By B.C. Manion

Up for Swamp Fest

Community gears previous Swamp Fest. (File photo, Zachary Poole of Land O' Lakes rides or 15 games and seven or eight food ven-

and $20 during the event. Hutchinson said.

Various venues are selling wristbands and $20 during the event. Hutchison said.

Various venues are selling wristbands

The midway is being handled by W .G.

Volunteers are still needed to help

The event aims to bring the commu-

The festival is slated for Friday-Sunday,

Pink Lotus team strives to stop cancer

Patricia Jauregui is surrounded by her team, the Pink Lotus Warriors. The 15-year-old and her supporters

Pink Lotus team strives to stop cancer

The Pink Lotus Warriors. The 15-year-old and her supporters

Alex, who was named the All-Laker/All-

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The Steinbrenner girls golf team defeated Sickles 161-248 at home on Oct. 11 to finish the regular season 10-0.

"You never expect to go undefeated through a regular season," said Warrior coach Mark Mann. "I knew we had a good team coming in, it was just going to be a matter of them working hard and making improvements from Day 1."

Steinbrenner defeated Gaither, Sickles, Plant and Wharton each twice and also took down Berkeley Preparatory and Freedom once. Two matches were rained out.

The Warriors were able to navigate the perfect regular season despite having a number of young players, including five underclassmen to only two seniors. The squad also lost Alex Milan, who won four individ-

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Andi Milan, Jr.

Kelsy Holbert, Fr.

Hannah Crosby, Fr.

Sara Bair, Sr.

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Helping Hands Pantry stocking up for holidays

By B.C. Manion
bmanion@cnewspubs.com

It’s not even Halloween yet, but workers at Helping Hands Pantry are already starting to worry that they won’t have enough food in their cupboards to help families in need during the holidays.

Like many individuals and companies, the community food bank headquartered at Atonement Lutheran Church of Wesley Chapel is taking a hit from the tough economy.

Some of the people and organizations that have helped in the past can’t do so this year, said Yvette Williams, assistant director of the food pantry. So, the organization is planning a couple of events aimed at drumming up some support.

It will host a Trunk-A-Treat on Sunday, Oct. 23 to solicit donations to help provide food for Thanksgiving dinners. It also is hosting a “Help Stock our Shelves Pancake Breakfast and Fall Festival” on Saturday, Nov. 12.

Proceeds from those events will support the purchase of turkeys for holiday dinners. The need is enormous, Williams said. “When we first opened, we were open about 50 recipients,” Williams said, noting the food pantry started up in March 2009.

Now, she said, “we’re averaging anywhere from 190 to 200 families.”

The pantry provides families a two-day supply of food, and during 2010 it distributed about 250,860 pounds, he said, noting that is more than 8,213 families, representing a total of 26,806 people.

“When we opened, we thought we would be helping the homeless,” she said. But it turns out that homeless people don’t come to the pantry much because they need a ride to get there.

“So, we’ve been having people come because they’ve lost their jobs, or had their salary or hours cut,” Williams said. “It’s really heart-wrenching because of the different stories you hear,” Williams said.

“We have families that are combining salaries or hours cut, “ Williams said.

“She said. “It could be any one of us.”

But it turns out that homeless people don’t come to the pantry much because they need a ride to get there.

“Some of the people that the food pantry helps end up becoming volunteers, she said.

“We’re grateful for anything that we get,” she said.

Anyone who wants to help can bring his or her donations to the church office, which is open from 10 a.m.-3 p.m. Monday through Friday. If they want to help pay for holiday turkeys, they can make their checks out to “Helping Hands Pantry.”

The food pantry is open on Wednesdays from 10 a.m.-2 p.m. For more information, call the church at (813) 973-2211.
Florida sets earlier presidential primary

By Kyle LoJacono
kljojacono@cnewspubs.com

Florida has set its presidential primary for January 31, with the primary itself set for February 6.

"Florida needs to be a player," Lopez-Cantena said.

In 2008, Florida moved up its presidential primary to January 29, Lopez-Cantena said, who proposed the early date this year, pointed out the move three years ago "increased Republican turnout by 250 percent" in the primary.

Republican National Committee rules state only Iowa, Nevada, North Carolina, and South Carolina have primaries or caucuses before March 6. Florida Republicans lost half of their convention delegates because before March 6. Florida Republicans and South Carolina can have primaries/caucuses before March 6. Florida Republicans and South Carolina can have primaries/caucuses before March 6.

"I think the primaries are too early as it is," Black said. "States keep jumping over the big say in who runs for president," Toms said. "I think the move is good even if delegates lost half of their convention delegates because before March 6. Florida Republicans and South Carolina can have primaries/caucuses before March 6.

"Florida is important and should have a vote on Jan. 31. (File photo)

By Kyle LoJacono
kljojacono@cnewspubs.com

"It's time for someone to have a fresh look at the services and how they are provided," Blommel said. "I think people should be jumping over the big say in who runs for president," Toms said. "I think the move is good even if delegates lost half of their convention delegates because before March 6.

"Florida needs to be a player," Lopez-Cantena said.

For more information about Pasco elections, call (813) 929-2788 or visit pascovotes.com. In Hillsborough, visit votelhills.org.

Williamson files for school board

Bryan Williamson has filed to run for the Pasco School District board's District 2 seat, according to records with the county's supervisor of elections office. The spot represents most of the central portions of the county, including Land O'Lakes. The seat is currently occupied by Joanne Hurley.

Pasco early voting sites

Land O' Lakes Branch Library, 2818 Collier Parkway in Land O' Lakes
New River Branch Library, 3404 SR 54 in Zephyrhills
East Pasco Government Center, 14326 Sixth St. in Dade City
West Pasco Government Center, 8731 Citizens Drive in New Port Richey
South Holiday Branch Library, 4649 N. Stritch Drive in Holiday
Hudson Regional Library, 8012 Library Road in Hudson

Hillsborough early voting sites

Jimmie B. Keel Regional Library, 2902 West Bears Ave. in Lake Magdalene
New Tampa Regional Library, 10001 Cross Creek Blvd. in New Tampa
Fred B. Karl County Center, 601 E. Kennedy Blvd. in Tampa
Robert L. Glidden Elections Service Center, 2314 N. Fallenburg Road in Tampa
Bloomington Regional Public Library, 1906 Bloomington Ave. in Valrico
C. Blythe Andrews Jr. Public Library, 2607 East Drive Martin Luther King Jr. Blvd. in Tampa
Jan Kaminis Platt Regional Library, 3910 South Manhattan Ave. in Tampa
North Tampa Branch Library, 8916 North Blvd. in Tampa
Plant City's city hall, 302 West Reynolds St. in Plant City
Riverview Branch Library, 10509 Riverview Drive in Riverview
Southshore Regional Library, 13518 Beth Shields Way in Ruskin
Temple Terrace Public Library, 202 Bullard Parkway in Temple Terrace
Town 'N Country Regional Public Library, 7604 Paula Drive in Tampa
West Tampa Branch Library, 2312 West Union St. in Tampa
Upper Tampa Bay Regional Public Library, 11211 Countryway Blvd in Tampa

Competition for Pasco tax collector post

Pasco tax collector Mike Olson has run unopposed for Republican competition for the county post the last 16 years but Ed Blommel is ending that streak. Blommel, 62, has lived in Pasco his entire life. He has worked 40 years with Tampa Electric Company (TECO), spending the last 17 as the regional manager for before retiring in 2009.

Blommel said his plan to run for the position has nothing to do with Mike Olson being the only Democrat in an elected office in Pasco. Instead, he said it is time for "a new set of eyes and ears" running the post.

