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find out that anyone interested
could make the technologically-
store of cypress vac and sew
through the eye of a needle.
they think of embroidery hoops
think of computers or technology;

penny fletcher
kevin@observernews.net

Technology collides with grandma’s pastime

By Penny Fletcher
penny@observernews.net
It’s not your Grandma’s pastime anymore.
When sewing and embroidery are mentioned, most people don’t think of computers or technology; they think of embroidery hoops and trying to get thread to fit through the eye of a needle. It’s just not that way now. Walking into the newly opened store of Cypress Vac and Sew could make the technologically-challenged draw back, until they find out that anyone interested in buying a machine gets one-on-one instructions besides the classes offered to the general public.
Owner Sherri Huffman bought Cypress Vac and Sew 13 years ago, and operated it mostly as a place that sold and repaired sewing machines and vacuums. But she saw a need for a larger operation, a place where classes could be held, fabric sold and handmade items made and sold on consignment to the public.

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Big Bend Power Station in Apollo Beach.
Big Bend works to meet compliance standards
$76 million benefit to customers

By Lia Martin
lia@observernews.net
By 2016, it is possible that customers serviced by TECO’s Big Bend Power Station in Apollo Beach will begin seeing a cost savings on their electric bill. There are nearly 700,000 customers in the Big Bend service area, including all of Hillsborough County and parts of Polk, Pinellas and Pasco counties.
“Tampa Electric wants to change the ignition fuel at its Big Bend Power Station to natural gas from oil,” said Cherie Jacobs, Tampa Electric/TECO People’s Gas media spokesperson. “All customers will benefit from fuel savings.” The Big Bend Power Station is a coal-fired operation, which uses light oil currently as the startup process — called “lighting off” — to warm up the fires enough to establish a stable flame pattern before the primary fuel is switched on, which in this case is coal. Using natural gas as the ignition fuel is a less troublesome fuel, and it is much cleaner. “The ignition fuel starts the fire,” Jacobs said. “The emission fuel starts the boiler. It will eliminate 30,000 barrels of oil annually. Also of significant importance, according to Jacobs, is that this change will reduce emissions and help the environment. Increasingly, the Environmental Protection Agency is driven to write new carbon-emissions rules because of the potential threat of climate change. Recently, President Barack Obama has been making a push for a transition to renewable energy sources, so it is thought by some that coal-fired
The bull was eventually freed from the pond and apparently none the worse for wear.

Deputy Christina Ammons held the bull’s head above water for 45 minutes.

Deputy rescues drowning Riverview bull

By KEVIN BRADY
kevin@observernews.net

Have you heard the one about the cop and the bull? Only in this case, it’s true.

File it under “Only in Florida,” but a Hillsborough County Sheriff’s deputy waded into a chest-deep retention pond in Riverview last week and helped rescue a 1,000-pound bull from drowning, guarded all the while by a colleague armed with a rifle to protect her from alligators.

The incident started March 28, when a man mowing grass at 6031 Madison Avenue in Riverview noticed what he thought was a cow struggling in a small retention pond. Responding to a call, Deputy Christina Ammons, a 19-year veteran of the sheriff’s office, found her 1,000-pound bull in the water about six feet from land. Ammons, who could see the animal in the water, immediately stripped off her gunbelt and uniform shirt and lifted him out.

With the combined efforts of everyone involved, the bull was successfully removed from the pond and, after approximately 30 minutes, the bull was up and walking and apparently determined he was not injured.

Watch the video of the rescue on YouTube by searching for “Bovine Rescue” or following this link http://tinyurl.com/observer-bull.

Deputy Christina Ammons

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Michelle Halcomb, D.D.S.

PET TIP: Dog parks provide a fantastic opportunity for off-leash play when owners are alert and conscientious. Few things can happily turn your dog like a fellow canine playmate.

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PET TIP: Dog parks provide a fantastic opportunity for off-leash play when owners are alert and conscientious. Few things can happily turn your dog like a fellow canine playmate.
Observations: Leaving home (Part 2)

By MITCH TRAPHAGEN
mitch@observernews.net

The sun rises over Lower Manhattan as seen from a marina in downtown Jersey City, N.J. The new World Trade Center dominates the skyline.

The entire trip was timed to the minute to avoid hitting the rush hours in Washington, D.C., Philadelphia, Newark and Jersey City. Unfortunately, we left Florida six hours late. To make up the lost time, we decided to forgo the comfort of a hotel room and spent a few hours sleeping in a North Carolina rest area — Michelle in our new-to-us minivan with the dogs and cats, and me scrunching into a somewhat leaning position in the cab of the U-Haul truck.

Our new apartment is on a city street, and parking is at a premium. Driving a U-Haul truck into that situation was not something I was excited about. The Jersey City Police Department was nice enough to put up two “No Parking” signs directly in front of our apartment to accommodate the truck. Unfortunately, the two cars we found parked there upon arrival didn’t seem to notice the signs. We found one driver, a woman who moved her car, giving us just enough space to park and get the ramp down. Still, the truck was huge parallel-parked on the relatively narrow street. I wasn’t “city-aware” enough to know that most people fold in their driver’s side mirror. The U-Haul had two mirrors sticking out into the street like elephant ears. At least it did until a passing ambulance smacked into it.

From that point, very little seemed to go right. The previous tenants had left us a filthy apartment, complete with some furniture they had chosen not to move. That was a really bad thing, considering we moved from a nice, two-bedroom suburban home into a city apartment. We had way too much stuff as it was. We had no choice about the filthy apartment — the movers were there ready to work hard; it was raining and getting dark out. We filled the place up with boxes and furniture, and greatly added to the filth with what we tracked in from the wet sidewalk. We also found out that our beautiful living room furniture from Florida would not fit in through the apartment door. Oh, and it was then we found out that the apartment did not come with a refrigerator.

In previous moves we’ve made, we set records in getting our lives arranged and settled. That was not the case with this move. A full week disappeared in a blur of boxes and chaos, with herculean efforts at cramming stuff into every possible nook and cranny.

My desire to flee back to Florida only increased during that time. And then one day, the living room was reasonably clear of boxes and other random detritus, and new, smaller furniture was there. Sammy, the big old dog, was snoozing happily on our tiny futon. I was pretty sure I’d been okay. It was okay for a while. Then we got the apartment. Oh, and it was then we found out that

Continued on page 22

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Positive Talk: Allergies can be an Achilles’ heel (Part 1)

It is hard to be positive, upbeat, and productive when you don’t feel well, and spring is the time that makes many of us feel worst. The very things that should buoy our spirits — green leaves emerging on trees, flowers bursting into bud and warm winds that draw us outside — are the things that work against us if you, like me, have allergies. Like the Greek Achilles, we can be wounded gravely.

Allergies generally cause our bodies to react in a negative manner. They can cause symptoms ranging from a simple runny nose to a heart attack. No matter what the allergy, it should not be treated lightly. For severe symptoms, I suggest getting competent medical care to alleviate the headaches, runny nose and post-nasal drip associated with many allergies.

The most common of the non-food allergies are tree, grass, and flower pollens; cats, particularly, and other animals in general; house dust and dust mites of all kinds.

If you do have allergies, here are a few things that you can do to limit the effect on your system.

• Stay inside on windy days. It is then that the pollens are being carried far and wide. Run your central heating and air conditioning system on fan and draw the house air through your filters even when neither heating nor cooling is needed. Be sure to clean your filters and try to use filters that take out small particles.

• Be careful of the types of plants you grow on your property, and be sure that weeds such as goldenrod or ragweed are not allowed to flourish. Someone with severe allergies to plant pollens should not be involved in lawn care. If they do maintenance chores, such as digging weeds or cutting grass, a mask should be worn similar to the ones used by painters. These masks are available at local hardware stores.

• Since pollens are highest between sunrise and 10 a.m., try to limit your outside activities to other times. If you get your exercise by walking and must do it during those times, a mask will help here, too. It may feel strange wearing a mask, but being able to breathe may well be worth any embarrassment you feel.

• The effects of allergies are cumulative. During the high periods of pollen activity, you may want to keep pets, to which you also may be allergic, outside as much as possible. However, remember that when you bring them inside, they will be covered with pollens picked up outside, and you should keep your distance.

• House plants have pollen, too, so be careful about inside plants. A few potted plants that have not bothered you all winter just may produce the grains of pollen that show you over when everything else is in bloom.

• Wash your face and hands every time you have the chance. That is good advice during the cold and the season, but also applies when trying to avoid pollen.

