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The team awaits instruction from volunteer Shelia Shipboy before the Cartwheel-A-Thon begins. (Photos by Glenn Gefers of www.photosby3g.com)

Lutz resident Mallory Mock, 11, performs during the event.

Alexis Pryor, 10, of Wesley Chapel, shows her agility on the balance beam.

Gymnasts flip for hospital

Premier Gymnastics in Lutz recently held a Cartwheel-a-Thon recently to raise money for Shriners Hospitals for Children. Sixty team members collected $3,186 and, in return, performed more than 13,000 cartwheels. They also displayed other gymnastics skills at the event.

Hillsborough gives after-school program another chance

Parks have 10 months to make self-sufficient plan

By Kyle LoJacono
klojacono@cnewspubs.com

The Hillsborough Commission voted to revive the after-school program at county parks just less than one month after condemning it to the budget cutting chopping block.

Commissioners voted 4-3 to end the program on July 27 as a way to save $7.5 million from a $50 million budget shortfall. County parks director Mark Thornton said ending the program was the only way to make the department solvent.

The program would have ended on Oct. 3, the first business day of the new fiscal year. However, the commissioners unanimously voted on Aug. 24 to give the parks department until next June to show the service can be self-sufficient.

Commissioner Ken Hagan was one of the supporters of ending the program because it was "broken" and unable to exist without major taxpayer subsidies.

"Our current model is not sustainable," Hagan said. "We cannot afford to spend $7.5 million for a program that serves 1,880 children."

Hagan came up with the compromise to offer the program at just 30 parks, down from the current 42.

Hagan said keeping 30 facilities staffed would reduce the cost of the program to as little as $1.1 million.

"You would save on staffing, maintenance, utilities and a lot of other things," Hagan said.

Thornton suspected the savings would be more modest than Hagan's prediction, but said it could cut the cost in half.

While no official plan was presented, both Hagan and Thornton said Nye Park in Lutz would likely be one of those 30 sites that would keep the program.

"It would make sense to have the parks spread out, and that's the only site in that part of the county," Thornton said.

The new plan would also include reduced fees for parents and guardians sending their children to the program. The cost of a week has been $48, up from $20 two years ago.

"When we increased the fee to generate more revenue for the department, more people left," Thornton said. "It had the reverse effect and that's been hurting the budget for the last two years."

Two years ago there were 6,000 kids enrolled in the after-school parks program, the most ever. Thornton said the department will likely reduce the cost to $38 per week, with discounts to as little as $20 for those receiving free and reduced-price lunches. That would be $10 cheaper a week than at a YMCA or at the county's similar program at the schools, known as HOST.

In order to break even using Hagan's estimated $1.1 million cost for the scaled-back program and an average fee of $30, an additional 34,787 children would have to enroll in the after-school service.

"This is not based on instinct," Hagan said. "It's based on talking to park directors. If you have a program and you lower the fees, they're going to come back in droves."

Commissioner Kevin Beckner was skeptical the program could increase its population by so many in less than a year. He said he does not want to use any of the county's reserves to subsidize the service any longer.

"How long do you operate at a loss before you decide to pull the plug on an operation?" Beckner asked the other commissioners.

Commissioner Sandy Murman attached an amendment to the vote allowing the county to drop any sites from the program that had fewer than 25 children enrolled.

Allan Teixeira says a mismatch between his educational credentials and his experience makes it particularly hard for him to find a position in today's job market. (Photo by B.C. Manion)

Churches reach out to job seekers

By B.C. Manion
bcmanion@cnewspubs.com

As workers across America prepare for the three-day Labor Day weekend, millions of people continue to search for jobs.

Some of those workers have joined support groups that offer emotional and practical help in their quest.

Two of those support groups meet in north Hillsborough County.

One meets at St. Paul Catholic Church on Thursday mornings and the other meets at Exciting Idlewild Baptist Church on Tuesday evenings.

Both groups strive to offer a place where people between jobs can get help with such practical matters as brushing up their resumes, honing their interview skills and networking to find vacancies that are never posted in newspaper classified advertisements or on job

See CHURCHES, page 15

As PEDC celebrates 25 years, Pasco boosters say future is bright

By B.C. Manion
bcmanion@cnewspubs.com

Pasco County has come a long way since those early days when the Pasco Economic Development Council was getting its start, said Pasco County Administrator John Gallagher.

Even before the county had the PEDC to help market the county to potential employers, it had the Pasco County Committee of 100, Gallagher said.

People used to give the Committee of 100's leadership a hard time for not attracting more businesses to Pasco, Gallagher said.

But at that point, there really wasn't much to sell.

Over time, though, Pasco has become a different place and the PEDC has become a more effective organization for helping to market the county's assets, Gallagher said.

Judith Rochelle, a former vice president of Saint Leo University, was on a four-member committee that helped the Committee of 100 make the transition into the new PEDC.

"The existing board of the Committee of 100 felt that we needed to do some soul-searching," said Rochelle, who now lives in Sisterdale, Texas.

The four-member committee researched what was happening with other economic development organizations and decided that Pasco's organization needed a new name and some new goals and objectives.

"The PEDC became the new brand," Rochelle said.

John Walsh, of the PEDC, was on the Committee of 100's staff in the late 1980s and early 1990s when there wasn't much happening.

For a while, the county enjoyed rapid growth, but after the housing crash, activity slowed to a virtual standstill.

Meanwhile the county has been at work to put itself in a good position for future growth, Gallagher said.

The Pasco County Commission has taken new initiatives to help sell the county, Gallagher said.

"We're using some ad valorem tax money to buy down impact fees," he said. As a result, he said, "Anything dealing with an office or industry is zero."

"The PEDC now has some tools they can use to help market the county. We've got a good team approach."

As Gallagher looks toward the future, he envisions the SR 54 corridor to be a magnet for future development.

John Gallagher says Pasco County enjoys a great relationship with the Pasco Economic Development Council, a group aimed at helping boost economic development in Pasco. (Laker file photo)

The completion of SR 56 has been a huge development in the county, said Walsh, vice president of PEDC.

"That whole corridor (of SR 54-SR 56) all of the way over from Little Road all of the way over to Wiregrass and beyond is getting looks from some larger employers, which is very interesting. It's a very nice trend for us," Walsh said.

The area is attractive because of its good road access, the availability of sewer and water and its access to high-speed Internet services, Walsh said.

There are also large swaths of land available for development.

"It provides an excellent opportunity for companies to be able to come up and build a corporate campus the way they want to see it built," Walsh said. "You look at Pinellas County, there are not too many opportunities to be able to do that.

"Along the Suncoast Parkway, from Westshore until you get to (SR) 54, it's all residential.

"So this is really the first intersection along that corridor where that can happen," Walsh said.

Along I-75, he added, the opening of SR 56 creates new access to an urban area.

When Walsh worked for the Committee of 100, the county focused primarily on attracting manufacturers.

Now, it is chasing a broader array of potential industries to locate in Pasco, or to expand their operations, he said.

It's also going after the developers of business parks, high-tech parks, medical research parks and industrial parks.

"The real key is being able to create relationships in the relocation consultants' community. We go out and meet with those people who influence those projects," Walsh said.

The county has a lot to sell, including a large pool of skilled workers, Walsh said.

"Forty-eight percent of our employees travel out of Pasco to go to work every day. That lets you know that there is a resident labor force here. They have the skills that these types of companies would be looking for," Walsh said.

Walsh thinks the county's recent efforts to improve processing for building permits, to clean up its land development code and to increase incentives for business development will yield good results.

"The county is reinventing itself," Walsh said. "That's absolutely huge."

John Hagen, the president and CEO of the PEDC said Pasco is putting itself in a strong position for growth, when the economy picks up.

"We're kind of in a sweet spot in Pasco County," he said. "We've laid some really great groundwork."

Hagen said he's impressed by the way the private sector has responded to the wakeup call of 2008, when the economy slid into recession.

"There's nothing like a crisis to get people to rally," Hagen said.

He thinks Pasco has an unusual advantage because business, education and government all work together as a team.

"I've worked in other states. I've never seen the degree of collaboration that we have here," Hagen said.

PEDC celebrates 25 years

Pasco Economic Development Council's 25th annual Industry Appreciation Banquet

Wednesday, Sept. 7
- Trade show and networking, 5:30 p.m.
- Dinner and awards, 7 p.m.
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Swiftmud discusses hunting expansion

By Kyle LoJacono
klojacono@cnewspubs.com

Hunting enthusiasts in Pasco and Hillsborough counties have had few options close to home to live out their passions, something that may change by the year's end.

The Southwest Florida Water Management District, commonly known as Swiftmud, is exploring opening up eight of its nature preserves for hunting. Three areas include the Cypress Creek Preserve in Wesley Chapel and Lutz, the Lower Hillsborough Wilderness Preserve just east of New Tampa and new portions of the Green Swamp in Dade City.

United Waterfowlers of Florida is pushing to open the preserves after successfully lobbying for the same thing from the St. Johns River Water Management District and the South Florida Water Management District during the last few years.

Newton Cook, executive director of United Waterfowlers, said hunters can coexist with birdwatchers, hikers and other people who enjoy the outdoors.

"There are other places throughout the state where people hunt near birdwatchers and there hasn't been a rash of people getting shot accidentally," Cook said.

Others are not as confident as Cook the plan would work.

"We don't want that to go through," wrote Nancy Kost, a member of the local Audubon Society, in an email. "It's not safe to hunt and watch birds. They're not compatible."

Cook said Kost's concerns are unfounded.

"We understand these other people's concerns, even though they are irrational," Cook said. "They've seen the movies and they've seen the bang-bang-bang. It's not like that. They have this conception that it's going to be this constant barrage and it's not."

Cook said the Tampa Bay area has been "hostile" toward hunting expansion. He points out that "Most of the Tampa Bay islands are shut down to hunting."

Swiftmud already offers hunting at a few of its preserves within the 16-county district that stretches from Levy and Marion counties in the north to Charlotte County in the south.

In Pasco, hunting is allowed in the sections of the Green Swamp in Dade City and the Upper Hillsborough Tract in Zephyrhills. If Lower Hillsborough was added, it would be the first Swiftmud preserve in Hillsborough County where hunting is permitted.

Swiftmud spokeswoman Robyn Felix said there have been no problems at any of the areas where hunting is allowed, but added that not every piece of state land is suited for it.

The district started looking at expanding hunting opportunities in 2009. It has already looked at what the impact would be on the natural wildlife and is now in the process of getting public input.

Swiftmud's governing board is scheduled to vote on expanding hunting to all or some of the eight proposed preserves this fall.

For more information on the district's proposed hunting plan, visit www.WaterMatters.org/HuntEvaluation.

Areas Swiftmud is discussing allowing hunting

—Cypress Creek Preserve, Pasco County
—The Green Swamp West, Pasco County
—Lower Hillsborough Wilderness Preserve, Hillsborough County
—The Green Swamp East, Sumter County
—Lake Panasoffkee, Sumter County
—Weekiwachee Preserve, Hernando County
—Chassahowitzka River and Coastal Swamps, Citrus County
—Hálpata Tastanaki Preserve, Marion County

Swiftmud is considering expanding hunting options at three local nature preserves. Some animals that are legal to hunt at other Swiftmud property include deer , ducks, quails and turkeys. (Photos courtesy of Swiftmud)

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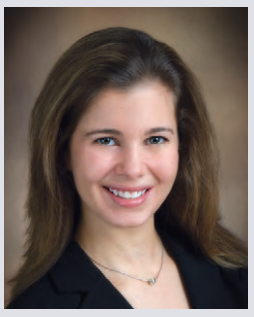
Community Education Series

What to Expect After Bringing Your Baby Home

Thursday, September 8

Join pediatrician **Jamie Mallah, MD,** to learn what to expect when you bring your new baby home, what is normal and what is not, and when to contact your pediatrician. Find out what to expect from your pediatrician and what your pediatrician expects from you.



Jamie Mallah, MD

Advanced Treatment Options for Atrial Fibrillation

Thursday, September 15

People with atrial fibrillation (AFIB) have alternatives to long-term drug therapy. The advanced treatments and procedures offered for AFIB at St. Joseph's Hospitals make us one of the leading centers in the southeastern United States. Join cardiac electrophysiologist **Kevin J. Makati, MD,** as he discusses:

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- Long-term effects
- Effectiveness of drug therapy
- Minimally invasive catheter ablation
- Surgical approaches
- Updates on clinical trials

Kevin J. Makati, MD

Snoring: Just Annoying or a Serious Health Problem?