"It's time for someone to have a fresh look at the services and how they are provided," Blommel said. "I think people should be jumping over the big say in who runs for president," Toms said. "I think the move is good even if delegates lost half of their convention delegates because before March 6.

"Florida needs to be a player," Lopez-Cantena said.

"We will be ready to go," said Pasco County Supervisor of Elections Brian Corley. "We are waiting for the date and now that we have it, and we can work with that as the deadline.

Corley said the nearly 80 changes to the election code offered a bigger challenge than the move. He stressed there are a few changes voters will see starting in January. First early voting is only eight days now instead of 14, Corley said. "The early voting dates for the presidential primary are Jan. 21-28 ... The other big change is if you have moved to another county, say from Hillsborough to Pasco, you need to contact the Supervisor of Elections Office before the voter to get a change of address confirmed. We don't want people to miss out on voting because they don't know this new law."

As Florida pushes its presidential primary forward, a battle is brewing in the GOP for the right to oppose President Barack Obama in November 2012. The Republican candidates include Mitt Romney, Herman Cain and Rick Perry. For more information about Pasco elections, call (813) 929-2788 or visit pascovotes.com.
A children’s outreach group is staging a raise money so it can help more kids who often fall through the cracks. The Children’s Outreach Program, effort, which is affiliated with the Wesley Chapel Seventh Day Adventist Church, has amassed an eclectic collection of items to sell at its auction on Nov. 6.

There’s a jade statuette, a singer sewing machine, golf clubs, lamps, collectibles, appliances, jewelry, coins, watches and tools. One gentleman cleared out his tool box and donated a lot of items to the auction, said Janet Chubinsky, director of the volunteer children’s outreach group.

“We’ve got 1,000 sockets,” she said. “We’re hoping those and other tools will attract people with a mechanical bent. There are gift certificates, as well — to local restaurants, golf courses and salons.

Those can be a good bargain, Chubinsky noted.

The church helps children in need throughout East Pasco County. This is the first year its COPE outreach program is having an auction, but if things go well, it will become an annual event, Chubinsky said.

The group provides new shoes, new clothing, medicine, food, toys and support services to children in need. Group members also make pajama bottoms, which are donated to hospitals, to help provide comfort and dignity to children.

The program often helps the children “who fall through the cracks,” said Chubinsky, who organized similar auctions when she lived in Tennessee.

Many items, like this wedgewood clock, will be up for auction at an event that’s bound to have many bargains, said Janet Chubinsky, one of the event’s organizers.

“One child the group is helping is an infant that requires special formula because her mother used drugs during pregnancy,” Chubinsky said.

Two others are children of a single mom who can’t afford to buy new clothing for her son or diapers for her baby, Chubinsky said.

The group, which began serving East Pasco children in May 2010, is helping about 25 kids now. Its goal is to double that number, Chubinsky said.

The group is still accepting donated items to sell, and Chubinsky is grateful for the community’s generosity to date.

“God has blessed us,” she said. “We’re 100 percent volunteers, so all of the money goes to the children.”

Charity Auction

Where: Wesley Chapel Seventh Day Adventist Church, 33520 SR 54 in Zephyrhills

How you can help
— Donate food, new shoes, clothing, material and elastic for pajama bottoms, thread, ribbon, new toys, games, cash.
— Become a volunteer
— Provide dental and medical services
— Provide a space which the program can use for an office and for storage.

For more information, call Janet Chubinsky at (352) 668-4397 or Naomi Philipp at (13) 395-6894.

COMMUNITY NEWS PUBLICATIONS
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Pasco Regional Medical Center in Dade City now has a noninvasive surgical option to treat acid reflux disease, the most common cause of heartburn.

The new procedure, called Transoral Incisionless Fundoplication (TIF), is being used by Dr. Pandurangan Krishnaraj, a general surgeon, and Dr. Solomon Singh, a gastroenterologist. Pasco Regional is the first east Pasco County hospital to offer TIF.

"The TIF procedure can significantly improve quality of life for our patients," Krishnaraj said. "(Reflux) is an anatomical problem which needs an anatomical solution. Reflux medications like PPIs (proton pump inhibitors) can help relieve patients' heartburn symptoms but don't solve the underlying anatomical problems or prevent further disease progression. Even on PPIs, many patients are still unable to eat the foods they want or have to sleep sitting up, which can lead to increased reflux problems."

Krishnaraj also said new studies suggest long-term use of such PPIs can lead to problems absorbing minerals from food such as calcium. Such medications are not needed after TIF treatment.

"As surgeons, we want to do minimally invasive, still create a small incision in surgery. Laparoscopic procedures, while faster because there is no incision, not even a small cut made through the skin and muscle is a relatively new step in laparoscopic surgery. The fact that TIF requires no cutting of the skin and muscle is a relatively new step in surgery. Laparoscopic procedures, while minimally invasive, still create a small incision in order to complete such an operation. "Typical laparoscopic procedures create several seven-millimeter long incisions. Such surgeries also expose the body to the outside air. None of these aspects are part of TIF."

For more information on the procedure, call Pasco Regional at (352) 521-1100 or visit www.pascoregionalmc.com.

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October 19, 2011
The majority of her clients are people between the ages of 45 and 65 who are the children of seniors and who live far away, Michele said. They know their parents need care, but they are not here to provide it, she said.

“We provide peace of mind. I provide updates, little progress reports. Lots of times it’s good news and sometimes it’s with concerns. Well, we see this happening, maybe we should think about this.”

In some cases, her staff can provide an alert that can lead to an earlier diagnosis and intervention, Michele said.

“We have one client, I see signs of dementia, but she’s never been diagnosed with it and she’s not on medication.

“I had a talk with her daughter, and she’s now going to ask her physician to work mom up.”

As people age, their memory can fade.

“We lose our sense of time,” Michele said. “It becomes hard to discern different days of the week and times of the day. The biggest impact it has is on their medication regimen.

“Either they don’t take their medications or some days they will double or triple up, and it’s like being in a hospital admission.”

Home Instead Senior Care East Pasco provides medication reminders.

“We do focus on the client. We don’t go in and do the tasks like make the meals for them if we can, we keep the client engaged as much as possible. Come, help me fix lunch. Come help me fix dinner.

“We’ll snap beans together or fold laundry together,” she said.

When Shirley Stemler was recovering from a total hip replacement, she turned to Home Instead Senior Care East Pasco for help, so she could return home after her surgery, instead of going to an assisted care facility.

If the client can’t perform a household task, her staff will do it for them.

“We will, do the laundry for them, strip the beds. They don’t have the strength to strip the beds or vacuum sometimes.”

They’ll transport clients to doctors’ appointments and go in with them to see the doctor taking notes to pass along to family members.

“Sometimes there is clutter in the house, there are papers everywhere. We may sit down and help them get them organized or work with a family member to get them organized.”

Soon, the company will be launching an Alzheimer’s program.

There’s a huge need to help caregivers learn how to cope with that, she said. “We’ve identified family training for the community for free,” she said.

Michele has hired about 25 part-time employees to serve her company’s clients. Each of those employees has undergone a background check and a motor vehicle records check. They also undergo a drug and alcohol screening and are subject to random tests.

The company provides training for its staff. Michele said. “We take certified the most important qualities she looks for in a prospective employee.

“Have to have a caring heart and they have to be reliable and dependable,” Michele said.

Senior care business motto: ‘There’s no place like home’

By B.C. Manion

When 83-year-old Shirley Stemler had a total hip replacement, she knew she’d need some extra help during her recovery.

She turned to Home Instead Senior Care East Pasco for help.

The private company, based in Wesley Chapel, provides various services aimed at helping people remain in their homes, instead of going to a healthcare facility.

