



Dr. Hal Ott has just returned from another trip to Haiti. Read about his new perspective on the current state of this resilient island and its people on **page 2**.

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Quilters make kids in residential facility feel more like they're home



The Sun City Center Quilters and Sewers don't just need blankets and quilts for the children at A Kid's Place shelter. They could use toiletries, hair products, suitcases and other help as well.

PENNY FLETCHER PHOTO

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

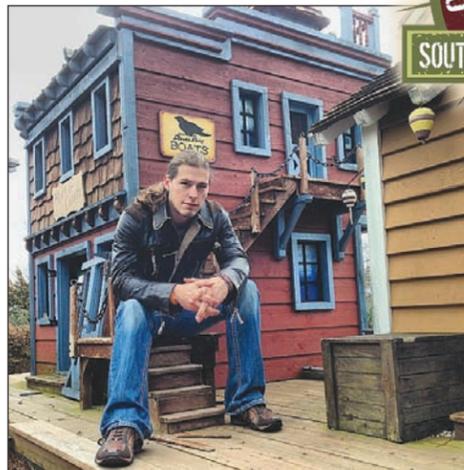
It's bad enough to be packed up in the middle of the night and taken away from home — often in a police car — with nothing but the clothes on your back, but that happens to children a lot more than most people realize.

When the Hillsborough County Sheriff's Office gets a report of abuse or neglect, or perhaps deputies find children at a crime scene, or left alone unsupervised in a house or outdoors, the children are often taken to temporary shelters while it is decided whether the parents will lose custody.

One such shelter is A Kid's Place in Brandon.

According to Mary Berg, resource coordinator at A Kid's Place, many children arrive with a garbage bag containing a few belongings.

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Country-music singer Jason Michael Carroll will perform at the event.

SOUTH SHORE MUSIC FESTIVAL PHOTO

South Shore Music Festival to benefit wounded veterans

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

Riverview will be rocking for a good cause May 3 when the South Shore Music Festival takes to the stage to benefit a wounded area veteran.

The concert at the International Independent Showmen's club features country music singer Jason Michael Carroll, Tampa's own Soul Circus Cowboys, and Gwen Sebastian, a breakout star from "The Voice." Local talent will also take the stage.

The festival is the brainchild of South Shore businessmen Mike Self of S&S Tacos/Pizza & Stuff; James Pulkowski, CPA; and Eros Dahl of Riverview Mortgage. All three wanted to showcase musical talent while providing a benefit concert for a local cause.

Self first came up with the idea of a country music festival in 2010. The event showcasing local musical talent was part of his successful campaign

for honorary mayor of Riverview that year. "So when Eros approached me late last year and asked me if we would be interested in doing another music festival for disabled veterans in our area, it seemed like a great idea," Self

said.

While the 2010 festival, with seven local acts, drew 200 attendees, organizers are hoping the combination of nationally known artists and local acts will draw up to 1,000 fans this year, translating, perhaps, into \$10,000 for an injured local veteran.

Ticket prices start at \$15 for general admission, \$10 for retired military personnel; \$35 tickets will include an opportunity to meet with the performers. Active military personnel will be admitted free.

Tickets for the event are available online at the festival website, www.southshoremusicfestival.com.

"Anyone looking for a good day out while helping a great cause is going to get a good day of entertainment," Self said.

Going beyond a simple check presentation at the festival, organizers will assist at least one injured local veteran and his or her family by helping remodel their home to increase its accessibility. Depending on the amount raised, more than one veteran may benefit from the concert.

A former Marine, Dahl knows there are "many charities out there that need help, but this one is especially near and dear to my heart. These are the men and women who fight for our freedom."

Anyone from the area can nominate a disabled veteran for

► Continued on page 17

'It is insidious'

Evidence piles up that hearing loss is far more than simply being hard of hearing.

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

Don Guiley was once asked to consult at a geriatric facility for a man who was believed suffering from dementia. Guiley, the owner of A+ Hearing Center in Sun City Center, saw the man sitting alone and could see the isolation etched on his face. What he found, however, was that the man suffered from a severe hearing loss. Although he is not a medical doctor, Guiley didn't feel the man suffered from dementia at all. The man couldn't communicate with the world simply because he couldn't hear.

That man was fortunate in many respects. One was that Guiley discovered his hearing loss, and another was that he didn't have dementia as a result of his hearing loss.

In something that should be a concern for everyone from teenagers to octogenarians, studies are



MITCH TRAPHAGEN PHOTO

Chris and Don Guiley of A+ Hearing Center in Sun City Center. Don has become a specialist on the growing mountain of evidence tying hearing loss to dementia and other significant health problems.

revealing that hearing loss and dementia have a distinct relationship. With hearing loss seemingly on the increase, even among young people, that does not portend well

for the advancing years of millions of people. But hearing loss carries a price with it that can come long before dementia may even set in.

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Haiti Revisited, 2014

■ By **HAL OTT**

Love. Hope. Determination. Pride. Extreme Poverty. Progress. Resilience.

These are but a few of the words that come to mind after my most recent visit to Haiti. I have been witnessing the ups and downs of the people of Haiti since my first visit to the country in April 2000. These people have suffered from corrupt governments and endured some of the most horrific natural disasters ever since they became free from slavery in 1804.

A gentleman in his sixties who moved to Port au Prince from a comfortable lifestyle in Canada told me once that Haiti was a “land of failed good intentions.” He explained that most of the aid going to Haiti was from churches and service organizations from the United States and around the world. People with the most loving and giving hearts bringing clothes, love, food, candy, beads and a labor force to build new churches, church schools and to feed countless starving children and adults.

For many years I was one of those Good Samaritans. And perhaps there is a need to fill a gap, to build hope and to provide food and a sense of belonging to something. Certainly, there was an urgent need to give them a leg up after the recent natural disasters.

But Jack Wall, the Canadian, and his wife, and now his daughter, taught me what Haitians really want. They do not want a hand-out. They do not want someone else coming to their country to tell

them how to live and what to do or what to believe. For, in doing so, we help to create a country of beggars with poor self-esteem and a lack of dignity and self-respect.

The future of Haiti must be rooted in its people’s desire to be responsible, productive, participatory citizens. The rebuilding of their country must be in the hands of the Haitian people. Begin with what they have. Build on what they know. Work with them in their planning for a sustainable future.

In my nearly 14 years of witnessing the changes in Haiti, this trip was the first time that I have seen real change. I believe President Michel Martelly and his government have truly accomplished more to empower the people and to help Haitians to help themselves than in any other time in the past. New roads, bridges, sanitation, health care, foreign investment, jobs, a safer environment policed by the Haitian police — all are but a few of the advancements I noticed.

There is a rebuilding of the country from the bottom up and from the top down. This was the first time that I entered the country that the smell of burnt charcoal did not permeate the air. Reforestry projects are increasing. Small rural farmers are getting small loans to practice sustainable agriculture. Haitians teaching Haitians and helping one another.

I visited a hospital in the central mountainous village of Mirebal-

“In my nearly 14 years of witnessing the changes in Haiti, this trip was the first time that I have seen real change.”

— Hal Ott

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An urban gardening project is teaching Haitians how to help themselves and their neighbors to grow their own food from seed. They use any container available — from the back casing of an old television to an old tire.

HAL OTT PHOTOS



Public Meeting

Ruskin Land Development Code Amendment

The Hillsborough County Development Services Department has scheduled a public meeting on March 24 to receive community input on a proposed Land Development Code text amendment for neighborhood areas in Ruskin.

The purpose of this amendment is to update the Land Development Code to implement the vision, goals, and strategies of the Ruskin Community Plan by codifying guidelines for residential development in neighborhood areas identified in the adopted Ruskin Community Plan as a land development regulation.

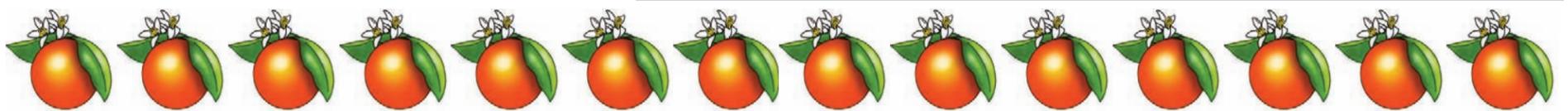
Development Services staff will be at the meeting to answer questions.

DATE: Monday, March 24
TIME: 6:30 p.m.
PLACE: SouthShore Regional Library
15816 Beth Shields Way

All meeting facilities are ADA compliant. Any additional necessary accommodations will be provided with a 48-hour notice.

For assistance and further information, call Steve Valdez, Citizen Engagement Manager, 813-272-5275. (TTY: 813-301-7173) *Para información, llamar al 813-272-5275.*

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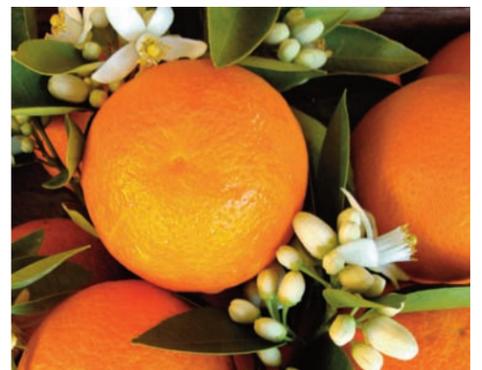
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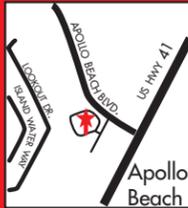
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Observations: Cora is spelled F-U-N

■ By MITCH TRAPHAGEN
mitch@observernews.net

Of all of the mammals I've met in my life, including humans, of course, a cat named Cora is among the very few who has somehow managed to find the secret to true happiness. She takes everything in stride; nothing seems to bother her. To Cora, life is one fun adventure after another.

How am I supposed to look into her big eyes and striped face and tell her that life is not supposed to be all fun? As my wife Michelle pointed out, Cora thinks her name is spelled F-U-N.

I've spent more of my life in South Hillsborough than anywhere else, including my home state of Minnesota. Over the past two decades here, I've met so many people I've deeply admired, along with a few who scared the hell out of me. Fortunately, the former far outnumber the latter.

In South Hillsborough we have artists and entrepreneurs, brilliant minds of selfless clarity and those who give so much of themselves.

This is a community like few others, a place to call home in the paradise of warm Florida sunshine.

Almost two years ago, Tropical Storm Debby slowly moved through the Bay area, seemingly unnoticed by most people. But

we noticed it — our street appeared to be one of the few that went almost completely underwater. And the water kept rising until it reached our house ... and then reached into our house. We didn't get a lot of water inside, but enough to be disturbing. We are loaded to the gills with sensitive computer equipment, and the brownish liquid flowing into our lanai and in through some cracks leading into our bedroom wasn't



Observations



MITCH TRAPHAGEN PHOTO

To Cora, life is one fun adventure after the next, and she thinks Cora is spelled F-U-N. She wasn't so fond of moving, however, but then again, who is?

the most pleasant experience.

Enter our neighbors, Glenn and Norma Jean Fagen. They had just moved out of their beautiful (high and dry) stilt house next door into their dream home in the country. Even though we had three dogs and two cats, they offered up their then-empty home as a refuge.

I can't begin to express our gratitude. I can't begin to say how good it felt to be high above the water in a beautiful home, lifted magically above the troubled waters below. Even the animals seemed relieved. Selflessly, the Fagens saved us, expecting nothing in return, and shortly after, our friends became our landlords and their home became ours. We never had to worry about flooding again, although there were a few times we couldn't get down the street for a few occasional hours when heavy rains turned our street into a stream, too deep for old sports cars to traverse. Our new driveway and carport remained high and dry, though, and from the deck of our home, it was still paradise, despite the short-term street flooding.

A few doors down, Steve and Bridget Fagen, owners of the Mullet Shack, ensured that we were comfortable with the move, offering up a beautiful basket that contained incredible smoked mullet and delicious mullet spread. Our other neighbor, Bev, delivered a wonderful box of steaks. It has been my experience that in South Hillsborough more than other places, from anything bad comes a whole lot of good.

That wasn't the last time we were the recipients of generosity. Like so many others, our friends and neighbors are, to me, the heart of South Hillsborough. They give merely out of the goodness of their hearts. It is a tough world out there, but such people make it so much more pleasant; they make life livable. They are the quiet souls that soothe our souls. America is a nation born on the premise of rugged individualism, but even the most rugged occasionally need to grasp a helping hand. And America is also generous from the heart.

▶ Continued on page 30

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EDITORIAL:

Wes Mullins Publisher
wmullins@mmpprintinc.com
 Chere Simmons Editor/Creative Direc.
chere@observernews.net
 Carol MacAlister Associate Editor
carol@observernews.net
 Mitch Traphagen Online Editor
mitch@observernews.net
 Penny Fletcher Contributing Writer
penny@observernews.net
 Kevin Brady Contributing Writer
kevin@observernews.net
 Warren Resen Travel Writer
W630@aol.com

All press releases, news articles and photos may be emailed to *news@observernews.net*, faxed to 645-4118, or mailed to Observer News, 210 Woodland Estates Ave. SW, Ruskin, FL 33570

SALES:

Vilma Stillwell... Display Advertising Rep.
vilma@observernews.net
 Nan Kirk..... Display Advertising Rep.
nan@observernews.net

For current rates and circulation information visit our website at www.ObserverNews.net

PRODUCTION:

Jason Martin..... Graphic Arts / Layout
jason@observernews.net

CLASSIFIED / CIRCULATION:

Beverly Kay..... Classified / Circulation
beverly@observernews.net

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Positive Talk: **Keeping your wits about you**

When was the last time you stumbled on something that was in clear view? How about burning your fingers on a light bulb that had just gone out and you had decided to replace? How long has it been since you changed lanes in traffic and cut someone off?



