BLOOMINGDALE GAZETTE

AUGUST 2008 + THE OFFICIAL PUBLICATION OF THE BLOOMINGDALE HOMEOWNERS ASSOCIATION SINCE 1980

Cleanup For Dues Paying Residents

The annual BHA Community Cleanup is coming

PAGE 2

Do You Have What It Takes?

The boards are seeking new members.

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Property Manager's Report....11

Law Enforcement......26



JONI HICKLE/Gazette photo With Joni Hickle at the wheel, the BHA float takes to the route. Along with her is BHA President Joe Hickle. Joe's sister, Jean Nelson, who was visiting from Ohio, is in the back seat. See story, page 6

Valrico Resident Aimed For Miss Florida USA

Thanks to help from the staff at the Campo Family YMCA, Lees Garcia came closer to her dream of competing for Miss USA. See page 20.



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SCHOOL OF QUALITY LEARNING

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commercial businesses will not be accepted. Appliances, mattresses,

accommodated. Waste from

water heaters, televisions, steel and other metals, furniture, and non-commercial construction debris will be accepted. In addition, used computer components (printers, faxes, monitors, etc.) will be accepted. Yard waste or regular household trash normally picked up at the curb cannot be accepted. Hazardous materials including paint, batteries, propane tanks, household chemicals and waste from commercial activities cannot be accepted.

The BHA is a voluntary, nonprofit organization run entirely by non-paid volunteers who live in the community. If you would like to help staff the collection site, please send an email to inbloomingdalenews@ tampabay.rr.com. High school students and scouts can earn community service hour credits for assisting with this project.

Enroll Now!

2008 • BLOOMINGDALE GAZETTE

AUGUST.

Transportation from Alafiam Cimino, FishHawk Creek, Bevis, and Lithia Springs 4321 Lynx Paw Trail, Valrico (Across from Lithia Springs Elementary)

657-6200

BRH) Brandon Regional Hospital

FREE WEIGHT LOSS SEMINAR

Your invited to our FREE SURGICAL WEIGHT LOSS LECTURE

under the medical direction of noted bariatic surgeon, Alfredo Fernandez, M.D.



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Is a lifelong struggle with weight robbing you of the simple, ordinary pleasures of living? Then maybe it's time for a whole new you! SURGICAL WEIGHT LOSS SEMINAR

Thursday, August 28th • 6:30p.m.

Classroom B, Suite 260, S. Moon, Brandon (Oakfield Medical Plaza, directly across the street from the hospital on the north side of Oakfield Drive.)



0002518588-01

SUPPORT GROUP MEET ADRIAN, GAIL & GLENN!

Open to anyone who has had a surgical weight loss procedure. Thursday, August 28th • 6:30p.m. Classroom A. Suite 260

Registration is required; please call to reserve your seat. Call To Register At 1-877-4-HCA-DOCS 1-877-442-2362 toll-free

To register for these classes/lecture and for more information about services provided by Brandon Regional Hospital or to find a physician, call Consult-a-Nurse® 1-877-4-HCA-DOCS (1-877-442-2362 toll free) 24 hours a day, 7 days a week. Se Habla Español

119 Oakfield Drive • Brandon, Florida 33511 For more information and volunteer opportunities, visit our website at <u>myBRH.com</u>

FREE CLASS



Learn How To Cook & Eat Healthy

Wednesday, Aug. 6th • 2:30-4:00p.m.

Brandon Regional Hospital Cafeteria, Palm Room

The class meets the first Wednesday of each month under the direction of a hospital dietician.

There is no charge for the class and no referral is needed.

Registration is required.



SUPPORT GROUP

BRANDON STROKE SUPPORT GROUP Thursday, Aug. 14th • 10:30a.m.-11:30 a.m.

Meets the 2nd Thursday of each month at Davis Park, Brandon Senior Center, 612 N. Parsons For more information, please call 571-6433.

BLOOD DRIVE

COMMUNITY BLOOD DRIVE

Monday, Aug. 4th

Each donor will receive a cool T-shirt.

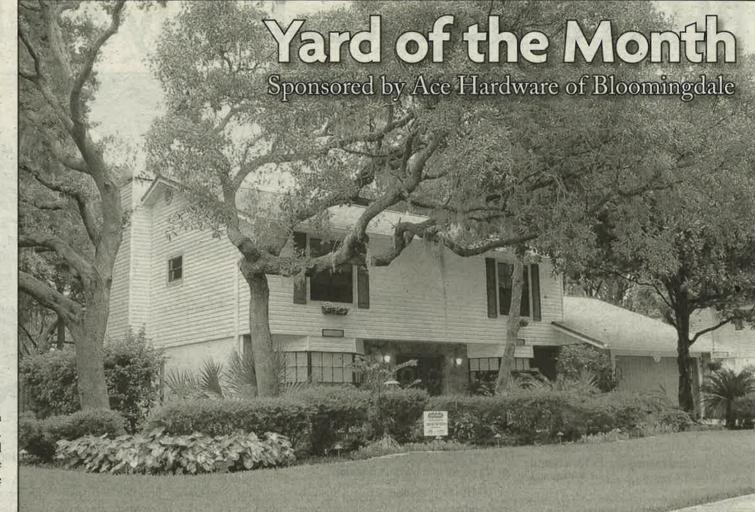
Bloodnet

10:00a.m. to 8:00 p.m. South Parking Garage 10:00a.m. to 1:00 p.m. North Parking Garage Noon to 8:00 p.m.

HCA



BLOOMINGDALE NEIGHBORHOOD NEWS



David and Donna Bechtel 3902 Rosedale Drive Bloomingdale Estates

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ers. Wood)wave, pla Send Yard of the Month nominations to bloomingdale. homeowners@verizon.net or call (813) 681-2051. Winners receive a \$25 gift card courtesy of Ace Hardware of Bloomingdale.

Voted Brandon's Best Roofer 2008



BHA Participates In July 4th Parade

A Gazette Report

BLOOMINGDALE GAZETTE

2008

This year marked the fifth year in a row that the Bloomingdale Homeowners Association has participated in the annual Brandon July 4th Parade. Participating in this year's parade was the President of the BHA Joe Hickle, his wife Joni and Joe's sister Jean Nelson who was visiting from Ohio. The Brandon parade is typically one of the biggest in Florida.

The annual budget for the BHA to be represented in the parade is actually very reasonable. The BHA spends approximately \$100 of which \$50 is the entry fee. This year, the BHA added magnetic patriotic signs to the decorations. The signage included the BHA logo, the name of the organization and an American flag as the backdrop.

The BHA entry actually started when Joni Hickle approached Courtesy Toyota, asking the dealership if they would sponsor the BHA by allowing use of a Courtesy Toyota in the parade. Courtesy stepped up and loaned the BHA a brand new, 2008 Toyota Solara convertible for the occasion.

After the parade, Courtesy Toyota explained their "referral fee" program to President Hickle and how it assists the BHA's annual scholarship efforts. It works like this: Using their Reward Card Program, Courtesy will donate \$50 to



BHA president Joe Hickle and his sister, Jean Nelson, rode in the parade along with Hickle's wife, Joni, in a car donated by Courtesy Toyota on Adamo Drive in Brandon.

the BHA's B.J. Stelter Scholarship program, when the new Toyota purchaser presents the dealership with a Rewards Card. These cards are available in the BHA office. Stop by and pick one up, or call the office at (813) 681-2051. Cards can also be mailed.

