# BLOOMINGDALE GAZETTE

Volume XXVIV Number 10

OCTOBER 2009 . THE OFFICIAL PUBLICATION OF THE BLOOMINGDALE HOMEOWNERS ASSOCIATION SINCE 1980



Photo courtesy of the Campoamor family

Beth, Joe, Jr. and Joe Campoamor, Sr. are ready to cook up a batch of the family's sauce recipe at the annual Bloomingdale Athletic Booster Club Pasta Supper, Thursday, Nov. 5.

# Giving is in the

# sauce

For generations, the Campoamors have given their time as well as their sauce to worthy causes, see story, page 4.

#### Seniors enjoy Silver Sneakers

Program helps older adults with mobility as well as health. See story, page 14.

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#### QUOTE OF THE MONTH

"An eye for an eye makes us all blind."

Mohandas Gandhi



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# The ghouls and goblins are coming

St. Andrew's United Methodist Church (UMC) is full of fun this fall season. The annual pumpkin patch sale begins on Saturday, Oct. 11 and through Friday, Oct. 30. Hours of operation are Monday through Friday from noon 8 p.m., Saturday from 9 a.m. to 8 p.m. and Sunday 12:30 to 7p.m. Oct. 17 has special family related activities. Pumpkins range in price from \$4 to \$20. Proceeds from the sale benefit the youth program at St. Andrew's UMC.

Event is free and open to the public. St. Andrew's UMC is located at 3315 Bryan Road in Brandon. For more information please visit www.StAndrewsBrandon.org, or call (813) 689-6849. For more information about the Pumpkin Patch please contact Dan Segale at 813-689-6849 ext 217





# **Brandon Regional Hospital**

## FREE HEALTH INFORMATION

### The Genetics Factor in Breast Health

Cardiac

**Support Group** 

This Month's Topic Presented by a

**Registered Hospital Dietitian** 

**MANAGING YOUR** 

**DIET THROUGH** 

THE HOLIDAYS

Thursday, Oct. 8th

5:30 p.m. - 6:30 p.m.

260 S. Moon Ave., Classroom B. Brandon



Presented by
Kimberly Giffard, M.D.
Breast Care Surgeon
Board Certified General Surgeon

Tuesday, Oct. 6<sup>th</sup>
6:30 p.m. - 7:30 p.m.
260 S. Moon Ave.,
Classroom B, Brandon

## Man to Man Support Group

Many men dealing with prostate cancer are helping each other through free monthly meetings where men, their spouses, sons and close male friends support each other and exchange information throughout the cancer experience.

Thursday, Oct. 15th 6:30 p.m. - 7:30 p.m.

228 S. Moon Ave., H2U Classroom, Brandon Companions welcome. No reservation required.

# Orthopedic Seminar TREATING HAND, ARM & SHOULDER PAIN Highlighting the 5 most painful conditions:

trigger finger • carpal tunnel • thumb arthritis
 tennis elbow • rotator cuff tendonitis

Presented by
Peter V. Lopez, M.D.
Board Certified
Orthopedic Surgeon

Thursday, Oct. 29<sup>th</sup>
6:30 p.m. - 7:30 p.m.
260 S. Moon Ave.,
Classroom B. Brandon

Orthopedic Pre-Op Classes available. Call for more information.

## **Surgical Weight Loss**

#### SEMINAR



Presented by
Alfredo Fernandez, M.D.
Bariatric Surgeon
Board Certified
General Surgeon

Answers your questions about the benefits of gastric banding and bypass surgery.

#### **SUPPORT GROUP**



This Month's Topic: Developing a New Self-Image

Open to anyone who has had a surgical weight loss procedure or is considering one. Join Mary, Kimberly and others for this informal discussion.

Thursday, Oct. 22<sup>nd</sup> 6:30 p.m.

Seminar – 260 S. Moon Ave., Classroom B, Brandon Support Group – 262 S. Moon Ave., Classroom A, Brandon

Located directly across the street from the hospital, on the north side of Oakfield Drive In Oakfield Medical Plaza



For more information and to register for these seminars, classes and support groups, please call 1-877-4-HCA-DOCS (1-877-442-2362 toll free)

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119 Oakfield Dr. Brandon, FL 33511 www.BrandonRegionalHospital.com

# The secret is in the sauce

Armed with a super-secret family recipe, the Campoamors have given back to the community for three generations