Stemler, who lives in Dade City, was delighted to have that option.

“I was very, very pleased,” she said. “The fact that I could come home and not have to go somewhere else when I left the hospital was important to me.”

She turned to the service to help her with practical matters.

“I had them come basically for the mornings,” she said. They helped her with sponge baths, cleaning chores and preparing meals.

“One gal, M.J., when she finished helping me she went into the kitchen, cleaned my cupboards, my refrigerator - stuff I hadn’t done. I was in a lot of pain for the two months before I had surgery. She really went above and beyond!”

Stemler only used the service for five or six days, but she was pleased she could go home immediately from the hospital.

“The good thing is, you’re home. I like my own bed. I’m more comfortable in my own surroundings,” said Stemler, while sitting in her home, surrounded by artwork and photographs on the wall and other personal mementos.

Michele Bonneville is co-owner of the Home Instead Senior Care East Pasco, along with her daughter, Lynelle. The company wants to help seniors remain in their homes. (Photos by B.C. Manion).

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Shoppers find bargains at Lutz market

President of GFWC Angie Carter of Wesley Chapel and Vice President of fund raising Karin Damico of Lutz setup a tent in the park and offer some of their homemade cake pops. (Photos by Glenn Gefers of www.Photosby3g.com)

Caitlin McCreary of Lutz helps her mom Virna, the business manager for women’s fragrances at Nordstrom, assist customer Betty Woehlk of Lutz on a new perfume of choice.

Halloween was more than two weeks away, but the Lutz market had the holiday displayed in full force on Oct. 15.

An assortment of jewelry is shown at the Lutz market on Oct. 15.

Mother/owner Janet Santman and daughter Brittany of Lutz show off their handcrafted jewelry at the old Lutz school at Saturday’s craft show.
By Kyle LoJacono

The Florida Legislature is creating a task force unlike any other to combat prescription drug abuse in the state. The statewide group will examine the effects on newborn babies of mothers who abused prescription pain pills while carrying a child. This causes the infant to become addicted to the drugs.

Florida Attorney General Pam Bondi said the goal of the force is to not only understand the scope of the problem, but also the cost of caring for such infants dealing with neonatal withdrawal, the long-term effects and identifying ways to prevent abuse by expectant mothers.

‘I have seen firsthand the most vulnerable victims of prescription drug abuse, and we must do everything we can to protect these newborns,’ Bondi said. ‘A thorough and ongoing examination of this emerging problem now will help us develop sound prevention strategies for the future.’

No estimates exist to measure the number of babies born in Florida with an addiction to prescription drugs, but those who work in neonatal units have noticed an increase. Working with infants going through withdrawal, the long-term effects and identifying ways to prevent abuse by expectant mothers.

Dr. Kenneth Solomon, neonatologist and director of the neonatal intensive care unit of St. Joseph’s Women’s Hospital in Tampa, said the facility has seen an increase in the number of newborns suffering from withdrawal.

Solomon said neonatal withdrawal syndrome ‘is a collection of problems that will occur in a newborn that has been exposed to addictive drugs while in the womb.’

Symptoms of withdrawal include: fever, seizures, blotchy skin, incessant shrill cries, respiratory problems and extreme sensitivity to sounds and light.’

The Tampa Bay area has become one of the epicenters for the prescription drug abuse problem in the state. The Florida Medical Examiners Commission’s statistics show that of the 2,710 deaths attributed to prescription drug abuse last year, 1,150 were from people in Pasco, Hillsborough or Pinellas counties.

‘If this epidemic is not slowed, and then reversed, the risk to the well-being of women and their children and medical costs associated with expectant mothers and newborns will continue to rise,’ Bondi said.

Solomon will help the task force by contributing data and experience gained while working with infants going through withdrawal.

‘At St. Joseph’s Women’s Hospital, we are working to provide the necessary newborn infant treatment while educating parents about the special needs of these babies,’ Solomon said. ‘We’re eager to collaborate on local and statewide initiatives that target maternal early identification and provide prenatal treatment that can help prevent needless suffering.’

Florida looks to protect infants from prescription abuse

By Kyle LoJacono

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The Tampa Bay area has become one of the epicenters for the prescription drug abuse problem in the state. The Florida Medical Examiners Commission’s statistics show that of the 2,710 deaths attributed to prescription drug abuse last year, 1,150 were from people in Pasco, Hillsborough or Pinellas counties.

‘If this epidemic is not slowed, and then reversed, the risk to the well-being of women and their children and medical costs associated with expectant mothers and newborns will continue to rise,’ Bondi said.

Solomon will help the task force by contributing data and experience gained while working with infants going through withdrawal.

‘At St. Joseph’s Women’s Hospital, we are working to provide the necessary newborn infant treatment while educating parents about the special needs of these babies,’ Solomon said. ‘We’re eager to collaborate on local and statewide initiatives that target maternal early identification and provide prenatal treatment that can help prevent needless suffering.’

Florida looks to protect infants from prescription abuse

By Kyle LoJacono

The Florida Legislature is creating a task force unlike any other to combat prescription drug abuse in the state. The statewide group will examine the effects on newborn babies of mothers who abused prescription pain pills while carrying a child. This causes the infant to become addicted to the drugs.

Florida Attorney General Pam Bondi said the goal of the force is to not only understand the scope of the problem, but also the cost of caring for such infants dealing with neonatal withdrawal, the long-term effects and identifying ways to prevent abuse by expectant mothers.

‘I have seen firsthand the most vulnerable victims of prescription drug abuse, and we must do everything we can to protect these newborns,’ Bondi said. ‘A thorough and ongoing examination of this emerging problem now will help us develop sound prevention strategies for the future.’

No estimates exist to measure the number of babies born in Florida with an addiction to prescription drugs, but those who work in neonatal units have noticed an increase. Working with infants going through withdrawal, the long-term effects and identifying ways to prevent abuse by expectant mothers.

Dr. Kenneth Solomon, neonatologist and director of the neonatal intensive care unit of St. Joseph’s Women’s Hospital in Tampa, said the facility has seen an increase in the number of newborns suffering from withdrawal.

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Florida looks to protect infants from prescription abuse
Festival/Vendor Craft Sale is Saturday, Oct. 22 from 4-5:30 p.m. All ages are welcome to the free festival featuring Trunk & Treat Street, games, food and a bounce house. Costumes are welcome. Land O Lakes First United Methodist is at 6209 Land O Lakes Blvd. For more information, visit www.lolumc.org.

FAMILY FUN FESTIVAL
St Timothy Parish Family Fun Festival will happen on Saturday, Oct. 22 and Sunday, Oct. 23. There will be food, games and other entertainment. St Timothy Catholic Church is located at 17512 Lakeshore Road in Lutz. For more information, visit www.sainttimmy.org or call (813) 968-1077.

CHARITY GOLF TOURNAMENT
LifeChoices Women’s Care will hold its inaugural “Golf for Life” charity golf tournament on Saturday, Oct. 22. The tournament will take place at the Lexington Oaks Golf Club in Wesley Chapel. Fees are $75 per golfer and covers fees per golfer and covers a performance of Judgment House: 59 minutes, a walkthrough drama, will be presented at First Baptist Church of Lutz, 18116 US 41 in Lutz on Oct. 28, 29 and 30 and Nov. 4 and 5. Times are Fridays 7-10 p.m., Saturdays 6-10 p.m. and Sundays 5-9 p.m. Walk-ins are welcome, but reservations are recommended for large groups. A $5 donation is requested. For more information, call (813) 948-7251 or visit http://www.harvestereumc.org.

