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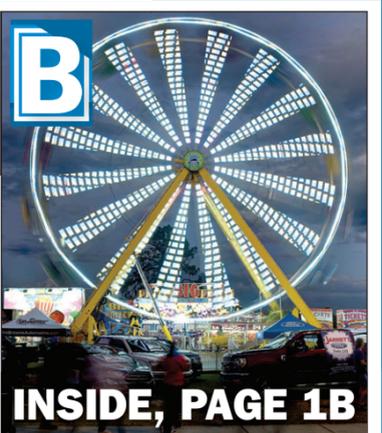
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SR 56 extension moving forward

By **Kathy Steele**
ksteele@lakerlutznews.com

Construction on the State Road 56 extension is on track for its scheduled completion in late 2019, according to Florida Department of Transportation officials.

The approximately 6-mile extension will give motorists a new four-lane route between Wesley Chapel and Zephyrhills.

Work began in February 2017.

City planners in Zephyrhills are looking ahead to the project's completion, and its impact on development.

"We have a lot going on over here already," said Todd Vandenberg, Zephyrhills planning director. "It's going to be a game-changer with State Road 56 coming here as a four-lane road."



FILE
Construction crews work on medians for the State Road 56 extension from Wesley Chapel to Zephyrhills.

But, Zephyrhills officials also are pursuing an additional extension to State Road 56 that would link to State Road 39.

They requested \$1 million in the Florida 2019 budget to fund a planning study for the project. Legislators are expected to ap-

prove a budget by March 9.

The budget then would go to Gov. Rick Scott, who has line-item veto authority.

Added connectivity helps the entire area.

See SR 56, page 15A



KEVIN WEISS

The U.S. women's national ice hockey team posed for pictures on Feb. 28 at Florida Hospital Center Ice, in Wesley Chapel. The team spent more than five months training at the facility and lodging at Saddlebrook Resort.

USA Women's Hockey, fans celebrate gold in Wesley Chapel

By **Kevin Weiss**
kweiss@lakerlutznews.com

Just days removed from celebrating a gold medal win in the 2018 Winter Olympics in PyeongChang, South Korea, the USA women's ice hockey team returned to where their remarkable journey all began — Wesley Chapel.

It's where the team spent more than five months getting prepared for the Winter Olympics, training at Florida Hospital Center Ice and lodging at Saddlebrook Resort. It's also where daily practices, off-ice testing and intrasquad scrimmages were used to determine the 23 players selected for the Team USA roster back in May.

The team spent the better part of an hour on the afternoon of Feb. 28 greeting fans, posing for pictures and signing autographs at the Center Ice facility.

The surprise visit was part of a nationwide media blitz that took them to Los Angeles, Washington D.C., and New York City.

A week earlier, the team defeated Canada

in a 3-2 shootout to win gold, ending a 20-year drought for the women's hockey program.

Moments since have been nothing short of surreal for Team USA, from celebrating the victory to the fan support.

"It's been overwhelming, exciting, just a whirlwind," said two-time Olympian and forward Kendall Coyne. "It's been truly an honor to bring home this gold to the United States, and to see the reaction from everybody and the support."

"It's been crazy," added 19-year-old defenseman Cayla Barnes, the youngest member of Team USA. "This has been a goal of ours for so long, and it just proves you can do whatever you set your mind to."

Their time spent in Wesley Chapel won't soon be forgotten, either, from top-flight training digs and hospitality, to the warm, sunny weather.

"These facilities were awesome, the staff here was amazing, and they really helped us with everything we needed," Barnes said. "It was great to be down here, such nice weather, and really nice to train out here in



Two-time Olympian and forward Kendall Coyne shows off her Olympic gold medal. She is one of 23 players on the U.S. women's national ice hockey team.

preparation for the games."

"Hockey in Florida was new to a lot of us, but I don't think it took long for us to realize that hockey is serious in Florida," said Coyne. "The growth is amazing, and just to see the growth in the short six months we were here just shows how much more there can be."

See HOCKEY, page 15A

Bus rapid transit could be ride of the future

By **Kathy Steele**
ksteele@lakerlutznews.com

A proposed bus rapid transit system is under scrutiny as a "catalyst" project to jump-start a long-range regional transit vision for residents in Hillsborough, Pinellas and Pasco counties.

It is getting mixed reviews from community leaders and elected officials in the Tampa Bay region.

In the next weeks and months, representatives of Jacob Engineering will gather public comments on the plan. The Tampa Bay Transportation Management Area Leadership Group, which includes Pasco County Commissioners Kathryn Starkey and Jack Mariano, will get a finalized plan by October.

The group also will consider a second project for an urban rail system running on about 9 miles of CSX rail lines between downtown Tampa and the University of South Florida.

In January, a study by Jacobs Engineering singled out the bus rapid transit system, or "rubber tires," as a doable starter project that would lay a foundation for a long-range tran-



FILE

While generally supportive of a proposed bus rapid transit system, Pasco County commissioners Kathryn Starkey and Jack Mariano want future transportation projects to focus on other areas within Pasco County, including western Pasco and the CSX rail lines that travel up U.S. 41 into Lutz and Land O' Lakes.

sit plan for the region.

"It's not replacing anything in the vision," said Scott Pringle, of Jacob Engineering. "It's just to get things started."

It also would be something that can be built, if approved, within about five years, Pringle said. The CSX rail project would have a longer timeline of about 10 years, he added.

The bus rapid transit system isn't the usual bus service offered by most local transit agencies, Pringle said.

"They look like a train," he said. "They feel like a train."

Pringle has made presentations on the study to the leadership group, and, also recently spoke to the Hillsborough County Young Democrats at their meeting in Ybor City.

The project's public rollout through spring and summer of 2018 will include online data and surveys, and a speaker's bureau.

The Florida Department of Transportation funded the study, with Hillsborough Area Regional Transit (HART)

See TRANSIT, page 15A

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Episcopal Church has its first home in Wesley Chapel

By B.C. Manion
bcmansion@lakerlutznews.com

While it's a long way from having the permanent worship space and congregation it intends to have, the Episcopal Church has found an initial home at a business park in Wesley Chapel.

The church, at 3758 Maryweather Lane in Wesley Chapel, is now having monthly meetings on the second Wednesday of the month, which begins with evening prayer at 6:30 p.m., and then is followed by a core group meeting.

It currently has four core group members, but needs a dozen to create the various teams needed to launch the church, said the Rev. Adrienne Hymes, whose official title is Diocesan Missioner for Church Extension.

The core group is focusing on the areas of theological and spiritual formation; discipleship, evangelism and mission. Efforts continue to recruit additional core group members.

Members of that team need to be people with vision — who can see things that are not yet there, Hymes said.

While much work remains to be done, Hymes is encouraged by the progress so far.

"The Holy Spirit has really been active in this ministry," she said. "It (the church planting) is moving faster than the plan on paper."

The church is planning a soft launch in June, when it will transition to weekly Wednesday evening prayer meetings and core group meetings. It also will begin Sunday 9 a.m. services.

The hope is for an official launch of the church in November, Hymes said.

The church opened at its current location during the week of Ash Wednesday, allowing it to have its first Ash Wednesday service there. Fourteen people attended.

These milestones are important, Hymes said, noting they provide encouragement to the people who are working to help establish the Episcopal Church in Wesley Chapel.

Hymes said she knows there is a need for the church in the community.

"There are Episcopalians here. They don't want to drive. They want to go to church where they live," she said.

She also knows that having a church in Wesley Chapel makes it possible for people to be more involved in their community.

"Discipleship is determined by distance," she said. She said she's heard from Episcopalians, "Yeah, we'd love Sunday service, but I'd also like to be able to do Bible Study during the week. I also want to be able to learn more about the Book of Common Prayer during the week," she said.

But, that's difficult to do, if your church is 20 miles away, she said.

When people reach out to her to let her know that they're interested in attending an Episcopal Church in Wesley Chapel, she makes it clear that this church is still in its formative stages.



B.C. MANION

The Rev. Adrienne Hymes is busy in the process of planting an Episcopal Church in Wesley Chapel. Core team members are working to prepare the way. A soft launch is expected in June, with the aim for an official launch in November.

Lenten series

Here is the schedule for the rest of the Lenten Series being hosted by the Episcopal Church in Wesley Chapel.

The sessions begin with a simple supper at 6:30 p.m., followed by the program, from 7 p.m. to 8 p.m.

The first two sessions will be led by Brother Eric Mukasa, a former Benedictine Monk, and the last three sessions will be led by The Rev. Adrienne Hymes.

March 7: Ministering with Meaning

March 14: Developing Your Spiritual Toolbox

March 21: Practicing Theological Reflection

March 28: Pastoral Care for the Faith Community

She tells people when they come: "Don't have any expectations other than: 'We're here to be present for God's people.'"

Some things that need to be done before the church can have a formal launch include coming up with a name for the church, establishing child care provisions and setting up its music program, Hymes said.

While the church continues to plan and work toward its future, it continues moving forward.

For instance, it is hosting a six-week Lenten Series, which began on Feb. 21 and concludes on March 28.

The Episcopal Diocese of Southwest Florida, which has 77 churches, has been wanting to establish a presence in Wesley Chapel for many years.

If you'd like to get involved or would like to know more, contact Hymes at (813) 418-1281 or ahymes@episcopalswfl.org.

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COURTESY OF MELONIE MONSON

Chamber pays it forward to local groups

The Greater Zephyrhills Chamber of Commerce presented a combined \$14,200 in donations to local youth groups, civic clubs and scholarships at the annual 'Pigz Pay it Forward' dinner. The chamber hosts the dinner every year to recognize volunteers and sponsors for contributions to the Pigz in Z'Hills BBQ & Blues Fest. This year, the recipients were Arts in Motion, East Pasco YMCA, Pasco County Sheriff's Posse, Zephyrhills Army JROTC, Zephyrhills High School Booster Club, ZHS Drama Club, Zephyrhills Civil Air Patrol, Zephyrhills Museum of Military History, Zephyrhills Noon Rotary, and Zephyrhills /Wesley Chapel Ministerial Association. Through the funds, there will also be \$5,000 in scholarships to ZHS graduating seniors, including a Performing Arts scholarship of \$1,000, a Turn Around scholarship of \$1,000, and six academic scholarships.



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Moonshine, Turpentine and Timber



Knowing Your History

By Madonna Jervis Wise
Special to The Laker/Lutz News

The theme of this year's 108th Founder's Day in Zephyrhills is "Timber, Turpentine and Moonshine."

The trio of products played an important role during Zephyrhills' early days.

Vast pine and cypress were abundant throughout the area and provided raw materials for building. Besides timber, they provided turpentine and related products.

Greer's Lumber Mill, operated by Jim Greer, was the largest employer for the first two decades and fortified settlers with resources to build their cracker homes.

The Great Depression closed Greer's Lumber Mill.

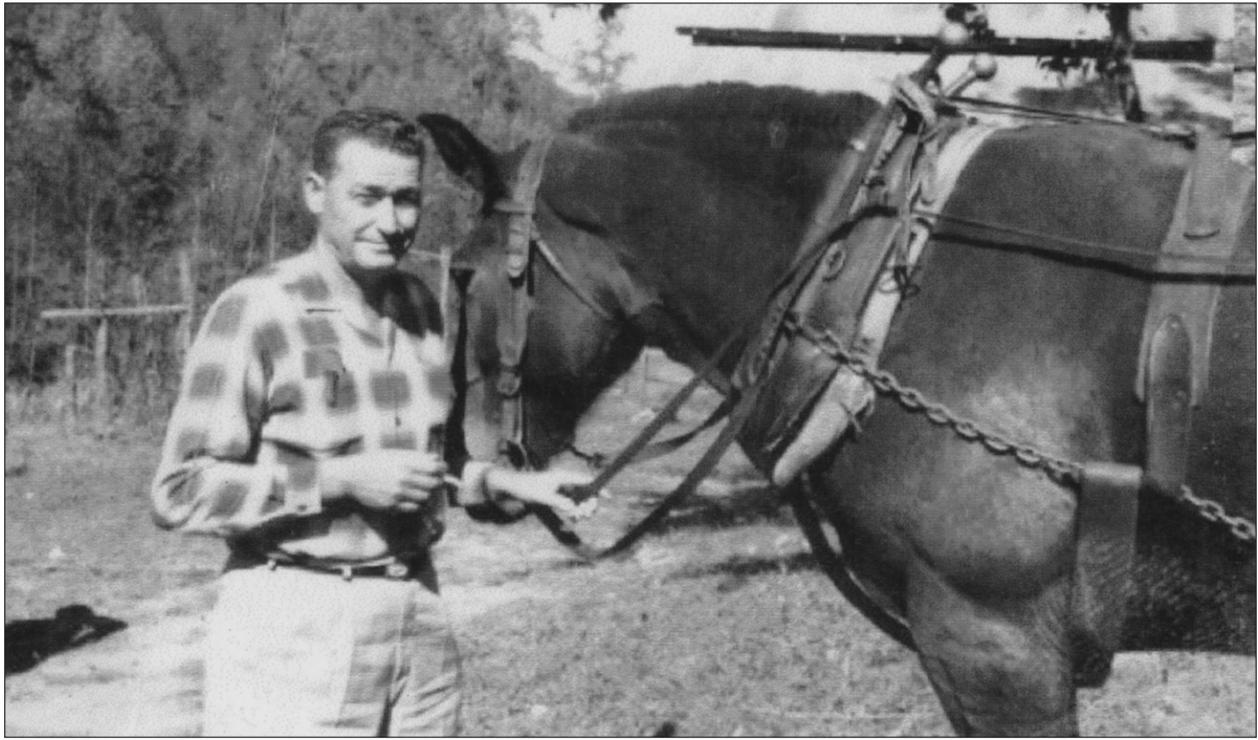
But, the town began to flourish again after 1932, when I.A. Krusen purchased 13,000 acres and opened the Krusen Land & Timber Company.

