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Rick Scott visits to honor local veterans

By Michael Hinman
mhinman@cnewsbooks.com

His first real exposure to heroism came when his mother married a man who served with the 82nd Airborne Division during World War II.

"I don't think he believed he would come back alive," Gov. Rick Scott told local

veterans last week of his stepfather. "In the Navy, no one shot at me, and I didn't have to jump out of perfectly good airplanes like he did." But it's because of his stepfather Scott said he realized that "America will remain the land of the free only so long as it remains the home of the brave."

Scott visited with veterans last week at the Baldomero Lopez State Veterans' Home

on Parkway Boulevard, sharing stories, and handing out his Veterans Service Awards medals.

"It's so important that we honor and give thanks to our American veterans, our heroes," Scott said. "It is important that we don't wait just for the holidays to thank our

See VETERANS, page 12

For Lutz man, it's not junk ... it's art

By B.C. Manion
bcmansion@cnewsbooks.com

When Andy Hamilton goes rummaging around at a swap meet or flea market, he's always on the lookout for the makings of his metal works of art.

What might look like a colander to most instead looks like a turtle shell to Hamilton. Pot lids and air-conditioning gauges are eyes. Hedge clippers and rakes make good wings. Rusty pipe wrenches bounce back to life as grasshoppers.

Hamilton sees possibilities everywhere.

"These two bikes here, they came from a flea market," said Hamilton, 62, outside his workshop in Lutz. "The guy was just trying to get rid of them. Five dollars a piece. I'll take the front forks off of them, use them for legs. Chains, I'll use for manes on a horse.

The satellite dish arm? "This is the neck of a horse." And the post-hole diggers? "These are the heads for alligators," he said.



See ART, page 12

Andy Hamilton of Twisted Mind Rusty Metal, stands next to a robot he built.

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Hamilton uses his welder to bind pieces of metal together as he works on a crab, one of many creatures he creates from recycled materials. (Photos by B.C. Manion)



A few of the creations that Hamilton cooked up in the workshop behind his Lutz home.

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SAMANTHA LINDSAY, M.D.

Parade of 400 choppers honor fire rescue

By Michael Hinman
mhinman@cnewsbooks.com

It's never too early in the morning to ride a motorcycle, especially when it's all to say thank you to firefighters and emergency first responders.

Some 400 cyclists showed up at the Pasco County Government Center on US 41 Saturday to participate in the annual Sept. 11 Gratitude Ride.

The event, organized by local Realtor Dan Turner and his wife Cheryl, is a way these chopper enthusiasts honor members of Pasco County Fire Rescue, and raise

money for the Pasco County Fire Benevolent Fund.

"Make no mistake about it, this is a 9/11 event," Turner told the crowd during a short ceremony. "It has been 12 years. Can you believe it? Unfortunately a lot of people have forgotten all about it, and we just want to make sure everybody remembers."

The Sept. 11, 2001 terrorist attacks killed 412 emergency workers in New York City alone, all of them trying to rescue people from the World Trade Center after each tower was struck by a commercial jetliner.



Riders set to participate in the annual Sept. 11 Gratitude Ride last weekend stand solemnly during the playing of 'Taps,' ahead of their ride to thank members of the Pasco County Fire Rescue for their work. (Photos by Michael Hinman)

See CHOPPERS, page 12

The secret to 60 years of marriage: Love and Jesus

By Michael Hinman
mhinman@cnewspubs.com

Ask Jack Bailey to open his wallet, and he'll show you a picture of his wife Pat, beautifully adorned in the wedding dress her mother made.

It was taken the day Jack and Pat Bailey were married on Aug. 14, 1953. When Dwight D. Eisenhower was president. When the No. 1 song on the charts was "Vaya con Dios (May God Be With You)" from Les Paul and Mary Ford. And the same day a father created a light plastic ball for his 12-year-old son, and called it a Wiffle ball.

Yet, this photo, perfectly preserved in his wallet, is the only picture Jack has from that special day 60 years ago. A flash flood in the mid-1970s claimed the couple's wedding mementos, taking away both pictures and the dress Pat's mom made for her trip down the aisle.

But as beautiful as Pat was on her wedding day, Jack says she's even more beautiful now as they celebrate their diamond anniversary.

"I love her to death," Jack said, without taking his eyes off Pat, sitting just across the living room in their Wesley Chapel home. "For a woman who is 79-and-a-half, she is one of the most attractive women in the world."

A small smile cracks through Pat's tough exterior, but then she waves him off.

"He is going to get every last month in there until I turn 80," she said. "But I guess as I always say, you hit middle age at 93."

The Bailey home is filled with everything they love — pictures of their two children, four grandchildren and six great-grandchildren. And pieces of Scripture they hold dear from The Holy Bible.

"Jesus Christ is our savior," Jack said. "He is the leader of our home, and for the last 20 years, he has been No. 1 in our relationship. I just wish every couple could have what we got."



Jack and Pat Bailey accomplished what less than a handful of couples ever do — reaching the 60-year milestone of wedded bliss. They credit their faith, their family, and their unwavering love, for the longevity of their relationship. (Photo by Michael Hinman)

Jack said he made a promise to Christ when he was 12 years old and growing up in Tampa. While other boys were praying for pickup trucks, all he wanted was a good wife and a good son.

Two years later, he would meet Pat for the first time.

"We lived about two blocks apart," Pat said. "It was impossible for us to miss each other."

Jack said he was intrigued by the fact she never wore shorts, and never enticed the boys to look at her.

"She was with her mother and two sis-

ters visiting someone across the street from me, and I saw her for the first time," Jack said. "That memory is embedded in my head. I can't bring up in my mind what happened yesterday, but that image will never leave me."

The two started to date, but the relationship was hardly storybook perfect. In fact, over their three-year courtship, they did nothing but fight. However, after Jack served his country in the U.S. Navy, he returned home and proposed to Pat. And when they were married soon after, Jack discovered a pleasant surprise.

"She pulled a total reverse on me," he said. "She was 100 percent wife, and when she said, 'I do,' she meant it."

Jack and Pat started their family immediately, staying in Tampa. Pat took on a job at the American Can Co. on 22nd Street, and Jack found himself going into business with his father, starting a company that would become Florida Boiler Sales & Service, which his son Jack Bailey Jr. — or Denny Bailey to his friends — still runs today. The company serviced steam generators primarily, which help create power.

Jack himself didn't retire until four years ago. And while he misses the work, he doesn't miss spending more time with Pat, and the congregation they've frequented for the

last two decades, Faith Baptist Church of Seffner.

Jack is the associate pastor there, serving under Pastor J.W. Carr, who founded the church more than 50 years ago. Jack devotes his life to his faith, always acknowledging the 20-year period in his life when he strayed from the church before suffering a heart attack in the early 1990s.

It took that brush with death — when he was just 60 — to remind him the promise he made at 12. Jesus had held up his part of the bargain, and Jack realized he was not holding up his.

He cites the popular biblical story of Abraham ready to sacrifice his son Isaac simply because God asked him. It was a test of Abraham's devotion, but not to prove it to God, but instead to prove it to Abraham himself, Jack said.

"God already knows all things, and here this was God telling Abraham that 'now I know that you know,' and that makes all the difference in the world," Jack said. Turning to Pat, "I know how much she loves me, and I don't have to worry about that. The love is strong, and it will carry us through everything in life."

"And she also knows that I love her, and I would defend her with my last breath. And that is what makes life so good."

Family and friends from the present and past gathered to celebrate Jack and Pat Bailey's anniversary last month with a special dinner and party. They did stop to remember those who had joined them a decade before for their Golden Anniversary, but were no longer with them to celebrate this one.

And despite their vitality, Jack and Pat know the odds are against them to be doing it all again for their 70th anniversary in 2023.

But that doesn't faze them.

"I tell her I'm going to die tomorrow all the time, just to make sure she's going to miss me," Jack said. "And there is no doubt."

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By Appointment Only



Giving readers what they want to read

By Diane Kortus
Publisher



Running a newspaper is not much different than running any other small business.

All successful businesses work to give customers what they want at a fair price so they continue to be their customer and tell friends and family about their products and services.

If you are a restaurant, you offer a menu filled with dishes customers have asked for and prepared by the best chef in town. If you are a retail store, you sell products people want so they come back and shop again.

At The Laker/Lutz News, our customers are both readers and advertisers. We know that if we give you stories and information about people and issues that are important to you, you will read your paper cover to cover, week after week, and share what you've read with family and friends.

And we know that your readership has a direct impact on the bottom line of our other customer — businesses that advertise in our papers. The better and more completely you read your paper, the more you will take note of the adjacent ads.

Which brings me to why we're making some changes to the kinds of stories we write in The Laker/Lutz News.

Last spring we hired an independent research company to ask readers what type of news they want in their community paper. This was done in conjunction with our annual circulation audit that verifies the number of papers we print and deliver.

This study revealed the No. 1 reason people like you read The Laker/Lutz News is to learn about things to do in their community. Our best-read section is What's Happening with its news briefs about upcoming activities and events.