#### **BV LESLIE WHITE**

Three generations of Campoamors have helped local schools and organizations raise money and Bloomingdale residents Joe and Beth Campoamor attended. are doing their part to The main ingredient in success. And that recipe recipe and, according to these fundraisers is the has been in the family for Beth, "actually began the family's pasta sauce recipe. Every year the Cam- well-kept culinary secrets community fundraisers, poamor's host a pasta within families, the recipe cooking pasta dinners for supper benefitting the isn't written down; it's Bloomingdale Athletic simply told and demon-Booster Club, a tradition strated to the next genera- forts grew, so the did the which started shortly after tion. the school opened in 1987. to raise money for the ath-

started the pasta dinners years ago at Stephen Foster Elementary, then High School," said Beth.

dren, Joe and Jacob. For dient. We all just get a the past 10 years they have good laugh from it, and it been cooking, raising is also funny how my funds for the sports teams sauce now tastes just like their boys played on as my mother-in-laws!" well as the schools they

At the time, Joe's brother was honored to be 'told' crafted a custom oversized Michael played football. the ingredients for the cooking pot and wooden Their parents, Joe Sr. and family sauce recipe," said Margaret, got the booster Beth. "After making the club started, in large part sauce for several years, due to the sales of dinners and not having it quite taste like my mother-in- tasted by many but re-"My mother-in-law, to be watching my moth- seems to be as unique as Margaret Campoamor, er-in-law teach my new the family that cooks it. Of sister-in-law, Summer, the her mother-in-law Margaas a fundraiser over 35 recipe. I noticed that she ret, Beth said, "I have been added an additional ingre- so very blessed with a dient that she did not wonderful, loving mother-Brooker Elementary and share when giving me the in-law. She has always then on to Bloomingdale recipe. How interesting to treated me just like I was When Margaret men- thing happened to my have a tremendous appretioned to Joe Jr. and Beth mother-in-law when ciation and respect for her what a success the dinners learning the recipe from and she tells me the same were, they decided it was her grandmother. She all the time. I think the key time to continue the tradi- swears she had told me to our relationship is realtion for their own chil- about the 'nutmeg' ingre- izing that we both want

This recipe started with Joe, Jr.'s great-grandmoth-Obviously, the Campoa- er, Nana Maria, Her son, continue the tradition. mors have the recipe for Nino Nicco, learned the generations. Like many family cooking tradition of the Masons and Shriners."

> As the fundraising efneed for a bigger pot, so "After I was married, I the Campoamor family oar with which to stir the much sought after sauce.

"It's huge!" said Beth.

The recipe has been law's, I just so happened created by none and find out that the same her very own daughter. I



Photo by LESLIE WHITE

Beth Campoamor helps organize and serve JV football players their pre-game meal every week throughout the season, often assisted by her mother, Betty Rogers, and her mother-in-law, Margaret Campoamor. Beth and her husband. Joe, have two sons at Bloomingdale. Joe, a senior, plays football as well as baseball, and Jake, a sophomore, plays football for the Bulls.

#### Taste Test

The Campoamor's next pasta supper is Thursday, Nov. 5 from 5 to 7 p.m. in the Bloomingdale High School cafeteria and will benefit the Bloomingdale Athletic Booster Club. Tickets are \$5 and are presold through Bloomingdale athletes or in the school's front office. Setting the mood will be the Bloomingdale High School jazz band, which will play for an hour during the supper.

For information contact Brenda Acquaviva at 643-5833.

## Membership drive in full swing

port the Bloomingdale nancial support.

The 2009 Bloomingdale Homeowners Association.

With the continued fi- to live - one that is vital, speaks and acts on behalf funded through the yearly your BHA dues notice: home) annual member- (BHA) will continue its ef- more than 5,000 homes. sues. These funds provide com- ship dues are the associa- forts to ensure that The organization's board munity services and sup-tion's sole means of fi- Bloomingdale remains a of directors, all volunteers zette, now in its 28th year great community in which who live in Bloomingdale, of publication, is also 2051.

membership drive is now mailed to each home- support of its residents, beautiful. The BHA repre- neighborhood, county, in full swing. You should owner in the Blooming- The Bloomingdale Home- sents Bloomingdale's 44 school, land development have received in the mail dale district. The \$25 (per owners Association, Inc. neighborhood sections of and law enforcement is-

The Bloomingdale Ga-

Homeowners Association Membership forms are nancial and volunteer cohesive, active, safe and of residents to address dues drive funds. The BHA also established and maintains the community web site, Bloomingdale-Gazette.com. For more information, call (813) 681BIOELEMENTS\*

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Micary

# Brandon area churches join others to Feed the Bay

By LESLIE WHITE

cally challenging times borough leading the news every churches of various de- their families, and this lots to collect the dona- Apollo Beach); . First have decided to join forc- with two grocery store recent years, the need is pulled out to deliver the don; First Presbyterian to stock local food banks Sweetbay - as well as 13 collection include: Volunteers will return to First United Methodist Bay in 2006 to help feed thing to eat."