Tuesday, September 20

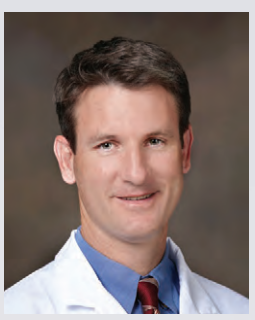
The National Sleep Foundation estimates that approximately 37 million adults in the U.S. are chronic snorers. Habitual snorers can be at risk for serious health problems. A complete examination by your doctor is the first step to snoring relief. Join otolaryngologist (ENT) **Randall C. Latorre, MD,** as he discusses the treatments and health risks associated with snoring.

Randall C. Latorre, MD

Erectile Dysfunction and Men's Health Issues

Wednesday, September 21

Join **Timothy Weber, MD,** as he discusses medical and surgical management of the most common male urological issues such as andropause and erectile dysfunction, and other men's health concerns.



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Showering kindness on victims of domestic abuse

By B.C. Manion
bcmanion@cnewspubs.com

The atmosphere felt festive.

The aroma of ham and potatoes wafted from the kitchen, and women milled about – chatting with friends, browsing at racks of clothing and checking out second-hand items available for purchase at the Lutz Community Center.

Others were sorting bags of donated goods, including children's clothing, diapers, school supplies, toiletries, bibs, children's books and other stuff.

The women were clearly enjoying each other's company – but they had also come together for a cause.

They were there for the GFWC Lutz-Land O' Lakes Woman's Club annual event to benefit the victims of domestic violence.

The event, which has been staged for at least two decades, takes aim at a problem that is often hidden from public view, said Edwina Kraemer, president of the local woman's club.

"It's a problem that people don't want to deal with," she said. But it is one that must be addressed in the public eye, in order to combat the harmful effects it has on its victims.

Statistics from the Florida Department of Law Enforcement reveal there were more than 7,000 reports of domestic violence in Hillsborough County last year and more than 3,500 during the same period in Pasco County.

When the woman's club began having its annual benefit, its focus was on helping abused women.

Since then, it has adopted a broader view.

Now it aims to help victims of domestic violence – regardless of gender or age.

Providing such support is also part of the annual program of the woman's club parent organization, the General Federation of Women's Clubs, an international organization representing more than 4,000 clubs and more than 100,000 members.

Helen Fornino folds one of the donated shirts for children living in a domestic violence shelter. (Photos by B.C. Manion)

The proceeds from the Lutz-Land O' Lakes benefit, which was held last week, will be divided between Pasco Salvation Army Domestic Violence and Sunrise of Pasco County, said Joan Collins, chairwoman of the event.

The proceeds included money raised from the $5-a-plate lunch, money from the second-hand sale, gift cards and an assortment of donated items. The Hillsborough County Parks, Recreation & Conservation department also sponsored the event.

In the past, club members would use the money to purchase items to give to the shelters. Now, it donates cash and gift cards, instead.

That allows the shelters to address specific needs as they arise, Collins said.

Shelter officials told Collins why that works better.

Here's a look at some of the new and gently used toys intended to be enjoyed by children staying in the domestic violence shelter .

In one case, Collins said, "they had a little girl who was invited to go to a swimming party and she did not have a swimsuit. They had another girl who came in who did not have shoes. They can take the gift cards and go get specific items that people need."

Club member Gabriele Hansen, who sorted through donated items and arranged them in an orderly fashion on a table, said the event aims to help families to break free of the grip of domestic violence.

Here's a look at some of the donated goodies that members of the GFWC Lutz-Land O'Lakes Woman's Club brought to a benefit luncheon last week.

Hansen offered these words of encouragement: "If you are in a bad situation, then you need to get out of there in a hurry."

She understands why people can feel stuck.

"People hang in there — stay for the kids, stay for the kids. Meanwhile, over the years, it just gets worse," Hansen said.

The woman's club wants to help families who are trying to make a new beginning, she said.

"Once they get to the shelter, they can get a fresh start. The children get a fresh start with loving hands, with things to play with, things to wear," Hansen said.

By helping one generation of survivors of domestic abuse, the hope is to inspire them to "pay it forward" and help prevent future generations from suffering the same fate, Kraemer said.

Club member Annie Fernandez said the club is happy to do what it can.

"It's something the ladies love to do," Fernandez said. "That's what we're here for."

Gabriele Hansen helped arrange donations from members of the GFWC Lutz-Land O' Lakes Woman's Club for victims of domestic violence.

The Laker / Lutz News

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PET of the WEEK

Billie Jean is a great swimmer

Billie Jean was named in honor of Michael Jackson and his white glove because of her one white paw. She is a Chihuahua adopted from a co-worker after her mother was unable to continue nursing her pups. Billie Jean joined her 9-year-old "brother" Chino at her new home. She has brought lots of fun playtime and snuggly naps to previously grumpy Chino and they have been together ever since. She's also a great swimmer has taken over Chino's role of "guard dog" as she investigates new visitors to our home. Her human family includes Christa and Dan Murray and their boys Joey, Sean and Nicholas of Wesley Chapel.

Send us a pictur e and information on your favorite pet!

Write a story about why your pet is special along with a photo and mail to:
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PLEASE NOTE: OWNER'S NAME AND CITY OF RESIDENCE MUST BE INCLUDED FOR YOUR PET TO BE CONSIDERED FOR PUBLICATION.

Busch Gardens welcomes baby eland

The newest addition to Busch Gardens' Serengeti Plain was born recently at the park, a female eland calf. Weighing in at 50 pounds, this girl will not stay little for long. Eland are the largest of the antelope species, with adult females weighing around 1,000 pounds.

Even with their bulky stature, eland antelope have a great adaptation; they can jump 8-10 feet straight up in the air from a standing position. Both males and females characteristically have thick, spiral horns, which can reach lengths of 3-4 feet. But to protect the mother, the calf doesn't have horns at birth; her full set will grow in after about two years.

Eland antelope can jump 8-10 feet straight up in the air from a standing position. (Photo courtesy of Busch Gardens)

The Serengeti Plain's eland herd now numbers 11 antelope, with this calf being the second to be born this season. The other female calf was born just more than a month ago on July 17.

Guests can see the eland and all of the other animals on the 65-acre free-roaming Serengeti Plain via the park's train or by booking a Serengeti Safari experience at www.buschgardens.com or by calling (888) 800-5447.

CORRECTION

PrinWall Entertainment is a "development and management company." It was mischaracterized in a feature that appeared in Aug. 24 editions.

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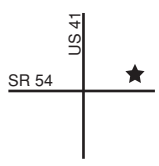

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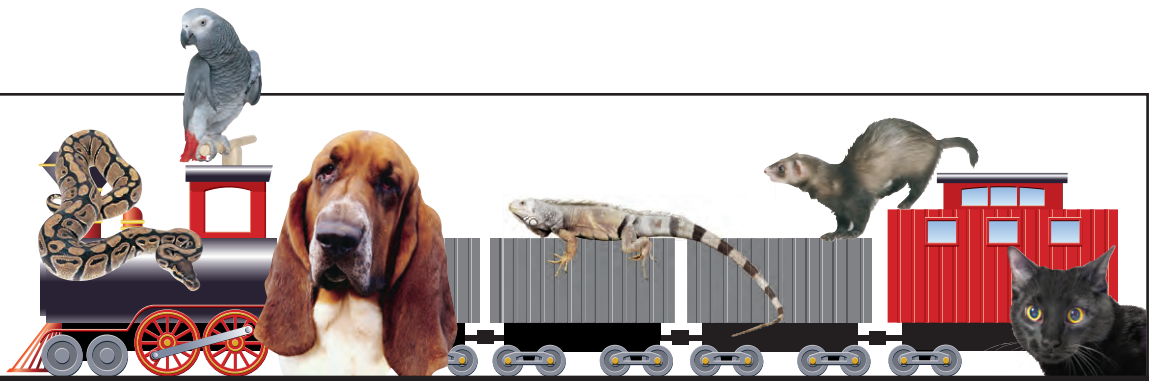

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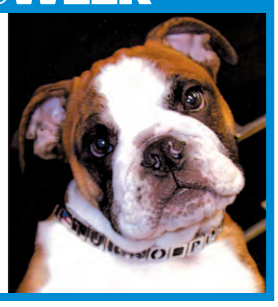

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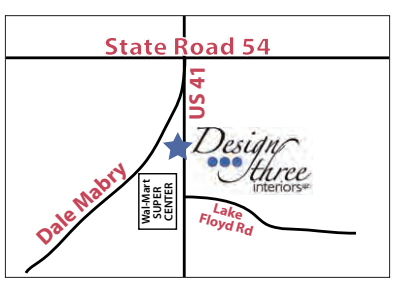

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Joint pain seminar Sept. 15

Regional Medical Center Bayonet Point, 14000 Fivay Road in Hudson, will have a free lecture on joint arthritis and injury pain on Thursday, Sept. 15 at 3 p.m. The event will be led by orthopedic and hand surgeon Dr. Steven Nadler.

Steven Nadler

Joint arthritis and pain caused by injuries are common. Depending on the severity of the pain, this problem can have a significant, negative impact on performing jobs and daily activities. Nadler will discuss how arthritis and joint pain affects the shoulders, knees and hips.

Refreshments will be served. Reservations are required and can be made by calling (727) 869-5498 or (888) 741-5119.

Treating hormonal imbalance

Dr. Peter Szakacs and the Foundation for Wellness Professionals will lead a class to help women deal with hormonal imbalances without drugs on Wednesday, Sept. 21 from 11 a.m.-1 p.m. at Seven Oak's Club House, 2910 Sports Core Circle in Wesley Chapel. The class is free, but space is limited. To reserve a spot, call (813) 973-4747.

Healthy hear ts education series

Oak Hill Hospital offers a monthly education series about healthy hearts for anyone interested in healthy living. The next program is on Monday, Sept. 12 from 4-5:30 p.m. at 11375 Cortez Blvd. in Spring Hill. The series is designed to provide information and answer questions regarding all aspects of the heart.

Admission is free and refreshments will be served. Seating is limited and reservations are required. For reservations or more information, visit www.OakHillHospital.com or call (352) 597-6333.

Breast cancer awar eness lectur e

The Women's Center at University Community Hospital, 3100 E. Fletcher Ave., will have a free seminar to educate people about breast cancer on Thursday, Oct. 20 from 6:30-7:30 p.m. during Breast Cancer Awareness Month. The class is presented by breast surgeon Dr. John Cox. Light refreshments will be served. For more information or to sign up, call (877) 482-4362.

Psychotherapy abuse suppor t group

A new support group for people abused in psychotherapy has been established and will meet on Thursday, Sept. 29 and Thursday, Oct. 27 from 6-8 p.m. at New River Library, 34043 SR 54 in Zephyrhills. The group is called PAP and is designed to provide emotional support, information and to promote advocacy. For more information, call (813) 907-3227. Light refreshments will be served.

Regional Medical's two honors

Regional Medical Center Bayonet Point was recently recognized for achievement using evidence-based guidelines to provide patient care through the American Heart Association/American Stroke Association's Get With the Guidelines program.

Regional Medical is the only hospital in Pasco or Hillsborough counties to receive gold plus distinction, the top honor, in both heart failure and stroke care.

Hospitals recognized in each category achieve at least 85 percent compliance to be rated by the program. Those achieving 85 percent compliance for 24 straight months receive the gold performance achievement award.

Get With the Guidelines is a hospital-based quality-improvement program designed to ensure that hospitals consistently care for heart and stroke patients utilizing the most up-to-date guidelines and recommendations. Currently, more than 1,400 hospitals participate in the program.

Regional Medical is located at 14000 Fivay Road in Hudson. For more information on the hospital, visit www.rmchealth.com or www.heartoftampa.com.

—Health and Wellness listings are run for free on a first come, first served basis. Please send all information at least two weeks before an event to news@cnewspubs.com.

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KOHL'S EYEING WIREGRASS LOCATION

Kohl's department store is considering a location next to The Shops at Wiregrass.

The department store has not filed any applications with Pasco County, but Debra Zampetti, zoning and code compliance administrator for the county confirmed that the store is doing due diligence to determine if it wants to locate near the mall.

The department store is interested in a location next to Dillard's, off SR 56, but no formal agreement has been reached, said Greg Lenners, general manager of The Shops at Wiregrass.

Efforts to reach officials from Kohl's were unsuccessful.

The department store chain, based in Menomee Falls, Wis., operates more than 1,000 discount department stores in 49 states, according to Hoover's, a Dun & Bradstreet company that provides business profiles.

Kohl's specializes in moderately priced, name brand and private-label apparel, accessories and housewares, the Hoover's profile says.