By William Hodges

I don't know about you, but all of these are things have happened to me. Not so long ago, I spent several valuable minutes trying to figure out where I left my car keys. Just as I had been leaving the house, the phone rang and a friend needed some information quickly. I evidently had the keys in my hand and absentmindedly laid them down when I got the info from the computer and then returned the call. After the call, I attended to some other matters and then went out to my car. No keys. My mind was a blank and I could not for the life of me remember where I put them. They

were by my computer. I had been on autopilot when I laid them down. Being on autopilot is what causes much of our problems. While on autopilot, we are not making conscious decisions and we trust our subconscious mind to make choices for us and run the ship. Is it any wonder that we are prone to run aground under those conditions? One of the biggest reasons that we shift to autopilot is stress. When under stress, we are prone to be thinking of too many things at once and doing justice to none of them.

In my stress management class, I explain it with this analogy: Computers have the ability to process information in two or more ways, the primaries being background and foreground. Working on a problem with a computer, I can retain control of the keyboard and screen, actively typing away and seeing the results. At another level, the background level, the computer is busily processing material, and I may not even know it is doing it if I do not see the hard-drive light flashing. But if I watch carefully, I may be able to see other

symptoms of background activity. The primary of these symptoms is the lack of response to commands or, in the extreme, the stopping of foreground or my active use of the computer while it takes command and goes off to do its own thing. That happens when the job gets too large to allow both foreground and background activity. The same thing happens in the brain. When we try to keep too many things going, we overload our ability to live in the now, and our awareness of current events is dulled by our computer (brain) trying to process information you have told it you will need for the future.

What can you do to lessen the background processing that your brain is doing? First, empty your mind of everything that can be written down. Do not try to remember anything that can be reduced to a notation, whether it's on paper or an electronic device. That note is better than the best memory. Next, prioritize your thinking and handle the most important things first. Again, a list is the perfect way to stay organized. Choose the appropriate time to get

involved with a problem. In the last week, I have been cut off twice on the highway by people with their mind on a cellphone conversation, not their surroundings. There is no more important time to stay aware of your surroundings than when you are under high stress. During those times, make a special effort to know where you are and what surrounds you.

Keeping your wits when others are losing theirs gives you a great advantage, and it may even keep you from burning your fingers or losing your keys.

Hodges is a nationally recognized speaker, trainer and syndicated columnist. He also hosts an interview-format television program, Spotlight on Government, on the Tampa Bay Community Network, that airs Mondays at 8 p.m. (Bright House channel 950, Verizon channel 30) and Wednesdays at 7:30 p.m. (BH channel 949, Verizon channel 36). The shows can also be viewed at www.hodgesvideos.com. Phone: 813-641-0816. Email: bill@billhodges.com Website: www.billhodges.com

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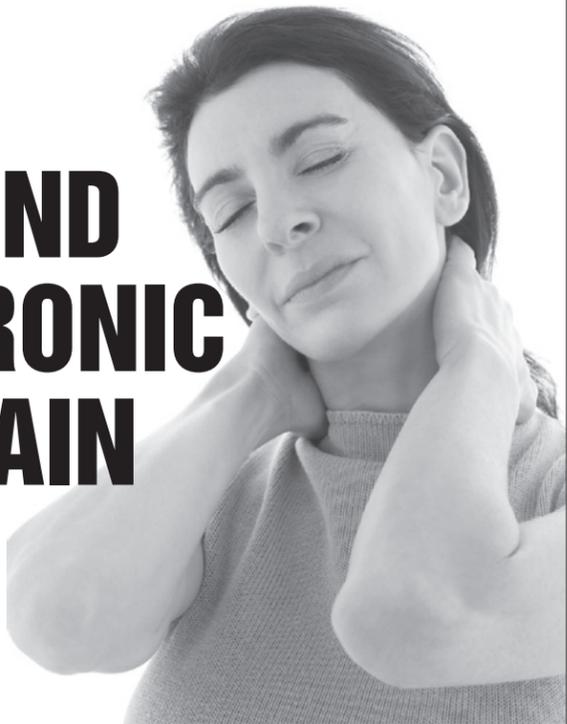


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Hearing loss

► Continued from page 1

“What they found was the people who had even a slight hearing loss, they had dementia at twice the rate of those who had no loss,” Don Guiley said.

As hearing loss worsened, so did the rate of dementia. According to Guiley, other studies have also suggested the same results.

Hearing loss has long been tied to social isolation and problems leading to clinical depression, but now it is becoming clear that the consequences of simply not being able to hear well is physically measurable. The study Guiley was referring to was conducted by Frank Lin, M.D., Ph.D. at the Johns Hopkins University School of Medicine in conjunction with the National Institute on Aging. In results released only weeks ago, the study revealed that while the brain naturally shrinks with age, the shrinkage appears to “be fast-tracked in older adults with hearing loss.” The report goes on to say that “the findings add to the growing list of health consequences associated with hearing loss, including increased risk of

dementia, falls, hospitalizations, and diminished physical and mental health overall.”

Lin is continuing the study to more accurately determine if the brain structural differences had occurred before or after hearing loss.

“Some of the results we won’t know until 2020,” Guiley said.

He can recite the findings and statistics of that and other studies from memory. It is his mission and his passion to continually learn more. It is his business, and it is a highly personal business that has the ability to impact lives. He also suffers from hearing loss, but, of course, it has been corrected to the greatest degree possible with the latest in hearing aid technology.

“We know a person has a better quality of life if they can hear and understand conversation,” Guiley said. “There is a great deal of frustration in hearing loss. It’s not like with your eyes. You know if something is there or not. With hearing, you can’t know what you don’t hear. It is so insidious.”

Guiley possesses a remarkable and intimate knowledge of the



MITCH TRAPHAGEN PHOTO

Don Guiley in his Sun City Center office, explaining the intricate process of hearing. There is much that can go wrong, but those trained and specialized in hearing loss are increasingly able to help those who suffer hearing loss.

mechanics of hearing, speech and how hearing loss works and can impact lives. He can also explain the complexities in fairly simple terms. He has the ability to put things into context.

“You have to use more of your brainpower just to understand speech,” he said of those who suffer from hearing loss. “You are using brain capacity that could be used for other things, such as memory and self-awareness. It comes at a cost.”

And it is a cost that promises only to grow.

“Only 17 percent of the people

that need hearing aids are wearing hearing aids,” he said. “The biggest deterrent for people is the cost. Even for people who can easily afford them, they’ll think they are too noticeable to wear. No, you know what is noticeable? Their hearing loss. The people around you may notice that before you do because they are the ones that keep having to repeat themselves and occasionally get answers back to questions that they didn’t ask. The loss is more noticeable than the hearing aids.”

Guiley knows hearing aids aren’t inexpensive, but he says that, with only his wife and himself running their business, they work hard to keep costs down and take every measure to ensure that the instruments are available as inexpensively as possible. He also hopes that someday hearing aids will be included in health-insurance plans.

Guiley and his wife Chris are among the sponsors of an upcoming event at Sun Towers regarding hearing aids and hearing loops. The event will take place on Tuesday, March 25, at 1:30 p.m. at 101 Trinity Lakes Drive in Sun City Center. Among the topics will be the features of modern hearing aids and how hearing loops can help those with hearing loss understand important conversations. The talk will be presented by Dr. Juliette Sterkens, an audiologist and national hearing-loop advocate. The talk is also co-sponsored by Sun Towers and the Hearing Loss Association of America, Sun City Center Chapter.

Hearing loops, which allow voices to be transmitted directly into modern hearing aids, are slowly catching on in South Hillsborough, primarily in Sun City Center. Recently Publix began testing a loop at the store’s pharmacy and in one checkout aisle. Some churches are beginning to install them.

“There are a lot of places in Europe that have hearing loops — it has gotten really big over there,” Guiley said. “Pharmacies and doctors’ offices, bank tellers, places

where there is really important information that people need to understand. They have them built into the buildings itself. You could take a conference table and set it up with a loop system in it with a microphone on it. When people are talking at that table, the microphone would pick up the voices and transmit it to the hearing aids of the hearing-impaired person.”

Although they are starting to appear, adoption of hearing loops seems to be slower in the U.S. than in Europe.

“I think most businesses just don’t know about it,” Guiley said.

The problem with hearing loss is that it is an invisible disability. Occasionally even the person who suffers from it isn’t the first to know — friends and family members often have to point it out.

“A lot of people think that when you have a hearing loss, everything gets quiet, but that’s not the way it works,” Guiley said. “People start losing high frequencies; you may still hear the sound, but the brain will filter it out as noise.”

Places with echoes and lots of background noise are virtually impossible for those suffering from hearing impairment, including those who wear hearing instruments.

In my case, as a severely hearing-impaired person, even attending my local church became an exercise in frustration. Without a built-in hearing loop, the echoes inside the sanctuary allowed perhaps only one of every 20 words to be understood. My high-technology hearing aids allowed me to hear the sound, but nothing could be done to make that sound understandable.

“It’s kind of like if you have a newspaper, but don’t have enough light, you have to focus and concentrate on each word,” Guiley said. “When you finally get to the end of the sentence, you have lost the meaning of the sentence. Hearing loss is much the same thing. People can often hear but they don’t understand. When a person has a hearing loss, they have to concentrate so hard on hearing each word. It causes cognitive overload.”

“There are people who go out to a restaurant, and they may spend the whole night not having a meaningful conversation. That can lead to isolation and depression. They can see what is happening to them, and they get angry, they go into seclusion. We are social ani-

► Continued on page 19



Joe Lang, CFP - Glenn Krcmaric, OSJ - Robyn Payant, President - Tom Payant, C.E.O., Lillian Brassil, Office Manager - Heidi Oelgart, Marketing Assistant - Peter Farina, CFA®

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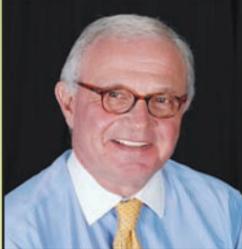
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Pro 2014-07
South County Uniting Grant RFP
Fiscal Year 2014

Focus Areas:
Children are Ready to Learn and Succeed
Children have Supported and Supportive Families

For more information visit: www.ChildrensBoard.org, click on Budgeting, then Funding Opportunities, and Current Funding Opportunities.

Funding Workshop
4:00 p.m.-5:00 p.m. March 24, 2014
SouthShore Regional Library
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The Children’s Board encourages submissions by minorities, faith-based organizations and small businesses.

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President ready to sign rollback of flood insurance rate hikes

■ By **KEVIN BRADY**

kevin@observernews.net

Local real estate agents are welcoming a new bill that will give relief to homeowners hurt by the recent overhaul of federal flood-insurance rates.

After months of wrangling, Congress last week approved a bipartisan compromise bill that rolls back much of last year's rewrite of the National Flood Insurance program.

The bill, which President Obama indicated he would sign

into law, would dramatically reduce increased premiums for flood insurance. And, crucially for those in flood-prone areas wanting to sell their homes, the bill will let them pass on federally subsidized below-market insurance rates to potential buyers.

"I am glad the rates are being rolled back," said Tricia Argabrite, a local Realtor who has sold homes all over South County and the Bay area. "We definitely saw a lot of people backing away from homes that were in flood zones,

and that was one of the first questions we were getting from buyers: 'Is the house in a flood zone?'"

A different type of buyer, flush with cash and ready to risk buying a home without insurance, also started to appear in the market after rates in flood-prone areas skyrocketed for some homeowners, said Argabrite, an agent with the Argabrite Group.

"We might be looking at a \$350,000 house, and I would mention that the current owner

was selling because their [flood-insurance] rate was going up to \$8,500 a year," she said. "But, depending on the buyer, a traditional buyer would have to back away from the home because they could not get the financing. It reduced the amount of house they could afford."

Others looking at homes selling between \$300,000 and \$400,000, told Argabrite they would just pay cash for the house and not have flood insurance. She said, "If something happened, they said they would take care of it themselves."

The Biggert-Waters Flood Insurance Reform Act of 2012 mobilized a national backlash against the new rate increases, as much as 600 percent in some cases, casting a chill over coastal real estate markets from New York to Florida.

Some homeowners were left with monthly flood-insurance rates higher than their mortgage payments.

Those kinds of increases had phones ringing off the hook in Washington, D.C., with irate voters demanding action.

Al Demellier, a South County agent with Century 21 Beggins Enterprises, knows the skyrocketing rates were hurting the market.

"It was upsetting the economy and just hammering the property owners," he said. "Many were unable to sell their homes because their rates were grandfathered in, but they could not pass on those rates to new buyers. Some people were going from paying \$1,200 a year for flood insurance to the new owner having to pay \$18,000 a year. It had a profound effect."

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, according to the Federal Emergency Management Board, or FEMA. Florida is the program's largest customer, with 2 million policies.

However, with the NFIP \$24 billion in the red after losses from Hurricane Katrina and other devastating floods, Congress passed the Flood Insurance Reform Act of 2012 in an attempt to restore solvency to the program with insurance rates more reflective of the risk of living on or near the water.

