

# THE BLOOMINGDALE GAZETTE

Volume XXIV  
Number 9

SEPTEMBER 2009 • THE OFFICIAL PUBLICATION OF THE BLOOMINGDALE HOMEOWNERS ASSOCIATION SINCE 1980

## School days, school days...

Students around the Bloomingdale area head back to school.

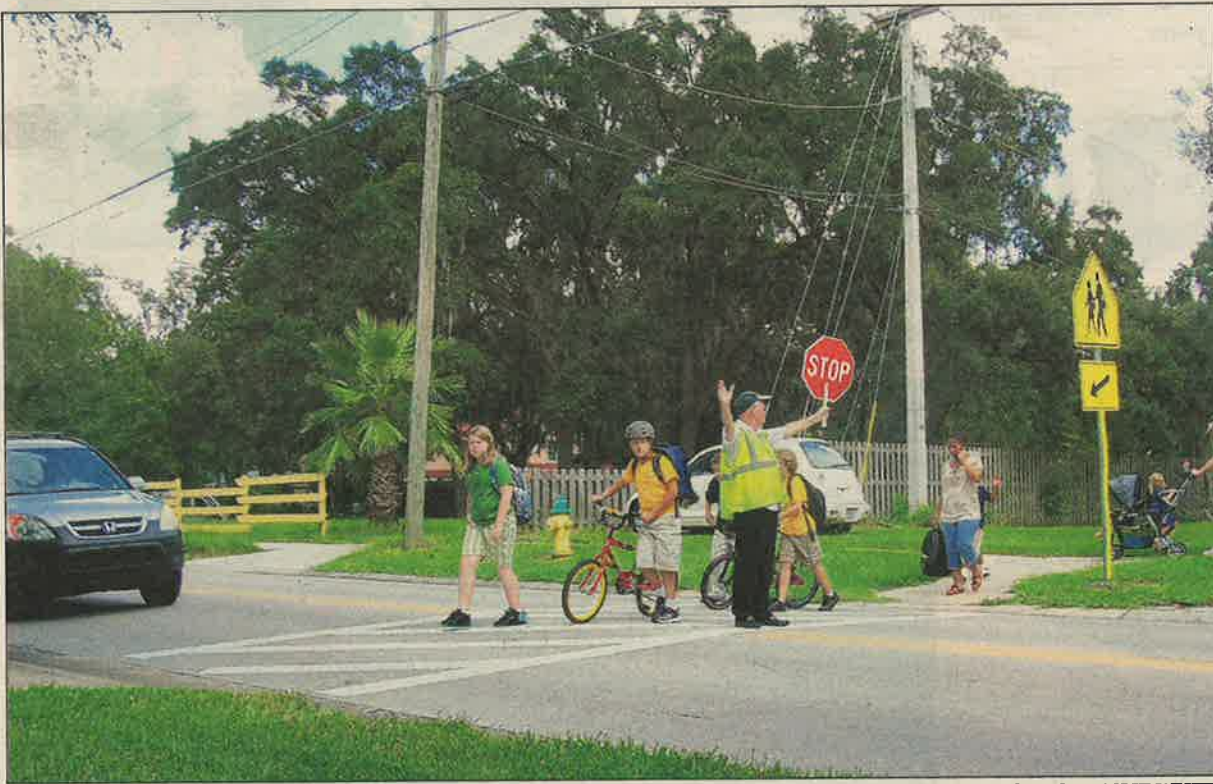


Photo by LESLIE WHITE

Cimino Elementary students cross the street safely with the help of a crossing guard. Now that school has begun, all Bloomingdale residents need to remember the school zone speed limit is 20 mph, and with Alafia and Cimino both embedded within our community, we also have many bikers and walkers outside of that speed zone that need and deserve our consideration.

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### QUOTE OF THE MONTH

"What you get free costs too much."

*Jean Anouilh*

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— Joe & Brenda Martin, Owners for 39 years

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## Your mission, should you accept it: try your hand at geocaching

This Bloomingdale father and son go on a trek for a hidden cache. Geocaching is a high-tech scavenger hunt where seekers use GPS to lock on to listed locations in their area in order to find hidden "treasures." This game of high tech hide and seek can be played all over the world by folks of all ages. A definite sense of community for the environmentally minded, this game also allows participants to share their experiences online. For more information on how to get started, visit [www.geocaching.com](http://www.geocaching.com). Your mission, should you choose to accept it, is to take your family "geocaching." There are more than 1,800 caches within five miles of Bloomingdale and over 880,000 world wide. So, go all James Bond on your kids and take them Geocaching!



Photo by LESLIE WHITE

## They are all wet



Photo by KIM WALLACE

Bloomington High School Swim Team take it to the water for conditioning.





# Brandon Regional Hospital

## FREE HEALTH INFORMATION

### Cardiac Rehabilitation Support Group



Presented by  
**Rathiam Moorthy, M.D.**  
Internal Medicine

**Thursday, Sep. 10<sup>th</sup>**  
**5:30 p.m.-6:30 p.m.**  
260 S. Moon Ave.,  
Classroom B, Brandon

### Spine Seminar

**TREATING BACK PAIN:**  
A Minimally Invasive  
Approach To Spine Surgery



Presented by  
**Larry Fishman, M.D.**  
Neurosurgeon  
Board Certified Neurological  
Surgeon

**Wednesday, Sep. 16<sup>th</sup>**  
**6:30 p.m. - 7:30 p.m.**  
260 S. Moon Ave.,  
Classroom B, Brandon

### Man to Man Support Group

### Living with Prostate Cancer

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.



Featured Speaker  
**Dr. Lewis E. Auerbach**  
Hematology/Oncology

**Thursday, Sep. 17<sup>th</sup>**  
**at 6:30p.m. - 7:30p.m.**

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



**THE BABY SUITES**

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[myBRHbaby.com](http://myBRHbaby.com)

### Gestational Diabetes

**Every Thursday, 8:30 a.m. - 10:30 a.m.**

258 S. Moon Ave., Classroom C, Brandon

The program includes: Medical Nutrition Therapy;  
Monitoring - Use of Meter; Insulin Therapy,  
Exercise Guidelines; Overall Health.