Later, Camp Number 39 of Hercules Powder Company was opened in Zephyrhills and had the distinction of being the largest employer in the city from 1946 until its closing in 1962.

Farmers and ranchers within a 35-mile radius contracted with Hercules to remove pine stumps, which were processed into products such as rosin, turpentine and pine oil, as well as byproducts used in paper, paints, varnishes, adhesives, asphalt emulsions, gun powder and dynamite.

Although Zephyrhills was less distinguished for moonshine than neighboring communities, such as Wesley Chapel, an occasional settler turned to moonshine stills, as well as charcoal kilns and cash-crops, to subsist.

When Prohibition banned the manufacture, transportation and sale of alcohol, moonshine stills provided an alternative source of liquor. Even after Prohibition



Stanley Ryals, for whom the Founder's Day brew, 'Ryals n' Shine,' is named, is shown here with a draft horse in Zephyrhills. He was 45 at the time. Ryals was a Zephyrhills businessman who operated the lumberyard and earned funds in his early years from moonshining to purchase a section of land. Much of that land is still owned by his family on Eiland Boulevard.

COURTESY OF MARLO HILTON

ended, occasional moonshining continued until the 1950s. Several families still hold moonshine recipes.

Marlo Hilton, a hometown girl and 1998 Zephyrhills High School graduate, remembers using a metal detector at her family's ranch to explore the area to the west of her home, where Stanley Ryals, her great-grandfather, had his moonshine still.

"They were a tough breed," said Hilton, who spoke lovingly of her iconic great-grandfather, who died in 2000.

Ryals used profits from bootlegging, as well as the sale of sweet potatoes, to purchase 640 acres in the Zephyrhills area. Later, he opened Zephyr Lumber and Saw Mill where he logged, cut and sanded timber.

Ryals contributed much to the city, serv-

ing as president of the chamber of commerce in the late 1950s and as a founding member of Zephyrhills Noon Rotary Club, where he had a 30-year perfect attendance record.

Ryals' father-in-law was Wesley Wells, the chief of police in Zephyrhills.

His grandson, Boe Hilton (who is Marlo's father and a 1971 graduate of Zephyrhills High) observed that his grandfather understood people and knew how to build upon their strengths.

The most notorious bootlegger in the area was Clarence Lane, who described himself, in a 2005 interview, as one of the top 10 moonshiner/bootleggers in Florida.

Lane said during the 1930s many of his customers were law enforcement officers

and judges.

Lane said he began moonshining as a teenager, learning the skills from his father. His first still was in Kathleen. Later, he moved to Zephyrhills.

At age 19, Lonnie Tucker from Wesley Chapel, worked in Zephyrhills for I.A. Krusen during the day in the Lumber Company. He also operated a still near the current location of Saddlebrook Resort.

Tucker later worked at Moody's Hardware, in Zephyrhills, for more than a quarter-century.

His daughter, Anna Jo Bracknell, will be on hand at Founder's Day for one of the porch talks at the Howard B. Jeffries house.

She plans to share stories about moonshining during her 1 p.m. talk on March 10.

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EDITORIAL			
B.C. MANION Editor bcmanion@lakerlutznews.com	KEVIN WEISS Staff Writer kweiss@lakerlutznews.com	KATHY STEELE Staff Writer kstele@lakerlutznews.com	MARY RATHMAN Editorial Assistant mrathman@lakerlutznews.com
ADVERTISING			
TERRI WILLIAMSON Senior Account Manager twilliamson@lakerlutznews.com	ANNE KIBBE Account Manager akibbe@lakerlutznews.com	CHERYL MICHEL Account Manager cmichel@lakerlutznews.com	RACHEL THOMPSON Classified & Directory Sales rthompson@lakerlutznews.com
CUSTOMER SERVICE		DESIGN	
CAROLYN BENNETT cbennett@lakerlutznews.com	MATTHEW MISTRETTA Art Director mmistretta@lakerlutznews.com	STEFANIE BURLINGAME Graphic Designer sburlingame@lakerlutznews.com	
ACCOUNTING		MARY EBERHARD meberhard@lakerlutznews.com	

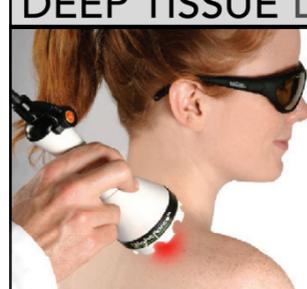
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MAIL: P.O. Box 479 • Lutz, FL 33548
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INTERACTIVE ART MURAL

Main Street Zephyrhills and Anything Art will present "Splash on 5th Ave" March 8 at 5:30 p.m., with the reveal of an interactive art mural. The new community mural was inspired by "The City of Pure Water," and will be unveiled at Pocket Alley, next to Cuttin Up Fabrics, 38434 Fifth Ave., in Zephyrhills. For information, call Anna Stutzriem at (813) 780-1414, or email director@mainstreetzephyrhills.org.

GARDENER MEET-AND-GREET

The UF/IFAS Pasco County Cooperative Extension Service will offer a meet-and-greet session for potential master gardener training applicants March 8 from 3 p.m. to 5 p.m., at Land O' Lakes Heritage Park, 5401 Land O' Lakes Blvd. Preregistration is required at bit.ly/2Cguvxk.

GENEALOGY GROUP

A casual genealogy group will meet March 9 from 1 p.m. to 3 p.m., at the Church of Latter-day Saints, 9016 Fort King Road in Dade City. The group meets every Friday, and will run through the end of the school year, and then pick up again in September. The group discusses ongoing research, assists others with obstacles, and helps preserve family histories for the future. For information, call (813) 715-6097.

FAMILY SHABBAT

Congregation Kol Ami, 3919 Moran Road in Tampa, will host family Shabbat services March 9 at 6:30 p.m. There will be guitar music, tambourines, shaker eggs, singing and storytelling. For information, contact Mitchell Weiss at (813) 962-6338 or execdirector@kolami.org.

ICE CREAM AND COMPLAIN

The New River Library, 34043 State Road 54 in Zephyrhills, will host "Ice Cream and Complain" March 9 at 3:30 p.m., for teens to complain and vent about school, eat ice cream, and meet others going through the same emotions. For information, call (813) 788-6375.

OTSEGO COUNTY PICNIC

The 2018 NY Otsego County Picnic will take place March 9 from 10:30 a.m. to 2:30 p.m., at Country Aire Manor, 10249 U.S. 98 S., in Dade City. Guests should bring a dish to share, a serving spoon and their own table setting. Coffee and lemonade will be provided. For information or to RSVP, call Sharon Scofield at (607) 435-4561 or Faith Yurenka at (607) 437-9870.

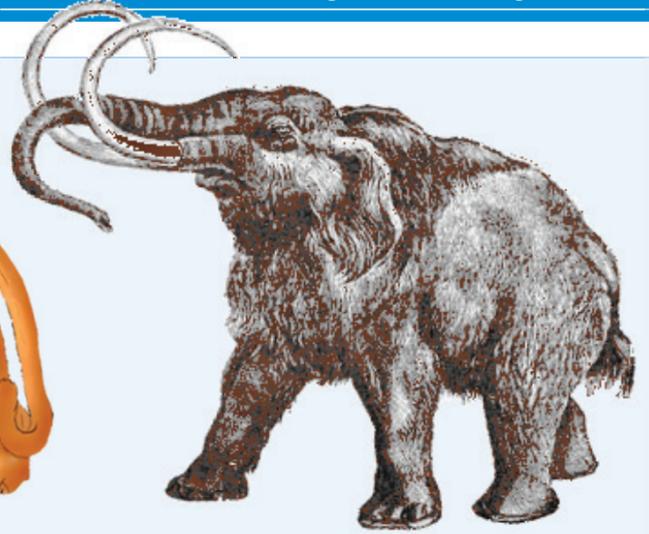
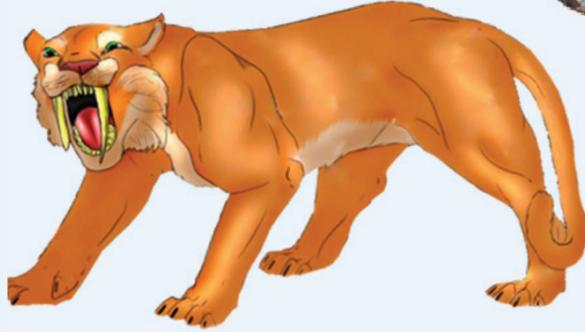
BOOK BAZAAR

The Hugh Embry Library, 14215 Fourth St., in Dade City, will host a book bazaar March 9 and March 10 from 10 a.m. to 2 p.m. There will be a diverse selection of books, audio and video media, magazines, and related materials available for a modest cost. For information, call Glen Thompson at (352) 567-7449.

CHURCH FISH FRY

Our Lady of the Rosary Catholic Church, 2348 Collier Parkway in Land O' Lakes, will

FossilFest



The 31st annual "FossilFest: The Ice Age Returns!" will take place March 10 and March 11 at the Florida State Fairgrounds. There will be educational activities; displays of gems, minerals, fossil shells and antique bottles; vendors; workshops, door prizes, silent auctions, raffles, and a kids' Fossil Mine at Paleo Park where kids can dig through a sand pit (for a small fee). For information and a schedule, visit TampaBayFossilClub.com.

host its annual Fish Fry every Friday from 3 p.m. to 7 p.m., through Lent. Upcoming dates are March 9, March 16 and March 23. The cost is \$9 for adults, \$5 for children, and \$30 for a family (parents and three children age 13 and younger). Dessert, beer and wine are available for an additional cost. Credit cards accepted.

CHASCO FIESTA

The Chasco Fiesta will take place March 9 to March 17 in and around historic downtown New Port Richey. There will be nine nights of entertainment (most of them free), including rock-and-roll, classic rock, bluegrass, blues, oldies and country music. There also will be a coronation ball; carnival; street parade; car, truck and bike show; boat parade, a Native American festival, and more. The West Pasco Sertoma Club also will serve barbecue in Sims Park. For information and a complete schedule, visit ChascoFiesta.com, or call (727) 842-6055.

BAMBOO SEMINAR

UF/IFAS Pasco Extension will offer a free seminar on "Bamboo: The Good, Bad & Ugly" March 10 from 9 a.m. to 10:30 a.m., at the Land O' Lakes Library, 2818 Collier Parkway. Participants can learn which bamboo species can be an asset to your landscape, which are invasive, which should be planted, and how to grow and use clumping bamboo. To register, visit tinyurl.com/yckbrvsm.

LEAGUE OF WOMEN VOTERS

The League of Women Voters will meet March 10 at 2:30 p.m., at the Land O' Lakes Branch Library, 2818 Collier Parkway. Participants can learn how to become an informed voter and an advocate. To RSVP, email Mike McKinney at Mckcar@msn.com.

SPRING BOOK SALE

The New Tampa Regional Library, 10001 Cross Creek Blvd., will host a Spring Book Sale March 10 from 10 a.m. to 4 p.m., and March 11 from 1 p.m. to 3:30 p.m. Proceeds will benefit the library's afterschool and summer reading programs, as well as ongoing events and classes. For information, call (813) 758-7419, or email friendsofnewtampalibrary@gmail.com.

SEED SEMINAR

UF/IFAS Pasco Extension will offer a free seminar on propagating from seeds March 10 at 10 a.m., at the Zephyrhills Public Library, 5347 Eighth St. Participants can learn the tricks of the trade to germinate seeds and raise the seedlings to plants. To register, visit tinyurl.com/yd4xc6kx.

FARMERS MARKET

The San Antonio Farmers Market will take place March 10 from 9 a.m. to 2 p.m., at San Antonio City Park. The market will have an Easter theme. There will be an Easter basket/cake walk with prizes; Easter crafts, games and treats; a drawing for an Easter basket filled with goodies; vendors, food and more. For information, contact Winnie Burke at (352) 437-5161 or rotarysanantoniofl@gmail.com.

DANCING WITH OUR STARS

"Dancing with Our Stars" will take place March 10 starting at 5:30 p.m., at the Tampa Bay Golf & Country Club, 10641 Old Tampa

Bay Drive in San Antonio. This annual dinner and fundraiser will benefit the Benedictine Sisters of Florida and its ministries. Tickets are \$50 per person. For information, call (352) 588-8320.

BOARD GAMES

The Hugh Embry Library, 14215 Fourth St., in Dade City, will host "Bored? Try Board Games" March 10 from 10 a.m. to 12:30 p.m. There will be prizes for all participants. For information, call (352) 567-3576.

STORYBOOK FOREST

The Early Learning Coalition of Pasco and Hernando counties will present "Storybook Forest" March 10 from 11 a.m. to 2 p.m., at Crews Lake Wilderness Park, 16739 Crews Lake Drive in Shady Hills. There will be storytellers; story-themed crafts; and literary characters such as Elsa, Curious George, Elmo, Daniel Tiger and more. Admission is free. There is no on-site parking, but guests can use the shuttle pickup at Crews Lake Middle School, 15144 Shady Hills Road. For information, call (727) 233-8291.

DINNER AND DANCE

There will be a Sweetheart Dinner and Dance March 10 from 4:30 p.m. to 10 p.m., at Dade City VFW 4283, 12735 VFW Road. Dinner will be served until 6:30 p.m., for \$15 per person, followed by music and dancing. There is a \$5 cover charge for the dance, with no dinner. For information, call (352) 567-0508.