NEXT WEEK — A few more suggestions on how to defeat or allay springtime’s allergies and improve your attitude.

Hodges is a nationally recognized speaker, trainer, and syndicated columnist. He also hosts an interview-format television program, Spotlight on Government, on the Tampa Bay Community Network, that airs Mondays at 8 p.m. (Bright House channel 959, Verizon channel 30) and Wednesdays at 7:30 p.m. (BASH channel 949, Verizon channel 34). The shows can also be viewed at www.hodgesvideos.com. Phone: 813-641-0816. Email: bill@billhodges.com Website: www.billhodges.com

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By Lia Martin
lia@observernews.net

The American Cancer Society estimates that 136,830 people will be diagnosed with colon cancer in 2014, and that 50,310 will die from it in the United States. That means that we have a one in 20 chance of developing colon cancer in our lifetime. It is the second-leading cause of cancer death in men and women.

Because there are so few reliable symptoms, early detection is important. Educating yourself about your health is one reason why South Bay Hospital provides free health seminars for residents. Richard and Julie Hochfelder regularly attend health seminars in Sun City Center, especially those sponsored by South Bay Hospital.

“We don’t miss any, if we can help it,” Richard Hochfelder said last week, after he and his wife Julie attended the seminar on colorectal cancer prevention given by gastroenterologist Dr. Ashok Dhaduvai.

The Hochfelders are doing what many say they want to do but never seem to find the time or inclination. They get screened for colon cancer.

Dhaduvai says that the bottom line on who gets and who does not get colon cancer is often found in their family medical history. A person’s genetic makeup is a strong indicator of whether someone will get colon cancer. It is a gene defect, and once you have a family history of colon cancer, you have a higher risk, according to Dhaduvai. That is why making an appointment to get a colonoscopy can make a big difference in the outcome when fighting this particular cancer.

“The incident of colon cancer has come down because of screening,” says Dhaduvai. It is the high incidence of polyps in the colon that puts someone at risk for colon cancer. Colon polyps are growths on the inner lining of the colon and are very common. They are important because they may become malignant, or cancerous.

It is thought that, based on their size, number and histology, a prediction can be made on which patients are more likely to develop further polyps and colon cancer.

It is all about the polyps. Dhaduvai’s comment is always: “Take out the polyps!” According to Dhaduvai, no one knows what causes polyps to form inside the colon. And, he says, lifestyle or food choices do not seem to be a reason people get or don’t get polyps or colon cancer. So when should you get a colonoscopy?

If there is no risk factor of colon cancer in a person’s family history, or he or she can have a colonoscopy every 10 years starting at age 50.

With a risk factor, a person should have a colonoscopy every five years, unless that person has had colon cancer.

“In that case, first get one every other year and then every three years,” Dhaduvai said, “to be safe.”

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Tue 08:
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Thu 10:
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  2:30 to 3:30 pm
Fri 11:
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  10 to 11 am
  1 to 2 pm
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Mon 14:
- MONDAY MORNING MOVIES
  10 am to Noon
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- SLOW FLOW YOGA
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  1 to 2 pm
  2:15 to 3:30 pm
Tue 15:
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Wed 16:
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  11 am to Noon
  12:15 to 1:15 pm
Thu 17:
- SilberSneakers® (MSRMO)*
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Fri 18:
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Sat 19:
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  10 am to Noon
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  2:15 to 3:30 pm
Tue 22:
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LIA MARTIN PHOTO

Richard and Julie Hochfelder in attendance at the Healthy Living Series, sponsored by South Bay Hospital.

Richard and Julie Hochfelder in attendance at the Healthy Living Series, sponsored by South Bay Hospital.
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EVERY NEW TOYOTA HAS BEEN RED TAGGED!
Chill on the beach, bang on the drum

A free beach sunset drum circle to begin on Sunday at Little Harbor

By MITCH TRAPHAGEN
mitch@clearwaternews.net

Perhaps a day should not end in silence; particularly a day that marks the end of a weekend. Imagine sitting on a white sand beach watching the sun sink into Tampa Bay and hearing a drum, beating slowly at first, followed by another and then another. And then you join in, matching the rhythm of friends and strangers alike in heralding the end of a beautiful Sunday in paradise. It could inspire a feeling of connectedness, to the day, to the others around you. It could also be much more than that. It could make a difference in your life.

Beginning on Sunday, April 6, just before sunset, Jurgen Wochnik, manager of the Sunset Grill at Little Harbor in Ruskin, will hold a weekly drum circle on the beach at Little Harbor in Ruskin, will hold a

The drum circle is free and open to everyone, the resort. The drum circle is free weekly drum circle on the beach at Little Harbor in Ruskin, will hold a

Mickey Hart spent nearly 30 years as a drummer for the legendary rock band the Grateful Dead. To Hart, drumming and rhythm has long been more than a voca-

tion or a paycheck. According to him, rhythm is life.

In 1991, Hart provided testimony before the U.S. Senate Special Committee on Aging, saying: “People gather to drum in drum ‘circles’ with others from the sur-

rounding community. The drum circle offers equality because there is no head or tail. It includes peo-

ple of all ages. The main objective is to share rhythm and get in tune with each other and themselves. To form a group consciousness. To entrain and resonate. By entrain-

ment, I mean that a new voice, a collective voice, emerges from the group as they drum together.”

Hart is now 69 years old, and his belief in the physical and psychological value of drumming and rhythm appears to have only in-

creased. “It all comes down to vibration and rhythm,” Hart writes on his website. Hart has partnered with neuroscientist Dr. Adam Gazaley of the University of California, San Francisco, to bring science to the art of drumming.

“This is about breaking the rhythm code,” Hart wrote of the collaboration with Dr. Gazaley. “Once we know what rhythm truly does, then we’ll be able to control it, and use it medicinally for diag-

nóstics, for health reasons. To be able to reconstitute the connections, which are broken in Par-

kinson’s and Alzheimer’s, that’s where we are heading.”

For Jurgen Wochnik at the Sun-

set Grill, the drum circle is about circle. It includes people of all ages. The main objective of others, creating, as Mickey Hart told U.S. Senators 23 years ago, “a dis-

individuals and a community. “The drum circle will take place just before sunset on Sunday,” Wochnik said. “Everyone is welcome to come out. People can bring their own drum, but if you don’t have a drum, come out any-

way. This should be a fun thing.”

And the experience of seeing the sunset into the bay on a white sand beach only adds to it. Perhaps such a vivid sight shouldn’t end in sil-

ence but rather in celebration, the sound merging with the artistry in the sky and on the horizon; each person their own drummer but also

The pier at sunset at Little Harbor in Ruskin. To Hart, drumming and rhythm has long been more than a voca-

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TGH Medical Group holds ribbon cutting in Sun City Center

On March 31, Tampa General Medical Group and the Sun City Center Area Chamber of Commerce held a ribbon cutting to welcome new internal medicine physician Dr. Babette Pachence. Dr. Pachence will take patients 18 and older. She is located at 1647 Sun City Center Plaza.

Dr. Thomas G. Rubino, D.D.S., M.S., P.A.
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Easter Buffet
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11am to 5:30pm

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1011 Cypress Village Blvd., Ruskin
Please call for reservation 813-440-4576 Ext. 2
**Carnival wine tasting and dinner gala is this Saturday in Riverview**

On Saturday, April 5, the Riverview Woman’s Club holds its 2nd annual gala Carnival wine tasting and dinner at the Hilton Garden Inn.

The wine tasting, which highlights wines of South America, starts at 6 p.m.; dinner is at 7 p.m. There will also be entertainment and a wine pull.

The cost is $75 per person, with proceeds going to benefit the club’s scholarship program for graduating seniors living in Riverview. Last year the event enabled the organization to provide over $90,000 in scholarships. The Hilton Garden Inn is at 4328 Garden Vista Drive, just off U.S. 301.

For more information, call Kitty Cunningham at 813-394-0301 or Donna Force at 813-528-0692.

**Kim Levesque joins All Bay Insurance**

Kim Levesque has joined the team at All Bay Insurance Group. Levesque grew up in Florida, graduating from Bloomingdale High School and entered the insurance industry within a few years of graduating. Having been an insurer since 2000, she has a great amount of expertise and operates like an insurance doctor who can help diagnose and prescribe the best protection for your situation.

