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Residents of Gem Estates stand in front of their newly designated Veterans Park.

Veterans Park Is Nice Touch

Submitted by *Mabel Budzinski*
Gem Estates

Our special little part of Zephyrhills has really begun to buzz with activity. Most days we see new arrivals. The maintenance committee volunteers have

been seen out and about making our community look spiffy.

Bill Files, who with Lew McGouldrick helped organize the "Snowbirds" seniors who support St. Leo University athletics, recently invited several folks to attend a men's basketball scrimmage game. What

a fun filled afternoon! It is so nice to see young people who are so polite and appreciative. Many thanks, Mr. Files, for spearheading this event.

Two of our residents received

Gem • Continued on Page 2A



Paul Scholl, Dan McKee and Paul Losier were flag and wreath bearers.

Many Residents Gather For Remembrance

Submitted By *Lynn Kosto*
Morningside RV

Morningside RV Estates honored our military personnel on November 11 with a Remembrance Day Program. Approximately 90 residents attended the event that was held at our clubhouse.

The "Star Spangled Banner" and "O Canada" were sung followed by wreaths and flags being presented. "Taps" was played and "Flanders Field" by John McCrae was read.

An interesting history lesson about the Tomb of the Unknown Soldier was presented with facts about the service

Morningside • Continued on Page 8A

Getting Together For Celebrations

Submitted by *Dotty Copeland*
Valleydale RO

Our first pancake breakfast was held on Nov. 5, hosted by Betty and Pat Van Yorx. Eggs, sausages, pancakes, coffee and juice were served to 68 people. The helpers were Phil and Gayle Teri, Ellen and Hal Russell, Connie Moffett, Tom Pharn, Diane and Craig LaCourse, Lolly and Alan Schave, Nancy and Larry Roth, Lana DuPont, Tom Balenda and Bob Williams. Lots of cooks and servers were needed. As always, everything was delicious.

Our beanbag players were out in the back park on Nov. 8

Valleydale • Continued on Page 6A



There were 15 players at the beanbag toss on Nov. 8. The activity will grow as more people arrive.



Ollie's Bargain Outlet held its grand opening on Nov. 9 at its location at 5935 Gall Boulevard drawing potentially thousands of customers throughout the day.

Locals Love A Bargain

Story and photos by *Keri McAlpine*

Zephyr Plaza was madness on Nov. 9 when Ollie's Bargain Outlet held its grand opening. Cars inched along, weaving through lanes of occupied parking spots hoping for a lone spot to open. Other cars were not so patient, and began parking in unmarked spots on the edges of the lot and along Gall Boulevard.

Ollie's • Continued on Page 11A

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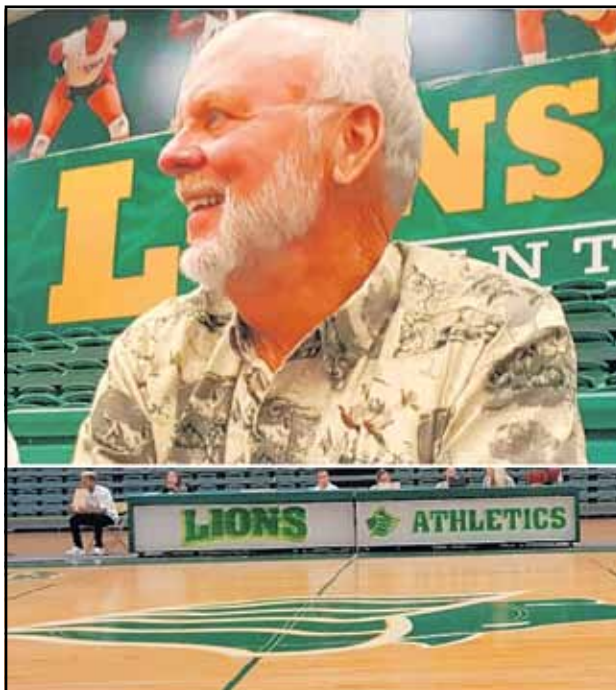
GEM ESTATES



Gary Gibson and Sy Budzinski were recognized for their years of military service at the Veterans Day Pinning Ceremony presented by Bayfront Health Dade City and Gulfside Hospice.

