BLOOMINGDALE GAZETTE

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SUSAN GREEN

view from the Mount LeConte trail looking down at the majestic Alum Cave Bluffs.

Rebirth on Mount LeConte

Mountain hike on the tallest mountain in the eastern U.S. helps to challenge the body and soothe the soul. See story, page 6.

INDEX

Yard of the Month	
Bloomingdale Buzz	bary!
Class of 2011	
New HCC facility	Section 1
Community Station Notes	14

QUOTE OF THE MONTH

"Only the guy who isn't rowing has time to rock the boat."

Jean-Paul Sartre



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YOUR INSIDE CONNECTIONS

BLOOMINGDALE HOMEOWNERS. ASSOCIATION INC.

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Meetings: first Tuesday in January, March, May, September and November at 7 p.m.

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Class of 2011



Bloomingdale Senior students are awaiting the call to line up for graduation!

On June 7, The Bloomingdale Class of 2011 took their final walk with 559 of their classmates before they ventured off to new ventures in their lives. The Class of 2011 is a very close knit class as many of these students have made this journey together since kindergarten.

Mr. West commented that this was one of the largest Honor Courts had. Out of 559 students, 227 students were on court, which made him Class of 2011. very proud. The evening

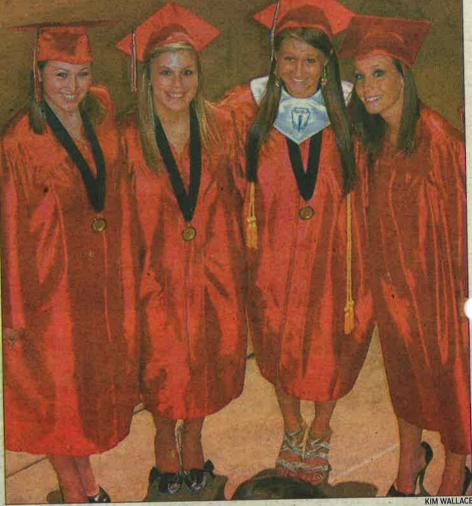


One last signing of the alma mater as a Bull!

started with the pledge of allegiance lead by Shannon McGarrity followed by a very exciting Bloomingdale has ever night for these Bloomingdale Senior students.

Congratulations to the

- KIM WALLACE



Bloomingdale Senior students Whittney Wallace, Brooke Lott, Bria Bequette and Ashley Parker are awaiting their final walk as a Bloomingdale Bull!



Steven Whitaker Valedictory Address to his Class of 2011.



Bloomingdale Senior Shannon McGarrity and Senior Ambassadors present Pledge of Allegiance and National Anthem.

BY SUSAN GREEN

Youngsters in Hillsborough County public schools will return to classrooms Aug. 23, against a backdrop of continued debate over education reform.

In light of that, we put this month's question to a family leaving the tennis court at Bloomingdale West Recreation Center. Gale Desrosiers of Valrico is a native of Haiti, where people speak French. He came to the U.S. when he was 11 or 12 and learned to speak English without a trace of an accent by painstakingly mimicking the pronunciation of American television newscasters. Today, his family watches PBS educational prorams almost exclusively.



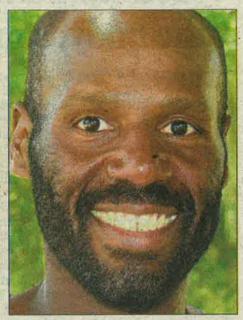
Soleil Desrosiers, 8:

"[In public school,] if one kid doesn't understand, then they all have to stop school and they don't learn. We are home-schooled. ... We learn faster because we don't have kids interrupting."



Ciel Desrosiers, 6:

"I would like to watch educational TV ... I want to eat cheese when I watch TV."



Gale Desrosiers:

"We home-school our kids. For a long time, I always said I wanted to be a part of my kids' education. ... My kids grew up on PBS."



Mountain hike challenges the body, soothes the soul

BY SUSAN GREEN

not to do it.

my days of serious hiking trail maps. were over. Others tried to but less challenging ascent peak.

