

# THE BLOOMINGDALE GAZETTE

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Number 1

JANUARY 2010 • THE OFFICIAL PUBLICATION OF THE BLOOMINGDALE HOMEOWNERS ASSOCIATION SINCE 1980

## Santa pays Bloomingdale a visit



Photo by JANE LEE

On Saturday, Dec. 12, 2009, Santa and Mrs. Claus made their 22nd annual visit to Bloomingdale. In exchange for one or more non-perishable food item, approximately 65 children personally visited with Santa and Mrs. Claus and had their pictures taken. Santa's elves helped out by giving each child a gift from Santa and then busily packed up the food donations to be given to Joni Damico from Echo. The annual event is free and is sponsored by The Bloomingdale Homeowners Association, Inc.

It took Santa, Mrs. Claus and a few elves to carefully review the Christmas wish list brought in by Kevin Williams.

### QUOTE OF THE MONTH

"Be at war with your vices, at peace with your neighbors,  
and let every new year find you a better man."

*Benjamin Franklin*



## Yard of the month

Lisa DiPiazza  
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## To widen or not to widen

Bloomington News staff report

Bloomington residents, your help is requested – Thanks to those of you who took the time to call and write regarding Lithia-Pinecrest Road improvements. Your messages reaffirmed our commitment to this project. We will continue to need your support and commitment on these dates, as well:

- Jan. 8: MPO staff representatives will be in attendance at the Chamber's Government Advisory Council Meeting at 8:30 a.m., at the Chamber office to discuss the Lithia-Pinecrest Road improvements and the amendment process. We encourage our chamber members and residents of Bloomington to attend this meeting.

- Jan. 28: The MPO elected to make recommendations, through an amendment process, after the study feedback is shared. The meeting will be held at Bell Shoals Baptist, in the evening. However, the time for this meeting has not been set. Please add this date to your calendar. We will need community participation at this meeting to proceed further.

We need to let our government know:

- We want the improvements made to Lithia-Pinecrest Road based on need and professional recommendation.

- We agree with the recommended expansion to four-lanes between Lumsden and FishHawk.

- We want these improvements added to the cost-affordable plan by the MPO.



Staff photo by KIM WALLACE

## Cheerleaders take on the competition

The Bloomington High School cheerleaders take the floor on Dec. 16 at Plant City High School for first competition of the season. They took second place.

## MERRY CHRISTMAS FROM THE BELL SHOALS FAMILY

The Holidays are such a special time of the year; but too often we can get so caught up in the hustle and bustle of the season that we miss the true meaning of Christmas. Come hear the Good News of Christmas as together we celebrate the birth of the Savior, Jesus Christ.

It is our prayer that you have a most joyous Christmas Holiday Season.

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"Fear not, for behold, I bring you good news of great joy that will be for all people. For unto you is born this day in the city of David a Savior, who is Christ the Lord." LUKE 2:10-11

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# Organization puts the 'call' out to cat lovers

These are tough times – even for cats

By LESLIE WHITE

The holidays aren't the ideal time to bring a new pet into the home. But now that the Christmas season has passed and life resumes its normality, the time is right to consider helping some felines find a home. Bloomingdale Pet Supply is currently housing 25 kittens and cats that are ready to be taken in and loved as part of an ongoing partnership with Cat Call Inc.

"Right now, there are a lot of people surrendering pets because of the economy," said Bloomingdale Pet Supply owner Dana Gandolfo. "We are looking for adoptive parents, foster homes, forever homes and volunteers." Cat Call and its local partners need as many volunteers as they can get to help care for, kennel and transport these felines until a home is found.

Durant High School se-

nior Victoria Jenkins volunteers about two hours a day at Pet Supply, not only to earn volunteer hours before graduation, but because she's a "huge animal person." Jenkins feeds, waters, cleans litter boxes and kennels for the on-site cats and kittens out of love. There are also volunteer opportunities for fundraising and helping with various mail-outs, and Cat Call can use help an hour a week or on a daily basis – whatever availability is offered to them.

Gandolfo believes fostering is a good idea for anyone contemplating owning a cat as a pet. "It's a nice way to see if you like being a pet owner or not," she said.

And it has the added benefit of provisions of food, cat litter and any medical needs during the term of the fostering. Gandolfo also says it benefits

the cats.

"Even to foster a cat for a couple of days or weeks, just to give them a break from being in the group or in the same room all the time, it's nice for the cats to have that alone time," she explained.

Gandolfo also has some good advice for current cat owners concerning dietary needs.

"Cats are carnivorous, and a lot of the commercial foods have things they can't digest. Grain-free foods are good for cats who are already prone to kidney and liver problems. Foods with corn, soy and grain fillers invite these problems sooner, and the dyes and additives can cause skin problems," she said.