JUDGMENT HOUSE
A performance of Judgment House: 59 minutes, a walkthrough drama, will be presented at First Baptist Church of Lutz, 18116 US 41 in Lutz on Oct. 28, 29 and 30 and Nov. 4 and 5. Times are Fridays 7-10 p.m., Saturdays 6-10 p.m. and Sundays 5-9 p.m. Walk-ins are welcome, but reservations are recommended for large groups. A $5 donation is requested. For more information, contact the church office at (813) 949-7495 or churchoffice@crosspointetampa.com.

FALL BAZAAR
The Central Pasco Chamber of Commerce is hosting its Fall Bazaar on Saturday, Oct. 22 from 9 a.m.-3 p.m. located at the Suncost Meadows Professional Park on SR 54 east of the Suncost Parkway. There will be a minimum charge for food and drinks. For more information about the bazaar or to set up a booth, contact the Central Pasco Chamber of Commerce at (813) 909-2722.

PIGZ IN Z'HILLS
The second annual Pigz in Z'Hills BBQ and Blues Festival will take place on Saturday, Oct. 29 from 10 a.m.-8 p.m. There will be a sanctioned barbecue cook-off, blues music, children’s activities, vendors, a classic car show and arts and crafts. There will also be $6,000 in cash prizes. The festivities will happen at Kreussen Field, 4626 Kreussen Field Road in Zephyrhills. Admission is $5 and kids 12 and younger get in free. For more information, contact (813) 782-1913.

EVENTS
AUTO CLASS
The Pasco County Parks and Recreation Department and the Land O’ Lakes Recreation Complex, 3032 Collier Parkway in Land O’ Lakes, is presenting an automotive repair and maintenance class on Monday, Oct. 24 from 5:30-6:30 p.m. The class will go over braking systems, performance and replacement. The cost is $8 per class. For more information, call (813) 929-1220.

SENIOR PET HEALTHCARE
East West Animal Hospital is hosting a complimentary seminar on senior pet healthcare on Saturday, Oct. 22 from 10-11:30 a.m. The lecture will be presented by Adrienne Taylor, a veterinary oncology technician. Complimentary refreshments and snacks will be provided. Call ahead to reserve your spot, as seating is limited. East West Animal Hospital is located at 1524 Land O’ Lakes Blvd. in Lutz. Call (813) 948-6534 for a medical appointment or tour.

GIRL SCOUT RECRUITMENT
The Land O’ Lakes Girl Scouts will conduct their annual recruitment fair from 10 a.m.-noon on Saturday, Oct. 22 at The Harvester United Methodist Church’s Fall Festival. People interested in volunteering, becoming a leader, or registering as a Girl Scout are encouraged to stop by the booth to register as a Girl Scout is $12 per person for a one-year membership.

HAUNTED HOUSE
Volunteers are needed in October in preparation for a haunted house sponsored by the Pasco County Parks and Recreation and the Land O’ Lakes Community Center. The actual event dates are Friday, Oct. 21 from 7-30 p.m. and Oct. 22 and 23 from 7-30 p.m. The haunted house will be at the Land O’ Lakes Community Center at 5401 Land O’ Lakes Blvd. For further information, call the center at (813) 929-1229.

YOUR BREAST HEALTH MATTERS!
Learn the importance of early detection. Do you know your family health history and the right questions to ask? Are you doing a monthly self-exam and doing it right? Why does a mammogram matter? Join breast cancer survivor Shelby Coriaty and learn why all of this matters.

Thursday, October 27, 2011 | 7-8 p.m
Light refreshments will be served.

COMMUNITY SPOTLIGHT
FORMER BUC SPEAKS
Former Tampa Bay Buccaneer, Rob Taylor, is speaking at CrossPointe Church of the Nazarene on Sunday, Oct. 23rd at 10:30 a.m. Taylor is a former NFL offensive tackle who played eight seasons with the Tampa Bay Buccaneers from 1986-1993. Taylor currently teaches Financial Stewardship Development, Benevolence, Crown Ministry, Wealth Management, etc. Feel free to wear your favorite football gear. For more information, contact the church at (813) 949-7277 or churchoffice@crosspointetampa.com.
Festival ‘scares’ up a crowd in Dade City

Rebecca Calhoun, of Stewart Middle School, won the race while waiting for the Tractor Pull to begin. She beat out Franklin Hunt (on left) of Richland and Brett Calhoun of Woodland Elementary.

Dave Ireland of Arcadia pops a wheelie at the Tractor Pull in Dade City on Oct. 8 as Lester Fisher of New Port Richey watches. (Photos by Faith Jordan)

Hector and Janet Moreno help their son Hector Jr. of Cox Elementary build a scarecrow.

Lynn Cavall of Dade City holds on tight to her granddaughter Lucy Cavall while she’s on her first pony ride at the Scarecrow Festival.

Many fun critters at the 45th annual Rattlesnake Festival

Aislynn Brooks, left, sits atop a pony waiting for the ride to start. The 19-month-old Rattlesnake Festival attendee is practically a pro, making her second appearance at the festival. Aislynn’s mother, Heather Brooks, stands alongside. (Photos by Eugenio Torrens)

John Storms, who has been working with reptiles for 30 years, handles a 9-year-old albino Burmese python. The python is 15 feet long and weighs 140 pounds.

Randall Hendricks sifts through the hay for a giant lop bunny at the Rattlesnake Festival’s petting zoo with his 4-year-old daughter Emmalynn Hendricks.
President candidate offers his own jobs plan

I am Scott Keller, a 2012 presidential candidate from Land O' Lakes.

Your paper recently published articles about Joe Biden's visit to Pasco County (President Barack) Obama's jobs package. From my perspective Obama's proposals will not significantly help Pasco or any other city around the country. The locally implementable plans I have put forth could help significantly without federal funding.

Biden fails to note and may not even know the fundamental flaws of Obama's jobs bill, even if he manages to get it passed. It has an ineffective focus, and is funded with borrowed money from a source, which few if any are being told the borrowing alone has had and will have a tremendously negative impact on every one of us.

My "jobs" or rather "meaningful work" proposals could be implemented immediately and locally by the people. I believe it would have a profound positive impact on the entire region.

Reach out efforts have begun. I am participating with Occupy Tampa, Code Green, Habitat for Humanity, Tampa Bay Time. St. Pete for Peace and other groups to implement two plans: a local work plan and a national 99 percent plan.

In brief, the local work plan focuses on supplementary local tools such as a local currency, a local time bank (which has already been established) and local co-op businesses as well as a tremendous amount of local innovation.

Together with the 99 percent plan, we can keep people in their homes, get them back to work and give them new tools to better control their destiny while working together with local autonomy.

Information and current details on these plans, including national aspects of it are on my website www.keller2012.com.

Scott Keller, Land O' Lakes

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**LETTER TO THE EDITOR**

**Hillsborough County Fire Rescue has 10 tips to help people to promote fire prevention and safety**

Keep an eye on the stove top
Stay in the kitchen when frying, grilling or broiling food. Always have a lid nearby to slide over a pan in case of fire. Clean up food and grease from burners and the stove top to prevent fires from starting.

Give space heaters space
Keep fixed and portable space heaters at least three feet away from anything that can burn.

Smoke outside
Ask smokers to smoke outside only. Provide sturdy, deep ashtrays and make sure cigarette butts and ashes are out before emptying the ashtray.

Inspect electrical cord
Make sure the cords are not pinched behind furniture, under rugs or stretched. Replace cords that are cracked or frayed, and any that have broken plugs or loose connections.

Be carful when using candles
Keep candles at least one foot away from anything that can burn, and put them out before leaving the room or going to sleep. Never leave a child unattended in a room where a candle is burning.