"I understand the federal government may need to address some issues," Argabrite said, "but you just can't increase rates like that and not expect any repercussions."

Argabrite said the new law will help more traditionally financed buyers in the marketplace.

"For a while," she said, "we had people backing away from homes in flood zones because they were fearful of those rates going up drastically and keep going up."

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 for months on the issue.

"Families who were facing massive flood-insurance premium increases now can breathe easier," she said. "The measure would cap

► Continued on page 18



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You, me and business: Car 64, where are you?

For a long time I have wanted to volunteer in a way that not only helps the community but helps me learn more about Sun City Center. Last week I got my chance. I finished my training and donned the white shirt and badge of the Security Patrol. Last Friday, early in the morning, I cranked up patrol vehicle No. 64, did my radio check and started my shift.

It was dark only for about 30 minutes, but I was amazed at how many people were out walking, jogging and exercising their dogs before the sun comes up. It was quiet and peaceful but very active. I drove through the shopping plaza and watched the newspaper deliveries. I noticed the coffee klatches gather with their regular buddies. Sandhill cranes strutted in the mist rising from the golf courses.

Soon the sky turned a faint coral color that reflected in the various ponds and lakes on my route. Traveling only 20 miles per hour so I could watch out for anything suspicious, I was surprised how long it took me to patrol the north side of town before heading down to Renaissance and over to St. Andrews.

The veterans on the Patrol did a great job of training us on what to look for, and what is pretty routine. They taught us how to handle various situations, when to call in for assistance and what we are allowed to do for residents who need assistance. We were given driving training and assigned to a team. Knowing this had to be

on my own time and knowing how Husband isn't fond of my "working" in the evenings, I chose an early morning shift.

I've lived in this area for 12 years, but now I was on streets I'd never heard of before and saw residential communities I didn't even know existed. Every half hour, I'd check in with the dispatcher to let her know my location. I was told we could take breaks, but my two hours went by so quickly, I didn't need one.

Again, I patrolled through the various business areas, noticing shops and offices and smiling as I realized just how many of them are active Chamber members. I circled most of the banks and church parking lots, even going behind the plaza to see what was going on out back there.

Back out into the neighborhoods, more and more people were out for their morning walk, almost all of them waving at me in the patrol car. It was wonderful to feel so welcomed.

The Patrol needs more people like me, so if you think you might be interested in taking a couple of hours here and there to be the eyes and ears of Sun City Center, give them a call at 813-642-2020 and ask to ride along sometime.

For me, it was a wonderful way to start my morning, and I'm going to be looking forward to my shifts. So if you see Car 64 early on a Friday morning, wave at me and I'll wave back!



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



Penny Smith, left, of H&R Block, presents a laptop computer to Robin Roberts, president of Critter Mama Rescue.

H&R Block in Apollo Beach donates laptop to Critter Mama Rescue

Penny Smith, business consultant and co-owner of H&R Block in Apollo Beach, recently presented a Sony Vaio laptop computer to Robin Roberts, president of Critter Mama Rescue. The Florida nonprofit dog rescue needed a simpler way for its accounting volunteers to do work from home. The laptop came completely loaded with QuickBooks and other business software.

"Whenever we put out a call for resources, donations come in quickly from local small businesses in this close-knit community," said Roberts. "We're truly blessed to have the support of H&R Block."

Critter Mama Rescue is a local charity working with owner-relinquished, abandoned and small stray dogs in Ruskin, Apollo Beach, Sun City Center and Wimauma. For more information on adopting a dog or to donate, call 813-507-0509.

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HCC hosts open houses for prospective students of all ages

Hillsborough Community College will host open houses for prospective students, regardless of age. If you're thinking of taking courses, mark these dates on your calendar.

- HCC Plant City Campus Open House**
 Tuesday, April 8, 5 to 8 p.m.
 PEPC Building, 1206 N. Park Road, Plant City, FL 33563
 Tour environmental science, advanced water treatment and other programs. Admissions, financial aid and career opportunity information available. Refreshments and giveaways. Email shenderson20@hccfl.edu for details.
- HCC SouthShore Campus Open House**
 Tues., April 15, 5 to 7 p.m.
 551 24th Street, NE, Ruskin, FL 33570 (across from Lennard High School)
 Associate of arts/associate of science program information, campus tours, nursing lab demos and more. Financial aid and admissions materials available. Refreshments and giveaways. Email csanchez52@hccfl.edu for details.
- HCC Brandon Campus Open House**
 Wednesday, April 16, 5:30 to 7:30 p.m.
 10414 E. Columbus Drive, Tampa, FL 33619
 AA/AS programs, admissions and financial aid information. Refreshments and giveaways. Email dmccskill3@hccfl.edu for details.

THE SAVVY SENIOR

Health strategies for preventing Alzheimer's Disease

Dear Savvy Senior,
 Are there any proven strategies for preventing dementia? My 80-year-old mother has Alzheimer's, which has me wondering if there is anything I can do to protect myself.
 Concerned at 53



By Jim Miller

Dear Concerned,
 While there's currently no cure for Alzheimer's disease, new research indicates that there are a number of healthy lifestyle strategies that can help most people reduce the risk of getting it.

According to the Alzheimer's Association, the key factors that increase the risk of getting Alzheimer's are advanced age, family history and heredity; but research shows that our general health plays a factor, too. While we can't do much about our age, family or genes, we do have control over how we treat our body and brain.

Some medical specialists even estimate that by following these healthy tips now in middle age, you can actually reduce your risk of developing Alzheimer's by as much as 50 percent, or at least delay its onset by a few years. Here are the recommended strategies.

Manage health problems: Studies have consistently shown that Alzheimer's disease is closely related to conditions, like diabetes and heart disease. So if you have high blood pressure, high cholesterol or diabetes, you need to treat them with lifestyle changes and medication (if necessary) and get them under control.

Left untreated, these diseases over time will cause damage to the vessels that feed blood to the brain, making them more vulnerable to damage, and increasing your risk of dementia.

Exercise: Aerobic exercise increases blood flow to all parts of your body, including your brain, to keep the brain cells well nourished. So choose an aerobic activity you enjoy like walking, cycling, dancing, swimming, etc., that elevates your heart rate, and do it for at least 30 to 40 minutes three times a week.

Eat healthy: A heart-healthy diet, like the Mediterranean diet, will also help protect the brain. A Mediterranean diet includes relatively little red meat and emphasizes whole grains, fruits and vegetables, fish and shellfish, and nuts, olive oil and other healthy fats. Also keep processed foods and sweets to a minimum.

Sleep well: Quality, restful sleep contributes to brain health, too. Typically, adults should get between seven and nine hours of sleep daily. If you have persistent

problems sleeping, you need to identify and address the problem. Medications, late-night exercise and alcohol can interfere with sleep quality and length, as can arthritis pain, sleep apnea and restless leg syndrome.

If you need help, make an appointment with a sleep specialist (see sleepeducation.com) who will probably recommend an overnight diagnostic sleep test.

Challenge your brain: Research shows that mind-challenging activities can help improve memory, slow age-related mental decline and even build a stronger brain.

But be aware that mind-challenging activities consist of things you aren't accustomed to doing. In other words, crossword puzzles aren't enough to challenge your brain if you're already a regular puzzle-doer. Instead, you need to pick up a new skill like learning to dance, play a musical instrument, study a new language or do math problems – something that's challenging and a little outside your comfort zone.

Brain-training websites like Lumosity.com and BrainHQ.com are excellent mind-exercising tools because they continually adapt to your skill level to keep you challenged.

Socializing and interacting with other people is another important way to stimulate the brain. So make a point to reach out and stay connected to friends, family and neighbors. Join a club, take a class or even volunteer – anything that enhances your social life.

Reduce stress: Some stress is good for the brain, but too much can be toxic. There's growing evidence that things like mindfulness meditation, yoga and tai chi are all good ways to help reduce stress.

For more tips, call the National Institute on Aging at 800-222-2225 and order a free copy of their booklet *Preventing Alzheimer's Disease: What Do We Know?*

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

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Attention Homeowners:

Michael Hollander, owner of WeatherTite Windows, announced a great savings plan. His \$0 down program, along with reduced pricing, is great for homeowners who are in need of replacement windows and doors.

All the homeowners who respond within two weeks from the date on this notice and purchase energy-efficient windows or doors are eligible to make this purchase with no money down and have a fixed minimum payment or no interest, no payment program.

Mr. Hollander emphasized the program is effective immediately and he will be able to arrange low monthly payments to suit the budgetary needs of every home. This amazing program allows you

to purchase windows now and pay later, while taking advantage of the "no cost now" program.

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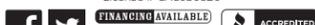
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Mobility chairs on the agenda for Post-Polio support group

The Post-Polio Support Group for Southern Hillsborough County will meet for lunch at noon on Thursday, March 20, at Denny's on State Road 674 in Sun City Center.

This month's speaker is Doug Dulin, from New Motion, who will discuss mobility chairs and cars.

This support group meets the third Thursday of every month, from September through May, and everyone is welcome to attend.

For reservations and more information, call Pam Vogelsang at 813-642-8707.

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HUTH AND BOOTH PHOTO

Rodan + Fields holds ribbon-cutting ceremony

On March 6, Jennifer King, an executive consultant for Rodan + Fields Dermatologists, invited the Greater Riverview Chamber of Commerce to conduct a ribbon-cutting ceremony in celebration of her one-year anniversary.

The ceremony took place immediately following the Chamber's

Thursday morning "Taking Care of Business" (relationship-building group) meeting with a large crowd in attendance.

Jennifer said she is proud to represent Rodan + Fields Dermatologists. Their skincare products, designed by two of the most respected dermatologists in the country, have

the reputation of delivering on what they promise, she said.

Jennifer said she believes that using Rodan + Fields is as close as you can get to visiting a dermatologist, without an appointment.

For more information, call Jennifer at 813-645-7580 or visit www.jenniferking.myrandf.com.



HUTH AND BOOTH PHOTO

Tampa Bay E.N.T. holds Riverview ribbon cutting

On March 7, Tampa Bay E.N.T. invited the Greater Riverview Chamber of Commerce to conduct a multichamber ribbon cutting ceremony.

The event was held to celebrate the grand opening of the practice's Riverview location. Doctors and staff were on hand to welcome the crowd and provide tours of the new facility.

Tampa Bay E.N.T. is pleased to have a presence in Riverview, and they are looking forward to welcoming new patients to their office as well as treating patients at the new St. Joseph's Hospital South.

Tampa Bay E.N.T. provides the full spectrum of care for patients of all ages for conditions affecting the ears, nose, throat, neck and face. Their surgeons provide diagnostic

and therapeutic care — both medical and surgical — for neonates, children, adolescents, adults and geriatric adults. They pride themselves in providing superior care.

For more information or to schedule a visit, call 813-443-0532.

Tampa Bay E.N.T. is at 13015 Summerfield Square Drive, Riverview. You can also visit its website at www.TampaBayENT.com.



Dragon boat races this weekend

More than 20 dragon boats will participate in the third annual MiraBay Dragon Boat Festival from 9 a.m. to 2 p.m. on Saturday, March 22, at MiraBay residential community.

The Leviathans, MiraBay's team, will compete against other paddling teams from around Florida. Each dragon boat team consists of 20 paddlers, rowing to the beat of the drummer at the front of the boat.

Admission is free. Fresh market, food, drinks and commemorative T-shirts will be available for purchase. There will also be live music.

Bring your chair and relax in the shaded spectator tent, where you'll have a great seat for the action on the lagoon.

MiraBay is on U.S. 41 in Apollo Beach.

Notice of dissolution

This notice serves to inform that East Bay High School Alumni Association, Inc. shall be dissolved effective April 26, 2014 and shall conduct no further business.

South Hillsborough Elks Lodge #2672 Upcoming Activities

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

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

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

Monday, March 24 — Blue Plate Special for Elks and their guests, 5 p.m., \$8. Menu: Pot roast with all the trimmings. No tickets sold after March 21.

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

Winthrop Fine Arts Festival is this weekend

Riverview's Winthrop Town Centre hosts its 6th annual Winthrop Fine Arts Festival this weekend, running from 10 a.m. to 5 p.m. both Saturday and Sunday.

Admission is free to the show, which features more than 50 fine art and craft exhibits, including displays from the Mishou Sanchea, the Tampa History Center, Ringling students and more.

There will be live music and free activities for kids, including chalk art, children's art and T-shirt-making. There will also be a community garden and a Rotary beer stand.

Winthrop Town Centre is at the corner of Bloomingdale Avenue and Providence Road. For more information, visit www.withropartsfestival.org.

HCC job fairs open to the public and students

Several Hillsborough Community College campuses are hosting job fairs in April. This is a great opportunity to meet with a wide range of potential employers. These events are free and open to the public. If you plan to go, dress in interview attire and bring copies of your resume.

► **HCC Brandon Campus Job Fair, Wednesday, April 2, 10 a.m. to 1 p.m.** BADM Conference Center, 10414 E. Columbus Drive, Tampa. Email rdicks@hccfl.edu for more information.

► **HCC Ybor City Campus Job Fair, Monday, April 7, 9 a.m. to 2 p.m.** Ybor Room, 2112 N. 15th St., Tampa. Email akeaton@hccfl.edu for more information.