Because readers put What's Happening at the top of their list, we're expanding this section and increasing our coverage of

community events before they take place. B.C. Manion, our community editor for the past three years, is taking on this charge and welcomes suggestions on events you'd like to see covered.

The second topic most requested is business news.

You want to know what's coming when you see a new commercial building underway. You want to know about local road improvements and how they will impact your drive to work. You are curious about local businesses, big and small, and are looking for new places to shop and professional services in your neighborhood.

To increase our business coverage, in late July we hired Michael Hinman as our news editor because of his community and business journalism background. In addition to working for several area weekly newspapers, Michael spent five years as a reporter at the Tampa Bay Business Journal.

Like B.C., Michael also welcomes your story ideas. Both journalists can be reached at (813) 909-2800 or by email at bcmation@cnewspubs.com or mhinman@cnewspubs.com.

You may have already noticed that there's more business news in your paper. Last week, for example, we were the first to report on the expansion of Florida Medical Clinic's new facilities in Zephyrhills and Carrollwood. This week we have a story on the elevated expressway for SR 54 that's being proposed by a private developer.

I began this column talking about the importance of giving customers what they want. That's why we're committing more of our resources to stories you want to read. And why you're seeing more stories about upcoming events, local businesses and growth and development.

With more than 60,000 readers, it's impossible to give every single person everything they want in their community paper. But know that we're acting on the best information we have to give you the kinds of stories you tell us you're most interested in reading in The Laker/Lutz News.



Never forget

Paige Tucker, right, and Lynn Tucker wave flags during last year's commemoration of the Sept. 11, 2001 terrorist attacks. The GFWC Lutz-Land O' Lakes Woman's Club will do it all again this year beginning at 9 a.m. in front of the SunTrust Bank, 21744 SR 54 in Lutz, and later beginning at 5 p.m. at the Old Lutz School on US 41. To join in, simply grab a flag and meet the ladies at one of the locations. (Photo courtesy of Patricia Serio)

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Breast-feeding program

The obstetrics program at Medical Center of Trinity, 9330 SR 54, is offering a motivational class outlining the health benefits of breast-feeding on Sept. 14 from 1 p.m. to 3 p.m. The class will focus on fundamentals and how to access support. Seating is limited and reservations are required. For information or to register, call (727) 834-5630.

BayCare recognizes National Recovery Month

BayCare Behavioral Health and the Tampa Bay Rays are hosting a discounted game in observance National Recovery Month in September. The national observance emphasizes the ways people can prevent behavioral health issues, seek treatment and sustain recovery. The game is on Sept. 22 at 1:40 p.m., when the Rays host the Baltimore Orioles at Tropicana Field in St. Petersburg. Lower level outfield tickets are \$15. Deadline

to purchase tickets is Sept. 16. To buy tickets for this event, go to tinyurl.com/raysrecover, and enter the passcode "NRM2."

Learn pediatric CPR

The obstetrics program at Medical Center of Trinity, 9330 SR 54, is offering a monthly pediatric CPR class from 9 a.m. to 11 a.m. The next class is Sept. 14. Participants will learn the skills of the two-hour American Heart Association course "CPR for Family and Friends." The cost is \$15 per person, or \$25 for two. For information, call (727) 834-5630.

Hospice needs patient visitors

HPH Hospice is in need of adults to visit patients in private homes, nursing homes, assisted living facilities and the HPH Hospice Care Centers. Volunteers are matched with a patient who lives near their residence. Training is two days from 9 a.m. to 3:30 p.m., and preregistration is required.

The next training is Sept. 17 and Sept. 20 at the Marliere Hospice Care Center, 6801 Rowan Road in New Port Richey. For information, call Fred Blind at (727) 819-5984.

Osteoarthritis seminar

The Medical Center of Trinity will host a free seminar, "Current Trends in Osteoarthritis of the Hip and Knee" on Sept. 17 at noon at 9330 SR 54 in Trinity. Dr. Peter Candelora will discuss causes and treatment. A complimentary light lunch will be served. Seating is limited and reservations are required. For information, call (727) 834-5630.

Look Good ... Feel Better

The Medical Center of Trinity will offer the American Cancer Society's "Look Good ... Feel Better" program on Sept. 18 at 2 p.m. in Suite 402 at the MCT Medical Arts Building, 9332 SR 54, in Trinity. This is a free, national public service program that helps women cancer patients

improve their appearance and self-image by teaching them beauty techniques to manage side effects of chemotherapy and radiation treatments. For information and reservations call (727) 834-5630.

Parkinson's support

The Tampa Area Parkinson's Support Group will meet Sept. 18 from 1 p.m. to 3 p.m. at Church of the Nazarene on Himes Avenue in Tampa. For information, call Adele Ida Walter at (813) 932-6902.

Sibling classes for the young

The obstetrics program at Medical Center of Trinity, 9330 SR 54, is offering monthly sibling classes. Topics covered include what a new baby looks like, how to become a big helper, and how to make friends with the new baby. The next class is for 2- to 6-year-olds on Sept. 18 at 5 p.m. For information and reservations, call (727) 834-5630.



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SAT PRACTICE AT WIREGRASS

Wiregrass Ranch High School, 2909 Mansfield Blvd., Wesley Chapel, will host The Princeton Review Practice SAT test and Strategy Session on Sept. 14 from 10:30 a.m. to 5 p.m. in the school's cafeteria. Students should bring No. 2 pencils and a scientific calculator.

Lunch will be served at 12:30 p.m. The fee is \$15 if paid by Sept. 13, or \$20 at the door.

For information, call Val Lanza at (813) 426-7399, or email valgal830@aol.com or programs@wiregrasspts.org.

CREDIT UNION GRANTS \$50,000 TO ABC

Suncoast Schools Federal Credit Union Foundation has provided a \$50,000 grant to provide food, clothing, shoes and school supplies for 10,000 students in need from 76 Pasco County schools through the Pasco County Schools' Assist, Believe, Care, or ABC, program.

Since 1992, the Foundation has donated more than \$9 million to various children's charities, and has awarded approximately \$930,000 in scholarships.

USF GETS NAVIGATOR GRANT FUNDING

The University of South Florida has received a \$4.2 million Affordable Care Act "navigator" grant, the largest award in the state, according to U.S. Rep. Kathy Castor, D-Tampa. The grant is part of the \$67 million awarded across the country to navigators, who will help consumers and small businesses shop for and enroll in the health insurance marketplace.

"Starting Oct. 1 our neighbors who do not have health insurance will be able to shop for a plan that fits them — and they can call on local, independent experts to review all of the options and tax credits," Castor said in a release.

The navigators will be trained to provide unbiased information to consumers about the health insurance marketplaces, qualified health plans and public programs such as Medicaid and the Children's Health Insurance Program.

KIWANIS HELPS FILL BACKPACKS

The Kiwanis Club of Greater West Pasco and Gulfside Regional Hospice partnered to distribute close to 200 supply-filled back-

packs to students at seven elementary schools in Pasco County. The items were donations collected at Gulfside's five thrift shops across Pasco during a school supply drive over the summer.

Recipient elementary schools were Mitty P. Locke, Cotee River and Moonlake Elementary in New Port Richey; Sunray in Holiday; Northwest in Hudson; Lachoochee in Dade City; and Quail Hollow in Wesley Chapel.

SAINT LEO HONORS EMPLOYEES

Saint Leo University celebrated Community Day on Aug. 20, a biannual tradition that takes place before the start of each semester. The university's president, Arthur Kirk delivered the "State of the University" address.

The day concluded with the university honoring its employees who have reached milestones in their careers at Saint Leo. Faculty and staff members who celebrated five, 10 and 15 years were given service awards.

Karen Hatfield, the university registrar, received special recognition for 35 years of service.

STUDENT PROGRAM NEEDS SPONSORS

The Central Pasco Chamber is seeking business sponsors to help it supports the

schools and youth in the area through its Student of the Month program. A company sponsorship is \$200 a year, which includes trophies and T-shirts for one student each month from October through May.

T-shirts will recognize the business sponsor or company. The sponsoring company will also have the opportunity to visit the school to present the award.

For information, call Rocky Contreras at (813) 787-1225, or email rocky.contreras@KnowledgePoints.com.

STUDENT CONTEST CELEBRATES MILITARY

The Medical Center of Trinity is having its second annual "Expressions of Thanks" youth art contest from through Oct. 4.

All youth from kindergarten through 12th grade are invited to celebrate the service of all U.S. military veterans, those who currently serve our nation, and their families, by submitting artwork, poetry or an essay. All work must be submitted by Oct. 4.

Each participant will receive a recognition certificate. First place winners in each grade level will receive a \$25 gift card. The grand prizewinner will receive their choice of either a bicycle or an iPod.

For complete rules and for information, call (727) 834-4868, or email MedicalCenterTrinity@hcahealthcare.com.

