



What's on at the Ruskin Family Drive-in, you ask? Showing from Friday, Feb. 28, through Thursday, March 6, is **The LEGO Movie** at 7:30 p.m. and **RoboCop** at 9:10 p.m. Located at 5011 US Hwy. 41 N, Ruskin, www.RuskinFamilyDriveIn.com

■ The boys of summer prepare to take the field! Opening day for East Bay Youth Athletics (formerly Little League) is Saturday, March 1. Ceremonies will be held Friday night, Feb. 28, at 5:30 p.m. at Vance Vogel Park, 13012 Bullfrog Creek Road, Gibsonton. Visit tinyurl.com/observer-ebll for more information.

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Lennard Longhorns going to state semifinals

The Lennard High School Longhorns basketball team is on its way to the 6A state semifinals after a 74-63 victory over Lehigh High School last Saturday. The team will play Lake Minneola at 4 p.m. at the Lakeland Center Friday, Feb. 28. If they prevail, they'll be in the 6A state championship game Saturday, March 1. Under the direction of head coach Danny Gaddis, the Longhorns have been this year's Cinderella team, finishing the season at 25-4. This will be the school's first-ever final four appearance. The championship games will be live on Bright House Sports Network Channel 47 and HD 1147. Semifinals and championship games will be streamed live on www.bhsn.com. Above, Robert Gant shoots for the Longhorns with a packed house cheering the team on. Below, after-game interviews for the school's morning show.

CRISTIAN TORRES PHOTOS



The growing, invisible, silent epidemic

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

From the cockpit of my sailboat, I called the NASA Causeway bridge tender via VHF radio to request an opening as a southbound vessel. I heard a reply and saw the bridge opening. I then also saw what appeared to be a northbound barge. I assumed the barge had the right of way, so I circled just north of the now open bridge, waiting.

And I waited. The barge appeared to be only crawling.

I circled and waited some more.

Finally, from the radio I made out, "Captain, this is the NASA Causeway Bridge. CAN YOU HEAR ME?"

The truth was that I couldn't. At best, I could only understand a few words.

It turned out that what I thought was a barge was actually a floating platform for workers as they painted the bridge. The bridge tender had called repeatedly to tell me to simply go through. He had held the bridge open as I just circled



MITCH TRAPHAGEN PHOTO

Dr. Scott Sims of Physicians Choice Hearing and Dizziness Center in Sun City Center has been serving patients in the community since 1996. Now he is finding the average age of his patients has decreased significantly.

needlessly in front of it.

I am severely hearing impaired. I have state-of-the-art hearing aids but they can only do so much. I can rarely understand voices that I am not familiar with. I can rarely take telephone calls, even though my

cell phone beams straight into my hearing aids. I do not understand what I hear on a television, even though, at home, the television sound also beams into my hearing aids. I do not understand what is

▶ Continued on page 32

Reflexology gaining acceptance in the United States

It is a standard practice in many countries

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

"When I leave I'm in a whole new place," said Trudy Coleman, a longtime resident and former owner of The Coleman Connection Realty in Sun City Center. "It's a world of comfort. Like being cut free of all your up-tightness. It's a very short hour."

Coleman is just one example of the local people who have tried reflexology and said it helps them relax and can eliminate pain.

History shows that the ancient Egyptian and Chinese practiced it, and now many other countries use it as established alternative medical practice.

Debi Sanguedolce, a licensed massage therapist, uses therapeutic reflexology in her office at A Peaceful Harbor Day Spa and Salon in Apollo Beach, owned by Kathie McPhee.

Sanguedolce has taught reflexology at Keiser University

and at Manatee Technical Institute, where she is also on the Advisory Council.

"A lot of people who are embarrassed by massage will take off their shoes and let us work on

their feet," she said. Others use both massage and reflexology for many things, especially stress and pain relief, she said.

Coleman swears by it.

The technique involves the 2,000 nerve pathways through the body that end in the feet. All the organs and systems in the body are represented in what reflexologists term "zones" in the feet. The hands mirror the feet and also can be used to receive benefit from reflexology, but reflexologists say working on the feet is the most powerful.

"Applying static compression to certain places in the feet or hands can initiate the healing process," Sanguedolce said. "This technique was introduced in the United States in 1913 by William Fitzgerald, an ear, nose and throat specialist.

When researched on the Internet, the history of reflexology in the US also



PENNY FLETCHER PHOTO

Debi Sanguedolce, licensed massage therapist and practicing reflexologist, works on a co-worker's hands during a break.

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Business owners join “Building for America’s Bravest”

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

It isn't every day you get to meet a character from your favorite movie, but that's just what happened to Joan Miller, owner of Dove Interiors Carpet One Floor & Home in Ruskin, and her daughter Kim Scott last month.

It would be hard to forget the character “Lt. Dan Taylor” played by Gary Sinise in the 1994 box-office hit, *Forrest Gump*. It's a role Sinise, who was nominated for an Oscar in 1995 for the film's supporting role, never forgot. The character, who lost both legs in Vietnam, was thoroughly researched by Sinise before the film was shot. What he found changed his life enough that he founded the Gary Sinise Foundation, the mission statement and purpose of which may be seen at <http://www.garysinisefoundation.org>.

Since he played Lt. Dan, he has not only formed a foundation to help wounded veterans but also has joined the USO, and travels worldwide to entertain troops and support morale.

“Lt. Dan” may have been the most famous person at the Carpet One Convention last month in Phoenix, but it wasn't Sinise whom the conventioners honored as they took on a special project to help veterans and other first responders.

Carpet One corporate officials made it clear that all dealers would participate, but it didn't take any persuading for Miller and Scott.

“All those who put their lives on the line daily for public safety need any help we can give them,” said Scott in an interview after they returned. “Not only the

military, but the firemen, law enforcement officers, emergency medical personnel and others.”

The presentations given weren't what Miller and Scott, and Scott's husband Odell — himself a Vietnam veteran — expected to find at a Carpet One convention.

Instead of the usual “sell-the-product” talk found at most corporate conventions, Carpet One owners and staff heard presentations from Building for America's Bravest, a program to

build “Smart Homes” for those who have lost three or more limbs in the line of duty.

One of the speakers was a fire chief, John Carroll, who had a mobile museum of the 9/11 terrorism attack on the World Trade Center in New York. He told attendees about Stephen Siller, who was an off-duty fireman when the Twin Towers were hit.

“He said Siller had to run more than a mile through the tunnel

because he couldn't get his fire truck through with everyone leaving New York,” said Kim Scott. “The father of five was killed when he reached the towers, after running all that way with 60 pounds of gear on his back.”

Siller's loved ones organized the Stephen Siller Tunnel to Towers Foundation, and yearly there's a run in his honor from the Brooklyn Battery Tunnel to the

► Continued on page 18



At the Carpet One Convention in Phoenix last month, Joan Miller and her daughter Kim Scott, owners of Dove Interiors Carpet One Floor & Home in Ruskin, met with others who will be helping in the “Build for America's Bravest” program. From left are Miller, actor Gary Sinise, Scott, and Odell Scott.

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Vote expected on flood insurance rate hikes this week

■ By **KEVIN BRADY**
keving@observernews.net

A hard-fought battle to give relief to homeowners facing massive rate hikes in their federal flood insurance appears headed to the floor of the U.S. House of Representatives this week.

The new bill, which enjoys bipartisan support in Congress, would ease premium increases for primary residences and allow homeowners to pass on federally subsidized, below-market rates to

anyone buying their home.

The proposed bill would also be retroactive to Oct. 1, 2013, when the new rates went into effect and would protect existing properties from premium increases when an area's flood risk is remapped.

Second homes and businesses in flood-prone areas may still face flood insurance increases under the new bill, which is expected to be finalized this week. If the bill passes, a joint House-Senate committee will try to come up with compromise legislation,

which President Obama is expected to sign. The Senate passed a bill last month to delay flood insurance rate increases.

"We are finally coming to the point at which we can grant homeowners and businesses some relief from the huge, gargantuan — sometimes tenfold — increases in flood insurance premiums," said Sen. Bill Nelson (D-Florida).

Waterfront communities from New Jersey to Louisiana have enjoyed subsidized flood insurance through the National Flood Insurance Program since the 1960s. Of the NFIP's 5.6 million policyholders, 1.1 million are subsidized. Florida, with 2 million policies, is the program's largest customer.

With the NFIP \$24 billion in the red after losses from Hurricane Katrina and other devastating

storms and floods, Congress passed the Flood Insurance Reform Act of 2012 in an attempt to restore solvency to the program with insurance rates that more accurately reflect the risk of living in a flood-prone area. As a result, rates jumped dramatically for some homeowners last October.

The flood insurance rate hikes — 600 percent for one Apollo Beach home was not atypical under the new rate scheme — were repeated across the country in waterfront communities from Louisiana to Florida, and created a massive outcry from homeowners.

Rep. Kathy Castor, a Tampa Democrat whose waterfront district includes Riverview, Apollo Beach and Ruskin as well as Tampa and the southern tip of St. Petersburg, has been lobbying

her House colleagues since November on the issue. Earlier this month, Castor pushed for a vote on the Senate bill only to be stymied by GOP leaders.

Castor said last week, "The unreasonable flood insurance increases are harmful particularly to middle-class families across the Tampa Bay area; however, this is a national issue."

The new House bill was drafted by Rep. Michael Grimm, a New York Republican whose Staten Island district is still recovering from last year's Superstorm Sandy, and House leaders are now backing a vote on the issue.

"This will ensure the resurgence of a viable housing market in our coastal communities, and bring much-needed confidence and security to the countless homeowners still struggling to rebuild their lives and finances," Grimm said last week.

Flood insurance rate hikes, and uncertainty over whether Congress will act to delay or repeal them, has chilled the market for homes in flood-prone areas, especially Florida, and has united Democrats and Republicans from waterfront states.



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5K Fun Run for missionaries

This Saturday, March 1, Simmons Loop Baptist Church is sponsoring a 5K Fun Run/Walk to raise money for Ben and Nettie Beck, missionaries at Purdue University Baptist Campus Ministries.

Registration is \$15 per person. The run starts at 8:30 a.m., with registration from 7:15 to 8:15 a.m., or pick up a pre-registration packet Friday night, Feb. 28, at 6:30 p.m. in the Fellowship Hall. The dinner is free for 5K participants; a \$4 donation for all others will also go toward the fundraising event.

T-shirts are available at \$10 each to further support the cause.

For more information, call Wanda Carlton 813-671-1243 or the church office at 813-677-9310. The church is located at 6610 Simmons Loop Road, Riverview, www.simmonsloop.org.

Madelaine Warren to perform at Studio@620

The Studio@620 welcomes the return of acclaimed New York City cabaret/concert artist, soprano Madelaine Warren, and master vocal coach/accompanist, David Marullo, as they perform a collection of song favorites by such celebrated composers as Richard Rodgers, Leonard Bernstein, Andrew Lloyd Webber, Barry Manilow, Cole Porter, Willie Nelson, Jerome Kern and more.

One night only: Tuesday, March 4, at 7 p.m.

All seats are \$15 in advance, \$20 at the door, \$10 per person for groups of 10 or more.

The Studio@620 is at 620 First Ave. S. in St. Petersburg. For more information, call 727-895-6620.

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Positive Talk: Laughter is the best medicine

It is not really amazing to me, but it is fascinating that almost all the people I have ever met who are 85 or older seem to have a well-developed sense of humor. As an example, a gentleman being interviewed on the occasion of his 100th birthday said that his wish for a present was a new motorized wheelchair. The interviewer nodded and agreed that the old man could certainly get back



By William Hodges

and forth to the dining room with a new motorized wheelchair. But the old man said with a grin, "Don't care much about eating, but it would help me catch a few of these pretty nurses." Mark Twain wrote, "Wrinkles should merely indicate where smiles have been." In this old man's face you could see the evidence of a million smiles or more and a life well spent. In any case, with his great attitude he will probably see more years and, more than that, he will enjoy them. What can you do at home and work to laugh more and enjoy life to its fullest? Here are some things you can do:

- Smile as much as possible. I love the song from the musical *Annie* that says, "You are never really dressed without a smile." You can shine your shoes and wear your best clothes, but without a smile, you are not going to be dressed in your best. You put the finishing touch on by smiling. It amazes me how some people hoard their smiles and rarely give one away. Smiles are like hugs; it is hard to give one away without getting one back. In fact, a smile is a mental hug. If smiling does not come easily for you, then make a conscious effort to smile

at everyone you meet. It may not be long before you find yourself warmed by the reflection of your smile in the eyes of all to whom you give one.

- Put a humorous or uplifting line on the bottom of your memos. I have a friend who puts a humorous line on the bottom of all his memos. It may be a quote from someone such as Mark Twain, Jay Leno, or Zig Zigar. It might be a short joke or story that he feels will uplift our day. I asked him where he finds his material, and he said that he began by taking quotes off an inspirational calendar he had found in the drawer of an old desk. The calendar was out of date but the quotes had value and he started to share them. The more he shared them, the more people looked forward to seeing what he was going to include in his memos. The payoff for him is that people keep sending him humorous and uplifting things in return and these items, in turn, brighten his day.

- Have a laughing place in either your home or your office. Find a bulletin board and designate it as a place for everyone to pin up his or her favorite cartoon. I do have a couple of suggestions with such a board: 1. Cartoons posted should be from a magazine or newspaper that has general circulation. Cartoons by amateurs many times will not be of a family-viewing nature or will have a particular bone to pick. 2. All cartoons should be accompanied by the name of the poster. Remember Bill Hodges' rule for humor: "If you can't tell it to everyone, do not tell it to anyone."

The same applies to cartoons, "If

you can't show them to everyone, then do not show them to anyone." Although I am not a proponent of censorship, there are times when, for the common good, someone must be responsible. At home, the board should be monitored by parents; and at work, a representative of management.

Laughter is the best medicine, but if you are not up to taking a full dose, then start with a smile.

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

Free travel presentation is March 12

On Wednesday, March 12, Tauck Tours will give a free presentation at 2 p.m. at Payant Financial Plaza, 1653 Sun City Center Plaza, Sun City Center.

If you are interested in attending, RSVP to AAA Travel at 813-633-4880.

Volunteers needed at South Bay Hospital

South Bay Hospital is seeking volunteers for several positions throughout the hospital. If you have good communication skills and the desire to help others, this could be the perfect opportunity for you.

Volunteers are needed on weekdays, and hours are flexible. No experience is necessary; training will be provided.

If you are interested in volunteering at South Bay Hospital, call 813-634-0187.

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Sunday, March 2 • noon to 3 pm.

Lennard Robotics Club wins big at USF competition

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

The Lennard Robotics Club, a fledgling club of science-minded students founded by Lennard High School teacher (and former rocket scientist) James Reve, has continued making its mark on the world, competing last weekend in an engineering expo at the

University of South Florida. The Lennard Club took home several awards for its efforts, competing against a professional team from Miami and college graduate students.