FINE ART SHOW & SALE

The Zephyrhills Art Club will host a Fine Arts Show and Sale March 10 from 1 p.m. to 6 p.m., and March 11 from 1 p.m. to 5 p.m., at Elks Lodge, 6851 Wire Road in Zephyrhills. Admission is free. Refreshments will be available.

ART IN THE PARK

The Hernando County Fine Arts Council will present "Art in the Park" March 10 from 10 a.m. to 5 p.m., and March 11 from 10 a.m. to 4 p.m., at Tom Varn Park, 301 Darby Lane in Brooksville. There will be more than 100 exhibitors. Admission is free. Parking is \$5. Proceeds will fund a community grant program for school art programs, art leagues, youth orchestras and the Hernando Symphony Orchestra. There will be a free children's art activity tent, and a festival food court. For information, visit HernandoArts.org, or call (352) 279-5182.

MONASTERY CONCERT

The Benedictine Sisters of Florida will present a concert March 11 at 2 p.m., in the chapel at Holy Name Monastery, 12138 Wichers Road in St. Leo, featuring The House Band from Saint Mary's Episcopal Church. There will be a social after the concert. Donations will be accepted. For information, call (352) 588-8320.

GARDENING WORKSHOP

The Hillsborough County Extension Service will offer a gardening workshop March 12 at 6:30 p.m., at the Lutz Branch Library, 101 W. Lutz Lake Fern Road. Topics will include innovative and easy projects for lighting, pathways, plantings, container gardens, hedges, fences, gates, themed garden beds, and garden rooms. For information, call (813) 744-5519, or visit Hillsborough.ifas.ufl.edu.

ACTIVE-SHOOTER PREPAREDNESS

The Hernando County Sheriff's Office will host an information session on "Active Shooter Preparedness" March 12 from 10 a.m. to 12:30 p.m., in its main training room at 18900 Cortez Blvd., in Brooksville. There will be information from the Department of Homeland Security, FEMA and the FBI, along with videos on how to react to an active-shooter threat. Participants must be at least 15 years old, and should bring a notepad and pen to take notes. No firearms will be permitted in the building. To reserve a seat, visit HernandoSheriff.org/applications/InternetClassSignup.

SHOW AND TELL

The Land O' Lakes Library, 2818 Collier Parkway, will present "Makerspace Show and Tell" March 12 from 5 p.m. to 7 p.m., for participants to share their Open Build and class projects that were made in the Makerspace. Light refreshments will be served. For information, call (813) 929-1214.

GARDEN CLUB

The Land O' Lakes Garden Club will meet March 13 at 10:30 a.m., at Land O' Lakes Heritage Park, 5401 Land O' Lakes Blvd. Members will be completing an art project. For information, call Marie Woody at (813) 961-2697.

NATIVE PLANT SOCIETY

The Nature Coast Chapter of the Florida Native Plant Society will meet March 13 at 7 p.m., at Land O' Lakes Heritage Park, 5401 Land O' Lakes Blvd. The guest speaker will be Jackie Rolly on "Landscaping for Pollinators." There will be light refreshments and a native plant drawing. For information, call Sandy Vanno at (727) 207-1853.

PI DAY

The New River Library, 34043 State Road 54 in Zephyrhills, will host "Pi Day" March 14 at 4 p.m. Participants can eat pie and hang out. There will be no math involved. For information, call (813) 788-6375.

IRISH & SCOTTISH MUSIC

The Hugh Embry Library, 14215 Fourth St., in Dade City, will host "The Kilted Man," a traditional Irish and Scottish music concert, March 14 at noon. For information, call (352) 567-3576.

ZEPHYR SOUND

The Zephyr Sound, an informal ladies barbershop chorus that entertains at parks in the area, is looking for new members, of all ages. Practices are every Monday from 2 p.m. to 4 p.m., at the Zephyrhills Wesleyan Church, 38924 C Ave. For information or to book a performance, call Peggy Shear at (813) 991-9326, or visit a rehearsal.

VOLUNTEERS NEEDED

Gulfside Hospice Thrift Shoppes is looking for volunteers for all its locations. Volunteers must be age 15 and older. Teens and high school students can earn community service hours. Volunteers receive discounts at the thrift shops. Other opportunities at Gulfside also are available. For information, call (800) 561-4883. To apply online, visit CHPPC.org/volunteer-with-gulfside.

Document shredding

Shred 360, Stream Recycling and the Pasco County Sheriff's Office will present free document shredding and electronics recycling March 9 from 11 a.m. to 1 p.m., at Myrtle Lake Baptist Church, 2017 Reigler Road in Land O' Lakes. The event is in recognition of National Consumer Protection Week and to bring awareness to identify theft protection.

For paper: Participants are limited to three boxes (copy paper box or smaller) or bags (kitchen trash bag or smaller) per vehicle. There is no need to remove or separate binders, clips, rubber bands, wire folders, CDs or DVDs.

For electronics: Participants may bring laptops, desktops, printers, phones, keyboards, cords, rechargeable batteries, notebooks, e-readers, flat-panel monitors, cellphones, game consoles, wires/cables and cable boxes. Not acceptable: TVs, CRT monitors, smoke detectors, car batteries, mercury-containing devices, or household appliances.

For more information, please visit Shred360.com/Tampa, or call (813) 944-2223.



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POLITICAL AGENDA

Candidates file for local, state and federal races

The Laker/Lutz News Staff Report

Political Agenda is a column that runs in The Laker/Lutz News during election years.

It is the newspaper's goal to give candidates a place where they can announce they are running for office, let voters know of upcoming Meet the Candidate nights or political forums, or update voters on any news that may be pertinent to them in the coming elections.

This column also will announce upcoming meetings of political parties, if they are submitted in a timely manner and there is space available.

This column is not a forum for posting fundraising events.

The column will run periodically, depending on the volume of submissions.

There is never a guarantee of publication, but we do consider each item we receive.

Anyone who would like an item to be considered should email it at least two weeks prior to the desired publication. Our newspaper publishes on Wednesdays. Send your submissions to news@lakerlutznews.com.

Here are the candidates for Pasco County Commission, Pasco County School Board, as well as state and federal races that Pasco voters will vote on, according to websites maintained by the Pasco County Supervisor of Elections and Florida's Division of Elections.

Future columns will cover other races.

Candidates who have filed for Pasco County Commission seats:
PASCO COUNTY COMMISSION, DISTRICT 2
Mike Moore, Republican
Kelly Smith, Democrat

PASCO COUNTY COMMISSION, DISTRICT 3
Brandi Geoit, Democrat
Mike Wells, Republican

Candidates who have filed for Pasco County School Board:
PASCO SCHOOL BOARD, DISTRICT 1
Allen Altman, No Party Affiliation
Kenneth J. Mathis, No Party Affiliation
Brian Staver, No Party Affiliation

PASCO SCHOOL BOARD, DISTRICT 3
Cynthia Armstrong, No Party Affiliation
Heide R. Janshon, No Party Affiliation

PASCO SCHOOL BOARD, DISTRICT 5
Mike Aday, No Party Affiliation
Megan C. Harding, No Party Affiliation
Kathryn 'Kassie' Hutchinson, No Party Affiliation
Tara M. O' Connor, No Party Affiliation

FEDERAL ELECTIONS

U.S. REP DISTRICT 12
Gus M. Bilirakis, Republican (Incumbent)
Stephen M. Perenich, Democrat
Angelika Purkis, No Party Affiliation
Robert Matthew Tager, Democrat
Sunil Mathew Thomas, Democrat
Kimberly H. Walker, Democrat

STATE RACES

STATE SENATE RACES
DISTRICT 10
John Legg, Republican
Wilton Simpson, Republican (Incumbent)

DISTRICT 16
Bernard "Bernie" Fensterwald, Democrat
Ed Hooper, Republican

DISTRICT 20
John Houman, Republican
Tom Lee, Republican (Incumbent)
Kathy Lynn Lewis, Democrat

STATE HOUSE RACES
DISTRICT 36
Linda Jack, Democrat
Amber Lynn Mariano, Republican (Incumbent)

DISTRICT 37
Ryan Patrick Boney, Republican
Tammy Garcia, Democrat
Bill Gunter, Republican
Ellie Rudisill, Republican
Arclan Zika, Republican

DISTRICT 38
Daniel Wright Burgess Jr., Republican (Incumbent)
John David Hayes, No Party Affiliation

Upcoming meetings and events

Land O' Lakes Democratic Club
The Land O' Lakes Democratic Club will have its next meeting on March 7 at 6:30 p.m., at Brick City Eatery, 16540 Pointe Village Drive, Suite 108, in Lutz.

Republican Club
The Wesley Chapel Republican Club will meet March 8 at 6:30 pm at Lexus of Wesley Chapel, 5350 Eagleston Blvd., in Wesley Chapel. The guest speaker will be Baxter Troutman, former state representative from Polk County and candidate for Florida Agriculture Commissioner. For more information, contact Peter Cracchiolo at (813) 360-9813 or peterzbear@aol.com.

Meet and Greet
David TK Hayes, candidate for the Florida State House District 38, is hosting a meet and greet March 8 from 6 p.m. to 8 p.m., at The Brass Tap, 37916 Pasco Ave., in Dade City.

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Medical Center of Trinity
9330 State Rd 54, Trinity

Wednesday, March 14, 2018 / 2:00pm – 4:00pm
Regional Medical Center, Bayonet Point
14000 Fivay Road, Hudson

Wednesday, March 14, 2018 / 5:30pm – 7:30pm
Florida Hospital Wesley Chapel
2600 Bruce B Downs Blvd Wesley Chapel

Tuesday March 20, 2018 / 10:00am – 12:00pm
Premier Community Healthcare
37944 Pasco Avenue, Dade City

Wednesday, March 21, 2018 / 5:00pm – 7:00pm
Florida Hospital Zephyrhills
38233 Daughtery Road, Zephyrhills

Wednesday, March 28, 2018 / 10:00am – 12:00pm
Zephyrhills Library
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Regional talent show lets area youths take center stage

By B.C. Manion

bcmajian@lakerlutznews.com

The 35th annual "Spotlight on Talent" will showcase a multitude of talents by area contestants.

Two shows will give students a chance to shine, and offer the audience the opportunity to be entertained by accomplished young singers, dancers and musicians.

More than 170 students, making up 90 acts, auditioned during a 12-hour day for the producers — for the opportunity to be named a finalist. A total of 65 acts, consisting of 142 students, were chosen to perform at the finals, according to a news release.

Two shows are planned to give finalists a chance to compete for honors. The Heritage Arts Center Association, which produces the show, will again be presenting a \$1,000 "Pasco Heritage Scholarship" to the graduating Pasco County senior who receives the highest scores from the judges. Last year's scholarship recipient was Jessica Twitmyer, a singer.

Both shows will be on March 10 at Center for the Arts at Wesley Chapel, 30651 Wells Road in Wesley Chapel.

Act I begins at noon, with the younger solos and groups. Act II begins at 7 p.m., and will feature older solos and groups. Tickets are \$12 for adults per show, or \$20 for both shows; \$6 for students through high school, or \$10 for both shows; and free for children under \$5. Tickets are available for purchase at the door.

The emcee for the show is Grace Badillo. The competition draws contestants from across the region, representing numerous performers from a variety of studios and instructors.

Two professional panels of judges will select winners for cash prizes. A total of more than \$4,000 in cash, trophies, and ribbons will be presented to winners in eight categories.

Performances will vary from jazz to classical, Broadway to rock.

Piano selections will range from Chopin to "Hamilton" to the "Greatest Showman."

There will be Cirque du Soleil number, a trumpet solo, and a flag dance, to name just a few.

"Spotlight" is a family affair, with three sets of sisters competing, one family with three siblings competing; husbands and wives who volunteer together; and, producers who are mother and daughter.

The competition is celebrating its 35th season and has come full circle, with



Jessica Twitmyer received the top scores to win a \$1,000 Pasco Heritage Scholarship, last March during the 34th 'Spotlight on Talent' competition.

35th annual Spotlight on Talent

WHERE: Center for the Arts at Wesley Chapel, 30651 Wells Road in Wesley Chapel

WHEN: Act I, noon on March 10; Act II, 7 p.m. on March 10

COST: \$12 for adults per show, or \$20 for both shows; \$6 for students through high school, or \$10 for both shows. Free for children under 5. Tickets are available at the door.

DETAILS: Regional talent show gives youths an opportunity to be in the spotlight and win recognition for their work.

Spotlight alums now handling various responsibilities for the production.

Three of those alums sit on the Heritage Arts Board of Directors, and the two assistant producers, Michael Roberts and Rebecca Friedman Groomes, were annual contestants from the age of 5. The Spotlight competition costs more than \$18,000 to produce, and would be impossible without the support of area businesses and individuals.

Barbara Friedman is the executive producer of the annual talent showcase.

Event Chair Pat Jones invites you to

Sat., March 24th

VIP ADMISSION 5 p.m. Starting at \$33 per person
(Includes Easter Keg Hunt, early entrance to sampling & souvenir glass.)

GENERAL ADMISSION 6-9 p.m. Starting at \$25 per person
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Shedding light on depression, mental illness

By Kevin Weiss
kweiss@lakerlutznews.com

Tracy Daniels knows what it's like to battle mental health issues.

A retired combat war veteran, Daniels spent seven years in therapy following his second tour in Iraq.

Following a 37-year military career, Daniels now seeks to help others who are dealing with mental health issues.

Daniels is a master-level practitioner at Baycare Behavioral Health. He was the featured speaker at a depression awareness seminar at Pasco-Hernando State College. The Feb. 21 event was part of the state college's ongoing Community Awareness Series, open to the public, students, faculty and staff.

