

THE BLOOMINGDALE GAZETTE

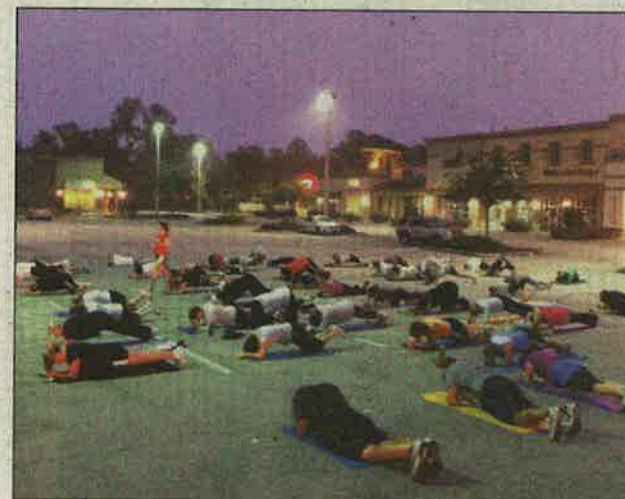
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Get your fit on

It might be February, but it isn't too late to follow through with your New Year's Resolution. See story, page 6.



Rob Zulkoski

Residents from Bloomingdale and beyond made New Year's resolutions to get in shape. Rob Zulkoski's fitness studio in the Lithia Crossings shopping center is only one of the fitness options available to Bloomingdale area residents.

QUOTE OF THE MONTH

"It's a sad man my friend who's livin' in his own skin and can't stand the company."

Bruce Springsteen

Bloomingtondale High School students accept athletic scholarships

By KIM WALLACE

Richie Martin, a Bloomingtondale High senior on the school baseball team, recently signed a four-year scholarship agreement with the University of Florida in Gainesville, where he will be attending in the fall. He is the son of Debra and Richard Martin.

Richie Martin is very excited about his choice of college. He has been playing baseball since age 5 and has always had a passion for the game. Coach Kris Wilken praised Martin's dedication, adding that he looked at the student as a son and he knows he will do great things at UF. Coaches Randy Sullivan, Chet Lemon and Paul Niles, who all coached Richie in the past, also attended the Nov. 11

signing ceremony, as well as family, friends, and school staff.

Marlie Braddy, a senior who plays in Bloomingtondale's softball program, signed a four-year scholarship agreement Dec. 7 with Ave Maria University in Naples, where she will be attending in the fall. She is the daughter of Mark and Jennifer Braddy and has two sisters, Bailie and Kylie.

Marlie began playing softball at age 6 and, as a participant in Bloomingtondale Little League, was part of a winning team at regional competitions. Marlie's dad also has coached her on a traveling team called the Florida Fire that he started in 2005.

Mike Clamon, former longtime Bloomingtondale



KIM WALLACE

Marlie Braddy signing softball scholarship with Ave Maria University with parents Mark and Jennifer Braddy, sister Bailie and grandparents Jim and Judy Braddy. Not pictured is her sister, Kylie Braddy

softball coach, said Braddy is a dedicated and hard-working player and always goes the extra mile. He said he expects to see great

things ahead of her.

Braddy said she can't wait to get to Ave Maria and experience softball from a college perspective.



KIM WALLACE

Richie Martin signing baseball scholarship to the University of Florida with parents Debra and Richard Martin at Bloomingtondale High School.



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Bloomington Buzz

By SUSAN GREEN

This month's Bloomington Buzz question was posed to customers outside Greg's Hallmark Shoppe in the Bloomington Square shopping center.

WHAT DOES VALENTINE'S DAY MEAN TO YOU?



JAY SCOTT OF VALRICO
"Not a lot, typically."



LIZ WATERS OF VALRICO
"Sharing special times with family. We'll maybe have a special phone call, a morning call or a good-night call."



ANDRIA OVERSTREET OF BLOOMINGTON

"I think of love for humanity, love for other people, not in a romantic sense. ... People get so wrapped up in whether they have a boyfriend or girlfriend."

SON, LUCAS, 9

"I don't know." (But he confessed to buying a box of "Mad Lib" Valentine's Day cards to hand out to friends.)

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Saturday of each month.

Former big church pastor seeks re-birth in Bloomingdale

By SUSAN GREEN

Daniel Stahl traces his religious roots to a traditional Kentucky Baptist upbringing, but he has no qualms about spicing up the gospel message if it gets people into church.

He quips about the building at 1310 Bloomingdale Ave. housing Jazzercise on weekdays and "Jeezercise" on Sundays, when the congregation of The Palms Community Church gathers for worship.