Hillsborough County Fire Rescue has 10 tips to help people to promote fire prevention and safety. Keep an eye on the stove top. Stay in the kitchen when frying, grilling or broiling food. Always have a lid nearby to slide over a pan in case of fire. Clean up food and grease from burners and the stove top to prevent fires from starting. Give space heaters space. Keep fixed and portable space heaters at least three feet away from anything that can burn. Smoke outside. Ask smokers to smoke outside only. Provide sturdy, deep ashtrays and make sure cigarette butts and ashes are out before emptying the ashtray. Inspect electrical cords. Make sure the cords are not pinched behind furniture, under rugs or stretched. Replace cords that are cracked or frayed, and any that have broken plugs or loose connections. Be careful when using candles. Keep candles at least one foot away from anything that can burn, and put them out before leaving the room or going to sleep. Never leave a child unattended in a room where a candle is burning. Have a home fire escape plan. Make a plan in case of a home fire and practice it at least twice a year so everyone knows what to do in a fire emergency. Install smoke alarm. Install smoke alarms on every level of the home and outside all bedrooms and make sure everyone knows the sound the alarm makes when it detects smoke. For the best protection, install interconnected smoke alarms in each bedroom and throughout the home. When one sounds, they all sound. Test smoke alarm. Check the batteries at least once a month and replace them once a year or when an alarm ‘chirps’ to tell you the battery is low. Replace any smoke alarm that is more than 10 years old. Replace smoke alarms that use long-life, 10-year batteries when the alarm chips. The batteries in these units cannot be replaced. Get low and go. If you must escape through smoke, get as low to the ground as possible to get under the smoke to the nearest exit. For additional tips and information to educate children about fire prevention and safety, visit the National Fire Protection Association’s website at www.nfpa.org.
Areas of specialties include:

- Obstetrics
- Family Planning
- Annual GYN Exams
- Menopausal
- Perimenopausal Care
- Polyp Treatment

Pasco County’s Newest Arrival,

Dr. Deborah Clark

Obstetrics & Gynecology of Trinity is now open and accepting new patients to meet the healthcare needs of women in Pasco County. From pre-natal to post-menopausal, Obstetrics & Gynecology of Trinity will help women, of all ages, to maintain optimum health throughout all stages of their lives.

Our specialized OB/GYN, Dr. Deborah Clark, believes in helping her patients achieve maximum good health and well being, with an emphasis on pre-natal care.

Deborah Clark, M.D.

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Obstetrics & Gynecology of Trinity is accepting new patients now. For more information, or to make an appointment, please call Obstetrics & Gynecology of Trinity today.

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Children’s safety fair Oct. 22
Oak Hill Hospital’s Emergency Care Center will have the grand opening of its new Pediatric Emergency Care Center on Saturday, Oct. 22 from 10 a.m.-1 p.m. and will include a children’s safety fair. The event will feature:
- The fire safety house showing how to escape a smoke-filled house
- A fire truck, ambulance and helicopter
- A tour of Oak Hill’s new Pediatric Emergency Care Center
- An opportunity to meet representatives from the sheriff’s department and EMS personnel

The YMCA will also provide water safety information, nutrition facts and entertainment. The first 200 children will receive free customized T-shirts. Admission is free and food and drinks are provided.

The pediatric center is located at 11375 Cortez Blvd. in Spring Hill. For more information, call Oak Hill at (352) 597-6333.

Alzheimer’s caregiver’s program
The University of South Florida’s Health Byrd Alzheimer’s Institute is sponsoring a free community program called Alzheimer’s Disease: What Family Caregivers Need to Know on Tuesday, Nov. 1 at 4001 E. Fletcher Ave. in Tampa. The program is designed for individuals caring for a family member or friend with the disease. Topics will include understanding Alzheimer’s, progress in treatment, communication strategies, managing troublesome behaviors, medications-timing, side effects, tips and more.

Alzheimer’s Hospital-North
St. Joseph’s Hospital-North has added a pair of new healthcare services with the opening of its cardiac catheterization lab and its sleep disorders center. The hospital, 4211 Van Dyke Road in Lutz, can perform both femoral and radial catheterizations as well as intervention radiology in the new lab. It also offers minimally invasive treatments to battle uterine cancer.

The new sleep center is available for those with a doctor’s prescription. The facility studies people’s sleep to identify problems and find ways to improve the quality of rest.

In addition, the hospital’s ambulatory surgery department was recently given the Avatar’s Five Star Loyalty and Endorsement Award. The designation, which is based on patient satisfaction, recognizes the facility for delivering a high quality patient experience.

For more information on St. Joseph’s Hospital-North, call (813) 443-2046 or visit www.stjosephnorth.com.

The program is from 9:30 a.m.-3 p.m., and lunch will be provided. The event is free, but advanced registration is required to reserve a seat. For more information or to register, call (813) 974-4357 or (800) 653-4563.

Good Samaritan Health Clinic
Volunteers are needed to help answer phones, do filing, make photocopies, schedule appointments and count pills at the Good Samaritan Health Clinic. For more information, call (727) 848-7789.

Fall Bazaar at Regional Medical
Volunteers at Regional Medical Center Bayonet Point are having a Fall Bazaar on Saturday, Oct. 22 from 8 a.m.-2 p.m. at the main campus, 14000 Fivay Road in Hudson. Household items like clothes, shoes, electronics and holiday items will be available for purchase. There will also be baked goods. All money raised at the event will go to the American Heart Association’s 2011 Tampa Bay Heart Walk, which will be on Saturday, Nov. 5.

Weekly Taioist Tai Chi classes
Tai Chi classes are offered each Thursday from 6:30-8 p.m. at Trinity Church of Wesley Chapel, 33425 SR 54 in Wesley Chapel. For more information, call (813) 788-2098.

Free exercise classes in Odessa
Keystone Presbyterian Church, 7509 Van Dyke Road in Odessa, offers free exercise classes each Tuesday at 5 p.m. and each Saturday at 10 a.m. Those in a wheelchair are welcome to attend. For more information, call (813) 9204852.

Chronically ill support group
A support group to help people deal with chronic illnesses meets at 11 a.m. the second Wednesday monthly at Victorious Life Church, 6224 Old Pasco Road in Wesley Chapel. For more information, call (813) 785-3486.

Weight Watchers weekly group
A Weight Watchers group meets at 12:45 p.m. each Sunday at Sports + Field, 2029 Arrowgrass Drive in Wesley Chapel. Registration is free. For more information, call (813) 500-4528.

Pasco’s quit smoking class
Pasco Health Department offers classes to help people quit smoking at various locations throughout the county. For more information, call (727) 861-5290 ext. 279.
Drivers needed for the blind
Drivers are needed to take clients to and from rehabilitation classes in a Lighthouse van. The position requires three hours per week. For more information, call (727) 815-0303.

Help needed for cancer patients
The American Cancer Society is seeking people with cars who want to volunteer a few hours each month between 9 a.m.-5 p.m. weekdays to take patients to treatment facilities as part of its road to recovery program. For more information, call (813) 995-4693.

Aphasia support group monthly group
Forest Hills Presbyterian Church, 709 W. Linebaugh Ave. in Tampa, hosts an aphasia support group the third Monday monthly from 6:30-8:30 p.m. For more information, call (813) 227-9954.

Mental illness support group
Regional Medical Center Bayonet Point, 14000 Fivay Road in Hudson, hosts a weekly support group for those with mental illness each Thursday from 7:30-8 p.m. For more information, call (727) 592-9853.

Prostate cancer support group
The University of South Florida hosts a prostate cancer support group the fourth Thursday monthly from 6:30-7:30 p.m. at its Hope Lodge, 12810 Magnolia Drive in Tampa. For more information, call (800) 227-9954.