canned food collection collect and deliver over Center. drive collects only 1,000 300,000 pounds of food pounds in a month.

than 270,000 pounds of lies in the Tampa Bay meats, dry milk, pasta, point Church; Corner- rection Catholic Church; ple Terrace.

the hungry of Tampa, 27 worship services, of Life; Cynthia Pinckfrom the Bible's Book of Hillsborough County Faith Center; ECHO Matthew, in which Jesus were released early and (Emergency Care Help says, "For I was hungry, given a pre-printed Organization); Good Saand you gave Me some- shopping list, which maritan Mission, Inc.; they were encouraged Lighthouse Ministries; That first year, 30,000 to take, along with their Metropolitan Ministries

feedthebay.org.

#### **PARTICIPATING CHURCHES IN** HILLSBOROUGH COUNTY

pounds of food was col- family, to area Sweetbay of Tampa; Mission Tam- munity Church; Bay Life nue Baptist Church; Church; St. Andrews lected in a matter of three and Publix supermar- pa; Our Lady's Pantry; Church-Brandon, River- Journey Church @ Val- United Methodist hours. Typically, a kets. The goal was to and, Women's Resource view and SR 60; Bell rico; Presbyterian Church of Brandon; Shoppers crowded the Brandon and Eastbay; dale; Presbyterian Temple of Praise Worto area food banks aisles at local stores, list Brandon Assembly of Church of Seffner; Re- ship Center Internation-Last year, 27 churches before the holidays. in hand, and loaded God; Browning Road deemer Presbyterian al; The Crossing joined together and col- It is estimated that carts with pantry staples Baptist Church; Celebra- Church in America of Church; and The First lectively gathered more every day 40,000 fami- like flour, sugar, canned tion Church; Center- South Brandon; Resur- Baptist Church of Tem-

food in just five hours, and surrounding com- sauce and breakfast stone Baptist Church of With these economi- This year, over 30 Hills- munities do not have foods. Trucks were posi- Brandon; Faith Worx County enough food to feed tioned in the parking (First Baptist Church of day, 19 local churches nominations are joining year, more than in tions, and when loaded, Baptist Church of Branes, unifying their efforts chains - Publix and great. Recipients of the food to area food banks. Church of Brandon; and help care for those in local charitable organi- Amazing Love Minis- these charities in two Church of Brandon; need. Bay Life Church of zations to feed thou- tries; America's Second weeks to help sort and First United Methodist Brandon started Feed the sands of hungry people. Harvest; Beth El Farm distribute all that was Church of Seffner; Fish-During Sunday, Sept. Worker Ministry; Bread collected. For a list of Hawk Fellowship participating Publix and Church; Grace Commudrawing their inspiration congregations all over ney Ministries; Day Star Sweetbay locations, visit nity United Methodist Church at FishHawk; Holy Innocents' Episco-



An example of some of the food gathered by the drive

pal Church; Hope Cum- South Brandon Worship berland Presbyterian Center; South Shore Church; Horizon Chris- United Methodist; Sim-Apollo Beach Com- tian Church; Kings Ave- mons, Loop Baptist Shoals Baptist Church- Church of Blooming- Sunset Bay Chapel;

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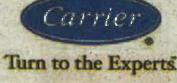
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# Yard of the month

Mike and Julie Arndt 4609 Compass Oaks Drive Valrico, FL 33596 Somerset Subdivision



## Bloomin' Jam

Bloomingdale East Park Natures Way

Saturday, Oct. 10

1 p.m. to 4 p.m.

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It's free and all

Lead a song or just play along

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# Cage puts Bulls in a pinch

don't like the weather in Florida, stick around - it'll change. In the land of per- tunity to get quality pracpetual summer, life is in-tice anytime," said Booster facility like this and they terrupted daily during the Club Vice President Brian are able to improve their rainy season with those Wilson. "As baseball play- skills no matter what the ever-predictable after- ers know, it takes repeti- weather is. This cage will noon thundershowers. tion to become a good help keep the Blooming-Though they're expected, hitter and this cage would dale baseball program the tolerated and, during a allow for that." drought, even appreciated, when the rain affects "this fall we have 39 play-Bulls baseball team.

Wilson.

That's why coaches and step." parents of the Bulls basepartner with the community as well as corporate

allow our boys the oppor- in the county," he said.

practice time as a team, with one field and one that's no day at the beach. batting cage it is difficult Just ask the Bloomingdale to practice. We have great coaches and Coach Wil-"The cages we have now ken's goal is to create a raiser for the baseball are usable only when not baseball program at under water," said sopho- Bloomingdale that is one more center fielder Austin of the best in the state. The from the local businesses batting cage is the next in the community as well

ball team are looking to Kristopher Wilken echoed from \$50 to \$2,500, and his player's feelings.