### DO YOU EXPERIENCE LEG PAIN WHEN YOU WALK OR CLIMB STAIRS?

If you answer "yes," it could mean you have Peripheral Arterial Disease (PAD). PAD is serious because it damages the blood vessels that carry blood to the arms, legs and feet. People with PAD are at higher risk for heart disease and stroke.

### FREE PAD Screening

**Thursday, Nov. 12<sup>th</sup>**

**9:00 a.m. - 1:00 p.m.**

260 S. Moon Ave., Classroom B, 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, PAD screening, classes and support groups, please call 1-877-4-HCA-DOCS (1-877-442-2362 toll free) 24 hours a day, 7 days a week.

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Orthopedic Center • Pediatrics • Spine Care Centers of West Florida • Women's and Children's Center

119 Oakfield Dr. Brandon, FL 33511 [www.BrandonRegionalHospital.com](http://www.BrandonRegionalHospital.com)





## Swaps pop at these parties

By LESLIE WHITE

Parents spend an estimated \$204.67 on clothing and accessories, \$93.59 on shoes, and \$82.62 on school supplies, according to the National Retail Federation. But with the recession hitting many families hard this past year, and unemployment at an uncomfortable high, coming up with the funds to take care of all the back to school needs and wants isn't always easy.

But don't lose hope – just because the economy is in a slump doesn't mean your wardrobe has to be. There's a new trend called "swap parties."

Women nationwide are going through their closets and pulling out items they no longer want, or fit into, or are just tired of wearing and arranging a party in which they and their friends exchange these items for something "new to them."



Photo by KIM WALLACE

Thanks to tough economic times, swap parties are all the rage.

The rules are simple – to ensure that exchanges are fair, items are tagged as low, medium or high, in terms of value, with some items designated to only be exchanged or bartered person-to-person. Each person gets a ticket for each item they bring, ranked as noted above, and can swap for like rated items. This way, no one feels they got cheated or got less than they gave and everyone goes home with new-to-them fashions, purses, shoes or jewelry.

### YOUR INSIDE CONNECTIONS

#### BLOOMINGDALE HOMEOWNERS ASSOCIATION INC.

PO Box 7221, Brandon, FL 33508

Phone: (813) 681-2051

E-mail: [bloomingtondale.homeowners@verizon.net](mailto:bloomingtondale.homeowners@verizon.net)

Meetings: first Tuesday each month, 7 p.m.

Web site: [bloomingtondalegazette.com](http://bloomingtondalegazette.com)

President: Stanley Lee

Vice president: Jim Harris

Secretary: Jane Lee

Treasurer: Dennis Osborn

Directors: Shelia Harris and Myron Magedanz

#### THE BLOOMINGDALE GAZETTE

The official publication of the BHA since 1980

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Ph: (813) 259-7479 Advertising: 627-4771

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

# Duffers delight in Bloomingdale Golfers Club

### A Gazette Report

The two-week grand reopening was a big hit.

Thanks to the efforts of community-minded folks like Ray Chadderton of Keller Williams Real Estate and Joe Colbert of JBM Golf Professional Club Repair and Fitting, as well as the efforts of the hard working staff at Bloomingdale Golfers Club, led by grounds superintendent Tom Thiede, General Manager Rick Weber and Greg Folsom of the golf staff, the grand reopening of the club was a huge success. It began July 24 with a media day, followed by two complimentary golf days for Bloomingdale Golfers Club and Florida Golf Trail members, accentuated with the Aug. 1 Community Day, and then finalized Friday, Aug. 7, saw more than 3,000 golfers test drive the new Champion Ultra Dwarf Greens.

And the reviews during

the grand reopening week were fantastic. Retired Channel 13 news anchor Frank Robertson remarked that he had never seen such good looking greens that only took seven weeks to grow in. The highlight of the grand reopening period was Community Day. There were five different golf club companies in attendance hosting demos including Titleist, Cobra, Nike, Cleveland and Srixon, and TPI Certified Golf Fitness Instructor Laura De Novi provided free advice on strength, flexibility and conditioning. Sport Clips and Beef O' Brady's were in attendance, providing goodies, and of course, for the kids, there were two 40-foot tall water slides, free sno-cones and golf lessons. There were more than 800 people who attended.

In addition to the new Champion Ultra Dwarf Greens, improvements

were made to the course's irrigation system, numerous tees were sodded, and many overgrown areas cleaned up. PGA Tour Member and three-time champion Michael Bradley summed it up best: "Now the best golf course in Tampa Bay finally has the best greens."

If you haven't come out and tried the new greens and the enhanced layout at Bloomingdale Golfers Club, the current friendly summer rates make it hard not to play. Peak rates are \$29.99 during the week, \$35.99 for the weekend with discounts available at 11 a.m. for \$24.99 and \$28.99 and at 2 p.m. for \$19.99 anytime. Visit the Bloomingdale Golfers Club Web site at [bloomingtondalegolf.com](http://bloomingtondalegolf.com) to get current rates, specials, and online tee times. The club staff looks forward to seeing all of you on the Bloomingdale Golfers Club links soon!

## Community Cleanup Day set

The Bloomingdale Homeowners Association Inc. will tentatively hold its Community Cleanup Day Oct. 10, at the Hillsborough County parks maintenance facility on Natures Way, near Alafia Elementary School.

The cleanup is made possible by BHA volunteers, a grant from the Hillsborough County Office of Neighborhood Relations, residents' annual membership dues and the Hillsborough County Parks, Recreation and Conservation Department.

The site will open at 8 a.m. and will close when all available Dumpsters

are full or at noon, whichever comes first. Drop-off limits are two trips for those driving cars, one trip for SUVs, and pick-up trucks. Trailers with more than one axle cannot be accommodated. Waste from commercial businesses will not be accepted.

Appliances, mattresses, water heaters, steel and other metals, furniture, and non-commercial construction debris will be accepted. No computer components (printers, faxes, monitors, etc.) or televisions will be accepted.