The remarkable success was the ultimate show of appreciation for the outpouring of support received from the South

Hillsborough community.

“The community turned out for us, they gave us money and equipment, and without that money and equipment, we would not have been able to do this,” Reve said to his students. “We would not have been able to win these awards.”

Taking a first-place award for

a 15-pound robot named Goliath were Joseph Fiquerua and Luis Santiago.

Taking second place for a three- to five- pound robot named L-BLOCK were Jefferson Vance, Fernando Paladino

and Sylvania Valcrio. Winning second place in the balsa bridge competition — a 103-gram bridge that held up to 139 pounds — were Heriberto Amescua and

Sebastian Garcia.

There are now approximately 40 members of the Lennard Robotics Club. With the donations from the community, additional students were recently allowed to join, as the club is limited by their

“The community turned out for us, they gave us money and equipment, and without that money and equipment, we would not have been able to do this...”

—James Reve, to his Robotics Club members

available resources.

Among the donations received from the community was an electric wheelchair. The students

▶ Continued on page 2

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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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How Hearing Is Tested

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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FAMILY NEWS

Gadgets, great outdoors can coexist

Advancements in technology over the last decade have children spending more time with gadgets and gizmos, and less time enjoying the great outdoors. In fact, kids are now indoors up to 10 hours a day, according to the Joan Ganz Cooney Center, an independent research and innovation lab that focuses on educating children in a rapidly changing media landscape. But kids' increasing use of technology and opportunities to appreciate nature do not have to be mutually exclusive.

The importance of outside play

A new National Wildlife Federation report shows that kids' media habits can both positively and negatively impact health, and provides real-world advice to help parents serve as positive role models and teach children to use technology in moderation.

"Kids need to be outside all year long, especially in the winter when days are short and we're all a little more cooped up than usual," said Maureen Smith, chief marketing officer for National Wildlife Federation. "In addition to developing a deeper appreciation for the outdoors and the wildlife around them no matter where they live, it helps them burn off energy, stay fit, and be mentally focused for school, homework and all activities in their busy day."

Screen time plus green time

Technology can be a valuable tool to help families balance the lure of screen time with the importance of green time for kids. Today's connected world enables children to experience nature in ways never before imagined.

NWF's report offers families these ideas for combining technology with the outdoors:

- Rely on technology to plan or inspire outdoor adventures. This can include anything – from finding great nearby hiking trails to interactive, outdoor treasure hunts.
- Keep a record of outdoor experiences with the help of electronic photos, videos or an electronic journal. They'll love the ability to share their experiences with family and friends.
- When safe and practical, take hand-held devices outdoors to combine the best of both worlds. Just remember to plan for some fully unplugged time outside, too.
- Use tools such as Ubooly, an app-based learning toy that can turn a walk in the park into an interactive experience with activities such as scavenger hunts, nature hikes, mindfulness games and plenty of exercise.

For other helpful resources and to learn more about NWF's goal to get 10 million more kids spending regular time in the great outdoors, visit www.BeOutThere.org.

**SouthShore Regional Library
Kids program/event highlights**

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

Block Party! — Thursday, Feb. 27, 4:30 p.m.

For children ages 5-10 ~ Kids use Lego building blocks to have a fun, interactive and creative time. The library provides the Legos; kids provide the imagination! Funded by the Friends of the SouthShore Regional Library.

Bedtime Stories — Thursday, Feb. 27, 7 p.m.

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

Happy Birthday, Dr. Seuss! — Saturday, March 1, 2:30 p.m.

For children ages 5-10

There are stories and cake on a plate.
A craft you can make, so mark the date.
Lots of fun to partake, so don't be late.
It will be great, can't hardly wait!

Refreshments will be provided. Funded by the Friends of the SouthShore Regional Library.

Pee Wee Artists: Let's Create! — Monday, March 3, 1:35 p.m.

Pee Wee Artists, 3-5 years, with adult, will join our art instructor and have a fun morning creating an art project to take home. Limit 18. Registration required at either the Information Desk or by calling 813-273-3652.

Baby Time — Monday, March 3, 1:35 p.m.

Tuesday, March 4, 11:35 a.m.

Wednesday, March 5, 10:05 a.m.

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

Super Science Workshop — Monday, March 3, 3 p.m.

For children ages 5-10 ~ Join us for an interactive, hands-on afternoon, and experiment as we turn the Library into a science lab! This special science workshop features Mad Science presenting experiments on MAGNETS! Limit 25 kids. There are limited spots for this program. Pre-registration is required. Ask at the Reference Desk or call 813-273-3652. This is a school early-release Monday. Funded by the Friends of the SouthShore Regional Library.

Toddler Time - Tuesday, March 4, 10:05 and 10:35 a.m.

Wednesday, March 5, 10:35 a.m.

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

Story Time - Tuesday, March 4, 11 a.m.

Wednesday, March 5, 11 a.m.

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

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



Terrific Kids at Corr Elementary School

This month's Terrific Kids at Corr Elementary School in Gibsonton were chosen for their quality of perseverance: Pre-K – Jayden Marino; Kindergarten – Frankie Figueroa, Diya Patel, Stefany Canelo, Blake Pier-santi, Ja'kalia Wilson and Kylan Howard; first grade – Andres Lopez, Keyra Rubio, Cameron Rhine, Saul Santos-Sanchez, Julian Serrano, Nicholas Wilson, Izaiah Soto and Jatia Marques; second grade – Josemanuel Perez, Jocelyn Bueno-Hernandez, Rolando Salas, Mike Stajkowski, Faith Yearwood, Mckinna Hall and Andrew Artau; third grade – Lan'yah Neal, Kayla Mendez, Tamiah Harris, Daniel Rice, Dajuan Winters, Ronde Roseboro, Kennedy Reed, Makenzie Bowie and Stephanie Townsell; fourth grade – Ja'veon Ford, Jayden Hazel, Jada Wood, Jason Rivera and Jorge Callado; fifth grade – Daisha Dupont, Gisselle Rodriguez, Donavan Dubuisson, Tarohndra Alexander, Josiah Toro, Simon Metaute and Makayley Delarosa. The Terrific Kids program is sponsored by Kiwanis of Sun City Center and South Shore.



Terrific Kids at Cypress Creek Elementary School

In February, the following students earned the status of Terrific Kids at Cypress Creek Elementary School: Allison Vasquez-Morales, Darius Vaughn, Kimberly Hernandez-Ruiz, Yalitza Zertuche, Sara Garcia, Sanai Wilson, Jaime Grifaldo, Sergio Palomares, Dayana Benavente, Joshua Chancey, Angelica Gomez, Desirae Rodriguez, Juliana Gutierrez, Kayla Strickland, Yosmar Ulloa-Cruz, Alexis Figueroa-Vega, Sheyla Garcia-Reyes, Addysen Sheppard, Leah Furby, Megan Zobrist, Anthony Lopez, Alanys Nunez, Giovanni Palomares, Jasmine Stern, Marianna Zaragoza, Victoria Velez, Sarai Sanchez, William Chu-Crider, Ardens Homidas, Brianna Nelson, Kaylei Browne, Ismael Martinez, Orlando Campos, Daniel Harwin, Israel Bass, Daniela Medina-Zamudio, Simi Ajani, Jaylen Bocanegra, Adrian Bocanegra, Jose Geronimo, Dylan Robinson, Christian Forrester, Dereck Avila, Paris Peoples, Jaxon Kistler, Parry Samuels, Nissa Hernandez, Sa'Niyah Murray, Adriana Cortez, Jaime Herrera-Ochoa, Cristina Nelson, Elias Romero, Jamal Roche, Shamiya Humphrey, Kamila Galvan, Dulce Leon, Robert Ezell, Amarie Jones, Trinity Grimshaw, Bryce Ercolina, Joshua Cruz, Chamarie White, Maria Velasco-Francisco and Marcos Cortez. The Terrific Kids program is sponsored by Sun City Center Kiwanis.



PHOTO COURTESY OF THE RIVERVIEW CHAMBER OF COMMERCE

Tutoring Club of Valrico holds ribbon-cutting ceremony

On February 13, Susan Pre-stridge of Tutoring Club of Valrico invited the Greater Riverview Chamber of Commerce to conduct a ribbon-cutting ceremony. The event was held to celebrate the Tutoring Club's move to a new and larger location.

There was also celebration for

the fact that they have now been in business for nine years.

The Tutoring Club of Valrico, owned and operated by Susan and John Prestridge, has served hundreds of Valrico/Brandon students, providing academic tutoring and advising for the past five years. They are dedicated to helping each

student reach his or her academic goals and will work to design an individualized program.

Give them a call at 813-681-9900 to get more information or to schedule a visit. Tutoring Club of Valrico is at 4333 Lynx Paw Trail, Valrico. You can also visit www.tutoringclub.com/valricofl.

You, me and business: Decide to shop local

Now that the weather is warming up, it's a lot more fun to tootle around in the golf cart to do the weekly shopping. Whether it's Walgreens or Walmart, Alteration Station or American Momentum Bank, it's just more enjoyable out in the open.

We all know how much fun it is to shop in the South Shore area, but there's more to it than just the adventure. The Sun City Center Chamber of Commerce has a slogan, "Shopping Local Makes Cents," which outlines nine very important reasons why it is important to support our local businesses during this economy.

- Shopping local protects our special local character and personality. By choosing to support local businesses, you help maintain South Shore's diversity and charm.

- Shopping here also promotes community well-being. Local businesses build strong neighborhoods by sustaining communities, linking neighbors and by contributing more to local causes. We like to do business with people we know and trust, people with whom we share a real relationship.

- Don't we want to maintain local decision making? Local ownership means that important decisions are made locally by people who live in the community and who will feel the impacts of those decisions.

- Your dollars spent in local businesses have three times the impact on our community as dollars spent outside the area. When shopping locally, you simultaneously create jobs and fund more city and county services through sales taxes. This in turn invests in

neighborhood improvement, police, fire and ambulance, cultural arts, parks, libraries and promotes community development.

- And who doesn't want more jobs and higher wages? Local businesses create more jobs right here and, in some areas, provide better wages and benefits.

- You may not know this, but there are many, many local entrepreneurs who fuel our local economic engine and serve as a key means for residents to move out of low-wage jobs and into the middle class.

- Our local stores help to sustain vibrant, compact, walkable town centers, which in turn are essential to reducing sprawl, automobile use, habitat loss, and air and water pollution.

- Best of all, shopping local makes for a healthy competitive market. A marketplace of thousands of small businesses is the best way to ensure innovation and low prices over the long term.

- And finally, a multitude of small businesses, each selecting products based not on a national sales plan but on their own interests and the needs of their local customers, guarantees a much broader range of product choices.

With so many larger communities surrounding the South Shore area, it is always tempting to drive to them to shop; however, think of all that can be gained if only we shopped local.

So while the weather is still balmy, think local and shop local. Because when you break it down, shopping local really does make cents!



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

Local retailer releases 2014 trends in flooring and carpeting

Dove Interiors Carpet One Floor & Home has released its 2014 Flooring Trends, based on data compiled from sales trends as well as expert insights from industry partners. Although flooring trends tend to be more subtle than the trends for more replaceable home décor items, such as paint and furnishings, this year's flooring trends offer new ideas while remaining versatile for future home décor trends.

Carpet

In 2014, the color gray is the trending option for a neutral carpet. Beige is still one of the top choices, but shades of gray — from light gray to steel gray and everything in between — are becoming increasingly popular.

For colored flooring, vivid colors popular in recent years will get softer for 2014. Less saturated hues will result in a look that is more livable and has longevity. Look for Coral, Poppy and Sienna to pair with Aqua, Teal and Turquoise. Warm neutrals make for an earthy palette. Shades of Spice and Orange give new life to the red, brown, gold palettes. Gray has become warmer and more neutral, therefore pairing beautifully with Buttery Gold, Coral, Indigo and Aqua. Nonacidic greens, such as Jade and Mint, are very important, as are berry-inspired reds and purples.

Patterned carpets will become increasingly popular. These patterned floors are not printed, multicolored patterns, but rather patterns created through the manufacturing process and the way the carpet is tufted. Vine patterns and squares are two of the more popular patterns.

Hardwood and Laminate

Look for deep, dark stains, blacks and even grays in 2014 hardwood looks. Wood with more character and texturing — not just hand-scraping, but also wire brush detail — will offer more unique flooring options. Broader variations in graining and color will also be big in 2014. The color difference within flooring will be enormous — a deep coffee color with a blond variation in the same species of wood creates an unusual look.

Vinyl

Vinyl tile is becoming very popular and will continue to grow in 2014. Vinyl tile has several benefits: it is less costly to install than stone and tile, and it is softer and warmer underfoot. Technology has helped improve the realism of the product and making vinyl a surprisingly good substitute for the real thing.

Area Rugs

Similar trends and colors can be found in area rugs as well — bold colors, graphic patterns and gray neutrals. For those hesitant about incorporating a new trend in flooring, an area rug is a more cost-effective and less permanent option.

Dove Interiors Carpet One Floor & Home is at 2305 College Ave, Ruskin. Call 813-645-866- for more information.



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Observations: Here's to your health...care

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

Health care in America must be an incredibly fascinating topic to the rest of the world. We are a distant outlier — no other developed nation has the problems that we have. I have certain opinions about it that may or may not sit well with some in South Hillsborough, and I am aware that my opinions also contain a certain hypocrisy.

I was working for the U.S. House of Representatives when the Affordable Care Act was being debated and ultimately passed. During that time I was struck by just how much something as basic as human health could be so politicized. It was not productive; in fact, in my eyes what happened was counterproductive to the extreme — and both parties were to blame.

All legislators on both sides of the aisle received the same reports and numbers showing that future health-care costs would almost certainly seriously damage, if not consume, the U.S. economy within a decade or so. All but the most myopic lawmakers knew that something needed to be done. Whether what was actually done was the right thing is highly debatable (I realize that is stating the obvious), but both sides knew

that something had to change or this nation would have a problem of horrific proportions on its hands.

The Democrats passed the legislation with no votes from the Republicans. I suspect if things had been reversed, that if the Republicans had been in power, they may have passed similar legislation with no votes from the Democrats. It was all a huge political game with enormous stakes. My guess is that, for some moderate Republicans, their greatest fear was that some Democrats would bolt, leaving absolutely nothing for a solution and at least a decade of waiting before someone developed the courage to try again. Many legislators knew that could be a Very Bad Thing for this nation.

Keep in mind that, with the exception of one president, all other presidents since Theodore Roosevelt have attempted to pass some form of health-care reform. That is a century of trying to make something happen, to make something different and more workable. An entire century.