► **HCC Dale Mabry Campus Job Fair, Tuesday, April 15, 9:30 a.m. to 2 p.m.** Dale Mabry Campus Gym, 4001 W. Tampa Bay Blvd., Tampa. Email icanalejo@hccfl.edu for more information.

RUSKIN BRANCH LIBRARY

1 Dickman Drive SE • Ruskin 33573

Adult Computer Classes for the Technologically Challenged

Managing Media - Thursday, March 20 at 3 p.m.

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

Internet: Malicious PC Software - Friday, March 21 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 I: Introduction - Tuesday, March 25 at 3 p.m.

Learn to create, save, print, and edit documents. Basic keyboarding and mouse skills are recommended.

Word II: Font & Page Formatting - Tuesday, March 25 at 3:45 p.m.

Discover the basics of font formatting, changing font type, size and color and page setup, margins, paper orientation. Word I is recommended.

Riverview Branch Library

10509 Riverview Dr., Riverview • 813-273-3652

Baby Time — Thursday, March 20, 10:05 a.m.

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. For children up to 18 months and their caregivers.

Toddler Time — Thursday, March 20, 10:35 a.m.

Stories, finger plays and songs make up this fun 20-minute program that highlights early literacy skills and encourages reading readiness. For children ages 18-36 months and their caregivers.

ABCs and 123s of Yoga — Thursday, March 20, 11 a.m.

For children 2 to 5 and their parent/caregivers. Kids benefit from yoga too! In this program, Lucky Cat Yoga introduces yoga to toddlers with basic yoga postures. Bring a towel or yoga mat and wear comfortable clothing.

Game Zone — Thursday, March 20, 2:30 p.m.

Wednesday, March 26, 2:30 p.m.

Get in the zone and join friends for gaming fun with games such as Super Smash Bros. Brawl, Mario Kart, Super Mario Bros. and more.

Tail Waggin' Tutors — Friday, March 21, 3:30 p.m.

What do you get when you bring children, dogs and books together? You get happy, confident children who love to read! Children take turns reading to an adorable dog. Presented in partnership with Therapy Dogs International.

Saturday Movie Matinee — Saturday, March 22, 3 p.m.

Children, all ages. Relax at the library and enjoy a movie with your family. Stay after the movie for a chance to win the DVD. Seating limit is 50. Register at the Reference Desk or call 813-273-3652.

Yoga 101: Intro to Yoga for Adults — Monday, March 24, 10:30 a.m.

Yoga is an activity that can help heal the mind, body and soul. In this one-hour class, Erin Wheeler of Lucky Cat Yoga introduces adults to yoga. Participants will learn basic yoga postures and pranayama (yogic breathing). The class is moderately paced, allowing participants to leave with lots of energy. Participants should wear athletic or comfortable clothing and bring a mat or towel.

Internet Searching — Monday, March 24, 2 p.m.

For adults. Learn how to use search engines, search terms and helpful tips to find and evaluate content on the Internet.

Teen Anime Club — Tuesday, March 25, 3 p.m.

For teens in grades 6-12. Join other enthusiasts in screening and discussing the latest and greatest in the world of anime and manga.

Story Time — Wednesday, March 26, 10:30 a.m.

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. For children 3-5 and their caregivers.

Quilting for children in distress

► Continued from page 1

“One of our goals is never to let them leave like that,” Berg said in an interview March 14. “We want to give every one of them

something more if we can.”

The average shelter stay is 90 days, but some children are kept up to two years, she said. “Main-

ly, this happens when we cannot find a family member or foster family that can keep siblings together.”

Keeping as much of the family as intact as possible is always a goal, she said.

A Kid’s Place was one of the pet projects of the late county commissioner Dottie Berger MacKinnon, who was a tireless advocate for abused and neglected children. She founded A Kid’s Place five years ago, and also founded Friends of Joshua House Foundation and worked with the Children’s Home Society, the Guardian ad Litem program, and countless others.

“I was originally a volunteer here,” said Berg, who also serves now as community liaison, visiting groups and speaking about A Kid’s Place. “We have very little need for on-site volunteers,”



PENNY FLETCHER PHOTOS

Sharon Kennedy teaches a new pattern to the group.



Mary Lou Bogdan, left, publicity chairwoman for the quilting group that meets as part of the Sun City Center Sew ’n Sews, and Jan Ring, who although she has no formal title is referred to as “sweat shop goddess,” show off a quilt that was made from a shower curtain that used to hang in a mountain cabin owned by the Rings.

she said, “because the kids are in programs and school most of the time. But we always need supplies.”

As Berg recalls, members of the Sun City Center Sew ’n Sews contacted her several years ago and asked if there was anything they could do to help.

“At the time, I said 60 quilts would be wonderful. We also needed baby bibs.”

A Kid’s Place is a 60-bed facility with five homes of 12 beds and a house parent in each. The children are housed by age, from infancy to 18 years old.

Since their first load of quilts, the Sew ’n Sews have provided not only quilts and clothing but also toiletries, suitcases and other items they have collected in the Sewing Room of the main Sun City Center complex on Cherry Hills Drive.

One group of quilters among the Sew ’n Sews has adopted A Kid’s Place as their project.

Publicity chairwoman Mary Lou Bogdan and Jan Ring, referred to jokingly as “the sweat shop goddess,” say they will address others who want to know more about A Kid’s Place and its needs.

Quilter’s liaison Pam Davis and volunteer Dee Kelly periodically take the things made and collected to Brandon and meet with Berg.

Bed quilts, bedspreads and pajama bottoms that can be made with T-shirts are also now being made.

“We could sure use someone who has a long-arm quilter to help us,” said Ring.

She said she hopes a long-arm quilting machine can either be

donated or loaned for use if the owner can’t do the work.

Davis said, “My sister up in Michigan makes clothes and sends them to me, too.”

The group presently is also concentrating on making 60 bedspreads. “Bedspreads make the room look more like home,” Berg said.

Donations of fabric, batting and other sewing and quilting materials are always welcome, and a box is kept in the Sewing Room to collect other donated items. Any stuffed animals must be new and have a tag to prove it, for health reasons.

The group concentrating on A Kid’s Place’s current needs meets Wednesday mornings from 9 to 11:30 a.m. in the Sewing Room.

More information about A Kid’s Place may be found at www.akidsplacetb.org or calling 813-381-3839.



Angela Martino squares off the material that will be used for the top of a quilt.

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JSA Medical Group Sun City Center Activity Center EVENTS CALENDAR



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

Thu 20:	SilverSneakers® (MSROM)* WII BOWLING	9:30 to 10:30 am 2:30 to 3:30 pm
Fri 21:	SALSA DANCING SLOW FLOW YOGA GENTLE CHAIR YOGA	10 to 11 am 1 to 2 pm 2:15 to 3:30 pm
Mon 24:	MONDAY MORNING MOVIES SLOW FLOW YOGA GENTLE CHAIR YOGA	10 am to Noon 1 to 2 pm 2:15 to 3:30 pm
Tue 25:	SilverSneakers® (MSROM)* DIABETES WORKSHOP *Must register with Arlette (727) 828-2411	11 am to Noon 1 to 3 pm
Wed 26:	LINE DANCING*: Beginners or Advanced (Classes Limited to 30 ppl)	11 am to Noon; 12:15 to 1:15 pm
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
Mon 31:	MONDAY MORNING MOVIES SLOW FLOW YOGA GENTLE CHAIR YOGA	10 am to Noon 1 to 2 pm 2:15 to 3:30 pm

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

DIABETES WORKSHOP: Tue, March 25 1 to 3 pm
Please register for these workshops by calling Arlette at (727) 828-2411. Next Diabetes workshop will be April 22; COPD April 15

APRIL 2014 EVENTS *REGISTER NOW!

Tue 01:	SilverSneakers® (MSROM)*	11 am to Noon
Wed 02:	LINE DANCING*: Beginners or Advanced (Classes Limited to 30 ppl)	11 am to Noon; 12:15 to 1:15 pm
Thu 03:	SilverSneakers® (MSROM)* WII BOWLING	9:30 to 10:30 am 2:30 to 3:30 pm
Fri 04:	SALSA DANCING SLOW FLOW YOGA GENTLE CHAIR YOGA	10 to 11 am 1 to 2 pm 2:15 to 3:30 pm

Please check your insurance coverage for **SILVERSNEAKERS** class participation eligibility.

Visit us online to view the monthly calendar and upcoming events: JSAMedicalGroup.com click the events tab

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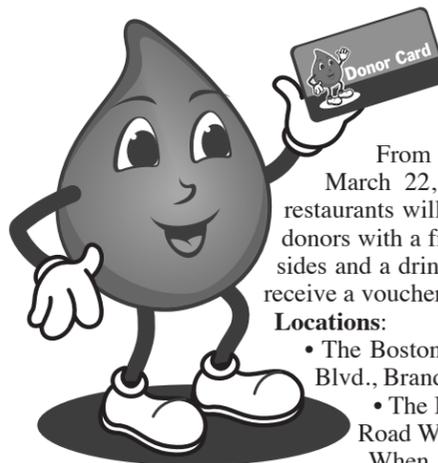
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Hwy 41 South bluegrass concert is this Saturday at Hawaiian Isles

Hawaiian Isles Resort presents an evening of bluegrass, country and old-time fiddle tunes, featuring Hwy 41 South, on Saturday, March 22. The concert starts at 7 p.m. in the community's recreation hall, 4120 Cockroach Bay Road, Ruskin. Admission is \$4, and tickets will be sold at the door.



Blood donation scores dinner and a movie

From 11 a.m. to 6 p.m. on Saturday, March 22, two nearby Boston Market restaurants will host blood drives, providing donors with a free dinner, complete with two sides and a drink. In addition, all donors will receive a voucher for a free movie ticket.

Locations:

- The Boston Market at 1401 W. Brandon Blvd., Brandon
- The Boston Market at 5002 Cortez Road West, Bradenton

When you donate blood, you also receive a free wellness checkup, including

blood pressure, temperature, iron count and cholesterol screening.

Every two seconds someone in the United States needs a blood transfusion. Blood that is donated today will likely be transfused into a patient within two to three days.

Generally healthy people age 16 or older who weigh at least 110 pounds can donate blood. To learn more about the importance of blood donation and how donors can target the power of their blood type, visit www.oneblood.org.

Cypress Creek garage sale is March 29

The Villages of Cypress Creek will hold its 12th annual Garage Sale on Saturday, March 29, from 8 a.m. to noon.

To sweeten the sale, the organizers are adding a bake sale this year. Proceeds from the bake sale will be donated to Calvary Lutheran Church's Community Cupboard. The Cupboard currently distributes an average of 300 bags of food a week to area families in need.

Also new this year will be a selection of arts and crafts by Cypress Creek residents.

The sale will take place along Cypress Village Boulevard, from Upper Creek Drive to 19th Avenue.

Rain date is Saturday, April 5.

Animal Coalition fundraiser returns to Tampa's Yuengling Brewery

The Animal Coalition of Tampa will hold its seventh annual fundraising dinner and silent auction from 5 to 9 p.m. on Saturday, April 5, at the Yuengling Brewery's Biergarten, 11111 N. 30th Street, Tampa.



A humorous play on the words that represent ACT's main medical focus, the popular "Spay-Ghetti and No Balls" dinner and auction has become an annual tradition among Tampa's animal lovers. It features a full pasta dinner (choice of sauces), delicious desserts, a silent auction and exciting door prizes. The adult-only event will include a Yuengling beer tasting and complimentary wine bar. Included with admission is a tour of the historic Tampa brewery.

Silent auction items include electronics, fine jewelry and artwork — all generously donated by area artists. New this year is a live auction, where the highest bidder can take home a Tampa Bay Rays VIP package valued at \$850.

This year's event is sponsored by PetSupermarket, Bright House Networks and Reeves Subaru, and is hosted by Yuengling.

Tickets are \$35 per person and can be purchased only at 2014spayghetti.org. Ticket sales close April 1, and will *not* be sold at the door. Dress is smart-casual, and closed-toe shoes are required for the tour.

ACT, a licensed nonprofit, tax-exempt organization, has performed more than 80,000 spay/neuter surgeries for the residents of Tampa and surrounding areas. The organization also provides the public affordable animal health services and pet meds, and is an active participant in Hillsborough County's voucher program for income-qualified families.



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*Actual Fee May Vary Depending Upon Degree of Complexity in a Given Case
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The Eye Associates holds ribbon cutting for new location

On March 13, the Sun City Center Area Chamber of Commerce held a ribbon cutting for The Eye Associates, which recently opened up the remodeled building at 3894 Sun City Center Blvd., next door to Burger King.



Gulf Coast Insurance Group holds ribbon cutting

On March 12, the Sun City Center Area Chamber of Commerce held a ribbon cutting for Gulf Coast Insurance Group, which recently opened a new office at 1647 Sun City Center Plaza. For more information, call 813-633-5511.

'Be Scam Smart' is topic at Pie and Coffee Seminar

Enjoy the pie and coffee when you join the "Be Scam Smart" workshop at 10:30 a.m., Tuesday, April 1, at the Sun City Center Area Chamber of Commerce.

Presented by Operation S.A.F.E., or Stop Adult Financial Exploitation, the workshop will teach how to protect your personal information, how to avoid becoming a victim and will give you information on current scams specific to Florida seniors.

The South Shore Coalition on Mental Health and Aging is sponsoring the workshop as part of its 2014 Pie and Coffee Seminar Series. Other sponsors include the Village Inn and Tender Care Transitions.