Conte.

in the eastern U.S. The Lots of people told me about 11 miles roundtrip. top with my new husband. It's also the steepest, la-Some gently suggested beled "strenuous" on park Mount LeConte Lodge -

But that's not why I had steer me to a respectable to tackle that particular

in the Great Smoky Moun- statistics the first time I fore hitting the trail. We tains, where, let's face it, hiked up that towering joked about putting so breathtaking views are a mound of earth and rock. much effort into reaching dime a dozen even as they My brother talked me into the lodge, where the only manage to remain price- the climb more than 30 comfort station open to us Nope. It had to be Le- long out of high school house. A little red squirrel At 6,593 feet, Mount Le- Unfortunately, I did not boomers - shunned the Conte boasts the third have the right boots, and trail mix I offered and peshighest elevation in the our journey ended just shy tered me for potato chips. Great Smoky Mountains of the peak when we found National Park. Measured snow and ice on the rocks, cades, three kids, and a from base to peak, howev- making the trail too never-ending whirlwind of er, it's the tallest mountain treacherous to complete.

Little more than a deshortest trail to the top is cade later, I made it to the We found the renowned highest inn in the East closed for the afternoon. So we sat at tables outside the rustic cabins and ate to a different destination . I didn't know LeConte's snacks we had packed beyears ago. We were not was an old-fashioned outand had energy to spare. - the locals call them

Fast forward two dejob and parental duties. I



A hazy view doesn't deter from a sense of achievement after hiking to the top of Mount LeConte, the tallest mountain in the eastern U.S.

had recently left my longtime career to focus on family. Then my marriage hit the skids. I needed something, not just a distraction but a goal.

LeConte beckoned.

Hiking has always been my favorite form of exercise. Long walks on the beach, brisk jaunts in the park, even neighborhood strolls offer opportunities for meditation and exertion - a melding of mental and physical exercise



Susan Green stands in front of the Mount LeConte Lodge dining hall after a 5-mile ascent up the mountain HIKE, Page 13 near Gatlinburg, Tenn.



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Bloomingdale resident looks to fill classrooms at new HCC facility

BY SUSAN GREEN

Bloomingdale resident Dann Berkowitz has found a way to cut his job commute, and now the longtime student services professional wants to share the secret with would-be college students in his neighborhood and surrounding communities.

"I'm trying to get the word out," said Berkowitz, who recently became the off-campus credit/center manager for Hillsborough Community College, overseeing the school's new satellite facility, The Regent, in Riverview's Winthrop Village.

The HCC branch accommodated students this however. summer in four new class-

Riverview. Classes have been limited, with few enrolled, but Berkowitz is hoping that will change as people discover the convenience of an education away from one of the busy. main campuses of HCC.

In mid-July, he' pulled up an online registration form and demonstrated that basic English classes, part of HCC's requirements for many degree programs, were already booked for fall at the Brandon campus near Columbus Drive and Falkenburg Road.

Less than half the 25 spots at The Regent branch had been filled, courses that cover the re- kowitz said, The Regent

rooms and two computer his staff of three have the mester. labs in the downstairs por- flexibility to offer evening tion of The Regent build- and weekend classes and are an option. Unlike its



Dann Berkowitz

Berkowitz said he and weeks instead of a full se-

Even Sunday sessions to meet.

quired material in eight makes it cost-effective to turn on lights and air con-

place up and let the faculty Kate, moved to Bloomingand students in," Berkowitz said.

He said he also hopes to work with guidance coun-Riverview, Spoto, East Bay Newsome high schools to encourage more dual-enrollment classes. or college level coursework for high school students. The smaller setting could be less intimidating.

"We're kind of a nice stepping stone to the bigger campuses," Berkowitz said.

HCC also makes the class is meeting.

g at 6437 Watson Road in compressed classes, or larger counterparts, Ber- come in here and open the Florida. He and his wife, ed.

dale West in 2009 from Boston. They have two children: Sam, 14, who will be a freshman at Bloomselors at Bloomingdale, ingdale High in August; and Nick, 10, who attends Cimino Elementary.