This Scholarship program was initiated by the BHA three years ago with the intent of assisting a Bloomingdale High School senior with a \$2,000 college scholarship to an accredited college or university. This year's winner was Whitney Cull, who will be attending the University of Florida.

A big "thank you" goes out to Courtesy Toyota for being a good neighbor and a great supporter of the Bloomingdale Homeowners Association. The BHA presented a framed certification of appreciation with parade photos to Courtesy Toyota.

Open House Planned For Beth Shalom of Brandon

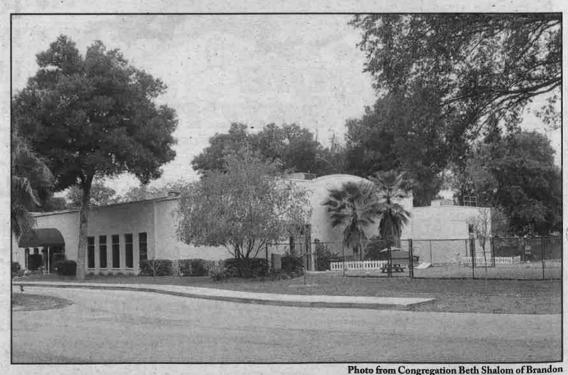
The membership committee the congregational activities will of Congregation Beth Shalom recently has been planning their annual open house for the Brandon Synagogue. Religious school registration will also be conducted. The event will take place on Sunday morning, Aug. 10 from 9:30 a.m. to noon at. 706 Bryan Road. This event is free and all families interested in attending are welcome. Light breakfast will be served, reservations are not necessary.

"We provide a meaningful Jewish home for people of all ages and levels of knowledge, a place to learn and to question, a place to worship and celebrate, and a place to find a community that cares" says the congregational spiritually leader Rabbi Betsy Torop.

Information about many of (813) 681-6547.

be available during the open house. The "full service" synagogue offers Friday Worship services, Sisterhood, Brotherhood, Religious School (grades pre-K thru 10th), B'nai Mitzvah Preparation, Daytimers, Chavurah Groups, Youth Programming, Adult Education Classes, JCC Preschool and holiday celebrations, just to name a few. The Brandon JCC will also be available at the event delivering information about the preschool options. They are also located on the grounds of the synagogue.

If you are not able to attend the open house but want information about joining the congregation, please check out our Web site, bethshalom-brandon. org, or call the temple directly at



Congregation Beth Shalom of Brandon is at 706 Bryan Rd., Brandon.

Your Inside Connections

BLOOMINGDALE HOMEOWNERS ASSOCIATION INC.

3509 Bell Shoals Road, Valrico, FL 33594 Phone: (813) 681-2051 Fax: (813) 684-2358 E-mail: bloomingdale.homeowners@verizon.net Office hours: Monday through Thursday, 7 a.m. to 11 a.m.

Meetings: first Monday each month, 7 p.m. Web site: www.bloomingdalegazette.com President: Joe Hickle

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of Brandon

Vice president: Stanley Lee; **Treasurer:** Pam Liguori **Directors:** Shelia Harris, Jim Harris, Don Grevert Sr., Jane Lee, Myron Magedanz, George May and Dennis Osborn

BLOOMINGDALE SPECIAL TAXING DISTRICT

3509 Bell Shoals Road, Valrico, FL 33594 Phone: (813) 684-6667 Fax: (813) 684-2358 E-mail: bloomingdale.district@verizon.net Office hours: Monday through Thursday, 7 a.m. to 11 a.m. Meetings: second Monday each month, 7 p.m. President: Thom Snelling Vice president: Russell Jones Treasurer: David West Property manager: Al Devney Trustees: Joe Harless; Joe Liguori and James Laughlin

BLOOMINGDALE GAZETTE

THE BLOOMINGDALE GAZETTE

The official publication of the BHA since 1980

3509 Bell Shoals Road, Valrico, FL 33594 Office Hours: Monday through Thursday 7 a.m. to 11 a.m. Ph: (813) 681-2051, Fax: (813) 684-2358 E-Mail: bloomingdale.homeowners@verizon.com Web site: www.bloomingdalegazette.net

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 The Gazette is delivered free to Bloomingdale residents along with The Tampa Tribune on the first Saturday of each month.

SAY YOU SAW IT IN THE BLOOMINGDALE GAZETTE



B ORHO 0 H 0 0 N G **Bloomingdale Girl Goes To Florida Elks Youth Camp**

By DENNIS OSBORN

The Florida Elks Youth Camp, under the supervision of the Florida State Elks Association, is situated on 385 acres of rolling hills, forests, lakes and open space in Marion County, Florida. Kaitlin Harrington (third from left), daughter of Bloomingdale resident David Harrington, recently participated in a summer camp during the week of June 22 - 28.

The Florida Elks Youth Camp, under the supervision of the Florida State Elks Association, is situated on 385 acres of rolling hills, forests, lakes and open space in Marion County, Florida. Bloomingdale resident Kaitlin Harrington recent participated in a summer earny there during the last week of June.

Her activities included gymnasium games, kick ball, paddle boats and leather craft, in which



Kaitlin Harrington, third from left, stands in front of the sign for Florida Elks Youth Camp along with fellow campers.

she made a bracelet. There was a lot of rain during the week, so many of the activities were confined to the gymnasium that houses three full-length basketball courts and various activity selor and counselor-in-training)

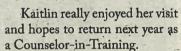
and conference rooms. The youth were housed in lodges featuring all the comforts of home. Each of the lodges

and has heat and air conditioning, personal storage facilities, complete restrooms with hot showers, and all are accessible sleeps nine (including a counto campers with physical limitations.

FACTORY UTHORIZED DEALER

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Turn to the Experts



The Florida State Elks Association, with the assistance of its 84,000 members, has developed a camping facility dedicated to the youth of Florida. With the Ocala National Forest within hiking distance as well as the Orlando major attractions within an hours drive, the Florida Elks Youth Camp is the ideal location for an organization to hold its events. The youth camp, which features state of the art facilities, is available year round to such organizations as colleges, schools, churches, Boy and Girl Scout troops and camps as well as other profit and non-profit organizations.

Dennis Osborn is a resident of Chadds Ford in Bloomingdale East.



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BRANDON • 11393 Causeway Blvd	643-6944
LITHIA • 16707 FishHawk Blvd	654-7991
PLANT CITY • 2621 Thonotosassa Rd	752-6631
RIVERVIEW • 11697 Boyette Rd	672-1832
RIVERVIEW • 13196 Hwy 301 S	671-4156
SEFFNER • 1515 N. Parson Ave	684-5897
VALRICO • 1985 E. Brandon Blvd	654-2324
VALRICO • 2511 S.R. 60 E.	643-4825
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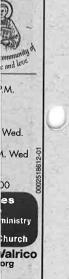
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OOMINGDALE G H B 0 R H 0 0 S New Wells, Sprinklers And Lighting

By AL DEVNEY Property Manager

GAZETTE

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2008

AUGUST,

Al Devney, property manager for the Bloomingdale Special Taxing District, oversees maintenance and improvements to community common areas such as entryways, landscaping and irrigation. To report maintenance needs or concerns, contact Devney at (813) 684-6667 or bloomingdale.district@verizon.net.