The late Massachusetts senator, Ted Kennedy, reportedly once said that among his greatest

regrets was not accepting a health-care reform offer from President Nixon because he didn't feel at the time that it was enough. But it would have been a start, at least; and that is how big, social legislation works in this country. It is imperfect and it is messy. But over time, it is supposed to get better. And now, 40 years later, we're still fighting about the very beginnings of it.

Dr. Satya Gullapalli at Prime Care of



Observations

Tampa Bay is my doctor, and, to me, she exemplifies the very best of American health care. She is patient and thorough and listens to me whine about this or that, things that are suddenly beginning to ache with age. I've had some great doctors in my time, but she is the best. I've never had to wait more than a few minutes for an appointment, and yet she allows all of the time I want. She is an outstanding doctor and a shining example of why so many people believe that American health care is the best in the world.

I do not want the government to tell me that I may or may not see her as my doctor. Also, I want her to make boatloads of money for what she does. She



MITCH TRAPHAGEN PHOTO

Hugs may be free (I didn't confirm as I chose not to take him up on his offer) but little else in life is free, including health care. We shouldn't expect it to be free. One way or another, it will be paid for, and likely through taxes overt or hidden. The choice will be ours.

deserves it. She took on the massive undertaking of becoming a doctor, and she excels at it. She has earned what should be a significant financial reward in my book, although I know with certainty that financial reward had little to do with her choice to become a doctor.

All that said, I do not believe that human health care should be entirely a free-market commodity. I do not believe that health care should be a luxury reserved merely for those who can afford it.

I also do not believe (and this required a new paragraph) that the burden of providing health care should be placed upon the shoulders of businesses, such as it is today. Small- and medium-sized businesses — which make up a huge portion of the U.S. economy — have enough to worry about without having to deal with providing health insurance to their employees. To business, that is purely a cost,

and it has no revenue potential. Providing health insurance is not the business of American business. At least it shouldn't be. It is a burden that they simply do not need and should not have (in my opinion).

There are some people in this country who brutally and casually abuse U.S. taxpayers. I know one such young woman who is a poster child for all that is wrong with the safety net provided by our tax dollars. Yet I have to believe that she is an exception. And I believe that such abusive exceptions are the lesser evil to not providing health care to the far greater majority who need it but cannot afford it. We are supposed to be an advanced nation, and, again, to me, health care should not be purely a free-market commodity. It should not be lumped into the same category as buying a Ford or a Chevy.

I don't understand why a basic level of health care cannot be

▶ Continued on page 33

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THE SAVVY SENIOR

Tips and support services for family caregivers

Dear Savvy Senior,

What resources do you recommend that offer help to caregivers? I've been taking care of my 82-year-old mother, and it's wearing me to a frazzle.



By Jim Miller

Exhausted Daughter

Dear Exhausted,

Taking care of an elder loved one over a period of time can be incredibly taxing, both physically and mentally. Fortunately, there are a number of tips and services you can turn to that can help lighten the load. Here are several to consider.

Assemble a care team: A good first step is to put together a network of people (family, friends and even neighbors) that you can call on to help out when you can't be there or need a break.

Tap local services: Most communities offer a range of free or subsidized services that help seniors and caregivers by providing things like home-delivered meals, transportation, senior companion services and more. Also, look into respite services (see respitelocator.org) that can provide short-term care to your mom so you can take some time off. Your Area Agency on Aging [at (800) 677-1116 for contact information] can refer you

to services available in your community.

Use financial aids: If you're handling your mom's financial chores, make things easier by arranging direct deposit for her income sources, and set up automatic payments for her utilities and other routine bills.

If you need help, hire a professional daily money manager (aadmm.com, 877-326-5991) who can come in once or twice a month to pay bills, make deposits, decipher health insurance statements and balance her checkbook. They charge \$25 to \$100 per hour. Or, if your mom is low-income, a similar service is offered by AARP (aarpmp.org) in select communities for free.

Benefitscheckup.org is another excellent resource you should use to look for financial assistance programs for lower-income seniors.

Get insurance help: If you have questions about Medicare, Medicaid or long-term care, your State Health Insurance Assistance Program (SHIP) is a great resource that provides free counseling on all these issues. Call (800) 633-4227 or visit shiptalk.org to locate a nearby counselor.

You can also get help online at medicare.gov/campaigns/caregiver/caregiver.html, and through the Medicare Rights Center, which staffs a hotline at (800) 333-4114 to help answer questions.

Use technology: If your mom

lives alone, consider renting for her a medical alert device, which is a small pendant-style "SOS" button that she wears, that would allow her to call for help if she falls. These are available through companies like lifelinesys.com and lifecycle.com for about \$1 per day. Or check out home monitoring systems at mylively.com, beclose.com or grandcare.com.

There are also a number of great websites you can draw on for caregiving information and support like aarp.org/caregiving, caregiver.org and caring.com, along with alz.org/care, alzheimers.gov and thiscaring-home.org for caregivers of dementia patients. And if you're sharing care responsibilities with others, sites like lotsahelpinghands.com, care-solver.com and caringbridge.org can help you coordinate together.

Hire help: Depending on your mom's needs and budget, you may want to hire a part-time home-care aide who can help with things like preparing meals, doing laundry, bathing or dressing; or if she needs health care services, a home health

aide. Costs can run anywhere from \$12 up to \$40 per hour, depending on where you live and the qualification of the aide. To find someone, ask for referrals through friends, doctors' offices or hospital discharge planners, or visit medicare.gov/homehealthcompare.

If you need additional guidance, consider hiring a geriatric care manager (caremanager.org) who can help you manage and facilitate your mom's care. Care managers generally charge between \$100 and \$200 per hour.

Take care of yourself: Make your own health a priority. Being a caregiver is a big job that can cause emotional and physical stress and lead to illness and depression. The only way you can provide the care your mother needs is to make sure you stay healthy.

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

Attention, all Women of the Military Sea Services!

Tampa Bay WAVES Unit #55 will meet on Saturday, March 8, at 11 a.m. at the Assisted Living Facility of Hawthorne Village, a retirement community on West Lumsden Road in Brandon, just west of Kings Avenue on the south side of Lumsden. The Assisted Living building is the first one on the right of the entrance road into the Hawthorne compound.

The mission of WAVES Unit #55 is to participate in various events assisting American veterans, especially female veterans, including support of programs at James A. Haley VA Hospital in Tampa.

The unit is actively seeking new members and welcomes all women who served honorably (including those currently serving) in the U.S. Navy, Navy Nurse Corps, Coast Guard, Marine Corps or Maritime Service, or related reserve components.

Go and get acquainted with other Sea Services women veterans and retirees. You're sure to enjoy the fellowship and activities that will rekindle memories of your military service days.

For further information, call Jeanette Green at 813-657-9164.

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Brandon Causeway - 813-651-4640
11235 Causeway Blvd. (next to Publix across from Wal Mart) M-F 9-9 Sat 9-6 Sun 11-5

Enjoy a paddle trip at Camp Bayou

Two upcoming paddle trips at Camp Bayou in Ruskin will help you get closer to nature.

On Friday, March 14, at 7:30 p.m., take a guided moonlight paddle around the river loop. The only illumination is the light of the moon.

On Saturday, March 22, at 9 a.m., follow the naturalist guide in a paddle around the river loop. Canoe rentals are \$25 for a three-seater, or bring your own canoe and kayak and join the tour for a \$5 donation. Reservations are required for this event; call 813-641-8545 or email campbayou@gmail.com.

Camp Bayou is at 4202 24th St. SE, Ruskin.



Fish Tales: Tourists here, snow's there

■ By **JONIE MASCHKE**
Member: Florida Outdoor Writers Assoc.

Last week's temperatures were in the 70s and 80s with sea fog and a muggy atmosphere some mornings, not the best conditions for anglers who like to fish early.

Our sunny weather has brought more tourists this year than ever, with Florida the only state without snow and an average of 70 degree weather. Even Hawaii had snow in the Big Island's higher elevations.

Boats are everywhere when the sea fog lifts. We are having traffic jams on our roads and on our waterways.

We saw the usual catches last week, perhaps more sheephead than any other species. Sheephead are a lean white-meat fish, and very good table fare. This is the fish that can take all of your bait unless you figure out how to set the hook. Let him nudge your bait, count to three, then set the hook.

Flounder catches were alongside catches of redfish last week, both seeming larger than usual size.

The redfish limit is one per person

per day, not less than 18 inches or more than 27 inches.

Flounder must be at least 12 inches, and the legal limit is 12 per day.

Trout love our waters, and in cooler weather they are in the deep grassy flats. When the weather is hot, you'll find them in shallow grassy flats. Some

fishermen are catching them from their private docks along the Little Manatee River.

Cockroach Bay is a good fishing area but not as many anglers are going in there now. They tell me the bay has so many restrictions they just don't bother to fish there.

Did you know that Florida is the only state with two rivers that have the same name? There is the Withlacoochee in north-central Florida, and a Withlacoochee River in Central Florida. They have nothing in common except their names.

Do you know where the divers capital of the world is? It is in Florida at Key Largo.

What is the largest sailboat race in the world called? It is the annual Mug Race, which runs 42 miles, in Florida, from Palatka to Jacksonville along the St. Johns River.

You live in the greatest place in the world to go fishing, so don't be a couch potato, and enjoy our waterways.



FISH TALES

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Learn to safeguard your identity in sheriff's seminar

An informational seminar on identity theft, scams, Medicare information and how to protect yourself in today's world will be from 9 a.m. to 1 p.m. on Thursday, March 13, at the Riverview Civic Center, 11020 Park Drive, Riverview.

The seminar is sponsored by the Hillsborough County Sheriff's Office, Riverview Community Station.

Call 813-672-7822 for reservations. Lunch will be provided.

Students can earn community service hours by playing ball

Caring teens who would enjoy helping kids with physical and mental challenges play sports can earn community service hours by serving as a Buddy for a child with special needs.

Buddies are paired up with players/cheerleaders to help them on the field during games. Buddies are needed now for Spring Tomahawks Baseball (25+ hours); the season is March to May.

The program is from 9 to 10:30 a.m. on Saturdays at East Bay Youth Athletic fields, 13012 Bullfrog Creek Road.

For more information, call Tina Pipher at 813-352-4390.

Gary Bailey gets academic honors

Gary John Bailey of Riverview achieved merit list honors at Brenau University for the fall semester in the 2013-14 academic year.

Merit list students must maintain a 3.5 grade point average while carrying 12 to 14 semester hours of course work, with no grade lower than a B.

Founded in 1878, Brenau University is a Gainesville, Ga.-based liberal arts institution with enrolled students in graduate and undergraduate studies on campuses and online.



Members of the Brandon Chapter of Rolling Thunder recently placed a Bowe Bergdahl sign in Hillsborough County Veterans Park to remind visitors to the park that there is a U.S. POW from the war in Afghanistan being held in northern Pakistan.

Rolling Thunder wants to educate the public about POWs

Rolling Thunder is a POW/MIA advocacy organization with more than 100 chapters nationwide. Its Florida Chapter 11 operates out of the Brandon Masonic Lodge #114 at 203 N. Moon Ave., Brandon. Its mission is to educate the public that more than 90,000 servicemen and women have been left on the battlefield unaccounted for since WWI.

The current conflict in Afghanistan has one POW being held since June 2009 in the northern tribal regions of Pakistan by the Haqqani network, allied with the Taliban. His name is Sgt. Bowe Bergdahl; his parents are Bob and Jani Berg-

dahl of Haley, Ida. They have had many disappointments since Bowe's capture nearly five years ago, the latest just this past week, when the negotiated exchange of five Guantanamo prisoners for Bowe fell through. Rolling Thunder is concerned that Bowe will not be released before the U.S. pulls out.

Rolling Thunder, Florida Chapter 11, is leading a project to build a POW/MIA Memorial at Hillsborough County Veterans Park. They received permission from the County Commission to place this Bowe Bergdahl sign at the site

of the future memorial to remind visitors to the park that we have a live POW in the current conflict. They ask everyone to write their congressmen and senators to remind them about Bowe, and to do whatever it takes to bring Bowe home safely before the U.S. leaves the region.

For more information about Rolling Thunder or to join their cause, visit www.RollingThunderFL11.com. They meet the fourth Saturday of every month at 10 a.m. at the Brandon Masonic Lodge, 203 N. Moon Ave., Brandon. Meetings are open to the public.

Ruskin Cemetery CleanUp is March 29

The Ruskin Cemetery Project is prepared to welcome volunteers at its Ruskin Cemetery CleanUp on Saturday, March 29, starting at 8 a.m.

This spring event focuses on general preparation for the storm season ahead. It includes the usual trash pickup, removing all glass containers, pruning bushes, raking leaves and removing dead tree branches.

Families who have unauthorized decorations, plantings, statuary, loose rock and pavers are asked to remove those items prior to this work day.

In addition, restoration will begin to lift flat memorial markers that have sunk below the grass line. This will be an ongoing process, and able-bodied men and boys are needed.

The Ruskin Memorial Park is the only cemetery nearby serving the communities of Riverview, Gibsonton, Apollo Beach, Ruskin, Sun City and Sun City Center. It is a nonprofit run by volunteers who have been humbled by the response at past cleanups. Community participation is vital. Families, friends and neighbors are welcome.

Bring work gloves, shovels, rakes, weed-eaters, pruning tools, chainsaws and rakes.

For more information, call 813-892-7235 or 813-645-3211.



Play ball!

East Bay plans weekend ceremony

The East Bay Youth Athletics organization will hold an opening ceremony for the Babe Ruth/Cal Ripken Baseball and Softball League at 7 p.m. on Friday, Feb. 28.

The opening ceremony will take place at the Baseball/Softball Complex at Vance Vogel Park in Riverview at 13012 Bullfrog Creek Road, Gibsonton.

Based on current registration and historical data, organizers expect the event should attract about 1,500 participants (over 800 children are registered).

This is East Bay Youth Athletics' first year as part of the Babe Ruth/Cal Ripken Baseball and Softball League.

In addition, Hillsborough County conducted extensive modernization of the facility, and it will be showcased at this event.



St. Jude Children's Research Hospital

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St. Jude Trike-A-Thon program at Kids R Kids Southshore teaches safety

Kids R Kids Learning Academy of Southshore will join thousands of pre-schools, daycares and other groups across the country in sponsoring a St. Jude Trike-A-Thon event during the week of March 3, to benefit St. Jude Children's Research Hospital®, one of the world's premier pediatric cancer research centers.

The weeklong event teaches bike and riding-toy safety lessons using interactive stories featuring characters, Bikewell Bear® and Pedals the Bunny®. At the end of St. Jude Trike-A-Thon week, students will bring their tricycles to school to practice their newly learned safety lessons.

