun!"

And if you plan something en-

tertaining, leave the shop talk at the office. Use the time to get to know your employees better. Even if they've been part of your team for years, use the event to catch up. Also, be interested in them and what they're doing. (Hint: This is not about your regaling your employees with highlights from your last vacation.)

Sometimes all it takes is a change of scenery to take the mood at work from drab to fab. Hold a meeting in a park. Have lunch outside on a sunny day. Take a walk with your team. A change of scenery will bring a change of attitude. It's hard not to feel good after having fresh air fill your lungs and the warm sun on your face.

Again, mandated fun isn't really fun at all, so you have to make it a team effort. Instead of telling your team what fun programs you put together for them, have them come

up with ideas. Even if you aren't completely sold on what they put together, this is about them, not you. Be a team player, and go along with their suggestions.

Are you in the position to do an extreme office makeover? Brighter colors, big green plants and healthy snacks can inject positive energy in an otherwise drab office.

And finally, set up a surprise! Celebrate the victories and the milestones. Don't let someone's work anniversary or birthday go by without making it feel like a special occasion. It's one more opportunity to remind people why they love working at your company.

The world is a much better place when you're having fun, and there's no reason not to have fun just because you're at your job. So put on a smile, get some balloons and put some fun back into your office!

Donation funds flag pole at new AMVETS post

At the Feb. 4 dedication of AMVETS Post 44 in Plant City, Cmdr. Carroll Weese of the Sons of the American Legion Squadron 148 in Riverview presented a \$700 check to AMVETS Cmdr. Mike Graham. The funds are to be used for the installation of a flag pole.

Post-Polio support group meets Feb. 20

The Post-Polio Syndrome Support Group of Southern Hillsborough County meets at noon on Thursday, Feb. 20, at Denny's on SR 674 in Sun City Center. The event is a pay-your-own luncheon meeting. The group meets the third Thursday of every month September through May, with no meeting in December. For more information, call Pam Vogelsang at (813) 642-8707.

Apollo Beach Woman's Club accepting scholarship applications

The scholarship committee of the Apollo Beach Woman's Club is accepting applications for college scholarships made possible through the club's yearly fund-raising.

To be eligible, the graduating high school senior must live in Apollo Beach (ZIP code 33572). Recipients must attend a Florida-accredited two- or four-year college or university and meet the criteria set up by the committee.

The application is now available on the ABWC website: www.apollobeachwomensclub.com, and also will be available at East Bay and Lennard high schools' guidance counselor offices.

Awards to each recipient will be \$500 for a student attending a two-year Florida college, and \$1,000 if attending a four-year Florida college or university. Current recipients may apply for a \$500 renewal scholarship no later than March 25, 2014.

The scholarship awards will be selected in April and presented to the recipient at the club's May membership luncheon. If you have questions, contact information is listed on the application or email: Apollobeach5@gmail.com

Founded in 1959, ABWC membership is open to all women in Apollo Beach and surrounding communities. Luncheon meetings are held on the second Wednesday of the month, September through May, and all proceeds from events go to the ABWC Scholarship Fund to support high school graduates. For more information, call Judy Peck at (813) 746-1072.



HUTH & BOOTH PHOTO

FirstLight HomeCare hosts Riverview Chamber ribbon-cutting

FirstLight HomeCare of Riverview hosted a multi-chamber ribbon-cutting ceremony on Jan. 30 at Joia's Fabulous Pizza and Martini Bar.

The event marked FirstLight HomeCare's grand opening at 10037 Waterworks Lane in Riv-

erview. Those in attendance were treated to food, drinks and hospitality, courtesy of Janice Bayruns, Michelle Kase and Terri Hensley, owners of FirstLight.

FirstLight HomeCare provides services throughout southern Hillsborough County to those who need

help at home. They offer companion and personal care services for seniors, new mothers, those recovering from surgery, or anyone who needs a little assistance.

For more information, call (813) 677-2047, or visit www.firstlight-homecare.com.

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Area Obituaries

Mary Catherine Forsberg

Mary Catherine Forsberg, 95, passed away in Atlantic Beach, Fla., on January 29, 2014. She was born in West Milton, Ohio, and moved to Atlantic Beach eight years ago from Sun City Center, Fla., where she was a member of Christ Church of Sun City Center.

A woman of many talents, she won a Chevy Corvair in the 1950s as the result of a sales contest and created a cookbook of over 300 recipes, many of which she prepared with expertise. She and her late husband founded the Academy Ballroom Dance Club, where they taught ballroom dancing and provided the music for 25 years. An avid golfer, she was also a member of the Caloosa Golf and Country Club.

She is predeceased by husband Carl and is survived by son Bruce Forsberg (Linda) of Ponte Vedra Beach, Fla.; daughter Carla Cormany (Garrit) of Bozeman, Mont.; grandchildren David Forsberg (Jennifer), Steven Forsberg (Lisa), Katie Wienhardt (Brent) and Josh Cormany (Nicole); nine great-grandchildren; brother Herbert Fogle of Troy, Ohio; and sister June Bell, also of Troy.

A graveside service will be held at a later date in Troy, Ohio. In lieu of flowers, memorial contributions may be given to Community Hospice of Northeast Florida.

Virginia Lee Jeffries Gummere

Virginia Lee Jeffries Gummere, 95, passed peacefully into the next world at her home in Wilkesboro, Pa., on February 2, 2014.



Virginia was married for 67 years to Walter Cooper Gummere Jr., during which time they enjoyed raising their family as well as many travels at home and abroad. Virginia was a devoted volunteer in the numerous places they lived, working in programs with children with special needs, as a docent for historical societies, and on various boards with art guilds and zoos. She was an avid gardener, enjoying more than anything to dig in the dirt and plant her always enormous and always prolific vegetable garden.

Virginia is survived by daughters Glenn Stewart and Rebecca Gummere; grandchildren Tricia Stewart Shiu (Eric), Cassie Stafford (Brett), Joie Scott (Jeff), Jeff Lilgendahl (Jennifer Pals), Landon Smith (Brandi), Liam Carey, and Maggie Carey; and great-grandchildren Sydney Shiu; Haley and Jackson Stafford; Avery and Charlie Scott; Henry Lilgendahl; and John Walker and Sally Kate Smith; former son-in-law Chuck Lilgendahl (Betsy) and many devoted friends at Rose Glen Village and elsewhere.

Preceding her in death were husband, Walter Gummere, daughter Debbie Lilgendahl, and grandson Cooper Carey. The family plans a private memorial service at a later date.

Memorial donations may be made to OASIS Inc. online at www.oasisinc.org or by check to PO Box 1591, Boone, NC 28607; or to Kiva, online at <http://www.kiva.org/about/supportus> or by check to: Microfunds, Kiva Attn: Chief Development Officer, 875 Howard St., Suite 340, San Francisco, CA 94103.

On-line condolences may be sent to the family at the website www.austinandbarnesfuneralhome.com.

Helen Marie Moore

Helen Marie (Regan) Moore, born August 22, 1925, made her transition February 7, 2014. A resident of Kings Point in Sun City Center, she formerly was from Minnesota.

She is survived by her loving children Jim, Dan, Mike, Cathy and Suze; grandchildren Amy, Matt, Josh, Dan, Jeff, Ryan, Eric, Omar and Evan; and great-grandchildren Madison, Wyatt, Paige, Demerrick and Martel.

A Joyous Celebration of Life will be from 10 a.m. to noon in the Banquet Room of the Kings Point North Clubhouse, on Thursday, Feb. 27. Refreshments will be offered.

Interment will be with her loving husband, Army Major Merle E. Moore, at Fort Snelling National Cemetery, Minneapolis, Minn., later in the spring.



Woodward D. Pealer

Woodward "Woody" D. Pealer, 92, born May 18, 1921, a retired businessman, Judge of the Maryland Tax Court, philanthropist and avid golfer, died on January 21, 2014, in Sun City Center, Fla., where he had resided since 1982. Mr. Pealer was a native of Cumberland, Maryland, and predeceased by his loving wife, the former Virginia "Jenny" Louise Smith.

In 1956 and 1957, Mr. Pealer was voted the most outstanding young man in Allegany County and was considered among the most outstanding young men in the State of Maryland, for which he was nominated.

In 1962, the Congressional Record of the United States Congress published a speech by then-US Sen. J. Glenn Beall, Sr., recognizing "Woody Pealer" to be one of the most decorated veterans in Allegany County. Mr. Pealer flew 55 combat missions in World War II with the 12th Air Force, for which he was highly decorated, including the Purple Heart with an Oak Leaf Cluster (twice wounded), the Distinguished Flying Cross, the Air Medal with five Oak Leaf Clusters and a Presidential Unit Citation. While serving with the 12th Air Force, he was specifically selected to have an audience at the Vatican with Pope Pius XII.

Aside from his business activity, Mr. Pealer was actively involved in many fraternal and civic affairs while in Cumberland, and was instrumental in organizing the area's first County United Fund, which he served as president. Mr. Pealer was a past Potentate of the Ali Ghan Shrine Temple; a two-term director of the Cumberland Chamber of Commerce; past president of the Sacred Heart Hospital; vice-president of the Cumberland Lions Club; and cochairman of the Cumberland Sports Car Races, the largest closed-circuit

races in the US at the time.

As a cochairman of the Lions Sports Car Races, he was successful in promoting the Cumberland area and contributing thousands of dollars to area charities.