The talk touched on how to recognize signs and symptoms of depression, risk factors, and ways to cope with the disease.

The speaker touched on the stigma associated with mental disorders, such as depression — and the belief from some that sufferers are “crazy,” “psycho” or just plain “attention-seeking.”

Those attitudes are often because people are ill-informed about mental health problems, and they base their thinking from

what's portrayed in media.

“If there's something going on with me, it does not mean I'm a crazy individual. It means that I need some help,” Daniels said.

“We think people that have mental issues are going to do things and act in a certain way, and that's the furthest thing from the truth,” he added.

Daniels steered much of the conversation toward depression.

As it turns out, that illness is widespread.

The National Institute on Mental Health estimates that in the United States, 16.2 million adults over age 18 had at least one major depressive episode in 2016.

This number represents nearly 7 percent of all U.S. adults.

Additionally, one in five adults in the U.S., display some sort of mental health disorder each year. Anxiety is reported as most common, followed by major depression and substance use disorder.

Depression can drastically affect a person's ability to work, carry out daily activities, and engage in satisfying relationships, Daniels said.

Physical symptoms can range from fatigue and lack of energy, to unexplained aches and pains, as well as irregular sleeping and eating

patterns, he said.

Behavioral symptoms can include crying spells, withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, loss of motivation, slow movement, or use of drugs and alcohol.

They may also exhibit feelings of guilt, confusion and low self-esteem.

In addition to serious mood, cognitive and physical symptoms, depression is associated with higher rates of chronic disease, increased health care utilization, and impaired functioning.

Daniels said the impact of moderate and severe depression is comparable to someone with multiple sclerosis, asthma, chronic hepatitis B, and even someone who's quadriplegic.

“We don't think in those terms of how depression shuts us down, but it does,” he said.

The speaker cautioned against bombarding depression sufferers with intrusive questions. He also noted that constantly watching them could create anxiety, and cause them to feel more “helpless” and “hopeless.”

“Do not keep asking them, ‘What's wrong?’ People that suffer with depression — half the time they can't even tell you what's wrong with them because they don't even know,” Daniels explained.

The speaker also said family and close friends need to determine if a depression sufferer is getting enough sleep. Lack of sleep, he said, can exacerbate depression symptoms and cause psychotic-like behavior because “they can't shut themselves down.”

He offered several best practices in helping someone deal with depression:

- Don't touch the person, unless they give you permission
- Avoid direct eye contact, and refrain from staring
- Avoid sudden or rapid movements
- Don't make promises you cannot keep
- Be genuine with them
- Talk calmly to them, and ask what you can do to help

Depression-related suicide was also broached during the seminar.

Daniels said a “red flag” to watch out for is sudden mood changes — such as overt happiness — as it may indicate “they've made up their minds to complete the suicide.”

Said Daniels, “All along they've been depressed, they talk about it, all of a sudden one day they say, ‘I'm OK now. Everything is fine.’

“We miss it by thinking, ‘They're OK now. They're doing so much better.’

“That's when you need to ask questions.”

Daniels also urged students dealing with mental disorders to not be afraid to seek help. His life improved after he sought treatment, he said.

“I had to understand what I was dealing with and how to deal with those situations in my life. There's nothing wrong with being transparent and letting people know certain things,” he said.

“All of us go through problems in life.,” Daniels said. “There's no shame in that.”



KEVIN WEISS

Tracy Daniels, a master-level practitioner at Baycare Behavioral Health, was the featured speaker as part of a depression awareness seminar at Pasco-Hernando State College. He discussed issues regarding depression and other mental disorders, including how to recognize signs and symptoms of depression, risk factors and ways to cope with the disease.

Possible signs and symptoms of depression

Physical:

- Fatigue
- Lack of energy
- Irregular sleep patterns
- Irregular eating patterns
- Constipation
- Changes in weight
- Headaches
- Irregular menstrual cycles
- Loss of sexual desire
- Unexplained aches and pains

Behavioral:

- Crying spells
- Withdrawal from others
- Neglect of responsibilities
- Loss of interest in personal appearance
- Loss of motivation
- Slow movement
- Use of drugs and alcohol

Psychological

- Sadness
- Anxiety
- Guilt
- Anger
- Mood swings
- Lack of emotional responsiveness
- Feelings of helplessness or hopelessness
- Irritability
- Frequent self-criticism, self-blame, pessimism
- Impaired memory and concentration
- Indecisiveness and confusion
- Tendency to believe that others see you in a negative light
- Thoughts of death and suicide

Source: Baycare Behavioral Health

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Federal funds encourage high-speed connections

The Laker/Lutz News Staff Report

Internet providers will be able to compete for up to \$2 billion in federal dollars to bring high-speed Internet to underserved rural areas across the country, according to a news release from the Federal Communications Commission.

The funds will be divided up in the “Connect America Fund Phase II” auction on July 24.

Providers who want to participate in the auction must apply between March 19 and March 30.

Participants include phone companies, fixed wireless service providers, satellite providers, cable companies and electric utility broadband providers.

The goal is to expand broadband access to as many as one million homes and locations nationwide.

In Florida, there are an estimated 13,000 rural homes and businesses that lack that service, according to data provided by the FCC.

Polk County has the highest number, at 3,145 homes and businesses, and Union County, the fewest, at three.

Nearly 160 homes and businesses in Pasco County are considered underserved.

The numbers in other Tampa Bay area counties are:

- Hillsborough – 448
- Hernando – 334
- Pinellas – 12

According to the release, the FCC has distributed more than \$9 billion since 2011 to expand rural broadband to more than 4 million homes and small businesses.

For information on the auction, visit FCC.gov/auction/903.

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ER 24/7 In Lutz Provides Convenient, Expert Care

Special to The Laker/Lutz News

It's been just a few weeks since the opening of ER 24/7 In Lutz, and already its staff is seeing more patients than anticipated — over 30 people a day and growing.

"It's evident by the number of folks coming in that there is a real demand for community-based emergency services in this area," said Christine Sanchez, director of emergency services for the new facility that operates under the auspices of Medical Center of Trinity.

The most common reasons people come to the new ER facility, which is located at 1430 Dale Mabry Hwy, next to Walmart, is for chest pains, stroke symptoms, respiratory failure, blood clots and the flu.

"The emergency services we provide here are no different than those at our main campus in Trinity," said Sanchez. "However, our care here is faster because we have fewer patients and urgent medical situations."

Like all emergency rooms, ER 24/7 In Lutz uses a triage system, which treats patients with life threatening situations first, explains Sanchez. But even with triage, patients are usually seen within five or 10 minutes.

"We find freestanding ERs to be a much calmer, less stressful environment than a hospital emergency room," said Sanchez. "This makes it a much better environment for patients and their families, and is conducive to making patient care



Christine Sanchez, director of emergency services at ER 24/7 In Lutz, shows off the hometown murals in the children's waiting area.

more streamlined and efficient."

Efficiency also comes from the facility's on-site, full service laboratory and diagnostic equipment, including CT Scan, Ultrasound and X-ray, all available 24 hours a day.

"Because we are not sharing our lab and diagnostic tools with an entire hospital, our patients get their results back very quickly," said Sanchez. "Often times the reason behind long waits at a hospital ER is because they are waiting on a patient's test results. That is never a problem here."

Freestanding ERs also offer more personal care. "Our employees are dedicated to our Lutz facility—they live in the same community as our patients, and sincerely care about their neighbors," said Sanchez.

Sanchez's staff of 22 includes 12 nurses — all whom have five or more years of emergency care experience and certifications — and physicians who are all Board Certified in Emergency Care.

It is important to understand, Sanchez explains, that a freestanding ER is not the same as a walk-in or urgent care clinic.

Do You Need An ER?

- Asthma, difficulty breathing, shortness of breath
- Bone fractures, concussions, injuries needing pain management
- Coughing or vomiting blood
- Chest pains that last two minutes or more
- Severe or persistent vomiting or diarrhea
- Urinary tract and other infections
- Change in mental state (confusion)
- Sudden dizziness, weakness or change in vision
- Uncontrolled bleeding

"ER 24/7 In Lutz is no different than an ER at a hospital," said Sanchez. "By comparison, an urgent care center is for someone who would normally see their family doctor for a medical situation that happens after their doctor's office is closed."

The new ER center, which opened in late January, is 11,200 square feet and a \$10.3 million investment by the facility's parent company, HCA Healthcare. The building shares the same entrance and exit as the Walmart Supercenter at the Dale Mabry and U.S. 41 apex, located a half mile south of State Road 54.

To limit the spread of contagious illnesses, there are separate entrances for adults and children. The children's waiting area is delightful space with hand painted murals portraying Lutz's rural heritage, including scenes of the Old Lutz Schoolhouse (1927) and the Lutz Train Depot (1909)— both still standing today just a few miles down the road on US 41 in downtown Lutz.

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a department of Medical Center of Trinity

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PAID ADVERTORIAL

The Many Benefits of a Woman-Owned Business

Behind every successful business there is a leader whose vision has shaped the company as it overcame the challenges of growth. Dana Spears is that leader at Cornerstone Air Conditioning, Plumbing & Electrical, one of Pasco's most successful family businesses.

Dana has lead Cornerstone for the past 12 years. Her determination and never-give-up attitude has resulted in the company growing from six to sixty employees, and serving more than 40,000 customers. It is also evident by Cornerstone's new 6,000-square-foot warehouse that is currently under construction at its Land O' Lakes location on U.S. 41.

Dana attributes much of her company's success to being a woman-owned business.

"Women understand that nothing is more important than being customer centered. It's the little things that we do in the first 30 seconds that sets the tone for exceeding customer expectations," said Dana.

"When people call, they assume we

have the technical expertise to solve their problem," she continues. "What they remember is how they felt when they first talked to our customer service rep, or first meet our technician at their door. It's the kind, helpful voice, the clean uniform, the shoe covers, that set us apart."

Every Cornerstone employee is trained to the company's high customer service standards.

"As a wife and mom of five, I know how it feels to allow someone into your home," Dana explains. "When we send a tech to a customer's home, I feel just like I am sending them to my own home. Over two-thirds of our calls come from the woman in the family, and as a woman, I fully understand her concerns and expectations when she allows someone into her home."

Cornerstone was founded in 2006 as an air conditioning service company. In 2012, it expanded into plumbing services, and two years later added electrical services.

"We expanded because our customers kept asking if we could

provide other home improvement services," said Dana. "They trusted us and were comfortable having us in their homes, and we wanted to accommodate them."

All of Cornerstone's technicians are specialists who have specific training in their field. "This means our A/C guys are experts at air conditioning, and do not go out on plumbing and electrical calls," said Dana. "We have certified plumbers and electricians for those calls."

Cornerstone warranties all of its work, and has a dedicated team of experienced technicians who follow up on any warranty problem. There is no charge for this service, and techs keep coming back until the problem is 100 percent resolved.

Cornerstone also maintains a separate maintenance department for customers who want regular cleaning services and preventative checkups. These technicians focus on service only, and do not promote additional services or products during their visits.

"We are successful because we've



Dana Spears

built our business on reputation and trust," said Dana. "We always stand behind the work of our employees, and go above and beyond customer expectations. Every one of our employees strive to make this happen every day."

Cornerstone phones are answered 24/7, and technicians are available around the clock, including weekends and holidays. Call (813) 949-4445 anytime, day or night. For more information, visit their website at CornerstonePros.com.

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Attorney Andrew Curtis, Esq.

ABOUT ATTORNEY ANDREW CURTIS

LLM in Taxation - NYU Law School 1986

JD - Georgetown University Law School 1983

MBA - University of Michigan 1978

BS - Cornell University 1977

Main Office:
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Trusts Are Not Exclusively For The Wealthy

Despite popular belief, wealthy people aren't the only folks who may need revocable living trusts.

Attorney Andrew Curtis, whose practice concentrates in the areas of trusts, estates and elder law, is very familiar with this common misconception.

"It's a false notion," Curtis said. "For example, I recently had a fellow visit my office whose mother had just died. All his mother owned was a \$100,000 condo, and her will read, 'I leave my condo to my child.'

"Although this seemed clear and simple, the child had to go through probate before he could sell the condo, and that legal fee was \$2,500. A revocable living trust may have avoided this."

There are many additional reasons why a revocable living trust may be advisable for a person of modest means. Curtis outlines some of these below.

1. A trust might also allow you to "rule from the grave"

After you pass on, your assets may be distributed according to specifications made while you were still alive. This prevents potentially undesirable scenarios — such as your children leaving their inheritance to people you never liked, such as their spouse. If you leave your assets to your kids in a lifetime trust, they may each use the money for normal living, but upon their deaths, the remaining assets will pass to your grandchildren or to their surviving sibling(s) — and

not to their spouses. Further, after you are dead, the trust may protect against your spouse leaving the money to a new spouse, significant other or to an unscrupulous caregiver.

2. Trusts may be extremely useful in second marriage situations

If you simply leave your assets to your new spouse, he/she is free to leave them to his/her children, not yours, once you pass away. This scenario may be avoidable with a trust, and your assets can pass to your kids.

3. Trusts may be used to manage assets inherited by children who aren't good with money

For example, you may provide that the child will only get the income from his/her inheritance or in monthly installments.

4. Trusts may also protect your children's inheritance, if they go bankrupt, divorce or face a lawsuit

5. Further, if you have a handicapped child, a "supplemental needs trust" may be utilized to prevent loss of his or her government benefits.