The following activities took place during the month of June, as reported by the Bloomingdale Special Taxing District Property Manager.

"Three well drillers were contacted to drill a new well for the river close irrigation system.

The old well has caved in and was only 63 feet deep. Normally, wells in this area are between 200 and 300 feet deep. A contract has been released to drill a new well in July.

*A pre-bid meeting for the conversion of the remaining 1976 four-inch pop-up six-inch pop-up sprinklers was conducted and seven contractors attended.

*Davidson Landscaping and Irrigation installed 14 Live Oaks and two Red Crape Myrtle trees along Natures Way Boulevard and two purple Crape Myrtle trees along Canoga Park Drive. All the trees were installed with polymer crystals and bubblers and were to be watered for the next four weeks on Mondays

and Wednesdays.

N E

*Davidson Landscaping and Irrigation located the elusive intermittent short in the Kiowa entrance lighting. An expensive piece of equipment called a fault locator pinpointed the problem area. They also located the irrigation wiring that crosses the Rosemead entrance and discovered that there was not a sleeve. under the road.

*Mr. Rob Northup, Hillsborough County forester, inspected the five dead oak trees and several sickly looking oaks along Natures Way Boulevard. So far the causes for the loss of these trees have been either due to improper planting, drought or gurgling of the roots. A soil

sample will be taken and forwarded to the pathologist at University of Florida to determine if there is a problem in the soil.

*Morningstar Electric installed a LED light fixture for the flag at the Springvale entrance. The light draws 13 volts, lasts 100,000 hours, replaces lights for 75-150 watts and reduces the electrical cost by 75 percent.

*Signs by Mineo repaired the vandalized directory sign at the corner of Culbreath Road and Natures Way Boulevard.

*Thunder Irrigation repaired seven vandalized risers at Tyndale and Needham entrances.

*Shuman Properties painted

In the land of eat, drink and pitch out the window there were 22 lights replaced and 24 signs, a five-gallon gas can, a broom, a six-inch panda, a leather sofa cushion and 36-cents removed.

over the graffiti in three locations and a damaged wall on Springvale Drive.

Bloomingdale Special Taxing District property manager Al Devney can be reached at (813) 684-6667 or bloomingdale.district@verizon.net.

Seeking Board N o You Have What It Takes? By JOE LIGOURI

Gazette Executive Director

Have you ever thought that, when it comes to the Special Taxing District or the Bloomingdale Homeowners Association, you could help? Or maybe you thought you weren't able to get your views of community across to the proper board. Well, here is your chance. The Bloomingdale Homeowners Association has at least one vacancy and the Special Taxing District likewise now has a vacancy.

Although both organizations work together, they each have very different missions and goals. The BHA is responsible for publishing and distributing the Bloomingdale Gazette each month, provides the Santa and Mrs. Claus visit each year, participates in the Brandon July 4th parade, works with the Board of County Commissioners, oversees deed restrictions, maintains the B.J. Stelter Scholarship Program, and performs myriad other functions to help keep Bloomingdale a clean and safe area to live in and raise your family.

The Special Taxing District, on the other hand is responsible for maintaining virtually all the common areas, including entry ways. That means making sure the grass is cut, the irrigation

system is working, the bushes and trees are maintained, fertilization is applied, the wall ivy is trimmed, and the trash is picked up on a timely basis. Once again, that is just a short list of what the Special Taxing District does to keep up the appearance of Bloomingdale.

So what can you do? If you're interested in the BHA, plan to attend the August meeting on Monday, Aug. 4 at 7 p.m. If you're interested in the Special Taxing District, plan to attend the August meeting on Monday, Aug. 11 at 7p.m. Both meetings take place in the community office at 3509 Bell Shoals Road, across from the

If you're interested in the BHA, plan to attend the August meeting on Monday, Aug. 4 at 7 p.m. If you're interested in the Special Taxing District, plan to attend the August meeting on Monday. Aug. 11 at 7 p.m. Both meetings take place in the community office at 3509 Bell Shoals Road...

Wal-Mart shopping center and behind the Citgo station. Or you can call the BHA at (813) 681-2051. The phone number for the Special Taxing District is (813) 684-6667. You can also e-mail either organization at bloomingdale.homeowners@verizon.com.

difference in the community you live in!

Joe Liguori is Executive Director of The Bloomingdale Gazette and trustee of the Bloomingdale Special Taxing District. He can be reached at bloomingdale.dis-



trict@verizon.net.



FISHHAWK RESIDENT SPECIAL

Heather Ferrell 716-1167

Abruzzese

480-6315

Bob

GEORGE SHEA 813-541-2390

georgeshea@tampabay.rr.com



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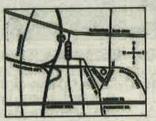
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 Many dealers are offering incentives up to \$3,000 in customer cash.

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Interest rates are available from 1.9 to 2.9 percent, as well as 0 percent financing for 60 or 72 months.
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A sampling of today's affordable payments.*

LOAN	0%	5%	6%	7%	8%
10K	167	189	194	198	203
15K	250	283	290	297	305
20K	333	378	387	396	406
25K	417	472	484	495	507
30K	500	566	580	594	609
*Based on 60	month's fina	ncing.			1



AUGUST, 2008 • BLOOMINGDALE GAZETTE

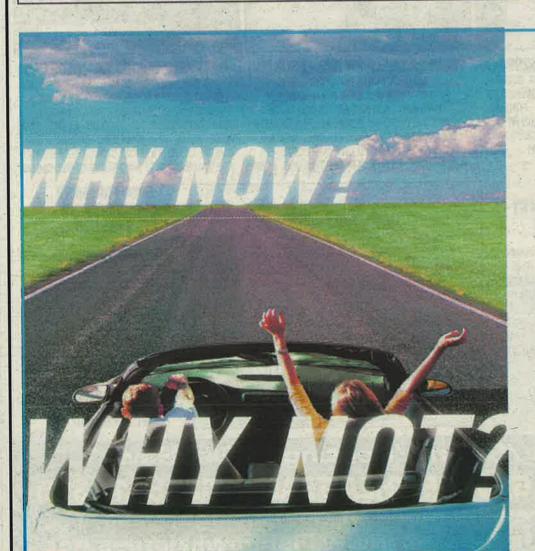












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LECTURESERIES

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Ow! I HURT MY KNEE! Sports Injuries and the Athlete's Achilles Heel: ACL (Anterior Cruciate Ligament)

ARTHRITIS, JOINTS AND THE AGING BODY KNEE AND HIP JOINT SURGERY

Thursday, August 7 6:30pm

Conference Room The Palmetto Club at Fishhawk Ranch 17004 Dorman Road Lithia, FL 33547



Dr. Scott Goldsmith, Orthopaedic and Sports Medicine Thursday, August 14 6pm

Community Conference Room South Florida Baptist Hospital 301 N. Alexander St. Plant City, FL 33563

Join orthopaedic surgeon, Scott Goldsmith, M.D., at two informative lectures to find out about new techniques in diagnosing and treating ACL knee injuries and also new treatments and surgical techniques for arthritis and knee/hip joint surgical repairs.