The family has been pleasantly surprised at all the professional and retail services available along Bloomingdale Avenue. Berkowitz said. Now the new HCC branch, only about two blocks south of the busy commuter road, has joined the list.

Berkowitz said he would computer labs available like to hear suggestions for for community use during classes from community operating hours, when no members. He can be reached at (813) 253-7845 Berkowitz has had a 20- or dberkowitz@hccfl.edu. ditioning for a single class year career in student ser- The facility also has a Favices, including two years cebook page, where an-"One staff member can at the University of South nouncements will be post-





Bloomingdale Senior High School facelift under way

BY SUSAN GREEN

Twenty-four may seem young for a facelift, but not for the rooms and hallways of a school building where thousands of teenagers tread each year.

in March, with about 30 classrooms getting makeover, said school principal Mark West. This set up shop in portable summer, most of the school was closed to anyone not wearing a hard placed a stairwell.

The \$15 million make-

Located in the Valrico Area

4508 E. Bloomingdale Ave.

have been done over the didates. years and the roof was replaced about a year ago, West said. The renovation is being done in phases, with a target completion date of late 2012, but a big Renovation work started chunk of the work was sweeping through parts of scheduled this summer Bloomingdale High School while students enjoyed their annual hiatus from a classes.

West and his office staff behind the buildings school. Within hours of moving out of the adminhat, as workers ripped out istration area, workers had floor and ceiling tiles, re-transformed the once-faplaced duct work and wir- miliar main hallway into ing, painted walls and re-something that looked like tinue with another 30 a war zone, West said.

Since then, office staffover is the first thorough ers have been busy in their ses normally held in those upgrade since the school temporary digs, enrolling

some painting and repairs ing interviews for job can-

"It's been a little challenging because we're working out of boxes," West said. "It's not been too bad."

Teachers have been excited about the prospect of spruced-up work spaces, and many have stopped by to check on the progress, the principal said.

When students return to classes Aug. 23, they will find unscuffed floors and fresh paint in much of the school, new shelving in the media center and new furniture in many areas.

The renovation will conclassrooms closed for work in the fall, West said. Clasrooms will be temporarily assigned to portables.



Mark West, principal of Bloomingdale High, stands at the entrance to the school's media center, which will receive all new shelving, along with other renovations, by the time students return Aug. 23.

was built in 1987, although new students and schedul-"THE BEST KEPT SECRET" IN THE BRANDON AREA FOR OVER 25 YEARS Landscape & Summer Special We install 50 (selected 3 gal.) Plants We Mulch (up to 2 yards) Cypress or Bark Please present coupon. Offer expires 8/30/11 "Always A Great Time To Plant!" #1 Landscaper • #1 Quotes • #1 Nursery Mon. - Sat. 8-5pm (Call for Sun, hours) 684-6923 3902 E. Bloomingdale Ave. 1 mile East of Lithia Pinecrest Rd. BUY DIRECT - WE SELL FOR LESS - WHOLESALE TO PUBLIC The Red Barn Petting Farm A Fun-Filled Day with Animals, Hayride & Playground! For Reservations or information, Now Booking for Summer & Fall please call Bloomingdale Growers" Nursery Birthday Parties Scout Troops · Moms' Groups · Day Schools Public & Private Schools Educational Field Trips (Sorry, Groups Only)

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Cami's 5k Fun Run

Sunday, June 5 Brandon's Westfield Mall hosted Cami's 5k Fun Run. 77 runners showed up to run at 8 a.m. It was a lot of fun and the top four place winners won a \$50 gift card from our sponsor Dick's Sporting Goods. The 5K was just one of Cami Gibertini's mayorial events as she strives to be Brandon's next Honorary Mayor. You can follow her on Facebook, search "Cami For Mayor". Pic-



tured are Tory Hurat, Top Masters Female; Ryan Chadderton, Top Ove all Winner and Overall Male; Lynn Langowski; Cami Gibertini; Tom Brinegar, Top Masters Male; and Kelly Desmond, Manager of Dick's Sporting Goods. Pictured at left are Lynn Langowski and Rae Ann Darling Reed, Top Overall Female.