"The new bating cage

sponsors to help build a will allow my players to The saying goes, if you batting cage for the team. stay competitive with "The batting cage would many of the other schools "Several schools have a first-class program that it According to Austin, has always been."

Baseball mom and your sport, hindering your ers in our program and Booster Club member Brenda Acquaviva is spearheading the fundraising efforts.

> "This is a huge fundteam," she said. "We have always had great support as the parents. Sponsor-Head baseball coach ship opportunities range offer an exceptional

See CAGE, Page 22 »



Photo by LESLIE WHITE

Bloomingdale's current batting cage only allows one player at a time to hone his skills and, because of its location in a low lying section to the right of the field, the area is prone to flooding after heavy rains, preventing players from practicing until the ground dries up.





# **Valrico State Bank** & Classic Car Show

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# Does the newest Master of Terror live in Bloomingdale?

Since having numerous short stories published in an international horror magazine, a local author has set to penning a novel

By LESLIE WHITE

Terror."

publication, and Horror one up so late at night." Bound, a magazine that well as its masters. La- night. He's also a realtor. querre, who's been writing King's work at the age of "then real estate it is!"

"I've been influenced in career is on hold, at the terned on the set of Allen's Stephen King is often that genre ever since," he moment, so he can focus critically acclaimed, dark him with his novel. referred to as "The Master said. "I chose this partic- his efforts on writing, comedic psychological of Horror." Upcoming au- ular genre because there's which currently includes a thriller Crimes and Misde- in my book as I go along," thor and Bloomingdale something about instilling foray into the world of meanors (1989), which resident Mike Laquerre fear. I think people like to dramatic suspense via a was nominated for several thinks his readers might be scared even if they novel he's working on. don him "The Master of don't admit it. There is a curiosity level in that as on a novel I think people the opportunity to work Laquerre writes short long as it is not happening will really like," he said. with Alan Alda, whom he stories and has had several to me, I want to see what "Although it's not con- describes as "a really nice published over the last few happens to the specific strued technically as a guy." years in horror genre mag- characters. Plus, think horror novel, horrible azines like Morpheus how much fun I have things do occur." Tales, a United Kingdom knowing I'm kept some-

complishments fare far to find himself immersed And the man knows a better that the characters in the novel aspect of the features both up-and- thing or two about horrors he pens. After attending industry, calling it "my comers of the genre as that will keep you up at The School of Visual Arts true passion." The author in New York City, where shares that passion with "If you want to talk his intentions were to his wife, Lori. since he was 7 or 8 years about something really write movies, Laquerre old, discovered Stephen scary," said the author, worked with industry big- that sets their eyes on it wigs such as Woody Allen, before it sees the light of Laquerre's real estate with whom Laquerre in- day," he said.

Academy Awards. The "I'm currently working movie also gave Laquerre

And though he initially set out to make movies, As for Laquerre, his ac- Laquerre is quite satisfied

"She is the only person

24" W x 36" H \$96 Inst.

36" W x 50" H \$199 Inst.

His wife is also helping

"She reads the chapters he said, "She's a good reader, so I take her advice."

Writing is a daily ritual for Laquerre, who admits he pens his tales the oldfashioned way - long hand on a legal pad, seated at an antique desk in his bedroom.

"I do write every day. That's important," he said. "Some days I may write as little as a few paragraphs until I have things worked out, or I've been known to slam down some pages well for me."

It's that creative process the UK.



Local author and Bloomingdale resident Mike Laquerre

that is turning Mike Laquerre's dream into readers' nightmares. Laquerre's latest short story is due to be published in January 2010 in Morpheus because it's just flowing Tales, which is available via Border's Bookstores in





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## **Cleanup Reminder**

The Bloomingdale Homeowners Association water heaters, steel and Inc. will hold a Communi- other metals, furniture, borough County parks maintenance facility on Natures Way, near Alafia Elementary School.

The decrease of the Hills-struction debris will be accepted.

Yard waste or regular household trash normally picked up at the curb cannot be accepted.

lations, residents' annual membership dues, and Parks Department.

will not be accepted.

Appliances, mattresses,

The cleanup is made not be accepted. Hazardpossible by BHA volun- ous materials including teers, a grant from the Hillsborough County Of-fice of Neighborhood Re-cals, waste from commercial activities, and electric equipment (computers, the Hillsborough County monitors, TVs, etc) cannot

be accepted.