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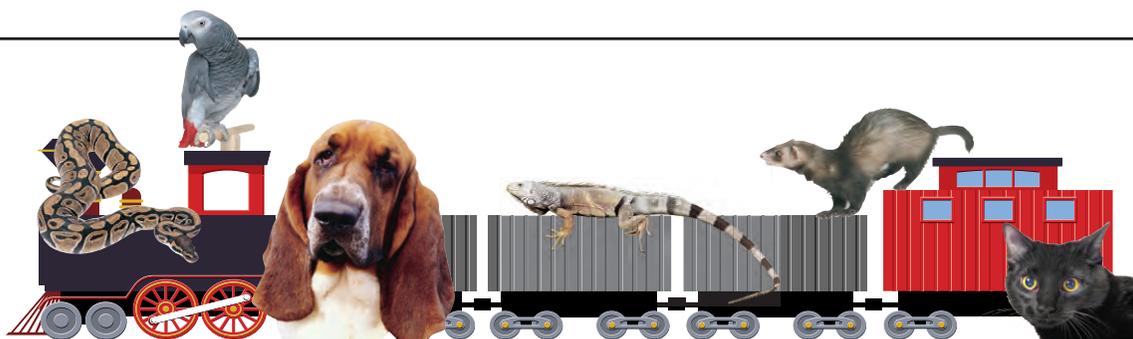
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Radio-controlled planes go back in time at fly-in

By Michael Hinman
mhinman@cnewspubs.com

Larry Utt spent a year painstakingly creating his replica of an S.E.5a plane, popular with both American and British forces during World War I.

His plane is a fraction of the size of the original Scout Experimental 5, which was nearly 21 feet long, more than 9 feet high, and weighed 1,410 pounds when empty. But when it's in the air, it's hard to believe it's only radio-controlled.

"It's just a model, until it flies," Utt said. "After that, it's an airplane."

The S.E.5a is one of more than a couple dozen radio-controlled planes from the "Downton Abbey" era scheduled to dazzle aviation fans Sept. 14 at the Golden Era Fly-In. The event, presented by Bay City Flyers of Land O' Lakes, is open to spectators and pilots alike at Connerton Preserve's Area 52 field just off SR 52.

"You pay a small fee to fly, which is a



An S.E.5a plane, built to scale from an actual World War I plane by Larry Utt, soars through the sky above Connerton Preserve's Area 52 field.

fundraiser for the club," Utt said. Spectators are also welcome beginning at 9 a.m. for a modest \$3 donation at the gate.

The field itself was a grazing area for cattle just a decade ago, and now consists of two pavilions and grassy runways on land now owned by the Southwest Florida Water Management District. Club members built the field and maintain it. It has become a popular daily stop for many of the local club's more than 200 members.

During the week, some flyers could be out as early as sunrise, and many stay until after lunch. On the weekends, many of the clubs' younger members stop by, many times father and son teams enjoying the open sky.

Area 52 is one of three fields Bay City uses, but each one is special, said one of the group's leaders, Mike Diesu. Despite the use of mufflers and flying when few other people are around, the hobby of radio-controlled planes is not something usually well-accepted in neighborhoods.

"Clubs usually lose locations because of development," said Joe Barzyz, who moved to the area from New Jersey in 2005. "People who have an interest in all this think it's nice, but the problem is that once you put a house on the other side of the road, and they start hearing the mufflers, you have a problem."

Area 52 is good because it's a preserve, and there isn't a house for miles. The only thing interfering with flying there, besides bad weather, are sandhill cranes. If one of



Joe Barzyz of Spring Hill fuels up his Cub radio-controlled airplane, preparing it for flight on Connerton Preserve. This hand-built Cub is one of many planes that visitors can see at the Golden Era Fly-In on Sept. 14 at Connerton's Area 52 field. (Photos by Michael Hinman)

those protected birds shows up on a runway, everything stops until they make their way elsewhere on the land.

Flyers at Area 52 respect the birds, and the land they use. They are careful to not spill fuel on the grass, and keep the whole area maintained, including grass mowing.

Bay City Flyers also stay active in the community, helping with food drives, and teaching aviation students. Flying a radio-controlled plane is not as easy as it looks, and getting good at it could take as long as becoming an actual pilot.

Sometimes, new flyers will spend thousands of dollars on equipment, and go out feeling like they're ready to go. But after their first crash — and there are many crashes in radio-controlled flying — they can become discouraged easily.

"It's only as expensive as you want it to

be," Utt said. While some planes can cost upward of \$3,000, many good ones can be found for less than \$300.

In fact, Bay City encourages people to join before they even buy a plane, to learn how to fly, use some of the club's equipment, and then use that experience in buying their own plane.

And fly-ins, like the one next week, are great tools to add more pilots to the ranks.

The Golden Era Fly-In will run from 9 a.m. through 2 p.m., and features planes from 1919 to 1939. Landing fees for pilots are \$10, and free lunch will be offered to all Academy of Model Aeronautics members who are flying.

Lunch will be available for spectators for a small price.

For more information, visit BayCityFlyers.org.

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COMMUNITY MOVIE NIGHT

Join WEDU for a free community night preview screening of the movie "Too Close to Home" at the Tampa Theatre on Sept. 12 at 7:30 p.m. The nonfiction film takes an in-depth look at Tampa's human trafficking crisis. There will be a question-and-answer session after the film with human trafficking survivors, law enforcement and service providers. To RSVP, visit tinyurl.com/ka7zhnp.

DISABLED VETERANS OUTDOOR SALE

The Disabled American Veterans Chapter 65 will host an outdoor sale Sept. 14 from 8 a.m. to 2 p.m. at 5325 Eighth St. in Zephyrhills. Proceeds help veterans and their families in the community. Those who mention this announcement from The Laker will receive a free cup of coffee.

COASTAL CLEANUP

Land O' Lakes Honorary Mayor Pam Oakes is looking for volunteers for Coastal Cleanup on Sept. 14. Volunteers will meet at Tibbett's Lumber at the corner of SR 54 and US 41 by 9 a.m. Cleanup will be along the railroad tracks north on US 41 from 9 a.m. to 11 a.m. Free lunch will be served at SunTrust Bank on SR 54 from 11 a.m. to noon. For information, call Pam Oakes at (517) 881-7032.

GENEALOGICAL SOCIETY MEETS

The Pasco County Genealogical Society will host a meeting on Sept. 14 from 10 a.m. to noon. One of the guest speakers will be Deborah Adles, a member who has just returned from the National Genealogical Conference in Fort Wayne, Ind. The meeting is at the Church of Jesus Christ of Latter-day Saints, 9016 Fort King Road, Dade City. For information, call Janet at (813) 788-8894.

EXTENSION CITRUS SEMINAR

Pasco County Extension Service is having a free seminar "Dooryard Citrus 101" on Sept. 14 from 9 a.m. to 11:30 a.m. at the Land O' Lakes Community Center, 5401 Land O' Lakes Blvd. University of Florida

citrus expert Jamie Burrow will discuss citrus planting, basic care, and an introduction to pests and diseases, as well as a brief history of the Florida citrus industry. For information, call (813) 996-2411.

BACKSTAGE THEATER TOUR

The Tampa Theatre, 711 N. Franklin St. in downtown Tampa, will host two "Balcony to Backstage" tours on Sept. 14 at 9:30 a.m. and 11:30 a.m. This is a 90-minute tour about the theater's secrets, stories, art and architecture. Tickets are \$5 for adults and \$2 for children age 2-12. Theater members are free. For information, visit tampatheatre.org.

VOLUNTEER FOR COASTAL CLEANUP

The annual Central Pasco Coastal & Waterways Cleanup is looking for volunteers to help clean up the Land O' Lakes area, including school grounds, parks and roads. The annual cleanup is Sept. 14 from 8 a.m. to noon starting at SunTrust Bank at the corner of SR 54 and Osprey Lane in Land O' Lakes. Participants can reserve a territory when their team is registered. For information, call Betsy Crisp at (813) 929-2725, or Kurt Conover at (727) 861-5141.

VOLUNTEER OUTREACH DAY

Trinity Outreach of Tampa Bay is hosting a volunteer outreach day on Sept. 14 from 1 p.m. to 3 p.m. at the Zephyrhills Wesleyan Church, 38924 C Ave., Zephyrhills. There will be an informal presentation, refreshments and fellowship. For information, email Emma Brown at ebrown@trinityoutreachtb.org.

VISIT ZOO FOR \$6

Lowry Park Zoo, 1101 W. Sligh Ave., is offering a super-saver day at the zoo on Sept. 15. Admission is \$6 from 9:30 a.m. to 5 p.m. Free parking is available same day only next to the Tampa Greyhound Track, 8300 N. Nebraska Ave. Shuttles will run from that lot from 9 a.m. to 6 p.m. Zoo rides are not included with \$6 admission. For information, visit www.lowryparkzoo.com.

DEMOCRATIC CLUB

The East Pasco Democratic Club will meet Sept. 16 from 7 p.m. to 8:30 p.m. in the meeting room at The Commons, 38130 Pretty Pond Road in Zephyrhills. This meeting will be a planning session, a discussion on the Affordable Health Care Act and organizing community forums planned to bring accurate information on the act to the community.