Bloomingdale Senior High School announces new volleyball coach



Sinibaldi

Bloomingdale High School is pleased to announce that Coach Margeaux Sinibaldi has been promoted to Head Volleyball Coach. Coach Sinibaldi served as Junior Varsity Coach and teacher this past year. Coach Sinibaldi was an All-American libero at the University of Tampa from 2004 - 2007 and was a member of their 2006 Division II National Championship Team where she was named to the All-Tournament Team. She set the University of

Tampa and Sunshine State Conference All-time Career Digs Records and was an Academic All-American while at UT. Please join us in congratulating Coach Sinibaldi in her new position as Head Volleyball Coach.

Hess signs with **University of** Montevallo

BY KIM WALLACE

On June 6, 2011, Bloomingdale High School catcher David Hess signed a baseball scholarship with vallo in Montevallo, Ala.

baseball when he was 5years-old. David played for four years varsity high school team and played in seven games this past season. He'll join a chapter in his life. Division II Falcons squad

emy) and Will Fulmer (East Lake) on the Montevallo roster. David commented that it takes hard work and dedication.

With the support of Dagetting that chance to fur-David started playing ther his career. David's father John commented that he is proud of his son who is ready for the chance to learn and take responsibility as he starts this new

that went 22-26 this past not been for his coaches the field and his a solid Justin Burgess (First Acad- he greatly appreciates all he would like to see his Montevallo this fall.



the University of Monte-vid's dad and mom he is Mr. West, principal; Mr. Hess; Mrs. Hess; David Hess; Mrs. Shotwell, AP of athletics; and coach Wilken during David's baseball signing to the University of Montevallo in Alabama.

that they have taught him team go. Coach Wilken is over the years. Blooming- excited to see him move dale Coach Wilken stated on to the next step in his that David is devoted to life. He knows he will do David said that if it had his sport both on and off well. season. Hess will also join and parents, he would not work ethic. David was allooks forward to playing

David is excited and Tampa Bay area players be where he is today, and ways positive about where ball with University of

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KIM WALLACE

Barrett Farrell plays the guitar blindfolded.

BY KIM WALLACE

This year hosted the Ninth Annual Talent Show at Cimino. The students auditioned their talents to a panel that was chosen by Mrs. Minichauer, guidance counselor. There were so many children with wonderful talents that they had to limit the entries. Maybe next year they will have a much bigger show. Here are just a few of the many entries.

Cimino Elementary has talent



Brianna Gregorio shows her talent in a ballet dance with grace.



grace.

Julia Bohner plays the piano.

Talyn Olney showed her singing talent.







When Oscar and Ger-tion. aldine Kanahan first laid eyes on the spot where Mart, no Publix," Oscar re- would have no one their they would make their called home for 32 years, it was nothing but woods and in the first phase of the relocated, his fears were weeds and a sign: Bloom- subdivision that later allayed when school startingdale Estates.

aldine's cousin bought property in a country living. planned development outside of Tampa. Oscar into their home in 1980. couldn't get away from picked out her house from ed. sales pictures.

out benefit of a traffic light. car began having second St. Stephen, the church

ery marked the intersec--Florida was a magnet for been built. When Wal-

Homes had been built would be called Blooming- ed. The couple, then with dale East. But they were three young children, buffered from new lots by wanted to flee the snowy woods. To Geraldine, city winters of Chicago. Ger- born and raised, the develhad opment promised quiet ingdale schools - Alafia,

They bought their prop-

work, so Geraldine made house in the Phase 2] subthe trip to take a look. She division," Geraldine recall-

old people. His children -"There was no Wal- then ages 2, 6 and 10 own age to play with.

When the family finally

"There were 40 kids at the bus stop in front of my house," Oscar said.