In addition to safety lessons, kids learn about helping others, including the patients of St. Jude. Families, friends and the community team up to support the hospital by

pledging a donation for St. Jude Trike-A-Thon Week. Because no patient is ever denied treatment from St. Jude because of an inability to pay, funds from public fundraisers such as the Kids R Kids Southshore St. Jude Trike-A-Thon help the hospital's mission of finding cures and saving children. For more information on how to make a donation, contact Carrie Elwell at 813-672-0400.

This is the sixth year that Kids R Kids Southshore has held the St. Jude Trike-A-Thon program. Kids R Kids has raised more than \$9,442.50 since it began in 2008. "We challenge family and supporters of Kids R Kids Southshore to join us in helping to teach our kids about riding safety while raising funds for St. Jude," said Carrie Elwell, event coordinator. "I'm

so proud that our students are able to help give hope to thousands of children battling cancer and other deadly diseases at St. Jude."

Joining young children across the U.S. in the St. Jude Trike-A-Thon program is cable network Nick Jr. and character favorite, Dora the Explorer. A supporter of St. Jude since 2007, Nick Jr. airs Public Service Announcements featuring Dora inviting children to participate in the program. The Dora announcements can also be viewed by visiting www.stjude.nickjr.com.

Since its inception in 1983, the St. Jude Trike-A-Thon program has raised more than \$87 million. For more information, visit www.stjude.org/trike or call 1-800-626-BIKE (2453).

Good Samaritan Mission fights causes of hunger, poverty



The fifth 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

William Cruz Jr. is glad to put food on an impoverished family's table, but it's their minds he's really after.

On a crusade to break the cycle

of poverty one person at a time, Cruz sees hunger as a symptom of deeper issues that can be solved through education.

"It's all about giving people an opportunity to better themselves and give back to the community," said Cruz, executive director of Wimauma's Good Samaritan Mission.

Cruz is a member of Hillsborough County's first family of charity, although "charity" is a word Cruz never uses when describing his work. His parents, Pastor William and Dora Cruz, founded

the Good Samaritan, Beth-El and Lord's Lighthouse missions.

"I have been helping out at Good Samaritan on and off since they started the Good Samaritan Mission 30 years ago," said the younger Cruz.

A licensed family-and-marriage therapist with a degree from the University of South Florida, Cruz also is an ordained minister and might have seemed the logical choice to take over when his parents, both in their late 70s at the time, decided to retire from Good Samaritan in 2008.

Cruz wasn't so sure.

"My parents wanted me to take over the family business, but my calling was to be a Christian therapist," Cruz said.

When the mission's board of directors asked if he would be willing to take over, Cruz said yes "but I have a different vision for the mission."

That new vision started with an analysis of the community the mission served. Using national, state and county databases, Cruz's study found a population struggling with domestic violence, diabetes, HIV/AIDS, teen pregnancy and gang violence.

"If we are really going to go to the core issue of what these people are going through and effectively help them to better their lives, then we need to address those issues," Cruz said.

As a result, the mission began offering short classes for anyone

who wanted

to use the food bank. Classes run from 9 to 11:30 a.m. every Tuesday, and students earn a token for each class they attend.

Each token, in turn, earns students an empty bag that they can use at the mission's food bank. Set up to resemble a small grocery store, the mission lets clients or students stroll the aisles to select the food they need. The more classes a student takes, the more tokens they earn and the more bags they can fill.

"Sometimes people save the tokens for another day when they really need the food, but we also have people who don't need the food but just come for the classes and give their tokens to others who

Continued on page 19

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PHOTO COURTESY OF WILLIAM CRUZ JR.
William Cruz Jr. congratulates a recent graduate of classes at the Good Samaritan Mission.

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EVENTS CALENDAR

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

FEBRUARY 2014 EVENTS *REGISTER NOW! (813) 419-5020

Thu 27:	SilverSneakers® (MSROM)* WII BOWLING	9:30 to 10:30 am 2:30 to 3:30 pm
Fri 28:	SALSA DANCING SLOW FLOW YOGA GENTLE CHAIR YOGA	10 to 11 am 1 to 2 pm 2:15 to 3:30 pm

MARCH 2014 EVENTS *REGISTER NOW!

Mon 03:	MORNING MOVIES CANCELED CARING CASTLE FOOD DISTRIBUTION SLOW FLOW YOGA GENTLE CHAIR YOGA	CANCELED 9 am to Noon 1 to 2 pm 2:15 to 3:30 pm
Tue 04:	SilverSneakers® (MSROM)*	11 am to Noon
Wed 05:	LINE DANCING* : Beginners or Advanced (Classes Limited to 30 ppl)	11 am to Noon; 12:15 to 1:15 pm
Thu 06:	SilverSneakers® (MSROM)* WII BOWLING	9:30 to 10:30 am 2:30 to 3:30 pm
Fri 07:	SALSA DANCING SLOW FLOW YOGA GENTLE CHAIR YOGA	10 to 11 am 1 to 2 pm 2:15 to 3:30 pm
Mon 10:	MONDAY MORNING MOVIES SLOW FLOW YOGA GENTLE CHAIR YOGA	10 am to Noon 1 to 2 pm 2:15 to 3:30 pm
Tue 11:	SilverSneakers® (MSROM)*	11 am to Noon
Wed 12:	LINE DANCING* : Beginners or Advanced (Classes Limited to 30 ppl)	11 am to Noon; 12:15 to 1:15 pm
Thu 13:	SilverSneakers® (MSROM)* WII BOWLING	9:30 to 10:30 am 2:30 to 3:30 pm
Fri 14:	SALSA DANCING SLOW FLOW YOGA GENTLE CHAIR YOGA	10 to 11 am 1 to 2 pm 2:15 to 3:30 pm

LINE DANCING PARTICIPANTS:
Closed-toe shoes with non-stick bottoms only permitted. No scented perfumes & lotions to class.

Food Bank Coordinators are asked to pick up their goods from the Have a Heart Caring Castle at the JSA office: 787 Cortaro Drive 9 am to NOON

UPCOMING SEMINAR:
Wed, March 19
2 to 3 pm
CREDIT CARD FRAUD:
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Seminar by Doug Rebeor, Business Advisor
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Widex	Flash	5	1	\$1,699 ea.
Rexton	DAY	6	1	\$1,599 ea.
Phonak	Cassia	6	1	\$1,899 ea.

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Islamists in the US is topic of speech

The Sun City Center Republican Club will sponsor an appearance by Dr. Jonathan Matusitz at 11:30 a.m. on Tuesday, March 4, in the Banquet Room of the Sun City Chamber of Commerce.

Matusitz is an associate professor, Nicholson School of Communication, at the University of Central Florida. He will speak on the subject "Islamist Supremacism in America."

This event is open to anyone wishing to attend.

Small Business Roundtable is Friday, Feb. 28

Rep. Ross Spano (R-Dover) will host the next meeting of the quarterly Small Business Roundtable, 9 to 11 a.m. on Friday, Feb. 28, at the Winthrop Barn Theatre in Riverview.

The topic: Previewing the 2014 Small Business Legislative Agenda. "Input from small-business owners who live and work right here in the community is critical to implementing an effective legislative agenda," said Spano.

The Winthrop Barn Theatre is at the intersection of Bloomingdale Avenue and Watson Road in Riverview

For more information, call Matthew L. Yost at 813-655-3742. Admission is free.

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The BeatleBeat band.

Beatles tribute band appears one night only at Ruskin VFW

BeatleBeat, four talented musicians who re-create the look, style and sound of the most famous rock band in the world, will appear Saturday, March 1, at Ruskin VFW Post 6287.

The group plays all the Beatles' classics, performed with vintage instruments to capture the sound that changed popular music forever.

Doors open at 7 p.m., and the show starts at 8 p.m.

Tickets are \$20 for regular seats; \$25 for the first two rows. This concert is open to the public.

The Ruskin VFW is at 5120 U.S. Highway 41 N, across from McDonald's. For more information, call 813-645-2935.

Dedication of Committed Forces Memorial is this Saturday

The Veterans Memorial Park and Museum will dedicate the Committed Forces Memorial at 11 a.m. on Saturday, March 1. The event takes place at Veterans Memorial Park and Museum, 3602 U.S. Highway 301 N. in Tampa. The public is invited.

The ceremony will begin with the presentation of colors by the CENTCOM Color Guard. Rolling Thunder, Florida Chapter 11, will conduct the POW/MIA Missing Man Ceremony. Rolling Thunder is an advocacy group that raises awareness for POW, MIA and military veterans.

The memorial will honor all the brave men and women who have served in the United States military in conflicts around the world, including places such as Bosnia, Granada, Somalia and Panama. The program will feature a brief overview of operations by veterans who served in these operations.

The event will conclude with the playing of *Taps* and a rifle salute by the Riverview detachment of the Marine Corps League. Refreshments will be served by VFW Post 8108 of Riverview.

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Questions about flood insurance, HOAs, home-improvement products answered at free conference

Confused by rising flood insurance rates? Curious about homeowner associations, grant writing or new home-improvement products?

Get your questions answered by attending the 11th annual Neighborhoods Conference on Saturday, March 15. The event happens at Hillsborough Community College, Dale Mabry Campus, 4001 Tampa Bay Blvd. in Tampa.

Admission is free and includes continental breakfast, awards luncheon, tote bag, access to all exhibits and more than 18 valuable workshops. Pre-registration is required and available online.

The state Legislature recently enacted a new law requiring members of all homeowner associations to have special certification training. Attendees at the 11th Annual Neighborhoods Conference can get this valuable HOA certification at one of three free sessions.

Other workshops this year include:

- Biggert-Waters: the latest update on the cost of rising flood insurance
- Seeds of Community Engagement: getting your neighborhood involved
- Insurance or Not: liability and coverage for civic groups and special events
- Grant Writing 101
- The 411 on Squatters: legal expertise on the rights of the community

The goal of the annual Neighborhoods Conference is to provide tools and training to help Hillsborough County residents make their neighborhoods attractive, friendlier, safe and more sustainable. The event concludes with a networking luncheon and the Neighborhood Recognition Awards presentation at 1 p.m.

For more information or to register for the 11th annual Neighborhood Relations Conference, call the Office of Neighborhood Relations at 813-307-3564 or visit online at www.HillsboroughCounty.org/ONR.



Hook 'n Sink Tournament raises funds for Mary & Martha House

Mary & Martha House will hold its fourth annual Hook 'n Sink Fishing and Golf Tournament the last weekend in March, with all proceeds benefiting the Ruskin residential shelter. Title sponsor for the event is the Sunset Grill at Little Harbor, kicking off with a party and silent auction on Friday, March 28, hosted by Fifi's Apparel.

Fishing will be at Little Harbor on Saturday, March 29. Golf, hosted by Payant Financial Services, will be at Cypress Creek Golf Club in Ruskin on Sunday, March 30. All award ceremonies will be at Sunset Grill. Participants may sign up for one or both events, and enjoy all three nights of festivities.

Other sponsors are *The Tampa Tribune* and Century 21 Beggins Enterprises.

Mary & Martha House Inc. is a shelter for women and children in crisis, and supports emergency shelter and transitional housing in South Hillsborough County.

For more information, visit www.hooknsink.com or call Laurie Herring at 813-641-7027.

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Membership Committee

Monday, March 10, 2014

11 a.m. - 1 p.m.

RSVP to:

Shelly – 634-8092

Sheila – 634-3765

by March 7, 2014



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Directions From Sun City Center / Riverview Area: Travel WEST on S.R. 674 about 5 miles (past I-75 Exit 240) to U.S. 41. Turn SOUTH (left) on U.S. 41.

Travel for about 3 miles to Universal-Stephens Road.

(Currently construction at this intersection)

Turn LEFT and drive about 1/4 mile to Stephens Rd. Turn RIGHT onto Stephens Road. Travel 2 miles. Dooley Groves is on the left.

For Directions: www.dooleygroves.com/about-florida-citrus-shipper-dooley-groves/country-farm-market-location/

“Building for America’s Bravest”

► Continued from page 2

World Trade Center site.

In 2011, the Tunnel to Towers Foundation organizers began the Building for America’s Bravest program to provide especially-adaptive homes for the first-ever quadruple amputee to survive, Army Specialist Brendan Marrocco. By the end of 2013, the group had broken ground on 23 Smart Homes.

“Everything is automated, even the shelves go up and down to reach the people in wheelchairs,” Scott said.

The stories told at the convention still bring tears to Joan Miller’s eyes, she said. Soon, there will be a display in her College Avenue, Ruskin store of the mobile 9/11 like the one they saw at the convention.

Carpet One’s officials are providing aid to the effort, along with Mohawk Industries, by installing flooring in the Smart Homes. Other companies sign on to build rooms, specially designed bathrooms and kitchens, shelving and whatever else is needed.

“These homes cost more than

\$600,000 each to build,” Scott said.

More than \$40,000 was collected for the cause at the Carpet One convention in January, Miller said.

Much of that was raised by selling a painting signed by Sinise, painted by artist Scott Lobaido (www.scottlobaido.com), who dedicates his time to painting American flags on tall buildings nationwide so veterans returning to their hometowns will see them.

A second painting by Lobaido is also in the works, which will

be signed by former NYC mayor Rudy Giuliani, along with Sinise and Lobaido.

Contributions are tax deductible for those who wish to donate, and www.T2Trun.org (the official site of the Tunnel to the Towers annual run) can use help in all fields of building as well as monetary donations.

People may also email partners@ourbravest.org.

Meanwhile, Miller and Scott are

anxiously awaiting the free-standing kit showing the 9/11 display that will be available for public view at Dove Interiors Carpet One Floor & Home, 2305 E. College Ave., Ruskin. It is supposed to be an exact replica of the one shown around the country by Chief Carroll, who tours the country telling of the bravery of his NYC firemen and others who risked their lives — many of whom died — during the 9/11 terrorist attack.

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Joan Miller, owner of Dove Interiors Carpet One Floor & Home in Ruskin, meets veterans Travis Mills, standing, and Todd Love. Miller and her daughter Kim Scott were attending a Carpet One corporate convention when they learned about a new program their company was joining to help build specially equipped homes for first responders who have lost three or more limbs in the line of duty.

Classified ads are on pages 28-30
 To place your ad, call Beverly at 813-645-3111

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Good Samaritan Mission

► Continued from page 13

need it," Cruz said.

The food bank is also open to those who don't want to take the classes. They are, however, required to spend some time volunteering at the mission before they can use the food bank.

More than 300 people have graduated from the classes since they began in earnest last February. A typical week now sees 40 to 50 students taking classes at the mission.

Cruz thought it would take three to four years before the ideas seeded in the classes would start to sprout in the wider South County community.