SQUARE DANCE IN TAMPA

The Temple Twirlers Square and Round Dance Club will host a western-themed square dance for mainstream and "plus" dancers on Sept. 16 starting at 7 p.m. at 2701 W. Waters Ave. in Tampa. Visitors are welcome. Cowboy Tom Glasgow will share rope tricks and storytelling. Cost is \$4 for members and \$5 for non-members. For information, call (813) 986-2928, or visit templetwirlers.com.



FREE BONSAI TREE DEMOS

Eve's Garden Gifts in Land O' Lakes will host free bonsai tree demonstrations every Saturday in September from 10 a.m. to 4 p.m. The emphasis will be on correct location, container, trimming, potting, and shaping to keep your tree healthy. Participants should bring their own bonsai tree for demonstration and advice. Eve's is at 5602 Land O' Lakes Blvd. For information, call (813) 996-5012, or visit the store's website at www.evesgardengifts.com.

TOP SHOT COMPETITION

SuperGroup Tampa is hosting "Tampa's Top Shot," a competition to benefit a local fallen officer's family, at Shooters World, 116 E. Fletcher Ave. in Tampa. Qualifying dates are Oct. 1, Oct. 8, Oct. 15 and Oct. 22 from 5 p.m. to 7:30 p.m. The final shoot-out is Oct. 29 at 6 p.m. Those interested must buy a \$100 ticket to shoot and qualify, and those tickets are limited. For information, call James Harris at (813) 352-7332, or email james@truckrepairtampa.com.

FIVE BY FIVE ARTISTS NEEDED

The Arts Council of Hillsborough County's Artists Advisory Committee is seeking artists for the Five by Five 2013 competition. The Five by Five exhibit, featuring 5-by-5-inch artwork made and donated by international and local artists, will be presented on Oct. 18 at 8 p.m. at the Tampa Museum of Art. The exhibit is open to any visual artist 18 years and older worldwide. Entries will be accepted Sept. 16-20. For instructions and rules, visit fivebyfivetampabay.com.

SPONSOR THE JINGLE BELL RUN

The Pasco County Sheriff's office will host its third annual Jingle Bell Run beginning at 8 a.m. on Dec. 8. The event features a 5k race, a one-mile fun run and family activities. It begins and ends at the New Port Richey Rec Center. The event benefits Toys for Tots. Sponsorships begin at \$100. For information and to register, visit PascoSheriffCharities.com/JBellRun.html or email gucchiara@pascosheriff.org.

CUB SCOUT ICE CREAM SOCIAL

Cub Scout Pack 21 invites boys in grades 1-5 and their parents to an informational meeting and ice cream social on Sept. 17 from 6:30 p.m. to 8 p.m. in the cafeteria of Most Holy Redeemer Catholic School, 302 E. Linebaugh Ave. in Tampa. Pack 21 is a group that camps out, races model cars, earns awards, participates in community service projects, and learns important skills and values. For information, contact Garrett Earle at (813) 712-0504, or Garrett.Earle@apria.com.

SUNCOAST HARMONY OPEN HOUSE

Suncoast Harmony Chorus will host an open house for any women interested in joining Sept. 17 from 6 p.m. to 8:30 p.m. at CARES Rao Musunuru M.D. Enrichment Center, 12417 Clock Tower Parkway in Hudson. There will also be a ribbon cutting with the West Central Pasco Chamber of Commerce at 5:30 p.m.

WOMEN'S CLUB ICE CREAM SOCIAL

GFWC Little Women of Lutz will host a free ice cream social and membership drive on Sept. 17 at 7 p.m. at the First Baptist

Church of Lutz. The club is a nondenominational service organization for girls age 12-18. The event will acquaint the girls with the club's activities and opportunities for service hours. For information, call Marilyn at (813) 949-1482.

CONSIGNMENT SHOPPING EVENT

Repeat the Chic will host a consignment shopping and selling event at the Verizon Event Center, 8718 Trouble Creek Road in New Port Richey, Sept. 18-21. The event will feature an assortment of trendy women's designer and name-brand clothing. Admission is free. Shoppers are asked to donate gently used clothing and maternity clothing on Sept. 21. For hours and information, visit repeatthechic.com.

TAMPA ORCHID SOCIETY

The Tampa Bay Orchid Society will meet on Sept. 19 at Christ the King Church, McLaughlin Center, 821 S. Dale Mabry Highway in Tampa. The guest speaker is Ruben Saulea, internationally renowned orchid grower and hybridizer. Doors open at 6 p.m., followed by the meeting at 6:30 p.m. Refreshments will be served. There will be plants for sale and a plant raffle. For information, call (813) 839-4959 or go to tampabayorchidsociety.shutterfly.com.

PAGEANT PREP CLASS

There will be a beauty pageant prep class to get young ladies ready for the upcoming pageant season on Sept. 29 from 2 p.m. to 4 p.m. at Dance & Gymnastics Academy of Tampa, 23633 Venezia Drive in Land O' Lakes. For information, visit pageantwithapurpose.com.



LEND YOUR VOICE

The Friendship Singers is looking for new members as it begins its 19th concert season. The group consists of volunteers who perform in local nursing homes, assisted living facilities and senior centers in Pasco and Hillsborough counties. There are no auditions, and prior singing experience is not necessary. For information, contact Joyce Ruby at (813) 442-7879 or jruby1003@live.com, or contact Joe Berling at (813) 997-1454 or jberling@tampabay.rr.com.

ADOPT A DOG FOR \$1

Pasco County Animal Services is offering "Dollar Dog Days of Summer" through Sept. 28. Select dogs are waiting for a home for a \$1 adoption fee, plus a license fee of \$10. The dogs have been vetted, micro chipped, and spayed or neutered. Animals are available at 19640 Dogpatch Lane in Land O' Lakes. For information, call (813) 929-1212.

OUTDOOR ART SALE

The East Hillsborough Art Guild's annual outdoor art sale is on Oct. 5 from 10 a.m. to 3 p.m. at The Cottage, 1308 S. Collins St., Plant City. There will also be food for sale and a bake sale. Admission is free. The guild is seeking exhibitors for the sale, with booth space available for \$10. For information, go to tinyurl.com/k5npd3v, email ehag2010@gmail.com, or call (813) 757-6356.

WOMEN'S CLUB NEEDS VENDORS

The Lexington Oaks Women's Club is looking for vendors and sellers to participate in its annual community-wide yard sale fundraising event at the Lexington Oaks Community Center, 26304 Lexington Oaks Blvd. in Wesley Chapel, on Oct. 26 from 8 a.m. to 3 p.m. Spaces are available for \$15. For applications and information, call Mary at (813) 746-1405.



PET CITY

OPEN HOUSE

Pet City in Land O' Lakes will have its annual open house and customer appreciation day on Sept. 14 from 9 a.m. to 5 p.m. There will be free hamster races from noon to 3 p.m. with prizes for every participant. The event includes free food, cold drinks, snow cones, face painting and giveaways. Pet City is at 2119 Collier Parkway. For information, call (813) 242-7600.



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“Why not show our support for the students and teachers achievements, by offering a discount for students that show us a “B” or better test score,” Tiffany says her husband Chris suggested.

“So starting Monday, any student that brings in a current test score of “B” or above, gets a 10% discount on their morning coffee or breakfast item before school, or Healthy Whole Food Juice or Creamy Gelato after school,” Tiffany declared.

“We are located directly across from the high school, and are a convenient stop for the Wilderness Preserve, The Groves and Connerton commuters, on their way to work.

“We brew fresh coffee, bake fresh bagels and croissants, and

have breakfast sandwiches all ready for that 7:00 am wake up call,” Tiffany explains.

Chris says that they pay special attention to the students and teachers

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Chris has also expanded the luncheon Specialty Panini menu. Including some surprise specials, there are now over a dozen succulent combinations, served on Multi-Grain or traditional White Panini breads.

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Reservations are required and space is limited. FREE – Lunch provided.

Women's Health & Wellness Day @ Saddlebrook Resort

Saturday, September 21 | 8:30 am – 1:00 pm

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Reservations are required and space is limited. FREE

Hand & Upper Extremity Injury & Illness

Tuesday, September 24 | 12:00 pm – 1:00 pm

Explaining the most common hand and wrist disorders - including carpal tunnel syndrome, arthritis and tendonitis - and techniques used to treat them. From conservative treatments to surgical intervention, all of the risks, benefits and treatment plan involved with each medical procedure will be discussed.

Reservations are required and space is limited. FREE – Lunch provided.

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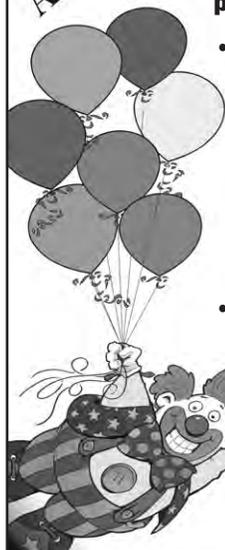
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Hospital's first year better than expected

By B.C. Manion

bcmation@cnewspubs.com

When Florida Hospital Wesley Chapel was preparing to open its doors last October, it expected to have 400 employees.