Yard waste or regular

household trash normally picked up at the curb cannot be accepted. Hazardous materials including paint, batteries, propane tanks, household chemicals and waste from commercial activities cannot be accepted.

The BHA is a voluntary, nonprofit organization run entirely by unpaid volunteers who live in the community. If you would like to help staff the collection site, please e-mail [bloomingtondalenews@tampabay.rr.com](mailto:bloomingtondalenews@tampabay.rr.com). High school students and Scouts can earn community service hour credits for assisting with this project.





# Brandon Regional Hospital

## FREE HEALTH 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



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

**This Month's Topic:** How to use all the  
tools for a more successful weight loss.

**Thursday, Sept. 17**  
**6:30 p.m.**

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

### Breast Care Options for Women



Presented by  
**Jason Hechtman, M.D.**  
Breast Care Surgeon  
Board Certified General Surgeon

**Wednesday, Sept. 23**  
**6:30 p.m.-7:30 p.m.**

260 S. Moon Ave., Classroom B  
Brandon

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



**For more information and to register for these seminars  
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Heart & Vascular Center • Minimally Invasive Surgery • Neonatal Level III Intensive Care • Neuroscience Center  
Orthopedic Center • Pediatrics • Spine Care Centers of West Florida • Women's and Children's Center

119 Oakfield Dr. Brandon, FL 33511 [www.BrandonRegionalHospital.com](http://www.BrandonRegionalHospital.com)



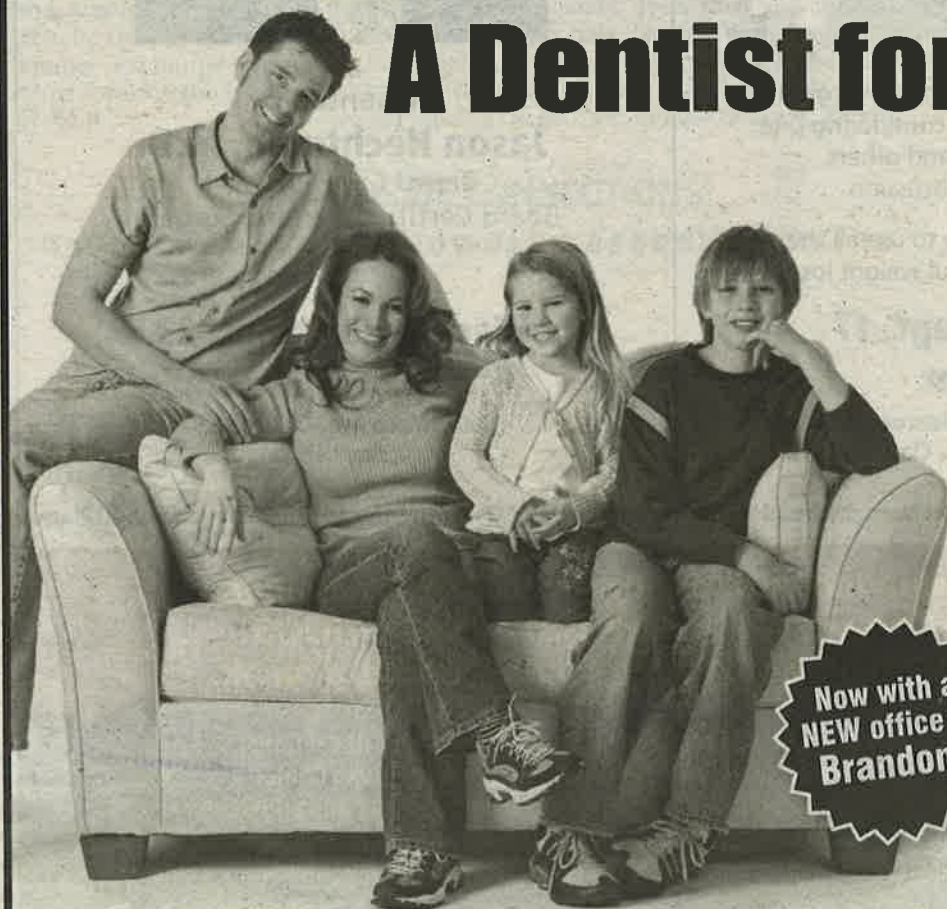


# YARD OF THE MONTH

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# A charming day at the spa

Sisters open Charm Ville Day Spa

By LESLIE WHITE

Beauty and charm intersect at the corner of Bell Shoals and Glenhaven thanks to the recent opening of Charm Ville Day Spa.

Sisters – as well as Bloomingdale area residents – Anna Hussain and Hira Ayub spent many years in the spa and beauty industry and saw the need for such a business inside the Bloomingdale community.

The sisters have a true desire to serve this area and want people to know, “A spa is not just a luxury,” said Hussain, who stressed that both sisters have a true desire to serve the area. “I want everyone to come. I really believe today’s lifestyle affects our overall health and skin care.”

Both sisters agree spa treatments are even more essential for people with skin problems.

“As professional skin therapists, we help them choose the right products,” said Hussain. “Teenagers, especially, face many skin problems at an early age, such as acne and rosacea. They buy products from common retail stores that don’t solve these problems. They need professional advice.”

Charm Ville also provides treatments for foot problems such as calluses and fungus issues.

“Most places won’t treat them,” Hussain said.

They offer safe and effective methods that Hussain assures will make a difference “within one or to treatments, and the calluses will be removed.”

Ayub and Hussain both say they take pride in all the services provided and use the industries best products.

“Our pricing is affordable, which makes us stand out from the crowd,” said Ayub.

It’s a very personal service they provide.

“If I had to highlight one aspect of our business,” said Hussain, “it would be that we offer the right consultation. Different people have different types of skin and we treat each client according to their personal needs and requirements. Everyone can come to our spa with a confidence that they will get the right advice that will give them charming looks and personal satisfaction.”

Charm Ville Day Spa offers a variety of facials,

massages, microdermabrasion treatments, peels and body wraps as well as waxing, threading, manicures, pedicures, acrylic nails and even henna tattoos, a non-permanent form of body art. Spa specials also come with a culinary treat from such nearby restaurants as Beef O’Brady’s, Bloomingdale Pizza and Legends Ice Cream. Clients can order a menu item to be delivered during their treatment.