Bloomingdale Pet Supply employee Kim Albright pointed out that because holistic foods contain less filler, it takes less food to feed the pets, yet costs the



Photo by LESLIE WHITE

### Cats at Cat Call.

same as commercial foods.

"They have better coats and shed less," said Albright. Gandolfo added, "It's just like with humans – the better we eat, the healthier we are."

Bloomingdale Pet Supply is located at 3110 Lithia-Pinecrest Road in Val-

rico and can be reached calling (813) 662-9296 or by visiting bloomingle-petsupply.com. To volunteer with Cat Call, Inc., call (813) 657-7078 which is their volunteer hotline and leave your information and location. You can also find them online at catcall.org.



Photo by LESLIE WHITE

**Serena the Royal Highness Princess of Bloomingdale Pet Supply acts as an ambassador of sorts, her quiet, loving demeanor responsible for adoption inquiries from customers who enjoy her company.**



Photo by LESLIE WHITE

It really is true that animals make friends. Winston and Seymour are a perfect example. Seymour, an all-white, adult, deaf male adopted a little kitten named Winston when the latter arrived at Bloomingdale Pet Supply one day without his mama. Seymour became Winston's mother and Winston has never forgotten. Seymour follows Winston around; Winston is Seymour's only link to a very silent world. And, Seymour is still acting like a mama providing comfort and protection. Winston and Seymour groom each other, sleep cuddled up together and will always be best friends. They really need to be adopted as a pair. They'll be a wonderful addition to any home.



# Busy? So are the biz-e-chicks

Local businesswoman doesn't let anything – even illness – slow her down

By **LESLIE WHITE**

What do you call a woman who runs two companies, has a part-time job at Curves and has time to make appearances on "Who Wants to Be a Millionaire" not once, but twice? Fellow businesswomen call her the head biz-e-chick, but her friends call her Liz.

Owner of KIS Corp and biz-e-chicks, Bloomingdale resident Liz Bollenger is an entrepreneur with a flair for organization and a knack for keeping it simple. Showing a penchant at an early age for perfectionism, "it used to make me nuts," said Bollenger, wanted to do it once

and do it right! Now, I get paid to be neurotic." Bollenger is referring to the nature of her KIS Corp. business, which is a proofreading and editing business where she gets paid to find the mistakes others make. "It makes me happy to find a typo," she joked. "I'm super organized," said Bollenger. "I think that's very important. I write everything down."

It's that talent for organization that enabled her to start biz-e-chicks, a network for women entrepreneurs.

"People come for advice and support. As women business owners, we have each other's backs. What

we want to do is be a big resource for women who own their own businesses," she said.

Bollenger organized a group of "chicks" and started a Web site with friend and fellow entrepreneur Summer Taylor. Various members use their skills and talents to help biz-e-chicks function. For example, an event planner chick helps plan the monthly meetings, during which a different topic, relevant to members' needs, is discussed each month. The specific topic is introduced before the meeting via a monthly e-newsletter and allows members to

think about it and be prepared to dialogue, share information, insight and solutions for issues they face as business owners.

"As women, we are doing a lot all the time. It's hard for us to say 'no'. We're overcommitted and we really do need other women to help us know when to say 'no,'" said Bollenger.

The group is designed to help each member function more productively as both a woman and as an entrepreneur. But biz-e-chicks also invites hopeful business owners to be a part of the group to ask

See BUSY, Page 18 »



Photo by **LESLIE WHITE**

**Businesswoman, e-organizer and game show contestant Liz Bollenger**

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## Bloomington 'marches' on England

Band faces the task of raising approximately \$2,500 per student to pay for the trip.

**By LESLIE WHITE**  
Most people have an idea where they'll be for New Year's Eve this year, but members of the Bloomington High School Rajun' Bull Band, Chorus and Orchestra already know exactly where they'll be performing on New Year's Eve 2010. They received an invitation to play at London's 2011 New Year's Day Festival by Lord Mayor Catherine Longworth of Westminster, a prestigious honor only awarded to the top 10 bands in the United States.

Dressed in her full royal regale, Lord Catherine praised Bloomington's band, orchestra and chorus, "The reason they're coming is because when they perform, they are the best. They have huge talent and commitment."

Thrilled with the op-

portunity, the school, students and parents all realize the hard work ahead to raise the \$800,000 to get them all there. It will cost each student approximately \$2,500 to go to London, and the fundraising efforts are already underway. All throughout the last two months of the year, community restaurants like Chili's, Panera, Village Inn and Bloomington Pizza have hosted spirit nights, allowing patrons to dine and donate a portion of their check to a specific band, chorus or orchestra member.

Cheryl Higgins has twin junior boys in the band.

"The BSHS Rajun' Bull Band is very unique, and I am so proud to be a parent chaperone for this dynamic group," she said. "After hearing some of the details of the trip



Photo provided by the Paules family

**Caleb Higgins, Collin Higgins and Trenton Paules, members of the award-winning Rajun' Bull drumline.**

and the plans to get there, we are all excited and know that we can do it. We may have to work a lot and sell a lot of different things to accomplish the goal, but knowing this band and the students and parents that are involved, we will make it happen."