In addition, Mr. Pealer was a director of the Salvation Army, Central YMCA, and was chairman of the Brotherhood Dinner, the National Conference of Christians and Jews.

Other civic endeavors were secretary-treasurer of the Cabri Chapter No. 156 International Order of Past Potentates; first chairman of the Civil Service Commission of Allegany County; member of the Wage and Hour Committee for the State of Maryland; and chairman of the Alcoholic Beverage Liquor Control Board of Allegany County.

For 12 years he was treasurer and cochairman of the Republican Party Finance Committee, which included serving as Western Maryland Treasurer for US Senators J. Glenn Beall, Sr., McCharles Mathais, and J. Glenn Beall, Jr. He was a guest of President and Mrs. Nixon for one of their few Sunday worship services in the White House, which was followed by Brunch.

In 1974 Mr. Pealer began a six-year term as Judge of the Maryland Tax Court. Only three citizens of Allegany County have ever served on this Court for Tax Appeals.

Frostburg State University has dedicated its Recital Hall of the Performing Arts Building to honor the accomplishments of Mr. Pealer. In 2009 FSU publicly recognized Mr. Pealer's considerable achievements and generous support of the University and its students by conveying upon him an Honorary Doctorate in Humane Letters and Lifetime Achievement Award.

A memorial service will be held for Mr. Pealer this spring at Arlington National Cemetery, where he will be honored for his considerable service to the country and his remains will be buried. In lieu of flowers, Mr. Pealer desired that donations to Frostburg State University be made in his memory.

Paul Rahn

Paul Rahn, 75, of Wimauma, Florida (formally of Endicott, N.Y.), lost his battle with pancreatic cancer on February 7, 2014.

He is survived by his loving family: wife of 51 years, Marylin (Reilly) Rahn; daughters and their families — Dawn, Tom, Adriana and Alex D'Agostino, Rochester, N.Y.; Colleen, Ben, Bennett, Oliver and Georgia Yang, Potomac, Md.; Stacy, John, Stanley, Reilly, Joseph and Claire Refermat, Rochester, N.Y.; sister BJ Rahn, New York, N.Y.; brothers- and sisters-in-law, several nieces and nephews and many friends.

Paul was a kind and generous man who took great pleasure in helping others in any way he could. He loved his family and his friends deeply.

A Funeral Mass will be held at 11 a.m. on Friday, Feb. 14, 2014, at St. Anne Church, Ruskin. Expressions of sympathy in memory of Paul may be made to LifePath Hospice, 12470 Telecom Dr., Suite 300, Temple Terrace, FL 33637 or to Maryknoll Fathers and Brothers, 55 Ryder Rd., Ossining, NY 10562.

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Rance Goad, Pastor (Southern Baptist)

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Phone: 634-2328 • Fax: 633-6670

www.popcc.org

Masses:

Sunday: 8:00 a.m., 10:00 a.m., Noon

Saturday Vigil..... 4:00 p.m.

Daily 8:00 a.m.

Confessions:

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Wednesday (all ages) 6:30 p.m.

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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.



Worship Service @ 10:30 am

Adult Sunday School @ 9:30 am

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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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9:00 AM-Contemporary
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Fr. Lee Miller
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8:00 AM-Rite I — 11:00 AM-Rite II
& Choir
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Wednesday Service.....	4:00 p.m.
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~ MASSES ~

Vigil Mass.....	Saturday 4:30 p.m.
Sunday Mass.....	8:00 a.m., 10:00 a.m. and 5:00 p.m.
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Holy Days.....	Contact Parish Office for Schedule
Español.....	Sabado 6:00 p.m.; Domingo 12:30 p.m.; Jueves 7:00 p.m.
Confession.....	Thursday 6:15 p.m.; Saturday 3:15 p.m.

Winter in Wimauma: Don't bundle up, just enjoy the festival

From 9 a.m. to 5 p.m. on Saturday, Feb. 15, Casa de Dios - Templo Filidelfia in Wimauma will hold its Winter Festival at 5730 SR 674.

There will be live bands, with all Central American countries represented, as well as crafts and games for children. Refreshment stands will offer tortas, tacos, corn on the cob, strawberry shortcake, orchata, fresh lemonade and more.

All proceeds will go toward building a new church, as the congregation has outgrown its current, nearly a century old, location.

For more information, call (813) 924-4437 or (813) 633-2721.

John Foster celebrates Valentine's Day

Award-winning poet John Foster of Kings Point will celebrate Valentine's Day by reading and discussing his poetry on Thursday, Feb. 13, at the Unitarian Universalist Fellowship of Sun City Center.

The Fellowship meets at 7 p.m. in the Henry Gibson Social Hall of the Beth Israel Synagogue on East Del Webb Boulevard. All are welcome.

Learn about Catholic Days at the Capitol

A special presentation on the upcoming Catholic Days at the Capitol will be led by Paul and Lou Carren in the Conesa Center following 8 a.m. Mass on Tuesday, Feb. 18, at Prince of Peace Catholic Church.

Catholic Days at the Capitol is an annual opportunity for Catholics across the state to gather in Tallahassee to meet with legislators, discuss issues of interest to their beliefs, and express their views on pending legislation. Each year hundreds of Catholics gather at the Capitol for this purpose. This year's Catholic Days at the Capitol will take place on Tuesday and Wednesday, March 25 and 26.

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.

Wedding gowns sought for St. Anne's fashion tea

St. Anne's Council of Catholic Women will hold its annual Tea and Fashion Show on Saturday, Feb. 22, from 1 to 3 p.m. at the Parish Hall, 106 11th Ave. NE, Ruskin.

The show will feature wedding gowns past and present. Organizers are asking any women of the parish who would like to see their wedding gowns modeled for the show to lend them, just for that day. They would also encourage these potential lenders to have their daughters or granddaughters model the gowns. In addition, they would like to get some young men of the parish to escort the model brides. Anyone who would like to display family wedding photos at the event is also welcome to contact the St. Anne's Council of Catholic Women.

Raffles and a silent auction will be held, so go prepared to enjoy food, friends and fun to help support St. Anne's Council of Catholic Women.

Tickets are \$15, available at the Parish Office (813) 645-1714, or call Beverly at (813) 843-4309.



Still time to register for UC College

Registration for the United Church College began on Jan. 22, when more than 800 people registered. Late registration will continue until Thursday, Feb. 20, in the college office at United Community Church, 1501 La Jolla Ave. in Sun City Center.

Spring classes will be held from Feb. 17 through March 27. For more information, call the college office at (813) 634-8607.

Big band, blues and all that jazz at St. John the Divine on Feb. 22

"Rebirth of the Blues V and Big Band Era Jazz" presents classic Dixie and Jazz at 7 p.m. on Saturday, Feb. 22, at St. John The Divine Episcopal Church.

Led by trombonist Jack Edison, the band rollicks with the authentic Dixie and Jazz styles of the 1920s, '30s and '40s.

The band also includes: Jim Kelly on Dixie banjo; Gary Tatlack on piano; Ken Easton on trumpet; Lenny Vidal on drums;

Fred Dinse on tuba and string bass; Neil Theriault on clarinet and tenor sax; and Dave Evans on baritone sax.

All the musicians are or have been members of other area musical groups, including South Shore Concert Band, Tampa Blue Notes Big Band, and Sarasota Dixie Band.

Admission is \$5 at the door. St. John the Divine is at 1015 E. Del Webb Blvd. in Sun City Center.

Nashville Hall of Fame concert tour returns to UMC of Sun City Center

On Friday, Feb. 21, the United Methodist Church of Sun City Center welcomes two of Nashville's most popular touring musicians with their Hall of Fame concert tour.

Hall of Fame guitarist Richard Kiser, a protégé of Chet Atkins, joins music legend and former *Hee Haw* member, Charlie McCoy, for an evening filled with music and humor.

Kiser has won over 70 major awards, including twice being named Instrumentalist of the Decade, and is a four-time Artist of the Year. Charlie McCoy was the music director for the television program *Hee Haw* for 19 years. Charlie has been inducted into seven halls of fame, including the Country Music Hall of Fame in 2009.

Tickets can be purchased through the United Methodist Church of Sun City Center and at the Sun City Center Chamber of Commerce for \$10 in advance, \$15 the night of the concert.

The United Methodist Church is at 1210 W. Del Webb Blvd.

For additional information about



Charlie McCoy, left, and Richard Kiser.

this and other concerts, call Jeff Jordan, director of Worship Arts, at (813) 634-2539.

Multi-church rummage sale this Saturday

Rummage-sale lovers will be able to enjoy a multi-church sale from 8 a.m. to 1 p.m. this Saturday, Feb. 15, at 14920 Balm Wimauma Rd., Wimauma.

Items for sale include clothing, household goods, small appliances and furniture. All items are priced to sell, with proceeds going to benefit church ministries.

Sales of African art to help stem malnutrition

On Saturday, Feb. 15, from noon until 4 p.m., Women of St. John the Divine Episcopal Church will host an African jewelry and crafts display inside the church parish hall at 1015 E. Del Webb Blvd., Sun City Center. Patrons will enjoy delectable desserts and coffee while attending the display.

Items on display will be available for purchase with cash, check or credit card.