All Bay Insurance Group opened in 2006 in Riverview, and moved its main office to Apollo Beach in 2009. The agency has received numerous Customer Service awards, including the Premier Service Agency designation each year of the award’s existence. The agency was a regional qualifier of the 2014 RE/MAX World Long Drive Championship. "This was a great turnout," said Ed Pichette, broker/owner RE/MAX South Shore Realty. "This was a great event at the Riverview and SouthShore Chambers of Commerce, and the firm pricipal Joel Meek was 2012 president of the SouthShore Chamber of Commerce. All Bay Insurance can be reached by calling 813-677-1121, online at allbayins.com, or by stopping by the office at 1 Flamingo Drive, Apollo Beach.

**Susan Moreland initiated into honor society**

Susan Moreland of Riverview was recently initiated into Phi Kappa Phi, the nation’s oldest and most selective collegiate honor society for all academic disciplines. Moreland was initiated at the University of Tampa.

Moreland is approximately 32,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors, having at least 72 semester hours, are eligible for membership.

**HOLE-IN-ONE**

Joe Maclean of Apollo Beach shot a hole-in-one Feb. 19 at the Apollo Beach Golf Club. The 145-yard ace was on the 12th hole with a 4 hybrid, and was witnessed by Paul Mays and Ed Shapiro.

**FuEe wee Wee ent: Let’s Create!**

— Monday, April 7, 10:30 a.m.

Fuee Wee Artists aged 3-5, with an adult present, will learn an art instructor and have fun creating an art project to take home. Limit 18. Registration is required. Call the Friends of the SouthShore Regional Library or call 813-273-3652.

**Baby Time**

— Monday, April 7, 1:35 p.m.
— Tuesday, April 8, 11:35 a.m.
— Wednesday, April 9, 10:05 a.m.

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

**Puzzlemania**

— Monday, April 7, 3 p.m.

For ages 5 and up. Celebrate the Library’s Centennial by piecing together puzzles made from historical library photos. See the library’s history unfold, piece by piece, in a school early release day. Funded by the Friends of the SouthShore Regional Library.

**Toddlers Time**

— Tuesday, April 8, 10:05 and 10:35 a.m.

Wednesday, April 9, 10:35 a.m.

For children ages 20–30 months and their caregivers – Nursery rhymes, plays, songs and interactive activities make up this engaging 30-minute program that highlights early literacy skills and encourages reading readiness.

**Story Time**

— Tuesday, April 8, 11 a.m.
— Wednesday, April 9, 11 a.m.

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

**Membership**

With the Friends of the SouthShore Regional Library helps provide the funding for free programs offered at the Library. If you are interested in becoming a Member of the Friends of the Library, call Jim Duffy at 813-634-1396, www.southshooreriends.com.
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Technology collides with grandma’s pastime

she had sold — or even carried. She says she can fix just about any make or model as long as the parts are still available.

Huffman does all repairs on site, behind a showroom full of modern equipment, some of which looks almost futuristic.

Take the PR 1000 Entreprene Pro Embroidery machine, for example. This baby comes complete with a computer on the side that tells operators which color embroidery threads to insert into which embroidery needle, and doesn’t make them do it by themselves.

“It’s a 10-needle machine,” said store manager Frieda Durrance, demonstrating it. “It has 10 needles, all of which embroider at once.”

The computer screen attached on the right-hand side of it has many patterns built in, but any store-bought pattern may be added. The machine reads the pattern and tells the sewer exactly what to do.

“You can do things as small as designs on shirt pockets or emblems for teams on ball caps,” Durrance said. “There’s flexibility, from Sundance demonstrates her skill to patterns and the correct way to place a hot iron when not in use, Avery instructs in a child-friendly manner.

There are many less technologically advanced machines available as well, for those who don’t want to take a big leap, but one-on-one instruction and beginner classes make it easy, she explained.

Huffman is especially proud that her new store is big enough to not only allow for instructional classes but also to display the rows and rows of fabric she sells, along with many items made by hand, from purses to pillows.

There’s a “foot of the month” demonstration that teaches about how to use each one of the many (base) attachments that can go on the bottom of the needles of the machines, Durrance said. “There’s a foot for any kind of sewing someone would need to do.”

A children’s sewing class, given by Billie Avery, starts at 10 a.m. Saturdays. From safety to planning to patterns and the correct way to place a hot iron when not in use, Avery instructs in a child-friendly manner.

“I love it,” said Shelby Woolbright of Apollo Beach. At 11, she already knows she loves to sew.

Her mother, Debbie Nimocks, stopped to order a pattern, noticed the class information, and now the class is an every-Saturday morning event for her daughter.

“Shelby started sewing at summer camp in Apollo Beach, and when I saw this class, I knew she’d love it,” Nimocks said.

Huffman said she always knew she would end up owning some kind of sewing business.

“I made my first dress at 12,” she said, never stopping her intricate vacuum repair. “I made all my own school clothes. I had to, I was tall and skinny and hard to fit, and my mom couldn’t find anything I could wear.”

Huffman grew up in Ohio and moved to South County in 1999. She bought the store in 2001. Now that it has moved and been enlarged, she says she has accomplished her goal.

There are embroidery classes at 1 p.m. on Thursdays and quilting classes beginning at 10 a.m. on Mondays. A beginner’s adult sewing class is also planned.

To find out more about the store, machines or any of the classes, call 813-634-8793.

This box of “footers” for the sewing machines comes with many models, and most people who buy the machines have to be shown what footers do.
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C.A.R.E. Pets of the Week

Magnum
Magnum PI is mostly white in front. An American short-hair youngster who was recently brought to C.A.R.E. with his three siblings, Allie, Rascal and Silver. Magnum PI is a bit of a loner as his detective name would indicate. And as such, he absolutely loves to explore the cat towers, but he would like to come to live at a forever home of his own. Why not visit this beautiful guy and give him that home? Magnum has been spayed, microchipped and brought current on his shots.
DOB: July 2, 2012.

Lou
Lou is a male, tricolored Chi-huahua with a spunky personality. Lou is a C.A.R.E. alumni (adopted three years ago) but his caretaker relinquished him to the shelter in February. The caretaker noted Lou is a wonderful dog who is great with kids, cats and other dogs. Lou’s return was not his fault, and he’s still trying to figure out why he’s at the shelter. He’s a sharp-looking fellow who simply wants to settle in a forever home. Lou has been microchipped, neutered and is current on routine vaccinations.

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Volunteering at local RCMA centers

During their spring break, 24 students from Tampa’s Academy of the Holy Names helped the Redlands Christian Migrant Association with numerous projects in the organization’s nine centers in the Ruskin and Wimauma area. Students spent mornings entertaining the 818 children at various sites, with puppet shows, reading books, dramatizing stories, painting and more. Afternoons were spent working with different projects at RCMA, with the materials needed purchased by the group’s chaperons. In addition, the students fulfilled the centers’ wish-lists, which inched by the group’s chaperons. The Red Shield Classic is a project of the Salvation Army Advisory Board of Tampa/Hillsborough County, a group of local business people and community leaders who volunteer their time to help advise on local programs and services as well as raise awareness, support and funds for the Salvation Army.

In addition, the students fulfilled the centers’ wish-lists, which included educational items, sand toys and digital cameras, as well as big-ticket items like a refrigerator, washer and dryer, microwave and a stove. RCMA volunteer coordinators are grateful and hope this collaboration with the Academy of the Holy Names continues forever.

For more information, call Salma Haidernota, RCMA volunteer coordinator, at 813-253-5331.

The format is four-person scrambles; registration begins at 11 a.m., lunch is at noon, and play starts at 1 p.m. The cost is $150 per golfer; sponsorships are available for $2,000 to $6,000. Hunter’s Green is at 18101 Longwater Run Drive, Tampa. For more information, go to www.salvationarmytampabay.org.
Tour de Force charity bike ride

The 17th annual Tour de Force charity bike ride, which is raising funds to benefit the families of four fallen Florida law enforcement officers killed in the line of duty last year, kicks off April 7 in Sunny Isles. Ahead of the five day, 270-mile ride up Florida’s eastern coast, Denny’s Restaurant, 1301 W. Brandon Blvd., Brandon, will host a benefit night from 4 to 10 p.m. Thursday, April 3, to jumpstart local fundraising efforts.

The Brandon Denny’s will donate 20 percent of benefit night sales to Tour de Force. Local law enforcement will also be on hand to meet and greet with guests and sell commemorative 2014 Tour De Force patches for $5. All proceeds from the sale of the patches will be donated directly to the families of fallen heroes.

Approximately 500 participants will ride their bicycles up U.S. 1 April 7 through 11. In addition to stopping by Denny’s during the benefit night, guests are also invited to make donations online at www.floridatourdeforce.org.