Gem • Continued from Page 1A

recognition Friday morning for their years of service at a Veterans Day Pinning and Celebration presented by Bayfront Health Dade City and Gulfside Hospice. Gary



Bill Files helped organize the "Snowbirds" seniors to support St. Leo University athletics by attending a men's basketball scrimmage game at the university.

Gibson gave 27 years and Sy Budzinski gave 37 years. Both men completed their naval careers when they retired from the Naval Reserve Center in Cadillac, Mich.

Gem Estates residents honored our veterans Friday at noon with a pizza and salad lunch. There were two WWII veterans in attendance: Harry Kinsley and Ted Woods. A group photo was taken at the site of our recently designated Veterans Park.



WWII veterans Harry Kinsley and Ted Woods were honored with a pizza and salad lunch at Gem Estates on Veterans Day

Be A Santa For Seniors

by **Jemith Rosa – CEO of CARES**

This Thanksgiving, as you join hands with your family and count your blessings, take a moment and consider a donation to CARES. You'll be a Santa for seniors when CARES transforms your donation into the gift of help, hope and comfort for

people living in our community. CARES has provided in-home and community services to more than 87,000 seniors in Pasco County. Our services improve the quality of life for seniors and caregivers, helping our elderly to stay at home, stay independent, stay connected and informed.

According to the Florida Department of Elder Affairs Pasco County Population Profile Report, 27.7 percent of Pasco County's total population is over the age of 60 with 14,426, or 2.9 percent of the population being 85 or older. In short, there are many elderly whom without CARES services would be facing institutional placement; and those numbers are growing.

The population of Pasco County is over

497,000 people. If half of our residents would donate one dollar each (that's only \$1), CARES could greatly enhance the services provided to caregivers and our vulnerable elderly.

Will you be a Santa to seniors? Please mail your check to CARES Rao Musunuru, M.D. Enrichment Center, 12417 Clock Tower Parkway, Hudson, FL, 34667. To discuss your contribution call (727) 378-6395 or (727) 992-1100.



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27 YEARS IN THE SAME LOCATION

Zephyrhills Shows Love For Veterans

Zephyrhills Has Deep History Of Honoring Military Service

Story and photos by **Dave Walters**

From Marine Corps League member Rod Rehrig's "Star Spangled Banner" echoing across Zephyr Park to the VFW honor guard's 21-gun salute; you knew it was Veterans Day in Zephyrhills.

At 11th hour of the 11th day of the 11th month, a special ceremony was held at the Veterans Memorial at Zephyr Park honoring veterans who served to preserve our freedom.

With a big American Flag flying high above him, emcee Mike Wells recognized all the local veteran organizations and their representatives, as well as first responders.

"We're especially blessed to live here in Pasco County," said keynote speaker Bob Hatfield, a former teacher at Zephyrhills High School and an aide to Congressman Gus Bilirakis.

"We celebrate their service and their talent they bring

back to their community. We also celebrate the notion that veterans continue to serve," Hatfield told those in attendance.

"Zephyrhills is always the trendsetter. They never fail to make sure veterans are recognized for their service."

Zephyrhills Mayor Gene Whitfield, a veteran himself, reflected on the ceremony's moment of silence and the volumes that are spoken without saying a word.

"In that moment we show some respect and reverence to our veterans," Whitfield said. "They have done an outstanding job protecting this nation throughout its history. We salute you today."

City Manager Steve Spina paid tribute to veterans who made an impact on Zephyrhills in his remarks.

"They came back home and made their community what it is today and the city we enjoy so much," Spina said of the dozen or so vets he spoke of. "There are still hundreds here and millions around the country [that] we need to recognize, appreciate and thank."