The Rajun' Bull Marching Band, one of the largest bands in the state, recently earned its 23rd straight "superior" rating.

According to Lord Catherine, "The students will perform in the heart of London, in Westminster. It will be a great showcase for them." This event is televised and has an annual TV audience of more than 240 million viewers.

For more information on supporting these students' fundraising efforts, visit [bloomingtonaleor-chestra.org](http://bloomingtonaleor-chestra.org) and [bloomingtonaleorchorus.org](http://bloomingtonaleorchorus.org).

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# Fitness expert shares secrets to success

Expert wants to turn your workout into a habit – and a habit into a lifestyle

By **LESLIE WHITE**

For more than 13 years, Cindy Hogue has motivated people to keep physically fit with her outgoing personality and boundless energy, and she's recently brought both to Campo YMCA and Lifestyle Fitness of Bloomingdale.

Hogue is aware of the trend to jump into an exercise program as part of a New Year's resolution in January only to see the effort taper off by February. She has a plan to keep her students moving and motivated to help the effort continue not only throughout the year, but throughout their lives.

"I tell people if they can do it for 30 days, it turns into a habit, and that habit turns into a lifestyle,"

she said.

For many, that lifestyle change brings about even greater emotional and health changes that class members share with her on a regular basis. Hogue says class members frequently show her pictures of what they used to look like. With those pictures come stories of struggles and successes, which is something Hogue can personally relate to. With all her classes, Hogue gets personal.

"I share my own past struggles with my weight. I encourage them and I think they appreciate it," she said. "I get to see the ripple effects of what the workouts provide people. I love it so much, and I

enjoy it because I love what I do and they can feel that. I inspire them to pull more out of them than they think they can give."

Many of her classes experience such success because she strives to keep them accountable and gets to know them each on a personal level, which keeps them coming in, and helps them know they're missed if they don't.

Hogue hears "This is where I let everything go!" regularly. "Work, kids, and problems are left at the door," she said. "My job is to get them to forget about it and have fun, and if you're having fun, you'll keep doing it and it won't feel like workout

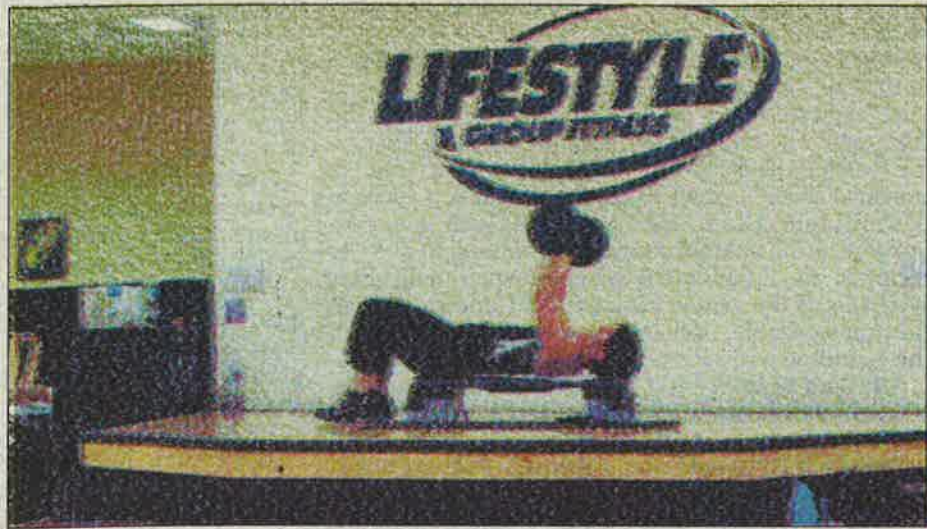


Photo by **LESLIE WHITE**

**Cindy Hogue shows her stuff during a recent class at Lifestyle Group Fitness.**

out." Hogue teases, much. "Even if I won the lottery, I'd give up everything else and still do this – I love it that

more information on her classes, contact Campo Hogue's class offerings include Body Pump, Body Step and indoor cycling sessions. For YMCA at (813) 684-1371 or Lifestyle Family Fitness at (813) 684-5242.

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# Holiday Tips: Don't Be Grinched

## Greeting Card Scam

Holiday e-greeting cards claim to be from a family member or a friend, but are actually a scam to obtain Social Security numbers or credit card information, or may download spyware onto your computer. The e-card asks the recipient to click a link provided in the e-mail to download the e-card. The link directs the unknowing recipient to a fraudulent Web site. If the sender is not recognizable, delete the e-card!