“We’re honored to help Tour de Force cyclists gear up for another successful ride,” said John Metz, Brandon Denny’s franchisee. “We hope this benefit night will provide an additional opportunity for our community to show its support for this worthwhile cause.”

Tour de Force. Local law enforcement will also be on hand to meet and greet with guests and sell commemorative 2014 Tour De Force patches for $5. All proceeds from the sale of the patches will be donated directly to the families of fallen heroes.

In the mind of Micah

The unheralded health benefits of laziness

By MICAH BREWER
micah@southbay.cc

I have recently discovered a new technique that has helped me get in better shape. A skill I have honed for years without realizing its true power. After years of practice and focus, I developed the ability to lower my caloric intake, and lose weight naturally. With a little dedication and patience, you, too, could be on the road to a slimmer, happier you. What is this ancient secret lost for centuries, buried under a mountain of diets and exercise plans aimed at making you a better you? Laziness.

That’s right, every time I think about wanting to eat a sandwich, I simply dwell on what a hassle it will be to get up, get out the bread, find the meat and cheese….

Thanks to my dedication to this new paradigm, I’m too lazy to even list the rest of the things required to make a sandwich. Ice cream? At first thought, it may seem like a good idea. I like ice cream; I can feel my feet getting ready to head to the kitchen. And just at the moment I’m about to get up, Triumph! I remember that after I eat that ice cream, my wife will want me to wash the bowl and put it away. Undoubtedly there will be a child looking up at me with longing eyes that agrees with my hypothesis that ice cream is good, and will inevitably ask for their own bowl of delicate ambrosia. And, of course, I will be cleaning up the aftermath of that as well. This is the moment when I stand, or sit, strong! Yes, sir, I simply use my Jedi mind tricks to sit right there on the couch and just keep watching that cooking show that has hypnotized me for the last hour and a half. I wait in rapt anticipation of what my televised companions will say when they taste the culinary masterpiece that has been crafted before my very eyes. The strength of my laziness has defeated the black knight of my gluttony.

Now you might think that at some point I will eventually go into the kitchen and gorge myself on everything in the house, but not so fast. Thanks to my newly acquired skill, I have been too lazy to go to the grocery store and replenish my home with food. I finish off a small box of croutons and some birdseed, and head back to the living room a pillar of strength.

This goes to show that we only have room for so many vices in life. In fact, laziness has stopped me from more than just gluttony. It also keeps me from murder, pillaging of small villages, and vanity. Yes, this little virtue we call laziness has almost assuredly saved me from a life in prison, or peril on the high seas.

You might say that the quickest way to a clean life is developing a strong slothful ethic. You know what they say: “Busy hands are the devil’s playground.” As you embark on your own journey toward a healthy lifestyle, don’t get discouraged if you still get pangs of motivation from time to time. We all do. Just remember that the most important part of standing up is loudly moaning as you lower yourself back into a comfy chair.
Adams Gormley ruled the community plan’s guidelines would have to be incorporated into the Land Development Code to have any legal standing.

While the community plan guidelines are referenced in the county’s Comprehensive Plan, a touchstone document that identifies goals for future development, the guidelines are not specifically laid out in the Comprehensive Plan.

“The fact that these guidelines are not specifically written into the [county’s] Comprehensive Plan or the Land Development Code is not new,” said Mariella Smith. “Everybody knew this from the beginning, including staff, the public, county commissioners and the county attorney, and we were all assured that this was no mistake, and it would not stop the enforcement of our plan’s guidelines.”

Smith, a Ruskin resident, was one of about 30 community activists who helped draw up the community plan, attending almost every meeting over two years between 2003 and 2005. Hundreds of others attended at least some of the meetings, giving their input on future growth.

Now the county is proposing a new amendment to the Land Development Code to fix the oversight.

“The intent of the Land Development Code amendment is to give those guidelines the ability to be recognized,” attorney Gormley said. “The amendment will introduce those guidelines into a regulatory format people can find, give the guidelines status while also recognizing they are not hard rules.”

The draft amendment identifies the four areas as:

Area 1: The Old Ruskin neighborhood west of downtown will feature lower density single-family housing in keeping with the traditional character of the area.

Area 2: This area east of downtown and west of the Interstate 75 employment center will accommodate a variety of housing types, including multifamily and entry-level.

Area 3: This area south of College Avenue will accommodate a more suburban style of residential development with safeguards for the redevelopment of property along the Manatee River.

Area 4: This area southeast of I-75 will retain its rural and agricultural character and provide for enhanced interaction and access to the publicly owned lands adjacent to the Little Manatee River.

The amendment, as written, does not reflect the spirit of the community plan, say opponents, many of whom turned out March 24 at a standing-room-only public meeting on the issue at the SouthShore Regional Library. They would like the proposed amendment to be specific, identifying lot sizes, for example.

The draft “does not reflect the original intent of the community plan, but even worse, it makes this whole land development code amendment pointless,” Smith said in a March 22 letter to county officials. “It lets an applicant choose not to comply with the guidelines as long as they comply with the small bit of the plan’s vision statement. “My sense was that the county representatives at the meeting were not committed to the Ruskin Community Plan,” said John Keith, who, with his wife Glenda, helped draft the community plan.

Keith fears county officials want to keep the community plan, which would be a disaster for Ruskin, he says. “It took us two years to come up with the existing plan,” he said, “and by the time we put another plan together, the development in Ruskin would be a fait accompli.”

Ron Wolfe, who also helped draft the original plan, is cautiously optimistic.

He said his understanding is that the failure to include the original Ruskin Community Plan guidelines in the county code was simply a staff oversight and that the county commissioners are sympathetic to what has gone on and have agreed to help correct the error. “I plan to stay in touch with the issue, but I am hopeful,” Wolfe said.

Joe Moreda, director of the county’s planning and zoning division, said he heard the concerns of residents at the meeting and that the language of the amendment will be changed.

“Our objective is to work with the language [of the amendment] to make sure it’s very clear,” he said. “We want a process where the guidelines are evaluated for the spirit and intent of what the [community] plan articulated.”

Any changes to the amendment can be found at hillsborough.org/landamendments under “Land Development Code 14.0474.”

“The small lots are something the community agreed that we wanted for a certain scale and type of development,” said Smith, who wants a moratorium on Ruskin rezonings until the amendment issue is concluded.

“The county should fix its own mistakes, while continuing to uphold our plan, without making the citizens grind through an unnecessary, wasteful do-over of all the workshops and meetings we did eight years ago,” said Smith, who called the guidelines for lot size, land use and density a “small but integral part of the plan.”

The guidelines were “an easy fix.”

The amendment Code amendment, calling it “an easy fix.”

“If you are not going to meet the letter of the guidelines, then you need to show you are meeting the spirit of the guidelines,” Smith said.

With the process on the fast track, “we have been asked to expedite this,” Moreda said. Smith said she and others will be keeping a close eye on how the proposed draft amendment language evolves.

“They will be hearing from lots of people, including those who want to throw the guidelines out, so will I be watching closely? You betcha,” Smith said.

Have your say at public meetings, by email

Next up for the proposed amendment, is a Board of County Commissioners workshop on the issue, April 8, at the County Center, 601 E. Kennedy Blvd., Tampa. A Planning Commission workshop follows on April 14. Then the first public hearing before county commissioners on the amendment will be held April 24. The Planning Commission will review the issue again May 12 and make its recommendation before a final public hearing prior to the county commission on May 29, when a vote is expected to be taken on the amendment.

A video of the March 24 public meeting on the issue is available on You Tube. Search for “Ruskin land development code.”

Call or email, respectively, your suggestions on the proposed amendment to John E. Healey, executive planner, community development section, 813-276-8393 or healeyj@hillsboroughcounty.org.
Vietnam Veterans welcomed home at memorial park

By KEVIN BRADY
kevin@observernews.net

What a difference four decades make.

Vietnam veterans received an indifferent and sometimes hostile reception 40 years ago when they returned from a war some Americans wanted to forget. But just last weekend the veterans were welcomed home with speeches and salutes.

The “Welcome Home Vietnam Veterans Day” at Veterans Memorial Park on U.S. Highway 301 drew more than 300 veterans and their supporters from all over the Bay area.

“It was about trying to give our Vietnam veterans a well-deserved welcome home,” said Riverview’s Mike Odell, president of the Vietnam Veterans of America, Chapter 787, who was master of ceremonies for the event. “We had an awesome group of people there,” he said. “I couldn’t have been more pleased with the turnout.”