The SCC Chamber is at 1651 Sun City Center Blvd.

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Haiti Revisited, 2014

► Continued from page 2

ais. The hospital was founded by the renowned Harvard physician Dr. Paul Farmer. Farmer is perhaps the world's foremost leader and expert on global health care for the poor.

Named Hospital Universitaire, the facility just celebrated its first anniversary. It employs 56 Haitian physicians, more than 100 nurses and approximately 700 other people, more than 99 percent of whom are Haitian. The hospital covers more than 200,000 square feet and is equipped with the very latest technology. It offers nearly all specialty areas, including infectious disease, surgery, obstetrics, ophthalmology, dentistry, cardiology and oncology.

It has more than 300 beds. The entire medical facility, including dorms for doctors and nurses, is 100 percent solar powered. The

cost for admission for care is the equivalent of \$1.25 per person.

It serves not only a local population of 185,000 but also special-care patients who travel from Port au Prince, a three-hour trip. Yes,

to get the project built necessitated support from around the world, but it is a hospital built, staffed and run by Haitians for Haitians.

I also visited an urban gardening project in a very poor part of Port au Prince. There

I saw Haitians teaching and helping their neighbors to grow their own food from seed. They use any container available — from the back casing of an old television to an old tire. Within 15 days, they can harvest spinach to feed their families. Any harvest left after filling the needs of their families is given to their neighbors. A sense of community and trust is built.

In this one project, more than 170 people were growing beans, spinach, cabbage, carrots, tomatoes and other food that was totally unfamiliar to me. It is a project developed by Haitians, owned by Haitians and managed by Haitians.

Don't get me wrong. I have no false illusions about the challenges that this country faces. With the average age of a Haitian being 22, and 200,000 new people coming into the workforce every year, there is no quick-and-easy fix. But foreigners must recognize that the hand-out philosophy of past decades has not worked to rebuild this country.

With perhaps a million people willing and able to work, does it make sense for our high-school- and college-age students to go to Haiti to lay cement block for them? Will Haitians feel like they own that church or that church school that we foreigners have built for them? Yes, it makes us feel good about ourselves, but this is not a sustainable, participatory way to build a country of responsible Haitians with self-worth and dignity.

The empowerment of women is helping. Ending the myth that this beautiful island is not safe for tourists and foreign investment also will help. Sitting down side-by-side with Haitians who have a plan for a productive, participatory project and sharing with them ideas for them to reach their goals is, in my opinion, the best road to their future.

Dr. Hal E. Ott is owner of the Ruskin Animal Hospital and Cat Clinic and manager of Ott's Off Leash Dog Sanctuary in Ruskin, Florida (a 501c3 nonprofit organization).

“With perhaps a million people willing and able to work, does it make sense for our high-school- and college-age students to go to Haiti to lay cement block for them?”



A Haitian citizen shows off his art skills to visitors.

HAL OTT PHOTOS



“Foreigners must recognize that the hand-out philosophy of past decades has not worked to rebuild this country.” —Hal Ott



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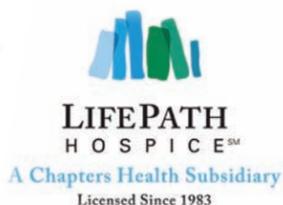
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Thursday, April 17 | 11:00 a.m. to 3:00 p.m. | Grande Clubhouse

Bring one or two pieces from your personal or estate property for appraisal with a single donation of \$5. Enjoy a light lunch plus a \$200 VISA gift card give-a-way.



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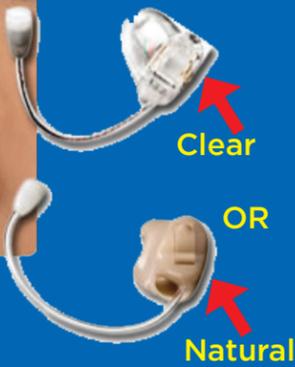
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MITCH TRAPHAGEN PHOTOS

A moment of beautiful calm during the peak of spring break

Spring break, a time when millions of college students and families with young children flock to Florida beaches, generally runs from late February to early April, with the peak occurring right now in late March. While South Hillsborough doesn't require the portable beach jails found in Panama City Beach, regular visitors to Ruskin's Little Harbor Resort have no doubt noticed the increasing crowds at the beach tiki bar as well as at the restaurants. This weekend, with the peak of the season upon us, the popular area band soulRcoaster will take the stage just off the beach. Above, a moment of calm on the beach in the middle of spring break. Below, soulRcoaster performs with the lights of St. Petersburg in the background.



South Shore Music Festival

► Continued from page 1

the award. A select committee, including members of the Riverview Chamber of Commerce's Military Affairs Committee, will review all applications and determine the recipient, who will be announced on the day of the festival.

Several local companies have already indicated they would be willing to donate their time to help with the construction portion of the project.

"We are looking forward to a great turnout, and, depending on the amount of money raised prior to the event, that will determine the number of veterans and family members we would be able to assist," said Self, a Ruskin native and graduate of East Bay High School.

Organizers have already raised more than \$3,000 for the festival by fundraising online, selling sponsorships and holding local events. Sponsorship packages start at \$250.

"The support we have received locally has been absolutely amazing," said Dahl, the charity coordinator for the festival. "This event is going to be something spectacular, for sure."

Among local sponsors for the event are Hound Dogg Entertainment, Riverview Mortgage, MACE Multimedia, Sam's Club and Buffalo Wild Wings.

"It doesn't always have to be the big sponsors that help out," Self said. "The small sponsors are just as important as the big ones. A lot of people think when they see these big events they can't afford to be involved, but that is not necessarily true."



SOUTH SHORE MUSIC FESTIVAL PHOTO

Tampa's own Soul Circus Cowboys will be among the headliners for the event.

To buy tickets, volunteer, become a sponsor or get more information on the event, email info@southshoremusicfestival.com, visit www.southshoremusicfestival.com or call 813-690-2201 or 813-419-7763.

Organizers would like to see the festival become a fixture on

the South Shore entertainment calendar.

"Our goal is to bring national artists into our hometown and keep that money in our hometown and help our military and veterans," Self said. "This year will just build on that, and we will go from there."

Eight-ball pool tournament

The next fundraiser planned to help injured veterans is an eight-ball pool tournament planned for 4 p.m., Saturday, March 29, at Brandon Billiards, 112 Pierce Christie Drive, Valrico. The pool tournament will include an Open division and B players division. Signup sheets for the tournament are available at the billiard hall. Entry fee is \$20.

"I was thrilled to support this," said Mike Molfield, owner of the 200-member TAP pool league who is organizing the pool tournament. A former veteran himself, Molfield said experience with the cue is not necessary for the event. "No matter your experience level, you will have a good time."

For more information on the tournament, call 813-690-2201 or 813-419-7763.

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A party for the pooches



PENNY FLETCHER PHOTOS

A Saint Patrick's Day party for pooches to benefit Critter Mama Rescue was held Monday, March 17, on the patio of the Seafood Dive restaurant on U.S. 41 in Apollo Beach. Despite a bad storm, many turned out in support of the effort. A few large dogs had to go home early because the event was held outside, but the two above were able to find shelter in their owners' arms. From left are Kevin Holmes and *Fossie*, and Carole and Ralph Castillo with *Merci* enjoying the event.



Robin Roberts (center) founded Critter Mama Rescue last year as a nonprofit corporation, but has been rescuing animals just about all her life. From left are Charlotte Clark, treasurer of the organization; Roberts; and Chris Guiley, secretary.

After expenses, about \$500 remains for Roberts to use for veterinary bills (mostly for dogs and cats), pet food, medicine and other upkeep. To find out more about the organization or to offer help, email CritterMamaRescue@gmail.com or call 813-507-0509.

Residents and local businesses donated gift baskets for a raffle to raise funds for Critter Mama Rescue.



Flood insurance

► Continued from page 7

yearly premium increases while maintaining fiscal protections to ensure that flood insurance will be there in times of disaster."

For a real estate market that is stabilizing after years of foreclosures and recession, the new rate hikes would have been a death knell for the coastal real estate market, said Lucy Warren, a Riverview Realtor.

"It would have been just another tax on homeowners," she said. "I was paying \$58 for my flood insurance, but that went up to \$400. The Congress and the state, it just seems like they are always raising the fees."

"It's not everything I wanted for homeowners, but it's significant protection from unconscionable rate hikes," said U.S. Sen. Bill Nelson (D-FL), who was joined by fellow Democrats and Republicans from across the state in pushing for the lower rates.

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Feed the Bay hopes to raise food for area's hungry

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

Perhaps you went a little hog wild during that baked bean sale last month. Or maybe you are a doomsday prepper who has enough rice and beans stored in that secret underground bunker to feed a small army for the next decade.

Either way, Feed the Bay, an all-volunteer effort that aims to restock the shelves of area food banks, wants your food this weekend.

More than 30 local churches, including several in South County, are asking their parishioners to think about the hungry when they shop Sunday, March 23. Organizers hope to raise more than 150,000 pounds of food for the effort, with help from Publix, Sweetbay and Walgreens.

There has been an increase in the number of the hungry in the South County community over the last few years, said Bill Cruz Jr., executive director of Good Samaritan Mission, which is participating in Feed the Bay. "The demand is greater than the

supply," he said, "so we count and rely on events like Feed the Bay to meet the needs of folks coming in for food."

Started by Bay Life Church in Brandon in 2006 when churchgoers were asked to go to supermarkets with pre-printed grocery lists, Feed the Bay has grown to 32 local churches and 17 food agencies that collected 160,049 pounds of food and store gift cards last year.

Among the groups participating in this year's drive are the Beth-El Farm Workers Ministry in Wimauma, Good Samaritan Mission and the Emergency Help Care Organization, or ECHO, in Brandon, which also serves families in South County.

For more information, visit www.feedthebay.org.

Among the churches participating this year are:

Ahava Baptist Church, Alafia Baptist Church, Bay Life Church, Bell Shoals Baptist – Apollo Beach Campus, Bell Shoals Baptist – Brandon Campus, Brandon Seventh-Day Adventist Church, Centerpoint Church, Cornerstone Baptist Church, First Baptist



SOUTH SHORE UNITED METHODIST CHURCH PHOTO

South Shore United Methodist Church is among more than 30 local churches that will be asking parishioners to help stock local food banks this weekend.

Church of Brandon, First Baptist Church Dover, First Baptist Church Midway, First Baptist Church Plant City, First Baptist Church Tampa, First Baptist Church Temple Terrace, First Presbyterian Church of Brandon and First United Methodist Church of Brandon.

Also, Grace Community UMC, Holy Innocent's Episcopal

Church, Hope Cumberland Presbyterian, Jesus Church, Journey Church of Brandon, Knights Baptist Church, Liberty Southern Baptist Church, Manhattan Baptist Church, Nativity Catholic Church, New Testament Church, Redeemer Presbyterian Church, Rivers of Life, Saint John the Divine Episcopal Church, South Shore UMC, St. Andrew UMC, True Sanctuary of Praise and Westtown Church.

The charitable effort comes on the heels of last month's Have a Heart Caring Castle food drive, which raised 2,600 pounds of food for six South County food banks. The Caring Castle was sponsored by Sun City Center's JSA Medical Group with *The Observer News*, *The SCC Observer* and *The Current* backing the drive.

Hearing loss

Continued from page 5
mals, we need that input. But just as bad as staying home is going out and not being able to participate."

The studies suggesting a link between dementia and hearing loss are a topic of great concern for a growing number of people, a population that now also includes a greater number of young people. But hearing loss can create problems long before dementia has a chance to set in, isolating people both young and old, in some cases limiting economic opportunities and creating emotionally and financially costly related health issues.

"We know a person has a better quality of life if they can hear and understand conversation," Guiley said. "There is a great deal of frustration in hearing loss."

But as a professional in hearing devices, there is also a form of satisfaction that comes from working to turn the problem around. And for most people, today's technology means that it can be turned around.

"Every single morning when I wake up, before my feet hit the floor, I know I'm going to change someone's life today," Guiley said. "And I do."

For more information about the March 25 discussion at Sun Towers, email DCaneen@SunTowersRetirement.com or call 813-892-2990.

For information about A+ Hearing Center, visit them on Facebook at tinyurl.com/observer-aplushearing.

For information about the Sun City Center chapter of the Hearing Loss Association of America, visit www.hearingloss.org/content/sun-city-center-chapter.

The Florida Telecommunications Relay Inc., a nonprofit distributor of specialized telecommunications equipment for people suffering from hearing loss, is now offering a new amplified telephone at no cost to seniors and others with hearing loss and living in Hillsborough County. For more information, call 800-222-3448 or visit www.ftri.org.

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Book Discussion: *The Storyteller* by Jodi Picoult — Thursday, March 20, 2 p.m.

Sage Singer befriends Josef Weber, a beloved Little League coach and retired teacher. But then Josef asks Sage for a favor she never could have imagined: to kill him. After Josef reveals the heinous act he committed, Sage feels he may deserve that fate. But would his death be murder or justice? Copies of the book are available at the Library.

Kindle Open Lab — Thursday, March 20, 4 p.m.

Bring in your Kindle or Kindle Fire along with your questions or problems, and we'll do our best to help!

Apple iOS Open Lab — Saturday, March 22, 10:30 a.m.

Bring in your iPad, iPhone or iPod along with your questions, and we'll do our best to help!