## Gift Card Scam

Scammers steal the account numbers from backs of gift cards sold on open racks at retail stores. Thieves then call to make sure the card is purchased and activated, and use these numbers for an online shopping spree. Gift cards should not be purchased from publicly displayed racks in retail stores. Instead, they

should be bought directly from a cashier or they should contain a peel label covering the pin number. Check its balance regularly!

## Online Credit Card Scam

Online shoppers should beware of e-mails that refer to problems with an order or redirects them to a different Web site—possibly a fraudulent site—to re-enter the credit card number. Contact the vendor directly by phone or an e-mail address obtained from their Web site. Do not click on a link in an e-mail!

## Package Delivery Scam

Do not click on links within e-mail notices that refer to shipping problems for packages, and do not click on a link that supposedly will reschedule a package delivery. Senders receive a tracking number when a package is sent and they should ensure

this tracking number matches any future e-mails. Then, senders should go directly to the delivery service Web site and check the status. Both UPS and FedEx warn these types of e-mails are fraudulent and can download a virus.

## Free Stuff Scam

The scam starts with an e-mail offering free gifts—simply complete an online survey or answer a quick quiz. However, gifts are never received, but unexpected charges appear on credit cards or a wave of spam begins.

This crime prevention tip is provided by the Hillsborough County Criminal Justice Department. For more information or more tips, residents should call (813) 276-2033.

For more holiday tips, visit [hillsboroughcounty.org/holidaysafety](http://hillsboroughcounty.org/holidaysafety).



Photo by JANE LEE

## BHA gives back

Pictured from left to right, front row, Jim Harris, Vice-President and Stanley Lee, President of Bloomingdale Homeowners Association. Back row, left to right, George May, Dennis Osborn, Treasurer of Bloomingdale Homeowners Association, and Joni Damico from Echo Joni Damico graciously received food donations from the children of Bloomingdale at the Santa event held at the Bloomingdale Golfers Club. The event is held annually and is sponsored by the Bloomingdale Homeowners Association



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# What is Relay For Life?

What can you do in the fight against cancer?

Article submitted by the American Cancer Society

Relay For Life is a celebration of life in honor of those touched by cancer. Relay For Life also raises funds for the American Cancer Society's programs of research, education, advocacy and service - programs that can reduce cancer deaths and cancer incidence, and improve the quality of life for those touched by cancer.

Relay For Life is a true community event where people of all ages and from all walks of life come together for a common cause. We walk, jog or run relay style around the tracks or pathways at school or community football fields, fairgrounds parks for 18 hours.

Friends, relatives, local businesses, hospitals, schools, faith based organizations, service clubs and other organizations form teams of 10 to 15 people. Each team member is asked to raise a minimum of \$100 before the event.

Food, fun and camaraderie are part of the Relay For Life experience. There is the opening ceremony and first lap called our "victory lap." We cheer on our local cancer survivors, our friends, family and co-workers who have survived cancer. There is also a more solemn aspect of the event during the lumina-ria ceremony. This is an emotional candle-lighting ceremony to honor those who have survived cancer

and to remember those who have not. This powerful ceremony ties participants personally to the cause of fighting cancer. Relay For Life is about a community taking up the fight.

The Bloomingdale Relay For Life will be hosting a Relay For Life Kick Off Party to help inform the local community on how they can join in the fight against cancer.

## Bloomingdale Relay For Life

2010 Kick Off Party  
Tuesday, Jan. 19, 2010  
6-7 p.m.

J.F. Kicks Bar and Grille  
3345 Lithia-Pinecrest Road

For more information or  
to RSVP, call (813)  
685-0670, Ext. 112.

# Women go wild for fundraiser

By SHERRI LONON

Las Vegas might have the bright lights, gambling and year-round appeal, but for one night a year, it's got nothing on Brandon.

At least that's the contention of Wild Dame Night 2010 organizers. The ladies-only event is a 19-year tradition that typically has women lining up outside Center Place, 619 Vonderburg Drive, to purchase tickets once they go on sale.

"What happens at Wild Dame Night stays at Wild Dame Night," organizers said during a recent meeting.

The event, which is a spinoff of the Rotary Club's Wild Game Night, began nearly two decades ago as a way for women to help raise money to offset the costs of children's theater at Center Place Fine Arts and Civic Association. The nonprofit organization brings live theater to the Brandon area and provides low-cost children's shows. Each year, an estimated 80,000 people visit the center to view works of art, see stage productions, take educational classes and more. Members and visitors come from all over the Brandon area.

"This is the only exposure (some) of these children get" to live theater, said Debbi Kyle, past president of the orga-

nization.

Kyle said the event has become so popular that women often line up for tickets to ensure they get one of the limited seats.

This year's festivities include a catered dinner, a 50/50 drawing, door prizes, "decadent desserts," a drawing to win a cruise and a special performance of "Pinocchio - No Strings Attached." It has become an annual tradition for Stages Productions, the children's theater company that performs at Center Place, to put an adult spin on one of the children's tales it brings to life on stage each year.