Learn how Curtis can help you set up a Revocable Living Trust at a free seminar on March 15th at the Wesley Chapel Hampton Inn & Suites at 10:30am and 2:30pm. Seating is limited, so be sure to call (352) 315-0333 today to reserve your seat.

The cost of a revocable living trust is \$399 for a single person and \$499 for a married couple (plus incidental costs.)

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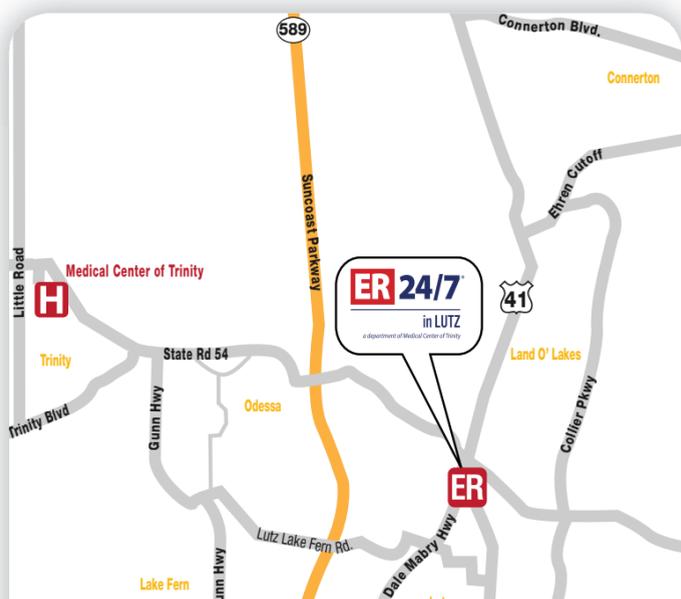
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HEALTH

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CHAIR YOGA

The Land O' Lakes Library, 2818 Collier Parkway, will offer a chair yoga program March 8 from 11:30 a.m. to 12:15 p.m.

The fitness goals for the program are to help participants improve balance, and increase endurance, flexibility and range of motion.

The class is taught in seated and standing positions, using a chair as a prop.

Those interested should bring water, wear comfortable clothing, and bring a yoga mat, towel or blanket if you want to participate in the final pose on the floor.

For information, call (813) 929-1214.

OPIOID DISCUSSION

The Law Offices of Lucas/Magazine will sponsor a community discussion on opioid overdose prevention March 8 from 6 p.m. to 8 p.m., at North Tampa Behavioral Health, 29910 State Road 56 in Wesley Chapel.

The moderator will be Judge Shawn Crane, Sixth Judicial Court.

There will be light refreshments and a vendor fair.

For information or to RSVP, email Christina.Roberto@BayCare.org.

COMMUNITY EVENTS

The Medical Center of Trinity, 9330 State Road 54, will offer these community events:

- Chatterboxes, March 8 at 3 p.m.
- Saturday Super Prep Childbirth Class, March 10 from 9 a.m. to 4 p.m.
- Lymphedema Support Group, March 15 at 3 p.m.
- Huntington's Disease Support Group, March 15 from 6:30 p.m. to 8:30 p.m.
- Newborn Care Class, March 21 from 6 p.m. to 7:30 p.m.
- Compassionate Friends Support Group, March 21 from 7:15 p.m. to 9 p.m.
- Infant CPR, March 28 at 6 p.m.

Reservations are required. For information, call (727) 834-5630, or visit MedicalCenterTrinity.com.

HEART-HEALTHY SCREENING

St. Joseph's Hospital-North, 4211 Van Dyke Road in Lutz, will offer a heart-healthy screening March 9 from 8 a.m. to 2 p.m., in Garden Classroom A.

Participants can have blood pressure, body mass index and cholesterol checked, as well as a diabetes risk assessment.

Fasting is not necessary, although blood test results will be more accurate with fasting.

The A1c test will only be offered if an individual's pre-diabetes risk is high.

Admission is free.

Preregistration is required by calling (813) 443-2046.

HEALTH & FINANCIAL FITNESS

Samantha Taylor Fitness, 2206 Knight Road in Land O' Lakes, will host a Health & Financial Fitness Seminar March 10 at 12:30 p.m.

The guest speaker will be Barbara

Sekeley, financial advisor for Waddell & Reed.

Light snacks and gourmet coffee will be provided. Admission is free.

To reserve a spot, please visit SamanthaTaylorSeminars.com.

TAI CHI WITH MUSIC

Sun Yoga, 19026 Geraci Road in Lutz, will offer Bonnie Birdsall's Tai Chi with Crystal Singing Bowls Workshop March 11 from 4 p.m. to 5:30 p.m.

The workshop will focus on gentle stretching, breath, walking, sitting and lying down, along with transcendent meditations with harmonizing crystal bowl music.

Participants should wear comfortable clothing.

Preregistration is \$25, or \$30 the week of the event.

Signup is online at SunYogaTampa.com, or in the studio.

HATHA YOGA

The Land O' Lakes Library, 2818 Collier Parkway, will offer Hatha yoga March 12 at 6 p.m., for beginners.

Guests should bring water, wear comfortable clothing, and bring a yoga mat, towel or blanket.

A signed liability waiver is required.

For information, call (813) 929-1214.

DIABETES LECTURE

Access Health Care Physicians, 5382 Spring Hill Drive in Spring Hill, will offer a lecture on "Complications of Diabetes" March 12 at 1 p.m., for anyone diagnosed with diabetes mellitus and family.

Reservations are required. Call (352) 200-2190.

ENDOMETRIOSIS SEMINAR

Florida Hospital Wesley Chapel will offer a seminar on "Breaking the Silence on Endometriosis" March 13 at noon, in the fourth-floor classroom.

Dr. Terri McEndree, board-certified obstetrics and gynecology, will host an open conversation about the symptoms and treatment options.

A light lunch will be provided. Admission is free.

For more information and to RSVP, please call (844) 504-9378, or visit FHWesleyChapel.org/Events.

MEDICARE 101

The Hugh Embry Library, 14215 Fourth St., in Dade City, will host "Medicare 101" March 14 at 1 p.m., to answer Medicare questions, help with filling out forms, and more.

For information, call (352) 567-3576.

CARES JOB FAIR

Community Aging & Retirement Services (CARES) will host a job fair at CARES Crescent Center, 13906 Fifth St., in Dade City, March 14 from 4 p.m. to 6 p.m.

Positions will be available in the Home Health Department for certified nursing assistants, home health assistants, homemaker/companions and registered nurses.

There is also a position open for a licensed practical nurse in Adult Day Care, and a full-time chore worker.

Immediate interviews will be available.

For those that cannot attend, applications are online at CARESFL.org/jobs.

Resumes also can be forwarded to Marianne Urban at murban@caresfl.org, or faxed to (727) 862-6013.

For additional information, call (727) 378-6244.



COURTESY OF FLORIDA HOSPITAL CONNERTON

A surprise visit

The staff at Florida Hospital Connerton Long Term Acute Care Facility in Land O' Lakes arranged a surprise for patient Christine Carbonneau. Carbonneau's longtime partner thought a visit from her horse, Ireland, would help to lift her spirits. Staff members were able to get Christine outside so she could visit eye-to-eye with Ireland.

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St. Joseph's Hospital-North

Chalk Talk

Send school news to news@lakerlutznews.com

LOCAL STUDENT ACHIEVEMENTS

These local students have been named to honor lists at their respective schools for the fall semester:

- Dean's List**
- Matthew Berube, of Lutz, Gettysburg College (Pennsylvania)
 - Kelsey Bognar, of Lutz, Hofstra University (New York)
 - Caleb Brian, of Lutz, Tallahassee Community College
 - Rachel Carlson, of Lutz, University of Maine
 - Amanda Clifford, of Lutz, University of Alabama
 - Mackenzie Morgan Cuffe, of Odessa, Clemson University (South Carolina)
 - Nicole Elizabeth Davis, of Lutz, Tallahassee Community College
 - Seriah Groen, of Odessa, Wheaton College (Illinois)
 - Gabrielle Harrison, of Lutz, University of Alabama
 - Stuart Hernandez, of Lutz, Florida Institute of Technology
 - Clare O' Keefe, of Lutz, Endicott College (Maine)
 - Grace Kortz, Mercer University, Stetson School of Business and Economics (Georgia)
 - Katie McCleese Law, of Odessa, Tallahassee Community College
 - Garren Lewis, of Lutz, Seton Hall University (New Jersey)
 - Rachael Theresa Martin, of Odessa,



COURTESY OF THE GREATER ZEPHYRHILLS CHAMBER OF COMMERCE

Citizens of the Month

The Greater Zephyrhills Chamber of Commerce recognized students chosen by teachers, administration at their individual schools for exemplary effort, achievement and contribution to their school, family and community. Students honored for the month of February were: Elijah Kellerman, The Academy of Spectrum Diversity; Drew Sinclair, The Broach School; Cylee Laclair, Chester Taylor Elementary School; Sarai Guzman, East Pasco Adventist Academy; Dylan VanCuren, Heritage Academy; Michael Barnes, Hope Ranch Learning Academy; Sophie Graziano, Raymond B. Stewart Middle School; Sam Pertel, West Zephyrhills Elementary School; Noah Porter, Woodland Elementary School; and Cartrell Strong, Zephyrhills High School.

- Tallahassee Community College
- Julianna Mitten, of Odessa, Cedarville University (Ohio)
- Alwina Mohamadali, of Lutz, Lincoln Memorial University (Tennessee)
- Sydney Briana Navarro, of Lutz, Tallahassee Community College
- Julia Elizabeth Peacock, of Lutz, University of the South/Sewanee (Tennessee)
- Vinayak Ruia, of Lutz, Georgia Tech

- Andrew Schwitzgebel, of Lutz, University of Alabama
 - Nathan Shane, of Lutz, The Citadel (South Carolina)
 - Daniil Shcherbinin, of Lutz, Wittenberg University (Ohio)
 - Jolene Swift, of Lutz, University of Alabama
- President's List**
- Alexia Acebo, of Lutz, University of Alabama

- Kelly R. Barry, of Odessa, Clemson University (South Carolina)
- Natalie Dambrosio, of Lutz, Tallahassee Community College
- Ashley Kubel, of Odessa, Georgia Southern University
- Elizabeth Moore, of Lutz, Tallahassee Community College
- Emma Williams, of Land O' Lakes, Mercer University, Stetson School of Business and Economics (Georgia)

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Pasco Hernando SCORE

Vande berg said.

“We could have a true, multicounty arterial road,” he said.

Current roadwork will extend State Road 56 from Meadow Pointe Boulevard in Wiregrass Ranch to U.S. 301 in Zephyrhills. A 10-foot wide multi-use trail will run along the south side of State Road 56. A 5-foot sidewalk will be installed on the north side.

Seven-foot bicycle lanes will be striped off in each direction.

Traffic signals are planned at Morris Bridge Road, at its new intersection with State Road 56, and also at U.S. 301 where it will connect with the new extension.

New residential and commercial projects are anticipated.

Four developers are planning master-planned communities along State Road 56.

The Zephyrhills Municipal Airport also will benefit from the project. The airport is

undergoing upgrades.

About 440 acres adjacent to the site also are being prepared for future development, and will be marketed as site-ready.

As of Feb. 20, a checklist of milestones from state highway officials on the State Road 56 extension included:

- 15 retention ponds, of 17 total, are nearly complete
- About 75 percent of the stormwater drainage system is installed
- The first three layers of asphalt has been laid on nearly 2 miles of the 6-mile road
- About 3 miles of concrete sidewalk is complete
- About 1 mile of the multi-use path is complete

The westbound segment of the bridge work over New River also is finished and work is underway on the eastbound segment.

For more information, visit tinyurl.com/ycx2x3y5.

TRANSIT, from page 1A

as the study’s manager.

The 41-mile bus route would travel from Wesley Chapel to downtown St. Petersburg, with connections to downtown Tampa, the University of South Florida and the Westshore business district. Routes also would connect to Brandon and Clearwater.

Estimated capital costs would be between \$380 million and \$455 million, with an annual operating cost of about \$7 million. Projections are for about 3.3 million trips per year.

The estimated cost per trip for the bus option is \$8 to \$10 per trip; and \$11 to \$13 for the CSX option.

Costs would be shared with federal, state and local governments.

A total of 21 bus stations are proposed, with 19 being at ground level and two elevated. Sleek, train-style buses would ride in designated lanes, bypassing other traffic. For a large portion of the route, the lanes would run parallel to Interstate 275, built on widened shoulders of the highway.

Placing designated bus lanes in the median would cost more than \$2 billion, according to the study.

No right-of-way would be needed for lanes on I-275 shoulder. Right-of-way would be needed for bus stations.

Starkey said she had seen examples of how transit stations in Miami spurred new development. That can happen here also, she said.

“We have the ability to start something here that we all can benefit from,” said Starkey, speaking at a January leadership meeting.

The estimated travel time for a full ride from Wesley Chapel to St. Petersburg would be about 80 minutes to 95 minutes, assuming the bus stops at every station on the route.

Two stations would be built in Wesley

Chapel, along State Road 54 and State Road 56. “They would be geared toward park and ride,” said Pringle.

At leadership group meetings, Starkey and Mariano have been supportive but have raised questions about the need for additional financial information. They also want future projects to focus on more areas within Pasco, including western Pasco and the CSX rail lines that travel up U.S. 41 into Lutz and Land O’ Lakes.

“I support starting in Wesley Chapel,” said Starkey, but noted that heavily populated west Pasco needs transit, as well.

Long-range options in the transit vision include self-driving vehicles, light rail, and water-based ferries.

“We are certainly leap-frogging in technology,” she said. “I’m excited to be a part of this.”