Dr. Goldsmith will provide valuable information about these subjects including:

- Symptoms
- Screening guidelines
- Diagnosis and treatment
- Surgical options

There will be a question and answer session following the lecture. Light refreshments will be served. Seating is limited so call (813) 754-4444 today to register.

Free Lecture · Free Parking · Light Refreshments

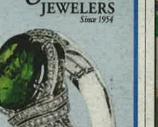
SOUTH FLORIDA BAPTIST HOSPITAL

0002512871-01

13



Peridot Month at arlin's



SimonG.

BACK TO SCHOOL

KIDS & \$600

AUGUST IS ...

Summer Fun At The Young

Chefs Academy Of Brandon

IANE LEE/ Gazette photo Group picture back row left to right: Kristin Cash, Kayla Blunnie, Jenna Cherry, Jaiden Molina, Victoria McLanahan, Colleen Herrera, and owner, Amy Metz. Front row left to right: Noah Lemar, Skylor Strong, Madeline Pena, Natalie Loaiza

The Young Chefs Academy of Brandon offers weekly cooking classes for children ages 5 - 10 and 10 -15 and a large array of cooking classes for multiple age groups. They also offer three-day and five-day camps, mini camps, birthday parties, educational field trips for schools and scout groups and cooking-themed special events.

The Young Chefs Academy of Brandon is located at 1576 Bloomingdale Ave. You can reach them by phone at (813) 643-7025 or on the Web at youngchefsacademy.com.

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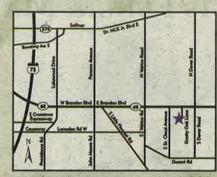
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Making The First Day Easier

No matter if your child is a kindergarten student or heading off to the last year of high school, here are some tips to making that first day of school easier to take.

16

BLOOMINGDALE GAZETTE

2008

AUGUST.

· Remind your child that she is not the only student who is a bit uneasy about the first day of school. Teachers know that students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.

· Point out the positive aspects of starting school: It will be fun. She'll see old friends and meet new ones. Refresh her memory about previous years, when she may have returned home after the first day with high spirits because she had a good time.

· Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.

BACKPACK SAFETY

Choose a backpack with wide, padded shoulder straps and a

padded back.

• Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.

· Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may also increase curvature of the spine.

· Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs.

TRAVELING TO AND FROM SCHOOL

Review the basic rules with your youngster:

· If your child's school bus has lap/shoulder seat belts, make sure your child uses one at all

times when in the bus. If your child's school bus does not have lap/shoulder belts, encourage the school to buy or lease buses with lap/shoulder belts.

· Wait for the bus to stop before approaching it from the curb. · Do not move around on the

bus. · Check to see that no other traf-

fic is coming before crossing. • Make sure to always remain in clear view of the bus driver.

Bike

· Always wear a bicycle helmet, no matter how short or long the ride.

• Ride on the right, in the same direction as auto traffic.

• Use appropriate hand signals. · Respect traffic lights and stop signs.

· Wear bright color clothing to increase visibility.

. Know the "rules of the road. http://www.aap.org/family/bicycle.htm

Walking to School

a school is a safe route with welltrained adult crossing guards at every intersection.

· Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.

· Bright colored clothing will make your child more visible to drivers.

EATING DURING THE DAY

· Most schools regularly send schedules of cafeteria menus home. With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers

• Try to get your child's school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in the vending machines.

Each 12-ounce soft drink contains approximately 10 teaspoons

of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60 percent. Restrict your child's soft drink consumption.

BULLYING

Bullying is when one child picks on another child repeatedly. Usually children being bullied are either weaker or smaller, shy, and generally feel helpless. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the Internet.

When Your Child Is Bullied • Help your child learn how to

respond by teaching your child how to:

1. Look the bully in the eye.

2. Stand tall and stay calm in a difficult situation.

3. Walk away.

· Teach your child how to say in a firm voice.

See FIRST DAY, Page 17

Call for



· Make sure your child's walk to

not to eat.

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one child epeatedly. pullied are r, shy, and Bullying or social. al, on the hool bus, r over the

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Y, Page 17





Back-to-school shopping is a yearly rite for most students.

FIRST DAY From page 16

 "I don't like what you are doing."
 Please do NOT talk to me

I lease do NOT tak to make the like that."
 3. "Why would you say that?"

• Teach your child when and how to ask for help.

• Encourage your child to make friends with other children.

Support activities that interest your child.
Alert school officials to the

problems and work with them on solutions.

• Make sure an adult who knows about the bullying can watch out for your child's safety and wellbeing when you cannot be there. When Your Child Is the Bully • Be sure your child knows that

bullying is never OK.
Set firm and consistent limits on your child's aggressive behavior.

• Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.

• Use effective, non-physical discipline, such as loss of privileges.

• Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied. When Your Child

Is a Bystander

Tell your child not to cheer on or even quietly watch bullying.
Encourage your child to tell a trusted adult about the bullying.
Help your child support other children who may be bullied.

BEFORE AND AFTER SCHOOL CHILD CARE

• During middle childhood, youngsters need supervision. A responsible adult should be available to get them ready and off to school in the morning and watch

over them after school until you - return home from work.

• Children approaching adolescence (11- and 12-year-olds) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.

• If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by telephone.

• If you choose a commercial afterschool program, inquire about the training of the staff. There should be a high staff-tochild ratio, and the rooms and the playground should be safe.

HOMEWORK AND STUDY HABITS

• Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.

• Set aside ample time for homework.

Establish a household rule that the TV set stays off during homework time.
Be available to answer ques-

tions and offer assistance, but never do a child's homework for them.

• To help alleviate eye fatigue, neck fatigue and brain fatigue while studying, it's recommended that 'youngsters close the books for 10 minutes every hour and go do something else.

• If your child is struggling with a particular subject, and you aren't able to help, a tutor can be a good solution. Talk it over with your child's teacher first.



17

BLOOMINGDALE GAZETTE +

2008

www.nadalpediatrics.com

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KHCB To Kick Off New Anti-LitterProgram

Local residents now can take their community's litter situation into their own hands by simply dialing a phone number.

GA7FTTF

Keep Hillsborough County Beautiful, Inc. is kicking off a Trash Troopers Pilot Program in the Mango, Seffner and Thonotosassa areas and is asking residents to step up to the plate to help educate litter bugs.

"If you've ever felt frustrated frontational manner." when someone flicked their cigarette butt out the window, then this program is for you," said Christine Commerce, executive director of Keep Hillsborough County Beautiful. "The Trash Troopers Litter Hotline will enable citizens to do something about other people's messy habits, in a safe and non-con-

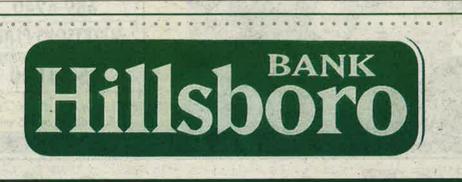
KHCB's plan is to encourage residents to report people who litter from cars and other types of vehicles. Residents can dial 1-877-Y-LITTER (1-877-954-7737) to reach KHCB's voice mailbox where they will be instructed to leave the information, including the date, time and location of the incident and the

vehicle's license plate number. KHCB personnel will use the license plate number to identify the vehicle's owner. The owner is sent a letter advising them that someone in his or her car was seen littering.