"This is a play your children will never see," said Susan Saunders, immediate past president of Center Place.

Considered the second largest fundraiser each year for Center Place, Wild Dame Night usually brings in about \$12,000 for the organization.

Tickets for this year's event go on sale Jan. 5 at 9 a.m. The cost is \$50, which includes dinner and the show. Seating is limited at 180. For more information, visit centerplacebrandon.com or call (813) 685-8888.

Sherri Lonon can be reached at slonon@mediageneral.com or at (813) 731-1976.

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# [the Lord Mayor comes for a visit]



Photo by KIM WALLACE

Lord Mayor Catherine Longworth of Westminster, London was most gracious when Mark West, Bloomingdale Principal, greeted her with gifts and goodies from the students of Bloomingdale.



Photo by KIM WALLACE

Mark West, Principal of Bloomingdale, sits with Lord Mayor Catherine Longworth during the concert.

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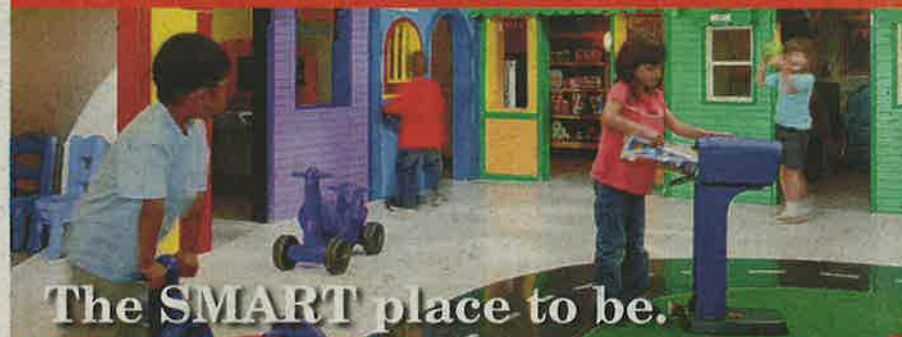
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# New golf schools on course to open

By PAUL CATALA  
THE FISHHAWKER

His goal is to help golfers of all ages and skill levels get more into the swing of perfecting techniques and lowering scores.

Beginning in January, professional golfer and renowned golf instructor John Cochrane will bring his expertise and knowledge to the River Hills Golf and Country Club and Bloomingdale Golfers Club.

In partnership with the John E.S. Cochrane Golf Schools – based in Ontario, Canada – Cochrane is out to help golfers perfect their games around the Lithia-Valrico-Brandon areas. Recognized by Golf

Magazine as one of North America's top golf teachers, he and his assistant instructors will be offering private and group instruction for adults and children.

While doing some practice hitting recently on the River Hills golf course, Cochrane also met with Golf Schools' head of player development, Drew MacPherson, and instructor John Carino to discuss upcoming classes. At the country club, Cochrane took time to explain how he hoped the schools would change golf instruction in eastern Hillsborough County.

"We have enthusiasm, drive and commitment to

our students to improve their games. That's most important," said Cochrane. "We love what we do and we're truly engulfed in our lessons."

A native of Toronto in the province of Ontario, Canada, Cochrane began his golf schools in Toronto in 1999 and has since expanded to the United States, Austria, Germany, Italy and Spain. He holds training certification in the Canadian Professional Golfers' Association and American Pro Golfers' Association.

Taking a break from swings at a River Hills clubhouse Cochrane helped pay to renovate,

See GOLF, Page 18 »



Photo by PAUL CATALA

Drew MacPherson, left, head of player development for the John E.S. Cochrane Golf Schools; John Cochrane, director of golf and John J.D. Carino, instructor, stand in front of a renovated River Hills Country Club golf course pro shop.

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# [soccer season kicks off]



Photo by KIM WALLACE

Baysl Soccer Association starts their season in December. Pictured, Marcus Lockett and Brice Bequette show off their skills in their first game of season.



Photo by KIM WALLACE

Dylan Webb takes on the Ravens during intense game.

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Photo by KIM WALLACE

Snipers and Ravens congratulate each other on a great first game.

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# [a Bible study blast]



Photo by KIM WALLACE

Some of the locals in Bloomingdale are getting into the Christmas spirit at their Bible study Christmas party.



Photo by KIM WALLACE

Mike Howell and Rick Wallace enjoy exchanging white elephant gifts.

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# Bibles for the Bahamas

Article submitted by St. Andrews Church

Cat Island is one of the Family Islands of the Bahamas, located on the far eastern edge of the archipelago. Those who have cruised to the Caribbean may have visited tiny Half Moon Cay just offshore of the northern tip of Cat Island for a day of swimming, snorkeling, sailing, fishing and horseback riding.