None of today's Bloom-Cimino, Burns or Bloomingdale High - had been near booming Brandon, erty in 1979 and moved built. The couple's oldest child, Rick, attended Buck-"We were the very first horn Elementary, McLean Junior High and Brandon High School.

The family traveled to While the couple waited State Road 60 in Brandon original neighbors have Bloomingdale Avenue for their Chicago home to for groceries and dining moved or died, Geraldine was a two-lane stretch that sell and their Blooming- out. They attended Mass at met Bell Shoals Road with- dale home to be built, Os- Nativity Catholic Church. stayed put. .

Cow pastures and a nurs- thoughts. People told him they now attend, had not Mart opened on the southwest corner of Bell Shoals and Bloomingdale 25 years ago, Geraldine became one of the store's first employees. She still works there.

> As the Kanahan children grew up, Bloomingdale subdivision grew around them. Oscar said he used to play a game with his children, offering them money to count the cars that drove by their house. He jokes that he would never dare to do that today, when cars zip by one after another.

Most of the family's said. But the family has



Geraldine and Oscar Kanahan

ance agent and president Coral. of the Hispanic Republican Club. Geraldine will be 69 in September and just invested in a bakery busi- es the change of seasons in ness in Bloomingdale run Chicago, but she is happy by her daughter, Cindy with the family's decision Shoemake. Her oldest son to put down roots in lives nearby in Boyette Bloomingdale. Springs, and her younger

The Kanahans have eight grandchildren.

Geraldine said she miss-

"It was a great place to Oscar, 79, is an insur- son, Marco, lives in Cape raise kids, and it still is."



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Bloomingdale cheer candidates carwash



Bloomingdale cheer candiates show up to help raise money for camp.



Cassie Fox and Cierra McLaughlin help promote the carwash.



Raising money for camp involved a lot



813-737-6707



The girls work hard to make sure that there are no spots on the car!



Asia McCray, Bethany Wallace, Brenna Keeler, Cheyenne Doughtery and Taryan Keyser were enjoying helping out their team to raise money for camp!

Hike

From Page 6

t's tough to beat.

Exercise had taken a back seat to other priorities in recent years, however, and I was woefully out of shape.

Last fall, I joined Lifestyle Family Fitness in Bloomingdale, where I worked out three to four times a week. I joined primarily for weight loss, but the exercise translated into renewed energy and served as an outlet for shedding anger and angst along with the pounds.

Once I seized on the idea of returning to Mount LeConte, I began to push myself to increase the number of "floors" achieved on the Stairmaster and the number of minutes logged on the highest incline setting on the treadmill. I started to fel as if I could take on the buntain again.

I asked some kin to accompany me on my climb. They declined, citing work schedules or physical health. They tried tactfully suggesting that I think about stopping at Rainbow Falls or Alum Cave Bluffs, both part way up LeConte..

I began to realize that not only did I need to re-live the triumph of reaching that particular Conte in mid-June.



Llamas, fresh from packing in supplies to Mount LeConte Lodge, eat a lunch of leftover pancakes before trekking back down the mountain. Pack animals and helicopters are the only ways to deliver food and staples to the rustic mountaintop inn.



Mountain laurel remained in full bloom on Mount Le-

peak, but I needed to do it alone. I needed to do it to affirm that, in spite of everything that was happening, and everything that had happened, I was still me: an independent woman who loved the outdoors, a woman who could do the things she loved without someone to lean

Long story short, I succeeded in my quest. I traveled at my own pace, stopping for photographs - or to catch my breath - as I wished. The mountain relargely mained changed, and in a world of instability. I was grateful to see the familiar vistas. I saw quite a few climbers who were my age (early

50s) or older.

I reached the lodge, where thankfully the restrooms have been upgraded with running water and a septic system, One of the workers there said an 82-year-old man made the hike recently, ruefully proclaiming that it would be his last time.