"But within three months we started seeing people transitioning from students in the classes to volunteering at the mission or even teaching the classes themselves," he said. "It's about ushering people away from a culture of entitlement and into a culture of sharing and giving back to the community," said Cruz, who also said he was inspired by *Toxic Charity*, a book by Robert Lupton that chronicled the shortcomings of traditional charity organizations.

Good Samaritan's approach has earned support from across the bay area, with several missions inviting Cruz to share his philosophy in hope of starting similar programs.

"It's the place God led me to," said Anne Madden, a board member of the Hillsborough Area Regional Transit Authority who has been volunteering at the mission for a year. "I really connect with their approach of giving people a rope and helping people learn to help themselves. There's a place and a need for food pantries, but there's also place for what they do

at Good Samaritan."

While other local missions provide free clothing and furniture, Cruz tries to avoid duplicating services.

"If other people are doing those things, we don't need to do the same things," he said. "Instead, we want to hit on some of the areas that other people are not hitting."

With a \$400,000 annual budget and only two full-time employees, Good Samaritan counts on grants from the Interfaith Council of Sun City Center, the Sun City Center Community Foundation and a number of local churches to keep the pantry's shelves stocked.

For more information on the Good Samaritan Mission, call 813-634-7136, email gsmmission1984@gmail.com or visit www.gsmmission.org.

The group also depends on community events like the upcoming "All Things Salsa" festival set for 9 a.m. to 4 p.m., March 29, at the mission, 14920 Balm Wimauma Road, Wimauma. The celebration includes international cuisine, music, games and a salsa recipe contest where visitors vote for their favorite recipe. Entrance to the festival is free with a \$5 donation for parking. Visit www.familysalsafestival.com for more

information and directions.

NEXT WEEK: The Beth-El Mission profiled and an update on the success of the drive that has generated donations of more than 1,000 pounds of food.

Where to donate to 'Caring Castle'

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 Drive, Sun City Center, behind Burger King on State Road 674.

Food banks benefiting from the Caring Castle include The Lord's Lighthouse, Good Samaritan Mission, Beth-El Mission, St. Anne Church, 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.

Donations can be dropped off until Friday, Feb. 28.

The food drive has generated more than 1,000 pounds of food for six local food banks, which will pick up the donations Monday, March 3, between 9 a.m. and noon at JSA Medical.



La Tiendita — or 'the little store' — where graduates of Good Samaritan's classes and those who do volunteer work at the mission can shop for food.

PHOTO COURTESY OF WILLIAM CRUZ JR.



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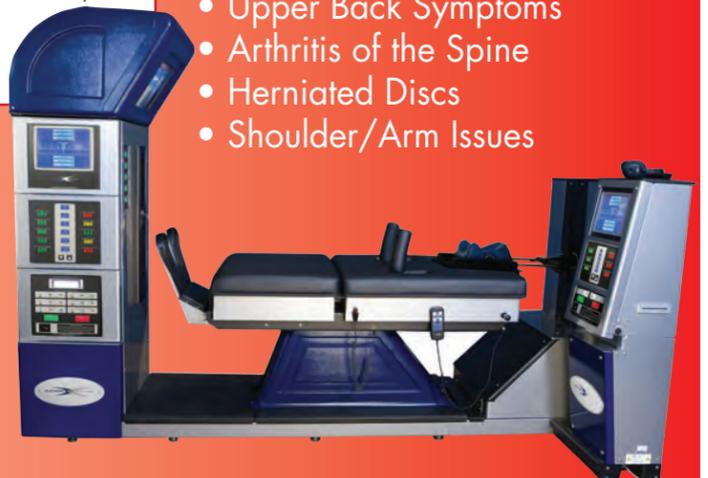
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Eisenhower students open doors to Black History Month

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

More than 250 students at Eisenhower Middle School in Gibsonton are using their imaginations to mark Black History Month with artwork while competing for a class party.

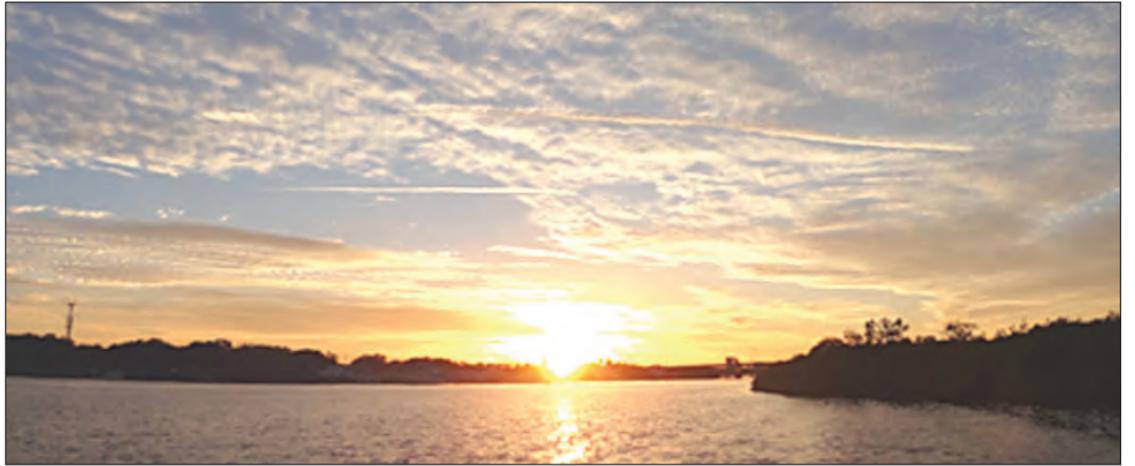
The brainchild of Paul E. Burke, the school's dropout-prevention specialist, the program has students in more than 20 classes decorating their homeroom doors with artwork celebrating African-Americans this month. The American Automobile Association will provide a pizza

party for the winning homeroom, but the exercise is about more than a tasty treat.

"We wanted to help inspire the kids to be creative in their classes and get more involved in Black History Month to add to the overall celebration," said Burke, who has been helping youngsters at Eisenhower for 15 months. He's been teaching in the county school system for 12 years.

While the school has panels and guest speakers throughout the month, the idea of students decorating their homeroom doors

► Continued on page 34



A striking sunset

Current reader Doris J. Barrilleaux sent in this photo of the spectacular view from her home in Riverview.



PHOTOS COURTESY OF EISENHOWER MS

Hundreds of students at Eisenhower Middle School are decorating their homeroom doors as part of Black History Month. The winning homeroom door will get a pizza party courtesy of the American Automobile Association.

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 Hyland's Leg Cramps was named by U.S. News & World Report and Pharmacy Times as the #1 Pharmacist Recommended Brand 2013-2014 for Leg Cramp Relief.

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Alert AC is rebranding as Service Alert

Alert Air Conditioning and Heating is now doing business as Service Alert.

The name change reflects an expansion of the services offered. Service Alert is now a state of Florida-licensed plumbing contractor.

Founded in 1946, Alert AC serves commercial and residential clients throughout Hillsborough, Pinellas and Pasco counties.

Residents of South Hillsborough County will remember that Alert purchased Wilhelm Heating and Air Conditioning in Ruskin, adding Wilhelm clients to the Alert extended family. Visit www.alert-ac.com to see the full line of services offered.

To arrange for service on your existing system or to request a quote for new equipment, call Service Alert at 813-626-4111.

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The Observer News, The SCC Observer and The Current

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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

Jenny

Jenny is a beautiful black and white kitten. Her mother is Nellie, a gorgeous tabby cat. Jenny has a very sweet personality, and she loves to play with the other kittens at the shelter, chasing cat toys for hours. But Jenny would like to come to live at a forever home of her own. Get to know this sweet little girl and give her that home. Jenny has been spayed and she is current on her shots. As part of her adoption, Jenny will be microchipped.

DOB: April 25, 2013.



Puma

Puma is a gorgeous, young, cream/white hound-lab mix. He arrived at the shelter along with his sibling, Clyde. Both were found as strays in Tampa. Puma is very loving and has a gentleness about him, but, like most puppies, he's full of energy and wants to play with and please people. His caramel eyes are captivating. Stop by the shelter to say hello to this sweet boy. As part of Puma's adoption, he will be neutered, current on routine vaccinations, and microchipped.

DOB: est. August 2013.

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SouthShore Regional Library Adult program/event highlights

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

Managing Media — Thursday, Feb. 27, 12:30 p.m.

Learn about saving files using cloud storage and USB devices. Learn how to transfer and download digital content. Limit: 20

Five Things to Try at Ancestry.com — Friday, Feb. 28, 10:30 a.m.

Looking for a way to break through that brick wall in genealogy research? The Barefoot Genealogist, Ancestry's own Crista Cowan, presents "Five Things to Try at Ancestry.com," including Online Family Trees, Searching Records, Ancestry DNA, the Learning Center, and Community Tools. For beginners or those who have been researching for years, everyone will learn something new at this free program. Cowan will also demonstrate her favorite tools for advancing family history research. Cowan is the Community Alliance Manager at Ancestry.com, where she has been employed since 2004. Her interest in family history, however, reaches back to childhood. She specializes in descendency research, Jewish immigration and sharing family history with the genealogically challenged.

Movie Matinee: "1001 Movies to See Before You Die" — Friday, Feb. 28, 2:30 p.m.

Join us to watch a film from the list, "1001 Movies You Must See Before You Die." After the showing, there will be a brief discussion of the movie.

"A Call to All Fiber Artists" — Monday, March 3, all day

The John Crawford Art Advisory Board is looking for interested fiber artists to display in the Crawford Gallery during the months of November and December. This Fiber Art Group Show will include quilting, weaving, stitching, felting and paper making. All work must be original. Applications will be available March 3 to April 28 at the Information Desk. Questions? Call Laurie Burhop at 813-273-3652.

Windows 8: Introduction and More — Tuesday, March 4, 12:30 p.m.

Learn the Windows 8 Metro interface and desktop. Learn how to navigate using the Surface tablet as well as a PC. Limit: 20.

Adult Watercolor Painting — Tuesday, March 4, 6:30 p.m.

Join art instructor Arthur Dillard and learn about monochromatic painting. All levels welcome. Materials provided. Limit 22. Registration required at either the Information Desk or by calling 813-273-3652. Funding for this program provided by the Friends of SouthShore Regional Library.

Astronomy & Telescope Viewing — Tuesday, March 4, 7 p.m.

This program with Craig MacDougal will feature a short astronomy presentation inside the Library, detailing what will be observed, followed by an outside viewing of the moon and planets through a telescope. No registration required. Funded by the Friends of the SouthShore Regional Library.

eMail for Kindle and Kindle Apps — Wednesday, March 5, 10:30 a.m.

Learn how to check out and download free library eBooks to read on the Kindle or any device using the free Kindle app and Overdrive! Also discover how to use library eBooks with an Amazon.com account. Presented by the Tampa Bay Library Consortium Limit: 20.

Paper Crafting for Adults — Wednesday, March 5, 1 p.m.

Using the latest Stampin' Up products, create a beautiful card and/or 3D creation. All materials will be provided. Limited to 12 participants. Register in advance at the Information Desk or call 813-273-3652. Funded by the Friends of SouthShore Regional Library.

SouthShore Needle People — Wednesday, March 5, 6 p.m.

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

Master Gardener: Orchids 102 — Wednesday, March 5, 7 p.m.

For adults ~ An advanced class covering care, maintenance and identification of some of Florida's common orchids. Presented in partnership with Hillsborough County Extension Service.

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

6 by 6 Show: Big ideas, small art

On Thursday March 6, from 6 to 7:30 p.m., the opening reception will be held for the first "6 x 6 Show: Big Ideas, Small Art," at the SouthShore Regional Library.

Approximately 60 artists will exhibit in this show in the library's Crawford Gallery, with all work no larger than 6" x 6". Painting, Mixed media, pastels, fiber, metal and glass will be represented.

Meet the artists and enjoy light refreshments in the Community Room. The exhibit will run through April 29.

SouthShore Regional Library is at 15816 Beth Shields Way, Ruskin. For more information, call Laurie Burhop at 813-273-3652.

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Southeastern Guide Dogs Walkathons are upcoming in March

Southeastern Guide Dogs Walkathons have expanded to five cities in Southwest Florida: Bradenton, Sarasota, St. Petersburg, Tampa, and The Villages. The first Walkathon was Feb. 22 in Bradenton; the last one finishes up March 29 in Sarasota, with three more city Walkathons in between: St. Pete on March 1, The Villages on March 15, and Tampa on March 22. The Walkathons directly support Southeastern Guide Dogs. This Palmetto-based not-for-profit organization raises and trains world-class guide dogs for the visually impaired, and relies 100 percent on private donations to support its life-changing puppies and programs.



Walkathons are Southeastern's biggest fundraiser of the year. Walkers will enjoy a full roster of local food vendors, music, pet-friendly shopping, a silent auction, a \$10,000 raffle and the chance to change the lives of the visually impaired.

Interested walkers and fundraisers can sign up at www.guidedogswalkathon.org or at the event. Walkathon festivities start at the times listed below. The public and all well-behaved dogs are wholeheartedly invited.

The upcoming Walkathon locations and schedules include:

► **St. Petersburg:** March 1 at Vinoy Park – Festivities at 8:30 a.m., walk kickoff at 9:45.

► **The Villages:** March 15 at the Polo Club – Festivities at 9:30 a.m., walk kickoff at 10:45.

► **Tampa:** March 22 at Fort Brooke Park – Festivities at 8:30 a.m., walk kickoff at 9:45.

► **Sarasota:** March 29 at Payne Park – Festivities at 8:30 a.m., walk kickoff at 9:45.

Established in 1982, Southeastern Guide Dogs' mission is to create and nurture a partnership between a visually-impaired individual and a guide dog, facilitating life's journey with mobility, independence and dignity. Through their programs Paws for Independence™, Paws for Patriots™, and Gifted Canines™, they have more than 400 active guide-dog teams across the nation and continue to add more than 80 teams annually, all at no charge to the guide-dog recipient, thanks to the generous support of donors and volunteers. Visit www.guidedogs.org for further information.

Holistic Medical Care Clinic is now open in Apollo Beach

With the February opening of Holistic Medical Care Clinic, South Shore residents now have a holistic option for health care. Located at 400 Franderson Circle, #103, in the South Commerce Center, the clinic offers primary- and urgent-care services, as well as sports medicine.

Founders of the clinic are Nataliya Sia, ARNP, and medical director Dr. George Rucker, voted as one of Sarasota's top doctors in *Sarasota Magazine*.

Holistic Medical Care Clinic's mission is to provide excellent health care utilizing integrative medicine, a blend of conventional/Western medicine and complementary therapies. It is a healing-oriented medicine that considers the whole person, including all aspects of lifestyle, and emphasizes the therapeutic relationship between practitioner and patient.