For visitors, Cat Island is nothing short of a tropical paradise. But for its native inhabitants it's a hard life, scratching out a living from the rocky soil and the dwindling coral reefs. Cat Islanders are a poor, but happy and friendly people who praise the Lord every day for His bountiful blessings.

Bob and Cindy Ackroyd, members of St. Andrew's, have been blessed with the good fortune of owning a vacation home on Cat Island for 30 years. Some of the Bahamian children they got to know when they first came to

the island are now pastors of local churches and Bob and Cindy alternate their attendance at Sunday services. One thing they've noted in recent years is the lack of serviceable Bibles in the pews, as well as the well-used, lovingly worn condition of those that parishioners faithfully bring to church from their homes. So this coming February they plan to collect any extra new and slightly used Bibles they've accumulated and take them down to the island. They're asking family and friends and the community to contribute to this cause.

Depending upon the number of Bibles they bring to Cat Island, they will be distributed to churches and individuals through one of the senior pastors in the South Cat Island District, the Rev. Christopher King, a long-time friend of the Ackroyds. The Rev. King officiated at the marriage of their daughter, Bonnie,

and husband, Rob, on Cat Island a few years ago.

Anyone who would like to donate new or used Bibles may do so by visiting the office of St. Andrew's United Methodist Church, 3315 Bryan Road, and leaving them in the box marked "Bibles For The Bahamas" between now and the first week of February.

This Bible drive is part of St. Andrew's commitment to "Loving Christ, Serving Others, Making a Difference." To find out more about this and other missions projects at St. Andrew's, call (813) 689-6849 or visit [standrews-brandon.org](http://standrews-brandon.org)

## Remain water conservation conscious

While recent rains have helped lessen the impacts of the four-year drought the state has faced, they haven't been enough to sway the Southwest Florida Water Management District from its message of conservation.

This winter the district is once again asking residents to get into the habit of only watering their lawns once every two weeks. While this campaign has been tied in previous years to the drought, Robyn Felix, spokeswoman for the district, said there is another compelling reason to heed the district's advice.

"Skipping a week of irrigation in the winter is a good practice regardless of

weather," she said. "Over watering your lawn encourages pests and disease."

Research from the University of Florida shows that lawns fare better during their dormant winter months if they only receive a half to three quarters of an inch of water every 10 to 15 days, Felix said. This promotes stronger root growth, which can lead to better drought tolerance in the future.

"It's a good practice every winter," she said.

As of Dec. 11, the aquifer levels in the district's central region, which includes Hillsborough County, were within the normal range at 1.95 feet. Felix said it is hoped that El

Nino-related rains will help boost levels even higher, but said residents can continue to help by conserving. The district does remain under water restrictions that limit irrigation to one day a week. Residents using reclaimed water can technically water more, but Felix advises against this.

The district recommends skipping a week of watering through the months of December, January and February. Residents with automatic irrigation systems can simply turn off their timers on weeks they don't want to water, Felix said.

To learn more about water conservation, visit [watermatters.org](http://watermatters.org).

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## [on real estate Myth Busting

When a homeowner faces default on their mortgage, there may be two options: foreclosure or short sale. Foreclosure can be devastating, both emotionally and financially. A short sale, or one in which the lender accepts a selling price less than the amount owed, is a better option for both the lender and the homeowner.

Regrettably, nearly seven out of 10 homeowners proceed through foreclosure without ever listing their home for sale. This is due largely to perceived myths about the process, and we need to put a few of these misconceptions to rest.

First, homeowners assume the bank would rather foreclose than ac-

cept a short sale. Not true – foreclosure is often more costly for the lender, and short sales often sell for more than foreclosed listings. The banks are trying anything possible, within reason, to avoid the foreclosure process.

Next, homeowners believe there is a stigma attached to short sale listings, and that buyers have no interest in such properties. Not true – to the contrary, many smart buyers are specifically seeking out such offerings for the value they present compared to traditional listings.

Finally, homeowners often assume that there's not enough time to close a short sale before foreclosure is final. Not true –



Ray Chadderton

foreclosure is a lengthy process and there is time to negotiate a better result, but you need to start today.

Ray Chadderton of Keller-Williams Realty can be reached at (813) 601-0597.

## Librarians share New Year's ideas for book worms

By SHERRI LONON

While some people resolve to quit smoking, lose weight or give up some other vice at the start of a new year, others opt to adopt different habits. If the desire is to become a better reader, the Bloomington Branch Library can help.

Resolving to read more is an excellent idea, said Karen Slaton, branch manager. This is especially so for parents.

"Kids look to their parents as their first teachers," she said. "If everybody's always reading something," reading will become second nature.

Slaton warns parents not to get too bogged down in reading levels, recommended lists and other expectations. In-

*"Just demonstrate the joy reading can be. A spoonful of sugar helps the medicine go down."*

stead, she suggests parents just focus on passing along the practice of reading for pleasure and the rest will come in due time.