Mariano isn’t convinced it would take as long as 10 years for the rail project to materialize. He also wanted information on land values along the rail line.

“I think also Hernando County, at some point, needs to come in, especially looking at U.S. 41,” Mariano said.

Pringle said a dialogue with CSX would be needed. He also stressed that the timelines for the projects are approximate because a lot depends on the final plan and available funding.

“Both of these (projects) are competitive for federal dollars,” he said.

The study looked at a range of options, but Pringle said it became clear some were very expensive. “The prices kept going up and up,” Pringle said. “We were pricing ourselves out of a project.”

Federal agencies like to see projects that cost about \$10 a trip, he added. That influenced the decision to focus on the bus rapid transit as a first project, Pringle said.

“Funding is what kills transit 99 percent of the time,” he said.

For more information, visit TBRRegionalTransit.com.



KEVIN WEISS

Tampa resident Chad Courson is all smiles after posing for a picture with Team USA Women’s Hockey. He came equipped with a Team USA jacket and ‘Gold Medal edition’ box of Corn Flakes to get autographed.

HOCKEY, from page 1A

Coyne added, the gold medal victory provides a “huge opportunity” to further the sport in the United States, particularly among young girls.

The 25-year-old herself was inspired by Hall of Famer Cammi Granato and the 1998 U.S. Olympic Women’s Ice Hockey, the last team to win gold.

“With our win, I think we can get more girls playing across the United States,” Coyne said.

“If you look at our team currently, a lot of us are playing because we saw the ‘98 team win a gold medal. So, knowing that feeling and knowing personally I was one of them... I saw Cammi Granato, and seeing her gold medal made me want to become one of them.”

Having Team USA train in Wesley Chapel was likewise beneficial to Florida Hospital Center Ice and the Tampa Bay hockey community, said Gordie Zimmerman, managing partner and developer of Florida Hospital Center Ice.

The \$28 million, 150,500-square-foot complex was picked as Team USA’s training ground over such hockey facilities in Boston, Chicago and others.

“It’s been terrific on every front — for the development of hockey for the girls and the boys, and just the awareness and having the girls here in the facility,” explained Zimmerman.

“I think there was a lot of pressure on them and where they train...and it turned out to be a great experience for everybody. This wave is going to continue, and you can see like with the girls’ (programs) — and that’s what it’s all about.”

As one of dozens of fans at the meet-and-greet, Wesley Chapel resident Rob Simonelli just couldn’t pass up the chance to take photos and chat it up with the newly crowned Olympic gold medalists.

He found out about the team’s surprise appearance at Center Ice through a friend who caught wind of the event.

“I had a feeling because they had been here for a couple months with their training that they’ve got to come back and take a look at the people at the rink,” said Simonelli, who plays recreational hockey at Center Ice along with his son.

“They’re really friendly, and it’s nice that they decided to come and just kind of say ‘Hey’ to the people.”

Simonelli said he watched much of the Olympic coverage on television, and even attended some of the team’s tryouts and international games at Center Ice last year.

Besides national pride, he felt some local pride, too.

“I just was excited that this was their home base. Just following them when they made this their home was kind of cool,” Simonelli said.

Another exuberant fan, Tampa resident Chad Courson, came to the event equipped with a Team USA jacket and a “Gold Medal edition” box of Corn Flakes featuring a cover picture of USA women’s gold winning hockey star Meghan Duggan.

He brought both items to get signed. He also bought about 40 other boxes of the limited-edition Corn Flakes to get signed later that night at Amalie Arena as part of another Team USA appearance.

“I met the team on previous occasions, but it’s still cool,” Courson said of the team’s stop in Wesley Chapel.

As for the team’s run in PyeongChang? “It was amazing,” Courson said.

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Track and field standout leaps into nationals

By Kevin Weiss

kweiss@lakerlutznews.com

It didn't take long for Keymo Pearson to realize Arielle Boone oozed potential when she joined his AAU track club last spring.

"Day 1, when I saw her...I said, 'Hey, if this girl stays with the team, she's going to be great.' My exact words were, 'She has the chance to be one of the best jumpers in Pasco County history,'" said Pearson, an assistant track coach at the Wesley Chapel-based Speed Starz Track Club.

Turns out the coach's assessment is pretty spot on.

Boone will compete this weekend in both the high jump and triple jump events in New Balance Indoor Nationals at the Armory Track and Field Center in New York City.

A senior at Sunlake High School, Boone will join more than 3,500 of the country's best track and field student-athletes, from more than 40 states and Canadian provinces — each looking to run, hurdle, jump, throw and walk their way to titles and All-American honors in 48 boys' and girls' championship events.

The event runs from March 9 through March 11.

Boone qualified for the prestigious competition after posting elite qualifying marks in triple jump (39' 2.5) and long jump (18' 2.5) at recent AAU meets in Orlando and Birmingham, Alabama.

She is believed to be just the second track and field athlete from Pasco County to ever compete in the national event. The other is former Pasco High star Alfreda Steele, who qualified in 2014. Steele now is a sprinter and jumper at the University of Miami.

Boone isn't nervous about the big stage, despite squaring up alongside countless future Division I track starts and possibly some Olympians-in-the-making.

Instead, she's poised to hold her own — especially after going toe-to-toe with such athletes at AAU meets throughout the summer and fall.

"I'm not worried about it. I'm just there



COURTESY OF SPEED STARZ TRACK CLUB

Sunlake High School senior Arielle Boone will compete at New Balance Indoor Nationals at the Armory Track and Field Center in New York City, from March 9 to March 11. She will take part in the triple jump and high jump events.

to compete and to get my marks," said Boone, who acknowledged she used to be intimidated, when she first began training for AAU meets in the spring and summer.

A former gymnast, Boone joined her high school track team as a freshman at the behest of former Sunlake track coach Nick Carroll, now the head football coach at Zephyrhills High School.

"Coach was like, 'If you're one of my fastest girls, you have to run for me, OK?' Like, he really pursued me. He wanted me to run track. And, I was like, 'You know what? My dad's been telling me that for years, so I'll try it,' and I ended up being pretty decent, so I stuck with it," Boone explained.

Early on in her high school career, Boone mainly competed in sprints, such as the 100-meter and 200-meter dash, and the 4x100 relay.

It wasn't until last season she took field

events seriously.

The leap into those events — especially the triple jump — was bred out of pure curiosity.

Said Boone, "Triple jump seemed so complicated and just difficult, which it is. It's the hardest event track puts on your body. I just wanted to see how it works; I had no idea."

Sunlake girls track coach Trey Burdick said Boone's jumping numbers really took off toward the end of the 2017 season.

"Something clicked at districts last year," Burdick said.

All of sudden, Boone started hitting personal records of 2 feet, then 4 feet in the triple jump, and that's something you don't see," Burdick added.

Boone firmly solidified herself at the Class 3A state championships as one of the state's top jumpers after securing a ninth-place finish in the triple jump (then a 36' 11.25), just one spot away from podium honors.

She was also named named the Sunshine Athletic Conference's Girls Field Athlete of the Year.

"I was just like, 'Wow, I have been doing this event for not even six months, and I got this close. Next year I'm going to wreck it. That's what I really want to do,'" Boone said.

After the season Boone joined Speed Starz to work one-on-one with Pearson, himself a former college track and field standout at Kansas-based Friends University and Independence Community College. He serves as an assistant with BB Roberts, who founded the AAU club in 2013.

Pearson trained Boone on core strength, plyometric movements, and shoring up her bounding technique to make her an even better jumper.

"I saw that she was very explosive, and that was really what drew my attention," Pearson said.

"Just seeing the talent that she had without an offseason training, it just was like, 'Wow, I know the drills that I'm going to give her is going to make her that much better as an athlete.'"

"I had to bound my way into becoming a really good triple-jumper," Boone said. It's a

lot of training involved. It's an event that you can't play with it. You have to do a lot."

After the national competition, Boone will go back to focusing on her final high school season.

In addition to Sunlake High records in the triple jump (38' 9.5) and high jump (17' 9.75), Boone also claims school records in the 200 meters (26.32 seconds) — which she's owned since her freshman year — and as a leg on the 4x100 relay (49.55 seconds).

Burdick noted Boone could soon own the school record in the 100 meters, once she gets the chance to run the event. High school track athletes are allowed to compete in a maximum of four events per meet.

"She's probably the reason why we're the favorite to win conference this year," Burdick said.

"She's one of those athletes that if I could put her in six (events) I'd put her in six. She's a guaranteed first place in at least three of her events every meet, and most of the times it's four."

Boone's recent emergence, meanwhile, has caught the eyes of multiple Division I college track programs statewide.

She's picked up scholarship offers from South Florida, Central Florida, Florida Atlantic and Florida International universities.

Boone said she plans to spend the next month visiting colleges before making a decision by the time the spring signing period begins on April 11.

Whichever program Boone chooses, those coaches will be getting a dedicated and focused athlete.

"She catches on really fast — that's what's great about her. She listens, she's disciplined, and she actually works on those things on her own so it makes it that much easier," Pearson explained.

"Motivation's never been an issue for her," Burdick said. "She's always came to practice everyday and is just like strictly business, 'This is what we need to get done today' and boom that's what she's doing."

"She knows (the) drills, she picks up on them, and she knows how to go out there and do it without me telling her," he added.



FREE YOUTH SWIM LESSONS

The Tampa Metropolitan YMCA, in partnership with the Tampa Bay Rays, is offering a free four-day swim course to children from March 12 to March 15 at its various YMCA locations.

The Safety Around Water program is offered annually in the spring to keep kids safe at the beach, pool, lake and while boating. It's open to the entire community, beginners and nonswimmers, ages 3 to 12.

During the four-day course, certified instructors teach children a sequenced set of skills to help reduce the risk of drowning, and give them confidence in and around water.

Local YMCA branches participating in the event include East Pasco Family YMCA, Bob Sierra YMCA Youth & Family Center, and New Tampa YMCA.

Preregistration is required due to limited space. Participants must be present on the first day of class, and bring their own swimsuit and towel.

Times vary based on location. For more information, visit TampaYMCA.org/programs/swimming/water-safety.

YOUTH GOLF CLINICS IN LAND O' LAKES

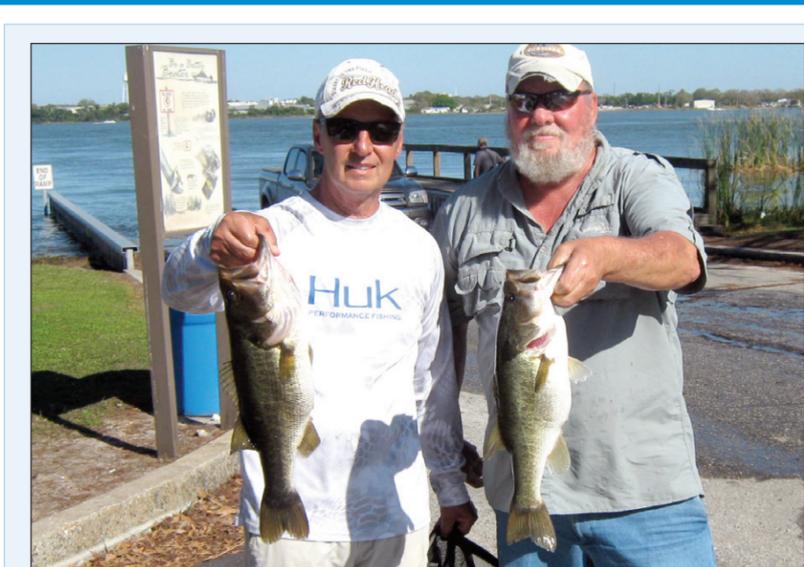
First Tee of Tampa Bay, a program of the Tampa Metropolitan Area YMCA, is hosting group junior golf lessons each Saturday through April 21 at The Groves Golf & Country Club, 7924 Melogold Circle in Land O' Lakes.

Classes meet once per week for seven weeks, and are available for boys and girls ages 5 through 18. All levels are welcome, from beginners to advanced players.

During small group sessions, First Tee of Tampa Bay instructors will teach participants rules, fundamentals and etiquette of the game.

Cost for the program varies, based on family income. Lessons range from \$2/class (\$14 total) to \$12/class (\$84 total).

First Tee of Tampa Bay will provide all the necessary golf equipment for the classes, but participants are welcome to bring



COURTESY OF JOHN MEDVID

Heavy Haul!

Land O' Lakes residents Dave Panno, left, and Ken Willis teamed up to win the South Pasco Bassmasters (SPBM) Feb. 17 tournament on the Winter Haven Chain of Lakes. The duo caught five bass with a total weight of 13.17 pounds; the largest bass weighed 3.42 pounds. They caught their haul with spinner baits, jerk baits and plastic worms, in 6 feet to 10 feet of water in Lake Winterset. The next SPBM tournament is March 17 at Lake Istokpoga, in Sebring. For information, visit SouthPascoBassmasters.com.

their own clubs, as well. For information, visit TheFirstTeeTampaBay.org, or call (813) 238-7320.

ODESSA SOCCER CLUB SPRING REGISTRATION

Registration is open for the Odessa Soccer Club spring season, which begins March 24.

The club will offer three coed age divisions: 5 through 7, 8 through 9, and 10 through 12. Teams will play a seven-game season on Saturdays, ending with a championship tournament.

All Saturday games and practices will be at 18105 Gunn Highway in Odessa.

The league offers an open league play platform, where tryouts are not required for players to be on a team, and all teams compete in the championship tournament at the end of the season.

For more information and to register, visit OdessaSoccerClub.com, or contact league director Jim Young at info@OdessaSC.com or (813) 920-0505.