Ending in 1973, the Vietnam War took the lives of more than 3 million people, including 58,000 Americans, and introduced the United States to terms like Agent Orange and Post Traumatic Stress Disorder, or PTSD, which scar the lives of thousands of veterans to this day.

James Bradley, who lost friends in the war, said the welcome home is well deserved.

“Most of the guys in the Vietnam era were told not to wear uniforms because [of] the abuse they got from the people who were against the war,” said the Apollo Beach resident, a former reservist and a member of Rolling Thunder, a national veterans support motorcycle group founded by two Vietnam veterans.

The war changed America, said Bradley, whose children have all served in the military.

“I think it made us a little more isolationist and a little less tolerant of action overseas,” he said.

“Our country doesn’t have the tolerance for any kind of a long-term military involvement.”

Veterans are still suffering, Bradley said. “They have flashbacks and PTSD. I know a Korean War vet [who] was a POW for 38 months, and he tells me he still wakes up with nightmares.”

Dr. Richard Swier, a retired U.S. Army lieutenant colonel who served in Vietnam, and retired Air Force Maj. Gen. David Scott both paid tribute to vets at the event with Rolling Thunder providing a moving POW/MIA ceremony.

Members of the Vietnamese Professionals of Tampa Bay also thanked vets for their service.

Not properly welcoming home Vietnam vets was “the only time the nation has ever failed those who served in 350 years of fighting battles,” said Scott, a former deputy director of the Center for Special Operations at MacDill Air Force Base.

He said, “Today is not a celebration but an observance and a recognition that there was a time that, when exercising our freedom of speech, we as a nation took our anger at the government and frustration with our social issues out on those who were serving the nation [who] did not have a choice,” Scott said.

“The irony is, their service and sacrifice, their pain that still endures, was done to protect that very freedom of speech and thought.”

The military has never enjoyed so much respect as they do today “and the veterans of the Vietnam War paid for that,” Scott said.

Welcoming home Vietnam vets is an honor for Kelly Kowall, president of My Warrior’s Place, a retreat center for veterans, families of the fallen and military service members in Ruskin.

“Vietnam veterans were instrumental in helping us getting the center ready,” said Kowall, who opened My Warrior’s Place after her son, U.S. Army Specialist Corey Kowall, died in Afghanistan on Sept. 20, 2009, while serving with the 82nd Airborne.

“My son was an avid Vietnam history buff, and he was inspired by the Vietnam veterans to become the soldier he became, so it’s my honor that I am able to give back to them,” Kowall said.

While he was pleased with the attendance, Odell was not happy with the absences of local politicians.

“They were all invited, from the state level on down,” Odell said.

“We’ve been kicked around and kicked around and our government has this 50th Vietnam commemorative that we are part of, and we had no government officials at any level who were there,” said Odell, who is also president of the Hillsborough County Veterans Council.

Odell also works with homeless veteran support groups and collects furniture, household goods and clothing for vets. To donate or for more information, call Odell at 603-234-3363.
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ACTS 2:39
THE SAVVY SENIOR
How to get help with Medicare decisions

Dear Savvy Senior,
Where can I get help with my Medicare decisions? I’m approaching 65 and could use some help sorting through the different Medicare plan options that are available in my area.

Almost Eligible
Dear Almost,
The options are confusing. Some are available to Medicare beneficiaries today and can be overwhelming. In addition to original Medicare (parts A and B) that has been around for 49 years, you also have the option of choosing a Part D prescription drug plan and a supplement (Medigap) policy—or both of which are sold by private insurance companies. Or, a Medicare Advantage plan, which covers health care, prescription drugs and extra services all in one.

One way to help you figure out the Medicare plans for you, there are a variety of services and tools available today, depending on how much help you need. Here are several to get you started.

Free resources
A good starting point to get familiar with Medicare is the Medicare & You 2014 handbook that gives an overview of the program and your options. You can read it online at medicare.gov/pubs/pdf/10505.pdf, or you should receive a free copy in the mail one month before your 65th birthday.

The Medicare website also offers a “Plan Finder” tool at medicare.gov/find-a-plan that can help you find and compare health plans, supplemental policies and prescription drug plans in your area. Or, if you don’t have Internet access, or don’t feel confident in working through the information on your own, you can also call Medicare at 800-633-4227 and a customer service representative will do the work for you over the phone.

Other resources that can help include planprescriber.com or healthmedicare.com, two websites developed by eHealth Insurance that will compare Part D, Advantage and supplemental plans in your area and connect you to a licensed insurance agent.

In addition, the Medicare Rights Education and Advocacy Center offers free Medicare counseling in most local communities.

For tips on choosing a top Medicare Advantage plan, see the Health-care.com Cost Share Report at medicarewatch.com. This resource lists the best Advantage plans by area based on your health status.

If the free services don’t cut the mustard, and you need some additional help in making your Medicare decisions, there are a handful of fee-based companies that are very helpful.

One of the best is Allsup Inc. (ama.allsup.com, 866-521-7655), which offers a Medicare Advisor service that takes your personal information online or over the phone, such as the prescription drugs you take and the doctors you use, and provides you with customized advice about the best Medicare plans that match your needs and budget. They’ll even help you enroll in the plan(s) you choose. Fees for their services range between $200 and $495, depending on how much help you need.

Another option is Healthcare Navigation (healthcarenavigation.com, 877-811-8211), which charges $750 to $755 for a 90-minute comprehensive Medicare consultation.

Commission-based
Another way to get help with your Medicare enrollment is to consult an independent insurance agent. Agents typically get paid a commission to sell you a policy, although they offer plans from a number of providers. The Independent Insurance Agents and Brokers of America have a directory on their website (see independentagent.com) that lets you search for agents in your area. But keep in mind that agents typically specialize in the Medicare plans they represent, rather than all the plans in your market.

To help you figure out the Medicare plans for you, there are a variety of services and tools available today, depending on how much help you need. Here are several to get you started.

Free resources
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In addition, the Medicare Rights Education and Advocacy Center offers free Medicare counseling in most local communities.

Field of Honor ceremony set for April 12
At 11 a.m. on Saturday, April 12, the Hillsborough County Veterans Council will conduct its quarterly Field of Honor ceremony at the Veterans Memorial Park, 3602 U.S. 301 North, Tampa, to honor all Army, Navy, Air Force, Marine and Coast Guard service members and their families who have made the supreme sacrifice during the last three months, January through March, while engaged in this country’s War on Terror in Operation Enduring Freedom.

This quarter’s event will be hosted by the American Legion Riders, Alafia Post 148, Riverview, and the Rolling Thunder, Florida Chapter 1. Lt. Col. Santen, 11 Color Guard.

The invocations will be said by retired U.S. Air Force Chief Master Sgt. Larry Westcott, Veterans Council chaplain. There will be a flyover by the missing man formation by Ye Mystic Air Krewe, followed by taps and a rifle salute by the Riverview Detachment of the Marine Corps League.

This event is open to the public, and all are encouraged to attend to show support for America’s service members. For more information, call Walt Raysick, president of the Hillsborough County Veteran Council, at 813-653-4024 or email wrraysick@verizon.net.
More than 70 percent of boaters involved in accidents never had boating safety education

About Boating Safety is a beginner boating course presented by U.S. Coast Guard Auxiliary Flotilla 75 in Ruskin. The course will give you the knowledge needed to obtain a Florida Boating Safety Education ID Card. In addition, many boat insurance companies offer discounts on boat insurance to boaters who successfully complete About Boating Safety. The course will be presented from 7 to 10 p.m. on three consecutive Thursday evenings: April 24, May 1 and May 8. The location is the Tampa Sailing Squadron, 1250 Apollo Beach Blvd., Apollo Beach.

The cost is $40, which includes the textbook, but seating is limited. To pre-register, send a check or money order for $40 made out to USCG Auxiliary Flotilla 75, P.O. Box 692, Ruskin, FL 33575-0692. For more information, call Gay Mandigo at 813-641-2488.

FCC schedules Brenda Knowles ‘Inside Journalism’ series

At 7 p.m. on Tuesday, April 8, the Firehouse Cultural Center will present “The Word in Print,” the first in its Brenda Knowles ‘Inside Journalism’ series. Distinguished guest columnists at this inaugural panel conversation are Ernest Hooper and Daniel Glenn from The Tampa Bay Times, and Steve Otto of The Tampa Tribune. Hooper, East Hillsborough Bureau chief and columnist, joined The Times in 1992 and has worked as a prep sports writer and editor, TV/radio sports columnist, NFL writer, news columnist and unofficial ambassador for the newspaper. His commentaries about family, community issues and political perspectives have helped Hooper connect with readers over the years, but he’s probably best known for his signature tagline, “That’s all I’m saying.”