The BHA is a voluntary, The site will open at 8 a.m. and will close when all available dumpsters are full or noon, whichever volunteers who live in the comes first. Drop-off lim- community. If you would its are two trips for those like to help staff the collecdriving cars, one trip for tion site, please e-mail in-SUVs and pick-up trucks. bloomingdalenews@tam-Trailers with more than pabay.rr.com. High school one axle cannot be ac- students and scouts can commodated. Waste from earn community service commercial businesses hour credits for assisting with this project.

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E-mail: bloomingdale.homeowners@

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Web site: bloomingdalegazette.com

President: Stanley Lee Vice president: Jim Harris Secretary: Jane Lee

Treasurer: Dennis Osborn

Directors: Shelia Harris and Myron Magedanz

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**November 7, 2009** 10:00 A.M.-3:00 P.M.

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# Program aims to help seniors stay in shape

Medicare's Silver Sneakers program helps with mobility as well as pre-existing conditions

By LESLIE WHITE

Silver Sneakers may fashion trend, but it's really an opportunity for senior citizens to focus on and improve their overall health.

to develop a healthier lifeand Nancy Michael own the Curves on Lithia-Pinecrest and saw their the Silver Sneakers clients she said. membership increase with at Curves. She's a retired the introduction of the Sil-school teacher that has ver Sneakers program in been coming to Curves for January.

do it for mobility, but it to offer it as a benefit. also helps with bone den-

sity," said Nancy.

A pediatric nurse practisound like a futuristic tioner, Nancy Michael has seen firsthand the physical benefits participants gain from regular exercise.

"This has been a god-Healthways, Inc., Silver never walked into a gym Sneakers is a Medicare before. We've had people covered fitness program go off or take a lower dose that enables senior adults of medications for high blood pressure and diabestyle through exercise and tes because they're getting fitness programs offered healthier. We've seen peoaround the country. Marc ple with MS start to feel better.'

more than three years and "Probably a quarter of paid for a private memour membership is Silver bership up until January

much. I love it!" she said as the maximum benefits. she finished up her work-

The circuits last for 30 minutes and strengthen computerized personal every muscle in the body and because they're hysend," she said, "We have draulic, according to Mi-Started in 1992 by gotten some that have chael, these workouts are chael, these workouts are easier on the joints. The benefits go beyond just the physical. Michael has seen friendships formed, and new habits made.

"I think the one thing we've seen is seniors getting out of the house to come here who wouldn't Allison Elrod is one of normally get out at all,"

Perhaps it is the health benefits, or perhaps it is the friendly staff and personal service they receive at Curves. During their first three workouts a cir-Sneakers. A lot of seniors when her insurance began cuit coach is on hand to help new users properly "I enjoy Curves so use the machines to get

And if that personal consultation isn't enough, there is CurvesSmart, a trainer that summarizes workouts, charts progression, gives a personalized list of strengths and weaknesses and does the calorie counting for you.

It's been proven that staying in good physical condition can help lesson the likelihood and severity of a fall as well as lead to quicker recovery time in the case of an injury. Regular exercise improves both balance and coordination, both preventing the likelihood of a fall, as well as developing stamina and strength that naturally declines through the years.

"We have clients from 9

See SILVER, Page 22 »



Photo by LESLIE WHITE

Nancy Michael, Curves owner, talks with Silver Sneakers client Allison Elrod as she completes her circuit workout.







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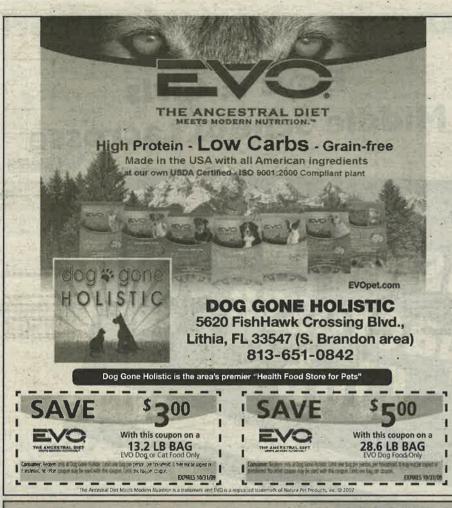
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# A good day for a regatta



Photo by KIM WALLACE

Bloomingdale resident, Joshua Strom a Tiger Cub, hands his boat he made from the BSA Raingutter Regatta kit at the annual Pack 61 event to see if it qualifies for the Rainguter Regatta Sailboat Race.

Now that his boat qualified Joshua is ready to race. The race course is a gutter 9 feet long and 6 inches wide and the boys have to use a straw to blow wind in the sail of the boat to propel it to the finish line. Joshua won the race.