Sonny & Perley Present: *The Golden Age of Popular Song* — Saturday, March 22, 3 p.m.

Well-known jazz duo, Sonny Daye and Perley Rousseau (vocalist), perform a concert featuring hits from the Great American Songbook and the golden age of popular song, including movie standards such as Moon River, My Favorite Things and Send in the Clowns. They also include significant songs of the era now considered standards. Funded by the Friends of the SouthShore Regional Library.

Adult Writing Workshop — Monday, March 24, 1 p.m.

Connect with fellow writers to inspire and encourage, and to exchange ideas about the writing process. Opportunities to share your writings and receive feedback will be available. If you've ever wanted to be a writer, this is the group for you! All levels of writers are welcome. The focus is on novels, short stories, poetry, narrative nonfiction and memoirs; no general/technical nonfiction.

Managing Media — Tuesday, March 25, 12:30 p.m.

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

Genealogy: *Discovering Your Female Ancestors* — Tuesday, March 25, 3:30 p.m.

Learn some tips and tricks to uncover information about the women in your family's past. Online resources, including Ancestry Library Edition and Heritage Quest, will be demonstrated.

Adult/Teen Drawing — Tuesday, March 25, 6:30 p.m.

Join art instructor, Michael Parker, and explore some techniques of drawing. All levels welcome. Limit 25. Registration is required. Ask at the SouthShore Regional Library Information Desk or call 813-273-3652. Funded by the Friends of the SouthShore Regional Library.

eBooks for Tablets and Smartphones — Wednesday, March 26, 10:30 a.m.

Learn how to check out and download free library eBooks to read on an Android, Blackberry, iPad, iPhone or Windows 7 device using a free app. Learn how to register for a free Adobe ID to wirelessly check out and download library eBooks to an electronic tablet. Limit 20.

Family Center on Deafness Telephone Distribution — Wednesday, March 26, 1 p.m.

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

SouthShore Needle People — Wednesday, March 26, 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.

Mah Jongg Club — Wednesday, March 26, 6:30 p.m.

Enjoy an evening of the popular table game, mah-jongg. Participants are asked to bring their own mah-jongg card. Limited to 32 players. Register in advance at the Information Desk or call 813-273-3652.

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.

WEEKLY SPECIALS

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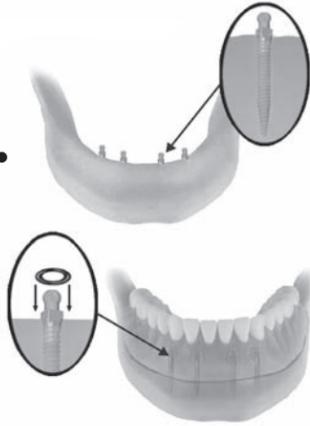
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Sun City Center, FL 33573

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Michelle Halcomb, DDS

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

C.A.R.E.'s Pups

Four of the happiest and cutest puppies ever! They are rat terrier/Shih Tzu mixes. Joey (M) and Gunther (M) are rust and white. Lucy (F) and Snoopy (M) are black and white. They were owner-relinquished to C.A.R.E. because of changes in the owner's living situation. They like showing off, giving kisses and playing with each other and toys. Stop by to visit with them. As part of their adoption, they will be neutered or spayed and microchipped. They are current on routine vaccinations.
DOB: October 2, 2013.

Lenny

Lenny is a black-and-white youngster with white chest and a little goatee. His mother is Nellie, a beautiful tabby. Lenny loves to play with the other kittens at the shelter as well as his siblings. He is quite a charmer in his tuxedo and will let you hold him quite readily. Lenny would like to come to live at a forever home of his own. Visit this handsome guy and make him part of your family. Lenny has been neutered and is current on his shots. As part of his adoption, Lenny will be microchipped.
DOB: April 25, 2013.



CALENDAR OF EVENTS



Weight Loss Options

Joseph Chablis, MD

March 25th • 2:00 pm
Behind South Bay Hospital • 1901 Haverford Avenue
Suite 106 • Sun City Center, FL 33573

Healthy Heart Nutrition Class
March 5th • 2:30 pm
Oakfield Medical Plaza
Classroom A • Suite 262

Savvy Seniors Lunch and Learn
March 6th • 11 am
The Bridges Retirement Community
11350 Bloomingdale Avenue
Riverview, FL 33578

Nutrition for Cancer Prevention and Treatment Class
March 12th • 2:30 pm
Oakfield Medical Plaza
Classroom B • Suite 260

Weight Loss Options
March 12th • 6:00 pm
Keyur Chavda, MD
Oakfield Medical Plaza
Classroom B • Suite 260

Vascular Victories - Cardiac and Stroke Support
March 13th • 12:00 pm
Oakfield Medical Plaza
Classroom A • Suite 262

Outpatient Diabetes Self-Management
March 19th • 8:30 am
Oakfield Medical Plaza
Classroom B • Suite 260

Surgical Solutions for Weight Loss
Alfredo Fernandez, MD
March 20th • 6:30 pm
Oakfield Medical Plaza
Classroom B • Suite 260

Heart Failure 101
March 24th • 10:00 am
Oakfield Medical Plaza
Classroom B • Suite 260

Surgical Weight Loss Support Group
March 27th • 6:30 pm
Oakfield Medical Plaza
Classroom A • Suite 262

Freedom From Life's Unexpected Moments
(A lecture on Female Incontinence)
Ignacio Armas, MD
April 10th • 4:30 pm
1901 Haverford Avenue • Suite 106
Behind South Bay Hospital
Sun City Center, FL 33573

Weight Loss Options
Keyur Chavda, MD
April 17th • 12:00 pm
1901 Haverford Avenue • Suite 106
Behind South Bay Hospital
Sun City Center, FL 33573

To register, please call 813-653-1065 or visit BrandonRegionalHospital.com.



Brandon Regional Hospital
119 Oakfield Drive • Brandon, FL 33547



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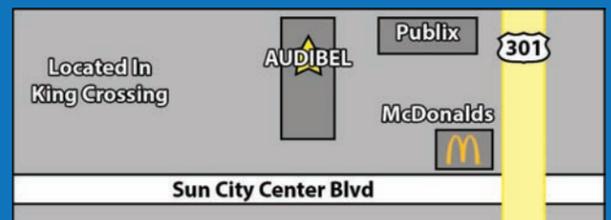
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Manatee Agricultural Service offers fun classes in Palmetto

The Manatee County Agriculture and Extension Service offers a variety of educational classes in March. Unless otherwise noted, all classes are free and are held at 1303 17th St. W, Palmetto. Minimum workshop size is required; workshop size is limited. You can register in advance online via <http://manatee.ifas.ufl.edu>, or call 941-722-4524.

► **Smart Landscape: Planning and Care, Thursday, March 20, 9 a.m.-Noon** — *This class satisfies the landscape portion of the Manatee County Outdoor Water Conservation Rebate Program and Braden River/Lakewood Ranch Soil Moisture Sensor Rebate Program.* Learn practical design tips, landscape pitfalls, garden chores, hardscape choices, texture combinations and remedies for difficult areas. If you need identification of a plant, bring a branch with leaves (and ideally with flower or seed).

► **Compost Happens – Home Composting Workshop, Tuesday, March 25, 10 a.m.-Noon** — Learn to turn your kitchen scraps and yard waste into useful soil amendments, along with details on how to set up a home compost bin. Fee for compost bin.

► **Rain Barrel Workshop, Thursday, March 27, 10 a.m.-Noon** — Storing rainwater aids in the reduction of storm water runoff, which can help reduce the levels of pesticides and fertilizers that drain into ponds, streams, lakes and bays. Learn how to install, paint and maintain a functional rain barrel. Start conserving today. Class to be held in the Horticulture Learning Center at the Extension Office.

Manatee County Master Gardeners open educational gardens

Located on the Extension Service grounds at 1303 17th St. W in Palmetto, the educational gardens are designed to showcase the different ways Manatee County residents can be more successful gardeners and make their yards more Florida-friendly. The different gardens feature growing vegetables in small spaces and salad tables; recycling fountains for herbs, bird and butterfly attractors; backyard fruit trees; conserving water with native plants, low-volume irrigation and rain barrels; and various composting bins displaying how to recycle yard waste.

The Master Gardeners invite you for a tour. To ensure that a Master Gardener can walk you through the gardens, make an appointment by calling 941-722-4524. Staff may not be available for impromptu visits.

University of Florida holds veterinary college open house April 12

A longtime community tradition, the University of Florida College of Veterinary Medicine Open House will intrigue and entertain audiences of all ages during a day of educational demonstrations, tours and much more from 10 a.m. to 4 p.m., Saturday, April 12.



K-9 demonstration at UF Veterinary College open house.

The event is free and open to the public. It is organized by third-year UF veterinary students, with support from the college and various sponsors. Snacks and College of Veterinary Medicine merchandise will be available for purchase, with proceeds benefiting UF veterinary students.

Numerous educational exhibits and demonstrations, as well as tours of the UF Veterinary Hospitals, are scheduled throughout the day. This year's program includes the Gainesville Police Department's Mounted Unit, K-9 and dog-agility demonstrations, "How to Get into Veterinary School" lectures, pet adoptions featuring animals from local rescue groups and more.

New to the open house this year are the therapy horses of Gentle Carousel. These miniature horses travel the world each year, visiting hospitals and hospice programs to offer comfort to more than 25,000 adults and children who have experienced traumatic events. The Gentle Carousel mini-horses were first responders after the 2012 Sandy Hook Elementary School shooting in Newtown, Conn.

Kids can bring their torn stuffed animals for repair at a teddy bear clinic and enjoy free ice cream from Sweet Dreams Creamery, games, prizes and activities for all.

The college is located at 2015 SW 16th Ave., Gainesville.

Visit www.vetmed.ufl.edu for more information as it becomes available.

The University of Florida College of Veterinary Medicine is supported through funding from UF Health and the UF Institute of Food and Agricultural Sciences.

Why newly proposed nutrition labels are good* (with emphasis on the asterisk)

It's nothing new to the American consumer that food packaging emphasizes only part of a product's health story, and the fact that the nutritional labeling hasn't been overhauled in 20 years hasn't helped, says cardiologist and professional chef Michael S. Fenster, MD.

A proposed update, which could take a year or more to appear on store shelves, is being driven by first lady Michelle Obama, as part of her "Let's Move" campaign.

"Our current nutrition labeling is the same as that implemented in the 1990s, except with the 2006 addition of trans fats information," says "Dr. Mike." "It's based on nutrition data and eating habits from the 1970s and 1980s." He is the author of *Eating Well, Living Better: The Grassroots Gourmet Guide to Good Health and Great Food* (www.whatscookingwithdoc.com).

From the perspective of physician and foodie, he analyzes what's good about the first lady's proposed new label, and what could be improved.

• **Good: Calorie counts would be displayed in a bigger, bolder font.** Emphasizing calories allows consumers to think with a helpful "energy in / energy out" baseline. Do I really need the calories in this product when I could stand to lose a few pounds? That's a reasonably good question to promote.

• **Good: Serving sizes would be determined from real data reflecting the portions real people**

typically eat. A serving of ice cream is expected to increase from a half cup to a full cup, and a one-serving muffin would be 4 ounces instead of 2 ounces, reflecting the obvious fact that people generally consume the whole scoop of ice cream and the whole muffin.

• **Good: Food producers may simply change the size of prepackaged portions to skirt the rules.** Industry specialists suggest some food manufacturers may just reduce the package size to make their labeling more seductive. When food is parceled into smaller packages, the price per unit usually increases — it becomes more expensive for consumers.

• **Good: New labeling would have listed separately, "added sugar."** The grams of sugar added, irrespective of whether it's pure cane sugar, corn syrup, honey, sucrose or any other source, would be shown as one listed value. This is good because it starts to get into the quality and composition of the food product, at least indirectly. Many public health specialists say "sweet creep" has been a major contributor to obesity, certain cancers, cardiovascular disease and diabetes.

• **Good: This will likely be wildly controversial, prompting aggressive lobbying efforts that may have already begun.** The Grocery Manufacturers Association and other industry groups note that the current label already includes the total amount of sugar in the product. The food industry argues that natural sugar and added sugar are chemically identical and that the body doesn't differentiate between the two. However, a significant amount of research shows this is not completely true.

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Area Obituaries



Lillie Hurley Houghtaling

Lillie Hurley Houghtaling, 82, born in Ruskin, Fla., died March 16, 2014. She was preceded in death by her loving husband of 61 years, Julius E. (Dooley) Houghtaling, sister Eugenia Williams, brother James Hurley, and grandson Julius Myles Houghtaling. Lillie is survived by children Julius Robert Houghtaling (Debra), Sharon Plummer and David Michael (Mike) Houghtaling (Diane); brother Lewis Hurley (Jewel); nine grandchildren; and nine great-grandchildren.

Not only was Lillie a loving and supportive wife and mother, she was a co-founder and owner of Dooley Groves, a citrus business in Ruskin. She enjoyed painting, needlework, flowers and music. The family celebrates with humble thoughts and prayers the life of a kind and thoughtful woman who was a loyal daughter, loving sister, faithful wife and respected mother. Lillie was a trusted friend, a woman of the land who was dedicated to her family. She had a great mind and rugged pioneer spirit that stirred true in every earthly challenge. "We celebrate Lillie's very special place in God's great Kingdom with love and light."