Ruth has worked for four decades as a reporter, film critic and columnist for The Tampa Tribune, The Chicago Sun-Times and The Tampa Bay Times. He also has worked as a radio talk-show host and as an adjunct professor at several universities. In 2013, Times editor of editors Tim Nickens and columnist Ruth won the Pulitzer Prize award for a series of editorials that encouraged Pinellas County to resume adding tide to the drinking water.

Steve Otto has been a columnist for The Tampa Tribune for nearly four decades. He is noted for his often hilarious and sometimes poignant view of life. He has been a sportswriter; food, movie and television critic; political writer; editor; and columnist. His second book, Spirit of the Bay, is a history of the Tampa Bay region, and a copy is in the city’s time capsule downtown. He is the winner of numerous awards in journalism. The Inside Journalism series has been established to honor the impact Brenda Knowles made as the publisher and editor of The Observer, South Hillsborough’s award-winning community newspaper. She worked from 1988 until her death in January 2014. Her passion was to create a newspaper that was open to the public and a “relevent focus on sharing good news.”

Subsequent Inside Journalism panel discussions will focus on Print, Photo Journalism, Broadcast and online media. Inside Journalism is free and open to the public. However, seating is limited. To reserve a seat, go to www.firehouseculturalcenter.org or call 813-645-7651.
The 2014 Riverview Relay for Life Committee that put the whole day’s events together was working hard at the registration desk, but four of the group leaders agreed to sit, for just a minute, for this photograph. From left are Connie Bishop, Alyssa Uptegraff, Amanda Williams and Linda Williams. Co-chairwomen of the event Jennifer Pettit and Jennifer Caskey were busy preparing the field while these women manned the tent.

By PENNY FLETCHER
penny@observenerw.com

It was the first time South County’s Relay for Life, held at Riverview High School this year, didn’t last 18 hours.

Severe rain and thunderstorms caused the teams and spectators gathered on the football field to go into the gymnasium shortly after the opening ceremonies this past Saturday, March 29.

There wasn’t a hint of a cloud during the setup as 49 teams with 791 participants gathered in the carnival-like atmosphere prepared by the International Independent Showmen’s Association.

“This is our third year participating,” said Teresa Rimes, who led the Showmen’s team. “This puts us over the $100,000 mark,” for donations to fight cancer by helping with the relays. Rimes said Showmen’s also had the volunteer job of carrying out the theme of this year’s event, which they apply named “Carnival.” They set up everything from a ticket booth to a tall Fun Slide and booths selling food and hawk ing games.

Caramel apples, lemonade and hot dogs helped fuel the participants from the start.

Opening ceremonies went off without a hitch, with keynote speaker Karen Lewendowski leading the fight of the cancer survivors with an inspiring talk about the years since her first diagnosis in 2006.

“I was initially diagnosed with breast cancer in the spring of 2006,” she said. “Then in September of 2010, cancer was back. I was admitted to LifePath Hospice. But I continued to go to Hillsborough Community College while on hospice care.

In November 2011 I was discharged from hospice and enrolled into their Hospice Support Program, but I was discharged in December of 2012.”

Then in February, she found that the cancer had moved to a lung. A hospitalization and a bout with pneumonia followed, but by April, Lewendowski began chemotherapy, and in May she graduated with honors with a purple Mohawk style haircut before losing all her hair.

“Living with cancer is like driving in the fog,” she said. “We plan our days and our goals by the feet instead of by the mile. We squeeze in the fog,” she said. “We plan our days and our goals by the feet instead of by the mile. We squeeze in the fog,” she said. “We plan our days and our goals by the feet instead of by the mile.

Lewendowski began chemotherapy recently. Having cancer since 2006, Lewendowski says she emphasizes living life to the fullest — not just every day, but every moment.

Many on the track during the Survivors Lap are in remission. Others are not. It is always the first lap of the relay, followed by the Caregivers Lap.

The rain held off in the beginning but soon began in torrents. Finally the teams, who had prepared to stay for the entire 18 hours of the event, had to leave the field.

The high school opened its gymnasium to them, where the Luminaria was held at 4:30 p.m. instead of at dusk, and the closing ceremonies with glow sticks came shortly afterward.

It was reported that South County’s effort had brought in more than $97,689.72, with some money still uncou nted.

The annual Relay for Life is a benefit for the American Cancer Society to help in prevention, education, treatment and research in an attempt to wipe out cancer.

Its motto is “Every birthday celebrated.”

This year’s Florida Relay motto was “Finish the Fight.” The American Cancer Society also has various programs to assist those at just about every stage of treatment and recovery.

Reach to Recovery is a program where specially trained survivors encourage those just diagnosed. The Look Good Feel Good program has cosmetologists, barbers and other beauty specialists who offer free advice and sometimes even hands-on help to make those who have lost hair or have other visible symptoms find ways to dress to make themselves feel more confident. Transportation services to treatments also are included in the Road to Recovery program.

Nationally, approximately 5,200 community relays take place annually on the same day in March.

To find out more about the American Cancer Society or its programs, visit www.cancer.org or call 800-227-2345.

| April 3, 2014 | OBSERVER NEWS • SCC OBSERVER • THE CURRENT • 21 |
new sofa. Despite being in our new place for a week and despite being only 20 minutes from Manhatten, we had yet to make a trip over to the city that we had come to love after numerous visits over the past few years. That morning I hopped a train and stepped out in Midtown and made a short walk to what is arguably the world’s best photography store. I stopped for a quiet, leisurely lunch and then rode the train back home. It was a good day. It reminded me, a little at least, of why we were here. My genetic history with New York and New Jersey goes back more than 350 years, with my direct ancestor, Willem Traphagen. I met my wife, however, in a small town in Iowa. I moved to a small town in Iowa. I met my wife, however, in a huge metropolitan area. It turns out that there are good people everywhere. Almost without exception, we’ve encountered kindness over big-city callousness. And, we’ve discovered that we’ve had to restrain our Midwestern ingrained predilection for saying “Thank you,” because every single time we say it, people respond politely with “You’re welcome.” Even when we’ve said it three or more times in a single sentence. There is so much to love, yet, like every place, it has its share of problems. But those days in the summer the smell is…”

At anytime of the day or evening, I can step out our door and see people walking along the sidewalks — from young families to the elderly, going about their lives. On that first, horrible day here, we met nearly as many neighbors as we knew in Ruskin, and many of them offered to help. The neighborhod liquor store gave us a cooler to help until a new refrigerator was delivered and, the next day, while Michelle and I were struggling to get an old motorcycle down the ramp of the U-Haul truck, a young mother pushing her child in a stroller stopped and offered assistance. Almost without exception, we’ve encountered kindness over big-city callousness. And, we’ve discovered that we’ve had to restrain our Midwestern ingrained predilection for saying “Thank you,” because every single time we say it, people respond politely with “You’re welcome.” Even when we’ve said it three or more times in a single sentence.

Attention Homeowners: Michael Holland, owner of WeatherTite Windows, announced a great savings plan. His $0 down program, along with reduced pricing, is great for homeowners who are in need of replacement windows and doors. All the homeowners who respond within two weeks from the date on this notice and purchase energy-efficient windows or doors are eligible to make this purchase with no money down and have a fixed minimum payment or no interest, no payment program. Mr. Holland emphasized the program is effective immediately and he will be able to arrange low monthly payments to suit the budgetary needs of each home. This amazing program allows you to purchase windows now and pay later, while taking advantage of the “no cost now” program. This very special program features the finest vinyl windows and fiberglass doors manufactured in Florida. WeatherTite Windows and Doors come with 7 great warranties, meet stringent codes for hurricanes and provide year round energy savings for your home. In addition, for the next 2 weeks only, new clients who purchase WeatherTite Windows will get a special offer. Buy 2 windows and Get 1 FREE, PLUS receive a FREE fiberglass entry door with minimum purchase. Certain restrictions apply and doors are limited.
Dear EarthTalk:

What is the environmental impact of those “K-Cups” everyone seems to be using nowadays to make coffee at both home and office?