Photo by KIM WALLACE



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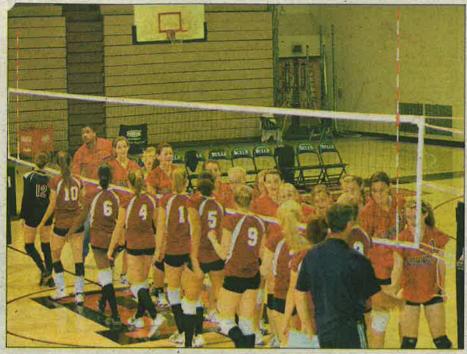
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We are accepting donations of Underwear, Socks, & T-Shirts For area schools with students in need! October 3-4 at the church building

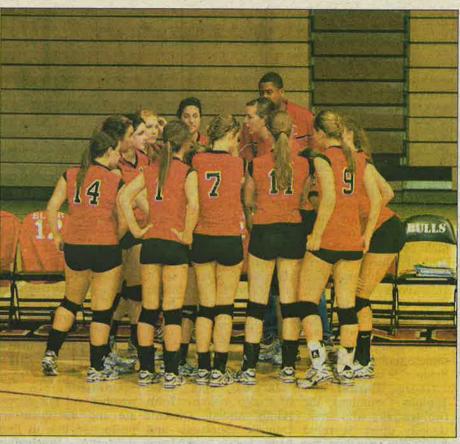
5049 Bell Shoals Rd., Valrico 689-4900

# **Volleyball gets underway**

**Pictures by Kim Wallace** 



Bloomingdale JV volleyball team is getting ready to play first game against Brandon High New Varsity Volleyball Coach Danielle Leffler is getting her team ready to take on Bran-School.



don High School.



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# **Bloomingdale marks Sept. 11**

Trade Center.

Later that day, the tone as they entered the gym-Rajun' Bull band.

George Garner and

"let's roll," the phrase loudest. The junior class north tower of the World of the doomed pas- dale alma mater. sengers.

in the high school shifted Air Force JROTC pre- day of their home openinto a thunderous patri- sented the colors and er. Coach Booth urged otic pep rally honoring led the crowd in the all students to come out their country as well as Pledge of Allegiance, and show their support student athletes from all then put on a dazzling at that night's game. fall sports. Athletes from rifle drill. School spirit golf, volleyball, swim, made way for patriotism been working so hard cross country, football as each student body and I believe we have a and cheer were greeted class competed in a top hat program," he with screams and cheers chant of "Red, red, red," "white, white," everybody come out tonasium to the beats of the "blue, blue, blue," and night as we go up "U.S.A."

In the end, head Thomas Cummings, the football coach John weather did not coopertwo teachers who tradi- Booth, Athletic Director ate and the game was tionally dress as rabid Danielle Shotwell and postponed due to thun-Bulls' fans wielding the head boys' track team derstorms. Rescheduled coveted "spirit stick," said coach James Booth con- for the next day, the only two words to rally the vened in a conference to Bulls lost to the Indians, crowded gymnasium, decide which class was 17 to 14.

Bloomingdale High made famous by Todd took top honors, after School students marked Beamer, one of the which the student body Sept.11 - Patriot Day - passengers aboard flight raised hands to the air with a moment of silence 93, which went down in in horns formation and at 8:46 a.m., the exact time a Pennsylvania field due swayed collectively as the first plane struck the to the heroic resistance they sang the Blooming-

> This was the first pep Bloomingdale's U.S. rally of the year and the

"Our players have said. "I want to see against East Bav.'

Unfortunately, the



Photo by KIM WALLACE

Bloomingdale ROTC members preparing to raise flag in memory of 9/11.





The House of Steen



Lt. Col. John Wayne and CM Sgt. Gerald Bertucci and **ROTC members of Bloom**ingdale salute flag as it is raised to half staff in memory of those whose lives those who are fighting for



Photo by KIM WALLACE

New ROTC members of Bloomingdale stand and watch the flag being raised to half staff

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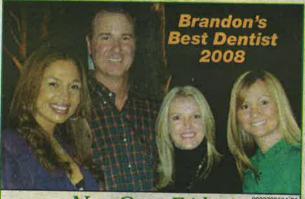
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Kim Wallace

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Troop 672 working together to keep Hillsborough County Beautiful at Davis Park.



taine, Ellen Randall Front Left to Right, Courtney Randall, Amanda Bohn. Kristen Gaertner, Mascot and Nicole Orlando

Bloomingdale resident Marce Strom and Ellen Randall are Girl Scout Lead-

ers for Troop 672. Back Left

Kim Wallace



The girls take a little break to have some fun, after working so hard at, Keep Hillsborough County Beautiful 2009 International Coastal Cleanup, Saturday Sept. 19.