And it isn’t just the ice cream that comes in chocolate – so does one of their special manicures. Charm Ville treats interested guests to a chocolate manicure, during which clients experience an almond and milk soak, followed by a chocolate hand scrub and a chocolate hand mask, wrapped in a warm towel, then a massage and topped off with the nail polish color of choice.

Charm Ville also sells skin care, nail polish and mineral makeup products. Charm Ville offers regular 10 percent discounts for seniors Wednesdays and is currently offering the same discount for students, teachers and moth-



Photo by LESLIE WHITE

Anna Hussain and her sister Hira Ayub are the owners and managers of the new Charm Ville Day Spa located at the corner of Bell Shoals and Glenhaven.

ers as a back-to-school special. The owners realize students, moms and teachers have an especially busy life right now as the school year begins and that money is tight.

“They’re already spending so much on school,” said Ayub, “and we are extending our back-to-school specials to run through September.”

Charm Ville Day Spa is located at 4312 Bell Shoals Road in the business com-

plex near Beef O’Brady’s. They offer online scheduling, which can be done by visiting [charmvilledayspa.com](http://charmvilledayspa.com). The day spa is open Monday to Friday 10 a.m. to 6:30 p.m., Saturday 10 a.m. to 4 p.m. and is closed Sundays, but will open for a party of four or more. To find out more about the specific services offered visit them online or call the spa at (813) 643-2400.

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## Crimson Dolls to take the field



Photo by KIM WALLACE

This year's Crimson Dolls – the Bloomingdale High color guard – are ready to take the field this season.



# A perfect partnership

By **LESLIE WHITE**

Bloomington Senior high school is one of nine area high schools who have partnered with USF since 2006 as part of the university's SMART (Sports Medicine and Athletic Related Trauma) Institute through USF Health and the Department of Orthopaedics and Sports Medicine. One of the purposes of this program is to provide certified athletic trainers for Tampa Bay area schools. For Bloomington, however, the trainer has also been part of the family.

Bloomington area resident Ginger Kasper is that trainer and has been at Bloomington as part of this program since 2007.

"I couldn't be happier about it," Kasper said.

She received her bachelor's degree from the Uni-

versity of Florida in 2000, graduating with dual specialization in secondary physical education and athletic training.

"Right after college, I taught physical education in middle and high school for six years over in Pinellas County," she said. "During that time, I also served as an athletic trainer and aided in the creation of a curriculum for the Care and Prevention of Athletic Injuries class offered in the high schools."

Kasper is currently working on her master's in physical education.

"Part of my job is actually educating my athletes on their injuries and how to take care of themselves," explained Kasper.

"The position I hold at USF is considered staff and I will remain with Bloomington High School, unlike a graduate

program that rotates ATC's (certified athletic trainers) through every two years. The program allows for an ATC to work in a high school setting full time, meaning we cover all practices, home games and football away games. We are present on campus daily and over the summer for any type of organized practice."

Not only is she an ATC, but Kasper continued her education to include licensed massage therapy.

"I have found it to really implement my practices," she said.

She is also an accredited clinical instructor, which means she teaches students from USF's Athletic Training Education Program to get hands-on experience with high school athletes under her supervision and direction.

"Currently (at Bloomington), I have two students from the program that will be with me until October before moving on to their next rotation," she said.

Injuries are of the utmost concern to athletes, coaches and parents.

"We have seen competition grow more intense with time and our athletes definitely feel that pressure," said Kasper.

One issue Kasper and coaches face is getting their athletes to communicate about their injuries. Many are apprehensive and fear speaking up because it could cost them practice or playing time.

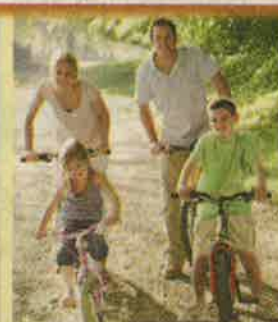
"What they may fail to realize is that they risk making the injury much worse if they continue without notifying us,"

See **PARTNER**, Page 12 »



Photo by **LESLIE WHITE**

**Ginger Kasper is a certified athletic trainer, licensed massage therapist and licensed athletic trainer who comes to Bloomington through USF's SMART Institute to aid our students athletes in both prevention and treatment of sports related injuries.**



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103 Southern Oak Dr.  
**Gibsonton: 574.1350**  
13123 Kings Lake Dr., Ste. 102



# Welcome to your own Take Out Butler

New business brings to-go food to your door

By LESLIE WHITE

Take Out Butler's owner, Erik Butler, admits his business is the result of OFD - Obsessive Food Disorder.

"I am truly passionate about food," said Butler, "I also have a true passion for the independent restaurateur who is bold enough to give this industry a try. We lived in Leesburg, Va., and many of these independents had great food and service at tremendous value. The problem was that due to poor marketing and limited resources, they would go under as I was just getting to love them. The long lines at mediocre chain restaurants where the value was not as compelling drove me nuts. In a small way, if my service

and marketing expertise help promote these independents, then I have developed a true win/win scenario and don't have to settle for mediocrity."

That's where Take Out Butler comes in. The concept is simple. Butler maintains a Web site that lists participating restaurants and their menus. Customers peruse the choices, make their selections as directed by the site and pay online or over the phone. Butler then dispatches a mobile waiter to pick up and deliver the "take out."

Take Out Butler delivers to the 33510, 33511, 33569, 33579, 33594, 33596, 33584, 33547 (FishHawk/FishHawk Trails only), 33578 (East of I-75), and 33619 (hotel/business on-

ly) ZIP codes. Currently, Take Out Butler delivers orders from Aquatic Cafe, Beef O' Bradys (FishHawk and Summerfield), Pacific Grill, China Express, The Oaks, NY Diner & Bagel, Zaxby's, Chick-fil-A (Valrico), Angelina's Italian, Estrella Tropical, DaSilva's Coffee & Cafe, All-Stars, Salute, Kazbor's Grille, Legends Ice Cream, Tres Amigos, Cherry's, Oakfield Cafe, Oakfield Market, O'Brien's, All Stars Italian American Grill, Planet Smoothie and The Shrimp Boat. But if a customer doesn't see a restaurant they want listed, Butler will take that information and call the desired restaurant to see if they'd like to participate. The popularity of Take Out Butler has boomed since its

opening in May of this year.