"I use it as an outreach," says Stahl, who started the church in 2010. The congregation moved into the church building a little west of Bloomingdale High School about a year ago. Previously, the building that went on county tax rolls in 1981 had been home to three or four congregations of different denominations.

The current style of worship? Stahl calls it "Bapticoastal," a service heavy in contemporary music and prayer, where people can wave their arms or even tap a tambourine, but Stahl encourages them to sit where they won't disturb their more reserved brethren.

It may sound like an unlikely combination, but don't write it off. Stahl, a former youth pastor at Bell Shoals Baptist Church, built Bay Life Church in Brandon from a scant 40 members to more than 2,000 and played a role in the dramatic growth of the church now known as The Crossing.

That was all before he left Florida in disgrace, believing he would never pastor a church again after he admitted in 2003 to adultery that ultimately led to divorce. He had a sad career for a while as a motor home salesman.

"I didn't have a clear conscience about trying to get people to buy that overpriced stuff," Stahl recalls. "I just felt people needed to pray more than they needed to go into debt."

He found a place on the staff of a small church in Shelbyville, Ind.,



SUSAN GREEN

Pastor Daniel Stahl stands outside of his newest church, The Palms Community Church on Bloomingdale. A veteran of numerous churches in the Brandon area, this is Stahl's first church upon his return to Florida.

and remarried. In 2010, he returned to Florida with his new wife, Mary, after receiving encouragement from the Tampa Bay Baptist Association.

He found a very different religious climate than the one he remembered.

"Church planting is harder in 2010 than in the '90s," Stahl says. "There's no question that the mentality toward organized churches has changed."

Even with large churches such as St. Andrews United Methodist, Bell Shoals Baptist and St. Stephen Catholic within easy driving distance, Stahl asserts that at least 75 percent of residents in the Bloomingdale area don't regularly attend church.

"This is a very de-churched area," he insists.

Many in his congregation of about 120 come from other communities, including Ruskin, Apollo Beach and Plant City.

"As long as gas stays affordable, a community church is not so much about location as it is about relationships," Stahl says. He is proud of the congregation's diversity, including about 30 percent Hispanics and 15 percent to 20 percent African Americans.

"We are very reflective of the demographics of our community," Stahl says.

Is it better to shepherd a small flock than face hundreds from the pulpit?

"I don't mind starting over, but I definitely want to see things grow," Stahl says. "I just feel that anything that's alive should grow. I enjoy starting from nothing and



PROVIDED

Stahl and his wife, Mary, returned to Florida after receiving encouragement from the Tampa Bay Baptist Association.

seeing it become something." Sunday services start at 10 a.m. For information about The Palms, call (813) 841-9598 or visit www.thepalmscommunitychurch.com.

International Week culminates with Multi-Cultural Fair

The Village Early Learning Center, 3741 Canoga Park Drive in Bloomingdale West, will celebrate "International Week" starting March 26. This educational, fun, and informative week will culminate in a Multi-Cultural Fair Saturday, March 31, from 10 a.m. until 2 p.m. The community is invited to experience dancing and music from other countries, food from Brandon-area vendors that specialize in ethnic and international dishes, and visit the school to see cultural and native costumes from all over the world. The Tampa Bay Twirlers Square Dance Club will perform as will the Village students, showing the dances they have learned.

All families are welcome at this free event. Children will receive a "passport" that will enable them to "travel" from country to country, to hear stories and see items from the countries studied by Village students. Crafts native to the different countries will be offered to "traveling" children.

This event is sponsored by The Village Family Foundation, a non-profit organization, and the Parent Advisory Committee of the preschool. Raising awareness of the world around us and its different cultures is the goal of the school's International Week. Any international community members, organizations, or groups that wish to participate and/or share their information can contact the school at (813) 651-0779.

'The Wedding Singer' comes to Valrico

The Florida Academy of Performing Arts presents "The Wedding Singer" at the James McCabe Theater, 506 5th St, Valrico, in February. Starring Peter B. Sanders and Anja Akestin as Robbie Hart and Julia Sullivan, "The Wedding Singer" takes us back to 1985 when hair was big, greed was good, collars were up, and a wedding singer might just be the coolest guy in the room.

The Wedding Singer is about rock-star wannabe Robbie Hart, who is New Jersey's favorite wedding singer until his own fiancée leaves him at the altar and he makes every wedding a disaster.

But, life could turn around for Robbie, if he can pull off a dynamite performance and win over Julia, the girl of his dreams.

Under the direction of Tammy Modica, the audition-only group of the Florida Academy of Performing Arts rehearses at Music Showcase in Brandon.