# Chicken 'n dumplings

What can you do with a none of us ever learned memories of long-forgot- by emailing: lwhite\_bloomcan of biscuits, a rotisserie to make it just like she ten suppers at the family chicken and a box of did. chicken stock? No, this is not a riddle; it's this chicken in a pot of water experience, at least for a nerat6-lesliewhite.blogmonth's Dinner @ 6!

starting to experience the dough, rolling it out nearbliss of cooler temperatures and leaves that actu-slender strips of dumpally change color, we Flo- lings, eventually cooking ridians are forced to make them in the broth and our own fall, and we're going to experience a culinary change of seasons was quite an ordeal for with this featured recipe.

her table enjoying every I've failed. bite. When she passed What I have here is a away, I thought I would no-fail recipe with very never taste anything that little wait - the kind of

until the meat fell off the While other states are bone, then mix up her ly paper thin, cutting Leslie White can be reached adding the torn pieces of chicken back in with it. It her to whip up a batch, Chicken 'n dumplings. and yes, it was worth it, My grandmother's best but admittedly, I lack the dish. I can taste the savory time and culinary talent warmth of that dish and to do it the old fashioned remember sitting around way. Yes, I've tried. Yes,

What I have here is a wonderful again, since meal that will bring back

dinner table and a season For more recipes visit Din-She would cook the some Floridians long to few days this time of year. spot.com. Readers are in-Enjoy this taste of fall.

ingdalegazette@yahoo.com. ner@6 online at www.dinvited to share their quick and easy meal solutions, comments and ideas.





#### Chicken 'n Dumplings

1 whole rotisserie chicken (I suggest mojo or original)

1 (32 ounce) box chicken stock

I large can of biscuits, extra flaky

Bring stock to a boil in a large pot over high heat. While this is heating, remove skin from chicken and tear pieces of meat, dropping the meat into the stock. Once the stock and chicken are at a rolling boil, separate layers of individual biscuits and drop them into the boiling stock, one at a time, not allowing them to overlap. Stir, then add another layer of dumplings.

You don't have to use the entire can of biscuits. I only used four and it made for plenty of dumplings. Cook the rest according to package directions to serve alongside this tasty dish. (Serves six)



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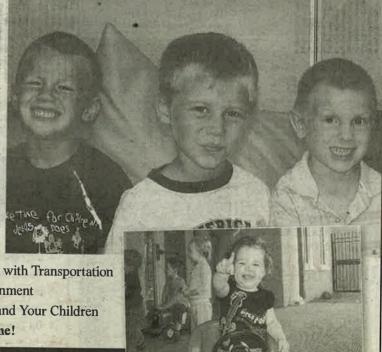
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## Halloween: Make it safe and fun

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In some ways Halloween has turned into a dangerous "trick or treat" event by those with no regard for others.

#### **PARENTS**

Follow these safety cars. steps and make Halloween a safe and fun time:

1. If you let your kids go trick or treating, go with them or have someone escort them.

has a flashlight and wears ities. light colored clothing or costumes.

3. Only stop at homes with their front porch lights on.

4. Cross only at intersections or clear areas kept under-control. and not between parked

5. Check all treats before your kids eat them. ous! When in doubt throw them out.

6. Consider alternative activities. Many churches 2. Make sure everyone and schools have activ-

7. Insure everyone wears their seat belts.

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#### CAGE **Continued From Page 10**

#### Dep.Pete Maurer

8. Insure your pets are

9. Remember that fireworks are illegal in Florida and can be very danger-

10. Watch out for kids walking through neighborhoods.

#### **TEENS**

Follow these steps to stay safe:

1. If you go to Halloween parties, use your seat belts and don't drink if you're underage.

2. If you're old enough to drink, don't drink and

3. Don't ride with anyone who has been drink-

4. Don't use any illegal drugs.

5. Have fun, but remember that bad "tricks" can be very costly and get both you and your parents into a lot of trouble.

6. Remember that all fireworks are illegal in Florida and can be very dangerous!

7. Have a good time but don't spend it at the Emergency Room.

amount of visibility. Our sponsors will be recognized on the batting cage billboard, banners on the baseball field fence as well as announcing your company at all upcoming home games."

As school starts, fundraising becomes a proverbial four letter word because every school, every level, every sport, seemily is hosting an event every. Just ask Shelly Wilson.

"My high school experience was here in Brandon," she said. "I remember how involved the community was in high school sports and activities. All of the programs were supported. One of my desires with being involved in the Booster Club is to raise awareness for the many needs in our schools."