RIBBON CUTTINGS

The Central Pasco Chamber of Commerce held a ribbon cutting for Wellness & Workout, LLC on Aug. 17. The company is owned by Julie Brucker, a personal trainer. For more information call (813) 996-7186 or visit www.workoutwithjulie.com

SCORE OFFERS SEPTEMBER BUSINESS SEMINARS

SCORE offers a number of free seminars to help businesses get established, solve problems and expand. For more information about upcoming seminars, visit http://score439.org/ or call (727) 842-4638.

NEW BUSINESSES

Joey's LunchBox Deli & Subs, which serves only Boar's Head produces in its sandwiches, subs and deli meats, has opened at 21511 Village Lakes Shopping Center in Land O' Lakes.

In addition to sandwiches, the shop offers an array of salads and soups, to stay or to go.

Wi-Fi is available. The store is owned by Joe and Patty Sanders and honors the memory of the owners' son, Joey Sanders, whose nickname was LunchBox.

CLAY SHOOTING EVENT

The Central Pasco Chamber of Commerce is sponsoring the second annual Clay Shooting Event on Sept. 10.

Pork and chicken barbecued sandwiches with all of the fixings will be served for lunch and there also will be venison, gator nuggets and salmon.

Lunch is included for those participating in the clay-shooting event. Others can purchase separate lunch tickets for $10.

Tickets are available at the chamber office, 2810 Land O' Lakes Blvd.

The chamber is still seeking prizes to award at the event. For more information about the event, or to provide prizes call (813) 909-2722.

PRO-LIFE GROUP ANNOUNCES LUTZ ASSOCIA TE

The American Life League, the oldest and largest Catholic pro-life organization in North America has announced the LifeChoices Women's Care center of Lutz has been added to its national network of associate groups.

LifeChoices Women's Care center offers free nursing assessments, pregnancy testing, prenatal vitamins and limited ultrasounds provided by professionally trained and licensed medical staff. For more information on the program visit www.lutzpregnancy.org.

PROTECTING COMPUTER INFO

Ron Mallory, director of information and infrastructure for W.S. Badcock Furniture Corp., recently gave a talk at the Dade City Sunrise Rotary meeting on protecting computer information and solving computer problems.

He shared his knowledge regarding protecting computers from viruses and hackers, how to create a solid password, what not to open in email and how to resist paranoia regarding computer issues.

Sunrise Rotary is a breakfast club that meets at 7 a.m. on Thursdays, except for the first Thursday of the month, when the club meets at 4:45 p.m. at Kokopelli Restaurant in Dade City. Visitors are welcome.

WESLEY CHAPEL RIBBON-CUTTINGS

The Greater Wesley Chapel Chamber of Commerce will cut the ribbon to celebrate its new location in The Grove in Wesley Chapel at 5:30 p.m. on Thursday, Sept. 15.

The office is at 6013 Wesley Grove Blvd., Suite 105. For more information, call David Weiss, (813) 994-8534.

Other chamber ribbon-cuttings in September are:

--All Brides 2 Be & Formalwear, 2136 Ashley Oaks Circle, Suite 101, at 6 p.m. on Sept. 21. For more information call Jessica Rios, (813) 406-0401.

--Back on Track Psychotherapy, 27453 Cashford Circle, Suite 101, at 6 p.m. on Sept. 29. For more information call Sherry Cupler, (813) 909-1777.

Youth visited the St. Pete Coast Guard Station with the help of the San Antonio Rotary. (Photo courtesy of Rotary Club)

SAN ANTONIO ROT ARY TAKES KIDS ON FIELD TRIP

Members of the San Antonio Rotary Club joined Projects of Pasco to take 25 children from Farm Workers Self Help to visit the St. Pete Coast Guard Station.

The outing was part of the rotary club's annual tradition of providing school supplies to a group of children and taking them on a field trip to give them an idea of careers that are possible if they apply themselves in school.

The children attended a "Change of Command" ceremony, had a meal at the base cafeteria and took a tour of the Cutter Resolute.

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As your loving, trustful child I ask this favor...Obtain for me as well, a pure heart, that my entire life may give glory to God.
Amen.
O Mary conceived without sin, pray for us who have recourse to you.
M.J.B. & M.D.B.

Nicotiana, or flowering tobacco, provides dramatic color in the fall garden. (Photo courtesy of Swallowtail Gardens)

As temps drop, make landscapes pop

By B.J. Jarvis
Pasco Extension Horticulture Agent and Director

Does your landscape look a little tired? Maybe summer's heat and humidity has caused annuals and perennials to fade leaving unsightly gaps in the garden.

Late summer is the perfect time to rejuvenate landscape beds. Cut back or pull plants that have taken a beating this summer. Then fill the holes with vibrant new plants that will perform well with fall's warm days and cooler nights.

For the impatient gardener, high-impact transplants provide quicker results. In addition to the iconic chrysanthemum, garden centers usually carry colorful geranium, torenia and nicotiana, which will also attract migrating hummingbirds in October. Gerbera daisies will limp along through the summer, but really shine with coral, salmon and yellow in the fall. Keep spent flower heads pinched off for more reliable fall flowering.

Consider starting seeds of quick-sprouting annuals such as cosmos, marigold, cleome and nasturtium. Because it is warm, seeds can go right into the garden or started in a bright window sill.

There are also a few perennials that will perform well with next to no care. The new euphorbia (consider the 'hip hop' or 'diamond' series) are good performers and come in either white or purple flowering types. Pentas, in white, pink or deep red flowering types, also tolerate poorer soils and are drought tolerant once established. Mexican sage can serve as another workhorse for the fall-flowering garden. Their fuzzy lavender flower spikes will tolerate dappled shade, but it prefers a bit more sun to produce spectacular blooms.

To make color last into cold weather months, include a few that will continue to produce despite being nipped by frost. Viola, pansies, petunia and snapdragon keep on performing through the winter.

Don't forget to tuck in a few culinary herbs that relish fall's cooler temperatures too. Chamomile, dill, thyme and garlic plants can go right from the garden to the dinner table, serving double duty.

As temperatures start to cool in September, start assessing where your landscape needs a little face lift. Then either start seeds or find your favorites at garden centers to really perk up the garden with colorful annuals and perennials.

For more gardening information, visit Pasco Extension's gardening website at gardening.Pasco.Ifas.Ufl.edu.

B.J. Jarvis is Pasco Extension Director and Horticulture Agent. She can be reached at bjjarvis@ufl.edu

HART's new member favors less mass transit

By Kyle LoJacono
klojacono@cnewspubs.com

Karen Jaroch was one of the most vocal members of the No Tax for Tracks group that helped defeat a new tax for a light rail system, improved roads and more buses last November.

Now the self-proclaimed opponent of robust mass transit systems has a seat on the board of the Hillsborough Area Regional Transit Authority (HART), which runs the county bus system.

Jaroch, who was sworn in on Aug. 17, was also the chair of the Tampa 9/12 Project and is a Tea Party advocate.

Six of the seven Hillsborough Commissioners voted for Jaroch, with only Democrat Kevin Beckner opposing. The commission selects six of the 12 HART board members.

Jaroch and No Tax strongly opposed the referendum last year that would have increased the sales tax within Hillsborough by 1 cent for every dollar spent. The group then went to surrounding counties to help keep any regional rail system of the board.

Jaroch's stance on mass transit seems to have lessened slightly, but she still would like to keep public transportation small within Hillsborough.

"I would prefer private transit, but I'm not there to beat HART out of existence," Jaroch said. "I'm there to work with it and improve the economy."

One of the things Jaroch said she would push for is a smaller bus system, a view that differs from HART's more recent goals of providing public transportation for everyone.

"I don't know if we want a bus company that will serve everybody in the community," Jaroch said. "That's not feasible. But as a cost safety net to serve the people who really need it, I don't have a problem with it as long as it's done in a fiscally responsible way."

That isn't to say Jaroch is opposed to the idea of large public transportation on face value. She simply does not want everyone to pay for a service that benefits a few.

"If HART provides a service that is faster and cheaper and more convenient than other forms of transportation available, people will try it and would very likely adopt it in their routine," Jaroch said.

Hillsborough Commissioner and HART board member Mark Sharpe, a Republican who recently announced he will challenge Kathy Castor for her U.S. House seat, had been a strong supporter of the tax increase last year.

Sharpe said he voted for Jaroch despite their conflicting viewpoints on HART's direction out of a desire to work with those who have opposing viewpoints. He said he got to know Jaroch during the debate on the tax last year and said she was always "well prepared" and very "knowledgeable" on the subject.

"The only way we're going to ever move transit forward is if all the parties sit down and work from the same set of numbers and coming up with the way to provide the public with transit," Sharpe said.

Jaroch and the rest of the board will likely have some spirited debates in the coming years, as HART plans to debut a new rapid bus system, called Bus Rapid Transit (BRT) in March 2013. BRT will include more frequent bus service for communities in northeastern Hillsborough, such as New Tampa, to allow faster access to downtown Tampa.

Sharpe said the service is designed to allow better movement of people without adding to congested roadways.

For more information on HART, visit www.gohart.org.

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EVENTS

BUDDHISM CLASSES

The Parbawatiya Kadampa Buddhist Center, a non-profit organization, is holding a class for anyone interested in Buddhism or meditation. Westminster Presbyterian Church is holding a class for anyone interested in Buddhism or mediation. The class includes two guided meditations and a teaching and is open to anyone, regardless of ethnicity or religious background. The class will be on Monday, Sept. 5 at Westminster Presbyterian Church, located at 4125 US Highway 19, New Port Richey. Suggested donations are for $10 or $5 for students or people of a limited income. For more information, call (727) 797-9770 or visit www.meditationintampabay.org.

CATHOLIC SUPPOR T

Catholic Charities Pregnancy and Parenting Support Services in Dade City has a new name: Foundations of Life Pregnancy Center. Although it's renamed, the organization still offers free pregnancy tests and, now, limited free ultrasounds. It is still located at 37733 Meridian Ave. and is open from 9 a.m. to 5 p.m. Monday through Friday. Call (352) 521-1218 or email foundationsoflifepasco@ccdosp.org for more information.

COMMUNITY SPOTLIGHT

BAY CITY FL YERS

The first Golden Era Fly-In will be held Saturday, Sept. 24. The event goes from 8 a.m. to 2 p.m. — gates open at 7 a.m. — and is open to all era planes from 1919-1939. The airfield on the Connors Preserve is 3.5 miles east of US 41 and approximately 7.5 miles west of I-75 on SR 52. The event is open to the public, and a $3 donation is appreciated. There will be covered pavilions, food and parking. For more information, contact Mike Diesu at (813) 995-0545 or at mdiesu@tampabay.rr.com.

WOMEN'S BIBLE STUDY

Tampa Bay Presbyterian Church is presenting a Bible study for women called "Discover MARK," on Wednesday, Sept. 7. The class, from 9-11:30 a.m., will study the gospel of Mark as a narrative of Jesus' life and ministry. It will be held at the church, at 19911 Bruce B. Downs Blvd. The study guide and materials cost $10. Childcare for infants through pre-school age will be provided, by reservation. To register for the study, call the church office at (813) 973-2484.

GOODWILL/FLORIDA AQUARIUM TEAM UP

Goodwill and the Florida Aquarium are teaming up in September. During the month, each person who drops off clothing or household items at any Goodwill-Suncoast donation site will receive a coupon good for one free admission to the Florida Aquarium with each paid adult admission (up to three free tickets). The coupons are redeemable until Oct. 31. Donations to Goodwill are especially needed in September, since donations drop off after school starts. Rather than having discarded items end up in a landfill, they can be repurposed by Goodwill.

HEALTHY LEGS SUPPOR T GROUP

Regional Medical Center has announced that the Healthy Legs Support Group is hosting meetings for those living with peripheral arterial disease (P.A.D.) on the first Thursday of every other month. The next meeting is Sept. 1 at 3:30 p.m. It will take place in the Conference Center at the back of the Regional Medical Center Bayonet Point campus, at 14000 Fivay Road, Hudson. The group encourages healthy fellowship and exercise and will be hosting guest speaker Dr. Alexander Fernandez who will be speaking on leg pain. To reserve a space or for more information, call (727) 869-5498 or visit www.RMCHealth.com.

HIBROW GALLER Y DISPLAY

The Dade City Center for the Arts' HiBrow Gallery celebrates the start of its third year with the first public showing of Alfred Lanús' works since 1977. Now a resident of Dade City, the painter won't be selling the majority of his original works since they are committed to museums around the world upon his death. The show will open with a meet-the-artist reception on Saturday, Sept. 10 from 7-9 p.m. The gallery is in downtown Dade City at 14125 Seventh St. Gallery hours are Tuesday-Saturday from 10 a.m.-4 p.m. For additional information, contact the HiBrow Gallery at 352-521-3823 or visit www.thehibrowgallery.com.