The family will receive visitors at 10:30 a.m., and a memorial service will take place at 11 a.m., Friday, March 21, at Bell Shoals Baptist Church, located off Apollo Beach Boulevard at 6414 Golf and Sea Blvd., Apollo Beach, FL 33572. Interment at Ruskin Cemetery will follow.

In lieu of flowers, those choosing may make donations to a favorite charity, or to LifePath Hospice, 3725 Upper Creek Drive, Ruskin, FL 33573.

Marilyn Kempke

Marilyn Kempke, 83, a resident of Sun City Center, died on Sunday, March 9, 2014, after a long illness. She was born December 20, 1930, in Toledo, Ohio. She graduated from Central High School in Lima, Ohio, and Miami University in Oxford, Ohio. She earned a bachelor's degree in education and held several teaching positions in Ohio. She and her husband of 48 years, the late Harvey Kempke, moved to Sun City Center in 1987.

She and her late husband were active members of the United Methodist Church in Sun City Center and both were greatly loved and cherished by their friends and family.

A memorial service will be held at 10 a.m. on Saturday, March 22, at Palms-Robarts Funeral & Memorial Park, 5200 Fruitville Road, Sarasota, FL 34232.

Friendship Baptist Church to hold revival

The Friendship Baptist Church in Sun City Center will host a revival on Friday, March 21, Saturday, March 22, and Sunday, March 23.

The revival will be at 6 p.m. on Friday and Saturday; at 10 a.m. and 6 p.m. on Sunday.

The revival will be led by Mike Khan, executive director of the Tampa Bay Baptist Association.

Friendship Baptist Church is at 1511 El Rancho Drive, Sun City Center. Rance Goad is the pastor. All are welcome.

Floy Louise Kimbrough

Floy Louise Kimbrough, 91, of Sun City Center passed away March 8, 2014. She is survived by daughter Toni (Bill) Armstrong of Apollo Beach; grandsons Christopher Armstrong of Atlanta, Ga., and Steven (Meghan) Armstrong of Apollo Beach; great-granddaughter Kaylin Armstrong; and Barnes, her cat.

She was born in Hollywood, Ark., April 4, 1922. Her husband Donovan Kimbrough was a U.S. Air Force lieutenant colonel. They traveled throughout the U.S., living at various Air Force bases before retiring to Bossier City, La., in 1969. She was an avid golfer, even achieving a hole in one. She moved to Florida in 2007 to be near her family.

Donations may be made to LifePath Hospice of Sun City Center. Arrangements by Zipperer's Funeral Home.



Alan E. Rich

Alan E. Rich, 87, passed away on March 14, 2014. He is survived by Joan, his wife of 61 years. He leaves behind brother Paul Rich, and two sisters, Gene Perry and Betty Craigie.

Alan grew up in South Newbury, N.H. He attended school at Plymouth State College, Franklin and Marshall College, the University of Maine and the University of New Hampshire. He was a teacher and coach in small schools throughout New Hampshire. He retired from the N.H. State Department Educational System. He was an avid golfer and was the past president of the Sun City Center Men's Golf Association. He was a committee member of the United States Golf Association.

A Memorial Mass will be held at 11 a.m. Monday, March 24, 2014, at Prince of Peace Catholic Church, 702 Valley Forge Blvd., Sun City Center.

In lieu of flowers, donations may be made in Alan's name to a charity of your choice. Arrangements by Sun City Center Funeral Home.

Rabbi to address UU Fellowship

Rabbi Carla Freeman of the Beth Israel Synagogue will address the Unitarian Universalist Fellowship of Sun City Center at 7 p.m. at its Thursday, March 20, meeting.

Her program is titled "A Canadian Rabbi in Sun City Center." The Fellowship meets in the Henry Gibson Social Hall of the Beth Israel Synagogue on East Del Webb Boulevard. All are welcome.

St. Vincent de Paul collection box at Prince of Peace

Prince of Peace Catholic Church has installed a clothing collection box to benefit the Society of St. Vincent de Paul Thrift Store. The collection box is located near the service entrance of the Conesa Center on the church property.

Donated clothing, shoes, and purses may be placed in the box. Those donated items that are not suitable for reuse or resale are also of value, as they will be recycled.

If you wish to donate other items to the Society of St. Vincent de Paul, such as furniture and housewares, call the thrift store at 813-645-5255.

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



Margo Clark Warner

Margo Clark Warner, beloved wife of Jerry, mother of Nancy and Barbara, and stepsons Paul and Jeremy, daughter of Nancy and Don Clark, sister of Chris, George, Peter and Drew, passed away on the evening of March 14, 2014. Margo slipped away peacefully at LifePath Hospice House in Sun City Center, surrounded by loving family and friends. Her loyal and loving dog Drambuie visited and will miss her.

Margo is also survived by her loving grandchildren Nicholas, Michael, Callie, Brady, Sam and Chloe; many close cousins, nieces and nephews; and her beloved stepfather Gene Byrne. Her father, Don Charles Clark, preceded her in death.

An accomplished student from early in life, from high school where she graduated with honors and was in the honors society, and at university, where she was president of Freshman's Honor Society at University of Wisconsin. A member of student government and of Chi Omega Sorority, she was always involved and engaged — never selfish, always thinking of others. Margo completed her degree in physical therapy, a goal she had very early in life. It was a decision that gave her countless opportunities to help others, as was her passion.

Margo traveled several different professional paths. After graduation, she worked for a large company providing clinical services for residents of nursing homes in Milwaukee, Wis. Following this experience, she owned and operated a private clinic, again in Milwaukee. While married to Jerry, she also became the Manager of Therapy Services at All Saints Healthcare System in Racine.

Margo and Jerry moved in 1999 to Florida, where Margo worked in home health, providing PT services to homebound elders. Due to the challenges of her illness, Margo retired in 2010. However, she remained active, counseling Medicare recipients about coverage decisions (SHINE), and providing meals for volunteers of Sun City Center Emergency Squad.

Margo and Jerry were married for 27 wonderful loving years and led an active and energetic social life, including being a member of the Krewe of the South Shore Marauders. An invitation from the Warners meant that you would be served a meal meant for royalty. It was amazing to watch them in the kitchen — poetry in motion. Always more than enough wonderful food, good wine and, of course, lots of scotch — dancing, sailing, golfing, playing cards, partying with friends and acquaintances. Few people could keep up with her in her favorite card games. With family especially, playing cards was a special tradition, from the oldest members of our family to Margo's grandchildren, everyone loved playing cards with Margo. However, you never expected to win.

A celebration of her life will be held for friends and family on May 3rd, 2014, in Apollo Beach, and details will be sent.

In lieu of flowers, please send donations to either Moffit Cancer Center, Melanoma Research, 12902 USF Magnolia Drive, Tampa, FL 33612; or LifePath Hospice House 3723 Upper Creek Drive, Sun City Center, FL 33573.

Arrangements by Sun City Center Funeral Home.

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**
 Rev. Richard Nussel and All Year..... 10:45 a.m. Mon. - Fri.
 Phone: 645-1241 Sunday School..... 9:30 a.m. 6 a.m. - 6 p.m.
 call 645-6198

Friendship Baptist Church

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"
 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.
 Dr. Samuel (Sam) A. Roach, Pastor
 1301 U.S. Hwy. 41 N., Ruskin, FL • 645-1121 • www.nbc.org

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

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.

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
 Wednesday Youth Worship 6:00 p.m. Tom Durrance
 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
Fear is at the bottom of all intolerance.
 — Hendrik Willem Van Loon

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
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.

First Christian Church
 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
FIRST Baptist Church of Ruskin
 820 College Ave. W. • Ruskin, FL 33570
 645-6439
 www.fbcruskin.org • A Resource for Families

Sunday School..... 9:45 a.m.	Dr. Barry Rumsey
Morning Worship 8:30 & 11:00 a.m.	CHRISTIAN SCHOOL
Evening Service 6:00 p.m.	K-2 Through 12th
Wednesday Night Service 7:00 p.m.	Grade
Awana 7:00 p.m.	

ST. JOHN THE DIVINE EPISCOPAL CHURCH
 SUNDAY SERVICES
 8:00 AM - Rite I
 9:00 AM - Contemporary
 11:00 AM - Rite II & Choir
 Fellowship Hour after all services

Fr. Lee Miller Priest
 Morning Prayer & Healing Service 10 AM every Wednesday

SUN CITY CENTER 1015 Dell Webb Blvd. E
 813-633-3970 - stjohrnrus@aol.com

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 9:30 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 between Services.
 Refreshments served.

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

Ministerios La Red Iglesia de Ruskin
 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
 501 2nd St. S.E., Ruskin, Florida 33570 Domingos 10:00 a.m. Miercoles 7:00 p.m.
 813-516-5873 • 813-410-8364 (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.

New statue of St. Francis is blessed at Prince of Peace

On Thursday, March 13, Catholics from around the world celebrated the one-year anniversary of the election of Pope Francis to the Chair of St. Peter.

In commemoration of this special anniversary, Prince of Peace Catholic Church held a celebration to bless its new statue of St. Francis of Assisi.

In the time to come, landscaping around the statue will be enhanced to give the parish a quiet space for prayer and reflection. The parish intends that the statue reminds congregants of the Gospel's call to radical conversion, personified by the life of St. Francis and the Holy Father.

The statue of St. Francis was made possible by the generosity of two parish families who have asked to remain anonymous.

Prince of Peace Catholic Church is at 702 Valley Forge Blvd., Sun City Center. For more information, visit www.popcc.org.

St. Stephen Spring Jubilee going on through Sunday

The 13th annual Spring Jubilee, presented by Riverview's St. Stephen Catholic Church, starts today, Thursday, March 20, and continues through Sunday, March 23.

Described as a celebration of family fun, the four-day event offers live entertainment, rides, games, food and hourly raffle prizes, with a grand prize of \$3,000.

In addition, there will be military discounts all day on Sunday, from noon to 8 p.m.

St. Stephen Catholic Church is at 10428 Saint Stephen Circle, Riverview, a quarter-mile west of Bell Shoals and Boyette roads.

For more information, visit www.SpringJubilee.com.



Blessed pets

Local residents John and Laura O'Connor are pictured with their dogs — JJ, Petie, and Molly — at the recent Blessing of the Pets at St. Andrew Presbyterian Church.

New PAL ministry at local church

Pastor Mark Salmon of St. Andrew Presbyterian Church in Sun City Center asked his congregation at a recent worship service to commit a Presbyterian Act of Love (PAL), each day for a month, to help offset the many random acts of violence in our society today.

He gave 12 suggestions. For example, one could take a small gift to a sick person, or smile at an elderly person, or just listen to someone's problems.

Salmon got laughs when he suggested to the senior-age congregation, "For no reason, send a postcard to your grandparents."

Seriously, he then explained that if 400 church members did an act of love each day for a month, there would be about 12,000 extra acts of love in our community alone.

St. Andrew is located at 1239 W. Del Webb Blvd.



Seated, from left, are Diane Werner, Frank Blaszcak and Gwen Shumway. Standing are Geraldine Harding, Betty James, Gerry Cook and Alyce Randolph.

Trinity Baptist Church missions panel

Trinity Baptist Church Missions Committee members meet monthly to report to the congregation on the progress and needs of missionary families. Also, through networking and correspondence, they provide emotional and prayer support to families who choose to preach the Gospel in countries of multiple languages, culture and faiths.

At present, the church gives financial support to its 30 missionaries around the world. The church is at 702 West Del Webb Blvd., Sun City Center. For information, visit www.trinitybaptistscc.com or call 813-634-4228.

Ecco Trio to perform at UMC

The Ecco Trio will perform in concert at 7 p.m. on Friday, March 28, at the United Methodist Church of Sun City Center.

Under the auspices of the Sun City Chamber Players, the program will include Debussy's *Piano Trio in G Major*, the *Trio Sonata in B Minor* by Jean Baptiste Loeillet and Poulenc's *Trio for Piano, Oboe and Bassoon*.

The Ecco Trio is made up of three members of the Magendanz Family: Donna Magendanz Guarino, piano; Felice Magendanz Farrell, cello; and Dr. Jon Karl Magendanz, violin. All three are accomplished instrumentalists who have played and recorded solo, chamber and orchestral music here and abroad.

A donations of \$10 is requested at the door on the evening of the concert. The church is at 1210 W.



Jon Karl Magendanz Del Webb Blvd., Sun City Center.

For additional information about this and other concerts and activities at the United Methodist Church of Sun City Center, call Jeff Jordan, director of worship arts, at 813-634-2539.

Questions about the Catholic Church?

Prince of Peace Catholic Church in Sun City Center offers an outreach ministry called "Come and See," a kind of Catholic Open House held each third Friday of the month from 1 to 2 p.m. in the Conesa Center. The next session will be held Friday, March 21.

This is an opportunity for non-Catholics to learn more about the faith. The format will be one of informal questions and answers, discussions about faith, the Church and its traditions. All are invited to come as often as needed.

If you or someone in your circle of family and friends have shown an interest in, have some unanswered questions or perhaps misconceptions about the Catholic Church, or are looking for a spiritual home, you are welcome to "come and see." There is no cost or obligation. For more information, call Marilyn Vahovich at 813-634-6900.

Prince of Peace Catholic Church is at 702 Valley Forge Blvd., Sun City Center. More information can at www.popcc.org.