Wells, bid farewell to the more than 100 in attendance with a simple message, "God bless our veterans, God bless our flag and God bless the United States of America."



Rod Rehrig of the Marine Corps League sings the "Star Spangled Banner" to kick off the Veterans Day ceremonies at Zephyr Park.



Earl Angel of the Military Order of Purple Heart, wounded in World War II, stands proudly during a moment of silence during the Veterans Day tribute at Zephyr Park.



Members of the VFW Post #8154 Honor Guard fire a 21-gun volley during the Veterans Day tribute at Zephyr Park last Friday.

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AREA HAPPENINGS

For more events.
Visit www.pasconewspublications.com

Nov. 25 – Black Friday Turkey Trek – Avoid the stores, hike a park. Join the friends of Colt Creek State Park for ranger-guided hikes beginning at 9 a.m. Regular park admission fees apply. The hikes will be geared to all levels of hikers, and hikers will meander through pine flatwoods, around cypress domes, and bottomland forest. The park is located at 16000 S.R. 471 in Lakeland. Call (863) 815-6761 for information.

Nov. 25 – Black Friday Sale – Gulfside Hospice's Thrift Shoppes will hold a 25 percent off storewide Black Friday sale. The Gulfside Zephyrhills Furniture Shoppe will also have select items at 25 percent off. Gulfside Hospice Thrift Shoppe locations are: Dade City Thrift Shoppe, 37925 Sky Ridge Circle, (813) 782-7200; Zephyrhills Thrift Shoppe, 36524 S.R. 54, (813) 788-5461; and Gulfside Zephyrhills Furniture Shoppe, 36504 S.R. 54, (813) 715-2895. All stores are open from 9 a.m.-5 p.m. on Black Friday. Shoppers are also encouraged to bring in gently used donations.

Nov. 26 – Rainbow Village Christmas Bazaar – Rainbow Village Resort Association is having their Christmas Bazaar and Craft Show from 8 a.m.-12 p.m. On sale will be used books and videos, a bake sale, Chinese auction and a raffle. There will be 22 crafters displaying their products and Mr. and Mrs. Claus will be available for visits at 10:30 a.m. Rainbow Village is located at 4150 Lane Road in Zephyrhills. Call Sue at (860) 822-8556.

Nov. 26 – Wine Festival – Florida Estates Winery, located at 25241 S.R. 52 near Land O'Lakes, will host a Wine Festival from 11 a.m.-4 p.m. The event will include vendors offering many unique gifts, live entertainment and an opportunity to sample the winery's offerings and meet our winemaker for an educational tasting. We are pet friendly. Call (813) 996-2113 for information.

Nov. 26 – Yard Sale – Neighborhood Care Center is having a huge yard sale as their fall fundraiser from 9 a.m.-3 p.m. in the parking lot of First Baptist Church on Fifth Avenue Between Fifth and Sixth Streets. Donations accepted. Call (813) 780-682 for information.

Dec. 2 – Craft Fair and Bake Sale – Ramblewoods Senior Park will be having their craft fair and bake sale from 8 a.m.-1 p.m. Located at 3853 Gall Blvd. Call (248) 613-7989 for information.

Dec. 2 – Christmas Parade – The Greater Dade City Chamber of Commerce and Bayfront Health Dade City present the 2016 "Magical Night Christmas Parade." Dozens of floats, entertainment acts,

bands, seasonal displays and, of course, our special guest from the North Pole, Santa Claus.

Dec. 3 – Yard Sale – Ramblewoods Senior Park will be having their park wide yard sale, from 8 a.m.-1 p.m. Located at 3853 Gall Blvd. Call (248) 613-7989 for information.

Dec. 3 – Christmas Bake Sale and Cookie Walk – Tippecanoe Village, on the corner of Morris Bridge Road and Chancey Road, invites you to their Christmas Bake Sale and Cookie Walk from 9 a.m.-12 p.m. Delicious cookies, bake table, crafts and auction will be featured. Everyone is welcome to attend.