- Proceeds will go to African Team Ministries to:
- ◆ Help in the care and education of African orphans
 - ◆ Provide jobs for unemployed women as they make crafts, enabling them to care for their children and parents
 - ◆ Provide resources for projects of refugee relief, health and education, water sources and food distribution to drought areas

According to Keith Jesson, president of African Team Ministries, "More than three million Kenyans are facing malnutrition, starvation and even death due to the worst drought and famine in 60 years ... almost 10 percent of children under five will die.... Each \$10 purchase made will provide 100 meals of oatmeal and 150 servings of soup to hungry people in the drought and famine areas of Kenya."

Beth Israel Sisterhood to hold March field trip to Tampa Bay History Center

The next meeting of the Beth Israel Sisterhood will be on Tuesday, March 4, when the group will take a field trip to the Tampa Bay History Center at the Tampa Bay Times Forum.

Carpooling will be available. Lunch will be at 11:30 a.m. and available for purchase at the Columbia Cafe in the history center atrium. An escorted tour of the history center will begin at 1 p.m., and departure will be around 3 p.m. The cost for the program is \$7.50 per person, made payable to Beth Israel Sisterhood. Payment should be sent by Friday, Feb. 14 to: Rochelle Lafer, 2247 Oakley Green Dr., Sun City Center, FL 33573. For more information, call Rochelle at (813) 938-3824.



From left: Aleks Ritums, Baron Garriott, Michelle Accardo Doddy, Tommy Accardo and Yetta Mae Hansell Bednarz.

Bel Canto Singers to appear at UCC

At 4 p.m. on Sunday, Feb. 23, the Sarasota-based Bel Canto Singers will present a concert in the sanctuary of the United Community Church in Sun City Center. The concert features songs from opera to Broadway. No tickets are needed for the concert, but a free will offering will be taken and given to the singers. For more information, call Paula at (813) 633-6739.

Fall prevention is topic at Redeemer women's meeting

The women's organization of Redeemer Lutheran Church (Women of the ELCA) will meet Wednesday, Feb. 19, beginning with refreshments at 9:30 a.m. Robin Watts from Sun City Center EMS will present a program on fall prevention. The church is at 701 Valley Forge Blvd. in Sun City Center. Everyone is invited to attend. For more information, call (813) 634-1292.

Pancake breakfast at Prince of Peace

On Sunday, Feb. 16, the Knights of Columbus of Prince of Peace Catholic Church will host its monthly pancake breakfast following the 8 a.m. and 10 a.m. Masses. Adults eat for \$6; children under 10 eat for \$3. Breakfast includes all-you-can-eat pancakes, sausage and a beverage. All are invited to join in for Mass and pancakes. Prince of Peace Catholic Church is at 702 Valley Forge Blvd. in Sun City Center.



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Riverview church raises \$3,200 for Lutheran Malaria Initiative

Church members at Christ the King Lutheran Church in Riverview have been hard at work to raise money for the Lutheran Malaria Initiative, also known as LMI. They held two successful fund-raising dinners, solicited individual donations and raised \$3,200.

LMI is a partnership of Lutheran World Relief and the Lutheran Church-Missouri Synod to mobilize US Lutherans in the global effort to eliminate malaria deaths in Africa by 2015. LMI is made

possible through support from the United Nations Foundation.

Malaria, a preventable and treatable disease, affects the poorest individuals and makes it nearly impossible for communities to lift themselves out of poverty when they are fighting such disease.

The money raised will buy mosquito nets to put over children at night while they sleep and will provide medicine for treating the disease as well as education for the communities affected. For more information, visit www.lutheran-malaria.org.

Christ the King Lutheran Church, at 11421 Big Bend Rd., was established in 1990 and has 157 members. Its Lenten Services will start on Wednesday, March 5, at 7 p.m.; on Easter Sunday, April 20, services will be at 7 and 10 a.m., with an Easter breakfast at 8 a.m. and children's activities at 9 a.m. For more about Christ the King Lutheran Church or LMI, call Pastor Kevin Yoakum at (813) 677-1332 or Cheré McDill at (813) 938-5485.



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Saturday, February 15, 8am-2pm	St. Joseph's Hospital-North - Lutz
Saturday, February 15, 7:30-11:30am	Winter Haven Hospital - Winter Haven
Saturday, February 22, 8am-2pm	St. Joseph's Hospital-South - Riverview
Saturday, March 1, 8am-2pm	Morton Plant North Bay Hospital Medical Arts Building - New Port Richey
Saturday, March 8, 8am-2pm	St. Anthony's Outpatient Center (Carillon) - St. Petersburg
Saturday, March 15, 8am-2pm	St. Joseph's Hospital Medical Arts Building - Tampa

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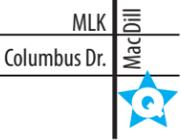
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So, I said to myself: Self ... Want a date with me on Valentine's Day?

Whether you're married, single or divorced, Valentine's Day's emphasis on romance and the expectations it sparks can create more stress than joy for many people, says Dr. Jaime Kulaga, a practicing therapist and life coach.

"There can be pressure on Feb. 14 for anyone," says Kulaga, author of *Type 'S'uperWoman - Finding the Work-Life Balance: A Self-Searching Book for Women*. (www.mindfulrehab.com).

"The 'happily single' may begin to have doubts; spouses may question the quality of their marital relationship; and for someone who recently experienced a breakup, the holiday can bring nothing but heartache," says Kulaga.

She says she prefers to view Valentine's Day as an opportunity for personal growth.

She suggests planning a date with yourself on Valentine's Day, no matter your current relationship status.

• **If you're single.** The holiday is not just for couples; it's for anyone who wants to strengthen a relationship, including the one with yourself. This is, after all, the most important and truly lifelong relationship we all have. So, what kind of date would you take you on?

Can you literally do nothing but keep quiet and still for five, 10 or 20 minutes? Maybe you want to take yourself on an adventure — consider spending a day or evening

visiting places you'd never otherwise go. Or, you may simply cook yourself your favorite meal — or go out.

• **If you have a spouse.** Even though you likely won't be alone on Valentine's Day, there's no reason you shouldn't spend some time working on the relationship you have with yourself. Some couples participate in "girls' (or boys') night out" to gently establish a measure of independence in their relationship, but that's not the same as spending quality time alone. Try a peaceful walk in the park, fishing or spending a few hours with a great novel. If you have plans on Feb. 14, make some time for yourself Feb. 13. It can make date night on the next day all the more rewarding.

• **If you're divorced or recently heartbroken.** As with a romance, you shouldn't limit your focus on improving your relationship to just one day of the year. Take yourself out to somewhere that's a treat; be spontaneous; think about your dreams and priorities — the ones that come from your passions, talents and skills. Most importantly, be loving on this "date." Whether or not you're eager to find another romantic partner, you'll be in a better place to meet Mr. or Ms. Right if you're confident in your feelings about you. Your past relationships do not define you, but they can make you stronger and wiser.



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► Continued from page 1

this organization at www.RuggedCrossRanch.com. Donations of time and money are always appreciated.

Go to the drive-in

I'm sure everyone already knows there is a drive-in in Ruskin. However, if you're out of the loop on this information, it's located at 5011 US 41 N. Beginning Friday, Feb. 14, it will be showing *The LEGO Movie* at 7:30 p.m., followed by *I, Frankenstein*, at 9:10. You're in for a treat when you visit the '50s-style snack bar, and the price can't be beat. www.RuskinFamilyDriveIn.com.

Go out for ice cream

Occasionally I'm asked to pick up my granddaughter at school. She knows exactly what that means: Dairy Queen.



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Dance

I'm guessing 90 percent of the population thinks it is terrible at dancing. Well — do it anyway. Remember, you only have 940 Saturdays with your pre-adult kids. If you embarrass them enough now, they'll miss you more when they move away for college.

Adopt a pet

Hillsborough County Animal Services is holding a Valentine pet adoption event. See page 20 for more details.

Go to the fair together

This year is the 110th anniversary of the Florida State Fair. It may be your only opportunity this year to eat a 24-inch corn dog and a fried Snickers bar, then get spun around at the speed of light on the Tilt-A-Whirl. You don't want to miss that — or miss sharing it with those you love. www.floridastatefair.com.

U-pick

U-pick strawberries are only weeks away. You can have a lot of fun picking these sweet gems locally. If you can't wait for the u-picks to open, visit Goodson Farms in Balm for fresh berries. See their ad on page 4.

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FEBRUARY EVENTS

Mon., Feb. 17 1:30 – 3:30 pm • Parkinson's Support Group of Sun City Center Sponsored by The Men's Club of SCC, facilitated by the USF Parkinson's Disease & Movement Disorders Center. Speaker will be Darla Freeman-Levay, M.S., CCC-SLP (USF Speech Pathologist). An instructor at USF 12 years, she is a graduate of the University of Pittsburgh undergrad. She received her Master's from Ohio State and is in private practice within an Ear, Nose and Throat group. Her specialties include: Voice Disorders, Neurological Disorders and Accent Modification. Darla would like two volunteers to attempt Lee Silverman Voice Therapy (LSVT) during the meeting to see immediate results! FREE Valet Parking available at entrance.