Sia is a native of Ukraine who speaks four languages: Russian, Ukrainian, Chinese-Mandarin and English. She earned her bachelor's and master's degrees as an Adult Nurse Practitioner at the University of South Florida. She believes the only way to treat any disease is through the holistic approach of combining lifestyle changes, exercise and conventional medicine.

The practice is currently accepting new patients with or without health insurance. To schedule an appointment, call 813-398-0470; walk-ins are also welcome. The clinic is open weekdays from 8 a.m. to 5 p.m.; Saturdays 9 a.m. to 3 p.m., by appointment.

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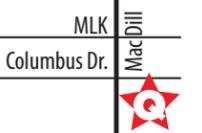
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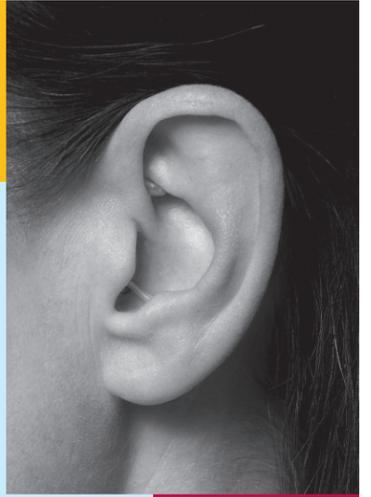
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Three Boats Waiting by Terry Mason, who is part of the Mood Makers art show at the Dancing Crane Gallery.

Mood Makers art show to open at Dancing Crane in the Village of the Arts

“Mood Makers: Four Women, Four Painters, One Show of the Beauty of Our Land” art show will have a gala grand opening from 6 to 9 p.m. on Friday, March 7, at the Dancing Crane Gallery in Bradenton.

Every Wednesday morning for several years, these four women have painted the beautiful country and seaside of the Gulf Coast. Two women paint in oil, two in watercolor. They stay in each location for several weeks to get the place “in their bones” so the paintings reflect the love that grows with knowing the feeling of a place.

Marilyn Howard Flinn’s work can be found in collections worldwide. She usually starts her oil paintings outside “en plein air” and finishes them in her studio. She is particularly known for her gentle, soft paintings.

Bernice Gaines has been painting in watercolor for more than 40 years. She paints realistically in an

impressionist manner. Her love for the outdoors inspired her desire to paint en plein air. Bernice’s work is widely collected for its mystery, its harmony and its pure sense of joy.

Terry Mason is an oil painter known for her strong sense of light, color and brush strokes. Her galleries are in Florida and New England and her paintings reflect her love of both of these areas.

Clare Smith has painted in many media, but her love of watercolor has brought her the most pleasure and is the most widely collected. Clare is known not only for her plein air work but also her home portraits and imaginative “floating flowers” series.

The Dancing Crane Gallery is part of the Village of the Arts in Bradenton. The address is 1019 10th Ave. W. The gallery is open Thursday through Saturday, from 11 a.m. to 4 p.m.



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3/5/14 NOW EVERY WEDNESDAY! 10:00 – 11:00 am • Therapeutic Tai Chi open to the public! Our therapists have advanced training in therapeutic Tai Chi for Seniors, and will provide guidance in this healthy exercise. Tai Chi has been proven to increase strength and balance!

3/6/14 Thursday 3:00 – 4:00 pm • Aging Gracefully Support Group. This is a support group for individuals who are learning to live with the effects of aging in a graceful, healthy manner. Facilitated by Kay Coburn Dyer, Geriatric Care Manager.

3/11/14 Tuesday 1:30- 3:30 pm • “Better Breathers” Support Group C.O.P.D. (Chronic Obstructive Pulmonary Disease) Please join Lorrie Quistad, RRT who facilitates this growing group. The first half of each meeting consists of education for those learning to live with COPD. During the second half of the meeting, Physical therapists take you through guided exercises to assist you in your recovery. If you would like to learn more about what is available to you, do not miss this group.

3/12/14 Wednesday 10:00 – 11:00 am • CHARLES SCHWAB INVESTMENT SERIES Don't miss this opportunity to meet with Ann MacKay, CFP with Charles Schwab and Discover the range of investment help and guidance available through Schwab

3/12/14 Wednesday 1:30 – 2:30 pm • Learn about Veteran's Aid & Attendance! Our speaker this month will be Frank Strom, Managing Director for Hillsborough County Division of Veterans Affairs. Frank is a retired Marine First Sergeant and has worked with both the United States Veterans Administration and the Florida Department of Veterans Affairs. He has been assisting veterans and their families in obtaining their VA benefits for 10 years.

3/12/14 Wednesday 2:30 – 4:00 pm • Diabetes Support Group Please join Lisa Endick, RN from Nurse on Call Home Health Care as she facilitates our support group “Everyday Basics of Diabetic Care”.

3/13/14 Thursday 2:30 – 4:00 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

3/14/14 Friday 1:30 – 2:30 p.m. • Are You Health Literate? Did you know that being healthy is more than just eating well? It also takes health literacy which means you can understand information about your health. Dorothy J. Brown RN, BSN, MSN Community Health Nurse with the Florida Department of Health will present this four week class. Learn where to get health information, how to understand health information given by medical professionals and how to make better health decisions. Learn what you need to know about Doctor visits and what you need at the Pharmacy. Questions? Contact Dorothy at 813-307-8015 x 7106

3/18/14 Tuesday 2:00pm – 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.org association

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Better Business Bureau alert: 'One Ring' cell phone scam can ring up the charges

The Better Business Bureau warns cell-phone users about a new scam that can result in unauthorized charges appearing on their monthly wireless statement.

BBBs across the country are seeing a rash of reports of "ring and runs" or "The One Ring Scam" on cell phones recently where returning a missed call from an unknown number might be tempting, but it could cost you.

Here is how it works:

Consumers in several states report receiving calls on their mobile phones in which an unknown caller hangs up after one ring. When the cell owner returns the call, they are billed \$19.95 for the international call fee. They may hear music, then advertising while they are unknowingly connected to a caller-paid toll service or chat line located outside the country. At \$9 per minute, these calls can add up quickly.

The Caribbean area codes that appear on the caller ID often have been reported to be from the Dominican Republic (809), Jamaica (876), British Virgin Islands (284), Grenada (473) and Dominica (767).

The practice of third parties placing unauthorized charges on wireless accounts is called "cramming." If you have fallen for this scam, be sure to alert your cell-phone carrier immediately and keep an eye on your cell-phone bill. The earlier you document the fraud, the better your chances of having some or all of the charges removed.

To protect yourself from unauthorized charges on your cell-phone bill, BBB offers the following tips:

► **When in doubt, don't pick up or call back.** If you don't recognize an out-of-state telephone number on your caller ID, ignore it.

► **Understand your mobile bill.** Be sure to keep track of what services you pay for; that way you will be able to determine if any charges are unauthorized.

► **Keep a close eye on monthly statements.** Anyone can become a victim of bill cramming. Monitoring your bill is the best way to determine whether or not you've been affected. The sooner you spot any unexpected charges, the sooner you can stop them.

► **Add restrictions to your account.** Contact your service provider to see if you can restrict third-party billing on your account.

► **Inform other users on your mobile phone plan.** It's important to let friends and family members on your cell-phone plan know about this scam, and to ignore phone numbers they do not recognize.

Bottom Line - If it's Unknown, Leave it alone.

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Adult Computer Classes for the Technologically Challenged

Word III: Paragraph Formatting - Thursday, March 27 at 3 p.m.

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

Word: Tables I - Thursday, March 27 at 3:45 p.m.

Create professional-looking tables for forms and lists, format table structure, and more. Previous experience with Microsoft Word is recommended.

iPad/iPhone: Demo & Open Lab - Friday, March 28 at 3 p.m.

Bring an iPad/iPhone and operation questions to the class. Will demonstrate how to install the required software for eBooks, open an Apple account, and how to download an eBook to the device.

RUSKIN VFW POST #6287



Ruskin VFW Post #6287, 5120 U.S. Highway 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. 27 — Bar Bingo 6 p.m.

Friday, Feb. 28 — Fish Fry 4:30 p.m.

Saturday, March 1 — BeatleBeat concert, 7 p.m.

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

Monday, March 3 — Crew Games, free hot dogs 6 p.m.

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

Ruskin Eagles Aerie 4351

1205 1st St. S.W.

Upcoming Events

- Friday** 5 p.m. Feather Your Nest.
- Saturday, March 1** 5 p.m. Ham Dinner. 6:30 p.m. Music by Chicago Rich
- 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.

Library's Centennial Celebration to honor Women's History Month

Tampa-Hillsborough County Public Library's 2014 Centennial Celebration theme is *Changing Lives, Transforming Communities*, and, in honor of Women's History Month, it will host a celebratory luncheon on Saturday, March 15, from 11:30 a.m. to 2 p.m. at Maestro's Restaurant in the Straz Center for the Performing Arts.

The luncheon, focusing on the influential role women have played in the libraries and in Hillsborough County, will feature Connie May Fowler and Doris Weatherford. Fowler, a local Florida native, is an award-winning novelist, memoirist and screenwriter, and recently published her latest best-seller, *How Clarissa Burden Learned to Fly*, to wide acclaim. Weatherford, local historian and author of *Real Women of Tampa and Hillsborough County: From Prehistory to the Millennium*, was awarded the American Library Association "2013 Outstanding Reference Source" for her latest title, *Women and American Politics: History and Milestones*. Both speakers will be available after the program for a book signing.

To commemorate the Centennial, the luncheon will be a ticketed event of \$19.14, which includes an entrée salad choice, beverage and dessert. Reservations are required. To make reservations or learn more information, call the Friends of the Library at 813-273-3616 or send an email to thplcentennialevents@gmail.com.

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Join us
Thursday, March 6th
at Noon
for a fascinating Lunch &
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*the value of antiques
in the internet world.*

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required, as
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Area Obituaries

Agnes D. Clough

Agnes D. Clough, age 85, died February 22, 2014, at her home in Sun City Center, Florida.

Born in Troy, N.Y. on July 19, 1928, she was the daughter of the late John and Helen Fitzgerald Moore. She was a graduate of Troy High School. Following her marriage in 1948, she moved to Blue Point, N.Y. and was employed by the Bayport-Blue Point School District for 28 years as a school secretary.

She was the beloved wife of the late Charles A. Clough, who died in 1991, and devoted and loving mother of Paul and Lynne Clough of Bellport, N.Y. and Peggy Ann Lauper and Robert Lauper of Oswego, Ill. She was the proud grandmother of seven grandchildren and ten great-grandchildren.

A private family memorial service will be held in March.

Donations to LifePath Hospice, Inc., 12470 Telecom Drive, Suite 300 West, Temple Terrace, FL 33637 in memory of Agnes Clough would be appreciated. Arrangements by Zipperer's.



Leoni Loretta Merrell

Leoni Loretta Merrell was greeted by her Lord and Savior February 15, 2014. Loretta was born April 4, 1920, in Old Sun City (Cockroach Bay), Fla. She was preceded in death by her husband, William Edgar Merrell; parents Nebraska Buzbee Sr. and Leoni (Denson) Buzbee; sister Cedella Pellum; and brother Nebraska Buzbee, Jr.

She is survived by sons Leon (Cassie) Merrell and Ralph Gordon (Wanda) Merrell; numerous grandchildren, great- and great-great-grandchildren; and sister Edna Connell.

A graveside Memorial, officiated by Johnnie P. Denson, will be held at 11 a.m. on March 1, 2014, at Gulf City Cemetery, Ruskin.

There will be a Dinner Fellowship immediately following at the home of Donnie and Gloria Connell, Uncle Brack Road, in Old Sun City. Bring a covered dish and your memories.

Thank you

I would like to take this opportunity to thank all the good and loving people of Sun City Center who called on my wife of 62 years while she was suffering through her illness, and those who attended her memorial service.

I have received hundreds of sympathy cards, and over half of them expressed some comment of their love for my Beverly. They said she was kind, spunky, intelligent, a good golfer and a friend. She was always smiling and had a good word for everyone.

I will miss her, but I have a lot of memories. Once again, I want to thank the wonderful people of Sun City Center, and the kind clergy and members of the Sun City Center United Methodist Church.

Sincerely,
Harold Heil

End of Life Choices in Florida

Professor Philip Leto, on the faculty at the University of Tampa, will deliver a lecture to the Unitarian Universalist Fellowship of Sun City Center on Thursday, Feb. 27, concerning "End of Life Choices: What the Law in Florida Says."

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



Cellist, pianist to give concert at St. Andrew

Cellist Scott Kluksdahl, accompanied by pianist Noreen Cassidy-Polera, will present the sixth concert of the current St. Andrew Presbyterian Church Fine Arts Concert Series.

The concert will be at 3 p.m. on Sunday, March 2, in the church sanctuary, 1239 W. Del Webb Blvd., Sun City Center.

Kluksdahl serves as professor of cello and chamber music at the University of South Florida. Cassidy-Polera has won international prizes and collaborated with leading soloists, including Yo-Yo Ma.

Tickets are \$10 and are available at the church reception desk and at the door the day of the concert.

For more information, call St. Andrew at 813-634-1252 or Judy Voorhees at 813-642-8125.

Hadassah installation is March 9

The Chai Chapter of Hadassah will hold its installation luncheon at 1 p.m. on Sunday, March 9, at the Sandpiper Grille, 1702 South Pebble Beach Blvd., Sun City Center.

Rabbi Carla Freeman of Beth Israel Congregation of Sun City Center will be the featured guest speaker.

This event is open to all Hadassah members and their spouses, as well as nonmembers. The cost to attend is \$20 per person, payable in advance. Contact Carol Balent at 813-829-7227, or monkeyand-wife@yahoo.com, for additional information about payment and to RSVP. Reservations must be made by March 2.

Women's Bible study features 'Gideon' by Priscilla Shirer

Have you ever felt insufficient? Could it be that your weaknesses are the keys that unlock God's strength? Through a look at the life of Gideon, you can discover that instead of ignoring, neglecting or trying to escape your weaknesses, you can see them as the gifts given specifically and strategically by God to unlock the door of His strength.

Beginning Tuesday, March 18, at 9:15 a.m., the women of South Bay Church will embark on a seven-week study of Priscilla Shirer's *Gideon*. This study is open to all women in the area; you do not need to be a member of South Bay Church.

Register online at www.SouthBay.cc under the events tab. The cost is \$15 and includes a workbook. Childcare, with advanced registration, is \$5 per family, per class. For more information, email faith@southbay.cc or call 813-677-0721.

The church is located at 13498 US 301 S, Riverview, just south of Big Bend Road.

Yard sale in Wimauma on Saturday

There will be a yard sale at Wimauma Church of God, 5504 SR 674, on Saturday, March 1, from 8 a.m. to 2 p.m.

World Day of Prayer is March 7

This year the World Day of Prayer for Sun City Center will be held at the United Methodist Church of Sun City Center on Friday, March 7.