"The repeat business has been truly remarkable and the best measuring stick for a start-up in this industry. We have over 140 fans on our Facebook page which is amazing to me," said Butler. "In just two and a half short months, the concept is starting to be understood and the brand recognized. I have also been stunned by so many customers taking the time to fill out the 'comments' section with thanks, encouragement and creative ideas. Who in this day and age takes the time to do that?" he asked.

Butler attributes the success to two things - "convenience and value in some combination."

"Folks are busy and are looking to simplify their lives. When you factor in the cost of gas, time, and other resources, it's hard to deny the value proposition of our service," Butler said.

Variety might also be a factor.

"We offer great alternatives to pizza and Chinese, although we would gladly deliver both for you from our partners. You can eat



Photos provided by the Butler family

Ryan, Bethany, Erik, Elizabeth and Ryan Butler each have a role in Take Out Butler, a service that elevates "take out to the next level. (Photo provided by Butler family)

healthy or head the complete opposite direction. Our menus provided everything from sushi to ice cream. People like choices and don't want to settle for the same old same old."

It isn't just Butler's customers benefiting from this personalized service. Take Out Butler handles 100 percent of the marketing costs for the restaurants they partner with.

"This includes a 24-page Menu Guide which highlights all of our partners that we distribute 20,000 copies of," Butler said. "We also promote

them through membership in the Greater Leesburg and Riverview Chambers of Commerce, media, and various working and charitable events throughout the area. We are essentially fully commissioned agents only receiving compensation when we bring them business - a great deal in this economy where marketing budgets are quite tight."

The business itself is a family partnership with each member of the Butler family in on this new endeavor. Wife Elizabeth is the administrator for the Take Out Butler Fan Page on Facebook. Oldest son, Ryan, handles orders and driver dispatching as well as "tech stuff, as his father put it. Daughter Bethany stuffs fliers while the Butler's other son, Patrick, helps with sign placement. Take Out Butler delivers Monday through Friday from 11 a.m. to 1:30 p.m. and 4:30 p.m. to 9 p.m., Saturdays from 4:30 p.m. to 9 p.m. and is closed Sundays. For more information or to place an order, visit [takeoutbutler.com](http://takeoutbutler.com) or call 643-FOOD (3663).

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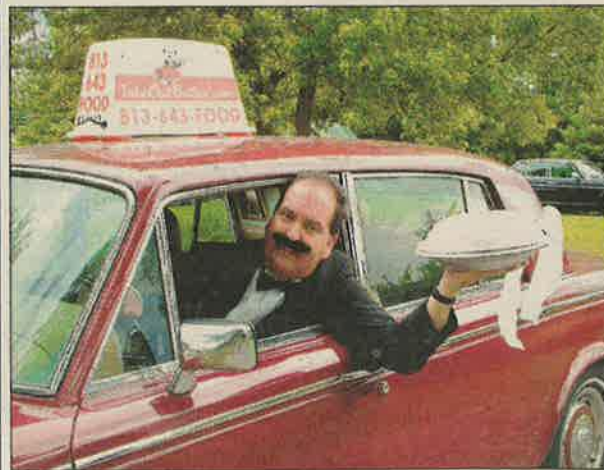
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# Strutting their superior stuff



Photo by KIM WALLACE

Bloomingdale High School Marching Band lined up to practice marching. The Bloomingdale band has had a Superior Rating for the last 20 years! They have been invited to London in 2010.

## PARTNER

Continued From Page 9

Kasper said. "This puts them in a situation where little can be done to help them and the end result may be costly to their health as well as their season."

The ultimate goal is for good communication to be established so that athletes get the treatment and training they need and a plan is created and put in to place that will allow them to return to full play safely. One of the most common injuries Kasper sees is preventable, she says.

"In each athletic season, heat illness rears its ugly head repeatedly, even in our winter and spring sports," she said. "Educating our athletes on how to prepare their bodies for the daily rigors of sports is crucial."

She stresses that it must be a team effort between coaches, parents and trainers like her. Athletes need to be taught about rehydration and proper diet, and even when to eat, all of which greatly reduce the risk of a sports injury.

"Currently in football, we perform weigh ins before and after practice to get our athletes to see the physical proof that they lose weight due to exertion and water loss. It allows me to monitor their progress and red flag individuals if they become at risk," Kasper said.

And risk is a word that comes to the mind of many parents concerned about the prevalence of swine flu and MRSA. Kasper addresses both of those issues in an informative brochure she provides to families of each and every athlete enrolled in a sport at Bloomingdale. She encourages parents to be proactive and know the facts and feels that "education is the best weapon against these conditions."

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# New coaches abound at Bloomingdale High

The Bulls start the year with eight new coaches

By **LESLIE WHITE**

A brand new school year means a brand new start for eight teams at Bloomingdale Senior High School. New coaches have been hired to fill vacated positions in football, cheerleading, volleyball, girls golf, boys basketball, boys soccer, girls flag football and boys track. Primarily responsible for hiring those coaches was athletic director Danielle Shotwell, who has been in that position at Bloomingdale for more than five

Aside from strong knowledge of their respective sports, "some of the qualities that I look for in a newly hired coach are good character, strong work ethic, dedication and good communication skills," Shotwell said.

Additionally, all the vacancies put Shotwell in a unique position.

"This is the most positions that I have filled at one time," she said. And though finding them took some time, "we feel that we have found quality coaches who will strive for the success of our student athletes not only on the playing field but in the classroom. I believe that extracurricular activities of all kinds increase student

achievement by helping students connect with their school and build positive adult relationships with caring adults outside of the classroom setting."