Dec. 3 – Country Aire Village's Annual Holiday Bazaar – Held at 39333 Blue Skye Drive from 7 a.m.-1 p.m. Come and enjoy. Coffee and donuts will be available at 7 a.m. and a luncheon will be served from 10:30 a.m.-12:30 p.m. Inside and outside treasures, bake sale, cookie walk, Chinese auction, crafters, raffles and clothing boutique. Free shuttle service is available. Call (989) 430-4850 for information.

Dec. 3 – Alpaca Open House – Come join us at our Alpaca Open House from 10 a.m.-3 p.m. See alpacas and learn what we do with the fiber. The alpaca products are a great gift idea. There will be refreshments available for purchase. Visit www.sweetblossomalpacas.com or email dpettis11@yahoo.com with questions. Alpaca Farm is located at 37543 Pappy Road in Dade City. We are not open to the public except for the open house.

Dec. 3 – Pearl Harbor Remembrance Day – Meet two Pearl Harbor survivors, and bring your kids to meet living history. Held from 11 a.m.-2 p.m. at the Zephyrhills Museum of Military History, 39444 South Ave. Call (813) 788-5969 or e-mail CPRMOF1@aol.com for information.

Dec. 3 – Festival of Lights and Parade – Presented by Main Street Zephyrhills, Inc. Parade begins at 6 p.m. Parade Theme is "Christmas Melodies." Visit mainstreetzephyrhills.org or call (813) 780-1414 for information.

Dec. 3 – Yard Sale – Sweetwater RV Park Yard Sale will be held from 8 a.m.-12 p.m. Come one, come all! Sweetwater RV Park is located at 37647 Chancey Road. Contact hunt.rhoda@yahoo.com for information.

Dec. 3 – Run for Life 5k – This 5k run and fun walk benefits the Pregnancy Care Center of Zephyrhills. Registration opens at 7 a.m. and 5k starts at 8 a.m. on Main Street in Zephyrhills. Call (813)

453-9042 for information. Sponsorship opportunities available. Register now at pcczephyrhills.org.

Dec. 3 – Arts and Crafts Fair – The Country Crafters will host their 3rd Annual Arts and Crafts Fair from 9 a.m.-2 pm at the Country Aire Manor clubhouse, 10249 Hwy. 98. This is a great opportunity to shop locally, avoid the crowds and find unique gifts not available in chain stores. Door prizes will be given away hourly. Call (315) 868-1574 or email ecbbblb@hotmail.com for information.

Dec. 3 – Ridding Your Lawn and Landscape of Pesky Weeds – Do you have unsightly weeds that laugh at your attempt to control them? Learn what you can do to rid your yard from a variety of these. Come to this free seminar for guidance. Held from 9-11 a.m. at Clayton Hall, Pasco County Extension Office, 36702 S.R. 52. Call the UF/IFAS Pasco County Extension Office at (352) 518-0156 for information.

Dec. 3 – Reindeer Run – The 10th annual Lake Jovita Reindeer Run is back. Registration is at 7 a.m., Run/Walk begins at 8 a.m. Cost \$40 to register. Register online at www.active.com or forms can be found in the Lake Jovita Fitness Center. All proceeds benefit Sunrise of Pasco Domestic and Sexual Violence Center. Contact Kelly Sinn at (352) 521-3358 or ksinn@sunrisepasco.org for information. Lake Jovita is located at 12900 Lake Jovita Blvd.

Dec. 3 – Cruise In – Free event featuring DJ Starvin' Darwin and a hula hoop contest for kids. Come on down with your prized car/truck, or just with the family to check out all the wonderful antique and specialty cars. Enjoy lunch at one of our many exceptional restaurants, and shop in out antique and specialty shops. Held in downtown Dade City from 1:30-5:30 p.m. Call (352) 567-3769 for information.