Refreshments will be served in the Life Enrichment Center at 10 a.m., and the service begins in the Sanctuary at 11 a.m. The World Day of Prayer service is open to all.

The presentation this year was prepared by the women of the WDP Committee of Egypt, with the theme "I am making a way in the wilderness and streams in the desert."

World Day of Prayer is a movement symbolized by an annual day of celebration that began more than a century ago. Today millions of Christians worldwide now worship each year on the first Friday of March. More than 170 countries are participating this year.

Prince of Peace welcomes the community

Are you a new resident of Sun City Center? Are you a Catholic looking for a new parish? The parishioners of Prince of Peace invite you to join them for Mass on Sunday, March 2. Masses will be offered at 8 a.m., 10 a.m. and noon.

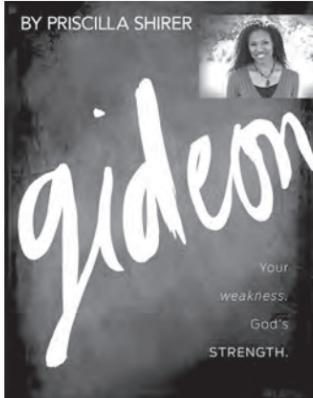
Following Mass, all are invited for a time of fellowship in the Conesa Center, where coffee and donuts will be available. A member of the parish stewardship committee will be present to answer any questions you might have about Prince of Peace.

Ash Wednesday Masses

Prince of Peace has announced the schedule of Masses for Ash Wednesday. Mass will be celebrated on Wednesday, March 5, at 8 a.m., 10 a.m., noon and 6 p.m. in the church.

If you have been away from the Church for any length of time, the Prince of Peace congregation invites you join them as they begin our journey to Easter.

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



Area Places of Worship

Ruskin United Methodist Church

First Street & 4th Ave. NW, Ruskin (behind Suntrust Bank)
ALL ARE WELCOME TO COME AND WORSHIP WITH US:
SUNDAY MORNINGS: Nov. - April..... 8:30 a.m. Day Care Available Mon. - Fri.
Rev. Richard Nussel and All Year..... 10:45 a.m. 6 a.m. - 6 p.m.
Phone: 645-1241 Sunday School..... 9:30 a.m. call 645-6198

Friendship Baptist Church

Rance Goad, Pastor (Southern Baptist)
1511 El Rancho Dr. Sun City Center, FL 33573
Phone/Fax: 813-633-5950
TRADITIONAL WEEKLY SERVICES:
Sunday 9 a.m. Bible Study
11 a.m. Bible Study
10 a.m. & 6 p.m. Worship
Wednesday 6 p.m. Prayer Meeting/Bible Study
FriendshipBaptistChurchSCC.com

REDEEMER LUTHERAN CHURCH - ELCA

701 Valley Forge Blvd. • Sun City Center, FL 33573-5354
Reverend David Allman, Pastor
Telephone: 813-634-1292 • Website: sccredeemer.org
Worship Services on Sunday 10 a.m.
Holy Communion First & Third Sunday • Bible Class Thursday 10 a.m.

Unity COMMUNITY OF JOY
Spirituality Rather Than "Religion"

Henry Gibson Social Hall, Beth Israel Synagogue
1115 Del Webb E. • Sun City Center, FL
www.unitycommunityofjoy.com Sunday Service 10:30 a.m. 813-481-9060

First Baptist Church of Gibsonton

"We love because He first loved us." 1 John 4:19
Traditional Worship Service 9:30 A.M.
Old-Time Gospel Hymns 10:30 A.M.
Nursery Available 6:00 P.M.
* Interpreter for the Deaf Mid-Week (Wed.) 7:00 P.M.
9912 Indiana St. • Hwy 41 & Estelle Avenue Gibsonton, FL 33534
Malcolm S. Clements, Pastor 813-677-1301

Prince of Peace Catholic Church

702 Valley Forge Blvd., SCC, FL 33573
Phone: 634-2328 • Fax: 633-6670
www.popcc.org
Masses:
Sunday: 8:00 a.m., 10:00 a.m., Noon
Saturday Vigil..... 4:00 p.m.
Daily 8:00 a.m.
Confessions:
Mon.-Fri. 7:30 a.m. and Sat. 8:30 a.m. and 3 p.m.

NORTHSIDE BAPTIST CHURCH

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

UNITED COMMUNITY CHURCH - United Church of Christ

1501 La Jolla Ave., Sun City Center, FL 33573-5329
A Caring Church United in God's Love Serving Our Community
Rev. Dr. Timothy Shirley
Worship Services ~ 8:30 and 10:00 a.m.
(813) 634-1304 - www.uccsuncity.org

Welcome to the: South Hillsborough Church of Christ

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

Wimauma Church of God

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

Unitarian Universalist Fellowship of SCC

Meets in the Henry Gibson Social Hall of the Beth Israel Synagogue • 1115 E. Del Webb Blvd.
Thursday, 7:00 PM • Call 633-0396 • www.sccuu.org
Do not be too moral. Be not simply good; be good for something. — Henry David Thoreau

PRAYER - PRAISE - WORSHIP The Anointing Church

324 Green Manor Drive, SCC, FL • 813-922-6640
www.theanointingchurch.com

The United Methodist Church of Sun City Center

1210 Del Webb Blvd West • 634-2539
<http://www.sccumc.com>
Come Grow & Serve
The United Methodist Church
WORSHIP SERVICES: SUNDAY
8:30 a.m. Contemporary Service
9:30 a.m. Traditional Service
10:00 a.m. Contemporary Service
11:00 a.m. Traditional Service
4:00 p.m. Hispanic Worship
Bookstore 633-8595 FREE Nursery Provided
Senior Pastor: Dr. Warren Langer
Assistant Pastor: Rev. Samuel Rorer



Area Places of Worship



Southside Baptist Church

"A Warm, Loving & Friendly Church"

4208 U.S. Hwy. 41 S • Sun City, FL 33586 • 813-645-4085

"Getting to Know You" (Donuts & Coffee)..... 9:00 a.m. Sunday Evening Service..... 6:00 p.m.
 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
 1707 55rd Street Southeast
 Ruskin, Florida 33570
 www.firstchristiansuncitycenter.com
 Phone: 813-419-4930
Minister Mike Grant

CELEBRATING our 75th ANNIVERSARY

820 College Ave. W. • Ruskin, FL 33570
645-6439
 www.fbcruskin.org • A Resource for Families

Sunday School.....9:45 a.m.
 Morning Worship 8:30 & 11:00 a.m.
 Evening Service 6:00 p.m.
 Wednesday Night Service 7:00 p.m.
 Awana 7:00 p.m.

Dr. Barry Rumsey
CHRISTIAN SCHOOL K-2 Through 12th Grade

ST. JOHN THE DIVINE EPISCOPAL CHURCH

SUNDAY SERVICES
RUSKIN
 705 9th St. S.E. / 633-3970
 9:00 AM-Contemporary
 Sunday School—Youth Bible Study
 Fellowship hour after the service

Fr. Lee Miller
 Priest

SUN CITY CENTER
 1015 Del Webb Blvd. E / 633-3970
 8:00 AM-Rite I — 11:00 AM-Rite II
 & Choir
 Fellowship hour after both services

A CARING CHRISTIAN FAMILY—WIGGLY CHILDREN WELCOME

First Church of Christ, Scientist

204 2nd St. N.W. • Ruskin, FL 33570
 (813) 645-6102

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

All Are Welcome

St. Andrew Presbyterian Church

Sunday Services
Traditional Service 9:00 a.m.
Contemporary Service 11:00 a.m.
 Prayers with anointing for healing and wholeness during worship the second Sunday of every month.

Pastor: Rev. Dr. Mark E. Salmon
 Meet friends in Fellowship Hall after each Service.
 Refreshments served.

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

Ministerios La Red
 Iglesia de Ruskin

501 2nd St. S.E. Ruskin, Florida 33570
 813-516-5873 • 813-410-8364

LaRed Praise Band Ministerio de alabanza
 Grupo Avivamiento evangelistico
 Kids Net ministries ministerio de niños
 La RED Dance Team Niñas y Adultas
 Youth Group Grupo de Jovenes
 Pastores Marvin y Baleska Barillas "Conectate con Dios....."
 Dia de servicios de Adoracion
 Domingos 10:00 a.m. Miercoles 7:00 p.m.
 (Jovenes) Jueves 7:00 p.m. Intercesion Domingos 8:45 a.m.

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

U.S. Hwy. 41
 106 11th Ave. NE
 Ruskin
 813-645-1714
 SaintAnneRuskin.org

MASSES

Vigil Mass.....Saturday 4:30 p.m.
 Sunday Mass..... 8:00 a.m., 10:00 a.m. and 5:00 p.m.
 Monday thru Friday 8:00 a.m.
 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.



Jerry Goff and Lil' Jan Buckner-Goff.

Christian music duo in Gibsonton this weekend

Dr. Jerry Goff and his wife Lil' Jan will be ministering at the First Baptist Church of Gibsonton at the 10:30 a.m. service on Sunday, March 2.

The couple, members of the Gospel Music Hall of Fame, have more than 50 years of experience in gospel music, writing and performing songs that have become national hits: "Search the Book Again," "Walk Around Me, Jesus," "The Tree God Grew," and many others.

A love offering will be taken at the service. First Baptist Church is at 9912 Indiana St., Gibsonton.

For more information, call 813-677-1301.



Ex-con preacher is part of Southside Baptist revival

Richard Coss has been reaching people for Christ since 1970. A former hardcore criminal, he has been traveling the country speaking in prisons, jails, churches, schools and biker rallies, spreading the word of Jesus Christ to others. His personal story of how Jesus changed his life is nearly unbelievable.

Coss will be at Southside Baptist Church in Ruskin during the church's Revival, which begins Sunday, March 9. The event starts with an old-fashioned BBQ dinner at 5 p.m., followed by the Revival. From Monday, March 10, through Wednesday, March 12, the Revival begins at 7 p.m.

Southside Baptist Church is at 4208 U.S. Hwy. 41 S.



Saint Anne celebrates its fifth anniversary with a new sign

February 14 is a very special date for Saint Anne Catholic Church in Ruskin. It was on that date in 2009 that the dedication ceremony for the new church was held.

This year that occasion was observed in a very special way. On Saturday, Feb. 15, after the 4:30 p.m. Mass, a new sign, donated by a generous parishioner, was blessed and dedicated by Very Rev. John F. McEvoy, V.F., pastor. Parishioners hope that the lighted sign will serve as an inviting landmark at



New Beginnings Fellowship hosts gospel group Sounds Of Joy

At the 10:30 a.m. service on Sunday, March 2, the gospel group Sounds Of Joy will visit New Beginnings Fellowship. This group, based near Silver Springs, Fla., has been traveling the country delivering the gospel of Jesus Christ through song since the mid-1980s.

The church is at 1120 27th St. SE, Ruskin. For more information, call Pastor R. Lewis Brady at 813-654-1018.

St. John the Divine youth group donates to the Lord's Lighthouse

The Souper Bowl of Caring Episcopal youth charity event at St. John the Divine Episcopal Church raised \$615.73 this year.

Members of the church's youth group voted to give the money to the Lord's Lighthouse, a mission outreach to farmworkers in the area. The Lord's Lighthouse feeds approximately 300 farmworkers every week.

For more information about the Lord's Lighthouse, visit <http://lords-lighthouse.org>.



After the celebration honoring the new pastor at United Community Church, Dick Timm, left, and Jim Blackstone rang the church's large bell, announcing to the community that there was good news to share.

UCC welcomes Rev. Dr. Timothy Shirley

Feb. 16 was the first Sunday for the newly settled pastor, Rev. Timothy Shirley, to conduct services at the United Community Church in Sun City Center. Over 300 people were present to hear the message.

After the morning service, the congregation went into the Great Hall to celebrate this step forward in the 50-year history of the church. Hot dogs with all the "fix-ins" were served while the partiers were entertained by the choir and special musical pieces by The Three Amigos.



Rev. Timothy Shirley

the corner of U.S. Highway 41 and 11th Avenue NE in Ruskin.

The fifth anniversary observance continued the following morning when Fr. McEvoy conducted the ground-breaking ceremony for the new Saint Anne Food Pantry. Assisting in the ceremony were parishioners Bill Richards Sr., who was responsible for keeping the food pantry in continuous operation for more than 20 years, and Paul Wiskotoni, who assumed the responsibilities when Richards re-

tired in July of 2012. This larger facility will not only address the increasing physical needs for storage and distribution but also will better accommodate the more than 400 families who are currently served by the volunteer crew each week. The food pantry is located on the parish grounds at 106 11th Ave. NE in Ruskin. Additional information may be found on the Saint Anne website at www.SaintAnneRuskin.org.

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ANNOUNCEMENTS 100

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MERCHANDISE 300

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

Sun City Mobile Home RV Park, 5116 SR 674. Multi family sale throughout park. Household items, clothing, bird houses, jewelry, much more. Friday Feb. 28, 8am-2pm.

Garage sale. Mixed housewares, clothing, tools, furniture, & lots more. Covington Park. 7708 Nottinghill Sky Dr., Apollo Beach. March 1st 8am-1pm.

Moving sale. Furniture, housewares, treadmill, lift chair, tools, books, clean mattress, Club Car & lots more. 306 Hickory Stick, SCC. Feb., 28 & March 1st.

Antiques, collectibles, old doors, housewares, furniture, costume jewelry, odd & ends & more. 8am. Thursday & Friday, Fe. 27 & 28. Dealers welcome. Hwy 674 to Del Webb by Century 21, 1 miles to 1416 Seton Hall Dr., SCC

Multi family sale. March 1st, Saturday 10am-2pm. No early birds. Lots to choose from. El Turco Court, SCC.

Multi family yard sale. 1015 Bluewater Dr., SCC. 8am Friday & Saturday Clothes & a little bit of everything.

Moving sale. Saturday, March 1, 8am-2pm. 1022 Sago Palm Way, Apollo Beach. Boat equipment, canvas sewing machine, wave runner, elliptical, scuba gear, bicycle, kitchen items, books, tools, engine hoist, 6.5 hp water pump, yard equipment & lumber

Multi-Family
Garage Sale
Sat. March 1st
8am to 2pm

Whitmyer Warehouse
631 MillerMac Road
Apollo Beach
(across from cell phone tower)

LOTS OF STUFF!