Tues., Feb. 18 2 – 3:30 pm • Alzheimer's Association Caregiver Support Group. Bring Your Loved One For a Well Deserved Break. Facilitated by Aging Care Advocates. You will receive information while your loved one is cared for in our Secured Memory Care. Please RSVP no less than 3 days prior to 813-246-4120.alzheimer's association

Wed., Feb. 19 10 – 11 am • Your Money Matters. Facilitated by Chris Redhead, CFP®, ChFC®, CFS®, Exec. VP of Sequoia Financial Group. During turbulent times many investors are plagued with challenging questions and difficult decisions that may significantly impact their family's financial future. Meets every third Wednesday to share prudent strategies that have helped clients achieve successful results in uncertain markets.

Wed., Feb. 19 1:30 – 2:30 pm • Low Vision Support Group Facilitated by Ana Maria Oliva, M.D. and Sponsored by the Sun City Center Men's Club. Our speaker this month will be Dr. Oliva who plans to bring assistive devices for those with low vision for demonstration. If you have low vision, then this meeting is for you!

Thurs., Feb. 20 10 – 11 am • Interested in Your Ancestry? Have you seen the TV show "Who Do You Think You Are"? If you would like to learn how to research your genealogy, don't miss this opportunity to spend time with Tollie J Banker, M.A. and M.I.S., Faculty Librarian at Hillsborough Community College SouthShore Campus as she takes you through the steps to discover your past using free research tools!

Thurs. Feb. 27 2:30 – 4 pm • Mental Wellness Support Group Facilitated by Edmond Dubreuil MSW, RCSWI mental health professional. Supported by: South Shore Coalition on Mental Health & Aging & United Methodist Church of SCC

Fri. Feb. 28 1:30 – 3:30 pm • FREE Memory Screenings provided by Dr. Mary Stedman from Stedman Clinical Trials and Wendy Burkhard, LCSW from Wyndbeach Counseling. How much of my memory have I really lost? Are you interested in Clinical Trials designed to cure Alzheimer's? Want to learn more about memory loss? Call to reserve your space today!

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When sound waves reach the ear, they are gathered by the funnel-shaped outer ear and channeled into the middle ear. Sometimes hearing loss can be easily and quickly corrected by clearing blockage that can occur from wax build up.

Years of using q-tips to clean your ears can embed layers of wax so tightly that it affects your ability to hear clearly. That's why the first part of your ear exam will be with an otoscope to determine if there is any blockage that can open up your ear canal and allow you to enjoy the beauty of unmuted sound again.

• The Middle Ear

At the entrance to the middle ear, sound waves hit the eardrum. A damaged eardrum can not only be painful, but it can muffle natural sounds and make it extremely difficult to hear clearly. If you're experiencing hearing loss, it's important to find out if it is a correctable condition involving the middle ear.

• The Inner Ear

Sound vibrations travel through the middle ear and into the fluid filled inner ear where they are converted into signals that are sent to your brain. Damage to the inner ear can lead to deafness, so it's vital to make sure your inner ear is functioning properly. Problems with the inner ear often require surgery or medication. If the damage is irreparable, you'll want to ask about the new cochlea implants that can help restore your ability to hear again. There is also new scientific and medical research with stem cell transplants that can regrow damaged inner ear hair follicles (known as cilia) that send electronic signals to your brain allowing you to translate sounds into language. Researchers at Stanford University say that they are 5-10 years away from a breakthrough that could possibly correct human deafness.

Why Do People Delay Addressing Hearing Loss?

In America, the average person with hearing loss delays dealing with it for 5 to 7 years. The big question is, "Why do people wait so long before confronting the obvious problems that come with an inability to hear clearly?"

Accepting & Correcting Your Hearing Loss

Researchers estimate that over 30 million people in the United States suffer from hearing loss, but almost 75% avoid scheduling a hearing test to determine the cause and how to remedy this condition. As the baby boomer generation ages, more people are going to experience hearing loss.

Many people with hearing loss do not take the steps needed to correct the problem. The first step starts with getting a hearing exam when you first notice you are experiencing symptoms. A hearing test can determine the cause of your hearing loss, and which state-of-the-art hearing devices can improve your quality of life. There is often a period of denial or hesitation that must be overcome before the appointment for the hearing test is made.

At first it may seem like you only have very mild hearing loss, if any, because you can hear someone talking to you, or you can hear the TV, radio, or a movie, you just can't catch every word. Or you may have trouble following conversations, but you always come up with a reason why it's too noisy, people are speaking too fast, or there are too many people talking at once.

The truth is that when you have early, mild hearing loss, you will start to have trouble hearing certain higher frequency sounds. Consonant sounds are in the higher range and are the first to go. While you may hear voices, you may find yourself mistaking similar-sounding words, like "rent" and "sent" or "time" and "lime".

If you believe you have mild hearing loss, begin by getting a hearing exam. You can use the results of the hearing test to rule out or fix any correctable conditions, and then you can assess if any of the new and advanced hearing technologies can help you hear more clearly.

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To evaluate your hearing a specialist will perform a series of hearing tests. These tests are often performed by using a combination of electronic equipment and headphones.

What Hearing Tests Show

Hearing tests can determine whether a hearing impairment exists and what the cause may be.

Your hearing examination will also let you know the degree of hearing loss you are experiencing, from mild to profound, and what technologies are available to help correct your hearing loss.

The results of your hearing exam will provide you with the road map to what you should do next to regain and restore your ability to hear clearly again.



Thomas Edison Suffered From Hearing Loss!

One of the most famous people with hearing loss in history is the inventor Thomas Edison (1847-1931), who is credited with inventing the phonograph, light bulb, and movie camera. What many people are not aware of is that Edison became technically deaf in his early teens. It could have been from a childhood illness or the result of a "boxing" of his ears by a train conductor.

After your hearing test you will be able to make a more educated decision about what your options are to prevent further hearing loss and hear more clearly immediately, improving your overall quality of life.

Purchasing a hearing aid is not a decision made lightly. It's important that the person you are working with listens to you and works together with you to address your specific hearing needs. You need to be able to trust their guidance in choosing a solution to match your lifestyle.

Advances In Hearing Care!

A hearing specialist with Audibel Hearing Centers will be available to answer all your questions and discuss the latest advances in hearing care. Even with the new technology, your brain still needs time to readjust to hearing sounds it may not have been hearing for years. You will be amazed at your own ability to reconnect with your life with the help of this advanced technology.

In addition, technology is constantly changing. A hearing test can now determine if you have even very mild hearing loss, and the new generation of digital hearing aids has nearly eliminated the problems of feedback, and extraneous noise that was bothersome with earlier models.

Most hearing losses don't require expensive hearing aids to help you with sounds you were missing, including those lost consonants, without introducing additional, distracting noises. Personalized programming adjustments ensure your hearing aid is set to your specific loss and unique needs.

No One Will Know

It is true that hearing aids of past years did have a stigma attached to them. They were large and bulky, and usually they were visible to anyone who walked by. But just as the internal technology has changed, so have the external characteristics of digital hearing aids. New models are virtually invisible when worn making your Audibel hearing aid far less noticeable than your hearing loss. With advanced digital technology and miniaturization, nobody else has to know that you're wearing a hearing device.

In addition, hearing aids technology has an exciting future. Even now you can have your hearing aid connected to different external devices, such as an MP3 player, a cell phone, radio, or your TV. As microchips continue to get smaller, the amount of data processing power continues to increase at astronomical rates, allowing for hearing aids to be made smaller while continuing to improve sound quality. If you checked out hearing aids five years ago, you should take a look at the new models - you might be surprised at how far things have come and how easily hearing loss may be corrected.

Hearing loss can affect people of all ages. If you were in the military, law enforcement, or simply exposed to the loud noises of machinery in a factory, you could have developed hearing loss at an early age. Don't be embarrassed by your inability to hear clearly - take action now and get a hearing test to find out what you can do to enhance your ability to hear clearly and prevent continued deterioration.

Start by having a hearing test and then take steps to decide if you feel comfortable with the new technologies. Think about it - how much time and energy are you spending apologizing because you misheard something, or asking someone to speak louder or to repeat themselves? Having a hearing test and wearing a hearing device can alleviate many problems caused by hearing loss — and that is priceless!

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Lennard Robotics Club needs your help

► Continued from page 1

could with it. Robot 495 came to life.

“The robot, 495, is where we won second place,” Reve said. “They had a box of stuff and they had to fashion it into something. It can move 360 degrees with a fully articulating shoulder and a fully articulating elbow. It can capture things.”

And then they went on to new depths.

The craft itself is deceptively simple, made from PVC pipes. The controller is a plastic craft box. The motors are small boat bilge pumps. The propellers are custom-designed.

The placement of the motors is ingenious. By themselves, the PVC pipes would be somewhat buoyant, even with the weight of the three bilge-pumps-turned-motors. But while two motors are designed to drive the craft forward, one of them is designed to submerge the craft and control the depth.

“If anyone has some spare bilge pumps, we sure could use them,” Reve said with a laugh.

Many people would spend more for lunch than the total of the craft’s parts cost, yet the value of it is staggering. For the students who built it and watched it dive and

perform successfully as designed, the door opened to an unlimited future. A future in which they could make profound discoveries, lead expeditions into the far reaches of space or even build highway bridges that are safer and more cost-effective than ever thought possible.

“They’ll ask me, ‘what would you think about us doing this or that?’” he said. “And I’ll tell them, I don’t know, but it sounds like a great idea. Give it a try.”

He is stunned by what they can conceive. “I’m learning right along with them,” he said. “Most of the

time they just come to me and say, ‘We need you to buy this for us.’ I do get asked for technical advice every once in a while, but, for the most part, when they come across a problem, they solve it.”