Other members of the cast include: Corey Wade, Samuel Reed, Elora Czaia, Steve Austin, Mallory Quinn, Collette Raymond, Teresa Arnoldson, Emily Braff, Danielle Bryant, Adair Elliot, Brittany Malkav, Remo Bogatsing, Bryan Boytek Jr., Joseph Formato, Charles Hines and Tyler Wood.

Shows are Friday, Feb. 24 and Saturday, Feb. 25 at 8 p.m. and Sunday, Feb. 26 at 2 p.m., and Friday, March 2 and Saturday, March 3 at 8 p.m. and Sunday, March 4 at 2 p.m.

Tickets on sale at faopa.org for \$12 for adults



Peter Sanders plays Robbie Hart, New Jersey's favorite wedding singer until his fiancée leaves him at the altar.

and \$10 for youth, seniors, and military. Tickets prices increase at the door - \$15 for adults and \$13 for youth, seniors, and military. Visit faopa.org for more information.



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It's not too late to 'Zing' in the New Year

By SUSAN GREEN

Think you've missed the starting gate for a New Year's fitness resolution?

Hardly. Rob Zulkoski of RobZFitness says he's gearing up now for an influx of resolved but flagging fitness wannabes.

"Usually we don't get the rush until the end of January or early February," said the longtime fitness trainer.

"People usually want to do their New Year's resolutions on their own until they start seeing that they need help," he added, noting that RobZ offers a cozier fit than big membership gyms. "It's intimidating for people, if they haven't worked out for a while, to walk in where there are 200 people and jump on a treadmill."

Zulkoski, who opened his training studio in the Lithia Crossing shopping center about six years ago, offers a program of exercise and nutrition that helps get people on track toward true weight loss and muscle gain.

"Everything we do here is all natural. We do not do any shots or fat-burners."

Testimonials to his success, including at least five clients who have lost 100 pounds or more through the RobZ program, hang on a wall at the front of the studio.

A former corporate fitness director for Lifestyle Family Fitness, Zulkoski has more than 20 years of experience helping people slim down and shape up in the Tampa Bay area.

He said he decided to open his own business because he grew tired of logging long hours working for someone else, and he wanted a better personal and professional life balance.

His wife, Amy, an aerobics instructor at the Campo Family YMCA, occasionally helps with special events, such as a fitness boot camp that RobZ has been running in the

early mornings in the shopping center parking lot.

A major difference between RobZ's program and personal training available at some membership gyms is that all four trainers at RobZ have college degrees in exercise science and wellness. The program emphasizes finding the right blend of diet and activity to create a hormonal balance that leads to a healthy body.

"Everything we do here is all natural," Zulkoski said. "We do not do any shots or fat-burners."

Services start with a free one-hour consultation, during which Zulkoski asks about personal fitness goals, takes measurements and assesses a client's endurance, strength and flexibility through a series of exercises.

Zulkoski then tailors a nutrition and exercise plan for the client and sets up a training schedule. Some people stay in the program for years, but most go back to their membership gyms or home fitness routines in three to nine months, Zulkoski said.

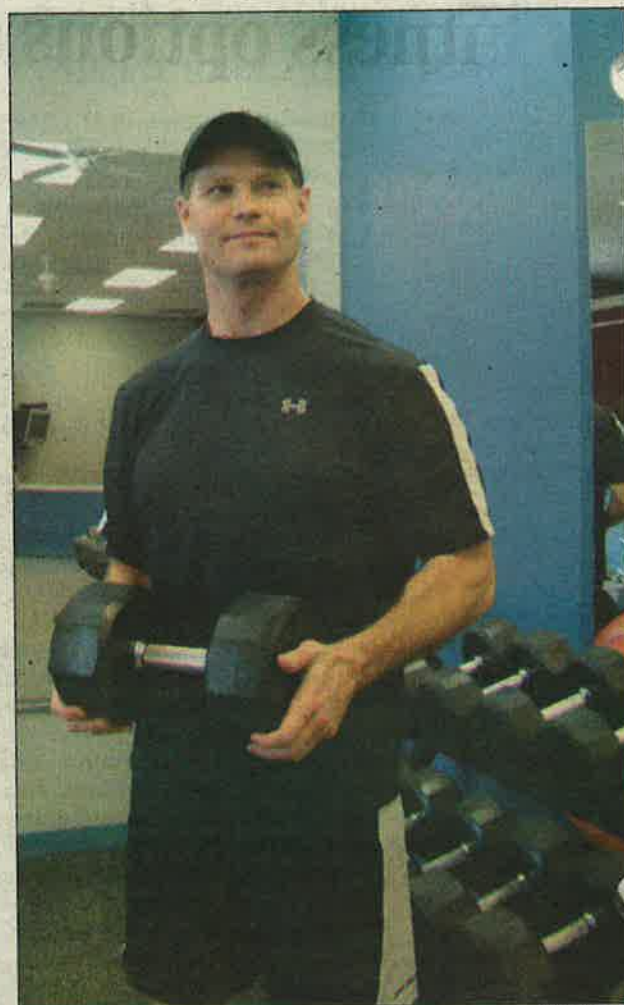
"It's not something that has to be a long-term solution."