310 GARAGE/ YARD SALE

Manatee RV Park
will be holding their
CRAFT BAZAAR
March 1 8 a.m.-1 p.m.
Coffee and doughnuts and Sloppy Joe lunch available. Prizes throughout the Bazaar! Park is located at
6302 U.S. 41 S.
(between Ruskin and Palmetto)

Sun City Center COINS
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NEED U.S. Currency (Small or Large) Domestic & Foreign WANTED

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Will be buying coins
Tuesday - Friday: 10 am - 3 pm
Saturday by appt. only
918 North Pebble Beach Blvd.
(813) 634-3816
(813) 503-4189

1015 Sago Palm Way, Apollo Beach. Saturday March 1, 8am-2pm. Furniture, boat items, garden tools, household. Too much to mention

March 1st, 7am-2pm. Antique chair, golf clubs, table, glassware, clothes, kitchen items, chairs, knickknacks, tools. Priced cheap. 733 Ojai, SCC

LARGEST GARAGE SALE, EVER!

Kings Point Main Clubhouse

Open to KP residents only
Friday, Feb. 28th • 4 - 7 pm

Open to KP & SCC residents
Saturday, March 1st • 9 am - 1 pm

120 tables of athletic gear, clothes, jewelry and antiques!

Open to KP & SCC residents
1904 Clubhouse Drive

St. Vincent de Paul Thrift Store
Hours: Mon.-Fri. 9 a.m.-5 p.m.
Saturday 9 a.m.-4 p.m.

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- Help Your Child to Read Well!
- A Full Array of Attractive Furniture & Household Items
- Compare Our Quality and Prices to Anyone!

DONATIONS NEEDED

VISIT OUR WEBSITE
www.svdpruskin.org

Please call (813) 645-5255

1311 3rd St. NE • Ruskin
Behind St. Anne Church and next to Kennco Mfg.

310 GARAGE/ YARD SALE

Big sale. 1029 Bluewater Dr., SCC. Friday & Saturday, 2/28 & 3/1. Also 3/7 & 3/8, 8am-2pm. (2 weekends) Clothing, household goods & lots of misc.

CRAFT SHOW

Monday, March 3rd
9 a.m. - noon

- Craft Show •
- Quilt Show •

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The growing, invisible, silent epidemic

► Continued from page 1

said in churches or auditoriums. Chances are that if you try to talk to me, particularly in a store or a noisy environment, I will not understand you, either. Unless I can read your lips.

Dr. Scott Sims, an audiologist with Physician's Choice Hearing and Dizziness Center in Sun City Center, summed up my situation.

"Technology can't do much for you anymore," he said. "Your hope now lies in medical science. There is hope there, but it could be 10 years yet."

It is thanks to Sims that I can function in a reasonably normal fashion. It is thanks to him that I can hear and understand the voices that I am familiar with, at work and with family and friends. It is thanks to him that I can take important telephone calls, and it is thanks to him that I can clip a tiny Bluetooth microphone onto my mom's shirt so I can make out what she says to me during visits. He has invested many hours in making all of that possible.

Sims describes hearing loss as a growing epidemic. Once generally a concern for the elderly, it is a problem that is silent and invisible, and it is increasingly affecting young people. No one can see hearing loss. But the impact on lives can be enormous.

"It really is terrible," Sims said. "And people without hearing loss have a very hard time identifying with hearing loss. It is invisible to them. But it is extremely tiring and very frustrating trying to hear and communicate with a hearing loss."

For many people, some degree of hearing loss is a normal part of aging. Older people tend to be more established in life and beyond the requirements of careers. Alarmingly, however, hearing loss is now appearing in a significant number of young people.

"When I started in Sun City Center in 1996, hearing loss here was almost exclusively elderly," Sims said. "Now there has been a big change, and the average age of a hearing-aid user has dropped dramatically. The younger generations have been exposed to more and more noise, and that has been harmful to hearing. A fairly significant percentage of children, say between the ages of 10 and 19, probably 11 percent of kids have some form of hearing loss."

And the impact of that will be long-lasting and difficult to measure. But rest assured, there is and will be an impact to not only impacted individuals but also society at large.

"What the studies indicate is that people feel isolated," he continued. "My patients will tell me that it may have caused them a lot of anxiety, that is something I hear almost daily. Because we are seeing the onset of hearing loss coming sooner in life, at a younger age, we are seeing a lot of folks that are trying to work, to communicate with customers or supervisors, and it is very stressful if you can't do that. It is very difficult in this economic environment for everyone, but it is even moreso for people who have trouble communicating. It does cause a lot of anxiety."

While he has many types of hearing aids available to his patients, Scott Sims is not a hearing-aid salesman per se; he is a doctor of audiology. Businesses have taken notice of increasing cases of hearing loss, and are responding with ever-new products. Many of those products do not require a visit to a hearing center or doctor; they are self-programmable from a smart phone. Such devices tend to be far less technologically advanced and far less expensive than high-tech hearing aids. Sims does see some

benefit to such new products, perhaps in providing those with mild hearing impairments the opportunity to gain some measure of help.

"I think it is great that more and more attention is being focused on new products to assist people with hearing loss," he said. "A lot of personal amplifier devices are possibly helpful, and it could be a good step for some. And then from there, people could move into customized hearing aids."

But he also recognizes they may well come with inherent dangers.

"I think, in general, I like the concept to acquaint someone with better hearing," he continued. "But there is a danger of someone damaging their hearing, and that is where the risk comes in. There have been some devices on the market that have harmed people. True hearing aids are programmed based on your exact hearing loss, unlike someone with a generic amplification device. We have the ability to adjust many different frequencies so we can adjust to something you are comfortable with as an individual. An audiologist has the ability to add a little bit of his or her experience, also."

But there is also a longer-term problem.

"My other concern," said Sims, "is that people will try something like that and decide that hearing aids don't work and they'll give up. When, in fact, there are a number of wonderful products out there."

I'm living proof of that. My hearing aids and the associated devices weren't cheap, but they have changed my life, something difficult on which to put a price tag. But not everyone who visits his office leaves with hearing aids.

"There are any number of people who come in here where I recommend that they wait for hearing aids," he said. "Our approach is that we rely heavily on the individual — if their problem is relatively minor and they are able to compensate, or if they just need an assistive device, perhaps, for the telephone or television, we can help them with that. I don't take a sales-driven approach to this."

Sims and Physicians Choice are one of any number of hearing centers in South Hillsborough. Most have opened to serve an elderly population, but now are finding their patients are increasingly younger. From A+ Hearing Center, Armand's and Audibel to Beltone and others, hearing loss is taken seriously.

"If you are finding that you are having to ask people to repeat quite a bit, that is a sign that you are having trouble," Sims said. "If you feel uncomfortable communicating in noisy environments, even restaurants or family get-togethers, if you find that you are starting to avoid those activities or withdraw from them, I would recommend that you have your hearing checked. We have a number of wonderful success stories. Today they are making hearing aids that are much more cosmetically appealing. And that is the direct influence of more young people using hearing aids."

As a doctor of audiology, Scott Sims' first priority is the well-being of his patients and of those suffering from hearing loss. Like virtually every hearing center in South Hillsborough, he simply wants to make life better for those he has been trained to help. He is in private practice and does not represent any single company.

► Continued on next page



MITCH TRAPHAGEN PHOTO

Teacher James Reve and the Lennard Robotics Club show the club's winning entries in a USF science competition last weekend. The club took first, second and fourth places in various competitions.

Lennard Robotics Club

► Continued from page 5

have already decided to use it for the basis to create a robotic Longhorn bull — the school's mascot. According to Reve, plans for the robotic bull include making steam emerge from its nostrils.

On Monday, the students were clearly excited by their success at the USF competition. Before becoming a teacher, Reve was part of the team that created the Cassini mission, a spacecraft that is currently orbiting Saturn and has set new boundaries in science. Seeing the students smiling and laughing, when asked how this compares to Cassini, Reve said, "This is way better."

Because the Robotics Club is an extracurricular activity, Hillsborough County School is not able to provide direct funding, thus the need for community support. Donations of equipment and money are greatly appreciated. The club is also interested in hearing from anyone who may have had a robotics or engineering career and would be willing to speak to the club or mentor students.

Checks may be made out to "Lennard Robotics" and dropped off at the school or sent to Lennard High School, 2342 East Shell Point Road, Ruskin, FL 33570.

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Hearing loss

► Continued from page 32

"I think it is important for people to visit someone who can provide a number of different brands of hearing aids," Sims said. "I also recommend second opinions for those who feel more comfortable with that. It is a big decision."

But it is also an important one, increasingly critical, in fact, as an epidemic of silence continues to grow — particularly among young people.

"With hearing loss, especially in children, it is better to get hearing aids earlier rather than later," Sims said. "They are young, they are learning. It is critical for children to be able to hear."

And with that, Sims finished programming a new remote control for my hearing aids. I walked out of his office and realized that I had heard every word he said. That would be called a success story.

Observations:

Continued from page 9

provided via a simple (and, one would hope, relatively painless) tax on income (which, of course, would go hand in hand with reform legislation that would rein-in malpractice insanity). That would remove the burden from business and help to ensure that emergency rooms are not jammed with people who allow the taxpayers to foot the bill. If you lose your job, you would still have your basic health care. And yes, if you make more income, you'll pay more for your health care, but that wouldn't remove an incentive to make more income — because, in making more, you can buy more comprehensive health care (along with a nicer home, a nicer car and a bigger TV).



Observations

It is the same concept that if you lose your job and don't pay income taxes, you don't lose your citizenship and status as an American. Why is that so complicated? How could that be evil? My wife and I pay a boatload of money for health insurance, but, if it came right down to it, I would pay more still if it meant that I could keep Dr. Gullapalli. Yes, it would mean yet another tax, but it would almost certainly be less than what we're already paying via hidden taxes. I'm no more a fan of hidden taxes than I am of placing a needless burden on U.S. businesses.

I am not even remotely suggesting the end of private health care or private health insurance. But no one's primary physician should be an emergency-room doctor. That is just insanity.

At this point in my life, I gain no real, immediate advantage from the Affordable Care Act. I don't have children to keep on my health-insurance policy, I have no pre-existing conditions, and I am extremely happy with the service I have now, despite that the cost of it has risen dramatically over the past decade. But I also know that could change.

And for this nation, things are going to change whether we like it or not, for better or for worse. My fear is that unless we can come together as a nation, with an honest, open-minded debate and without the political games and brinkmanship, we may well be facing "for the worse." And that would be a Very Bad Thing for all of us.

Eisenhower students open doors to Black History Month

► Continued from page 20

was something Burke thought would allow children to express themselves.

“It gives them a chance to think about Black History Month and develop their own design and present it to the school; and to put their own sweat into developing the idea gives it that little extra.”

Watching the students develop their own creativity while working with other students, Burke also threw in the added bonus of a reward for the winning homeroom.

With artwork adorning 15 doors already, Burke expects at least 10 more before he takes to a school golf cart Feb. 27 to do an “American Idol” style judging.

“They are pretty awesome so far,” said Burke. “Some of them show a lot of historical reference and [that] the kids put in a lot of work, so I am pretty proud of them.”

Eisenhower staff members were particularly pleased at how excited and energized the students were to create the project.

“I don’t know if it was for the pizza or for the actual project, but whatever it takes to get them excited, we are all for it,” Burke said. “I think just having that extra attention is a really positive thing for the kids.”

The partnership with AAA is one example of a business-school relationship Burke has been fostering at the school, which now counts many local firms among its growing list of friends.

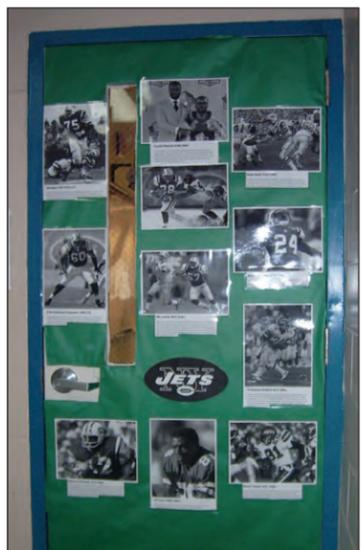
Waterset Homes of Apollo Beach recently donated three iPads to students with perfect attendance. The company is partnering with

the school to give out iPads every nine weeks, honoring everything from the most-improved student to an honor-roll student.

“Buying those iPads is no small investment, so we are really pleased and grateful,” Burke said. “We are trying to do a lot of things where we include business partners in giving our kids awards. It’s something I wanted to do when I started here, and now we have between 50 and 60 businesses that we routinely work with throughout the year, partnering up on different things to help kids.”

While an educated workforce obviously pays off in the long run for businesses, Burke’s pitch to local firms went beyond teaching children in the classroom.

“When I started,” said Burke, “My approach was ‘it takes a village to raise a child,’ and that’s something we all need to be invested in.”



Reflexology

► Continued from page 1

mentions Dr. Edwin Bowers, who worked with Fitzgerald. He is said to have used the practice for an anesthetic effect.

But Sanguedolce didn’t learn about the procedure from the Internet.

As a young mother living in Arkansas, she watched as the medical profession couldn’t help her son, who had had an adverse reaction to something that happened in a doctor’s office.

“Back then, we grew all our own food, and were really into the health food thing,” she said. “Still, I was skeptical when I went into the health food store and found and read the book on reflexology by Eunice Ingham.” Ingham’s work culminated in the International Institute of Reflexology, which has since become popular in several places, including an institute currently operating in St. Petersburg.

“I read the book and started doing the technique on my son, and he never had any more problems,” Sanguedolce said. After that, she began to study the procedure, along with massage.

Locally, many people attest to the ability of reflexology to help them.

“Patti Greene had a broken small toe and was hurting walking, even after it healed, but reflexology adjusted it,” Sanguedolce said.

She tells of an elderly Native American who allowed her to adjust his back while she was staying near a reservation in Orange Springs. “His granddaughter came to me crying that he needed help. Until then, none of the tribe would let me touch them,” she said.

Another story centered on helping a young girl with ear pain during a flight.

“She was just screaming and holding her ear,” Sanguedolce said. “I showed the parents where to apply pressure on her hand, and almost immediately, she stopped crying.”

The American Cancer Society has approved reflexology as a help with breast cancer pain and is using it in its “integrated” program at the H. Lee Moffitt Cancer Center in Tampa.

Some medical insurances are starting to allow payment for it, for certain conditions. Meanwhile, other countries often use it as a regular practice.

“In Thailand, for instance,” Sanguedolce said, “everyone who enters the emergency room of a hospital has it done automatically.”

The Internet shows that 22 percent of residents of Denmark use the procedure; and in the United Kingdom, it is regulated by the Complimentary & Natural Health Care Council, which regulates all alternative medicine.

Reflexologists explain that it works this way: The bottoms of the feet have zones that correspond to various areas of the body. If you have two of something, it appears on both feet, like two kidneys, or two lungs. If you only have one, like one liver, then you only have it on one foot.

Sanguedolce is available to speak about reflexology (and massage) to groups and to explain its value. She may be reached at debisang@gmail.com.



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