— Chris B., Stamford, CT

K-Cups — those little one-serve coffee containers that allow people to brew one cup at a time in a special machine — have taken over the Keurig brewing machine — are all the rage these days. Each K-Cup is made up of a plastic outer container with one cup’s worth of ground coffee and a small filter inside, capped off with a foil lid. They go into Keurig brewing machines, which pierce the bottom of the K-Cup with a nozzle that then forces hot water through the coffee grounds and filter, and then out into the drinker’s cup. K-Cups and the Keurig brewers are convenient and require little to no clean-up while producing gourmet quality coffee for a fraction of the price that a retail coffee shop would charge.

Environmentalists’ beef with the Keurig system is in the single-use, non-recyclable nature of the packaging, given the implications for our waste stream. The individual parts of a K-Cup (plastic, paper, and foil) could theoretically be recycled on their own, but the combination is too small and messy for recycling facilities to be able to sort. So our only choice is to throw the whole K-Cup pack, lock stock and barrel, into the garbage. Each pound of coffee consumed sends 50 K-Cups to the landfill. And with upward of 17 million U.S. households and offices possessing Keurig brewers these days, billions of K-Cups are already ending up in landfills every year.

Keurig Green Mountain, the company behind the Keurig revo- lution, is on the case about the bad environmental reputation it is developing over the issue. As a first step, it launched its Grounds to Grow On program in 2011, where participating retailers will charge a fee and reuse K-Cups. An easier option would be refilling with ground coffee and using reusable K-Cups — most of them are made out of stainless-steel mesh and can theoretically be recycled, but are ready to forgo the convenience of the K-Cup with a nozzle that turns the used coffee grounds into compost and sends the rest out to be incinerated in a “waste-to-energy” power plant. Critics point out, though, that waste-to-energy is hardly green, given the airborne pollutants released from incinerator smokestacks and the fact that, in the words of Julie Craves of the Coffee & Conservation blog, recycling is the enemy of the never-ending stream of garbage needed to feed waste-to-energy facilities.

In 2012, Keurig Green Mountain, realizing it still had a lot of work to do on sustainability mat- ters, undertook a life cycle as- sessment across its product lines — and set ambitious sustainability targets to achieve by 2020. Chief among them is to make all K-Cups 100 percent recyclable. Other goals include ensuring responsible sourcing for all its primary agricul- tural and manufactured products, reducing life-cycle greenhouse gas emissions of its brewed beverages by 25 percent compared with the 2012 baseline, and achieving zero waste-to-landfills by its manufac- turing and distribution facilities.

Those who love the Keurig sys- tem but are ready to forgo the en- vironmental guilt sooner than 2020 have some options. Julie Craves reports that used K-Cups can actually be refilled with ground cof- fee and reused. An easier option would be buying a reusable Keurig — most of them are made out of plastic with a stainless-steel mesh filter. Still the best choice for the environment, however, might be getting the old traditional coffee pot out of storage and brewing up several cups at once — just like the old days.

EarthTalk is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of - The Environmental Magazine (www.emagazine.com). Send ques- tions to: earthtalk@emagazine.com.
Re redeemers to meet

The women’s organization of Redeemer Lutheran Church (Women of the ELCA) will meet on Wednesday, April 16, beginning with refreshments at 9:30 a.m.

The program, beginning at 10 a.m., will be about a Lutheran Disaster Response Ministry, and everyone is invited to attend.

The meeting will be followed by a business meeting and luncheon. For more information, call 813-634-1292.

The Power of His Touch

Simmons Loop Baptist Church will present the gospel story of Jesus in a musical drama on Sunday, April 13, at 6 p.m.; Friday, April 18, at 7 p.m.; and Sunday, April 20, at 10 a.m. and 4 p.m. The presentation, The Power of His Touch, is free and open to the public. The church is at 6610 Simmons Loop, Riverview, 1/4 mile south of Big Bend Road off U.S. 301. For more information call 813-677-9310 or visit www.SimmonsLoop.org.

Area Obituaries

Hazel Marie Martin

Hazel Marie Martin, 81, a longtime resident of Sun City Center, Fla., peacefully passed away March 27, 2014. She was a retired registered nurse and director of nursing.

Most of all, Hazel’s heart was her dedication to the church, and she held many leadership positions over the years at SCC’s United Community Church/United Church of Christ, including church moderator, photography and publicity. Her interests were many: she was a member of the SCC Bridge Club, RN Club and Garden Club, just to name a few. Volunteer work was important to Hazel, and she was highly committed to the American Cancer Society, led Women with Cancer Concerns classes, and was a leading fundraiser of Relay for Life. Hazel was honored with numerous awards such as Volunteer of the Year 2004, Florida UCC Lay Woman of the Year 2005, and Hope Woman of the Year 2005, and her dedication to the church, and for the last 30 years, chairing and loving friends and family.

Hazel was a loving wife, mother and grandmother. She was predeceased by her parents Henry and Martha Schone, her husband Thomas Thomas Ray Martin (who passed away in 2009) and her four children, Laura Martin, Lisa Martin, William (Susan) Martin, and Tinn (Theresa) Martin. Survivors include nine grandchildren, three great-grandchildren and a sister, Sylvia (Mark) Schoder.

The family will receive friends from 2 to 4 p.m., Wednesday, April 2, at Sun City Center Funeral Home, 1851 Rookerbacken Drive, Sun City Center. Funeral services will be at 4 p.m. Thursday, April 3, at the United Community Church/United Church of Christ, 1501 La Jolla Ave., Sun City Center. In lieu of flowers, memorials may be made to the American Cancer Society. Attn: Yari Payne, 1501 W. Colonial Drive, Orlando, FL 32804. Arrangements by Sun City Center Funeral Home.

Edward Then

Edward Then, 83, called home to heaven April 6, 2014. He leaves behind his beautiful wife Maggie, whom he deeply loved. They were married for more than 60 wonderful years. They were residents of Sun City Center, Fla. to 4 p.m. and noon. Following Mass, all are invited for a time of fellowship in the Conesa Center, where coffee and doughnuts will be available. The church welcomes you to the community and hopes you will join it for worshipping. Prince of Peace Catholic Church is located at 702 Valley Forge Blvd. in Sun City Center. For more information, visit www.popcc.org or call 813-634-2328.

Women’s Bible study features “Gideon” by Priscilla Shirer

Have you ever felt frustrated and thought, Could it be that your weaknesses are the keys that unlock God’s strength? Through a look at the life of Gideon, you can discover how to stop ignoring or trying to escape your weaknesses, you can see the gifts given specifically and strategically by God to unlock the door of His strength.

Beginning Monday, April 21, at 6:30 p.m., the women of South Bay Church, and surrounding communities, will gather for an eight-week study of Priscilla Shirer’s Gideon. This study is open to all women in the area; you do not need to be a member of South Bay Church. Register online at www.SouthBayChurch.org under the events tab. The cost is $15 and includes a workbook. Childcare, with advanced registration, is $5 per family, only. For more information, email faith@sbchurch.org or call (813) 677-0721.

In lieu of flowers, donations may be made to Sun City Center Emergency Squad, 702 Valley Forge Drive, Sun City Center, FL 33573.
Area Places of Worship

Southside Baptist Church
“A Warm, Loving & Friendly Church”
4208 U.S. Hwy. 41 S • Sun City, FL 33576 • 813-645-4085
“Singing is How We Worship & Coffee”...9:00 a.m. Sunday Eve Services ... 7:00 p.m. Sunday School ... 9:15 a.m. Sunday Morning Worship ... 9:00 a.m. Thursday Morning Prayer ... 11:00 a.m.
www.firstchristiansuncitycenter.com
Phone: 813-419-4930
Minister Mike Grant
From Marches to Mozart at UCC
The South Shore Concert Band presents its annual Spring Concert in the Great Room of United Community Church in Sun City Center at 7 p.m. on Monday, April 7. Director Ken Lacey has formed this year’s program “From Marches to Mozart.” Among the evening’s selections are Sousa’s “Semper Fi” and Mozart’s Symphony No. 40, 1st Movement.
Also in the evening’s presentation are: Concerto for Drum Set and Band, featuring percussionist Jerry Chesbro and I Dream from Les Miserables, featuring Annette Stanton on French horn. Another highlight of the evening will be Morton Gould’s American Salute-The United Community Church is at the corner of North Pebble Beach Boulevard and La Jolla Avenue, Sun City Center. Admission is free, but a free-will offering will be taken.
Two choirs, two congregations, one concert
The next concert in the Prince of Peace Celebrate Music series will take place on Sunday, April 6, at 4 p.m. in the church.
The concert will feature the joint choirs of Prince of Peace Catholic Church and the United Methodist Church of Sun City Center. The choirs will sing Fauré’s Requiem.
Gabriel Fauré was a composer, organist, pianist and teacher. His best-known works include the Requiem and Nocturnes. Fauré composed his Requiem between 1887 and 1900, and it became his best-known choral work. It is a short work and is written for orchestra, organ, mixed chorus and two soloists. It contains seven movements, with great color and variety. Prince of Peace Catholic Church is located at 922 Valley Forge Blvd. in Sun City Center. For more information, visit www.popcc.org or call 813-643-2328.
New Bible study group forming
Aglow, a spirit-filled Christian women’s group, is forming a new Bible study group, with the subject matter and time to be chosen by the participants.
Anyone interested in joining should contact Carol at 813-633-7799.