Many of the new coaches have already demonstrated their dedication to their student athletes during summer practices. Head football coach John Booth spent his summer weeks training his players and traveling weekly for seven-on-seven games. His brother, James Booth, who he will be boys track coach in the spring, is also the offensive coordinator for the football team and spent most of his summer on campus working with the Bulls' quarterbacks. While both Booth brothers were changing their lives, the change for students has just begun.

"It is definitely a transition for our athletes any time there is a change in

coaching staffs. Every coach has their own style and expectations and the more open-minded athletes are the easier the transition." Shotwell said, "Our athletes are currently doing a great job buying into the vision of their new coaches and are working hard to prepare for the upcoming year. I am pleased with the way our athletes have received their new coaches and I truly look forward to a great year."

## National School Spirit Day

Bloomingdale Senior High School athletes and coaches will be hosting an event to celebrate National School Spirit Day in which local athletes of all ages will be recognized and celebrated. This event will be held at Charley Harris Stadium at Bloomingdale High Sept. 9. Time TBA on the BSHS marquis.

## New Coaches at Bloomingdale for the 2009-2010 Season:

John Booth, Football  
Candice Teague, Cheerleading  
Danielle Leffler, Volleyball  
Nancy Harris, Girls Golf  
Joe Willis, Boys Basketball  
Troy Smith, Boys Soccer  
Eric West, Girls Flag Football  
James Booth, Boys Track

## Valrico Garden Club welcomes new members

The Valrico Garden Club meets the third Wednesday each month, September through May at the Brandon Community Center, 502 East Sadie Street. The meetings start at 10 a.m. and each session has a keynote speaker covering such topics as herbs,

invasive plants or fertilization, just to name a few. The club is dedicated to providing education in horticulture, flower arranging, and all phases of gardening in homes and our community. The Valrico Garden Club is a member of the Florida

Federation of Garden Clubs, Inc. and the National Council of State Garden Clubs and Deep South Region Florida District VIII. For information contact Mary Kay McMahon at (813) 684-6323 or Gwen Graverson at (813) 662-7659.

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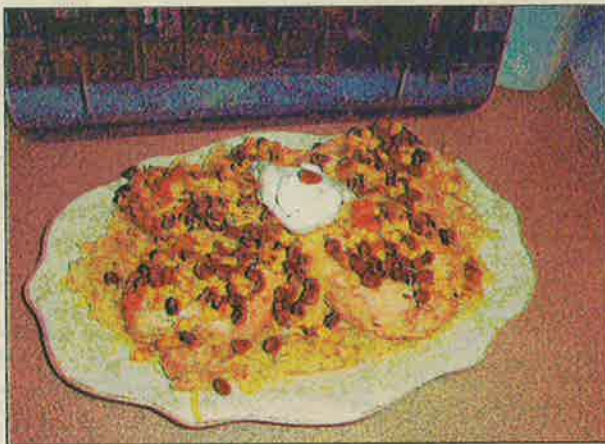
Let the madness begin: School starts, football season starts, dinner "when-ever" starts, and it is all at the same time.

With the craziness the school year brings comes a need for easy, fast, delicious-yet-nutritious dinners. This month I'm sharing a make-once-eat-twice favorite that tastes restaurant quality and is about as easy as getting the family ready to go out.

Be sure to check Dinner@6 online for yet another way to use the leftovers in a crunchy-topped casserole!

Simple. Satisfying. Savory...and super easy! That's this month's Dinner @ 6! Until next month...

Leslie White can be reached by emailing: [lwwhite\\_bloominglegazette@yahoo.com](mailto:lwwhite_bloominglegazette@yahoo.com). For more recipes visit Dinner @ 6 online at [www.dinner-at6-lesliewhite.blogspot.com](http://www.dinner-at6-lesliewhite.blogspot.com). Readers are invited to share their quick & easy meal solutions, comments and ideas.



### Southwest Crock-Pot Chicken

6 boneless, skinless chicken breasts, frozen  
1 can black beans, undrained  
1 can kernel corn, undrained  
1 1/2 cup salsa  
Salt and pepper  
Put frozen, yes frozen, chicken breasts in bottom of crock pot. Salt and pepper them. Pour can of beans, corn and salsa over chicken. Set crock pot on low and cook eight hours. During the last 30 minutes, you can put an 8-ounce block of cream cheese on top and let it soften. Serve over rice and top with cheddar cheese, sour cream and more salsa, if preferred. If you need a faster cooking time, I recommend thawing the chicken breasts and cooking on low for four to five hours, depending on thickness of breasts. If your crock pot can hold it, add a few extra breasts and add another can of beans, corn and another cup-and-a-half of salsa. The leftovers can be served in a new way and I promise your family won't even realize they're eating leftovers.



### Southwest Quesadillas

1 package small flour tortillas  
Leftover Southwest Crockpot Chicken  
Colby-Jack cheese, shredded  
Sour cream  
Butter  
Separate the cooked Southwest chicken from the bean mixture and either shred or dice chicken. Heat skillet to medium-high heat. Place one tablespoon of butter in skillet and allow to melt. Put tortilla in pan, top with a palm-full of cheese, then two tablespoons of chicken, two tablespoons bean mixture, covering tortilla to edges, but not piling too high. Top with a sprinkle of cheese and the second tortilla. Allow it to cook until bottom tortilla is beginning to brown, but not too much. Then flip with spatula and allow other side to cook and inside to warm completely. Top as desired with sour cream, more cheese and salsa.

## BIZ NOTES

### Becky Jordan earns designation

Becky Jordan of Keller Williams Realty/The Chadderton Group has earned the Certified Distressed Property Expert (CDPE) designation, having completed extensive training in foreclosure avoidance and short sales.

Short sales allow the cash-strapped seller to repay the mortgage at the price that the home sells for, even though it is lower than what is owed on the property. With plummeting property values, this can save many people from foreclosure and even bankruptcy. More and more lenders are willing to consider short sales because they are much less costly than foreclosures.

In the Greater Brandon area, more than 1 in 10 homeowners are not current with their mortgage.

"This CDPE designation has been invaluable as I work with sellers and lenders on

See BUSINESS, Page 22 »

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# Your public library is your partner for school success

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Bloomingdale Gazette

As the school year begins, Hillsborough County Library Services would like to remind parents and students about the many programs, resources and services it's system of 26 public libraries provides to help every step of the way. The best part is it's all free with a library card!