"Depending on their level of commitment, residents can take advantage of the program by calling once a year or by being

on the constant lookout for violators everyday," Commerce said. "All it takes to participate is dialing a phone number or filling out a form."

For more information on the Trash Trooper Litter Hotline or to volunteer, contact Keep Hillsborough County Beautiful at (813) 960-5121 or visit KHCBonline.org.



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Speakers:

Gus Billrak

Air Force Airmen Jonathan A. Schlosser, Andrew G. Anderson, Anthony C. Gathers, Justin M. Crisham, Julio L. Alvarez and Renae Hewes have graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airmen and airwomen studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

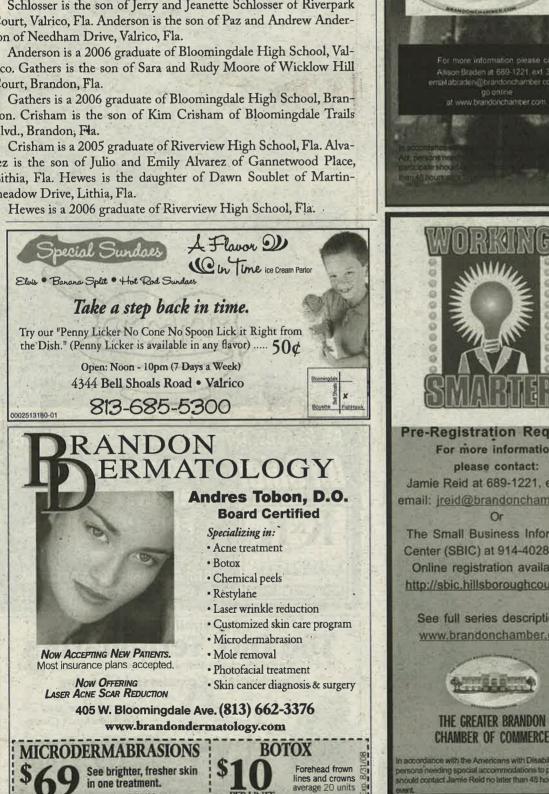
In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

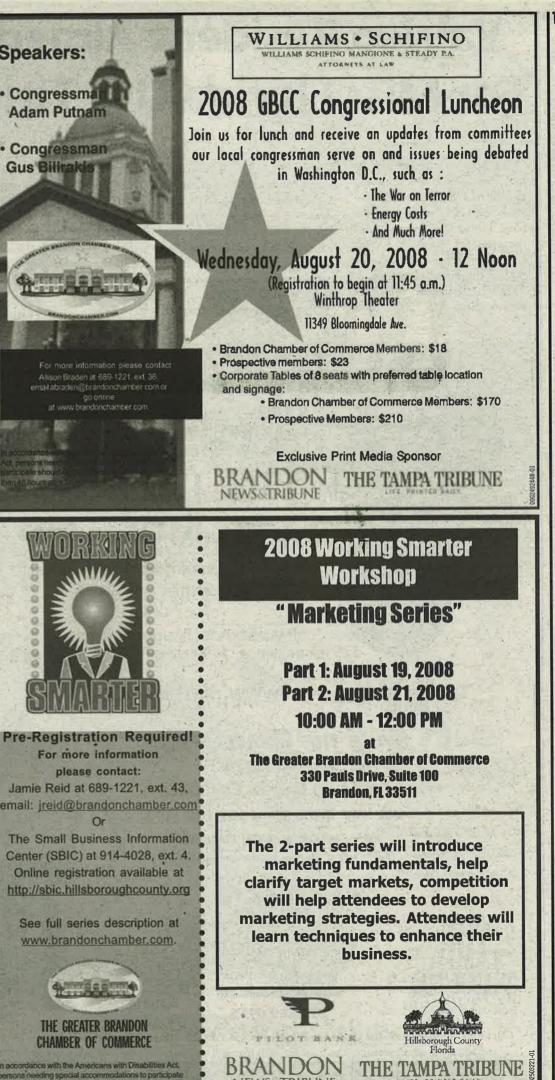
Schlosser is the son of Jerry and Jeanette Schlosser of Riverpark Court, Valrico, Fla. Anderson is the son of Paz and Andrew Anderson of Needham Drive, Valrico, Fla.

rico. Gathers is the son of Sara and Rudy Moore of Wicklow Hill Court, Brandon, Fla.

don. Crisham is the son of Kim Crisham of Bloomingdale Trails Blvd., Brandon; Fla.

rez is the son of Julio and Emily Alvarez of Gannetwood Place, Lithia, Fla. Hewes is the daughter of Dawn Soublet of Martinmeadow Drive, Lithia, Fla.





Valrico Resident Aimed For Miss Florida Usa Title

A Gazette Report

20

BLOOMINGDALE GAZETTE +

2008

It's been a busy six months for Lees Garcia. Since moving to Valrico from Puerto Rico in December 2007, she's won the Miss Tampa USA pageant, and competed for the Miss Florida USA title. While she didn't win. she was the second runner-up.

Having captured the Miss Puerto Rico US 2007 title,

after unexpectedly winning Miss Tampa USA in March, she found herself unprepared for the level of physical fitness she would need to succeed in the state-level pageant. Short on funds, she turned to the Campo Family YMCA for help after noticing the facility offered a free six-session personal exercise program to members.

"But once we realized what her

Garcia isn't new to pageants. But plans were, we knew that six sessions wasn't going to cut it," said Matt Brewer, a personal trainer at the Campo Y. "She was very lean but didn't have a lot of muscle tone, and you have to commit to intense training sessions 6 or 7 days a week to get the kind of results she needed. And she only had five weeks to get ready!"

SEE GARCIA PAGE 1





Westfall@verizon.ne

LVERY DOLLAR RAISED HELPS BRING US CLOSER TO A CURE!

+ BLOOMINGDALE GAZETTE + AUGUST, 2008

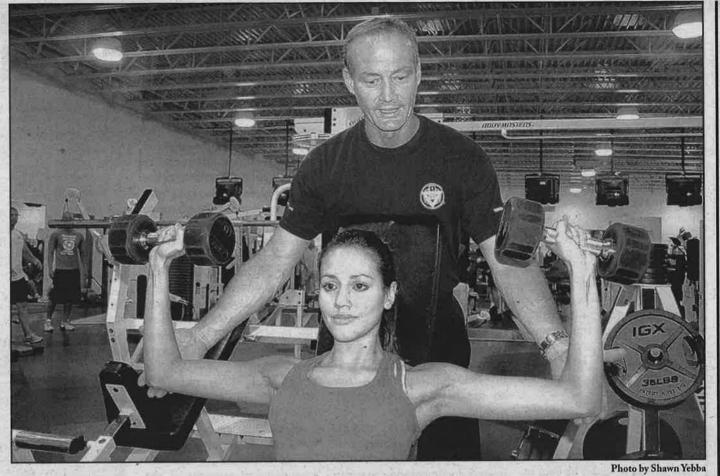
GARCIA FROM 20

Luckily, she had come to the right place—and the right person. Brewer committed to working with Garcia on a volunteer basis, mornings and evenings, for intensive strength and endurance sessions lasting as long as two hours. "I could tell she had a strong commitment to it, so I was willing to work as hard as she did," he says.