PETS

GREYHOUND RESCUE

Greyhound Rescue and Adoptions of Tampa Bay (GREAT) will hold a meet and greet with greyhounds and their adoptive or foster parents on Saturday, Sept. 3. The event will go from 11 a.m. to 2 p.m. at the Wesley Chapel Petco, located at 1231 Bruce B. Downs Blvd. For more information about the dogs or the event, call (813) 971-4732 or visit www.great-greyhound.org.

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Warriors not scared by high expectations

By Kyle LoJacono
klojacono@cnewspubs.com

The Steinbrenner volleyball team has only known district championships during the program's first two seasons.

The Warriors won the Class 4A-District 9 crowns in 2009 and 2010 with a 14-0 record against district opponents. Now Steinbrenner moves into 5A-9 with new teams, but similar expectations.

"There is a lot of pressure," said senior libero Cary Anne Bame. "The last two years we've had that excuse that we're a new team. Now there's an expectation for us. So there's pressure, but we want that pressure because it means people expect us to win."

If the Warriors, who finished 18-10 in 2010, are to make it three district titles in as many years, they will have to do it with a different cast of characters. The squad lost six seniors to graduation, including two of its top-three kills producers and setter Erin McMurtry, the All-Laker/All-Lutz News Volleyball Player of the Year.

Despite those losses, Warriors coach Jennifer Graham said the 2011 squad may be even better.

"This year we have a young team at a lot of positions, so a lot of people look at that as a rebuilding year," Graham said. "I don't see it like that. We have a really strong and fast offensive team. We're quick defensively, and we have smart players. I don't think we've skipped a beat."

Sophomore Casey McLean steps in at setter. She was called up to the varsity team at the end of last season, along with sophomore outside hitter Rachel Mathison, giving them both experience.

"Casey has been playing with Rachel and some of the other hitters for a while and that relationship shows," Graham said. "Casey is our quarterback. Not everyone has the talent to run an offense."

McLean said her time on varsity last year gave her confidence and also let her learn from McMurtry.

"She had to change positions from right side hitter and for her to take on so much pressure made me really look up to her," McLean said of McMurtry. "She introduced me to new techniques."

One of the few senior frontline players is Miranda Powell. The outside and right side hitter posted 86 kills, 38 aces and nine blocks in 2010 and said she is "excited to be a bigger part of the team this year."

The Warriors may be young, but have a lot of depth. Graham said they are two or three players deep at every position.

"It's very competitive because everyone is fighting to prove that they deserve to play," Powell said. "It's making us play harder. Anyone can step up and take charge."

Steinbrenner will likely need that depth to get through matches in its tougher district, which includes Chamberlain, Freedom, Gaither and Wiregrass Ranch. Freedom made the playoffs last year as a district runner-up, while Gaither won a district title in 2009.

"I told a lot of the parents to expect to be at matches until 10:30 because it may go five (sets)," Graham said. "But we want that and we've got that. It's going to prepare us for the end of the season. We're in a lot of big tournaments too and that's going to get us farther this year because tough teams won't shock us."

Bame added, "We're expecting longer matches, so we've been really working on our conditioning every day. We're expecting to go to five, so we want to be able to play with anyone all night because that's what it's going to take in this district."

Those tough matches may prepare Steinbrenner for the playoffs come November. Two years ago the Warriors were knocked out in the first round by Lakewood in five sets. In 2010 they won a four-set match at home against Palmetto in the regional quarterfinals, but lost their next match at Braden River 25-23, 25-15, 25-21.

"I'll never forget the feeling after we lost to Braden River," Bame said. "It was a long drive all the way home because we all knew we could have beaten them. Feeling the loss, it's so much motivation for me. It's that feeling, it makes me cringe. I don't want to feel that again."

McLean said they will use that disappointment as fuel.

"Last year it was sweet 16, and I think this year we can go even farther," McLean said.

Steinbrenner will host its first match of the season on Thursday, Sept. 1 against perennial powerhouse Plant after the junior varsity match. Graham is challenging the community to come out and support the Warriors. The match will start around 7 p.m. and the first 100 people receive a free T-shirt.

"I won't say what it'll say yet, but it will be something special," Graham said.

—All stats as recorded to Maxpreps.com by coaches.

The 2010 Steinbrenner volleyball team won the Class 4A-District 9 championship for the second straight season.

Sophomore Casey McLean will begin the year as the Warriors starting setter. (Photos by Allen McMurtry)

Miranda Powell is one of only three seniors on Steinbrenner's roster.

More than just a libero

Cary Anne Bame builds legacy with Steinbrenner volleyball

By Kyle LoJacono
klojacono@cnewspubs.com

When the Steinbrenner volleyball team played its first match two years ago, Cary Anne Bame was the libero. Fast-forward to 2011 and the senior is still the Warrior with the off-colored jersey patrolling the backline.

Bame's play has made penciling her into the lineup easy for coaches, but she brings more to the table than just digs.

"I've coached Cary Anne for two different sports now, and it's a coach's dream having a player like her," said Steinbrenner volleyball coach Jennifer Graham, who also coached Bame in flag football. "I can give her any task on or off the court, and I know it's going to get done."

Graham assigned Bame to handle many of the details at the Warriors golf event before the season.

"She gave everyone jobs and walked around and made sure they all were accomplished," Graham said. "She's going to be a great CEO or manager of something because she has the skills for that, and it's the same on the court. She loves the game and loves to play. She knows how to win and she brings that spirit to the team. She's just a great teammate to have. I don't think she has a negative bone in her body, and all the girls look to her leadership."

Sophomore setter Casey McLean is one of those players who look up to Bame.

"She always says the right thing at the right time in practices and matches," McLean said. "She's our leader, but she doesn't do it in a bossy way. It's just natural for her."

That natural command is one of the things that drew Bame to the libero position.

"I love that pressure of having the ball coming right at me and it's all up to me to dig it out," Bame said. "When it happens, it's like nothing else. I love everything about it."

Bame's high school career started at Sickles in 2008. She saw major playing time despite being a freshman, posting 170 digs.

Bame has taken her game to the next level at Steinbrenner, where she has put up a program-record 430 digs while adding 98 aces. Her production and leadership helped the Warriors win two district championships and reach the regional semifinals in 2010, but she wants more out of her senior campaign.

"This is my last shot," Bame said. "I've been a captain the last three years, but it's completely different as a senior. I'm really trying to influence the younger players to make sure we build up the program for the future too. I really feel like it's my job to really push the team because I know we're good enough to make states. It's just making sure we're putting in everything we can to get there."

—All stats as recorded to Maxpreps.com by coaches.

Steinbrenner senior Cary Anne Bame has been the Warriors starting libero since the school opened in 2009. She has 600 career digs and 107 aces. (Photos by Allen McMurtry)

Patriots look to build on 2010 success

By Kyle LoJacono
klojacono@cnewspubs.com

The Freedom volleyball team made the playoffs for the first time in the school's nine-year history last season, something the 2011 squad plans on making a trend.

The Patriots went 13-9 last year, reaching the regional quarterfinals as the Class 5A-District 9 runner-up. Freedom is not resting on the laurels of that playoff squad and is working harder to make it two in a row.

"There are some new things we started this year," said Freedom coach Kerry Short. "We played in the HCC summer league this year, so we were touching a volleyball earlier in a tournament setting. We also started our conditioning program earlier. I had the girls hitting the weight room, doing jumping and agility drills, running the track and bleachers. That shows their dedication."

The Patriots must overcome losing five seniors, four or which saw time at outside, right side and middle hitters. The Freedom frontline is also without outside hitter Ashley Wilson, who led the squad last year with 295 kills while adding 205 digs as a freshman, but decided to focus on softball.

"We did lose five seniors, so that is tough with just a few returners, but luckily my junior varsity kids progressed and filled in some of those spots," Short said. "Really I think we're ready to go. Having such a new squad is fun because they want to do what all those seniors did last year."

Freedom does return sophomore setter Kelly Schaller, who had a team-high 82 aces and 645 assists last year while adding 97 digs, 39 kills and 18 blocks. Her work made Schaller a first team all-conference player, and also put her on the PrepVolleyball.com's list of the top freshmen nationally.

Junior Jasmyn Perry comes to Freedom from Tampa Bay Tech, where she averaged two kills per set in 2010. (Photo by Glenn Gefers of www.Photosby3g.com)

Freedom junior Neena Pacholke has moved onto the varsity squad after spending 2010 as a junior varsity player. (Photo by Kyle LoJacono)

"I was actually expecting to be an average team last year," Schaller said. "I was a freshman and expected everyone else to be so much better than me. I knew Freedom wasn't known for volleyball, so coming into it my eyes opened to what we could do."

Short said having an experienced setter who is also a team leader will help the squad get over losing those six players.

"She has a certain presence on the court with how she carries herself," Short said. "The confidence she has when she runs plays, you can just see the girls really look up to her and she's able to read them. It's quite nice to have someone like Kelly.

"Setter is like the quarterback of a volleyball team," Short continued. "She was here all last year, so she already understands how we do things. Plus she's such a good athlete, so she can set from anywhere on the court. Now we can call a lot of different plays, and that lets us use a lot of our hitters."

One of those hitters who will benefit from Schaller's assists is Jasmyn Perry. The junior played mainly outside while at Tampa Bay Tech last year, where she averaged two kills per set, but has moved to middle hitter with the Patriots.

"We have come together like we've played forever," Perry said. "Playing with a setter who's one of the best in the nation, that's pretty special. … It's a good experience for me to come to a team at a much higher level. They have experience winning and in the playoffs."

Perry's comments illustrate how far the team has come since Short took over the program four years ago. Before that, Freedom had a new coach every season, eliminating any chance to build momentum.

"To think that this school wasn't thought of for its volleyball team is hard to believe," Perry said. "They're really good. Better than any team that I've played on and better than most I've played against."

The Patriots will likely have a more difficult road toward the playoffs this year with their new district that includes Gaither, Wiregrass Ranch, Steinbrenner and Chamberlain. Steinbrenner won two district championships the last two years, while Gaither won a title in 2009.

"We definitely have a tougher schedule this season with the district change," Short said. "We've added Steinbrenner and Wiregrass Ranch in the district, plus we play Plant. Playing these tougher opponents lets our players see how good they have to get to play with those talented teams and get beyond them."

Freedom setter Kelly Schaller puts an assist in the perfect spot for teammate Sandra Akachkwu in practice. (Photo by Glenn Gefers of www.Photosby3g.com)

Freedom will play at home against rival Wharton on Tuesday, Aug. 30.

"That is always our most intense match of the year and the girls are really looking forward to it," Short said. "We call it the battle on Bruce B. Downs."

—All stats as recorded to Maxpreps.com by coaches.

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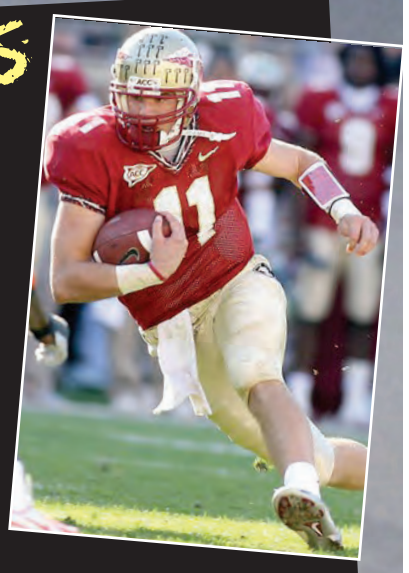

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CHURCHES, from page 1

boards.

Bob Saxon is a volunteer that has been helping unemployed people get back into the work force since 2002. He's met thousands of people who have lost their jobs during the past decade.

"We've had everybody in there from a homeless person to someone making a six-figure salary," said Saxon, who used to run a job search ministry at Idlewild and now volunteers at St. Paul.

"We've had widows who have been married for 30 years," said Jim Carow, a volunteer facilitator at the iWork, the job search ministry at Idlewild. The retirement funds didn't last as long as expected, and now they're out looking for work, he said. "They don't have any idea how to find a job."

Nationally, official figures put the unemployment rate at 9.1 percent in July, according to the Bureau of Labor Statistics. In Florida, the unemployment rate was 10.7 percent during the same period. The rate was 12 percent in Pasco County and 11 percent in Hillsborough County, according to statistics released by the state's Agency for Workforce Innovation.