Less than a year later, it has 600. "For the 600 jobs that we have, we had over 25,000 applicants," hospital chief executive Brian Adams said last week. "Not all of those applicants, of course, were qualified for roles in health care. But even in nursing, for every one job, we had more than 10 applicants."

Adams was sharing the news with the economic development committee of the Greater Wesley Chapel Chamber of Commerce. Having so many applicants means the hospital can really be selective, and focus purely on talent. The Wesley Chapel hospital, for example, has an average of 10 years experience.

And the hospital has outpaced projections in other areas as well. Its 26,000 emergency room visits and 380 baby deliveries are roughly double original expectations, Adams said. Other first-year figures include 3,800 admissions and 1,800 surgeries.

Business owners may wonder if people will travel into Wesley Chapel to get health care, and the answer to that is that they do, Adams said.

"The economic development piece of having a business that not only employs 600 people in the community, but also attracts people into Wesley Chapel, is a real benefit," he said. "Many of the individuals who now come to Wesley Chapel for care were traveling out of the county for care, so they were going down into Hillsborough County, which means they see physicians in Hillsborough County, which means they stop for lunch on their way to see those physicians in Hillsborough."

Florida Hospital Wesley Chapel sits on 52 acres on Bruce B. Downs Boulevard, west of SR 56. It has 83 beds, with the capability expanding to 299.

The hospital itself is three stories now, but can rise to six when the hospital needs more room to handle increasing health care needs, Adams said. And it might be sooner rather than later. Figures by the hospital show population growth in the area between 2.9 percent and 4 percent by 2017.

There are other factors to consider as well beyond just population growth, and that's something the Wesley Chapel hospital stays cognizant of, Adams said. One is how much health care people are using.

"In this community, it's going down, mainly because of the shift of cost from employer-based health plans to individual-based health plans," Adams said.

The age of the population also figures in. In a community like Wesley Chapel, where the population is growing younger, the amount of healthcare used is lower than in



A look at the interior of Florida Hospital Wesley Chapel. (File photo)

a community like Zephyrhills, where the population is older.

The hospital is working to be a good neighbor, and may even reach out to Pasco-Hernando Community College after it opens its Porter Campus at Wiregrass Ranch in January. The college is taking shape on a site near the intersection of SR 56 and Mansfield Boulevard, not far from the hospital.

"Having PHCC in the community will only benefit all of us," Adams said. "I've had a number of conversations with the leadership at PHCC, and we believe part of our role is to create opportunities for students to learn and grow in a real-life setting."

That's common in the medical field, especially in the nursing field, he said. Having PHCC offer a transition to bachelor's-level nursing can only help surrounding hospitals like Wesley Chapel's.

Finally, with the full implementation of the Affordable Care Act on the horizon, Adams was optimistic that many pieces of the federal plan will benefit the community.

"People having access to the health care, at the primary care level, is probably the best way to best reduce our overall health-care spend," he said. "The most expensive time to care for a patient is when they have reached a point in their health where the intervention takes heavy resources."

It also means taking steps now to prevent more serious health problems in the future.

"If you can help someone who didn't have insurance to go to a physician and get their diabetes under control before that diabetes wreaked havoc on their heart, it's a totally different approach," Adams said.

But there will also be changes in the way employers handle insurance, by some employers no longer covering spouses that can get insurance elsewhere, and the proliferation of high-deductible health plans as companies try to offer affordable insurance to low-wage employees.

Ultimately, Adams thinks that consumers will drive the need for quality care, especially if they are paying the first \$10,000 of their health care costs out-of-pocket due to high deductibles in their insurance plans.

Seminar to promote women's health

A Laker/Lutz News Staff Report

Women who want to hear a lecture on heart health, watch a cooking demonstration or get a bit of pampering can get those things and more at the Women's Health & Wellness Day at Saddlebrook Resort Tampa, off SR 54 in Wesley Chapel.

The free half-day seminar, sponsored by Florida Hospital Wesley Chapel, will be on Sept. 21 from 8:30 a.m. until 1 p.m.

The seminar will feature six breakout sessions, giving women a chance to hear from some of the area's most respected physicians discussing heart health, breast cancer risk factors, pregnancy, healthy aging and other wellness topics.

Women who are pregnant or are thinking of having a baby can talk with a lactation consultant.

The event will also feature a women's health panel, with experts fielding questions about primary health care, internal medicine, geriatric medicine, obstetrics and gynecology.

There will also be a cooking demonstration and free screenings for blood pressure, blood glucose, BMI and others. There will be pampering opportunities, too, and giveaways.

The event will feature a women's health panel, answering questions about primary health care, internal medicine, geriatric medicine, obstetrics and gynecology.

Send questions in advance to FHWC.marketing@ahss.org.

Space for the seminar is limited and reservations are required.

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Andy Hamilton shows how the head of a post-hole digger is the perfect shape for an alligator's snout.

ART, from page 1

"Potato forks are usually tail feathers for a bird."

Hamilton is a Lutz-based artist with Twisted Mind Rusty Metal, a company that specializes in recycling old metal and other objects into art. Where other people see obsolete car parts, rusted garden implements, empty bottles and old tools, Hamilton envisions whimsical works of art.

"Somehow, I can see something," Hamilton said. "People have asked me, 'What kind of drug do you take? Do you drink a lot?' It seems like the crazier I make stuff, the more people like it."

Bins and shelves in his workshop are chock-full of the raw materials of his artworks. He has another collection of salvaged goods that he plans to recycle outside next to his shop.

"You've got to have a stockpile," Hamilton said.

As he surveys his shop, there is stuff everywhere. "It's a disorganized, organized mess," he said.

Hamilton hunts regularly for old golf clubs, and often finds them for a dollar each at thrift stores.

"I just cut all of these off the shafts," he said, motioning to a stack of club heads. The steel pieces become ears for dogs and feet for pigs.

"A lot of people throw these away," Hamilton said, pointing to some empty helium tanks. "They end up in the trash and when I see 'em, I grab 'em."

The tanks become the bodies of pigs and other animals.

Hamilton, who has spent more than four decades working in masonry, started his metal art business more than two years ago. It started when he decided to make a couple of things for his wife's garden.

"A friend of hers had sold plants at plant shows," he said. "She told me to bring some along and see if they would sell."

They did sell, and the company was born — using a name his wife, Sheila, created.

Over the past couple of years, he has sold 700 to 800 pieces, ranging in price from \$35 to \$400.

He now spends nearly every evening out in the workshop behind his house, where he sandblasts rusted parts, welds pieces together and paints to create Chihuahuas, pigs, robots, weather vanes, sunflowers, birds and all sorts of critters.

On weekends, one can find Hamilton

making the rounds — either to events where he's selling his art, or at swap meets, garage sales and flea markets where he's picking up materials he can recycle.

"Starting September through basically March, that's the busy season," Hamilton said.

Over Labor Day weekend, for instance, he had a booth at the 13th annual Gulfport Geckfest on Saturday. By Sunday, he was at a swap meet in Bushnell. Monday, he hit the flea market in Webster.

During the off-season, typically November through March, Hamilton spends Saturday mornings in Dunedin at the Green Market. And the third Friday of each month, he's in Safety Harbor between 6 p.m. and 10 p.m. He also does three shows a year in Lakeland.

He also attends the Lutz Arts & Crafts Festival Christmas show.

"Last year we sold like 26 pieces on Saturday, and at least 10 or 12 on Sunday," Hamilton said, adding he sells even more during the town's Fourth of July celebration.

Hamilton's wife is a big supporter of his artistic pursuits.

"She wants me to quit masonry for this," said Hamilton, who believes someday he will.

VETERANS, from page 1

men and women, we must take every opportunity to thank them."

The medal Scott and his wife Ann gave to veterans in Land O' Lakes last week has the Florida state seal on front, and the five seals representing the different branches of the armed forces on the back.

Scott singled out one resident during his speech, Sgt. First Class Angel Torres-Mendez, who served between 1947 and 1974, completing 18 missions — many of them solo missions — in Vietnam.

"He's proud of his accomplishments, not his medal," Scott said. "Like many of our residents here, his heart is as patriotic as it was when he joined the service many years ago."

A total of 136 veterans were honored with the medal during last Thursday's ceremony, honoring whom Sen. John Legg described as "super." Legg, R-Lutz, shared a conversation he said he had with his 5-year-old son that morning about where he was going.

"I am going to go stand and talk to some heroes," and his eyes got real big. "Are you going to meet Superman?" Legg said. "I am going to see some super men and

super women who, in our nation's darkest hour, stood in front of tyranny, stood in front of those things that seemed hopeless, and brought light into the world."

Maj. Gen. Emmett R. Titshaw Jr., who has served as the adjutant general of Florida for the last three years, said the state's 12,000-soldier strong National Guard is "focused on the future, and our horizons."