Wishing for wheels program
People age 65 and older and those who are disabled of any age may qualify for a power wheelchair. Candidates must be able to operate an armrest joystick controller, understand basic instructions and be mobile. The program is at 38010 Medical Center Ave. in Zephyrhills from 4-6 p.m. every first Monday monthly. For more information, call (727) 848-8888.

Look Good... Feel Better program
Florida Cancer Institute-New Hope has a free program to help women deal with the physical changes brought on by cancer treatment called Look Good... Feel Better. The program is at 58010 Medical Center Ave. in Zephyrhills from 4-6 p.m. on the first Monday monthly. For more information, call (813) 783-1676.

Health and Wellness listings are run for free on a first-come, first-served basis. Please send all information at least two weeks before an event to news@cnewspubs.com.
Linebackers are often called defensive quarterbacks and several local athletes perform as well or better than the best signal callers while hitting as hard as semi-trucks. Gaither defensive coordinator Brian Del Valle was a linebacker for the Cowboys and has a couple of characteristics needed to play the position.

“You have to be tough,” Del Valle said.

“Linebacker is the toughest position to play on a defense. You have to not be afraid of getting tackled. You have to have a little bit of speed to make plays.”

Del Valle, who was the co-defensive coordinator at Northdale the past three years, feels front row seat to see three of the most productive linebackers in the area — Gaither senior Josh Scarberry and Gaaters seniors Shadow Williams and Jackson Cannon.

The three are very different players, but Del Valle has high praise for them all because they possess that vital toughness.

“Josh just has a nose for the football and all the things you can’t teach,” Del Valle said.

“Shadow is the consummate student of the game. He also shows he is a playmaker. Both of those guys look to and he never shies away from contact. He’s also very coachable. He takes everything coaches say and use it to make him better. But don’t ask him to sit in the classroom and make him better. That sets a good example for his teammates, because he does all the little things.”

“As for Jackson and Shadow, those two are such tough football players who love the game,” Del Valle continued. “They are both shadow players, but you can really move around for how big they are. Both of those guys are also students of the game.”

JOSH SCARBERRY

Scarberry started playing linebacker at age five, but he’s still one of the most productive to the Gators defense.

The 5-foot-10, 185-pound Scarberry has made him better. That sets a good example for his teammates, because he does all the little things. “As for Jackson and Shadow, those two are such tough football players who love the game,” Del Valle continued. “They are both shadow players, but you can really move around for how big they are. Both of those guys are also students of the game.”

“I can do anything they need.”

Scarberry said of the change. “I like the shift because I don’t have to worry about the defensive linemen as much and getting off too many blocks. I have a lot more open space and I like to work with that and use my speed to my advantage.”

“My junior season and quickly became a leader of the team to be able to count on me to get it done. You have to get after the quarterback and running back, cover guys and also make sure everyone is in the right position.”

Part of that challenge is learning how to snuff out an offensive play and bring it to a painful end for whoever has the ball.

“When you make that perfect play, when you read the linemen just right and get a clean break into the backfield is like nothing else.”

“Williams said. “There are times when you can just see what the play is going to be, and it’s one of the greatest things to stop it before it starts.”

Williams most enjoys playing close to the line of scrimmage.

“Sometimes I know I get too close to the line, because I’m so anxious to get in there and hit somebody,” Williams said. “Coach sometimes has to calm me down so I make the right reads.”

Williams had a career-high of 17 tackles last year against both Springstead and Wesley Chapel. He posted a career-best four sacks in that contest against the Wildcats. However, Williams said his favorite game was against Anclote last year, when he had nine tackles and one sack.

“His appreciation for playing with Williams is also the same.”

“The team has to count on the linebacker to do a lot of things and I want the team to be able to count on me to get it done. You have to get after the quarterback and running back, cover guys and also make sure everyone is in the right position.”

Williams enjoys playing alongside Cannon, who has been equally productive to the team to be able to count on me to get it done.

Shadows was against wiregrass Ranch in the Gators’ spring football game this year. (File photo)

The Freedom volleyball team finished as the classic division gold bracket runner-up at the Dig Pink Tournament in Orlando on Oct. 14-15. (Photo courtesy of Kerry Short)

The Freedom volleyball team won the silver division gold bracket runner-up at the Dig Pink Tournament in Orlando on Oct. 14-15. (Photo by Kyle LoJacono)
Hernando ends Sunlake’s perfect bid

By Kyle LoJacono

Sunlake entered its Class 6A-District 6 football game against Hernando without a loss, but the visiting Leopards ended the perfect season on Oct. 14. Thanks to the combination of their rushing assault and attacking defense, Hernando (6-2) had 260 combined rushing yards from Tyrail Hawkins, Jeremiah Jackson and Marquie Redding. Jackson and Hawkins each had one rushing score.

Sunlake (5-1) was able to contain the Leopards ground game in the first quarter, allowing zero first downs and no points. Hernando’s offense got on track with a 30-yard run by Samson on a key third-and-eight conversion to keep the drive alive. Consecutive 10-yard runs by Page led Wharton into the fourth quarter, and on the first play in the final period, Litton found Hargraves to make it 21-0. The Patriarch offense found a pulse in the fourth quarter when a defensive pass interference call on Wharton negated an interception and gave Freedom new life at its own 42-yard line. Tyrel Nunn ripped off a 58-yard scoring run with 5:08 left to ship things in the other direction.

Steinbrenner’s Brian Gainer had 89 rushing yards on three carries, including a 45-yard score for his first varsity touchdown. Nick Green ran the ball six times for 31 yards and a 20-yard touchdown. Gainer, the senior signal caller and Fitch orchestrated a great drive, Graham said. “Then we got a turnover and had a short field, so we jumped back into the 2-minute drill, and he threw another touchdown. We practiced it every day, and when Fitch came off the field he said to me ‘That’s why we practice it.’

Steinbrenner hosts Tampa Bay Tech on Thursday, Oct. 20 at 7 p.m. The Titans are tied for first place in 7A with Gaither, while the Warriors are a game back. Tech has size and speed, and I mean a lot of speed,” Graham said. “Our goal is to keep their offense off the ball and control the clock. It’s a big challenge. I wish we could get that Gaither game back to put us in a better situation, but this is a must win. The kids understand that, and—they’re focused on what they need to do.’

Hernando senior running back Darius Page had 148 yards on 26 carries and one touchdown against cross-town rival Freedom on Oct. 14. (Photos by Glenn Gefers of photosby3g.com)
It’s Time for Friday Night Lights!

Who can top former LOL Gator, FL State Seminole & Tampa Bay Storm quarterback Drew Weatherford?

**WEEK 8 GAMES**

- **Land O’ Lakes** AT Sunlake (Oct. 20)
- **Fivay** AT Pasco
- **Hudson** AT Wesley Chapel
- **Chamberlain** AT Wiregrass Ranch
- **Ridgewood** AT Zephyrhills
- **Freedom** AT Gaither (Oct. 20)
- **Tampa Bay Tech** AT Steinbrenner (Oct. 20)

**DREW’S PICKS**

- **LAND O’ LAKES**
- **PASCO**
- **WESLEY CHAPEL**
- **CHAMBERLAIN**
- **ZEPHYRHILLS**
- **GAITHER**
- **TAMPA BAY TECH**

**BEN’S PICKS**

- **Land O’ Lakes**
- **Pasco**
- **Wesley Chapel**
- **Wiregrass Ranch**
- **Zephyrhills**
- **Gaither**
- **Steinbrenner**

**MARY LYNN’S PICKS**

- **Land O’ Lakes**
- **Pasco**
- **Wesley Chapel**
- **Wiregrass Ranch**
- **Zephyrhills**
- **Gaither**
- **Steinbrenner**

**HERMIONE’S PICKS**

- **Sunlake**
- **Fivay**
- **Wesley Chapel**
- **Wiregrass Ranch**
- **Ridgewood**
- **Freedom**
- **Steinbrenner**

**RYAN’S PICKS**

- **Land O’ Lakes**
- **Pasco**
- **Wesley Chapel**
- **Wiregrass Ranch**
- **Zephyrhills**
- **Gaither**
- **Tampa Bay Tech**

**DJ’S PICKS**

- **Land O’ Lakes**
- **Pasco**
- **Wesley Chapel**
- **Wiregrass Ranch**
- **Zephyrhills**
- **Gaither**
- **Tampa Bay Tech**

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SWAMP FEST, from page 1

Winning the Class 1A-District 14 championship, finishing as the regional runner-up and taking 11th at state. “It’s the coolest thing that has ever happened to me,” Becker said. “It’s just awesome to come in and go 10-0.”