Dec. 3 – Market Place – Held from 10 a.m.-3 p.m. at Hibiscus Park in Dade City. Fresh produce, garden accessories, home decor, soaps, honey, jewelry and so much more. Pet friendly event. Contact: Lucy Avila at (352) 521-5858 or lucyavila707@gmail.com for information.

Dec. 3 – Herrmann's Christmas at the Barn – Featuring unique and unusual goods and holiday décor, and anything else we can fit in the barn. No credit cards accepted. Visit us on Facebook at Herrmann's Barn Sale. Held at 31131 Pasco Road in San Antonio from 9 a.m.-6 p.m. Call (813) 714-8704 for information.

Dec. 4 – Christmas Tree Lighting Celebration – the 32nd annual lighting ceremony will be a family-friendly, free event hosted by Florida Hospital Zephyrhills. A musical Christmas program featuring entertainment revue and other guests will be featured. Held on the FHZ front lawn, 7050 Gall Blvd. Events start at noon and go till 7 p.m., rain or shine. Bring a blanket or lawn chair. Visit FHZeph.org to view the full schedule of events. The tree lighting and fireworks will conclude the program.

Dec. 4 – Christmas in the Park – Start your holiday season by attending the Founders Garden Club of San Antonio "Christmas in the Park" event at 7 p.m., at San Antonio City Park, 32819 Pennsylvania Ave. Join us for the lighting of the Christmas Cards and entertainment featuring a sing-a-long for children accompanied by Dennis Devine. A drawing for gift baskets will be held. Raffle tickets can be purchased at City Hall and vendors around town. Tickets are \$1 each or six for \$5. Complimentary refreshments and coffee will be served.

Admission is free. You may want to bring a folding chair. Contact Donna Swart at (352) 588-3631 for information.

Dec. 7 – Ask the Doctor at Ortho Forum – Florida Hospital Zephyrhills will host an open forum from 12:15-12:45 p.m. for anyone who wants to ask an orthopedic surgeon questions about aching joints, hip or knee pain. "Getting Down to the Bare Bones" features Trey Alexander, a board certified orthopedic surgeon. This free program will take place in Florida Hospital Zephyrhills Cypress Room located off the main lobby at 7050 Gall Blvd. Dessert and coffee will be provided. Reservations are required by calling (877) 534-3108.

Dec. 9 – Women's Heart Program – Jayapriya Raj, MD, will give a free presentation entitled "Women's Heart Health; What You Need to Know" from 12-1 p.m. in the Florida Hospital Zephyrhills Cypress Conference Room at 7050 Gall Blvd. According to Dr. Raj, heart disease is frequently under diagnosed in women, undertreated, and heart attacks often present differently in females than in males. Dr. Raj will give a presentation on these points while discussing things you can do to prevent a heart attack and other cardiac issues. Reservations are required by calling (877) 534-3108.

Dec. 9 – Holiday Craft Fair – Rosecastle of Zephyrhills Assisted Living and Memory Care is having a Holiday Craft Fair from 9 a.m.-2 p.m. Come shop till you drop as local artists and vendors will be selling beautiful jewelry, designer handbags, homemade decorative items, edibles and more. Attendees can enjoy a \$3 lunch special of a hotdog, drink and chips. Proceeds will go toward the local Alzheimer's Association. This event is free and open to the public. Rosecastle of Zephyrhills is located at 37411 Eiland Blvd. Call (813) 783-8100 for information.

Dec. 9 – Rosecastle Holiday Cocktail Party – Ho, ho, ho! You don't want to miss this. Enjoy signature cocktails and delish chef inspired hors d'oeuvres. Mix and mingle with local vendors & great door prizes to give away. Held from 4-6 p.m. at 37411 Eiland Blvd. Contact Christina at (813) 783-9100 or zephyrhillsbiz@rosecastl.life for information.