The next version of the craft will have a custom-built controller along with headlights and cameras. There will be a digital display to reveal what the craft sees beneath the surface. Another project, a smaller craft, will have pressure and temperature sensors to report data back to the students while on mission underwater.

Amid the circuits, soldering irons, balsa wood, protractors and other spare parts, Reve leaves a loaf of bread, along with jars of peanut butter and jelly on one table. For some kids, lunch and dinner can sometimes be luxuries. Since the club meeting times end long after the school buses have been parked, Reve and his wife often drive some of the students home.

After announcing that he’ll be at the school to finish some work on Saturday, the kids chime in that they’d like to come in as well. To work on their projects. To work on their dreams. To work on the future. Our future.

When asked if there were other important points that people should

know about, one student, a senior, immediately spoke up and said, “Yes, Jim Reve needs to be added. He’s the important point.”

Reve smiled. He is a modest man. He is also a very smart man. He was no doubt thinking the same thing about that student, and all of the young people in the Robotics Club. Each of them is important. And he knows they will be important to the future success of things that we can’t even imagine yet.

Friday is Valentine’s Day and I would normally spend \$50 on gifts for my wife. This year, I will write a check donating that amount to the Lennard Robotics Club. “What a wonderful gift that will be,” Michelle said.

It is a gift that she knows will be returned well into the future.

In addition to much-needed financial support, Jim Reve would be very interested to hear from those who may be working in or have retired from engineering or aerospace fields. He knows his students would love to hear about their careers, and either speaking or mentoring opportunities could provide priceless rewards.

For more information about how you can help, call Jim Reve at (813) 641-5611 or email at james.reve@sdhc.k12.fl.us.



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PHOTO COURTESY OF ST. ANNE CHURCH

St. Anne's Food pantry serves up to 400 hungry families a week.

St. Anne's Food Pantry now serving 400 families a week

The third in a series of articles on South County food banks benefiting from the "Have A Heart Caring Castle" community food drive co-sponsored by JSA Medical Group and The Observer News, The SCC Observer and The Current.

By **KEVIN BRADY**
kevin@observernews.net

The number of people seeking food at St. Anne's Church Food Pantry has increased more than 100 percent in the last two years.

The pantry was serving 175 families a week 20 months ago. Today, it helps up to 400 families a week.

"With food stamps being cut back more and more we will probably see more families," said Paul Wiskitoni, who manages the pantry with a team of 60 volunteers.

Wiskitoni attributes the dramatic increase to growth in the area and the generosity of the pantry. "The Ruskin area has grown tremendously," Wiskitoni said. "I've talked to some of the local pantries and I think we give out more food than anyone else."

The food bank serves between 370 and 400 people a week, opening its doors every Wednesday from 9 a.m. to noon. Each person gets nine canned goods – anything from corn to chicken – with fresh bread, frozen meat and sundries.

St. Anne's also operates a mobile food pantry on the fourth Thursday of the month, with clients typically lining up in cars at 6 a.m. "We usually feed about 400 families in an hour at the mobile food pantry," Wiskitoni said.

The pantry, currently operating out of a 500-square-foot, two-car garage, is building a new home. The church, 106 11th Ave. NE, in Ruskin, plans a ground-breaking ceremony for the new 4,000-square-foot pantry Feb. 16.

If all goes to plan, the \$200,000 building should start taking shape in the next eight weeks. Wiskitoni is looking forward to opening the doors at the new pantry, which will boast a walk-in cooler, something sorely needed.

"It will make things a lot easier," Wiskitoni said. "Right now we have food stored at two different locations in the church, so we have to haul food around a lot. But with the new building we will be able to store the food there, and people will even be able to come inside and sign up when there's inclement weather."

A member of the St. Anne's pastoral council, a sounding board for the parish priests, Wiskitoni was asked to take over the pantry on a temporary basis when the former manager retired. "It was supposed to be temporary, but 20 months later I am still here," said Wiskitoni who owns his own business rebuilding boats and regularly puts

in 16-hour days splitting his time between the pantry and his business. "It's just something I feel I want to do," he said.

With a \$20,000 stipend from St. Anne's and ongoing donations from individuals as well as the United States Department of Agriculture, Nativity Outreach and Cahill Ministries, the pantry dispenses 15,000 pounds of frozen meat a month.

Only the Beth El Farmworkers food bank gives out more food in South County, according to the USDA, which supplies meat to area food banks.

St. Anne's pantry has a good relationship with the group, regularly receiving pallets of frozen meat from the federal agency.

"We do everything they ask of us," Wiskitoni said. "We even had one of their staff here who said we could come teach one of their courses."

The volunteers and those who donate food to the pantry are the real heroes, Wiskitoni said. "They put out a lot of time and effort. I am really a nobody. Our church motto is reaching out to the poor, feeding the hungry and creating a place of legacy for future generations, and that's what we are doing. We are doing God's work."

St. Anne's pantry welcomes volunteers. For more information, call (813) 645-1714 or email LParkansky@saintanneruskin.org.

Where to donate

Canned food and nonperishable foodstuffs can be dropped off between 9 a.m. and 4 p.m., through Feb. 28, at the JSA Medical Group Activity Center, 787 Cortaro Dr., Sun City Center, behind Burger King on State Road 674.

Other local food banks benefiting from the Caring Castle include The Lord's Lighthouse, Good Samaritan Mission, Beth-El Mission, Our Lady of Guadalupe and Life Church.

Organizers plan to build a castle with donations, using canned goods and other nonperishable foodstuffs as bricks. The castle will be redesigned and rebuilt weekly as donations roll in.

The drive is already enjoying community support, with food turned in even before the Feb. 1 start date.

"Donations are now starting to flow in regularly," said Roseanne Korfant of Sun City Center's JSA Medical Group, who pioneered the idea of a "Caring Castle" food drive at her previous job with the chamber of commerce in Cleveland, Ohio.

Posters promoting the drive, designed by *The Observer News* and printed by M&M Printing, which is partnering with JSA for the campaign, also went up in Publix stores in Sun City Center, Apollo Beach and Riverview last week.

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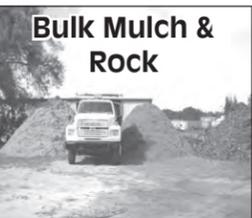
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Woof! Ruskin US Coast Guard Auxiliary joins Salute to Veterans

If you want to see an instant love affair, just watch a veteran meet a care dog.

This week that will happen repeatedly at the National Salute to Veteran Patients at C.W. Bill Young VA Medical Center in Bay Pines. US Coast Guard Auxiliary members from Flotilla 75 in Ruskin will be accompanied by Trooper, a 10-year-old golden retriever who is a veteran of many years of service as a care dog. Trooper has made frequent visits to hospitals and long-term care centers.



Trooper is ready for work.

Each year the week of Feb. 14 is an opportunity for all citizens to say "thank you" to a special group of men and women, the more than 98,000 veterans of the US Armed Services who are cared for every day in VA medical centers, outpatient clinics and nursing homes, according to the VA.

The purpose of the National Salute to Veteran Patients program is to:

- ▶ pay tribute and express appreciation to veterans;
- ▶ increase community awareness of the role of the VA medical center;
- ▶ encourage citizens to visit hospitalized veterans and to become involved as volunteers.

Trooper is a rescued dog from Colorado who moved to Florida with his family last year. When he was adopted nine years ago, he was seriously ill from living as a stray. His efforts to make it down the stairs for a walk led to the observation: "What a trooper!" — a name that serves him well when visiting with veterans.

Trooper has an uncanny ability to enter a hospital room and immediately go to the patient, regardless of how many visitors are in the room. His presence always facilitates good feelings on the part of the patient. Trooper's empathy and diligence to

his duty leaves him fatigued by the time he gets back home.

The US Military recognizes the positive effect of service dogs, which has led to a growing adoption program for the Wounded Warriors. For more information about this program, visit www.tenderlovingcanines.org/programs/Wounded-Warrior-Service-Dogs.aspx.

The Ruskin Coast Guard Auxiliary members will be among many local US Coast Guard and Auxiliary units that will participate in the National Salute in Bay Pines.

In addition to this program, the Coast Guard Auxiliary can be found along coastlines and in the nation's heartland, teaching safe-boating classes, offering free vessel examinations and patrolling the waterways.

Visit the unit at <http://flotilla75.org>. To learn more about Coast Guard Auxiliary membership, contact Judy Clapp at (813) 633-5416; sccjudy@msn.com. To register for a boating safety class or to schedule a courtesy vessel examination, call Guy Mandigo at (813) 641-2488; or email auxmandigo@earthlink.net.

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Committee members for FunFest 2015 are, seated, Susan Muise and Mike Killian; standing, from left, Phyllis Hodges, Kelly Emerson, Judy Schings, Roxann Seeley, Hud Richard, Claudia Hinson, Lynne Murphy, Bill Barron, Lyn Reitz, Joe Elam, Dave Birkett and Bill Hodges. Not shown are Jane Keegan, Bob Powers and Joanne Baskinger.

Save March 15 for SCC FunFest No.15

Susan Muise, FunFest chair, has her 17-member committee hard at work planning for Sun City Center's FunFest No. 15, set for 9 a.m. to 3 p.m., Saturday, March 15.