"Just demonstrate the joy reading can be," she said. "A spoonful of sugar helps the medicine go down."

Slaton and Vickie Trice, youth services librarian, both recommend reading with children and trying to encourage teens and older children to keep up the habit.

Finding a good book is easy thanks to the Hillsborough County Public

Library Cooperative's database, said Trice. All people need to do is log onto the county Web site at [hcplc.org](http://hcplc.org) and click on the tab that says "Databases and Website" and then look for the link to "Find A Good Book." If that option doesn't help, the library keeps a number of recommended reading lists on its site.

For school age children, Trice recommends checking out school lists, such as the books found on the Sunshine State Readers list. The library system keeps current

See BOOKS, Page 18 »

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## [dinner@6]

Having just wrapped up a busy holiday season, it isn't easy to get back into a normal routine of getting dinner on the table, but a meal that's quick, filling and delicious is certainly a great place to start!

This month's Dinner@6 is calzones - those decadent stuffed pockets of dough full of your favorite fillings. They're as wonderful as they are versatile and the ease and speed of preparation makes them a must-try.

You can use homemade or store-bought dough or even refrigerated dough or crescent rolls to assemble any of several varieties sure to please everyone in your entire family.

Serve with warmed marinara or spaghetti sauce.

Several ideas for variations are:

Leftover Christmas ham and Swiss cheese

Turkey and provolone

Roast Beef and Swiss

Roasted vegetables and hummus

Simple. Satisfying. Savory. That's this month's Dinner@6!



### Pizza calzones

Dough

Marinara sauce or spaghetti sauce (for the pizza varieties)

Mozzarella cheese, grated

Pepperoni

Parmesan cheese

Italian herbs seasoning

You can make these as big or as small as you'd like, so, first, roll your dough out in a circular shape to the size of your liking. On half of the circle, place pepperonis, leaving a 1-inch margin along the edge. Top with grated mozzarella cheese. Fold, meeting edges, crimp edges with fork. Cut a few slits in the top of the calzone to allow steam to escape and more even cooking. Sprinkle with parmesan cheese and Italian herbs seasoning. Bake in 425 degree oven until golden brown, 12-15 minutes, depending on thickness of dough.

Leslie White can be reached by emailing [lwwhite\\_bloomingdalegazette@yahoo.com](mailto:lwwhite_bloomingdalegazette@yahoo.com). For more recipes visit [dinner@6](http://dinner@6) online at [www.dinnerat6-lesliwhite.blogspot.com](http://www.dinnerat6-lesliwhite.blogspot.com). Readers are invited to share their quick and easy meal solutions, comments and ideas.

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## BOOKS

Continued From Page 16

lists on its Web site in the children's section. Older children will find the library system's Teen Blog offers up plenty of options.

Adults will also find a number of recommendations on the Web site. The New York Time's Best-seller list is also a good place to start, Trice said. The database search engine can help, as well.

Now, for teens and adults with a penchant for fiction, Slaton has a few favorites she recommends.

"My personal favorites right now - 'Percy Jackson and the Olympians' series by Rick Riordan," she said.

She also gives high praise to Michael Scott's "The Secrets of the Immortal Nicholas Flamel" series. The next book, "The Necromancer" releases in May 2010.

Both Trice and Slaton

recommend young adult fiction for teens and adults alike.

"Most of the time it's really good reading - gripping," Slaton explained, adding that it lacks the explicitness of many adult books today.

To learn more about what titles will be hot in 2010, visit the branch or go online.

*Sherri Lonon can be reached at slonon@mediageneral.com or at (813) 731-1976.*

## BUSY

Continued From Page 5

those questions and get the support needed to start such a venture. There are currently more than 300 chicks on the mailing list and a portion of those come to the planned monthly meetings when they can.

"There are no strict rules about attendance. We're very laid back, and we alternate between lunch and dinner meetings to accommodate everybody's schedules," Bol-

lenger said.

In between biz-e-chicks.com and KIS Corp, Bollenger also works part-time at Curves on Lithia-Pinecrest.

"It's more a thing I do because I love it. It helped me so much. I love it," said Bollenger, who was diagnosed with multiple sclerosis 10 years ago at the age of 21. "Strength, flexibility and balance I've gotten there have helped me immensely in how I feel both mentally and physically."

Fatigue is usually a big issue with MS patients, but that isn't evident in

Bollenger's life. Despite her three jobs, she carved out time to be on "Who Wants to be a Millionaire" not once, but twice last year, winning \$5,000 on her second visit. Her husband, Jim, whom Bollenger calls her support system, accompanied her on the trip.

"It was so much fun," she said. She took some of her winnings and went on a cruise for some much-needed and hard-earned rest and relaxation.

For more information on Bollenger's business endeavors, visit bizchicks.com and kiscorp.net.