Carow said those numbers do not tell the full story. They don't reflect everyone looking for work, and they don't include people who are underemployed, he said.

Larry LaBelle, owner of the Training Tamer, Inc., a private company that provides coaching and training for job seekers and employers, provides pro bono help to the groups at St. Paul and Idlewild, as well as a group called Real Estate Lives. Real Estate Lives, founded by land-use attorney Ron Weaver, is a Tampa-based group established to help people who lost their jobs because of the housing crash.

Lots of help is needed in today's market, Saxon said, noting competition for jobs is fierce and job seekers must make a compelling case to stand out from the crowd.

"I think the No. 1 obstacle I've see in people is their resumes. They're not doing enough to sell themselves," LaBelle said.

Resumes should have a professional summary statement – identifying what the candidate brings to the table.

"It needs to be a sales pitch," he said.

Resumes also must include a list of core strengths and must provide measurable accomplishments throughout each job experience listed, in order to persuade potential employers of what a candidate has to offer, LaBelle said.

"You have to show the value of what you've been doing," LaBelle said.

A resume must be concise, he added.

"People can drone on and on. The more specific and compelling they can be, the better," LaBelle said.

Job seekers must be ready to seize the moment, said Jim Kissane, volunteer facilitator at St. Paul's job search group.

"You've got to put yourself out there with total abandon. It's a now or never kind of thing," he said.

Kissane said job seekers need to remember: "People only hire for two reasons: They're trying to save money or make money."

To get hired, applicants must be ready to produce evidence revealing past experiences when they got results, Kissane said.

The landscape for job seekers has changed dramatically over the years, Saxon said.

Allan Teixeira, of Land O' Lakes, who was laid off from his job in June as a financial analyst for Clayton Services, said he was not ready for those changes.

"I kind of got caught off guard," said Teixeira, who said he had no idea how important it is to develop a vast professional network.

He said he was focused on his job, not on developing a network of contacts on social media sites.

He's also concerned that a mismatch between his educational credentials and his work experience will keep him from getting in front of hiring managers.

Teixeira has a bachelor's degree in agricultural operations management and a master's degree in agricultural engineering. But his work experience is in financial analysis.

Jim Kissane, a volunteer in a job search support group at St. Paul Catholic Church, said today's job seekers must remember that employers hire for two basic reasons: to save money or make money.

"I'm kind of what they call an accidental accountant," Teixeira said.

That disconnect might not matter in a healthy economy, he said. But, he added: "It's a buyer's market. That creates for me some very unique problems."

There are many, good qualified people who are seeking work, so employers are less likely to take a chance on someone who is not a perfect match for their requirements, Teixeira said.

The nature of today's job search can be discouraging, too, he said.

"Much of the job search is automated," Teixeira said. "The Internet can be very dehumanizing."

Dan Waters, another job seeker at a recent St. Paul's meeting, said he's been doing as much networking as he can to improve his chances of finding work, which is why he attends sessions at St. Paul and other support groups.

His background is in pre-construction estimating for commercial building construction, but Waters said he has expanded his search to consider a broader range of opportunities.

Kevin McDonald, who attended his first session at St. Paul, said he worked in public safety for years then decided to make the switch into insurance sales.

It turns out that he couldn't close sales as well as he'd hoped.

So, now McDonald is back in the job market and he's glad there are places like St. Paul where he can get help from other job seekers and from people who have put together all sorts of useful information.

He's glad he can learn from other people's experience, he said.

Those attending the networking groups at both St. Paul and Idlewild will find there's a spiritual component to the sessions.

During the recent St. Paul meeting, Kissane reminded those gathered that God will help them as they encounter life's struggles. He also pointed out a message in many spiritual teachings that, "from adversity comes new beginnings."

Carow said those attending Idlewild meetings receive spiritual support, job search help and nourishment, too.

"We feed the whole group," Carow said.

Unfortunately, he added, "we know, for sure, that sometimes this is the only meal that they're (some of those gathered) going to eat that day."

Job seeker resources

Between Jobs Support Group
Meets Thursday mornings, 8:30-11 a.m.

St. Paul Catholic Church,
12708 N. Dale Mabry Highway

For more information,
call (813) 264-3316

iWork In Between Careers Ministry
Meets Tuesday evenings 6:30-9 p.m.

Exciting Idlewild Baptist Church, 18371 N.Dale Mabry Highway

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Gaither quarterback and running back Shug Oyegunle stiff-arms a Sickles defender during the squads' kickoff classic game. (Photos by Thomas Matzke of Sunlakesports.com)

Gaither quarterback Alex McGough played in his first game with the Cowboys in their kickoff classic.

Gaither comes up short against Sickles

Sickles got the better of Gaither during the squads' kickoff classic football game on Aug. 26. The Gryphons topped the host Cowboys 17-2 in a game that included 324 total penalty yards.

Sickles got on the board with a 43-yard field goal by Andres Vasquez. Gaither cut the lead to 3-2 when its special teams chased Vasquez out the back of the Gryphons' end zone while in punt formation.

Sickles quarterback Nate Mills scored on a 2-yard run near the end of the second half and added a 19-yard touchdown pass in the fourth quarter.

Gaither's defense held Mills to 7-of-19 passing with just 77 yards.The Cowboys next host Alonso on Friday, Sept. 2 at 7:30 p.m. for their season opener.

Cowboys sophomore wide receiver Demarcus Sexil finds space up the sidelines against Sickles.

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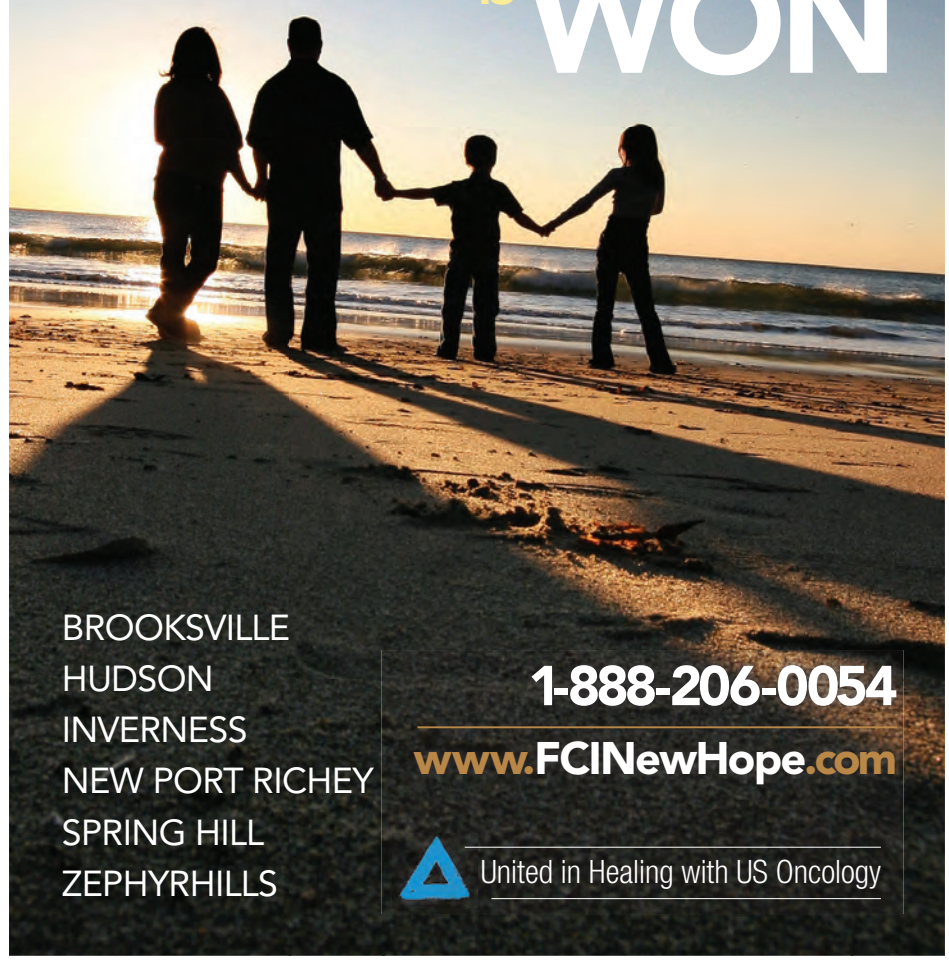

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Prince signs with Ave Maria

Wiregrass Ranch graduate Antwan Prince will continue playing football at Ave Maria University. (File photo)

Antwan Prince, a 2011 graduate of Wiregrass Ranch High, recently signed an athletic scholarship to play football for Ave Maria University, according to Bulls coach Jeremy Shobe.

Prince, a wide receiver, led Wiregrass Ranch with 39 catches for 637 yards and five touchdowns last season to help the squad go 6-5 and win the first district championship in program history. His work earned him a spot on the All-Sunshine Athletic Conference third team.

"He was our big-play guy the last few years and was a huge part of our success," Shobe said. "He's a really hard worker and a great young man. We're going to miss him."

Ave Maria is an NAIA school in Naples. The Catholic university will play its inaugural football season this year.

—Kyle LoJacono can be reached at (813) 909-2800 or klojacono@cnewspubs.com.

Julio Peralta lands 5.4 pounder

Julio Peralta caught this 5.40-pound bass while fishing in a tournament on Lake Tarpon with the South Pasco Bassmasters on Aug. 20. Peralta used a weightless worm to land the heaviest fish in the event. He finished in first place with a total weight of 9.59 pounds. (Photo by John Medvid)

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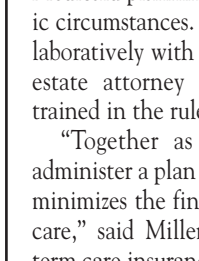

Closer Look
AN ADVERTISER PROFILE

Marclif & Associates shelters families from nursing home costs

Cliff Miller, a Land O' Lakes insurance agent and financial planner, quotes statistics most people find shocking.

- If you reach the age of 65 in good health, there is a 50 percent chance you'll end up in nursing home care.
- If you're alive at age 65, chances are you will still be alive at 85.
- People with dementia often live 10 to 15 years after being diagnosed.
- Nursing home expenses can exceed $72,000 a year.

It does not take long for nursing home care to wipe out a family's savings. Most patients start out paying for long-term care themselves and qualify for Medicaid assistance only after their savings are gone.

Miller's company, Marclif and Associates, helps to shelter a family's assets so that a family member requiring nursing home care qualifies for Medicaid benefits long before his or hers life's savings are depleted.

"Our goal is to protect a client's assets so they remain with the spouse still at home, or are put in a trust to be passed down through inheritance," said Miller.

Recent legislation recognizes the financial needs of family members of nursing home patients. "These new Medicaid rules allow for very specific strategies to protect a family's savings from extended nursing home stays," said Miller.

Miller works with families to develop Medicaid planning strategies for their specific circumstances. The plan is developed collaboratively with a financial planner, a local estate attorney and a Medicaid planner trained in the rules and regulations.

"Together as a team, we create and administer a plan specific to each family that minimizes the financial impact of long-term care," said Miller. This may include long-term care insurance for services ranging from in-home assistance to assisted living, nursing home and hospice care.

Miller has been in the insurance business for 12 years. He specializes in working with seniors like himself to get them the best protection available for themselves and their families.

"I got into this field because I wanted to help families needing long-term care be better prepared than my family was," said Miller.

"My mother took care of my father for 15 years after he had a stroke. Sadly, she died prematurely, not long after Dad's passing, because of the physical and mental toll caused by years of care giving because we could not afford to care for Dad in an out-of-home setting."

The best place to begin assessing your family's needs is by meeting with a Medicaid Planner before there is a need for long-term care.

"Most people wait too long — we can save between 85 and 100 percent of a family's assets if a plan is set up before a crisis and the need for a nursing home," said Miller.

Miller acknowledges that sometimes a family is hesitant to put together a legally binding Medicaid Plan because its cost is perceived as expensive.

"The cost is usually between $3,500 and $4,500, but it's a no brainer when you consider that having a Medicaid Plan in place can protect hundreds of thousands of dollars in savings and assets," said Miller.

It is a one-time cost, Miller explains, with no annual premiums. "The biggest challenge is getting people to recognize that have a 50 percent chance of needing nursing home care in their lifetime.

"By nature, people avoid dealing with unpleasant realities until a crisis hits. And then it is often too late to deal effectively with the situation," said Miller.

In addition to developing Medicare plans for his clients, Miller also offers Medicare supplemental insurance, health and dental insurance, life (term, universal and whole life) insurance, disability insurance and mortgage protection insurance.