Helping others reach their fitness goals is all in a day's work for Brewer, a retired member of the US Coast Guard and a father of eight. While in the service, he ran an inter-agency fitness program for the Coast Guard and the Army, served on the President's Council on Physical Fitness, and directed a master fitness program within the Department of Defense.

"After I retired from the Coast Guard, I became a full-time dad while my wife worked as an ER nurse," he says. "I woke up one day and realized my social circle was a bunch of 6-year-olds...and that's when I began working as a trainer at the Campo YMCA." In addition to personal training, Brewer also teaches basic training "boot camp" style classes at the Y.

"I've been working at the Y for the past six months, and I plan to be there for quite a while," Brewer says. "I love what I do...I love helping people change their lives and their habits through motivation and behavior coaching. Body, mind, and spirit—it's all connected. That's why I work with the Y rather than one of the other fitness facilities out there, because the Y really helps



Trainer Matt Brewer and pageant hopeful Lees Garcia at the Campo Family YMCA.

people get stronger not only physically, but mentally and spiritually too. Plus, the family atmosphere is great and they know all my kids' names."

Of training Garcia, Brewer says, "This was a challenge unlike any I've run into

before, because we had to simultaneously break down and build up a physique, adding muscle and balancing proportions at the same time." He even deconstructed Garcia's diet, trading her lettuce and cottage cheese for pizza and heartier dishes that would provide energy for her grueling workouts. "Because of the swimsuit competition, she had to be very careful not to cause any bruises, stretch marks, or scrapes—and that's tough to do when you're training hard," he says.



District Announces Free and Reduced Price Meal Guidelines

A Gazette Report

In compliance with federal guidelines, Hillsborough County Public Schools announces the policy and procedures for free and reduced price meals for children served under the National School Lunch and School Breakfast programs.

Children from families whose income is at or below the levels shown are eligible for free or reduced price meals. Application forms will be mailed to parents and guardians this summer. Additional copies are available at each school. A new family application must be completed each year.

Information provided on the application is confidential and used for determining eligibility. Unless indicated otherwise, the information may also be used in determining whether the child is eligible for other educational programs.

Applications may be submitted any time during the year. If a child moves from one Hillsborough County public school

to another in the same year, parents do not need to submit anew application.

The majority of applications are approved based on income and size of the household. The following information is required for the application:

Total monthly household income by amount and type; Names of all household members; Signature of an adult household member certifying the information provided is correct; and, the Social Security number of the adult signing the application, or a check mark by the word "NONE" for this household member if they do not have a social security number.

If information is missing, applicants will not receive meal benefits. The school district may request documentation to verify gross amount of income.

Households that receive food stamps or Temporary Assistance to Needy Families (TANF) are required to list only the child's or children's name(s), food stamp, or TANF case number

(do not use food stamp CARD number), printed name of an adult household member, and signature of an adult household member. Foster children may receive benefits based upon the child's personal income only. Every foster child must have an individual application.

The school district's Healthy Meals Express Application Center will review all applications and determine eligibility. Within 10 days of submission, applicants will receive notification by U.S. mail if the application is approved for temporary free, temporary reduced, or denied. All others must call (866) 544-0946 to verify their . child's eligibility.

If parents are dissatisfied with the decision, they may discuss it informally with the . accountability manager at the Healthy Meals Express Application Center at (813) 840-7066. If they wish to make a formal appeal, parents can write to the General Manager of Student Nutrition Services, 2920 N. 40th St., Tampa, FL 33605.

July 1, 2008 through June 30, 2009

FREE MEAL SCALE

Household- Size	Annually	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$13,520	\$1,127	\$564	\$520	\$260
2	18,200	1.517	759	700	350
3	22,880	1.907	954	880	440
4	27,560	2,297	1,149	1,060	530
5	32,240	2,687	1,344	1,240	620
6	36,920	3,077	1,539	1,420	710
7	41,600	3,467	1,734	1,600	800
8	46,280	3,857	1,929	1,780	890
For each additional family member add	+4,680	+390	+195	+180	+90

Household Size	Annually	Monthly	Month	Every Two Weeks	'Weekly
1	\$19,240	\$1,604	\$802	\$740	\$370
2	25,900	2.159	1.080	997	499
3	32,560	2,714	1.357	1,253	627 :
4	39,220	3,269	1,635	1,509	755
5	45,880	3,824	1,912	1,765	883
6	52,540	4,379	2,190	2,021	1,011
7	59,200	4,934	2,467	2,277	1,139
8	65,860	5,489	2,745	2,534	1,267
For each	+6,660	+555	+278	+257	+129
additional family member, add	1				

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2008

22

Senior Ventures To Japan

By LAURA CONE lcone@mediageneral.com

Jessica Ramsdell, 17, knows what it's like to have a foreign exchange student in the home. Now the Newsome High School senior will find out what it's like to have the "geta," a Japanese wooden clog, on the other foot.

Jessica will be spending the first half of her senior year in Japan.

"I'm really looking forward to the culture, to be able to go and see the places and meet the people and eat the food," Jessica said. "I've always been very interested in Japanese culture."

Jessica said she is taking classes on Florida Virtual School during the summer to make up for some classes she will miss while in Japan. She also has a private tutor who is helping her learn the basics of the Japanese language.

"I will miss my family," she said. "I will be there for six months and I won't see them. I'll miss them the most."

from Sophie Voggenberger, a foreign exchange student from Austria, who stayed with her family for six months and just recently returned to her country. "I got to learn new things

about her country and how she lives her life and how different her way of life is from mine," Jessica said. "At her school, she is expected to do more than I am."

Jessica said she highly recommends people become hosts to foreign exchange students.

Jessica's mom, Lee Ann Ramsdell of FishHawk, is the support coordinator for the state of Florida for American Field Service (AFS).

She said AFS is the oldest .and largest foreign exchange group in the world.

Ramsdell said AFS is presently seeking host families for five students who will be in the Tampa area in August.

As a support coordinator, Ramsdell works as a liaison for the exchange students. She calls the children every month, makes

Jessica said she learned a lot visits and checks to see that they are adjusting to the new culture.

"They come from so many different cultures," Ramsdell said. "There is so much adjustment needed."

Ramsdell said AFS started during W.W. I. Many of the ambulance drivers made friends on the battleground and wanted to keep in contact after the war.

"They started sending their kids back and forth and that's how the organization got started," she said. "Today we send thousands of kids every year. They go all over the place."

People who want to host a student may participate in the 10-month or the 6-month program.

While there is no cost for the host family, the host family does provide the basics of food and shelter. Host families may be eligible for tax deductions while the student is living there. Exchange students bring their own spending money.

While it costs money to



Photo provided

From left, Sophie Voggenberger, 17, a foreign exchange student from Austria, Jessica Ramsdell, 17, and Jennifer Ramsdell, 14, enjoyed getting to know one another through the American Field Service or AFS exchange program.

send a child to another country, years later, she still visits. You financial aid is available.