Bolstered with hot coffee, I proceeded through a fragrant forest of fir and spruce trees to the Cliff Tops beyond the lodge and would have lingered at the summit if a massive rainstorm hadn't sent me scurrying back down. I wasn't fast enough, and got drenched even though I huddled for a couple of hours in the shelter of those majestic Alum Cave Bluffs.

Even with the downpour, the hike was worth it. For me, no matter how many times I visit Letrip of a lifetime.



SUSAN GREEN

Conte, this one will be the The blooms of mountain laurel and rhododendron frame a less arduous stretch of trail up Mount LeConte.



Bloomingdale Square between Wal-Mart & Publix

11:30-9:30 Mon - Thurs • 11:30-10:30 Friday • 4:30-10:30 Sat

Here are a few tips for those interested in a mountain hike:

1. Make sure you are in shape for the journey. See a physician if there's any question. 2. Wear appropriate shoes. Remember, If you're hiking on slopes, coming down can be as hard on the body - especially the feet - as going up. I went to Flint Creek Outfitters on

FishHawk Boulevard near Bell Shoals Road and got hiking boots with good ankle support to keep my feet from sliding forward in my shoes on the descent. (I suffered severely bruised toes on a previous hike and vowed never again.)

3. Dress in layers. The air at the top may be significantly cooler than at the bottom.

4. Do as I say and not as I did on this one: Take a companion. Although I thought there would be plenty of traffic on the trail, there actually were periods of an hour or more when I saw no one and encountered some hazardous stretches. My cell phone lost signal about two miles from the top. Make sure someone knows when you left and when you plan to return.

5. Take snacks, water, sunscreen, raingear, a hat and a flashlight. If I had not stopped at a Wal-Mart store for a \$3 poncho before I went up, my camera and cell phone would have been soaked and rulned. And though you might plan to get back in the daylight, unforeseen delays or bad weather might find you tripping on rocks or roots in the dark.

COOC O, SOIL & THE BLOOMINGDALE GAZETTE

Community Station Notes

School starts this month - obey the laws!

t is hard to believe but school starts back this month. Following are some very important rules that MUST be followed to keep all of our kids safe;

1. Drivers must stop both ways for school buses making stops for children on roads without median dividers. Example: Bloomingdale Avenue

2. Drivers must not speed in school zones!

There are no excuses for save lives? speeding, especially in school zones. Speeding fines are doubled in school zones.

A RE PRIM

3. Notice: traffic fines have increased

For those drivers that don't slow down and obey the traffic laws, be warned – your actions will cost you!

Here are a few examples of what breaking traffic laws will now cost you:

Running a red light =

\$216

- Failure to stop for a school bus = \$191
- Speeding in a school zone = \$141 up to \$416/ court
- Child restraint violations = \$151
- Not wearing your seat belt = \$101

Save your hard-earned money – obey the traffic laws; respect the rights and safety of others and save lives?

A REMINDER -PRIMARY SEAT BELT LAW

A friendly reminder – the primary seat belt law passed and is in full effect. In fact it has affected several drivers' budgets already. Numerous citations have been issued in the amount of \$101 each.

Surely there's something you would rather



Deputy Curtis Warren

spend your hard earned money on other than an expensive traffic citation with a possible increase in

your auto insurance rates! All it takes is simply buckling up your seat belt? We can talk about this until it snows in Florida in August but it all comes down to a simple personal decision, buckle up or pay and pay not only in money but possibly a serious injury or death!

Please note this very serious fact - Traffic crashes are the number one cause of death for Florida's teenagers and this cause of death is preventable in nearly 80, that's eighty, per cent of the crashes. Change that 80 percent into the number of teenage lives it repre-

sents and the number of families and friends that are directly affected is in the thousands.

This critical issue is very simple. Wearing set belts saves lives. It shouldn't have to take legislation or a citation to protect our teenagers. It takes them forming the right habits and parents setting the right examples. If you as parents are not wearing your seat belt, it's likely that your teens won't wear theirs.

Those of us in law enforcement know what it is like to investigate an accident scene where a teenager or teenagers have been killed and they did not have their seatbelts on. It hits you right in the gut and you just want to yell "why!" 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 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!