RobZ has run two series of boot camps in the parking lot, each drawing about 50 participants for morning exercise drills two or three days a week, and he is considering extending the series.

"I call that my 14-day fat-flush program," Zulkoski said.

He also is launching a 12-week weight loss contest dubbed "LoZing Big." Anyone can enter, regardless of training or exercise program, and compete for an Apple iPad.

For information about RobZ programs, visit www.robzfitness.com.

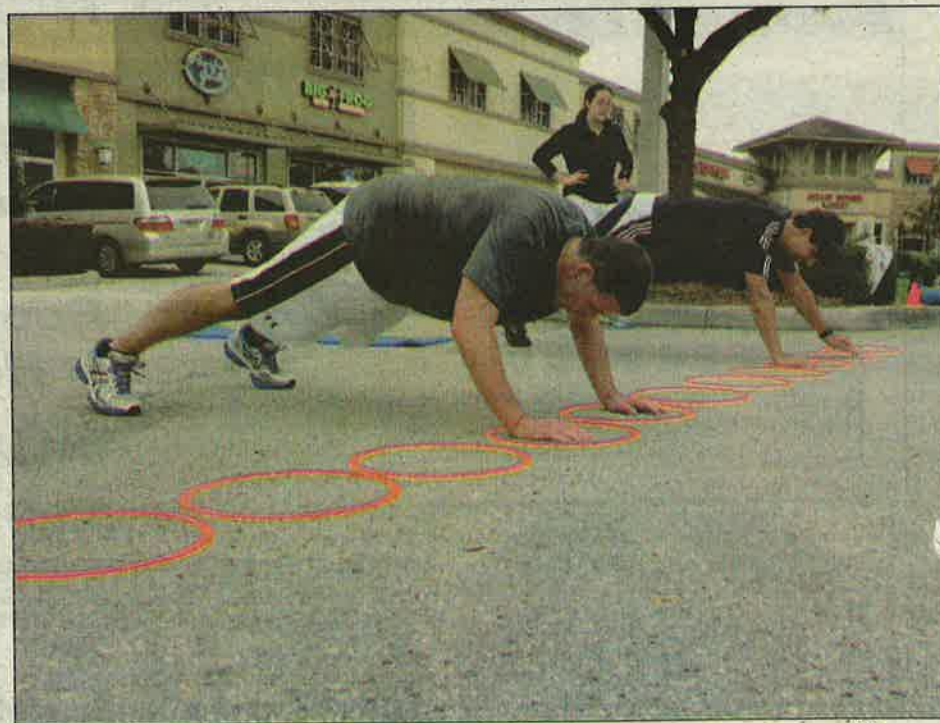


SUSAN GREEN

Rob Zulkoski, a 20-year veteran of Tampa Bay health clubs, opened his own fitness studio in the Lithia Crossing shopping center about six years ago. Below are some of the exercises his clients perform.



ROB ZULKOSKI



ROB ZULKOSKI

Fitness options abound for Bloomingdale residents

By SUSAN GREEN

Getting into shape is typically one of the top resolutions Americans make at the beginning of each year.

Whether you'd like to dance your way to a better body or pump it up in a full-scale gym, whether you'd like to use exercise as a springboard to new friendships or just get your workout in and get back to work, you don't have to drive far to find a good fit.

Here's a smattering of options in your own backyard, and the good news is, many venues are extending their first-of-the-year discounts into February. Be sure to ask for the best price.

JAZZERCISE

Walk into The Palms Community Church at 1310 Bloomingdale Ave. on a weekday and you're likely to see about two dozen people cut loose to the fast-paced rhythm of singer Kenny Loggins' "Foot-loose."

Don't let the scene fool you, warns Jazzercise franchise owner Christina Blythe. A Jazzercise class may look like a spontaneous frenzy of kinetic fun, but participants' moves are highly choreographed so that every part of the body gets the workout it deserves.

"We're not just dancing up there," said Blythe, a Jazzercise fan and instructor in the Brandon area for 20 years who started holding classes at The Palms about six months ago. "It's way more than that."