This annual event is the community's largest, drawing thousands to the Community Association's Central Campus on North Pebble Beach Boulevard. Last year, an estimated 6,000 people visited the Central Campus to enjoy the various club and vendor displays, food and entertainment.

"In recent years," Muise said, "the committee created a theme; this year, we decided that we could not improve on the event's built-in theme — FUN!"

The first FunFest, in 2000, was the brainchild of Walt Cawein, then club liaison. He thought it would be a good way for the clubs to raise funds and to tell others about their activities.

"As I recall, the weather was beautiful, and we were over-

whelmed with the huge turnout," Cawein said, reminiscing about those early days. No doubt subsequent years were easier in that organizers knew more about what to expect.

Commercial vendors were not invited to that first event. Now they are an integral part of the day and help pay the bills for permits, security, rented chairs and tents, etc.

Returning for her second year as chair, Muise said, "Most of our committee members have volunteered for jobs they have done before. I don't micro-manage because they know what they are doing. Committee brainstorming always produces ideas for improvement. When new people join us, I've found that the person stepping down from that role has always been willing to offer guidance. This is a great group."

For more information, email to susan.muise@verizon.net, or call (813) 633-2479.

Valentine pet adoption event is Feb. 15

True love is waiting at Hillsborough County Animal Services during a Valentine pet adoption event Saturday, Feb. 15, from 10 a.m. to 2 p.m.

If you've got room in your life for one more sweetheart, the county's animal shelter, at 440 N. Falkenburg Rd. in Tampa, is the place to start. In addition to many shelter animals that are looking for new homes, the special event also will feature rescue and foster pets.

Fall head over heels with a special adoption rate that has been extended through February: \$20 for any dog, cat, puppy or kitten. The fee covers an initial checkup, microchipping, vaccinations, rabies tag and spaying/neutering.

Take along a camera to take a picture of your new pet in the special photo area that will be set up for the adoption event.

The shelter is open for adoptions seven days a week, from 10 a.m. to 7 p.m. For more information about adopting a shelter pet, and to view animals online, visit www.HillsboroughCounty.org/AnimalServices. The phone number is (813) 744-5660.



Brain Fitness is on the menu at Pie and Coffee Seminar

The South Shore Coalition on Mental Health and Aging continues its Pie and Coffee seminar series with a presentation entitled "Brain Fitness," presented by Nicci Kobrtiz, CEO of Sci-Brain of Sarasota.

The seminar is set for 1:30 p.m., Tuesday, Feb. 18, at the Sun City Center Chamber of Commerce office, 1651 Sun City Center Blvd.

Sci-Brain, working with the Roskamp Institute, has developed a new approach to improving brain fitness based on recent, cutting-edge research. It centers on building up brain reserve to optimize mental performance and protect the brain from clinical manifestations of Alzheimer's disease and other dementias.

The program starts with an analysis of the lifestyle factors of the individual, including diet, physical exercise, mental exercise and medical conditions. Sci-Brain then develops a personalized brain health plan, tailored to an individual's lifestyle and health needs.

For more information on Sci-Brain, visit www.scibrainhealth.com. Call Jenny Loktu at (813) 784-0235 with questions, or email to jenny@tendercaretampa.com.

The event is sponsored by Sun City Chamber of Commerce and Village Inn of Riverview. Go for the pie and stay for the seminar.

The mission of the South Shore Coalition of Mental Health and Aging is to promote healthy aging and facilitate optimum mental health through developing affiliations with community partners, providing education, support and outreach to South Shore residents and providing direct services. Its web address is www.mentalhealthandaging.org. The coalition hosts many support groups in the South Shore area throughout the month, and the list is available on the website. The Coalition welcomes new members, volunteers and donations. Call the Coalition office, at (813) 419-4902.

Beth Israel holds OPEN HOUSE for Prospective Members

Beth Israel, the Jewish Congregation of Sun City Center, extends an invitation to the public to enjoy a brunch, learn about our activities and meet the representatives of our various committees.

We look forward to meeting you.
Membership Committee

Monday, March 10

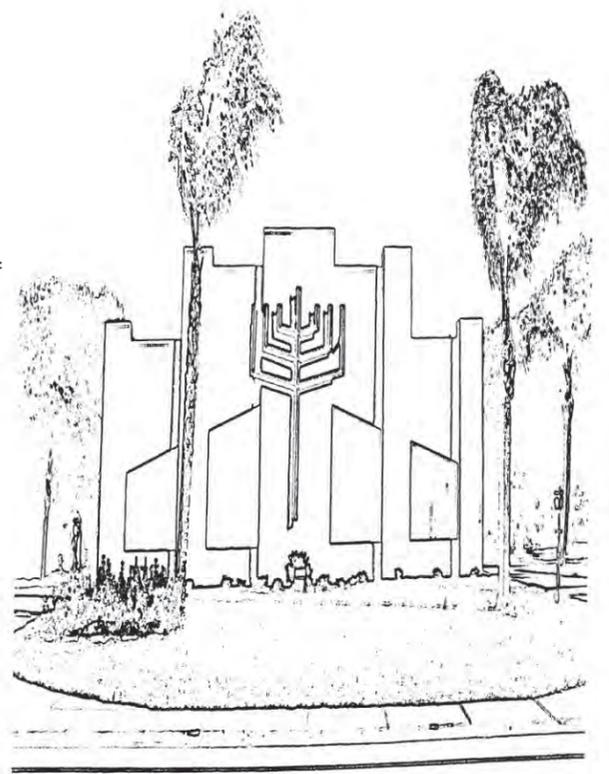
11 a.m. - 1 p.m.

RSVP to:

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Sheila – 634-3765

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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.



PHOTOS MARLENE GREENBERG

Smokey

Smokey is a beautiful black boy who actually lived at C.A.R.E. several years ago. His owner died, so this senior boy no longer had the care and love he was used to. After he was taken to county shelter, his chip still showed up for C.A.R.E., so they went and picked him up. Being a senior, he is quiet and trying to get used to all the other cats. Why not give this nice boy a forever home? Smokey has been neutered, is current on his shots and is microchipped.

DOB: January 2, 2002.



Tilly

Tilly is an adorable Carolina dog mix with the cutest ears. She had a home since she was just a few weeks old but, unfortunately, her family can no longer care for her. Tilly is a fun gal with a big personality. She zips around the yard playing chase with the other dogs. When it is time to settle down, Tilly is just as happy to snuggle. Tilly has also been around dogs and kids her whole life. Tilly is spayed and current on her shots.

DOB: April 2, 2012.

Fish Tales: Cold fronts, warm hearts

You might have complained about the weather this week. In fact, I overheard some anglers complaining about the wind and fog. My thought? They should have been thankful that they were in Florida and not up north in the snow.

Don't let a cold front keep you from going fishing. Make the cooler weather work for you. The fish will go to the bottom to keep warm, so fish the bottom. They will go behind rocks or deep holes, so fish there. Even when the sky is saturated with clouds, fish are everywhere and a savvy angler will be out there catching them.

If you want to make the world a better place, just relax and go fishing.

Fog stopped some visibility from boats, but there were those who fished from land, piers and bridges, and found that sheepshead this week were making a big splash all around.

Flounder can be found in most all seafood restaurants, but why eat out when you have plenty of flounder in your waterways?

This flat fish is lean and a great tablefare.



By Jonie Maschek
Member: Florida Outdoor Writers Association

You might find a new adventure by fishing the flats. The deep grass flats are full of trout, while the low flats have redfish tailing while feeding.

It will take a lot of concentration to fish the shallows. The least sound or movement will spook the fish, and when this happens, they will streak away to a deeper depth. Silence is a must; turn off your motor as you glide in. Some have electric motors to take them into the shallows; others turn off the motor and use an 18- or 19-foot pole to make their way in without a sound. Those in canoes and kayaks have it made; they can just paddle into the shallows.

If you are fishing in the wind, try using a braided line of 10 pound and a 20 in leader, which will give you a longer cast and make it easier to buck the wind.

Big trout swam into our area just as soon as we had a cooler day. Many were catching them and having the time of their lives.

How fortunate you are, to have saltwater angling, and also freshwater in our many lakes and upper rivers.

It is nearly Valentine's Day — it's been happening since 1415. Take your Valentine for a boat ride. You can tell her all about fishing as you ride side by side.

Happy Valentine's Day. Be safe. Fish together, tell someone ashore where you plan to fish, and watch the weather.

Committed Forces Memorial to be dedicated March 1

At 11 a.m. on Saturday, March 1, the Veterans Memorial Park and Museum Committee Inc. will dedicate the Committed Forces Memorial at a ceremony at the Veterans Memorial Park, 3602 US 301 North, Tampa.

This memorial honors all the brave men and women who have served in the US military in conflicts around the world — places such as Bosnia, Granada, Somalia, Panama, El Salvador and elsewhere. To date, there are 26 such Committed Forces memorials arranged around the globe.

The March 1 program will feature a brief overview of operations by military veterans who participated in some of these battle zones. The CENTCOM Color Guard will present Colors, and the National Anthem will be sung by Sarah Smith. The invocation and benediction will be offered by Ordained Minister Linda Pugsley, former US Air Force Nurse and Vietnam Veteran. Rolling Thunder, Florida Chapter 11, will conduct the POW/MIA Missing Man Ceremony, followed by TAPS and a rifle salute by the Riverview Detachment of the Marine Corps League.