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Pasco County resident and Saddlebrook member John Isner won his second tournament of the year at the Winston-Salem Open on Aug. 27. (Photo courtesy of Isner)

Isner on fire entering U.S. Open

By Kyle LoJacono
klojacono@cnewspubs.com

Pasco County resident at Saddlebrook member John Isner won his second title of the year at the Winston-Salem Open in N.C, giving him momentum entering the U.S. Open starting this week.

The 6-foot-9 Isner, who was seeded fourth, used his big serve to record 19 aces en route to defeating Julien Benneteau 4-6, 6-3, 6-4 on Aug. 27 for his third career ATP championship. His fastest serve of the match was recorded at 139 mph. The performance comes less than two months after he took the crown at Newport, R.I.

Isner said this has been the best summer of his career and feels "ready to go" for the year's final grand slam tournament in Flushing Meadows, N.Y.

"It means I'm going into (the U.S. Open) feeling some confidence," said the 26-year-old Isner. "I really couldn't ask for a better couple of months going into it. I feel really good right now and the preparation has been perfect for me heading to Flushing."

Craig Boynton, Isner's coach for the last two years, said he has been pleased with the constant improvement of his pupil's all-around game.

"People like to focus on his serve, and rightly so because it's a big weapon and an important part of his game," Boynton said. "But the thing I'm most happy with is how much better he's moving and his fitness level. Now he can play in long matches and not wear down. He also has the mental strength to overcome problems."

Boynton's point was illustrated in the fashion Isner defeated Benneteau. He fought back from dropping the first set after having 23 unforced errors to claim the championship. Isner said the strong wind during the finals, caused by Hurricane Irene, was a bit of a challenge, but he adjusted to it by the second set.

"That's the kind of match he might have lost in past years," Boynton said. "He didn't let the elements get to him and he fought right on through."

Isner said he felt his serve get better as the match progressed. He delivered another big serve to Benneteau's backhand on match point. The French qualifier needed everything he had just to return the serve, which left him out of position to stop Isner's forehand winner to claim the title.

Isner defeated fellow American Andy Roddick in the semifinals 7-6(7), 6-4. He picks up 250 ATP ranking points to move up to No. 28 in the world for winning the tournament, along with $74,630 in prize money.

Isner has a 28-18 record this year, including winning 17 of his last 21 matches. He is scheduled to face Marcos Baghdatis, of Cyprus, on Wednesday, Aug. 31 for his opening round match of the U.S. Open.

Isner is seeded 28th in the U.S. Open. If he gets by Baghdatis, he would match up with the winner of the match between Brazilian Joao Souza and American Robby Ginepri.

Isner is seeking his first grand slam title in his four-year ATP career. His best finish at the U.S. Open was making the fourth round in 2009.

"It's going to be very tough," Isner said. "Obviously all the best players in the world are there trying to win. Every match is intense. It would be a dream to win it, but I need to focus on my first match and go from there."

The championship match of the U.S. Open is set for Sunday, Sept. 11 starting at 4 p.m.

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Lisa Wall and her infant son at St. Joseph's Women's Hospital. (Photo courtesy of Jacqueline Farruggio)

St. Joseph's Women's Hospital opens $75 million expansion

Most expectant mothers enjoy optimistic dreams of delivering a healthy baby and soon leaving the hospital with their new bundle of joy.

"Sometimes, it just doesn't work that way," said Lisa Wall, whose son has been hospitalized in the neonatal intensive care unit at St. Joseph's Children's Hospital since he was born two months prematurely in April. "It's a big deal; it's heartbreaking."

After she delivered her son at St. Joseph's Women's Hospital, Wall counted the seconds until she could visit him again in the neonatal intensive care unit.

"You just want to sit with your baby and have a private conversation, you know, tell them what you did that day," Wall said. "You want to say things that are between the two of you, maybe sing to them or just talk about what you would like to do once they are healthy enough to go home with you."

This wasn't always easy in a neonatal intensive care unit (NICU) designed to house several babies in a ward-like setting that became crowded with equipment and lacked privacy for families. Now, mothers like Wall enjoy sleeping — and even bathing — in the same space as her baby in spacious, private suites.

The new 64-suite NICU at the women's hospital is part of a $75 million expansion that opened during August at St. Joseph's Women's Hospital, where about 7,000 babies are born each year.

Wall is delighted to take advantage of this new opportunity. "I get up every three hours for feedings," Wall said. "I hear him cry, and I can feed him and rock him to sleep all in the privacy of our own bedroom. It's a luxury to have the privacy; it makes all of this bearable."

The initial driving force behind the expansion was the community's need for additional NICU services. While the suites are beautifully designed to accommodate overnight guests — complete with a full bathroom — the new building offers more than just comfort and convenience for new parents.

Each NICU room is designed to help premature babies grow and develop faster. Private suites improve patient safety and babies thrive in spaces where the environment can be adjusted to their unique developmental needs. The entire family benefits by having the opportunity to spend time together bonding. Plus, the new rooms provide ample space to accommodate the latest high-tech and life-sustaining equipment.

The NICU occupies two floors of the five-story addition that also doubles the size of the hospital's previous breast imaging center. On the ground floor, the new Hinks and Elaine Shimberg Breast Center offers comprehensive diagnostic tools and resources, all located in one place. Services include CT scanner, ultrasound, DEXA scan, digital mammography, MRI, computer-aided detection (CAD) and minimally invasive biopsies. Along with the most current technology, patients receive the personal attention of an experienced interventional team, which includes board-certified radiologists, physician assistants, biopsy technologist, nurse navigator and biopsy scheduler.

"The philosophy of compassionate care goes back to the Franciscan sisters who started this hospital more than 75 years ago, and we want to help St. Joseph's Women's Hospital take care of every person who walks through these doors," said Elaine Shimberg in a release.

The hospital expansion also includes 36 private-patient suites exclusively for new mothers and a dedicated 16-bed gynecology unit for medical and surgical patients.

The expansion includes:

—All private NICU suites with an in-room family area

—All-digital diagnostic imaging services

—All private suites for women's care patients with full bathroom and in-room family area

—Wireless communications and Internet access

—Easy registration/admitting with biometric palm scanning

St. Joseph's Women's Hospital, part of BayCare Health System, is the only facility in the Tampa Bay area dedicated to caring for women and infants. For more information on the hospital, visit StJosephsWomens.com. For physician referral and other general questions, call (813) 443-2046.

Pasco Regional unveils new ER

By Eugenio Torrens
etorrens@cnewspubs.com

Susan Frimmel, marketing director at Pasco Regional Medical Center, demonstrates the touch-screen table in the children's corner of the waiting lounge. (Photo by Eugenio Torrens)

Pasco Regional Medical Center offered a preview last week of its new emergency room, expected to be fully operational next month.

Phase I of the $3.5 million construction project was unveiled in an open house to hospital associates, medical staff, volunteers, EMS and the media. The goal is to have this section of the emergency room running by the end of September. Once the new ER can host patients, the hospital will renovate its old emergency room — Phase II of the project — that should be completed in November.

"It's going to be really good for the community," emergency department director Wendi Romano said. "The community has been waiting a long time for a facility like this, so I think they're really going to embrace this."

Phase I of the project includes the addition of 8,400 square feet of added exam rooms, an imaging suite, decontamination zone, two triage stations, nurses' station, EMS lounge, a registration/patient welcome area and a patient/guest lounge.

As part of the tour, visitors were led through the new amenities through the eyes of a patient, starting with the registration/welcome area. Immediately, patients or guests are greeted with brightly colored signs, such as "Start Here," to guide visitors and encourage a flow throughout the ER. There is a highlighter-orange corner of the room, complete with a mural of North Dade City, with the words "Come Play" in white inviting kids to preoccupy their time. The children's lounge also has a touch-screen table where kids may draw whatever they want with a palette of digital colors a swipe away.

Just as aesthetically pleasing, the waiting room is technologically savvy — complete with an interactive media station featuring two computers to sign in, preregister and navigate around the hospital, as well as outlets to charge electronic devices.

"You have more of a calming and soothing atmosphere," Romano said. "When a patient has to come through the emergency room, usually they're not here because they want to be here, so we want to make them feel as comfortable as possible when they first walk in our doors."

The health professionals at Pasco Regional are giddy over the medical prowess of the new ER facility and not just its vibrant makeover. The number of exam rooms will more than double to 17 once both phases are done. There is a new psych room for patients who may be a threat to themselves that is constructed with shatterproof glass. There is also a negative-pressure room with ventilation straight to the outside world to prevent contamination within the hospital.

Romano pointed out the state-of-the-art monitoring systems to check on patients, as well as the CT scanners as being extremely beneficial to the staff.

Dr. David Wilcher, who directs the Pasco Regional emergency room, pointed out the new facility's efficiency because of its ability to attack many different causes. As a designated Primary Stroke Center, Pasco Regional deals with patients who may not be able to spare the five minutes it may take to be wheeled from one side of the hospital to another. A majority of medical facilities' stroke victims have to be relocated to a different department.

"Now, no one has to leave the department and care of doctors," Wilcher said.

Sketches of what the entrance at the new ER facility at Pasco Regional Medical Center would look like. The signs and color scheming are meant to promote a soothing effect. (Photo courtesy of Pasco Regional Medical Center)

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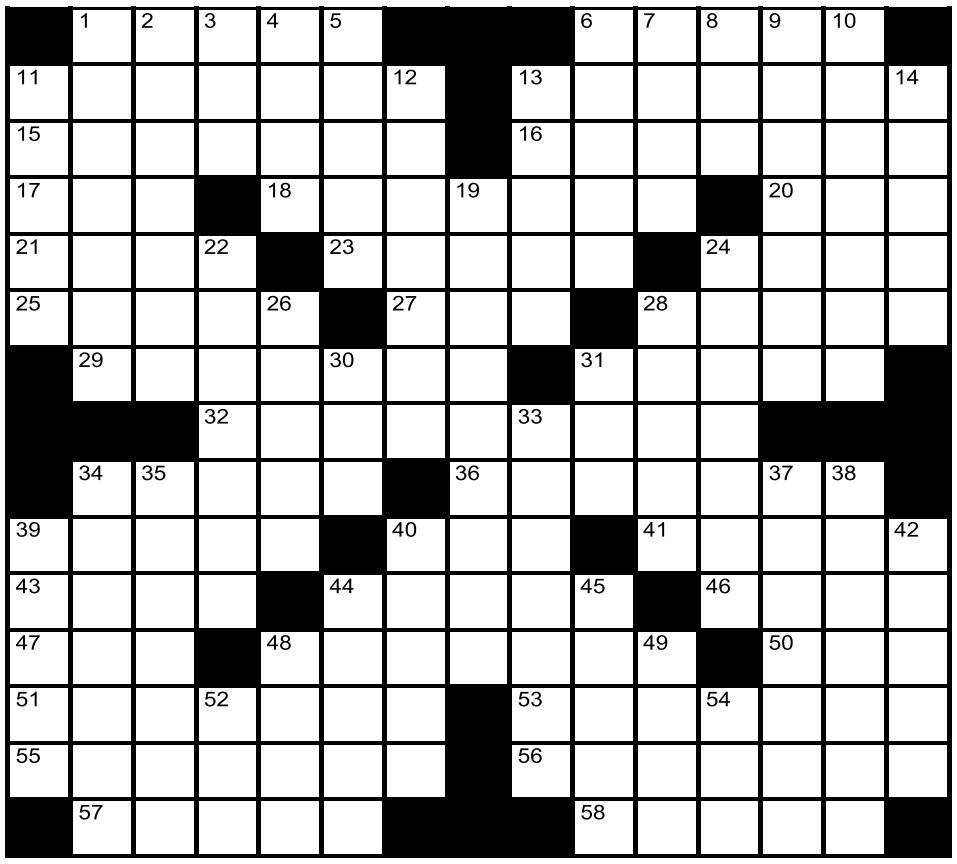

ACROSS
1. Takes off
6. Gillette product
11. Hug
13. Styled with Brylcreem
15. Pigeons' housing
16. Animal fat
17. Barely get, with "out"
18. More disgusting (slang)
20. ___ v. Wade
21. Actress Sorvino
23. Safari sight
24. Oil source
25. Cavern, in poetry
27. ___ and outs
28. Feasts
29. Thong
31. Carbon residue (pl.)
32. Mass of developing tadpoles
34. Sing like Bing
36. Malady
39. Bake, as eggs
40. Action film staple
41. Pound sounds
43. High school dance
44. Jalopy
46. Anger, with "up"
47. "Baloney!"
48. Summertime (2 wd)
50. ___-Atlantic
51. Picture
53. Hawser
55. Child's movable walking assist (pl.)
56. Internet seller
57. Eye sores
58. Doesn't ignore

DOWN
1. Tobacco use
2. Turns to show other side
3. "___ we having fun yet?"
4. R-rated, maybe
5. Use elbow grease on
6. Isuzu model
7. Gulf V.I.P.
8. Blast
9. Fragrant
10. What a cobbler does
11. Swelling
12. Print using metal plate and acid
13. Nuisances
14. Considers
19. Extra large
22. Painting, for one (2 wd)
24. Panasonic rival
26. Overthrow, e.g.
28. Soft
30. Carbonium, e.g.
31. "Do the Right Thing" pizzeria owner
33. Folded like a fan
34. Colored lithographs
35. Mob disbursement law (2 wd)
37. Vilely
38. Slats
39. Bit of parsley
40. Impulses
42. Exodus commemoration
44. Habits
45. Former capital of Japan
48. Acute
49. Q-Tip
52. Chipper
54. Deception

WORD SCRAMBLE

Rearrange the letters in each word to spell something pertaining to National Dog Day.