"But we have a deep appreciation of our heritage, and that heritage you contributed to and built," Titshaw said. "We literally stand upon your shoulders and accomplishments, taking over the nation you provided to us, safe and secure."



Gov. Rick Scott speaks to residents of Baldomero Lopez State Veterans Home in Land O' Lakes during a ceremony last week. 'America will remain the land of the free only so long as it remains the home of the brave,' he said. (Photo by Michael Hinman)



Dan Turner, left, and his wife Cheryl, address the bikers in front of the Pasco County Government Center on US 41 Saturday, ahead of their ride to honor members of Pasco County's Fire Rescue as part of the Pasco County Choppers Sept. 11 Gratitude Ride.

CHOPPERS, from page 1

But it's not just during terrorist attacks they put their lives on the line. This year alone, 79 firefighters have lost their lives in the line of duty, according to the U.S. Fire Administration. Between 1977 and 2011, there have been 4,325 on-duty firefighter fatalities — an average of 127 each year.

The Benevolent Fund raises money not for equipment or vehicles, but instead to help members of the Pasco County Fire Rescue when they may need a little financial assistance.

"They are the ones that always say it's just a job, but we all know they run into danger as we are running away from it," Turner told The Laker/Lutz News last month.

"As we reflect back on that horrible day

back in September 2001, we remember all the public safety personnel (who) were affected," said Pasco County Fire Chief Scott Cassin. "They were doing everything they do every day: saving lives and saving property."

Pasco County Choppers, which hosted the event, said nearly \$4,900 was raised for the local benevolent fund, more than double what was raised last year. Even winners of the poker run, a fun event to encourage motorcyclists to visit multiple locations, gave a little back.

"Winners of the poker run reverted nearly all of the money they won back to the cause," Turner said in an email after the event. "Once again (it shows) that the biker community is there for those that lay their lives on the line for us, every single day of the year."



Linda Sue Denmark, center, of Brooksville spends time with her husband, Randy Denmark, left, and Michael Hixson of New Port Richey ahead of the Sept. 11 Gratitude Ride from the Pasco County Government Center last weekend. All three are part of Pasco County Choppers, one of the motorcycle clubs organizing the event.

CORRECTION

The Land O' Lakes location for Florida Medical Clinic is located on SR 54. A different road was given in a Sept. 4 story about the company's expansion efforts.

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Families Love Elsa's 41 Tex-Mex Sports Grill

More Than Mexican – Something For Everyone

Families looking for affordable dining with something for everyone are flocking to Elsa's 41 Tex-Mex Sports Grill in downtown Lutz.

In addition to its trademark Tex-Mex cuisine, Elsa's is known for its signature wings, excellent pizzas and outstanding specials — 50-cent wings on Sundays, \$1 tacos on Mondays and kids eat free on Tuesdays.

Along with these incredible deals, diners can also choose from Elsa's "2 for \$20" menu, available every day, all day long, and includes one appetizer, two entrées and one delicious dessert.

"Our portions are so generous that our "2 for \$20" menu serves so much food that guests frequently ask for take-home boxes," said Manager Justin Hemmert, whose family owns Elsa's.

"In addition to a shared appetizer and dessert, each entree includes Mexican rice and refried beans. It really is a heck of a deal."

Elsa's is a neighborhood restaurant located in the heart of downtown Lutz at US 41 and Sunset Boulevard. Just four miles south of State Road 54, and four miles north of Bearss Avenue, its patrons mostly come from Lutz, Land O' Lakes, Wesley Chapel, Carrollwood and north Tampa.

"We truly are a neighborhood restaurant with a genuine, family atmosphere," said Justin. "We are a good alternative to chain restaurants for families looking for great food, great service and great prices. Plus, we have a full service bar and super happy hour prices for those wanting a beer, margarita or cocktail with their meal."

Elsa's all-day, every-day drink special features



Elsa's owner Bill Hemmert, left, and his son Justin, proudly display a selection of their affordable family fare at their downtown Lutz restaurant.

two-for-one well drinks and \$1.75 pint domestic drafts. It also offers \$5 margaritas on Mondays and half-price bottled Mexican beer on Tuesdays.

Elsa's bar is best known for its trademark Bad Juan margarita, by far its most popular mixed drink — a clear, lime-based drink made from tequila, lime juice and triple sec. Complementing the Bad Juan is the Bad Juanita, a strawberry margarita popular with the ladies and young adults. Beware, the strawberry has the same alcohol content as the original.

"Our Bad Juans are very smooth for a margarita," said Justin. "People like them because they are delicious and also for their strong alcohol content, which is double the amount of liquor found in a bottle of wine."

Elsa's is owned and operated by the Hemmert family, a multigenerational restaurant family that has owned restaurants in Ohio for more than 30 years.

Son Justin took over as general manager of the Lutz restaurant last fall. He grew up in the family business and worked in the kitchen through high

school and college. After graduating, he spent 10 years working as a CPA, five of those years for a company located in Clearwater, before returning to the family business in 2009.

"Justin's financial expertise and understanding of business operations has been invaluable in his management of our Lutz store," said Bill Hemmert, Justin's father and founder of the company.

"We want local residents to know that Elsa's has a very strong capital base," he continued. "We can weather the normal up-and-downs of the restaurant business, and now with Justin's financial background, our Lutz store is stronger than ever."

"We're here to stay," Justin adds.

Elsa's employees and customers want to congratulate long-time manager Amanda Torres on the birth of her beautiful baby daughter, Teagan. We look forward to your return!



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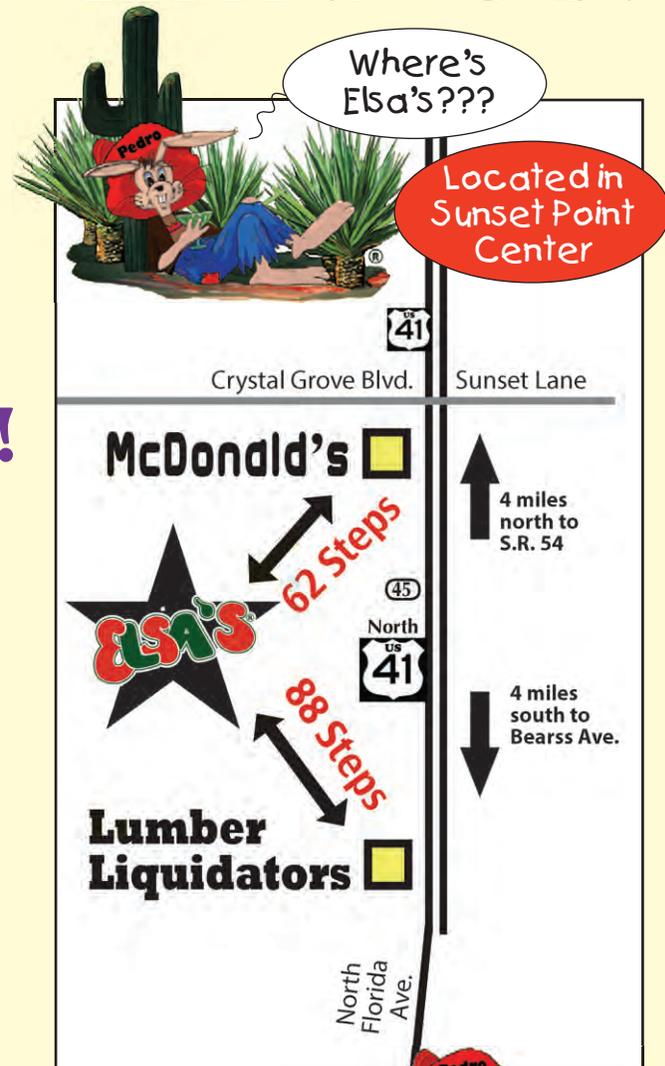
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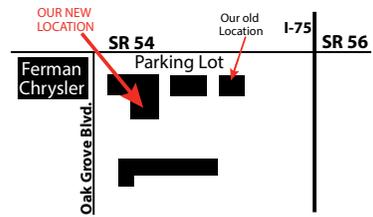
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It's the health screening that everyone 50 and older dreads: colonoscopy. Most fear the preparation and worry that the procedure itself will hurt, but the most frightening thing about a colonoscopy is what can happen if you skip it.



Christian Bailey, M.D.

bad enough to avoid the important procedure altogether.

"I had to follow a special diet for a couple of days and take some medication – I stayed home the day before and it really wasn't that bad," he said.

A colonoscopy can find pre-cancerous growths as small as one millimeter before they can turn into deadly tumors. Even though colon cancer can be a slow growing cancer, cells from polyps growing in the colon can grow into lymph nodes or metastasize (spread) to parts of the body such as the liver.

"The good news is that regular screening is the most powerful weapon for preventing colorectal cancer in its earliest stages, when it's easier to treat," said Christian Bailey, M.D., a gastroenterologist at St. Joseph's Hospital in Tampa and St. Joseph's Hospital-North in Lutz. "Removing polyps can help prevent cancer from starting yet nearly half of all adults skip the test."