DRINKING AND DRIVING — IT REALLY CHANGES LIVES!

We've all heard many stories of how drinking and driving can seriously effect the lives of those involved in DUI accidents. There are all kinds of statistics available to prove that drinking and driving do not go together. It's just like mixing gasoline and fire. Eventually someone is going to get seriously injured or killed. In too many cases it's usually someone who is minding their own business and they just happen to be at the wrong place at the wrong time. Last month a family driving in the Bloomingdale area found themselves at the mercy of a man who chose to drink and drive. He was headed north on Highway 301 and approached the intersection at Bloomingdale Avenue. The family was riding in their van and was turning east on to Bloomingdale Avenue. Because he was drunk and not able to make safe driving decisions he plowed through the cars at the intersection and into the family's van. As a result of his inexcusable actions the family's precious little 5-year-old daughter was killed and the father and two other children had to be hospitalized.

Please, those of you who chose to drink, stop and take the time to consider the consequences of drinking and driving. Once the cars are piles of twisted, broken metal and plastic and the bodies are being taken to the hospital or morgue, there is no turning back.

VANDALISM – A VERY COSTLY CRIME!

Vandalism can be very costly, not only in dollars but in how it effects the lives of those chose to do it. Making repairs or replacing property that has been vandalized is very expensive. When the vandals are found and prosecuted, if they are minors, their parents can be held liable for these costs. The vandals can also wind up with criminal records that can affect their future.

Most of you probably saw the article about the vandalism that took place in Bloomingdale back in May. Three Hillsborough County Sheriff's Office (HCSO) Citizen's Patrol vehicles were vandalized. All of the windows were broken and the lights broken. The costs of the vandalism was more than \$6,000. Since these vehicles were used by the dedicated volunteers who work with the HCSO Citizen's Patrol, they were unable to complete their patrols in your neighborhoods.

Enhanced security measures have been taken in the area where the vandalism took placeA reward of \$1,000 is being offered by Crime Stoppers of Tampa Bay to anyone who provides HCSO with information that leads to the arrest of these vandals, just call (800) 873-8477. Calls are anonymous. Your cooperation and help are needed.

OPERATION MEDICINE CABINET

The Hillsborough County Sheriff's Office in conjunction with Home Instead Senior Care of Sun City will hold the next special collection of expired and unwanted prescription and over-the-counter medications on Oct. 14, 2011 from 0900 to 1200 at the Hawthorne Village of Brandon Assisted Living Facility, 851 West Lumsden Avenue, Brandon. Start collecting your old medications for proper disposal and please, spread the word. Let's make your homes and our environment safer!

BRANDON NEWS & TRIBUNE THE TAMES THEREIN

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Pam Lopez, Advertising Account Exec. 813-627-4781 plopez@tampatrib.com



Lynne Conlan
Advertising Account Exec.
813-627-4774
Iconlan@tampatrib.com



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Advertising Account Exec.
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iapplegate@tampatrib.com



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Taekwondo comes to Bloomingdale

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enter in Bloomingdale, tle feet kick and fists fly a fast-paced exercise acmpanied by pulsating ectronic music and surunded by neon colors.

Taekwondo Master ongnyeok Kang stops the usic here and there to ark out new directions, ad then the flurry of acvity starts again. As parats huddle on bleachers, anes, children age 3 and jump, twist and slice eir hands through the

at accompanied the to 17.

sport at its founding.

"The Korean culture is At World Champion very rooted in respect;" said Sungjae Hwang, one of the school's master instructors. "We teach that."

World Champion Center opened June 30 with a summer camp and evening classes at 1015 E. Bloomingdale Ave., just east of Bell Shoals Road. In August, the center will offer after-school pickup along with a program of homework time and taekatching through glass wondo workouts, Hwang

The center previously operated in a location on State Road 60 east of Val-The setting may be far rico Road. The owners moved from the Korea of chose the new spot to be d where taekwondo orig- closer to Bloomingdale ated. But World Cham- and FishHawk Ranch famon Center instructors ilies willing to enroll chily they encourage chil- dren in extracurricular acen to develop the same tivities, Hwang said. Stu-



Taekwondo students at World Champion Center pair off to spar under the watchful eyes of instructors.

tion of master are brothers tions. All three of the mas-Dongnyeok and Yonghyun ter instructors majored in Kang.