An hourlong Jazzercise class typically includes floor exercises and work with free weights. Participants are encouraged to bring heart rate monitors and build endurance so

they can keep the rate up and burn calories, often as much as 600 per class.

Blythe said participants range from teenagers to senior citizens. The class attracts more women than men, but some men have signed up.

Claudia Clark of Buckhorn said she has been coming to Jazzercise classes for 19 years, first in Miami and later when she moved to the Valrico area.

"It was a way for me to get to know people," Clark said. "It's the only thing I have stuck with."

Child care is available during class for \$2. For information about fees and class schedules, call (813) 326-5372 or visit jcls.jazzercise.com/facility/palms-community-church. Bring a copy of this article to your first class for a special discount.

CURVES

This option for women, located at 3409 Lithia-Pinecrest Road, features a circuit of exercise stations, each visited for 30 seconds before rotating to the next piece of equipment.

"They're hydraulic machines, so they're easy on the joints," said owner Nancy Marc, who has operated the Curves franchise in Bloomingdale for eight years. "We've had fresh knee replacement people come in [and work out]."

The circuit is designed to provide a 30-minute workout that keeps the heart rate up, burns calories and builds muscles. Members can pay extra for a weight management class if desired.

The program has been popular with retired women, partly because Medicare will pay for some services, Marc said.

The speed of the workout also appeals to businesswomen trying to stay fit on the go and teachers from nearby schools who squeeze in some quick exercise after the dismissal bell. Some women appreciate the efficiency of the program, while others simply feel more comfortable in their gym clothes without the company of men, Marc said.

Discounts will be offered in February, she said. For information, call (813) 413-8400 or visit www.curves.com.

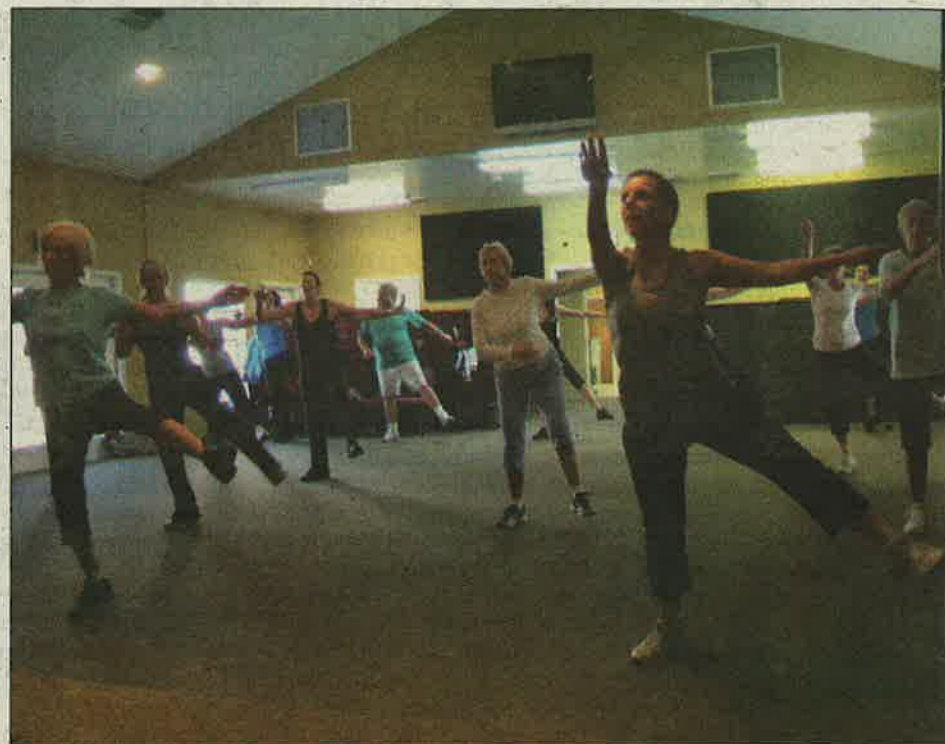
CORE Fitness Studio

A lot of people think the name of the studio on the second floor of Plaza Bella refers to strengthening the body's core, said owner Joe Raymond. The acronym actually stands for Controlled Outcomes Reasonable Effort.

A fitness trainer for 30 years, Raymond said he started his own studio in 2005 and moved to Plaza Bella four years ago. He and another trainer, Kristine Howell, work with clients by appointment only, one on one or with no more than two at a time.

The studio gets its name from Raymond's philosophy that people must have realistic expectations and stick to a plan of action to achieve them. He said most people work with a coach or instructor when learning a new sport, but many don't think twice about hitting the gym without any expert guidance.