CHFET

ANSWER: Fetch

Guess who's turning another year older this week!

AUG. 28-SEPT. 3

I was born on August 29, 1971, in Sarasota, FL. I played the title character on *Karen Sisco*. Who am I?

Answer: Carla Gugino

I was born on August 30, 1946, in New York, NY. I played Julie Barnes on *The Mod Squad*. Who am I?

Answer: Peggy Lipton

I was born on August 31, 1936, in Atmore, AL. I started and ran the Westside Preparatory School in Chicago until it closed in 2008. Who am I?

Answer: Marva Collins

I was born on September 1, 1973, in Mississauga, Ontario, Canada. I won the reality show *Rock Star: INXS*. Who am I?

Answer: J.D. Fortune

I was born on September 2, 1997, in Rochelle, IL. I played Emily in *Dog Jack*. Who am I?

Answer: Nikki Taylor Melton

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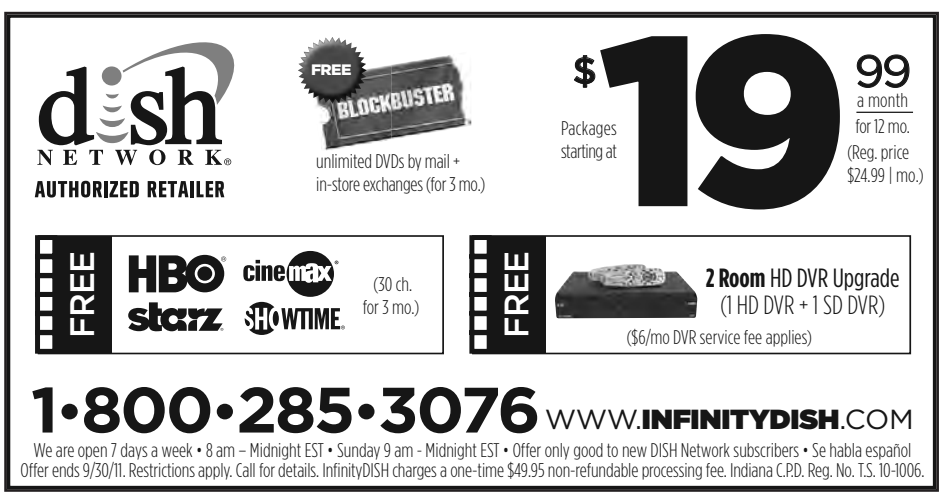

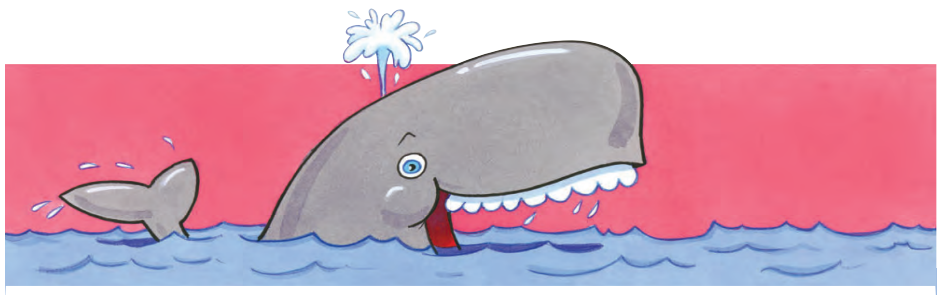

Jokes and Riddles

Q: What do whales in Hawaii eat?

A: Fish and ships.

Q: What do you call a cute Hawaiian volcano?

A: A lavable!

Name That Island

Hawaii is made up of many islands. Each of the following is one such island. Fill in the blanks to name that island.

1) __A__AII
2) __AUI
3) O__ __U
4) L__N__ __
5) __O__OKAI
6) KA__A__
7) NII__A__

Answers: 1) Hawaii, 2) Maui, 3) Oahu, 4) Lanai, 5) Molokai, 6) Kauai, 7) Niihau

The 50th

In 2009, Hawaii celebrated the 50th anniversary of its statehood. The road to statehood was not an easy one. Bills to make Hawaii a state had come up in Congress several times before, but none had passed until 1959.

After the Senate and the House of Representatives passed the Hawaii Statehood Bill in March 1959, Hawaiians were given a chance to vote for or against statehood. Over 90% voted for it.

President Dwight D. Eisenhower proclaimed Hawaii a state at an official ceremony at the White House on August 21, 1959. At the ceremony, the newly designed American flag with 50 stars was shown.

Fact or Fiction?

Hawaii Challenge

Hawaii became the 50th state of the United States on August 21, 1959. Here are some questions about the state. How many can you answer correctly?

1) Juneau is the capital of Hawaii. ***Fact or Fiction?***
2) Hawaii has two official languages. ***Fact or Fiction?***
3) The nickname of Hawaii is the Show Me State. ***Fact or Fiction?***
4) The highest point in Hawaii is Mauna Kea. ***Fact or Fiction?***
5) The state flower of Hawaii is the tulip. ***Fact or Fiction?***
6) The state dance of Hawaii is the belly dance. ***Fact or Fiction?***
7) The state marine animal of Hawaii is the humpback whale. ***Fact or Fiction?***
8) Hawaii is the only U.S. state that grows coffee. ***Fact or Fiction?***
9) Hawaii grows a third of the world's supply of oranges. ***Fact or Fiction?***
10) Hawaii has one of the world's largest, most active volcanoes. ***Fact or Fiction?***

Answers: 1) Fiction, Honolulu is the capital of Hawaii; Juneau is the capital of Alaska, 2) Fact, the two are English and Hawaiian, 3) Fiction, the nickname of Hawaii is the Aloha State; the nickname of Missouri is the Show Me State, 4) Fact, 5) Fiction, the state flower of Hawaii is the yellow hibiscus, 6) Fiction, the state dance of Hawaii is the hula dance, 7) Fact, 8) Fact, 9) Fiction, Hawaii grows a third of the world's supply of pineapples, 10) Fact, the name of the volcano is Mauna Loa

What Rhymes with LEI

List 10 words that rhyme with "lei."

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____
7. _____ 8. _____ 9. _____
10. _____

Some answers: bay, clay, day, gray, hay, may, neigh, pay, ray, say

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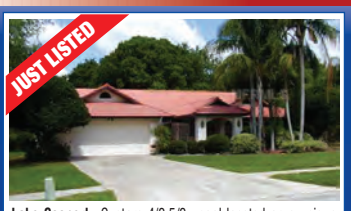
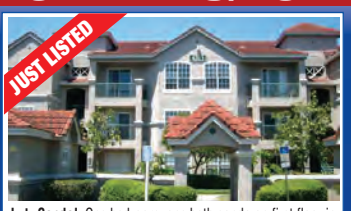
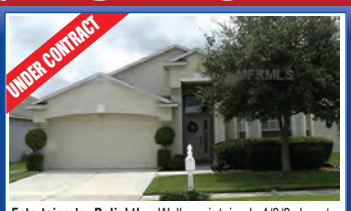


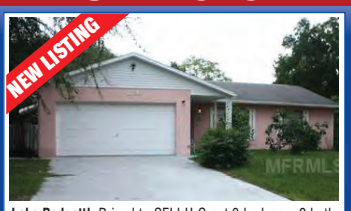
Lake Cooper! Custom 4/2.5/2 +pool located on a unique lakefront lot in a small, upscale gated community. Private boardwalk & dock. Upgraded kitchen & bathrooms, newer barrel tile roof, brick paver lanai w wet bar & pool bath. Separate workshop. Over 4 acres. Must see! **$495k** (ple)



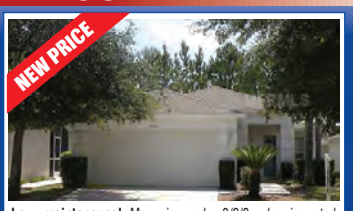
Lutz Condo! One bedroom, one bath condo on first floor in Lakeview at Calusa Trace. Open, covered patio overlooking pond. Community offers pool, fitness, tennis & security. Great investment. Call today for more info or to schedule a showing. **$49.9k.** (woo)



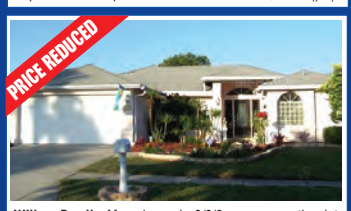
Entertainer's Delight! Well maintained 4/3/2 boasts 26x26 glass enclosed recreation room featuring tile floors, cathedral beamed ceiling, fans, pendant light & corner hot tub. Roll down privacy screens can be set at any level of privacy desired. Pond view. **$177k.** (wes)



Lake Padgett! Priced to SELL!! Great 3 bedroom 2 bath, 2 car garage home within walking distance to Lake Myrtle Elementary school. Fenced yard with shed and mature trees. Perfect for a 203k renovation loan program. **$95.5k.** (sha)

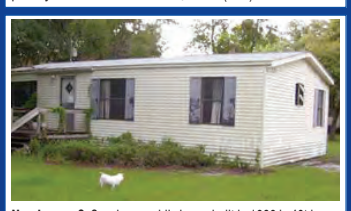


Low maintenance! Move in ready, 2/2/2 +den in gated Lexington Oaks village. Spacious open great room floor plan w neutral Berber carpet & ceramic tile. Kitchen w breakfast nook. All appliances included. Screened lanai great for relaxing. Recreational community. **$129.9k.** (gat)



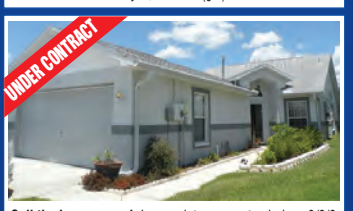
Willow Bend! Move in ready 3/2/2 on conservation lot. Laminate wood & tile floors. You'll love the XL screened patio, sunroom w tile flooring, inside laundry, sitting room off master & more. Open kitchen/family combo and formal living/dining combo. No CDD & low HOA. **$179k.** (ste)

Want privacy? Secluded 3/2 block home on over 2 wooded acres. Over 1500 sf of living space w neutral colors. Huge 54' x 12', fully covered, screened-in front porch, Spacious 24' x 13' Workshop complete w electric & more. Lots of trees including oaks & citrus. **$169k.** (cle)



Need space? Spacious mobile home built in 1989 is 40' long. A second, smaller mobile home also on property that is great for in laws, guests or tenants. 1.83 acres of mature oak trees w no back yard neighbors. Detached workshop in back. Must see! Only **$91.7k** (cau)

Two for One! Upgraded 3/2 main house w attached, fully equipped guest cottage! EZ care wood laminate flooring, crown molding & bead board trim. Many NEW items such as toilets, septic drain field, fresh paint inside & out, water filtration system, well pump & more. Must see! **$230k.** (bar)



Sell the Lawnmower! Low maintenance, stand-alone 3/2/2 villa featuring eat-in kitchen, abundant cabinets, window over sink & pass-thru to formal dining area. Mostly ceramic tile floors, high ceilings, light & bright and sparkling clean. 12x30 enclosed sun porch. **$112.9k.** (gen)

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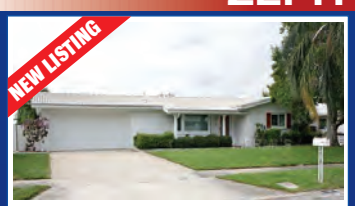
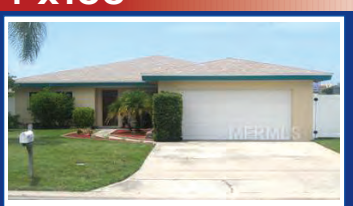