Becker shot a team best two-over 38 in the final regular season match. Stein posted a 39, while Brooke Deal and Holbert had a 42. Milan recorded a 48. Bair was sick and unable to play in the final match. The Warriors played in the 2A-10 district tournament on Oct. 17, but results were not available by press time.

Beef O’Brady’s in Wilderness, Sunlake Center, 5401 Land O’ Lakes Blvd.
— Connerton, Denham Oaks and Lake Myrtle elementary schools
— Pineview and Rushe middle schools
— Land O’ Lakes High
— Kiah Staff Daycare
— Song and Dance Academy
— Beef O’Brady’s in Wilderness, Sunlake and Village Lakes

“Swamp Fest began as a fundraiser at Land O’ Lakes High, home of the Gators and that’s what inspired the festival’s name, Hutchinson said. It’s the coolest thing that has ever happened to me,” Becker said. “It’s just awesome to come in and go 10-0.”

Becker shot a team best two-over 38 in the final regular season match. Stein posted a 39, while Brooke Deal and Holbert had a 42. Milan recorded a 48. Bair was sick and unable to play in the final match. The Warriors played in the 2A-10 district tournament on Oct. 17, but results were not available by press time.

Andi Milan, foreground, hugs teammate Michelle Stein after the Warriors completed a perfect 10-0 regular season by defeating Sickles on Oct. 11.

Hutchinson added. The event will feature rides, games, entertainment, food, business and community organization booths.

For more information, visit www.lotswampfest.com

Ticket outlets
— Connerton, Denham Oaks and Lake Myrtle elementary schools
— Pineview and Rushe middle schools
— Land O’ Lakes Community Center, 5401 Land O’ Lakes Blvd.

What: Rides, games, entertainment, food, business and community organization booths

For more information, visit www.lotswampfest.com

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Florida Medical Clinic

Who’s who
Meet Dr. Richard McDonough

Internist Richard McDonough, M.D., joined Florida Medical Clinic in September after practicing medicine in Charleston, South Carolina for several years.

In addition to his medical specialties of medical oncology and hematology, Dr. McDonough has expertise in diagnosing and treating breast cancer, colon cancer, lung cancer, lymphoma in multiple myeloma research and palliative care.

He was certified by the American Board of Internal Medicine in medical oncology, hematology and internal medicine. Dr. McDonough is very passionate about educating people about breast and colon cancer awareness.

He earned his undergraduate degree from the University of Florida in Gainesville and went on to study medicine at the University of Miami, where he became fluent in Spanish. It was during a three-year fellowship at the Mayo Clinic in Jacksonville that Dr. McDonough developed his passion for the disciplines oncology, hematology and internal medicine.

Since 2003, Dr. McDonough has volunteered annually with a medical mission to Guatemala, that utilizes physicians, dentists and other medical professionals to provide basic medical care to children and adults who have no access to healthcare in their rural communities.

Dr. McDonough enjoys bicycling, traveling to voucher and spending time with his wife, Charlene, and two young daughters at their home in Wesley Chapel.

For patient convenience, Dr. McDonough sees patients at both the Land O’ Lakes and Zephyrhills offices of Florida Medical Clinic. He can be reached at 813-752-5709 and in Zephyrhills at 813-790-2042.

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www.FloridaMedicalClinic.com • 813.780.8440

Area runners shine at Pre-State Invitational

The Wiregrass Ranch boys cross country team came in eighth in the Pre-State Invitational elite race, better than any other area squad, at Little Everglades Steeplechase Ranch in Dade City on Oct. 15. The Bulls finished with an average time of 16:29.98. Sam Hippley led the way for Wiregrass Ranch, posting a time of 16:05.65 to take 25th overall. Teammate Ermias Bireda claimed 52nd place in 16:15.52. Steinbrunner came in 17th as a team at the meet with an average time of 16:41.08. The Warriors were led by Matt Magee’s 16:07.93 and Tyler Lima’s 16:08.25, putting them in 39th and 40th place respectively.

In the boys invitational race, Land O’ Lakes’ Travis Nichols ran a personal record 16:04.21 to claim the individual title. Teammate Tyler Stahl took 14th place in 16:54.85. The Gator boys finished 17th out of 27 schools at the event with an average time of 18:02.97.

Freedom won the girls invitational team title with an average time of 20:52.99. The Patriots were led by Ashley Smith’s 16:38 place finish in 20:19.77. Teammates Lauren Arfats and Annie Tedesco took 26th and 29th, respectively.

Steinbrunner’s Lauren Garris took third in the girls invitational, running a 19:30.49. The Warriors finished 14th out of 28 schools.

Saint Leo’s Jasmine Johnson, left, and Laura Carstens were recently named SSC Offensive and Defensive Players of the Week, respectively. (Photos by Mike Carlson)

Saint Leo University (SLU) women’s soccer team swept the Sunshine State Conference’s (SSC) Player of the Week honors for the week of Oct. 3-9, as Jasmine Johnson and Laura Carstens earned offensive and defensive honors, respectively.

Johnson, a redshirt senior defender, scored a goal and added an assist in the No. 5 Lions’ 2-0 victory against previously unbeaten No. 10 Rollins College, an SSC opponent and the top-rated defense in Division II soccer. It was her second goal and fourth assist of the season.

Carstens, a goalkeeper, posted two shutouts during the week to keep SLU (12-4-1, 7-1 SSC) on pace for SSC offensive and defensive honors, respectively.

Johnson and Laura Carstens earned offensive and defensive honors, respectively. It is the second time Carstens has earned honors for the week of Oct. 3-9, as Jasmine Johnson and Laura Carstens earned offensive and defensive honors, respectively.

Saint Leo’s Jasmine Johnson, left, and Laura Carstens were recently named SSC Offensive and Defensive Players of the Week, respectively. (Photos by Mike Carlson)

Pair of Lions earn SSC honors

The Lions host SSC rival Florida Southern College on Wednesday, Oct. 19 at 7 p.m. for the final home contest of the season.

Allison has four shutouts and 40 saves to six goals allowed in 989 minutes on the year.

Johnson and Laura Carstens earned offensive and defensive honors, respectively.

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Ask the Doctor

What is breast cancer?

It is a cancer that forms in the tissues of the breast, usually the ducts that carry milk to the nipple or in the lobules, which are the glands that make milk.

Does it only affect women?

Yes. While women are by far the largest group at risk, men can also get breast cancer. One in eight women will be diagnosed with breast cancer at some point in their lives.

What risk factors can I avoid?

Although no one knows exactly what causes breast cancer, research shows that certain risk factors should be avoided, including hormone replacement therapy, obesity, alcohol consumption and radiation exposure.

What is cancer screening?