"If you go to the gym and try to kick butt, you're going to end up hurting your knee or something," Raymond said. "Everybody wants it done overnight. You gotta work with someone long enough to



SUSAN GREEN

Members of a Jazzercise class step, stretch, shimmy and twist their way to fitness at The Palms Community Church on Bloomingdale Avenue. Credit Susan Green.

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Circle M Ranch combines old-school preschool with updated approach

By SUSAN GREEN

When Eneida and Frank Martinez opened Circle M Ranch in 1979, Bloomingdale was a rural community of woods dotted with homes where moms were just beginning to trust their children to others as they went to work.

The day care center opened at 1202 Bloomingdale Ave. with three children enrolled, recalled Frank, now retired. Bloomingdale Avenue was a two-lane road, and the facility was one of only three or four of its kind in the area southeast of Lumsden and Providence roads.

"Now there's one on every corner," Frank quipped.

The couple included a pool and horseback riding as a draw, patterning the center after one in Tampa where Eneida had worked. In the 1990s, they added a large gymnasium so that children had a place to play when the sun or rain beat down.

Today, all that's left of the horses is the equine silhouette in the Circle M logo. Liability insurance restrictions chased the horses away, but the pool is still there and recently cost almost as much to refurbish as to build, Frank said.

Over the years, child care has changed dramatically. Along with an upward spiral in demand for services came increased competition and government regulation. In the wake of education reform came new expectations for curriculum standards, even for young children.

Circle M, now managed by the Martinezes' daughter, Belinda Driggers, has worked hard to achieve the best of worlds old and new, retaining the cozy atmosphere of a family-run business while adding a curriculum that meets standards for the state's Voluntary

Prekindergarten (VPK) program that pays for parents to enroll their preschool children in academic readiness programs.

Driggers said the center recently saw several teachers retire after decades on the job there. Generally, however, she strives to retain teachers because she knows how young children form attachments to them. Often in franchise centers, employee turnover is high, Driggers said.

"That's not good for kids," she added. "They need stability."

She doesn't believe in requiring uniforms, and she thinks all children, regardless of their techno-savvy skills, should be herded out to the playground daily for physical activity and social interaction. She also believes young children should have basic education tools, such as

phonics.

Changes in the preschool industry have included complicated business aspects such as risk management and employee handbooks. However, the biggest change Driggers has seen is in children's behavior. Sometimes they become so entranced by videogames that they want to do nothing else, she said.

"In the summertime, we put limits on videogames," she said. "We say, 'Go outside and be a kid.'"

Circle M accepts children ages 3 to 12. The full-time weekly rate is \$113, with lesser fees for after-school programs and some VPK combinations. After-school enrollment includes pickup at Alafia, Cimino, Lithia Springs, Buckhorn, Nelson, Brooker and Kingswood elementary schools. For information, call (813) 681-4301 or visit circlemdaycare.com.



SUSAN GREEN

Friendships form on the playground at Circle M Ranch Day Care, a Bloomingdale fixture since 1979.



A swimming pool and swings continue to attract parents and children to the Circle M Ranch Day Care center, located at 1202 Bloomingdale Ave. since 1979. Credit Susan Green.



Regular outdoor exercise and social interaction is an important component of the Circle M Ranch child care program. Credit Susan

On Real Estate

Analyze this

When you're ready to make an offer on your dream home, will you gaze into a crystal ball for guidance to determine the price the sellers will accept? Oh, if only it were that easy!



Ray Chadderton

There are a number of factors to consider when formulating your offer, but one of

the most important tools is the Comparative Market Analysis (CMA) prepared by your real estate agent.

The CMA takes the characteristics of your house (number of rooms, square footage, etc.) and compares it to similar area listings. You'll see the prices of properties currently for sale, have sold, or have expired without selling. Current listings are irrelevant, but pay attention to the prices at which properties sold, because that's what buyers were willing to pay.

Throw out the highest and lowest prices in the range and figure an average sales price.

Be sure to note how recently those sales took place, too, because sales from six months ago are no longer relevant. Your agent will help interpret the information so that you can make a fair offer likely to be accepted.

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Get a boost with those books at Bloomingdale library

By SUSAN GREEN

"Fill 'er up" may become a bygone catchphrase as more motorists look for places to "charge 'er up" instead.

People are expected to swap their gas-guzzling vehicles for electric-powered cars in greater numbers, and Hillsborough County is paving the way by installing seven automobile charge stations at county-owned buildings. The first to get one was the Bloomingdale Regional Public Library in mid-December.