WESLEY CHAPEL YOUTH SOCCER

Registration is ongoing for the Wesley Chapel Soccer Club Spring League, with opportunities available for boys and girls, with birth years between 2004 and 2013. The eight-game season runs through April and May, with games played on Friday nights.

Cost is \$95 for all players and includes a team T-shirt. The league is designed to provide players of all skill levels an opportunity to learn and play soccer in a fun, structured format. Teams will be divided by gender and age. For information, visit WesleyChapelSC.com/rec-soccer/, or email questions to wrecsoccer@gmail.com.



FILE
Former Wiregrass Ranch High quarterback Shane Bucenell

LOCAL SIGNINGS & COMMITMENTS

• **Wiregrass Ranch High product Shane Bucenell** transferred from Division I FCS Charleston Southern University (South Carolina) to Division II Ohio Dominican College. As a freshman at CSU, the 6-foot Bucenell led the Big South Conference in touchdown passes with 15, helping lead the Bucs to a conference title and back to the FCS Playoffs. As a sophomore, however, Bucenell was in and out of the lineup, throwing for over 700 yards and six touchdowns. Bucenell is a 2015 graduate of Wiregrass Ranch High School.

• **Wiregrass Ranch High senior wide receiver/cornerback Daniel Biglow** signed to play college football at Division I Florida Atlantic University. The 6-foot-2 Biglow was among the team's leaders on offense (20 receptions for 346 yards, three touchdowns) and defense (33 tackles, two interceptions) in 2017. He transferred from Academy at the Lakes his junior year.

• **Wiregrass Ranch High senior midfielder Ryan Al-Khatib** has signed to play college soccer at NAIA Florida College in Temple Terrace. The 5-foot-8 Al-Khatib posted 11 goals and 32 points this season, helping the Bulls to the Class 5A regional semifinals and a 24-6-1 mark.

• **Zephyrhills High senior quarterback Charles Harrison III** signed to play college football at Division III Brevard College in North Carolina. This past season the 5-foot-11 signal-caller led the county in passing (over 2,300 yards, 47 total touchdowns) and helped guide the Bulldogs to its first 10-win season since 2002.

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The Laker/Lutz News Staff Report

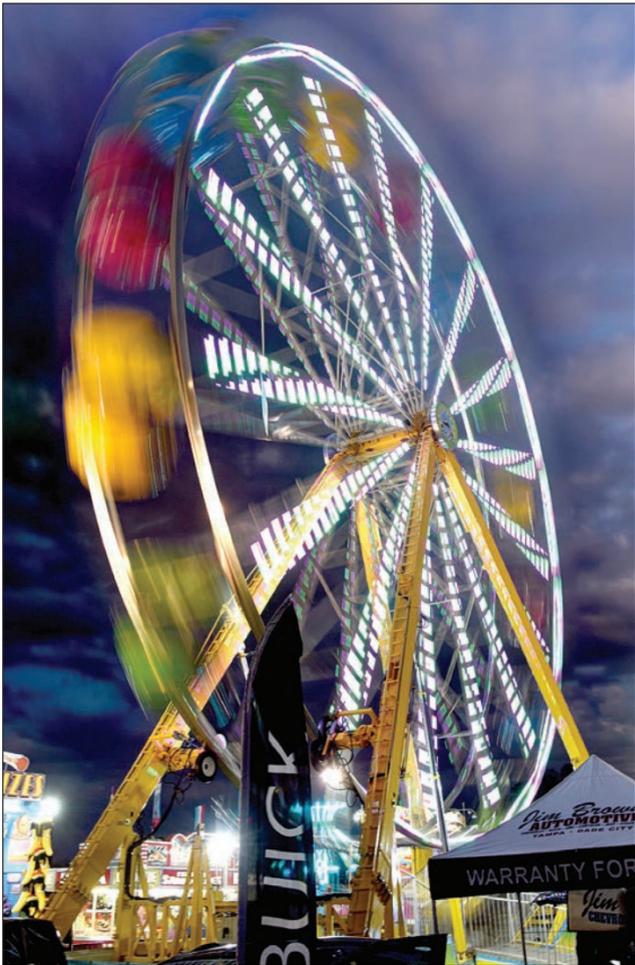
The 71st annual Pasco County Fair, which wrapped up on Feb. 25, offered spectacle, entertainment, challenging competitions, and, of course, fair food.

The event gave artists a chance to exhibit their work, gave livestock owners an opportunity to compete with their animals, offered fair-goers an assortment of amusement options, and gave the young and old alike a place to spend some time simply enjoying themselves.



RICHARD K. RILEY

Two Pasco High School students get ready for a ride on an elevated circular swing dubbed 'Vertigo' at the Pasco County Fair.



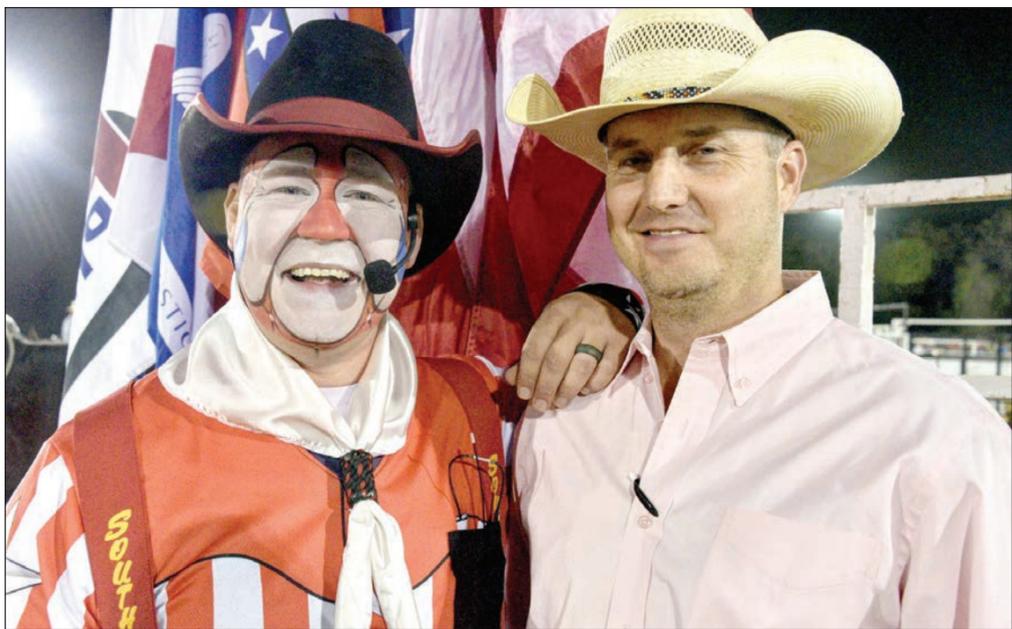
The Ferris Wheel at the Pasco County Fair was a beauty, with its elevation and lights.



Darrell and Chris Freeman present Southern Gospel Country Music in Dan Cannon Auditorium.



Nine-year-old Hannah Creech, a fourth grader at The Academy at the Farm, shows her newly cleaned, 6-month old crossbred pig, 'Pancakes.'



Dusty Myers of Jumpertown, Mississippi, has been a rodeo clown for 20 years. He is with Tayloe Glass of Hayneville, Alabama, a wrangler with the rodeo organizer.



A fairgoer, Tammy Pilcher of San Antonio, is lost in the wall of balloons and prizes.

LOCAL WILDLIFE



A view from above

Sharon Thompson, of Country Walk in Wesley Chapel, took this photo of wood storks hanging out. The wood stork is one of Florida's signature wading birds, a long-legged, awkward-looking bird on land that soars like a raptor in the air.

PET PAWS

THESE DOGS NEED A HOME

On average, most dogs at the Hillsborough County Pet Resource Center, 440 N. Falkenburg Road in Tampa, only stay for a couple weeks before being adopted. But, for some dogs the weeks stretch into months.

Currently, there are about 15 dogs that have been at the shelter for 100 days or more.

These 100-day dogs, that are spayed or neutered, all need a permanent home.

To celebrate these long-term guests and give them a helping 'paw' in finding a new home, their adoption fee is just 100 cents.

The shelter is open Tuesday through Sunday from 10 a.m. to 7 p.m.

For information, call (813) 744-5660.

TAIL WAGON STOPS

Pasco County Animal Services' Tail Wagon will make these upcoming adoption stops:

- March 10 from 10 a.m. to noon, at Pet Supplies Plus in Land O' Lakes

- March 17 from 10 a.m. to noon, at Petco in Odessa

For information and details, visit PascoCountyFL.net/pas.

MUTT MADNESS

Pasco County Animal Services, 19640 Dogpatch Lane in Land O' Lakes, will host "Mutt Madness" during the month of March and offer \$30 adoption fees for all dogs with the word "mix" in their description.

The offer excludes puppies age 6 months and younger, and adult dogs weighing less than 25 pounds.

And, every Friday in \$5 Feline Friday, with no exclusions.

All fees include spay/neuter, microchip, vaccinations and heartworm testing.

For information, call (813) 929-1212.

CARTER'S CANINE ADOPTIONS

Carter's Canine Rescues will host a dog adoption event March 17 from 10 a.m. to 2 p.m., at Quality Pet Market, 1408 N. Dale Mabry Highway in Lutz. There will be several puppies and dogs on site.

For information, call Quality Pet at (813) 909-1767 or Carter's Rescues at (813) 235-6366.

DOGS' DAY IN DADE CITY

The ninth annual Dogs' Day in Dade City will take place March 17 from 10 a.m. to 2 p.m., at Agnes Lamb Park in downtown Dade City, across from The Edwinola.

There will be a Dog Wagon Parade at 10 a.m., a Dog Costume Contest at 11 a.m., and a K-9 Challenge at noon.

There also will be a Canine Got Talent competition at 12:30 p.m., and an Ice Cream/Yogurt-Eating Contest at 1:30 p.m.

All furry friends must be on leashes.

For information and space rentals, call Lucy Avila at (352) 424-4972.

KITTEN SHOWERS

Pasco County Animal Services, 19640 Dogpatch Lane in Land O' Lakes, will host "It's a Kitten!" March 17, April 21 and May 12 from 1 p.m. to 3 p.m., in Building B.

New foster families can come to the shelter for training and education.

To RSVP, please send an email to educationoffice@pascocountyfl.net.

BARK IN THE PARK

The Humane Society of Tampa Bay will host its 31st annual "Bark in the Park" March 24 from 11 a.m. to 3 p.m., at Curtis Hixon Park, in downtown Tampa.

There will be food trucks, wine and craft beer, vendors, dog costume contests, a dog agility zone, adoptables, a VIP tent, a pop-up dog park, and a mile-long Walk for the Animals along the Hillsborough River.

Those interested can start the celebration early by fundraising for the Humane Society of Tampa Bay. Participants can register by creating or joining a pack to raise money and then walking for the animals. Donations provide shelter, food/spay/neuter services and medical care for the shelter animals.

For information, call (813) 876-7138.

Adopt A Friend FOR LIFE



Banana is a fun-loving pup

Banana is quite hilarious with his antics and loves to spend time in the yard. When adopted, he would need to be the only pup in the family.



Jasmine is a stunning tabby

Jasmine came to the shelter as a stray on Valentine's Day. She is extremely affectionate and loves to explore her surroundings.

If you would like to adopt Banana or Jasmine, be sure to visit Pasco County Animal Services at 19640 Dogpatch Lane in Land O' Lakes. The adoption center is open Tuesday through Saturday, noon to 6:30 p.m. All adoption fees include spay/neuter, microchip and vaccines. For more information, email adoptionpartners@pascocountyfl.net.

PET

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DOGS' DAY IN DADE CITY

SATURDAY, MARCH 17, 2018

10 AM - 2 PM

AGNES LAMB PARK

(Across from The Edwinola on Meridian)

10 AM - Dog Wagon Parade

11 AM - Dog Costume Contest

12 Noon - K-9 Challenge

12:30 PM - Canine Got Talent?

1:30 PM - Ice Cream/Yogurt Eating Contest

Other fun and informative events for dogs and owners... you won't want to miss!

Please note that all dogs must be on a leash!

Vendor Fee: \$20/Booth (12 x 12 space) (not have the registered logo) • Non-Profit: \$10

Call 352-424-4972 • www.dogsdayindadecity.com

Dade City Youth Council • Dade City Animal Clinic • Dog-Mania & Cats Farmers Feed Depot • The Garden Café • A Positively Good Day Pet Services

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*Based on weight

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- Feline Distemper Combo 3 yr \$30.00
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- Bordetella/Kennel Cough \$18.00

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SATURDAY 8 AM - 12 PM

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[Facebook.com/GentleCare Pet Hospital](https://www.facebook.com/GentleCarePetHospital)

PET of the WEEK



Genji is beautiful, inside and out

Genji is a 1-year-old American Japanese Akita. He is special because his owner has multiple sclerosis, and Genji serves as a companion and protector. Akitas are known for loyalty and strength, and are cautious animals. Akitas can be difficult to train, but Genji is very well-behaved with a great personality. Genji will serve as the mascot for Team MonSters at Walk MS Tampa on April 7. His proud owners are Stephen and Gabrielle Vavrica, of Land O' Lakes.

Send us a picture and information on your favorite pet!

Write a short paragraph about why your pet is special along with a photo and mail to: **Pet of the Week, c/o The Laker, P.O. Box 479, Lutz, FL 33548** or email to mrathman@lakerlutznews.com, ATTN: Pet of the Week

PLEASE NOTE: OWNERS NAME AND ADDRESS MUST BE INCLUDED FOR YOUR PET TO BE CONSIDERED FOR PUBLICATION.

PUT YOUR PET IN THE SPOTLIGHT!