Screening looks for signs of cancer before a person has symptoms. Finding cancer at an early stage when it is easier to treat.

What treatments are available?

- Surgery to remove cancer cells and affected lymph nodes
- Radiation therapy, which uses high-energy x-rays and other types of radiation to kill cancer cells and stop their growth
- Chemotherapy, which uses drugs to stop the growth of cancer cells by killing the cells or by stopping their growth
- Hormone therapy that removes or blocks hormones that may stimulate cancer cell growth
- Targeted therapy, which uses drugs or other substances to identify and attack specific cancer cells without harming normal cells

Employees bowl a strike against homelessness

Employees from Florida Medical Clinic and its Foundation of Caring came together to raise money for a local charity that helps the homeless at a recent bowl-a-thon in Zephyrhills.

The employee fundraiser generated $21,500, which The Florida Medical Clinic Foundation of Caring matched dollar-for-dollar to bring the total donation up to $43,000.

The money was donated to Starting From Left to Right: Dawn, Gail, Dr. Mark Elsner, Robin, Cassie, Jennifer, Melissa, Shelly, Sonya and Tamara.

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Gaither’s ace Jimmy Stanger leading by example

By Kyle LoJacono

I’ve actually tried to be quieter and lead by example,” Stanger said. “Just talk when I’m needed and focus the rest of the time.”

The squad is very young, making Stanger’s leadership that much more important.

“We only have two seniors on the roster and only one has gotten into a match, so because we’re so young having a guy like Jimmy is even more important,” Olinger said.

“Every time he steps up to the tee box everyone looks to him,” Meadows said. “He’s unquestionably a leader.”

Olinger continued: “Not only is he a great player, so everyone on a team would look up to a player with his abilities. He has a good way of dealing with people and leading by example.”

Stanger’s leadership has become an example for his teammates.

He takes the right approach to the game and plays the way you should,” said Sophomore Patrick Highland. “He’s serious every time and plays his heart out. You see a kid play like that, even as well as he does, you can’t help but want to be like him.

Junior Clyde Meadows added, “There has been many times when he’s come up to me and said try this. I try it and it always works. I’m just like son of a gun, thank you Jimmy.”

Stanger was Gaither’s No. 1 last year, but he has also continued to step up his leadership role after the squad lost four seniors to graduation, including members of the squad’s top five. Josh Black and Shawn Sirignano.

Stanger has tried to be a leader, vocal leader because that is not within his personality.

“I’ve played pretty much every sport competitively, but now I’m focused on golf,” Stanger said. “Honestly there is no feeling competitively, but now I’m focused on golf, navigating a golf course. Spectators gaze in amazement at how he does, and you’re never as good. Oh I shot a 39, but he’ll still be mad about a couple birdies he misses. It always amazes me sometimes.

Meadows admits it isn’t always easy being a true leader on a team with player like Stanger.

“I love the guy, but it is very easy to get jealous of him,” Meadows said. “You’re always comparing yourself to Jimmy Stanger, and you’re never as good. Oh I shot a 39, but he shot 34.”

Stanger and the Gaither squad played in the Class 2A-District 9 tournament on Oct. 17 at Temple Terrace Golf and Country Club, but results were not available by press time.
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GAMES AND PUZZLES

SEARCH FOR MOVIE STARS

Ang Lee
Ashley Olsen
Ben Stiller
Chevy Chase
Chow Yun-Fat
Clive Owen

October 16-22

I was born on October 17, 1963, in Quebec City, Quebec, Canada. I played Stan Hooper on Saturday Night Live. Who am I?

Answer: Rob Lowe

I was born on October 18, 1984, in Saint Paul, MN. I won gold in the woman’s downhill at the 2010 Winter Games. Who am I?

Answer: Lindsey Vonn

I was born on October 19, 1962, in Atmore, AL. I am a four-time heavyweight boxing champ. Who am I?

Answer: Larry Holmes

I was born on October 20, 1956, in Radcliffe, Manchester, Lancashire, England. I directed Slumdog Millionaire. Who am I?

Answer: Danny Boyle

I was born on October 21, 1976, in West Covina, CA. I played Ben Seaver on Growing Pains. Who am I?

Answer: Danny cast

WORD SCRAMBLE

Rearrange the letters in each word to spell something pertaining to car care.

CAMEHECI

DANNY AIELLO
DON JOHNSON
DORIS DAY
EVA GREEN
JAY MOHR
JET LI
JOAN CUSACK
JUDE LAW
JUDI DENCH
LAURA DERN
LISA KUDROW
LUCY LIU
MADONNA
MAE WEST
MEG RYAN
ROB LOWE
TEA LEONI
THE ROCK
TINA FEY

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Seaboard Distributors
Shorehaven Insurance
Safelite Auto Glass
Ralph & Patty

Car Show

Sunday, November 13
1-5 PM
23124 S.R 54 Lutz, FL
KMart/Lifestyles Plaza

Open to all: hot rods, classics, customs, muscle cars, streetrods, antiques, customized trucks and odd rods

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PhCC celebrates Peace Week

Pasco-Hernando Community College will celebrate Peace Week with three keynote speakers, a Holocaust survivor, and a sand mandala, exhibits, presentations, interactive workshops, and musical performances.

Keynote speaker Edwin Black will present "Nazi Nexus" at 3:30 p.m. Wednesday, Oct. 19, at the North Campus, with a telecast at all other campuses.

Black will present "The Farhud" at 9:30 a.m. on Thursday, Oct. 20, and also will present "Internal Combustion" at 2 p.m. the same day at the West Campus.

Keynote speaker Eva Mozes Kor, a Holocaust survivor, will present "Surviving Auschwitz and the Mengele Experiments" at 3:45 p.m. Tuesday, Oct. 18 at 3:45 p.m. in the East Campus, with telecast at all other campuses.

Kor will also present "Medical Ethics after Dr. Mengele" at 4:30 p.m. on Wednesday, Oct. 19.

Rev. Bernard LaFayette will present "Peace and Religion" at 10:30 a.m. on Wednesday, Oct. 19, at the West Campus.

In addition to keynote presentations, Peace Week will also offer guest lecturers, a sand mandala, exhibits, presentations, interactive workshops, peace and religion festivals, and musical performances.

Visit www.phcc.edu/peace for a daily agenda of activities, times and room locations.

National Merit Scholars

The National Merit Scholarship Corporation has released a list of semifinalists in the 2012 National Merit Scholarship Program.

These young men and women now have an opportunity to continue in the competition for about 800 Achievement Scholarship awards, worth more than $2.4 million to be offered next spring. To be considered for a National Merit Scholarship, semifinalists must fulfill several requirements to become a finalist. About 80 percent of semifinalists are expected to attain finalist standing.

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Tuesday, October 25, 6:30pm

For expectant mothers, St. Joseph’s Hospital-North provides a birthing experience like no other hospital. Our obstetrical services bring moms and babies exceptionally comfortable care in a soothing, elegant environment. Our family-centered care philosophy allows relatives and visitors to be collaborators in patient care. Learn more about St. Joseph’s Hospital-North’s obstetrical services during a seminar presented by obstetrics and gynecology (OB/GYN) physicians Karolina Borodo, MD and Irene Wahba, MD and pediatrician Jamie Mallah, MD. They will be joined by members of our labor and delivery staff. Pick up a free copy of our I Expect Planning Guide during this seminar.

Difficult Menstrual Cycles?

Thursday, October 27, 6:30pm

Approximately one in five women suffer from regular but excessive menstrual flow. Difficult menstrual cycles can be treated in a number of ways. Join OB/GYN physician Pamela Twitty, MD as she discusses dysfunctional uterine bleeding, uterine fibroids and treatment options available.