Kevin Kruszewski turned 50 and knew he was on the clock for his first colonoscopy, but he didn't do it right away. Like most, Kruszewski was skeptical about the potential discomfort. Then a couple of years passed and he found himself past due for the screening.

Finally, he called Dr. Bailey and scheduled the procedure.

"I was concerned because I was a couple of years past due for my first colonoscopy, but I quickly felt at ease after my visit with Dr. Bailey," Kruszewski said.

While he agrees the preparation wasn't pleasant, it certainly wasn't

As for the procedure itself, Kruszewski summed it up, "It really wasn't a big deal!"

"Kevin, like most of my patients, learned that colon screening typically takes less than 30 minutes and the majority of the discomfort is due to the preparation during the day before," Dr. Bailey explained. "Afterwards, patients are just a bit woozy from anesthesia but can return home after a couple of hours and resume normal activity."

"If a polyp is found, it will be removed during the test, and often times no further treatment is necessary," Bailey said.

Patients also should know that while the recommendation for colonoscopy screening is to start at age 50, some patients may have risk factors that require them to begin screening earlier, while others may not have to return for additional screening for years to come.

For Kruszewski, his test results came with good news, "Dr. Bailey said he will see me in 10 years!"

For a physician referral for your colonoscopy, please contact St. Joseph's Hospital-North at (813) 443-2010.

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Sunlake stays calm, steady even after Pasco upset

By Michael Murillo

The Laker/Lutz News Correspondent

Every high school football team has some optimism when they start a new season. But if your first opponent is considered the best in the county — riding a 38-game regular season winning streak — that optimism might be tempered.

Unless you're the Sunlake Seahawks.

The Seahawks never trailed in a 17-6 home victory over the Pasco Pirates on Aug. 30. And even though the gridiron crew from Sunlake High School is considered a strong team in their own right, they know it was a special accomplishment to beat someone who hasn't seen the losing column in the regular season since 2009.

"I hate to rank victories, but it was obviously a huge victory just from the fact that Pasco has dominated everybody in the regular season for so long," said Coach Bill Browning, who has been with Sunlake's football program since its inception seven years ago. That tenure includes a few previous losses to the Pirates, but Browning feels that other milestone wins in the school's history contributed to a sense that they could finally turn the corner against the county's regular-season juggernaut.

The Seahawks had a small lead when the marching bands took the field halfway through. While Browning was feeling good about his team's chances, it wasn't until the opening plays of the second half that he felt like it was going to be Sunlake's night.

"It was a close game going in at half-



Sunlake Seahawks head coach Bill Browning doesn't want his team to become content. Despite ending Pasco High School's four-year win streak, there is still a long road to the district title. (File photo)

time," Browning said. "We went out (to start the third quarter), received the football and took the first play for a long touchdown. That was huge. I think that gave us the momentum in the second half and they (Pasco) could never re-establish that momentum."

That play was a 64-yard touchdown run by the team's starting fullback, junior Logan Wolfe. It was Wolfe's second touchdown of the night and made him the team's star in one of the school's biggest wins. But he's not interested in taking much credit for himself.

"The huge run would never have happened if it wasn't for this team's offensive

line. They produced that huge hole for me to run through, so that 64-yard run was all them," Logan said.

In fact, he credits his teammates on the other side of the ball — the Seahawks' defense, which frustrated Pasco throughout the evening — with the key to the victory. He believes they have one of the best defenses in the state.

Whoever gets to share credit for the big win, Browning is making sure they don't get too overconfident from it. The Seahawks' reward for toppling the Pirates was a tough week of practice to prepare for their next game this past weekend.

Yet Sunlake persevered, beating River

6A-6 Football Standings

Team	W	L	PF	PA
Land O' Lakes	2	0	56	7
Sunlake	2	0	42	6
Mitchell	2	0	65	47
Springstead	1	1	28	2
Fivay	1	1	48	70

Ridge 25-0, and improving to 2-0 on the season.

The team's goals are the same as before — win the district title and reach the state playoffs. But Browning acknowledges that the win gave the Seahawks a boost and a little swagger, and shows the athletes what they're capable of accomplishing.

But Browning isn't adopting any new swagger himself. With around 35 years of coaching experience and more than 20 years in the head coach's role at schools like Hernando High School and Springstead High School in addition to Sunlake, he doesn't allow himself to become too elated and dejected following a single game.

In fact, it wasn't long after the Friday night win that Browning turned his attention to their next opponent.

"To be truthful, Saturday morning I was focused on River Ridge," Browning said with a laugh. "I'm one who never gets too high, and I don't get too low. I try to stay at a happy medium. Coaches who don't do that get on roller coaster rides, and they're the ones who have a tendency to burn out and don't last very long in the game."

CHECK THIS OUT

Senior Slo Pitch registration

The Slo Pitch Softball League, geared toward players older than 60, will host registration Sept. 20 beginning at 8:30 a.m. at the Land O' Lakes Recreation Complex, 3932 Collier Parkway in Land O' Lakes.

Registration will continue every Friday thereafter at the same time.

Teams will be balanced, and will play Friday mornings at the community center.

For more information, call Walt Bockmiller at (813) 527-8211.

U10 tennis festival at MacFarlane Park

MacFarlane Park in Tampa will host a 10 and Under Tennis Festival Sept. 15 from 3:30 p.m. to 5:30 p.m.

The event is designed for tennis players 10 and younger with equipment appropriate for their size.

MacFarlane Park is located at 1700 N. MacDill Ave., Tampa.

For more information, call Barbara Soto at (813) 764-3586, email her at barbarasoto@hotmail.com or visit www.tampabaytennislessons.com.

WCAA soccer readying winter season

The Wesley Chapel Athletic Association is accepting online registration for its upcoming 2013-14 season for both boys and girls.

The cost to play is \$90 for children ages 3-4, and \$135 for kids between 5 and 11. Players receive a game jersey, game socks, soccer shorts and a practice shirt. They will have a chance to participate in eight regular season games, as well as an end-of-season tournament.

Those wishing to play will have evaluations scheduled for the week of Sept. 30 from 6 p.m. to 8 p.m. at the Wesley Chapel District Park, 7727 Boyette Road.

For more information, visit www.WesleyChapelSoccerClub.com.

Holes For Hope seeks sponsors

The Holes For Hope golf tournament, planned for Oct. 7 at Lake Jovita Golf and Country Club, is looking for sponsorships ranging from \$125 to \$2,500.

The event benefits the Boys and Girls Club as well as domestic violence group Sunrise of Pasco County. Prizes include a \$10,000 hole-in-one cash prize, two chances to win a car, and a \$1,000 closest-to-the-pin prize.

For information on how to sponsor, call Linda at (352) 521-3358, or visit www.sun-risepasco.org.

Adult soccer league wants players

With the fall season ready to commence, adult soccer players are being sought to participate in a league that plays men's, women's and coed games Sunday afternoons at CrossRoads Community Methodist Church on County Line Road in Wesley Chapel.

Players must be 18 or older.

For more information, call Colin at (747) 999-5425, or visit NewAPSL.com.

Rolling Valkyries take on Lakeland

Roller Derby kicks back into gear Sept. 29 when The Rolling Valkyries host the Lakeland Derby Dames at Astro Skate, 875 Cypress St., Tarpon Springs.

Tickets are \$8 in advance, and \$10 at the door, with children 12 and younger admitted free. Ticket sales benefit Suncoast Primate Sanctuary.

Doors open at 10:30 a.m., with the bout scheduled to start at 11 a.m.

For more information, visit tinyurl.com/rollingvalkyries.

Golfing for food

Dance Ferrentino Insurance and Strategic Financial Partners are sponsoring its fifth annual charity golf event to support Feeding America Tampa Bay.

The tournament is set for Sept. 27 with a 1 p.m. shotgun start at Westchase Golf Course, 11602 Westchase Golf Drive in Tampa. A Cuban feast and awards ceremony will follow golfing at 5:30 p.m.

Feeding America Tampa Bay is the region's largest domestic hunger-relief charity. It provides food to more than 400,000 people in West Central Florida, and has distributed 35 million pounds of food.

For more information, visit www.danceferrentino.com.

Basketball skills clinic for girls

Saint Leo University's women's basketball team will host a free skills clinic Sept. 28 from 1 p.m. to 4 p.m. at the Marion Bowman Center on the school's campus.

The clinic will be run by members of the Saint Leo hoops team, and is open to girls in grades kindergarten through 12.

For more information, contact Jen Gellock at Jennifer.gellock@saintleo.edu.

Golfing for Alzheimer's

The Alzheimer's Family Organization and Full Circle Financial will host its 13th annual charity golf tournament Nov. 9 with an 8 a.m. shotgun start.

The 18-hole, four-person scramble will have its top three teams awarded, as well as those who had the longest drive, was closest to the pin, and a special hole-in-one prize offered by Friendly Kia of New Port Richey.

The event will also include a continental breakfast, lunch from Argento's Italian Bistro, and prizes.