We are looking for photos and information on your favorite pet. Include in your short story your pet's name, age, breed, and anything else you would like to mention.

Don't forget to include the owner's name and city of residence!

Send photo and information to:

The LAKER/Lutz NEWS

Email to: mrathman@lakerlutznews.com, SUBJECT: Pet of the Week
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THURSDAY: 12oz Prime Rib w/2 sides \$14.99.
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SHELL'S GARDEN GUIDE MARCH

By Dax Gonzalez

IT'S SPRINGTIME AT SHELL'S FEED & GARDEN SUPPLY! HERE'S OUR GARDEN PRO TIPS FOR MARCH.



Store Manager Dax Gonzalez

WHAT TO PLANT IN MARCH:

- Beans
- Beets
- Cantaloupes
- Carrots
- Corn
- Cucumbers
- Green Onions
- Eggplant
- Kohlrabi
- Lettuce
- Mustard
- Okra
- Peas
- Peppers
- Pumpkin
- Radish
- Squash
- Tomatoes
- Turnips
- Watermelon

March is when Grasshoppers emerge from their eggs, stop Them NOW with Nolo Bait™ Organic Insecticide. Order Online or In Store Today!

March Garden "To Do" List:

Landscapes: Fertilize lawns, trees, and shrubs (if this was not already done in February) with a 16-0-8 fertilizer. Our 50% slow release 16-0-8 fertilizer is on sale in the store right now - 50lb bag for \$17.95!

Vegetable Gardens: Fertilize vegetable gardens on prepared beds by broadcasting 2-4 lb of 6-6-6 or 8-8-8 per 100 sq. ft. two weeks before planting. During the growing season (already planted beds) side-dress at the rate of 1-2 pounds per 100' row.

Organic Vegetable Gardens: Use Shell's Naturals 3-3-3 Organic Garden Mix with its brand-new formula, now including Mycorrhizae for great microbial soil conditioning, on sale now! It's also a great time to add 2-4-2 Granulated Pasteurized Poultry Manure. Use label application rates, or just ask us if you're not sure.

Pest Control: Watch for aphids on your vegetable plants, if you have them, use Triple Action Neem Oil, Conserve, Naturalyte, or Natural Pyrethrins - all of these are natural, organic aphid control solutions. Be sure to treat the underside of the leaves. We also have predatory insects like lady bugs! Also, watch for the emergence of Grasshoppers, aka Lubbers or Locusts, from the ground in early March. These voracious eaters can chew through a garden in a few days. You can lure them away from your garden and ensure that they don't procreate again by using Nolo Bait™, an organic grasshopper insecticide.

Shell's Feed & Garden Supply, Inc., has been family owned and operated since 1961, serving residents of Tampa, Lutz, and Land O'Lakes. Our unique combination of garden, farm, & feed supplies, including our own Shell's branded formulations, have been helping Tampa Bay grow great gardens and landscapes for three generations. Lutz resident, Greg Shell, is the owner of the store. He took over operations in 2007 from his father who originally started the family business. Dax Gonzalez, our General Manager, has worked for Shell's Feed for over 12 years.

If you have any questions, please let us know. As always, we are here to help.
(Above information obtained from UF IFAS and the Hillsborough County Extension Service and condensed to serve our customers)

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BUSINESS DIGEST

Send business news to news@lakerlutznews.com

DOG DINING PERMITS

Pasco County approved a new Dog Dining ordinance, which allows restaurants to obtain permits for doggy dining.

At permitted restaurants, owners can bring their dogs to designated, outdoor areas. Participating restaurants can establish their own dog dining hours of operation.

A one-time permit costs \$50.

Interested restaurant owners can apply for dog dining permits online at Pasco County Central Permitting. Applications in person must be submitted at 8731 Citizens Drive in New Port Richey.

The county's MyPasco mobile application provides live Central Permitting Wait Times for applicants to plan their visits.

Dog dining applications must provide specific information, including a diagram and dimensions of the outdoor dining area, entryways and exits, any fences or barriers, and a sample of proposed signage for the dog dining area.

Failure to comply with the ordinance can result in revocation of dog dining permits, and a county citation.

For additional information, visit Central Permitting at PascoCountyFL.net.

NORTH TAMPA LUNCHEON

The North Tampa Chamber of Commerce will have its March 2018 Momentum Thursday on March 8 from 11:30 a.m. to 1 p.m., at Brookdale of Lutz, 414 Chapman Road in Lutz.

Guest speaker will be North Tampa chamber president Jody Fowler, who will discuss how to use LinkedIn Live.

For early bird registration, RSVP online

with credit card or to the chamber office at Contact@NorthTampaChamber.com by 5 p.m., March 7, at the discounted rate of \$15 (whether you eat or not).

After that date, the cost is \$20 (whether you eat or not), payable at the door by cash, check or credit card.

For more information, please call the chamber at (813) 563-0180, or visit NorthTampaChamber.com.

WINERY ANNIVERSARY

The Land O' Lakes Winery will have its third-year anniversary celebration March 11 from noon to 8 p.m., at 3901 Land O' Lakes Blvd., in Land O' Lakes.

Enjoy wine specials, appetizers and door prizes. Singer and songwriter Fred Chandler, of Fred Chandler Epicoustic Events, will perform live original music.

For more information, please contact the winery at (813) 995-9463 or visitors@landolakeswinery.com.

MEMBERSHIP MEETING

The Central Pasco Chamber of Commerce will have its general membership meeting March 13 from 11:30 a.m. to 1 p.m., at the Hilton Garden Inn Tampa Suncoast Parkway, 2155 Northpointe Parkway in Lutz.

Guest speaker will be Pasco County Commissioner Mike Moore.

The cost is \$20 for members who register by March 8. Afterward, the cost is \$25 for members and guests at the door.

For more information, you can contact the chamber at (813) 909-2722 or CentralPascoChamber.com.

SMART BUSINESS SERIES

The North Tampa Bay Chamber of Commerce will host its monthly Smart Business Series on March 13 from 8:30 a.m. to 10 a.m., at the Overnight Success Studios, 17743 Hunting Bow Circle in Lutz.

The cost is \$20 per person. Seating is limited.

This new program offers professional development opportunities for chamber members and access to business building opportunities. Industry leaders will present



KATHY STEELE

First National Bank of Pasco

The First National Bank of Pasco will have a VIP reception and ribbon cutting March 8 from 4 p.m. to 5:30 p.m., at 23613 State Road 54 in Lutz.

There also will be a grand opening March 10 from 11 a.m. to 2 p.m. There will be free hot dogs, a bounce house, balloon animal artist, face painting, and a free piggy bank for children.

The bank primarily will serve the Lutz, Land O' Lakes and Wesley Chapel market.

It will provide customers a "new age of banking," with an interior design loaded with technology. First National also offers a joint venture with Jarrett Ford to provide electric vehicle charge stations.

First National Bank of Pasco is the only community bank headquartered in Pasco County, with its main office in Dade City.

For information, call the bank at (813) 607-2555, or visit FNBPasco.com.

each monthly program, which will be taped and made available later for online viewing.

For information, call the chamber at (813) 994-8534.

EAST PASCO NETWORKING

The East Pasco Networking Group will meet March 13 at 7:30 a.m., at IHOP, 13100 U.S. 301 in Dade City.

The guest speaker will be Pasco County Tax Collector Mike Fasano.

For information, contact Nils Lenz at (813) 782-9491 or nilslenz@gmail.com, or Vicki Jones at (813) 431-1149 or donlvic@yahoo.com.

MEMBERSHIP LUNCH

The Greater North Tampa Bay Chamber of Commerce will have its monthly membership lunch March 14 from 11:30 a.m. to 1 p.m., at Fox Hollow Golf Club, 10050

Robert Trent Jones Parkway in Trinity.

The cost is \$20 in advance for members who register online by 3 p.m., March 9. Thereafter, the cost is \$25 at the door for members and non-members.

For more information, you can call the chamber at (813) 994-8534, or email office@wesleychapelchamber.com.

HISPANIC LEADERS' MIXER

The Hispanic Business Leaders of the Central Pasco Chamber of Commerce will host a mixer March 20 from 5:30 p.m. to 7:30 p.m., at The White Room Bar & Lounge, 6472 Land O' Lakes Blvd., in Land O' Lakes.

Enjoy two-for-one drinks, free soft drinks, refreshments and Latin music.

For more information, please call the chamber at (813) 909-2722, or visit CentralPascoChamber.com.

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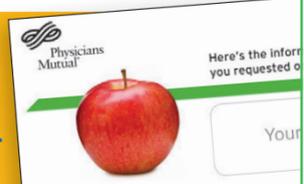


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FORMATION
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NOCTURNAL
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ROOST
SACS
WING

SEE SOLUTIONS, PAGE 7B

ORNITHOLOGY WORD SEARCH

F R V M O L T D S G S C P W E P D D I N
G G F C M E M B R A N E H C E M P E D H
R O O S T P O R M G C U L A G R I A L N
I F O R M A T I O N W S A R G V T M A I
O T N A R G I M S N O M N R S M H B D C
R E H T A E F R E T F A R I I C N R E I
C C A C H I N G F I Y E U O S N R E P T
B I O D I V E R S I T Y T N I O C A I A
H D O W N P F O L L I B C H H I F S B T
L B L I N D C A F O H A O C C T N T W I
A R T N P E C T O R A L N I L A B M D N
N B F D Y W E B F R F Y T M U M I A D G
R V I N S V A I G N I W F A T I R N O C
U W C O I R A C D N E B W N C L D O R B
I S H D T B F O Y O R G D Y H C S I S M
D F S A D I N N W U W O I D M C R N A N
M B H O B I C I N B O G F O M A H G L L
N E M U B L A C Y R Y S M R M Y B D U P
R E B M A C N A B G M B B E R T T U E U
N B S Y V C A L A M U S T A G S F Y A T

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

9	3	1	4			7		6
				7	3		4	
		4			6	2	3	
5				4		9	8	
		3	7			6	2	
7				2		4		
	6	8	1			3		2
		7			4			
			8		7	1		

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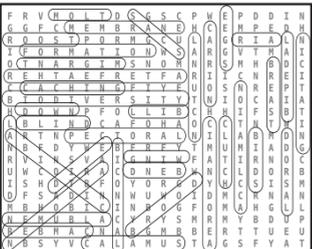
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GAME PAGE ANSWERS



9	3	1	4	8	2	7	5	6
6	5	2	9	7	3	8	4	1
8	7	4	5	1	6	2	3	9
5	2	6	3	4	1	9	8	7
1	4	3	7	9	8	6	2	5
7	8	9	6	2	5	4	1	3
4	6	8	1	5	9	3	7	2
3	1	7	2	6	4	5	9	8
2	9	5	8	3	7	1	6	4

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56th Anniversary Customer Appreciation Sale
THRU APRIL 21ST

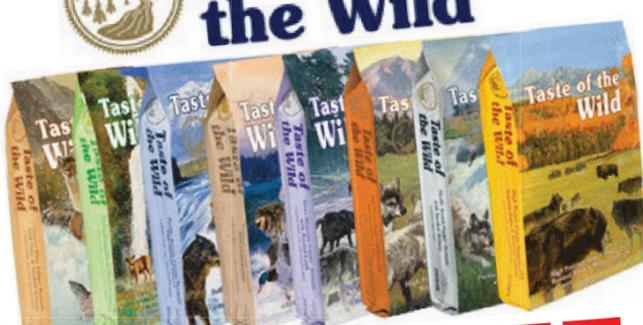
Shell's

Feed & Garden Supply, Inc.

- Bulk & Organic Vegetable Seeds
- Vegetable Starter Plants
- Organic Fertilizers & Insecticides

100's of Items ON SALE

Taste of the Wild



\$5.00 OFF
30lb. Bags thru 3/31

Sweet Potato Plants



\$8.95/BUNDLE
ORDER ONLINE!

Bird Feeders and Seed



BEST PRICES IN TAMPA



LIVE PLANTS! VEGGIES, HERBS, & ANNUALS

FOX FARM
 SOIL & FERTILIZER COMPANY

20% Off
 Fox Farm Products




Buy 3 Get 1 Free*
 thru 3/20
 *while supplies last"

WonderGrip Gloves



\$4.95
 A PAIR

Chapin 1 Gallon Sprayer



\$9.95

NEW ASSORTED AIR PLANTS, 3" SUCCULENTS, & 3" ECHEVERIA



\$3.99 EACH

SHELL'S GARDEN FERTILIZER ON SALE!

ORGANIC 3-3-3

NEW IMPROVED FORMULA
 NOW WITH MYCORRHIZAE & HUMATES

10LB	\$11.95
20LB	\$19.95
40LB	\$29.95

All Purpose 6-6-6 Fertilizer 50LB **\$9.95**
 Citrus Fertilizer 50LB **\$11.95**
 Lawn Fertilizer 16-0-8 50% w/50% Slow Rel 50LB **\$17.95**

EARTHBOX JUNIOR

\$19.95 Great for Kids & Adults!



DEALER



Scarlett PURGRAIN



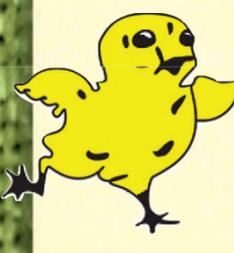
Purina Mills



EarthBOX



MannaPro
 nurturing life.



9513 Nebraska Avenue • Tampa, FL 33612
813.932.9775 or 813.932.4333
 (4 blocks north of Busch Boulevard)
www.shellsfeed.com



Store Hours: Mon - Fri 8am - 5:30pm • Sat 8am - 3:30pm • Closed Sundays