Need homework answers? Get help with factoring polynomials for algebra class, or balancing equations for chemistry with Live Homework Help. It provides students with live assistance from professional tutors in math, science, english and social studies. It is available seven days a week, in English and Spanish.

Need to write a paper? Access a range of Web

resources from home or any public library. Whether it's archived newspaper articles, information on current events, online encyclopedias or authoritative research tools with information on Science, Literature and Art, it can all be found on [www.hcplc.org](http://www.hcplc.org). Even get help learning a foreign language!

Need help studying for tests? Databases are available designed to help elementary, middle or high school students improve their skills. For instance, high school students can work on improving their skills for FCAT, SAT, Advanced Placement tests and more!

Ready to apply to college? From preparing for entrance exams, to finding the right college for them, to finding aid and schol-

arship information, a variety of resources are available on [www.hcplc.org](http://www.hcplc.org).

When school is out, after-school and weekend programs that cover a gamut of interests are available for students at any grade level at the nearest public library. Discuss and check out books, explore science, enjoy crafts or even compete in video games. In addition, teens can gain community service hours by participating on teen advisory boards, where they will have a chance to design and support library programs, and suggest materials for the shelves.

For information about more tools for school available through Library Services, visit [www.hcplc.org](http://www.hcplc.org) or call (813) 273-3652.



Photo by LESLIE WHITE

## Can you canoe?

Two young men take to the pond during some of the scant hours of free time left before the start of the new school year.



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# Bloomindgale baseball gives back



Photos by KIM WALLACE

Bloomindgale High baseball head coach Sawyer talks to a little boy about starting school and playing baseball.



Bloomindgale High baseball players DJ Hess and Jeff Griffith take kids to play some games after the younger students received their backpacks. The backpacks were donated to the team, which in turn donated the supplies in them and the YMCA matched what they collected.

Bloomindgale High baseball players John Kalaf and Nick Moore start a game of baseball with the kids who just got their backpacks.



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The Bloomingdale High baseball team is ready to pass out backpacks and supplies to local kids for school.



Bloomingdale High baseball players Ryan Carl, Stevie Burnham, Brandon Acquaviva and Brandon Miller, enjoyed their time handing out backpacks.



Players Cameron Wilson and Zach Carter are getting ready for a kickball game with local kids who just received backpack and supplies.



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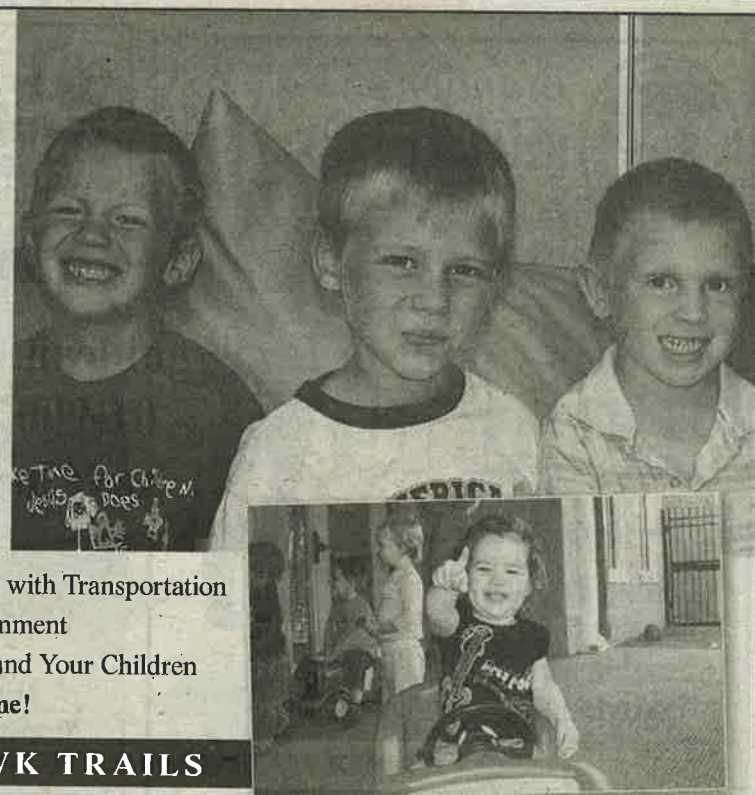
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# Students join with others to help less fortunate




Bloomington High School student Jeff Santos helps carry supplies in for StuffThe Bus with Kiwanis Club.



Photos by KIM WALLACE

Ashley Parker, Jeff Santos, Marcus Lockett, and Joshiah Barbee separate school supplies for local schools.



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Bloomington student Whitney Wallace, Andy Sharp from Horizon Christian Church and Joe from Kiwanis Club separate supplies for local schools in need.



Bloomington High students, Tampa Bay Tech students, Horizon Christian Church youth, help Kiwanis Club of Brandon with Stuff The Bus on Aug. 13., giving school supplies to local schools for children in need of help.

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# Goals are good to have

Parents, players and coaches teamed up to help head coach Booth install new goal posts for the 2009-2010 football season.

## Bloomingtondale Bulls' 2009-2010 Schedule

### VARSITY FOOTBALL

Game time Fridays, 7:30 p.m.  
 Sept. 4 Lennard Away  
 Sept. 11 East Bay Home  
 Sept. 17 Leto Away  
 Sept. 25 Durant Away  
 Oct. 9 Plant City Home  
 Homecoming  
 Oct. 16 Freedom Away  
 Oct. 23 Newsome Home  
 Oct. 30 King Home  
 Nov. 6 Riverview Away  
 Nov. 13 Brandon Home  
 Senior Night

### JV FOOTBALL

Thursdays, 7 p.m.  
 Sept. 10 Brandon Away  
 Sept. 16 Armwood Home  
 Sept. 24 Durant Away  
 Oct. 1 Lennard Home  
 Oct. 8 East Bay Away  
 Oct. 15 Plant City Home



What goes up...hopefully means more touchdowns.