Seminole! Well maintained 2/2/2 w many updates including Stanek vinyl windows, gas & electric HVAC unit, gas water heater, tile roof, wood flooring, newer carpet, newer garage door, fenced yard, over size game room, completely re-piped in 2006 & much more. **$168.9k.** (59th)

Tampa Bay Golf & CC! Move in ready 2/2/2 w no rear neighbors. Oversized A/C'd lanai. XL kitchen. Master suite has separate sitting room w sliding doors for privacy. Gated Active Adult Community, w 2 Golf courses, Restaurant, Fitness Center, Pool & much more. **$129.9k** (pri)

Bank foreclosure! Move in ready 6/3/2 in Spring Hill w formal living/dining area & separate family room/kitchen combo. XL kitchen w center island, granite, lots of storage & breakfast bar. In law suite on first level w spacious master suite upstairs. Fenced back yard **$122.9k.** (ayr)

Spectacular Dade City Estate! Custom 4/2.5/4 lakefront home on 4+ acres w 150' of Lake Hancock frontage. Spacious rooms, elegant formal areas, a Chef's kitchen, stone/gas fireplace in family room, hardwood floors, XL lanai w outdoor kitchen...too much to list here. **$579k.** (han)



Waterfront! Lovely 3/2/2 on widest canal in Isle of Palms on Treasure Island. Large master suite has beautiful open water view. Fenced back yard, dock & adjustable lift for boat or jet skis. Updated kitchen w Corian counters & maple cabinets. One mile from John's Pass. **$460k.** (4th)

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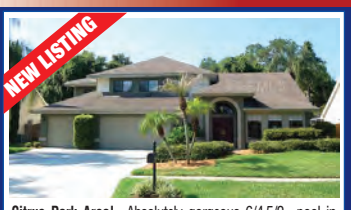
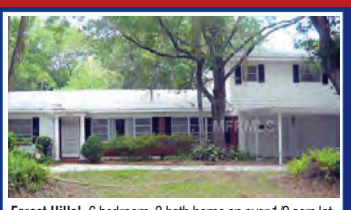
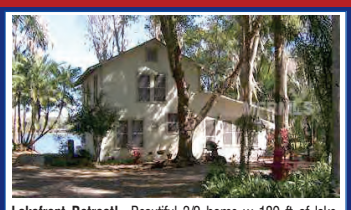


Citrus Park Area! Absolutely gorgeous 6/4.5/2 +pool in mint condition w everything for the extended family including a comfortable mother-in-law apartment w its own private entrance, fireplace, kitchen & handicapped-equipped bathroom. Master suite on first floor. **$389.9k.** (pin)

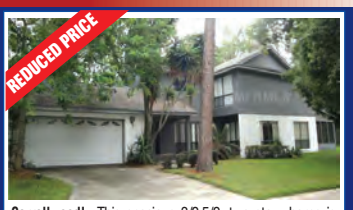


Forest Hills! 6 bedroom, 3 bath home on over 1/2 acre lot. Large circular driveway. Master Suite is downstairs. Has safe room/bomb shelter beneath master bedroom. Golf course within 1/2 mile. Addition above garage. No HOA or CDD. Call for showing. **$199k.** (n ro)



Lakefront Retreat! Beautiful 3/2 home w 180 ft of lake frontage on Byrd Lake in N Tampa. Trees include, palms, cypress & old oaks. This 20 acre private lake allows small power boats. Long gated driveway. Room for second house. Original wide pine plank floors & more. **$385.5k** (lak)

Tampa! Cute 2/1 house w bonus area & detached, 2 car garage. Freshly painted, new front door, cozy brick fireplace, ceramic tile in wet areas, carpets in bedrooms, covered porch & fully fenced yard. Close to down town, south of Hillsborough Ave. **Only $63k.** (w ha)



Carrollwood! This spacious 3/2.5/2, two story home is located on a cul de sac lot and features formal living areas, an eat-in kitchen & wood burning fireplace. Two covered, screened porches overlooking privacy fenced backyard with mature landscaping. **$189.9k** (aut)

RENTALS

$1200/mo. Cape Cod 2/2 in Tarpon Springs w upgrades. No side neighbors. Susan 610-0243
$950/mo. 3/2/2 house in Brooksville gated comm. 1400sf. Pet ok. Kim Joseph 352-835-1008
$595/mo. 1/1 ground floor end unit condo in Tampa. Upgraded kitchen. Susan Fischbeck 610-0243
$1075/mo. 2/2 condo in Carrollwood has spacious rooms & XL screened balcony. Marisaida 900-9009
$800/mo. 2/1 third floor condo in gated Carrollwood community. Christy Laramay 451-6727
$875/mo. Cove Cay studio condo on top floor w view of golf course & water. Amy Manion 454-7139
$900/mo. 2/2/2 in Lake Bernadette. Golf course, fitness & more. Pet ok. Murrays 966-5666
$1000/mo. 2/2.5 townhouse just walking distance to Bayshore. Christy Laramay 451-6727
$1295/mo. 3/2/2 house in Tampa Bay G&CC. Over 1700 sf. Chastain Team 949-9175
$1600/mo. 3/2/2 in Temple Terrace. Over 2000 sf. Fenced yard. The Smith Team 263-9476

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Waterfront! 2.23 acre lot on Lake Thonotosassa, near custom homes. **$450k.** Rob Rochlin 948-0999

.47 acre! Land O Lakes off Hwy 41. Zoned for MH. Utilities in place **$25k.** Patti Webster 310-0215

WC area! Almost 1 ac. near 54 w/school zoning. Reduced to **$139k** Owner/agent Amy Manion 454-7139

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Warehouse/Office Hwy 54 in Lutz. 7500 sf. on 1.25 acre. Zoned C-2. **$695k**. Mark Willett 731-1516.

Professional/Medical Bldg. Hwy 54 in Wesley Chapel. 1980 sf. **$249k**. Mark Willett 731-1516

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Heart Institute marks fifth birthday

By Kyle LoJacono
klojacono@cnewspubs.com

Florida Hospital Zephyrhills opened its Heart Institute five years ago, paving the way for improved cardiac care in east Pasco County.

Gwen Alonso, associate vice president of cardiac services, said the institute's first day was Feb. 14, 2006, and since then it has performed 10,188 heart procedures.

Alonso has been with the Heart Institute since it opened, allowing her to see the fledgling facility grow into what it is today.

"The beauty of this institute is we are a comprehensive program," Alonso said. "The only thing we don't do is heart transplants."

Alonso said the institute hit the ground running when it opened.

"We made a conscience decision when we opened that the day we went live, everything went live," Alonso said. "Heart surgery was available that first day, as well as our interventional cath lab. We had our first heart surgery two days after we went live."

That isn't to say things have not improved during the last five years. When the institute opened there was one catheterization lab versus the three today. The institute also started offering electrophysiology care in 2007.

Other additions include minimally invasive heart surgeries, radial caths that are easier on patients and several other therapies.

One of the first patients to have a radial cath was Betty Theademan. The Zephyrhills resident had a traditional cath, which goes in through the femoral artery in the groin, about 10 years ago.

"When I had it done the first time it was so uncomfortable," Theademan said. "They put pressure on the area for six hours and I stayed overnight. This time they taped the area tight with some gauze and told me to take it easy for a couple days. … Two day later I took the gauze off and it was like it never happened."

Another treatment added within the last year is external counterpulsation (ECP). The therapy includes strapping a machine to a patient's legs and inflates and deflates like a heartbeat. This brings more blood to the heart, forcing the body to create more blood vessels.

Marina Bainbridge of Zephyrhills had problems doing anything without becoming short of breath before receiving ECP treatment, but now can cook, shop and do her chores again.

Alonso said such new treatments are important, but the real addition to the community comes from giving people faster care during major cardiac problems.

Betty Theademan with Dr. Sunil Gupta, left, and Dr. Ketul Chauhan. Theademan received a cardiac catheter treatment through the wrist while at Florida Hospital Zephyrhills' Heart Institute. (File photos)

"In our community, before we had the institute, patients were having to leave Pasco County and go to Tampa primarily to have heart surgery and intervention," Alonso said. "When a person is in the middle of having a heart attack, the best practice is to get that coronary artery open within 90 minutes. We're able to provide that service faster.

"It was a huge delay to get people to Tampa," Alonso continued. "That time difference caused people to have the quality of life change. It did affect their outcomes, so we've been able to dramatically improve those outcomes."

Alonso ran the intensive care and progressive care units at the hospital before the Heart Institute opened. She came to the hospital because she knew the facility would be opening and wanted to be a member of its team.

"Being a part of this program is my biggest accomplishment in my 30 years in healthcare," Alonso said. "To see this hospital provide this level of care to this community is more gratifying than anything else I've done professionally. To feel the community's commitment to us is something I've never been a part of. We still get donations from community groups."

One recent donation came from the Fraternal Order of Eagles Aerie and Auxiliary in Zephyrhills, which gave $3,000. The money is being used to enhance heart care.

"We're constantly looking at the newest and best services out there," Alonso said. "One of the things we're going to use the money from the Eagles club for is to assist in our hypothermal program. That's for patients who had cardiac arrest outside of the hospital. It preserves their brain function by cooling the brain."

In addition, the hospital started a heart failure support group in April. The group meets the first Thursday of every month. For more information on the group, call (813) 788-0411.

Dade City resident Clair Johnson had triple bypass surgery at the Heart Institute, the 100th surgery at the facility.

Heart Institute by the numbers

5,939 diagnostic caths
2,720 interventional caths
823 electrophysiology procedures
706 open-heart surgeries
10,188 total cardiac procedures

Awards/distinctions given to the Heart Institute

- Became an accredited chest pain center in 2009
- Received designation as a heart failure institute in 2010
- Received Excellence in Coronary Intervention award from Healthgrades in 2010
- Received five-star designation from Healthgrades for coronary intervention in 2011

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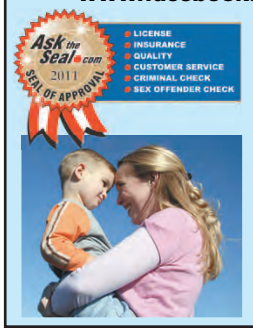

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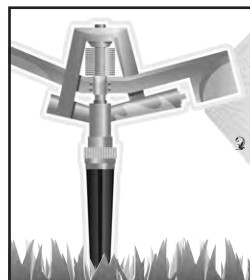

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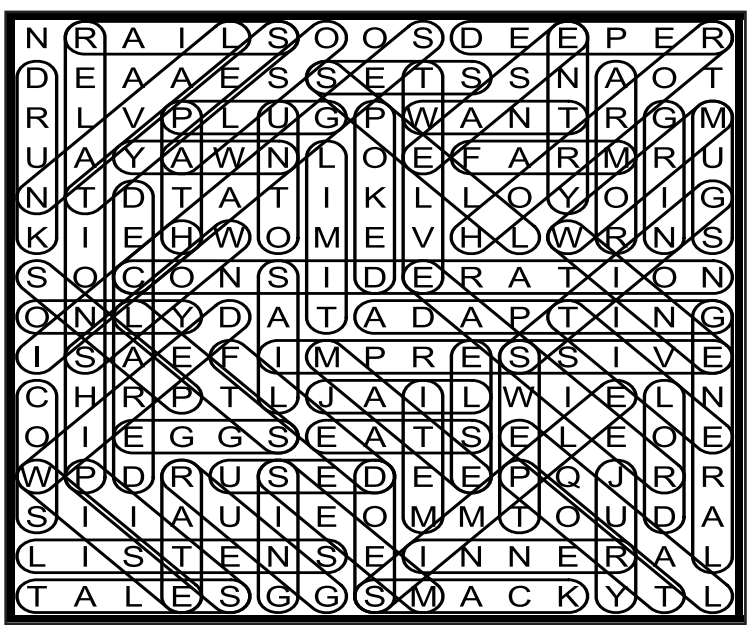

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NOTICE OF PUBLIC HEARING

The District School Board of Pasco County, Florida, will hold a public hearing on the revision of the following rule: 2011-2012 Student Progression Plan.

The public hearing will be held on **October 4, 2011**, in conjunction with a regularly scheduled meeting of the School Board to be held at that time.

The Student Progression Plan sets forth standards for promotion, retention, and graduation and is being updated to reflect changes recommended by the Pasco 2011 committees and State law.

The aforementioned rule is available for viewing on the District website at https://agenda.pasco.k12.fl.us/

Heather Fiorentino
Superintendent

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