Brian agrees with his

represent the community's commitment to BSHS and its athletic programs," he said. "Coach Wilken is a coming a sponsor or makgreat coach and only ing a donation, please call wants the best for his Brenda Acquaviva at (813) teams and this cage would 643-5833.

allow him to improve the players."

The batting cage they're raising funds to build would allow multiple players to practice simultaneously, something currently unachievable, not to mention the negative impact of inclement weather. Austin is one player who is hopeful about the possibilities of seeing these dream facilities become a reality.

"We could practice no matter what the weather is like," he said. "Coach Wilken would be able to work with each of us one on one to tweak different things. We have the athletes, the coaches and now we need the facilities to help us do that."

Thus; in a way, the Bloomingdale Bulls' baseball team is seeking financial backing for their own field of dreams.

"If you donate - we will build," said Acquaviva, "We are very excited and would like to have the "The cage would also project completed by the upcoming baseball season."

For information on be-

# Come to the **Festival**

Cimino Elementary is

hosting its Fall

Festival Oct. 23. The festival is from 4 to 8 p.m. Cimino is located at 4329 Culbreath Road. Vairico. There will be games, prizes, bounce houses, a dunk tank. lots of great food, a fabulous silent auction and many other fun activities!

#### **Continued From Page 14**

to 91," said Michael, "The younger clients help the older clients and encourage them. It's so cute!"

Curves also offers free weight management classes as a community service project. These classes are held on Thursdays at 7 p.m. This month, during the week of October 19, Curves is offering to waive the service fee for anyone signing up and making a \$25 donation to the American Cancer Society. They will also be hosting a "Bunco for Breast Cancer" night Oct. 29 at 7 p.m.

For more information about any of these pi grams, Silver Sneakers or Curves, call (813) 413-8400 or stop by 3409 Lithia-Pinecrest Road.

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# An update from State Rep. Rich Glorioso

**DEPUTY PETE MAURER** 

The Sheriff's Bloomingdale Area Community Council (B.A.C.C.) was honored to have State Representative Rich Glorioso present at the September meeting. Also attending were Maj. Ron Hartley, District 4 Commander, Sgt. Rob Rodriguez, District 4 Patrol Supervisor and Lt. Mark Corso, District 4 Shift Supervi-

Rep. Glorioso and the three sheriff's supervisors were at the BACC meeting for a specific purpose. One of the many major concerns of law enforcement.

crimes, over time, evolve into larger ones. Some join ventative measure is pa-

are caught, they are sim- and enforce rules. Parents ply processed and re- can also work with law leased to their parents. enforcement to develop Studies have shown that good relationships and toafter being processed and gether both can help teens released a few times, juve- that show signs of getting nile criminals learn the into trouble. system - and things get worse. Studies and re- briefed BACC members on cost them time and monsearch into juvenile crime other legislative issues ev are being conducted to that he is working on in find out how to stop this Tallahassee. cycle. With law enforcement professionals work- up to the seat belt law that ing with legislators like is now in affect. This prothe BACC and area par- Rep. Glorioso, hopefully ject involves a much need- children. ents is teen involvement either new laws or other ed booster seat bill. Too in criminal activity. Many actions can be taken to many small children are staff are very busy in Tallateens start with small prevent teens from enter- killed or seriously injured hassee working hard to what issues are being cov- rich.glorioso@myfloridanes; those small ing into a life of crime.

their teens the difference last month. When these juveniles between right and wrong

Of course the best pre- erly secured into their booster seat. In fact, a bagangs and their criminal rental involvement - the by died in Hillsborough activity escalates even kind where parents teach County from this situation

> Another special project involves a concurrent custody bill that covers "relatives raising relatives," like when grandparents raise their grandchildren. Many such families run into bureaucratic walls of paper-Rep. Glorioso also work and face laws that

> One other project involves the distance restric-These include a follow- tions placed on known sexual predators and how to keep them away form

Rep. Glorioso and his

Photo by TIM BOONE

State Representative Rich Glorioso; Major Ron Hartley. District 4 Commander; Sgt Rob Rodriguez, District 4 Patrol Commander and Bloomingdale Community Resource Deputy Pete Maurer meet at the September BACC meeting to discuss critical law enforcement issues.

quality of life for residents the bills by going to myfloin our communities.

because they are not prop- make more secure the ered. You can check out house gov.

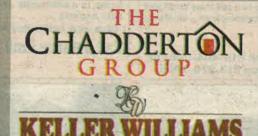
ridahouse.gov. Let Rep. Many residents would Glorioso and his staff be surprised to find out know your concerns and just how many bills are where you stand. Contact being processed and just them at (813) 757-9110 or



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