This event is open to the public and all are encouraged to attend to show support for America's service members. Refreshments will be provided by the Women and Men's Auxiliaries of the VFW Post 8108, Riverview.

For more information, call Walt Raysick, immediate past president of the Hillsborough County Veterans Council at (813) 653-4924.

3 Riverview students make Dean's List

Benjamin John Heckman has been named to the Dean's List at The Citadel, The Military College of South Carolina, for academic achievement during the fall semester of the 2013-2014 academic year.

Dean's List recognition is given to those students whose grade point average is 3.2 or higher with no grade below a C for the previous semester's work. The Citadel, founded in 1842, is a public, coeducational military college in Charleston, S.C.

Dorothy Paxton has been named to Berry College's Dean's List for the fall 2013 semester. To be eligible for Dean's List, a student must carry a semester GPA of 3.5 or better. Berry College is an independent, coeducational college located near Rome, Ga.

Rachel Tay was named to the Fall 2013 Dean's List at Wake Forest University. Students who earned a 3.4 with no grade below a C were named to the list. Wake Forest University is in Winston-Salem, N.C.

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Styled Cut™ Shampoo, Cut & Finished Style Price will vary with length or condition of hair. Specialty cuts/flat iron extra. Not valid with other offers. OS2 - EXP. 2/28/14 <p style="text-align: right; font-size: 24px;">\$19⁹⁵</p> <p style="text-align: right; font-size: 10px;">Fantastic Sams</p>	Highlights/Lowlights Free Shampoo & Style Price will vary with length or condition of hair. Haircut extra. Not valid with other offers. OH2 - EXP. 2/28/14 <p style="text-align: right; font-size: 24px;">\$10 off</p> <p style="text-align: right; font-size: 10px;">\$50 Minimum Fantastic Sams</p>
Shampoo & Set Price will vary with length or condition of hair. Haircut extra. Not valid with other offers. OSS1 - EXP. 2/28/14 <p style="text-align: right; font-size: 24px;">\$12⁰⁰</p> <p style="text-align: right; font-size: 10px;">Fantastic Sams</p>	Men's Quick Color Discreetly done at the shampoo bowl! Price will vary with length or condition of hair. Haircut extra. Not valid with other offers. OMC1 - EXP. 2/28/14 <p style="text-align: right; font-size: 24px;">\$9⁹⁵</p> <p style="text-align: right; font-size: 10px;">Fantastic Sams</p>

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Upcoming Events

Friday	6 p.m. Feather Your Nest.
Saturday, Feb. 15	Noon Bake Sale. 5 p.m. Cornish Hen dinner; dinner tickets on sale at the club. 6:30 p.m. Music by Spirit Entertainment.
Sunday	\$1 draft beer all day and evening.
Monday	6 p.m. Bingo.
Tuesday	\$1 draft beer all day and evening.
Wednesday	Come on down and socialize.

For more information, call (813) 645-2922.

RUSKIN VFW POST #6287

Ruskin VFW Post #6287, 5120 US 41 N, has listed the following weekly activities. Meetings are: VFW and LAVFW on the 2nd Wednesday each month; and MAVFW on the 3rd Thursday each month. Chapel duty at the VA Hospital every Sunday all month, 8:30 a.m.

Thursday, Feb. 13 — Bar Bingo 6 p.m.

Friday, Feb. 14 — Fish Fry 4:30 p.m. Music by You 2 Kan 7 p.m.

Saturday, Feb. 15 — Crew Games 6 p.m. Cancer Survivor party for Juanita 7 p.m. Music by You 2 Kan 7 p.m.

Sunday, Feb. 16 — Lounge Games 2 p.m. Music by Bert & Sassy 6:30 p.m. Queen of Hearts drawing 7 p.m.

Monday, Feb. 17 — Crew Games, free hot dogs 6 p.m.

Tuesday, Feb. 18 — Lounge Games 1-4 p.m. Bingo: doors open 3 p.m., Bingo 6 p.m. Kitchen opens 4:30 p.m.

Wednesday, Feb. 19 — Joe's birthday.

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310 GARAGE/YARD SALE

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

Valentine yard sale. 713 Fox Hills Dr., SCC. Thursday & Friday, Feb. 13 & 14. 8am-2pm. Dining room table, chairs, china cabinet, Twin & queen beds, dressers, night stands, sofa, entertainment center, TVs, kitchen items, lots of misc.

New handmaid 18" doll clothes, now available at Wee Boutique, 6122 Hwy 41, Apollo Beach. Next to Winn Dixie. 813-645-4569

310 GARAGE/ YARD SALE

Neptune Village Penny Sale

2525 Gulf City Rd., Ruskin. Saturday, Feb. 15, 9am-1pm. Coffee, lunch. Quilt & \$100 bill raffles. Local business donations, baked goods, treasures. Drawings start at 1pm. Everyone welcome!

Garage sale Friday & Saturday, 8am -1pm. Household items, linens, chair, ottoman, sewing machine, milk glass, red rooster china, misc. item. 1613 Faxon Dr., SCC.

Big Sale

Nice golf clubs & balls, fishing equipment, army clothes, tools, furniture, antiques, fabric, doll clothes & much more. 650 Allegheny SCC. Saturday, 8am-2pm.

Moving sale. 828 King Leon Way, SCC. Friday - Sunday, 8am-3pm. Leather recliner, rocker & swivel chair, love seat bookcases, glass coffee table, office credenza with hutch, patio table & 2 chairs, queen bed, kitchen, boat & RV items, tools, shop vac & lots of misc.

Above The Rest

Bring in a large towel & get \$3 off. Bring in a 2x3 rug or blanket, get \$5 off your purchase. Your item will go to No Kill Animal Shelter. Your item must be clean & in good condition. 139 S. Pebble Beach Blvd., SCC.

Garage sale. Feb. 14 & 15, 7:30am-1pm. 406 La Jolla, SCC. Camping equipment, 6 person tent, antiques, furniture, jugs, quilts, lamps, white kitchen table, sink.

Huge church sale. 735 Ojai Ave., SCC. Friday & Saturday, Feb. 14 & 15, 8am-2pm. Donated items, household goods, clothing, jewelry, lots of misc. Good prices, everything must go.

Church Yard Sale

Friday & Saturday
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310 GARAGE/ YARD SALE

Multi church rummage sale. Saturday, Feb. 15, 8am-1pm. 14920 Balm Wimauma Rd., Wimauma. Clothing, household goods, small appliances & furniture.

Friday & Saturday, 8am-3pm. 716 Eagle Lane, Apollo Beach. Baby gear, entertainment center, books, dishes, toys, clothes, rugs, old Tupperware

1906 East View Dr, SCC. Friday & Saturday, 2/14 & 2/15, 8:30am-1pm. Antique furniture, Vintage, collectibles, household items, lots of antiques.



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Mills named president of builders' Sales & Marketing Council

Heather Jaxheimer-Mills was installed recently as president of the Sales and Marketing Council of the Tampa Bay Builders Association, one of Florida's largest organizations for the building trades and associated professions.

Mills, a new-home sales consultant for Ryland Homes, is a long-time SMC member who has served in numerous leadership roles including vice president of the council. She also was chair of TBBA's membership efforts last year, and chaired marketing programs. Mills also vice-chaired charity efforts, and served on Awards of Excellence and Parade of Homes committees.

A graduate of Pasco-Hernando



Community College, she attends the University of South Florida and is studying for a number of

National Association of Home Builders professional designations, including the prestigious Masters in Residential Marketing.

Besides Mills, the following were named to the Sales and Marketing Council's Executive Committee: Peter Winter, Standard Pacific Homes immediate past president; Janice Snow, Homes by WestBay, president-elect; Ryan Dougherty, Standard Pacific Homes, vice president; Mike Finley, Ryland Homes, vice president/secretary; and Gayla Lees, The Real Connec-

tion, vice president/treasurer.

TBBA's Sales and Marketing Council boasts membership of more than 200 sales and marketing professionals from Tampa Bay. Through networking, speakers and a variety of educational programs for sales professionals, the SMC promotes better and more efficient sales practices to help consumers enjoy a more positive and informed home-buying experience.

Headquartered in Brandon, the TBBA is a professional organization serving Tampa Bay

construction-related businesses in Hillsborough, Pasco and Pinellas counties. These include builders, developers, suppliers, subcontractors, lending institutions, architectural and engineering firms.

The TBBA promotes professionalism and continuing education within the tricounty building-and-development industry, while encouraging industry participation in the community at large.

For more information about TBBA, call (813) 571-TBBA, or visit www.tbba.net.



Tampa Sailing Squadron Vice-Commodore Dan Fels, left, and Commodore Jim Allen.

Tampa Sailing Squadron recaptures award from Davis Island Yacht Club at 50th annual Gasparilla Regatta

The Tampa Sailing Squadron grabbed the coveted Pirate Muskatoon Award away from defending champs Davis Island Yacht Club during last Saturday's Regatta in Apollo Beach.

The much-anticipated yearly race was open to all area sailors as well as the local community. Many participants were dressed as pirates, with kudos to Bill Cullen for his colorful pirate outfit. The day opened with breakfast at the TSS clubhouse on Apollo Beach Boulevard, followed by racers taking to the high seas of Tampa Bay. Winds hit 12 knots at times, and fog challenged sailors on the 29 boats that competed in 10 races. Both Spinnaker and Non-Spinnaker races were run to add an additional tie-breaker. Afterward it was back to the TSS clubhouse for cocktails and a dinner of smoked ribs, corn on the cob, a Greek salad provided by Alpha Pizza and Restaurant of Apollo Beach, plus more than 30 different homemade desserts.