The cost is \$85 per person, with funds supporting the Alzheimer's Family Organization. The group services Citrus, Hernando, Hillsborough, Lake, Pasco, Sumter, Pinellas and Marion counties.

For more information, call (727) 848-8888 or (888) 496-8004.

Tennis Day of Play

The Tennis 4 U/Tennis Para Ti of Dade city will host a U.S. Tennis Association free tennis play event in celebration of Nickelodeon's

10th annual Worldwide Day of Play on Sept. 15 beginning at 3:30 p.m. at Pasco High School, 36850 SR 52, Dade City.

The event is part of a nationwide effort to get kids active and involved in tennis during National Childhood Obesity Awareness Month in September.

For more information, visit www.youthtennis.com, or call Jeanette Marcus at (813) 417-0061.

Build houses, play golf

Hit the links with a favorite high school golfer and raise money for charity at the same time during the Habitat Business Challenge Charity Golf Tournament, slated for Sept. 20-21 at Silverado Golf & Country Club.

The country club is at 36841 Clubhouse Drive in Zephyrhills, just off Eiland Boulevard.

The tournament, which raises money for Habitat for Humanity of East and Central Pasco County, as well as the golf organizations at Zephyrhills and Pasco high schools, teams a high school golfer with three other players as part of a four-person scramble. That golfer is "purchased" during a talent auction on Sept. 20, ready to play on Sept. 21.

CRay Inc., Bahr's Propane Gas & A/C and Silverado have teamed up to host the tournament. The entry fee is \$250 per business, and is limited to the first 30 business teams that sign up.

The fee includes Saturday golf, three dinner tickets to the Friday mixer and auction, cart, lunch and swag bag. The mixer on Friday begins at 6 p.m., while the tournament itself starts Saturday at 8:30 a.m.

Awards include a first-place business challenge trophy for net and gross, along with gross payouts and net prizes paid through pro shop credits. Silverado is also offering a \$10,000 hole-in-one prize.

To participate or sponsor, call Cliff Howell at CRay at (813) 277-8800, Sean Klotz at Silverado at (800) 853-4653, or Kevin Bahr at Bahr's Propane Gas & A/C at (813) 782-5013.

—Submit your sports updates to mhinman@cnewspubs.com.

Tampa Bay Rebels may look abroad for competition next year

By Michael Murillo
The Laker/Lutz News Correspondent

If you've never seen the Tampa Bay Rebels, a semipro basketball team that plays its home games at Freedom High School in New Tampa, you might wonder if they're any good. Can a local team really play entertaining basketball at a high level?

According to team founder and head coach Fernando Rojas, you'd be pleasantly surprised.

"My opinion is this: We play the highest level of basketball in the Bay area," he said. "We have had players from the NBA's Developmental League, players that played on NCAA championship teams, and many players with experience in European basketball. This combination of skill and maturity elevates the game higher than any college level."

If Rojas sounds confident in his team, it's because they have the history to back it up. Playing in the Florida Basketball Association, the team went 11-1 last year before dismantling the Heartland Prowl in the league's championship game. And in 2013, they followed it up with a 10-2 regular season and another trip to the championship game.

This year, the Rebels came within a basket of back-to-back titles, losing 111-109 to that same Heartland Prowl club they defeated the year before.

According to Rojas, building a winner in such a short time — the club started operations in 2011 — is no accident. He follows a corporate philosophy, which involves individual responsibility and goal setting, and he wants everyone onboard.

That includes staff as well as players. Rojas' director of scouting, Andrew Phillips, has been onboard since before the Rebels existed. Phillips was also involved with the Tampa Bay Sharks, a touring team Rojas founded before the Rebels, and he believes the Rebels' success begins with its founder.

"I think a lot of it just has to do with leadership and the vision that Fernando has put into place," Phillips said. "From an organizational standpoint, we try to have clear goals and objectives, and we've been fortunate to be able to meet most of those."

Those goals include finding talent and executing on the court, but it doesn't stop there. The Rebels stay involved in the community, Rojas said, and he believes it's important for a local team to partner with local charities.

"We all live in the same community: Players, fans and coaches," he said. "It just makes sense to participate and make the lives of others better."

The Rebels already have supported groups like Boys & Girls Club and Habitat for Humanity, and will be involved with the



Tampa Bay Rebels head coach Fernando Rojas gives his semipro basketball team a pep talk from the bench during last year's 10-2 regular season campaign. (Photo courtesy of Fernando Rojas)

Police Athletic League next season. Rojas said he hopes to work with others in the future as well.

The Rebels play their games at Freedom, but that's not the only connection to the school. Rojas is in his fourth year as a volunteer assistant coach for the school's varsity team, and he enjoys giving his student-athletes a chance to connect with veterans who have attained success at the collegiate and professional level.

"Bringing my semipro team to Freedom gives the young players an opportunity to see players who attended renowned college programs and follow their dreams," Rojas said.

Even though the team's season ended last month, the Rebels aren't the kind of franchise to sit idle. Tryouts are scheduled for next March, and Rojas is looking into taking the team abroad to face some foreign competition.

And Phillips already is looking at improving the roster for next season with a focus on size at the power forward and center positions. He hopes to add players who will provide depth, and challenge existing team members for expanded playing time.

As part of his scouting, Phillips looks at local colleges and leagues for athletes who want to continue playing and have the skills to compete at the level the Rebels demand, which ensures that the team retains its local roots.

But regardless of the names on next year's roster, Phillips has confidence in the team because he has confidence in the man guiding them.

"We know what we can do, we know what the goals are, and that they can be met," Phillips said. "And there's a willingness on (Rojas') end to put in the time to get it done."

For more information on the Rebels, visit www.tampabayrebels.com.

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Sunlake def. Gulf, 25-11, 25-12, 25-20

FRIDAY, SEPT. 6 FOOTBALL

Alonso 12, Steinbrenner 7
Pasco 50, Fivay 7
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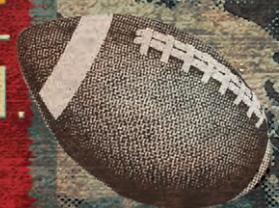
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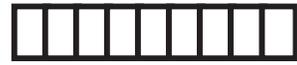


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| | | | | Pour | Vis |
| | | | | Rah | War |
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| | | | | Riper | |
| | | | | Run | |

SOLUTION, PAGE 22

CRYPTOQUIZ

Each of the following cryptograms is a clue to the identity of an Emmy winner. Using the hints J=E and U=Y, decipher the clues to name the winner.

- 1 DRUMJWWU
- 2 FJIKNU
- 3 MRWLJU AOAJ
- 4 WRSIT AKWSJU
- 5 MKP JUJF

I am one of two performers to win five Emmys for a role on the same series:

Answers: 1) Mayberry, 2) Deputy, 3) Barney Fife, 4) Ralph Furley, 5) Bug Eyed, Don Knotts

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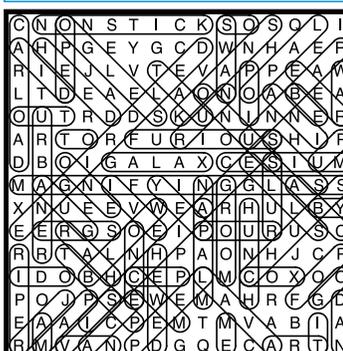
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NEW LISTING
Meadow Pointe Villa in Wesley Chapel! Mint condition 2/2/2 with spacious open great room plan, extra-large kitchen with custom cabinets and granite counter tops. **\$1300/mo** (wri)



NEW LISTING
Four Bedroom in Lutz! Spacious 4/2 convenient to everything. Great room w/fireplace, separate dining room, family room, split bedroom plan, and, privacy fencing. **\$1200/mo.** (hic)



NEW LISTING
Hunters Green in New Tampa! Well maintained 3/2/2 is in immaculate condition and is available immediately for move-in. Gorgeous kitchen with stainless steel appliances. **\$1395/mo.** (wo)



NEW LISTING
Stunning 4 Bedroom in Oakstead! This home features 4/2/2, split floor plan, large kitchen, plenty of cabinets & counter space, breakfast nook and formal dining & living. **\$1495/mo.** (hav)



NEW LISTING
Beautiful Condo at Channelside! A 2/2 condo with updated kitchen in mint condition in the fantastic downtown location has an open floor plan that makes this unit perfect. **\$1900/mo.** (s12)



NEW LISTING
Cross Creek 5 Bedroom in Tampa! This 5/3/2 home sits on a huge corner lot. Yard is big enough for another home! Lawn care is included! Eat in kitchen space. **\$1795/mo.** (cyp)



NEW LISTING
Cypress Creek 4 Bedroom in Wimauma! This 4/2/2 home is only 3 years old. Gourmet kitchen has beautiful stone countertops and cabinets along with a breakfast bar. **\$1400/mo.** (ala)



NEW LISTING
Village on the Pond in Lutz! Excellent condition 3/2/2 on a quiet cul-de-sac with a huge fenced backyard. Spacious open great room floor plan with vaulted ceilings. **\$1200/mo.** (clo)



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