Two parking spaces set aside for the charge station are marked with green lines and a reserved sign on the library's east side. Motorists can pull up and connect to the charging unit for free.

County spokeswoman Jennifer Hall said 14 people helped themselves to a free charge at the Bloomingdale library during the first month the service was available, accounting for half of the



HILLSBOROUGH COUNTY

A car that runs on electricity pulls up to a charging station recently installed at Bloomingdale Regional Public Library.

total of 28 people who used the county-sponsored charge stations during that period.

"That's not really many, but we expect it

to rise," Hall said.

The service will be provided free of charge for two years, at which time county commissioners are expected to evaluate whether to continue it. The Hillsborough charge stations are part of a \$15 million U.S. Department of Energy grant program intended to encourage transportation powered by alternative energy sources and part of the

ChargePoint America initiative launched by Coulomb Technologies, which produces the charging units.

A planned expansion of the library is still in the design phase and bids are likely to be requested in a few months, with construction expected to take a year. The project will add to the building at the rear and is not expected to interfere

with the new charging station, Hall said.

Other stations in the county have been installed in Tampa at the Jimmie B. Keel Regional Library, 2902 W. Bearss Ave.; the Jan Kaminis Platt Regional Library, 3910 S. Manhattan Ave.; the County Center parking garage at 319 N. Pierce St.; and the Environmental Protection Commission Building, 3629 Queen Palm Drive.

A station also is available at the Plant City Courthouse, 301 N. Michigan Ave., Plant City.

Two parking spaces have been set aside and marked with this "reserved" sign to allow motorists with electric cars to recharge for free at the Bloomingdale Regional Public Library.



SUSAN GREEN

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Plaza Bella: Homegrown business sprouts to commercial success

By SUSAN GREEN

Even for Roz Cimino-Creager, who has spent a big part of her life on the northeast corner of Bell Shoals Road and Bloomingdale Avenue, it's hard to form a mental picture of the way things were before Plaza Bella.

The two-story Mediterranean-style strip center has nestled into the landscape and manages to stay fairly well leased, even in the midst of what many experts have called the worst economic climate since the Great Depression.

Roz, husband Mark and son Matt once lived in a three-bedroom house at the site, then surrounded by cow pastures. In 1979,

Roz started a plant nursery and garden accessories shop called The Green Boutique on property around the house.

Houses were few and far between in Bloomingdale then, she recalled. The only thing that stopped traffic at Bell Shoals and Bloomingdale was a stop sign, and there weren't that many cars to stop.

"I remember being out at night and it would be dark; there were no streetlights," Roz said. "When it was night, it was really night - very quiet."

As the community grew, so did the boutique's clientele. Bloomingdale Avenue expanded to four lanes, and Roz expanded her merchan-

dise to include handbags, jewelry and home décor and eventually turned her former home into a shop filled with wares. The merchandise grew so popular that the Creagers abandoned the nursery part of the business.

In late 2006, after dealing with the headaches of zoning and permitting a major construction project, the Creagers opened Plaza Bella, with The Green Boutique anchoring a spacious spot on the first floor of the main building. Occupying much of the first floor at the rear of the plaza is a preschool and day care center, the Peacock's Plume.

Other retailers, a salon, a bakery and a gourmet



SUSAN GREEN

Roz Cimino-Creager checks out some of her favorite merchandise in The Green Boutique, the store that started her family on the path to landlords of a busy commercial center.

chocolate and coffee shop are among the tenants at the center. Roz said the Creagers try to position businesses so they complement one another and create a relaxing day-out kind of experience for customers.

An outparcel on the west side of the property complements the main building's architecture and offers space for restaurant and retail businesses.

Though the family had some sentimental attachment to the 1950s house they started their business in, it no longer suited their needs and was razed to make way for the plaza. Roz said she misses the place sometimes, but she is more comfortable in her new space, tailored for retail.

"It's been wonderful working out of my store," she said. "I have an office and storage space and a loading dock."

"The other place had its charm, but when a semi [truck] would drive up ... we were unloading it into the grass."



Roz Cimino-Creager stands in front her store at Plaza Bella, a Mediterranean-style strip center designed largely by her husband, Mark.

She said the Creagers have tried to hold onto the family business feel, not only in operating the boutique but in recruiting and leasing storefronts and office space at the plaza. She thinks that's part of the reason why tenants come to open businesses in the center.

She and her husband also apply lessons learned as retailers to their roles as landlords. For example, Roz said, she tries to buy merchandise for her store that isn't sold in the nearest department store or specialty shop because over-saturation of the same product hurts business.

For that reason, the couple is careful not to lease two very similar businesses because the competition likely would kill one or both.