After dinner came the awards ceremony and the big announcement: the winner of the Pirate Muskatoon Award, a friendly, long-running rivalry between the Tampa Sailing Squadron and the Davis Island Yacht Club. This year, locals proved to be the better sailors as TSS Vice-Commodore Dan Fels and Commodore Jim Allen proudly hoisted the trophy for the 50th anniversary of the Gasparilla Regatta. For more information about the Tampa Sailing Squadron, visit www.sail-tss.org.

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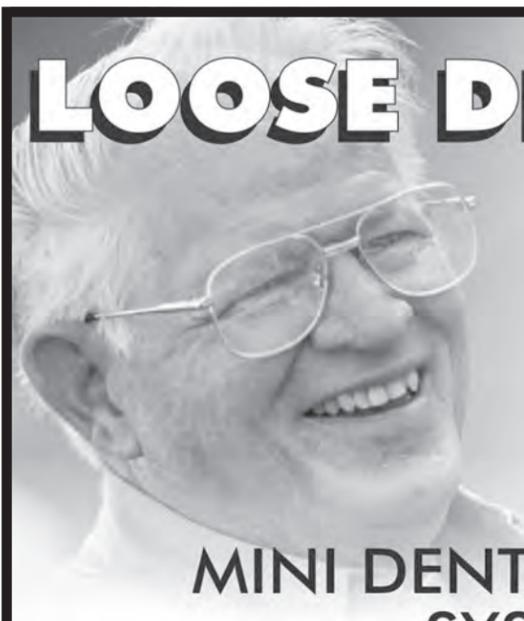
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New five-year plan adds some fire stations, changes others

By PENNY FLETCHER
 penny@observernews.net

Hillsborough County Fire Chief Ron Rogers says a recent study on future area growth has resulted in updated plans for new and renovated fire stations. After an economic downturn, growth is picking up again, especially in pockets like Big Bend Road and the US 41 industrial area in the north Apollo Beach — Port Redwing area.

Some developments, like Waterset and the Port, have grown faster than anticipated, while the Southbend Mall is lagging behind what was expected. On the southwest side of I-75 at Big Bend Road, Southbend is planned to be larger than Westfield in Brandon, but it has not yet broken ground due to the lack of big anchor stores.

“We’ve revisited a few areas and changed some of our plans,” Rogers said. A year ago, the county planned to renovate and expand the Riverview station at 9205 Kevin Dr. off Balm-Riverview Road. Now it plans to demolish that station and build a new one on the same property.

“They had to really show me some figures because it’s hard to believe there would have been so much work to bring it up to today’s standards that it would have actually cost more to renovate than build a whole new structure,” said Rogers. “But that’s true. So we’re going to have a new station there.”

First, though, is a renovation of the existing station in Apollo Beach on Golf and Sea Boulevard that has already gone to the design phase. An artist’s rendering should be available for print soon, he said.

After Apollo Beach, a new Fire Rescue station will be built in the Bloomingdale area at the corner of Bloomingdale Avenue and Bell Shoals. “It will be brick on the outside,” Rogers said. “Starting in Ruskin, we adopted the ‘look’ of the individual community.”

Although all the interiors of new stations will be built similar to the Ruskin station recently built on College Avenue, the exteriors will attempt to mirror the look of their surrounding communities, the chief said.

Following the new Bloomingdale station will be one at Springhead in Plant City, which will have a wrap-around porch like buildings in that area.

Those two are at the stage of evaluating bids that have already been turned in.

The Riverview station and a new station to be built at the intersection of SR 674 and CR 579 in Wimauma are just now going out to bid.

Also new to the plan is a station to be built at the very north end of Apollo Beach on US 41 north of the highway’s entrance to Caribbean Isles. The department also owns land at Powell Road and US 41 in Gibsonton, and a station is also planned there.

That area, with industrial zoning between the Big Bend corridor and the Port, is expected to expand widely, he said.

“That fact, plus all the new housing developments in the area, make new stations a ‘must’ for a good response time,” Rogers said. He says he hopes roads will keep up with the development so bottlenecks that now exist in those areas — especially at rush hours — will not impede emergency vehicles.

“We’re building in some benchmarks, but this is our five-year plan,” Rogers said.

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My Warrior's Place

► Continued from page 5

there wasn't anything set up to reintegrate veterans back into life after war.

"They just stuff their feelings," Sims said. "Some people stay stuck in their grief for years."

She should know. Not only is Sims a licensed grief clinical psychologist, her entire family has served in the military. "I'm a career military daughter, wife and mother," she joked Feb. 4 in an interview at My Warrior's Place. "My dad was Army, my husband was Navy, Air Force and Army."

Most of the time, peer mentoring can be done by telephone, or even email, she said. "We do the matching, so that someone in New York could be matched with a mentor in California. It depends on what we're trying to match. Location means nothing; in fact, most never meet their peer mentors face-to-face."

Any soldier who doesn't feel pain after seeing horrific things on the battlefield could become a sociopath, Sims said. "But they hesitate to talk about these feelings because of the responses people give. Most people just don't want to hear it. But here, in a safe setting around others who have had similar experiences, or over the phone with a peer mentor, they can let it out and finally let it go."

"We try to match people with someone who has had a similar loss, like a mother who has lost a son with another mother who has lost a son, even in a similar way," Sims said. "We're not training counselors, we're training listeners. People who can understand the kind of pain, even though it is different for everyone."

They're also in the process of planning a building so active duty personnel can learn to use peer mentors.

The mentors aren't counselors or therapists. They're trained to listen, and because they're matched with others who have had common experiences, they can relate and make the person talking feel safe.

Sometimes, though, more than peer help is needed.

That's why Kowall stays in touch with Heather Comfort, a practicing psychotherapist for 18 years.

"I'm on call if I'm needed," Comfort said. "But I also go volunteer there, plant plants, help with landscaping and cleanup or special projects. It's a healing place."

Comfort has two local offices, one on Apollo Beach Boulevard and the other in Brandon.

She backed up what Sims and Kowall said. People who have been through trauma need to let it out but many hold onto it for days or years.

It's not just veterans who need

help after war, but their families as well. Especially Gold Star Mothers like Kowall and Lorrie Fleming who have lost children in battle.

Fleming, who lives in Polk City near Orlando, met Kowall at a Gold Star Mother's meeting and has been coming to her retreat whenever she can get away ever since.

Fleming lost her son, Army Sgt. Terry Lisk, in 2006.

"The Gold Star Mothers are a sisterhood," she said in a telephone interview Feb. 6. "We are all different yet we are all alike. Being together, we can be ourselves because everyone has felt close to the same thing."

Fleming said visiting Kowall's retreat was very uplifting and that she has begun to help with the boating programs when she can.

"There were some soldiers there from the 82nd and 101st Airborne divisions and they all called me Mom. It was such a good feeling."

The acre-and-a-half retreat on the Little Manatee River can use people, money, supplies, talent and ideas.

Kowall said anyone with a pet project they want to see happen is welcome to discuss it with her.

An Eagle Scout put in a relaxing waterfall pond in the front yard. Kaitlyn Arruda, to earn her Girl Scouts Gold Badge, planned a fire pit, which will be built Feb. 20 and 21 with the help of a Home Depot crew.

Pat Garland, a Sun City Center resident who can trace a family member through the service in every war since the American Revolution, has had family members from all over the country send money to install flagpoles, one for each branch of the service, and the American Legion Riders from Ellenton did the masonry work to install them.

"They just went in on Corey's birthday, and I felt like it was his birthday present," Kowall said.

It's a quiet place where local veterans and their families can go, or people can come in from all over the country — and already have — for a few hours or days, up to four weeks.

Sims left South County Feb. 4 after five days working with Kowall. The two know they will meet again someday, as the programs continue to get tweaked.

Many church and civic groups now are working with Kowall, and Leadership Hillsborough has taken on her retreat as a project, but money is always needed to expand existing programs and events and train for and offer new ones.

For more information about My Warrior's Place, visit www.my-warriorsplace.org or email Kowall

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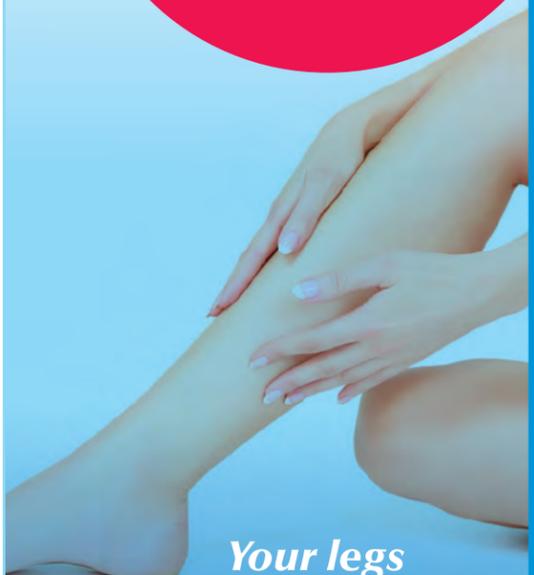
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