Monthly fish fry at St. John the Divine

A full house recently enjoyed the fish fry at St. John the Divine Episcopal Church. The Friday Fish Fry is a monthly event at St. John's during Snow Bird season, and is held on the first Friday of the month from 5 to 6:30 p.m. All are invited. For more information, call the St. John's office at 813-633-3970.

Cinderella comes to Spoto April 26

The Brandon Ballet will present *Cinderella* in the auditorium of Spoto High School on Saturday, April 26. The performance begins at 7 p.m.

Tickets are \$25 for adults, \$20 for seniors over 55 and \$15 for children. They can be purchased online at <http://web.tututix.com/tickets/193951/> or call 855-222-2849 and ask for Brandon Ballet's *Cinderella*.

Spoto Auditorium is at 8538 Eagle Palm Drive, Riverview. For more information, call 813-684-4282.

SouthShore Regional Library Kids program/event highlights

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

Kindle Open Lab — Thursday, March 20, 4 p.m.

Bring in your Kindle or Kindle Fire along with your questions and problems, and we'll do our best to help!

Bedtime Stories — Thursday, March 20, 7 p.m.

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

Teen Advisory Meeting — Thursday, March 20, 7 p.m.

For teens in grades 6-12. Join the Teen Advisory Board to get involved with the library's teen programs or earn community service hours for graduation, scholarships and more.

Motion Commotion — Friday, March 21, 10:05 a.m. & 10:45 a.m.

For children ages 2-4, with their caregivers. Move to the rhythm, dance to the beat! Shake and shimmy, tap those feet! Join us for this fun and very interactive preschool music and movement program as we shake some sillies out.

You, Baby, and Yoga — Friday, March 21, 11:30 a.m.

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

Wee Artists: Let's Create! — Saturday, March 22, 2:30 p.m.

Wee Artists (3-6 years, adult must be present) will join art instructor Nicole Lamothe and create an art project to take home. Limit 18. Registration is required. Ask at the SouthShore Regional Library Information Desk or call 813-273-3652. Funded by Friends of the SouthShore Regional Library.

Creative Artists: Let's Create! — Saturday, March 22, 2:30 p.m.

Creative Artists (7-11 years old) will join art instructor Nicole Lamothe and create an art project to take home. Limit 25. Registration is required. Ask at the SouthShore Regional Library Information Desk or call 813-273-3652. Funded by Friends of the SouthShore Regional Library.

Pee Wee Artists: Let's Create! — Monday, March 24, 10:30 a.m.

Pee Wee Artists (3-5 years, adult must be present) will join our art instructor and have fun creating an art project to take home. Limit 18. Registration is required. Ask at the SouthShore Regional Library Information Desk or call 813-273-3652.

Baby Time — Monday, March 24, 1:35 p.m.

Tuesday, March 25, 11:35 a.m.

Wednesday, March 26, 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.

Toddler Time - Tuesday, March 25, 10:05 and 10:35 a.m.

Wednesday, March 26, 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 25, 11 a.m.

Wednesday, March 26, 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.

Adult/Teen Drawing — Tuesday, March 25, 6:30 p.m.

Join art instructor, Michael Parker, and explore some techniques of drawing. All levels welcome. Limit 25. Registration is required. Ask at the SouthShore Regional Library Information Desk or call 813-273-3652. Funded by the Friends of the SouthShore Regional Library.

Teen Volunteer Orientation — Tuesday, March 25, 7 p.m.

Prospective teen volunteers are invited to attend this informational session. Topics will include the application process, filling out school forms, shelving guidelines, and volunteer expectations.

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

Seeking applicants for internship targeting migrant/seasonal farmworking students

Applications due March 31

Five migrant/seasonal farmworker college students will be selected to live and work in Washington, D.C. for an intensive eight-week internship and professional mentoring program. The goal is to provide life-altering experiences and networks to help students make the intellectual, cognitive and emotional transition from agricultural life to that of a professional.

Instead of youth working in the fields harvesting fruits or vegetables in the sweltering summer heat, they will live with host families, be placed in positions from the Department of Agriculture or the National Education Association to the Association of Farmworker Opportunity Programs, or Farmworker Justice. They will all be overseen by the National Migrant and Seasonal Head Start Association.

The goal of Migrant Seasonal Head Start is to prepare children to enter school ready to learn. Born 49 years ago from a desire to remove as many obstacles to academic success as possible, Head Start was created in 1965 by President Lyndon Johnson as part of his War on Poverty.

In 2014, President Obama reaffirmed the value of Head Start by providing \$8.8 billion to extend Head Start opportunities for America's vulnerable children. This internship is a capstone to

those investments.

The selected farmworker students must be former Migrant/Seasonal Head Start children (The Office of Head Start serves three divergent populations: Regional Head Start, Native American Head Start, and Migrant/Seasonal Head Start), be enrolled in college and come from a family that is, or has been, working the agricultural fields of America.

Recognizing the many obstacles of being both a migrant/seasonal farmworker and a college student, organizers are targeting youth who will benefit the most from the structure and potential of this opportunity. The paid internship offers: stipends, on-the-job training, networking opportunities, professional skills development, leadership development and personal/professional mentoring from D.C. professionals, many of whom are also former farm workers.

This is the third year of the program, which has met with significant success; donations and sponsorships have increased enough to double the possible number of interns, and previous participants have earned yearlong fellowships, and continued toward master's and doctorate degrees.

The 2014 applications are available at nmhsaonline.org and are due no later than 5 p.m. EST on Monday, March 31.

Fish Tales: Calling all captains...

■ By **JONIE MASCHKE**

Member: Florida Outdoor Writers Assn.

Did you know that:

Our cold fronts of 30 to 40 degrees usually last for only a day. And our average temperature is 70. So, you can fish here all winter without heavy clothes, and many wear shorts all year long.

Our waterways this time of the year are teeming with boats occupied by the many visitors arriving to fish in our bay waters. If you are a novice or even an expert at fishing, I suggest that you first schedule a trip with one of the local charter captains who will help you get acquainted with the area waterways before you sail into the blue on your own.

Why? Because they know the area, what kind of poles and gear that you will need. They are specialists on what fish to catch and where to catch them. Many charter captains have spent their lives on these waterways. The captains watch the weather, they know whether to fish deep or fish shallow in the grassy flats. They have a great knowledge of baits, lures, sinkers, reels, poles, water depths and sandbars. It is well worth your investment. I know their rates start at \$300 for four hours with one or two people, but check with your captains. I found one in St. Petersburg who charges \$700 for six people for eight hours.



FISH TALES

I know of Captain Gus's Crabby Adventures in Ruskin. Call at 813-645-6578. He knows every inch of Tampa Bay. Most all bait shops can give

you the name of one or several local charters in the area.

Tampa Bay is an angler's dream, with thousands of species to choose from. In our clear blue waters, on any given day you may boat: a cobia, shark, dolphin, red snapper, amberjack, flounder, sheepshead, pompano, permit, redfish, tarpon, mackerel, whiting, spec trout, and the list goes on. If you are out in the deepest waters you might boat a jewfish, or a huge tuna. If a landlubber, you may find: sheepshead, drum, flounder, silver trout, or a saltwater catfish. Snook are out there, but must be caught and released on this coast.

Florida has many freshwater lakes, streams, creeks, and the upper waters of both the Alafia and Little Manatee rivers, where thousands of species of freshwater fish are caught. We are known for our bass tournaments around the world.

Our Southern hospitality of fried catfish and hush puppies is a

RCMA School Board meets March 24

The Redlands Christian Migrant Association School Board Meeting for the Wimauma Academies will take place Monday, March 24, at the Heritage Center, 2140 14th Avenue, Vero Beach, Fla.

The meeting begins at 1:30 p.m., and is open to the public.

For more information, call Angie Alfaro at 239-658-3560, ext. 224.



Two purrfect cats available to adopt

Gracie is a sweet little calico girl who was abandoned by her owner. She is being fostered, so we know she is social. After a few days to feel safe, she will be sleeping in bed with you and sitting on your lap. She is spayed, up to date on shots and ready for an owner who will not abandon her.

She has a brown tabby brother, Bucky, who was abandoned with her. He is just as social and sweet. He also needs a good home and will make a wonderful companion.

Call Feline Folks at 813-545-8611 or email info@felinefolks.us.

trademark, as is our fried mullet and hush puppies, not to mention the world's best deviled crab cakes.

Shellfish are seasonal catches, and include clams, oysters, lobster, crawfish and shrimp.

Fly fishing is not only for mountain streams, but is practiced here for our saltwater catches, as well as in the freshwaters of our upper rivers and lakes.

Throw nets or cast nets are used for mullet and bait catches. Since mullet are vegetarians, it is most difficult to catch them with a hook and line. There are those who have mastered this, but I assure you that it will take a lot of patience and practice.

We do have commercial piers, private piers, public bridges and many parks where you can fish without a boat.

Florida has many clubs for divers and spear fishing; some have been known to catch a fish with their hands. This is known as the "hillbilly way."

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310 GARAGE/YARD SALE

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

Moving sale. Saturday, 8am-? 2003 Del Webb East, SCC. Quality household items, 4/6 petite designer clothes, 6 1/2 shoes, new magnetic mattress pads, leather couch.

310 GARAGE/YARD SALE

1335 -1329 New Bedford, SCC. Friday & Saturday, 8am-noon (2) 3 wheel scooters, car lift, walker, clothing, chairs & lamps.

March 21 & 22, 8am-? Slot machine, 2000 Jaguar, massage table & other furnishings. 1344 Bluewater Dr., SCC.

1215 Bluewater Dr. SCC. March 21 & 22, 7:30am-1pm. Consolidating houses. Harley Davidson clothes, tools, pictures, patio furniture, grill, household, lots more.

1346 Bluewater SCC. March 21 & 22, 8am-? Tools, grill, conversion table, large cabinet. bookcase. clothing, household items. Too much to list.

2 family yard sale. 211 N Brockfield Dr., St Andrews Estates, SCC. Friday & Saturday, March 21 & 22, 8am-1pm. Clothes, books, jewelry, household & furniture.

Sale, Saturday, 10am-3pm. Antiques, bookcase/ secretary, fern stand, cut glass, Noritaki china, dining room set, household items, bedding. 1518 Hartwick, SCC.

SCC 1601 & 1624 Bentwood Dr. Thursday & Friday, 3/20 & 3/21, 8am-2pm. Down sizing. Don't miss this one. Lots of nice surprises.

Moving sale. Friday & Saturday, 3/21 & 3/22, 8am-2pm. 702 Eagle Lane, AB. All furniture must go. Dining room set, w/ 6 chairs, king & queen beds, dressers, living room, tables, TV stand, corner desk w/ printer stand, patio furniture, tools, misc. household items.

Moving sale. Furniture, household items, TVs, lamps, Christmas stuff, misc. Friday & Saturday, 8am-3pm. 3604 Cresta Court, Ventana. Cypress Village

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1819 Columbine Place, SCC. 2 family sale. Lots of items. Friday & Saturday, 3/21 & 3/22, 8am-noon.

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820 CLERICAL

Part-Time Position

available for person with financial & computer skill & experience. Submit resume & requirement for interview to: Suzanne Harget, Attn Personnel Committee, 1239 Del Webb Blvd., West, SCC. 33573

870 GENERAL

General maintenance person needed. ASAP Full-time, 40hr weekly. Must have valid Florida driver's license. English required. Call 813-645-1098, Start immediately

Dishwasher needed. Rachels Country Kitchen, 5128 SR 674, Wimauma or call 813-633-3023

870 GENEAL

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MITCH TRAPHAGEN PHOTO

Cora's cat sister, Abby, doesn't share her attitude about life being fun. Above, she is shown with increasingly angry "owl ears" as Cora tries to snuggle in to share some sunshine.

Observations

► Continued from page 3

Michelle had managed an impressive collection of large fruit boxes from the Publix in Apollo Beach, and they were stacked up inside our doorway until randomly being grabbed and filled with clothes or paperwork or other odd bits of stuff that make up our lives. Cora the Kitty, in her usual way, took it all in stride, often enjoying hiding and playing in the boxes with the joy that only a cat with a box can possess. But when the furniture started getting packed up, her demeanor began to change. I'm quite certain that if she could talk, she would say that moving is NOT spelled F-U-N.

We had a beautiful home in paradise. We have lifelong friends. Why on earth are we moving? I wish I could answer that question, but the answer eludes me. And it has eluded me since the decision was made. Sometimes you run out of answers and just decide to go with the flow. If nothing else, Cora taught me that — and she showed me that things turned out OK when going with the flow.

Michelle offered up a story about a community of crayfish that lived in a part of a river with an unusually strong current. They spent their entire lives and all of their energy simply hanging on for dear life, afraid of what would happen should the current sweep them away. Finally, one crayfish had decided that he was tired of the endless grasping and enough was enough. He let go and was swept by the powerful current into a beautiful and calm part of the river. Now he could enjoy his life without clinging so desperately to what he thought was so important.

When she told me that story, I could easily envision that crayfish being swept away and smashed into a submerged wall of jagged rocks.

I sat down in a remaining chair, looking around our emptying house, a place that served as our refuge from a storm, a place where friends were made, and I wondered what on earth we were thinking. Just then, Cora jumped up on my lap and looked at me with her large eyes that accented the stripes on her soft face as if to say, "Cora is spelled F-U-N!"

And that's all that really mattered. Life is good. Life is fun, and adventures await.

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