"It's a lose-lose situation for everyone," Roz said.

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Community Station Notes

Happy anniversary

s of this month, it is 14 years since the Sheriff's Bloomingdale Community Station opened in 1998. The success of the Sheriff's operations in our area is greatly to the outstanding operation and support given Bloomingdale residents and clients of the surrounding communities to those of us in Sheriff's Office. Groups like Sheriff's Bloomingdale Community Council (CC) have continued to work directly with us in identifying critical concerns and helping us find solutions. The Council still needs more members from more homeowners' associations. Residents interested in information on the

council can call the station at (813) 635-8040, come by the station at 3622 Erindale Drive (intersection of Erindale and Lithia-Pinecrest Road) or you're welcome to attend the next meeting Thursday, March 15 at 7 p.m. at the Community Station.

Hillsborough County's Sheriff, David Gee, his staff and the many professional teams that make up the Sheriff's Office, have continued to provide dedicated service during our tough financial times. Programs such as the Volunteer Citizen Patrol program provide outstanding assistance and improve our ability to provide Bloomingdale's residents with the secure home and work



Curtis Warren

to patrol our community and insure that your homes and vehicles are secure.

Just recently two men were seen by a resident walking through one of our neighborhoods wearing backpacks. The resident called the sheriff's dispatch. Deputies stopped them and found they had items belonging to Bloomingdale residents in their backpacks. Detectives located the burglar-

environments you deserve.

The first line of defense against crime in our community is you, the homeowners. There aren't enough deputies

ized residents, which, fortunately, had recorded the identification numbers for their property, most of which was later found at a local pawnshop. The criminals gained access to the home by simply removing the patio door. Residents need to add additional security measures to doors like these by installing latches or pins that are available at local hardware stores. This case is a perfect example of how, by working together, we can solve crimes. Keep an eye out for suspicious activity and report it, and keep records of your property for future identification if you want to increase the chances of getting it back. Criminals have techniques

they use to look for open homes and vehicles and it only takes them a couple of minutes to walk away with televisions, money, jewelry, GPS systems, credit cards and even guns.

As homeowners, you must take responsibility for keeping your personal vehicles locked and all valuable items removed. A recent case in Bloomingdale involved criminals burglarizing open vehicles. One vehicle had credit cards in it. Luckily, HCSO detectives caught the criminals using the credit cards at a local business. Believe me, you do not want to be one of these victims. It will cost you time and possibly a lot of money. Make sure your vehicles are locked.

FITNESS

From Page 7

results." Instructors at CORE tailor an exercise plan to each client's needs and typically work with the client for 30 minutes twice a week. Raymond said the client uses the studio with the "network" that must be between sessions. Most clients are middle-aged women, but the studio also appeals to men who have a fair share of chronic conditions with disabilities, including cancer and heart respiratory problems. Trainers typically charge \$28 for a half-hour session for one person. The per-person cost is less so people share a session. For more information or to schedule an appointment, call (813) 681-3000.

YMCA FAMILY YMCA

located in Bloomingdale don't know Campo? Operated by the non-profit Tampa Metropolitan YMCA, the facility at Culbreath Road offers

a full-service gym filled with cardio and weight machines, three pools, a basketball court, a rock-climbing room and a wide variety of sports and exercise classes. Members can leave young children in the facility's supervised play center during their workout.

For information about membership fees and programs, call (813) 684-1371 or visit www.tampaymca.org and click on the "Find Your Y" tab.

LIFESTYLE FAMILY FITNESS

This full-scale health club opened in 2006 in a vacated Winn-Dixie store space in the Royal Oaks Plaza at Bloomingdale and Lithia-Pinecrest. It accommodates men and women with early morning and late evening hours on weekdays and is open from 8 a.m. to 8 p.m. on weekends.

Amenities include a plethora of strength-building and cardio exercise equipment, free weights, an express 24-minute ex-

ercise circuit, showers and locker rooms, tanning rooms, workout areas, and classrooms for a variety of group fitness exercises.

Parents can get up to two hours of child care per workout, with videogames, television and other activities available to amuse the kids. Lifestyle members also receive discounts at local restaurants and from other merchants in the Tampa Bay area.

New members get a free consultation with a personal trainer with their enrollment, said club manager Billy Connolly. After that, personal training services are available for an extra fee.

Connolly, who has worked for Lifestyle for seven years, encourages people to consider a facility like Lifestyle "because they can get the help they need to achieve their goals. If they don't know what they are doing or they're not educated, they can potentially not achieve



their goals."

Lifestyle will waive its enrollment fee for new members who sign up in February. For information, call (813) 684-5242.

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