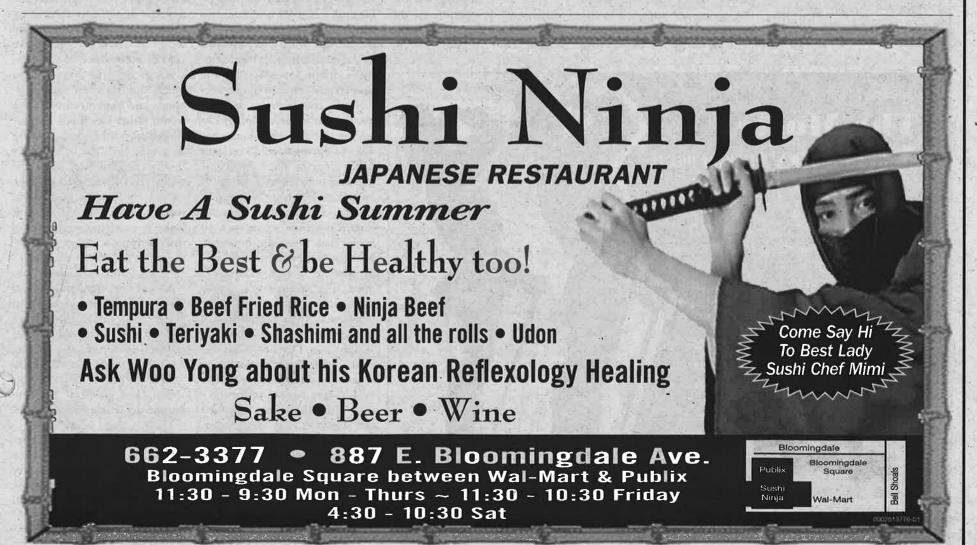
Ramsdell first learned about AFS while she was a high school student living in Cleveland, Ohio. Her family hosted a girl from Guatemala.

"It was wonderful," she said. "We are still close to her. Thirty

make friendships that last a lifetime."

Ramsdell said most of the students are fluent in English.

For more information on being a host family or becoming involved in AFS, call Ramsdell at (813) 412-2257.



Event Hopes To Help Cancer Research

By SUZANNE SCHMIDT sschmidt@mediageneral.com

GAZETTE . 5

BLOOMINGDALE

Holly Wirth said that after she lost her 19-month-old daughter Paige to a brain tumor, she knew she had to find a way to help others. Wirth is helping to organize the 2nd Annual Cure Kids Cancer Challenge, which benefits the Pediatric Cancer Foundation, Sept. 13 at Park Square, 16144 Churchview Drive in FishHawk Ranch.

"I like to help to organize the events for the Pediatric Cancer Foundation, and I also like to volunteer because it helps to keep said. "We don't want anyone to forget her or her battle. We like to help raise money for research

so the next child to be diagnosed will have more of a chance."

Wirth said her daughter was diagnosed with a GBM brain tumor. She said since it was such a rare form of cancer, there has not been much research on finding a cure.

"The foundation funds research through their Sunshine Project," Wirth said. "They are doing research on the types of cancer that don't get a lot of attention. We realized there is a real need for funding.'

The event will start off with a 5k walk and fun run and a onemile walk. Registration will begin Paige's memory alive," Wirth at 7:30 a.m. and the walk will start at 9 a.m. After the walk and fun run are over, the foundation will have a community gathering

featuring fun activities, including a bounce house, face painting, and DJ-led activities like a hula hoop contest and karaoke. Each activity will cost \$1.

All the proceeds raised will go to funding more research across the country through the Sunshine Project. Through the project, many of the nations top cancer institutions are collaborating in an effort to do the research and bring the treatments to the market as quickly as possible.

"We are hoping to use the donations collected to help fund more research," Polson said. "There is a lack of money for pediatric cancer research. Many of the treatments used today were created 20 years ago for

adults. Through the Sunshine Project, we can get all of the stages of the research done at the same time in an effort to bring the drugs to the market as soon as possible. In the clinical trials, \$12,000 is needed per child, and we are trying to find the funding for 75 children."

In the United States, there are approximately 12,500 children battling cancer and unfortunately about 2,500 will lose their battle according to Polson.

"Children diagnosed with cancer have an 80 percent chance of survival," Polson said. "We try to focus on that other 20 percent."

For more information; visit fastercure.org or call (813) 269-0955.



Photo courtesy of Anissa Mayhew At last year's Cure Kids Cancer Challenge, Peyton Mayhew, 4, plays in the fountains at Park Square. Mayhew is battling leukemia. The challenge benefits the Pediatric Cancer Foundation which will use the money to help fund research to find a cure for cancer. For more information visit fastercure.org or call (813) 269-0955.

Stay Safe, Don't Leave Your Door Open to Crime

By PETE MAURER Bloomingdale Community Resource Deputy

Recently while in a neighborhood taking pictures to update a crime prevention presentation on home security, we were amazed to see how many garage

doors were open, and no one was around. But in plain view were bikes, power tools, lawn equipment, golf clubs, etc. People were : them into cash, and then disapout of view, mowing their back yards or doing other chores, and not paying any attention to the security of their belongings. All of these situations were giving

someone the opportunity to never appeared to give a second enter a garage, steal items that are hard to trace, quickly turn pear without a witness.

Even more amazing was the fact that while standing on the curb taking pictures, people walking and driving past us

thought to what we were doing. On one occasion a homeowner looked out a window and observed us standing across the street while we took pictures of his home. A short time later the man came out got into his car, backed out of his driveway and left, even nodding his head at us while driving past. Yes, he left his garage door wide open.

One couple out walking asked what we were doing. We told them we were taking pictures of open garage doors for a safety program. The woman said that everyone leaves their doors up and nothing ever happens.

The Hillsborough County Sheriff's Office wants you to know that there are hundreds of thefts from homes every year, because of garage doors left open. The woman who made the comment that nothing ever happens in their neighborhood has not been victimized vet.

Last year, Dateline NBC has shown several specials featuring a security consultant who has broken into houses while talking with neighbors, smashed car windows and then stolen the cars from busy parking lots, and spray-painted walls of buildings on busy streets. (These actions were carried out in conjunction with local law enforcement). Time and time (813) 635-8040.

again people would watch but very few would ever react. For some reason people feel that it is none of their business or they are afraid to call law enforcement about something they are not sure about. The interesting thing is law enforcement really wants to know. We know we can't be everywhere all the time. Citizens need to assist and to watch out for their neighborhoods and their neighbors. We would rather check out a situation and find there was nothing to it than miss the opportunity to stop a crime and catch the criminal. Ask any Deputy, they will tell you that catching a thief stealing a \$2,000 set of golf clubs is much more rewarding than writing a stolen property report on the clubs.

Theft and vandalism are crimes of opportunity. By taking simple steps like closing your garage door or locking your car, you can greatly reduce your chances of becoming a victim. By locking your garage door you reduce the risk of having thingsstolen, and possibly preventing the quick sale of your items.

Pete Maurer is the Hillsborough County Sheriff's Office community resource deputy for the greater Bloomingdale area. To reach Maurer call

Center Place Presents

The Music YOU LOVE DINNER THEATER An evening of Broadway show tunes and pop hits of yesterday!