First Church of Christ, Scientist
204 2nd St. N.W. • Ruskin, FL 33570
(813) 645-6102
Sunday Service ........................................... 10 a.m.
Sunday School .......................................... 10 a.m.
Wednesday Service .................................... 5 p.m.
Reading Room ............................................ Wednesday 4 to 4:45 p.m.
All Are Welcome

Redeemer Lutheran donates handmade quilts to Mary & Martha House
From Brenner, left, and Dorothy Peterson, second from left, from Redeemer Lutheran Church, present quilts to staff from Mary & Martha House, the local shelter for abused and homeless women and their dependent children. The quilts were made by Karen Eaton, a group of women who quilt at Redeemer Lutheran every Friday morning. In the last year, they sent 40 quilts to Lutheran World Relief and donated many others to local charitable organizations.

A Complicated Argument is topic
Millions of Americans reject a pro choice approach to abortion on the grounds that the procedure is murder. The Rev. Robert P. Tucker, Ph.D., in his sermon to the Unitarian Universalist Fellowship of Sun City Center on Thursday, April 3, will show, from a philosophical and ethical analysis, why early stage abortion is not murder.
The Fellowship meets at 7 p.m. in the Henry Gibson Social Hall of the Beth Israel Synagogue on East Del Webb Boulevard. All are welcome.

Note II: Taking a Chance on Love is film at UMC’s Friday Night at the Movies
At its next Friday Night at the Movies on April 11, the United Methodist Church of Sun City Center will show The Note II: Taking a Chance on Love.
The movie starts at 6:30 p.m. The doors open at 6:15 p.m. The Life Enrichment Center open early for the enjoyment of freshly popped homemade cookies, tea and the reunion of friends and neighbors.
The United Methodist Church is at 1210 W. Del Webb Blvd., Sun City Center.
AIR FORCE

The following airmen completedTerrah intensive, egdrug program that included training in military discipline and studies, Air Force core values, physical fitness and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate's degree in applied sciences through the Community College of the Air Force.

Air Force Airman Alex Jordan Reese graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

Sutton is the son of Gloria Gard-

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Sutton is the son of Gloria Gard-
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Saturday 8am-5:00 P.M. 2003 Del Webb West Dr. SC. 72” tan leather couch, Rattan coffee table, butcher block small table, Numerous house items, box full rose sculptures (20x63) Men’s white tuxedo 48” Patten shoes 10w, suite 36, Ladies 2x large jackets & beaded evening wear. Designer 4 petite clothes, 6 1/2 shoes. Australian crystal west ern belts, new-Harley shirts, new (2) twin size magnetic mattress pads.

Rain out yard sale 408 Edwin Dr. Ruskin. Friday & Saturday, 8am-2pm.

310 GARBAGE/YARD SALE
Household items, clothes, furni ture, et al. 11011 Hackney Dr., Riverview

Yard sale, April 5, & 6 9:00 a.m.-7:00 p.m. 20112 Peninsula Dr., Gibsonton. Many items vintage or one of a kind, fine china, figurines, uniforms, old clocks and other must-see items. We accept all CREDIT CARDS.

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Let us get done in one day what it takes the other guys a week to do. We will pack-up and pick-up one room or the entire house for a QUICK, PROFITABLE, TROUBLE-FREE EXPERIENCE.

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901 El Rancho Dr. Sun City Center. Fri. & Sat. April 4 & 5 7 a.m. - noon • Park on Side of Sale Only • (813) 783-2700

312 ESTATE SALES
Jim’s Estate Sale
347 Calusa Palms Dr. SCC
Take E. Del Webb to Calusa Palms Dr. turn left. After @ the stop sign, house is on the right.

312 ESTATE SALES
Ruskin United Methodist Church
11300 E. College Ave. • Ruskin

313 APPLIANCES
For sale Whirlpool side by side, ice/ water in door, refrigerator, 26 cuft, black, perfect condition, almost new. $350 call (813) 938-1302

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Golf carts wanted. Buy sell, trade. For best results. Working in Sun City Center for 26 years. Please feel free to call about the sale or repairs. Bundled • Licensed
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M & C

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**TECO compliance standards**

*Continued from page 1*

generating stations may become a thing of the past. It was projected that by 2020, some 90 percent of proposed power plants would be shut down because the newer standards set by the EPA would be too stringent and costly. Coal-fired plants would have to spend hundreds of millions of dollars to make the necessary changes, such as adding scrubbers. In 2009, Mother Earth News reported that 95 proposed coal-fired power plants had been canceled or postponed in the U.S. in 2007, 2008 and at least 12 by early 2009. Instead, new coal-energy plants are being built worldwide as emission controls and clean coal technologies keep coal-plant construction costs low enough for the operations to still make money after they come online. Owners of coal plants are working to bring their stations into compliance, instead of closing them.

Last month, Gina McCarthy, EPA administrator, was at the IHS (formerly Information Handling Services) CERAWeek (Cambridge Energy Research Associates) energy industry conference in Houston. McCarthy said the agency’s latest carbon-emission regulations will not disadvantage coal-fired plants, in spite of the new standards. The rules, in draft form, will be released in June and will undergo a 12-month review before they become law.

“Let me be clear about one thing,” McCarthy said. “Conventional fuels like coal and natural gas are going to play a critical role in a diverse energy mix for years to come.” It is estimated that owners of coal-fired plants have invested more than $30 billion in flue-gas desulfurization systems between 2007 and 2011 to update their operations, according to a 2013 report from the U.S. Energy Information Administration. In an effort to stay in compliance, Tampa Electric has continually met these requirements at its four power stations, including Big Bend. At Big Bend, they installed flue-gas desulfurization systems or “scrubbers” in all four units by the end of 1999, which means that the system has removed 95 percent of sulfur dioxide from all units, and met the standards set by the 1990 U.S. Clean Air Act Amendment. In 2004, they minimized emissions of particulate matter by approximately 71 percent from their stacks. Other changes they have made are the combustion upgrades, which reduced sulfur dioxide emissions by nearly 80 percent. Later, they said, they invested $52 million in scrubber upgrades, which reduced sulfur dioxide emission by 8 percent from 1998 levels.

Tampa Electric is waiting for approval from the Florida Public Service Commission before starting on the $21 million project that will replace the ignition fuel with natural gas at Big Bend. They expect to receive a decision by June. Construction will begin in spring 2015.

“This project would benefit Tampa Electric customers in multiple ways — by reducing fuel costs and improving environmental performance,” said Gordon Gillette, president of Tampa Electric. “This is yet another example of our environmental leadership.” How much that savings would mean to every household is not yet known, according to Jacobs. However, Jacobs said that what this means in dollars and cents to replace oil with natural gas will save customers $76 million in fuel costs over the life of the units and reduce dependence on foreign oil. Florida PSC needs to see that certain criteria would be met before they approve a project of this size, said Jacobs. She said that before the commission will consider approval it will be looking at how prudent the expense and investment will prove to be, as well as the cost benefit to the customer, and finally, whether it will help the environment. If coal-fired Big Bend units will be replaced as each unit goes into scheduled maintenance outage. The time frame for this project is between March and November 2015.
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### BELMONT

**SouthShore • Community Code: 52**

Single Family Homes from the $200s

<table>
<thead>
<tr>
<th>FLOORPLAN</th>
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### RIVER BEND

**SouthShore • Community Code: 57**

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### COMING SOON to the SouthShore Area!

**AYERSWORTH**

**SouthShore • Community Code: 27**

Single Family Homes from the MID $200s

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**SUMMERFIELD**

**SouthShore • Community Code: 37**

Single Family Homes from the MID $200s

**WATERLEAF**

**SouthShore • Community Code: 15**

Single Family Homes from the MID $200s

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