Coach Booth and football players watch as a new goal post goes up for the 2009-2010 football season.



Bloomingtondale parents help put up the new goal posts.



Not happy on the sidelines, Bloomingtondale football players team up for the assist.



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## [law enforcement]

# Traffic laws are there to keep our kids safe

It is strange to me that we have to have laws to keep our kids safe. But, when it comes to driving, there are drivers who don't seem to care much about the safety of others. In fact, some probably shouldn't be driving at all.

The laws that protect our kids include rules that must be followed by all of us. With school back in session there are specific rules that are not just critical for the safety of children, but are also very expensive if broken.

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

When you don't stop, you put our kids in danger. Drivers must also keep a safe distance between their car and other vehicles, especially school buses. Also, remember to slow down.

Next, drivers must not speed in school zones.

There are no excuses for speeding, especially in school zones.

"I was on my cell phone and didn't see the flashing lights," was an actual excuse I was given by a driver - and her fine was \$583. Remember, speeding fines are doubled in school zones.

And while not a rule, you should know this as well: traffic fines have in-

creased.

For those drivers that don't slow down and obey traffic laws, your actions will cost you.

Here are a few examples:

- Running a red light = \$216
- Failure to stop for a school bus = \$191
- Speeding in a school zone = \$141 up to \$416/court
- Child restraint violations = \$151
- Not wearing your seat belt = \$101

The economy is bad, so save your hard-earned money - obey traffic laws, respect the rights and safety of others and, perhaps, even save a life.

Just a note: these costs do not include the increased cost of your auto insurance should you receive a traffic citation. These increases usually stay on your policy for at least three years.

### LOCK UP CARS AND CLOSE YOUR GARAGE DOORS

These is one main reason many cars and garages become the targets of criminals. They are open or unlocked targets that are fast and easy for the criminal.

Last month more than 50 vehicles and homes were burglarized. Bloomingdale residents found out the hard way that this does happen in our neigh-

borhoods. Their unlocked cars were burglarized by several juveniles. These juveniles were so organized that they had someone available to sell the items they stole, just like a small business.

### WANTED - CITIZENS ON PATROL!

The Sheriff's Crime Prevention Program, "volunteer citizens on patrol," keeps proving to be effective in our community. Several incidents involving these volunteers have proven that they make a big difference in helping to reduce crime and protect the residents of our community.



DEPUTY PETE MAURER

Now, we need more such volunteers to get involved and make a positive difference. Another special training session is being planning for our next group. Anyone interested in joining this outstanding program can go to [hcsco.tampa.fl.us](http://hcsco.tampa.fl.us) for information or they can call Deputy Loraine Jordan at (813) 247-8223.

Our special thanks to the volunteers who are making a difference in our community. You can make a difference in your community, too - and it is just a phone call away.

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**BUSINESS**

Continued From Page 14

complicated short sales," said Jordan. "It is so rewarding to be able to help sellers save their homes from foreclosure."

**Edward Jones ranks highest in investor satisfaction**

For the fourth year out of the past five, financial-services firm Edward Jones ranks highest in investor satisfaction with full service brokerage firms, according to the J.D. Power and Associates 2009 Full Service Investor Satisfaction Study, announced Elijah Heath, an Edward Jones financial advisor.

**Cruise Planners and Carnival Cruise Lines**

The public is invited to join Sherry Leybovich of Cruise Planners for lunch at Mimi's Cafe in Brandon on Thursday, Sept. 24, at 11:30 p.m. to discover why cruising isn't just for family vacations. She will show you how partnering with Carnival can help you raise money for your non-profit organization. Kim Guimaraes, a business development director for Carnival Cruise Lines, will be on hand. Please RSVP by Friday, Sept. 18. Lunch will be provided. Call (813) 657-0844 or e-mail sherry@cruisesforu.com for more information.

**Three cheers for all**

**Bloomington High School 2009-2010 varsity cheerleading squad.** Front row, Marissa, Courtney, Larissa, Tori, Alex; middle row, Kristen, Brooke, Kim, Bethany; back row, Meghan, Malorie, Cheyenne, Kayla, Payton, Taylor, Taryn, Megan, Bria, Alexis, Dominique  
Photos by Kim Wallace



Photos by KIM WALLACE



**Bloomington High School 2009-2010 JV cheerleading squad.** Front - Hiliary, Ciara, Marissa, Cheyna, Danielle, Katlin; Back - Missy, Melanie, Michelle, Melanie, Amber, Nicole, Jordan, Rachel.

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Bring us an offer TODAY...Ready to sell... Custom Built home with fireplace/tile/ formal living/dining • fully fenced • Kesia is ready to show you this Lithia beauty... schools: Pinecrest, Turkey Creek, Durant...over 2400sqft...

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We have SOLD another short sale... start to finish and this one is closed! The Ezell/Thompson team know short sales and REOs! Give us a call today... don't wait if you have questions!

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**FISHHAWK RANCH**

Another home sold...\$469,500... in FishHawk Ranch by the Ezell/Thompson Team... If you want your home sold Fast and for Top Dollar... give us a call today... We need homes to sell! We have buyers! Especially in this price range!!!

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**OWNER FINANCING**

This totally remodeled home in the heart of Bloomingdale is gorgeous • Wood Floors • Upgraded Tile • Fireplace • Oversized corner lot w/heated pool/spa and full outdoor kitchen with 2 outdoor seating areas.

**Call Bethany today for a private tour...**  
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**BLOOMINGDALE POOL HOME**

This amazing home is in Bristol Green in Bloomingdale • Wood Floors • Formal living and family room open to pool area with outdoor kitchen and great lot • Don't miss this amazing value... walk to Cimino Elementary...

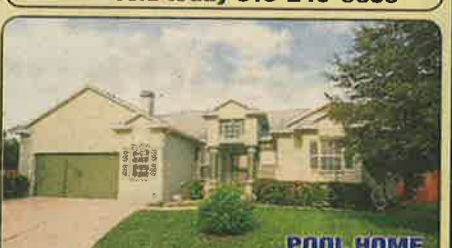
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