Although taekwondo is an art of self-defense, the sport also teaches discipline, focus and respect for parents and teachers, Hwang 'said. Dongnyeok Kang said youths who scipline and courtesy dents range in age from 3 build their skills in the program also will have

Other instructors who leadership opportunities tition, according to inforhave achieved the distinc- in classes and competi- mation provided by the taekwondo at the university level and have received at least one gold medal in formation, call (813) 643-World Champion compe-

school.

Membership and program fees vary, depending on student needs and performance levels. For in-

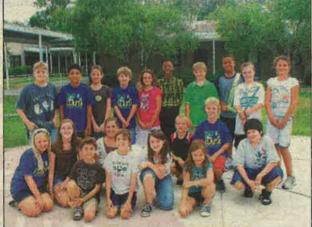
Second annual Back **To School** Bash

On Saturday, Aug. 20 from 3 to 6 p.m., Florida Life Church, 1310 East Bloomingdale Ave., will will sponsor our second annual Back to School Bash.

We are giving away 300 back packs filled with school supplies to needy families in the area. There will be food, drinks and games as well. This is a completely free event. If you are struggling with getting school supplies please come and be a part of this community wide blessing.

20 Alafia fourth graders perfect on **FCAT Writes**

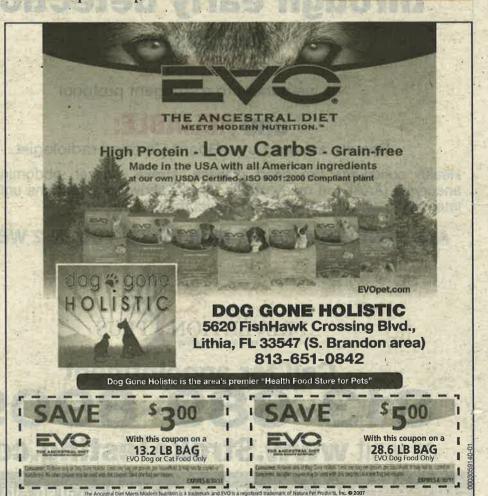
Alafia had 20 fourth aders who scored a pert 6 on their FCAT rites, the highest score ssible. Two years ago afia had one student ith this distinction, last ar they had eight stuudents were honored as



n. The students who Gaertner, Logan Halver- and Austin White. we earned this honor are son, Joshua Harbord, Willphabetical order): Aar- liam Hutton, Evan Hy-

ents. As is tradition, these on Archuleta, Dylan Bra-dock, Thomas Jensen, Mckob, Jonathan Catala, Ma- Kenna Lafferty, Korey "Principals for the son Cervi, Lauren Chad- Maurello, Madeline Pena, ay" June 3 and later derton, Katrina Connors, Sydney Pomerleau, Conched with Mrs. Jack- Nicole Demarest, Lindsay rinne Thomas, Adam Utley

- Alafia Principal Jackson



Wednesday, August 10th

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Monday, August 15th

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day at my Church. My stroke/carotid test proved not to be so good. When I took it to my doctor, she had me do another ultrasound at the hospital and immediately scheduled my carotid artery stint. My thanks is extremely inadequate. I am most grateful to you for the screening as I have not planned to have it done. It saved me from a stroke or possibly, death.

In June your group came to do a screening

-L. Pittard STROKE/CAROTID ULTRASOUND\$35 ABDOMINAL AORTIC ANEURYSM (AAA)\$35 ARTERIAL DISEASE (PAD) TEST\$35 THYROID ULTRASOUND\$35 ABDOMINAL ULTRASOUND..... HEART SCAN-ECHOCARDIOGRAM

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All Six Ultrasounds

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