SATURDAY, AUG.16

BRANDON

NEWS & TRIBUNE

Social 6:30 p.m. | Dinner 7 p.m. | Show 8 p.m. Center Place, 619 Vonderburg Drive, Brandon (NEXT TO THE BRANDON REGIONAL LIBRARY)

Join performing veterans Lew Resseguie and Ellen Kleinschmidt as they take you on a musical journey with the great music of Broadway and Tin Pan Alley, Lew, a former successful New York actor, has appeared in theater as a co-star and was even featured with Angela Lansbury. Barry Nelson, Dolores Gray, Robert Conrad and John Davidson He has appeared in network television soops and dramas and in film with Julia Roberts and Rod Steiger Ellen, Hillsborough County's Teacher of the Year in 2005, has appeared in many community theater productions, as well as in television, movies and numerous local and national commercials

Prior to the show there will be a catered buffet dinner. Tickets are \$35 per person for dinner and the show and must be purchased by August 10th There is limited seating Call (813)685-8888 for tickets or more information

THE TAMPA TRIBUNE

Center Place is a nonprofit, charitable organization committed to promoting the fine arts in the community.



Seat Belts Aren't Just For You

By PETE MAURER Bloomingdale Community **Resource** Deputy

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SLOOMINGDALE GAZETTE

2008

At the July Sheriff's Bloomingdale Area Community Council (BACC) meeting, State Representative Rich Glorioso of Plant City met with members to discuss issues of concern.

One very important issue he discussed was his recent legislative efforts to get a "primary seat belt" law passed. This bill - HB11 - would have allowed law enforcement officers to pull over drivers for not wearing seat belts. The current laws allow officers to ticket drivers for not buckling up, but only after they

fic violation such as speeding or running a red light.

Florida is one of 23 states without a primary seat-belt law. Along with saving lives, this bill would also qualify the state to receive \$35 million dollars in federal funds to improve states roads. No would argue that the state's roads need improving but what about saving lives.

What stands out above all the facts is this one - traffic crashes are the number-one cause of death for Florida's teenagers, and this cause of death is preventable in nearly 80 percent of crashes. Change that 80 percent into the number of teenage lives it represents and the number of famiare stopped for some other traf- lies and friends that are directly

affected is amazing. Folks, this is a very simple

issue. Wearing set belts saves lives. It should not have to take legislation to get our teenagers protected. All it takes are parents setting the right examples and teaching them the right habits. If you as a parent are not wearing your seat belt, it is likely that your teen won't wear theirs, either.

Those of us in law enforcement know what it is like to investigate an accident scene where a teen or teens have been killed, and it is even worse when that teen did not have their seatbelt on. It grabs you in the gut. Of course, this young life could have been saved.

For you teens, maybe you don't think it looks cool to have a seatbelt on. Well, the same type of belts are used by the EMTs to strap the bodies down on the gurneys so they can take them to the morgue. You decide what type of belt you want to wear.

Set the right example, wear your seatbelts!

PREPARING NOW TO VOTE IN NOVEMBER

Also at the July Sheriff's Bloomingdale Area Community Council (BACC) meeting, Audrey Canney, Senator Storms' aide, provided BACC members with information on current and upcoming issues.

One of these critical issues concerns the many items that will be on the November ballots. Along with the numerous political positions ranging from County Commissioners to county judges are several amendments that voters will have the opportunity to make decisions

One very important issue discussed was that of residents registering to vote and then voting, as well as the very critical step of being an informed voter. When you step into the voting booth you must have your facts



Deputy Pete Maurer

straight so you know who and what you're voting for.

There will be several forums coming up in the next month that will offer voters the chance to meet and ask questions of prospective candidates. Make it a point to find out about these forums and attend them, so you can meet the folks making the decisions that affect us so much.

We all must cherish our freedom to vote, and carefully chose those that lead our state and our nation, and determine the laws that govern us. Get informed then get out and vote this November!

Burglary Facts & Preventive Measures

Who is the typical burglar? What is his or her average take? Here are some interesting common burglary facts and what you can do to prevent them in your community.

• Burglary is the unlawful entry of a structure to commit a felony or a theft. A person can be convicted of burglary even if nothing was actually stolen.

• A burglary occurs approximately every 15 seconds in the United States.

· On average, a burglary results in a dollar loss of about \$1,600.

· About 30 percent of all burglaries are classified as "unlawful entry," meaning the burglar was able to gain entry without using force - often through an unlocked door or window.

· Nearly 66 percent of all burglaries are residential, and of those, 62 percent occur during the daytime. Most burglaries occur between 9 a.m. and 3 p.m., when no one is likely to be at home.

· Renters are more likely to be the victims of property crime than homeowners.

· Only 13 percent of reported burglaries are solved, or "cleared," by the police.

· Only about 15 percent of property stolen in burglaries is recovered.

· Nearly 85 percent of all burglaries occur in large metropolitan areas.

· Almost half of the nation's reported burglar-

ies occur in the South: 45 percent, as opposed to the Northeast's 11 percent, the Midwest's 20 percent and the West's 24 percent.

• The highest percentage of burglaries occur during the summer months of July and August, when many people are away from their homes on vacation, or have left windows open for ventilation.

· Arrest records reported to the FBI indicate that approximately 70 percent of all burglary arrestees are white and 86 percent is male.

- · About 30 percent of private homes have
- security systems. Homes without security systems are two to three times more likely to
- be broken into.

WHAT YOU CAN DO TO HELP PREVENT **HOME BURGLARIES**

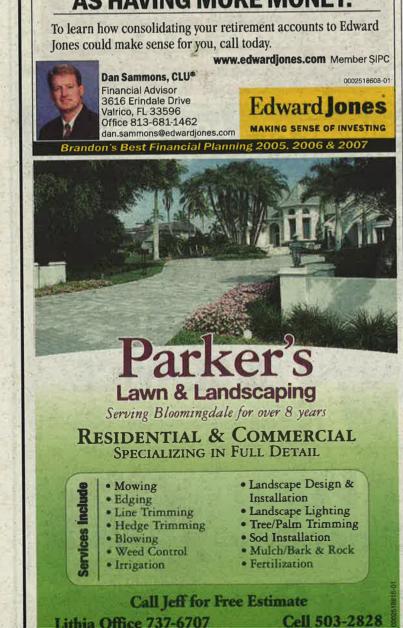
. Know who your neighbors are and what type of vehicles they drive.

• Call the police when you see something that is suspicious in your community.

· Be an active Neighborhood Watch member by attending meeting.

Make sure your neighborhood has an effective e-mail/telephone tree in place.

Pete Maurer is the Hillsborough County Sheriff's Office community resource deputy for the greater Bloomingdale area. Contact Maurer at (813) 635-8040.



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BLOOMINGDALE GAZETTE

AUGUST, 2008 +





2312SQ.FT. FREE STANDING BUILDING ON .85 ACRE ZONED CN FOR RETAIL & SERVICE ORIENTED USES. \$214,900



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3BD/2BA 2-CAR GARAGE HOME WITH NEW PAINT & CARPET, SCR. PATIO & FENCED BACKYARD. \$155,000

Summer Fun IS HERE!

Let the house hunt begin!



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4BD/3BA + DEN SCREENED POOL/SPA HOME ON THE GOLF COURSE IN FOX RUN! \$424,900



5BD/3.5BA SCREENED POOL & SPA HOME IN FOX RUN! \$459,900



4BD/3BA + DEN CUSTOM EXECUTIVE SCR. POOL/SPA HOME ON .49 ACRE LOT IN QUIET ONE STREET SUBD. \$420,000



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