Photo by PAUL CATALA

Using an impact bag, John E.S. Cochran Golf Schools' founder and director of golf John Cochran, right, gives driving tips to Golf Schools' head of player development, Drew MacPherson. Cochran uses a computer swing analysis system to optimize progress.

## GOLF

Continued From Page 11

he said he was happy to be teaching part of the year in the Brandon area, where he has a home with his wife, Janet and daughter, Mandy, 22. He said he doesn't consider the area to have had much expert golf instruction available.

"They've never had this high-end instruction. People notice the difference in our instruction," he said.

Cochrane already has programs set from January to May 2010 at both golf clubs: Senior, Adult, Junior and Parent and Child. These will include adult group lessons, junior camps and corporate outings, as well as hourly and packaged private lessons.

Having Cochran and his staff on hand will up the level of instruction at both courses, said the general managers. David Witt, Riverhills' general manager for five years, said staff and club members are anxious to get Cochran's golf school running.

"From what we had before to what we have with John is a huge difference for us," he said. "You have a quality instructor that has all the high-tech equipment and customized process for playing a better game."

Cochrane, MacPherson and Carino have divided instruction into three categories: The Full Swing, where swing, rules and basics are taught; The Short Game, designed for all levels in putting, chipping, pitching and bun-

ker shots; and Advanced Classes, for full swing, short game, on-course development, mental training and scoring.

"The programs are made to take a golfer to whatever level they want to achieve," said MacPherson, who's worked at River Hills since June.

The instruction is already paying off for one golfer. Peter Dakes, 64, of Brandon, has already begun private lessons with Cochran. The 25-year golfer said Cochran makes sure lessons are sinking in and is good about following up.

"When you get finished with his instruction, if something goes wrong, you know what to do to correct it," he said. "That's something I've never had before in previous instruction. It's incomparable to anything I've ever had."

For information, call (813) 777-4780 or see [www.johnescocochranegolf-schools.com](http://www.johnescocochranegolf-schools.com)

*Reporter Paul Catala can be reached at (813) 731-1970 or [pcatala@mediageneral.com](mailto:pcatala@mediageneral.com).*



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# Make 2010 a safer year for children

The end of 2009 has come, and it was a very long year for our nation, our state and our community. It is hard believe it is 2010.

Much progress has been made by the Hillsborough County Sheriff's Office in making Bloomingdale and the surrounding area a safer and more secure place to live, to work and to raise families. Providing a safe and secure environment for the residents in our community and our county is why we are here. The continued support of concerned residents from our community has helped make this possible. The expansion of the Sheriff's "Volunteer Citizens Patrol Program" has continued to help make even more improvements towards making Bloomingdale safer and more secure.

Most of Bloomingdale's residents work throughout Hillsborough County. Significant improvements have been made and will continue to be made in special areas such as patrolling and enforcing our traffic laws. The sheriff's special gang unit will continue to decrease gang activity in our area, which will also decrease burglaries and drug activity.

After ending 2009 with the tragic death of a 2-year-old in Valrico, we ask that everyone commits to providing even more protection for children. From the youngest to our teens, there is no such thing as being over protective. Most accidents are caused by split-second decisions that prove to be wrong and most accidents only

take a few seconds to happen.

Following are some very important areas that we all need to focus on so can protect our children and keep them safe from harm:

## CAR SEATS

These save lives. Make sure they are properly installed and used every time a child is in your vehicles.

## PETS

Pets are great and make wonderful companions for our families and our children. There are, however, some pets that can be very dangerous. Careful thought and research must be given before putting the two together. Recent deaths and serious injuries to children caused by pets have occurred in our

area.

## OUR HOMES

Our homes contain numerous dangers for our children, ranging from cleaning chemicals, medicines, choking hazards and even toys. Inspect your homes closely and secure or dispose of these hazards properly.

## INTERNET AND CELL PHONES

Toady's technology is great at providing help with homework and keeping in touch. But when it is used by predators to find and harm children it is a deadly tool. Use the Internet to find ways to protect your children when they use the Internet.

When phones are used while driving, the

result is often a deadly accident. The two must be kept separate. Driving in itself is a skill that requires the full attention of the driver, adults included, and especially when children are present.

## FIRE

Lives are lost each year when homes catch fire. Some of these are caused by children. Take the time to teach your children about fire safety. Have a fire safety plan and fire extinguishers on hand and know how to use them.

## MOTORIZED VEHICLES

Plain and simple these are "illegal" and very dangerous. Children should not be riding them even on sidewalks. For more information on these dangerous ve-



**Pete Maurer**  
Bloomingdale Community  
Resource Deputy

hicles contact your Community Resource Deputy.

We all hear these same safety tips and security steps over and over every year. The simple fact is that "they don't work until you take action and do them!"

Let's make 2010 a safe and secure year. Take personal responsibility for your family, your home and your vehicles. No one will miss them more than you. Also, be a good neighbor and watch out for your neighbors.

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