Dec. 9-11 – Walk Through Bethlehem – Each year volunteer crews transform a patch of land – roughly a third of the size of the ancient city of Bethlehem – into a city that feels like it is part of the first century town where the baby Jesus was born. Those taking the walk will be guided through the reconstructed city, where they will see a census taker, city people of all ages, shopkeepers and Roman guards all in period costumes. Held at Richland Baptist Church, 40443 Stewart Road from 6-10 p.m. each night. Call (352) 567-2990 for information.

Dec. 10 – Arts and Crafts Sale – Lighthouse Crafters present an arts and crafts sale from 9 a.m.-2 p.m. at Southport Springs Golf and Country Club, located at 3737 Southport Springs Pkwy. Off of Chancey Road. A resident bake sale and Chinese auction featuring quality crafts from each participating crafts will also be held. Call (813) 782-0213 for information.

Dec. 10 – Holiday Craft Fair – Introducing the first ever holiday craft fair at Southport Springs 55+ Golf and Retirement Community from 9 a.m.-2 p.m. The fair will also include a bake sale, prize drawings and a Chinese auction of each vendor's donated work. The fair, located at 3509 Southport Springs Pkwy., showcases talents of our many crafters in the area. Proceeds go to our sunshine committee as well as charities.

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Health And Wellness

by *Tobin M. John, MD*

*Family Medicine Physician
Florida Hospital Prompt Care*

Who's Your Primary Care Provider?

The primary care provider's role is to be your first contact in addressing health concerns. Traditionally, this individual specializes in Family Medicine, Internal Medicine or Pediatrics and serves as your health care advocate. Treating long term conditions, needs for laboratory testing, imaging, referrals to specialists and preventative care are some of the services offered by a primary care provider. So, why do you need one?

In the same way a quarterback is important to a football team, a primary care provider is important to your health care. The provider is able to guide your care, treat conditions, and obtain assistance with team mates (specialists) when needed. This ultimately gives you the best chance at a positive health outcome. Too often

patients visit the urgent care centers, emergency rooms and hospitals for issues that could have been prevented or even addressed by your primary care provider. While these services have their place in the community, being treated by a primary provider who has an established relationship with you carries its own value.

The most meaningful part of my job as a primary care physician is the doctor-patient relationship. I think most providers in my profession would agree that providing care to a patient that has an established relationship is like treating a member of the family. There is history, a sense of trust and genuine concern. Close relationships between the provider and patient generally lead to effective and efficient personalized care. Research shows that primary care involvement leads to reduced outpatient visits, hospital admissions, emergency room visits and even surgeries.

From young to old, out of towners to long time Floridians, I encourage you to seek a provider in your local area. This person can be your quarterback, an advocate and supporter to fostering a healthy future. So, who's your primary care provider?

Dr. Tobin John is affiliated with Florida Hospital Prompt Care on US 301 in Dade City and can be reached by calling (352) 567-3325 or visiting FloridaHospitalPromptCare.com.

Commentary



First Things First

Greg First

It's Not The End Of The World

Thank God that the national election is over.

It is nice to watch sports on TV and not have to tune out completely because political ads were slamming each of the candidates over and over and over again.

One of the rights that we have as Americans is the right to free speech. We have the right to voice our approval or disapproval. We can drag our soapbox up on any corner, hop up on it, grab a microphone, or just scream out what we are thinking. We can peaceably gather, march and we carry signs. We have that right because this is a democracy.

When protesting crosses the line and people get hurt, property is destroyed, fires are started, looting takes place and law and order is disrupted, it becomes a riot and that is against the law. There should be consequences to pay for those actions.

I understand that everyone is not happy with the results of this election. The great thing is we have the right to vote and make our voice be heard. It is one of the benefits of living in a free society. I feel sad for the college students that are having anxiety attacks because the candidate of their choice did not win the election. Some

universities are giving students time off and ways to earn extra credit because of the trauma and fear that they say they are feeling. Some schools are even bringing in therapy dogs and other warm and fuzzy things to help them cope with this reality.

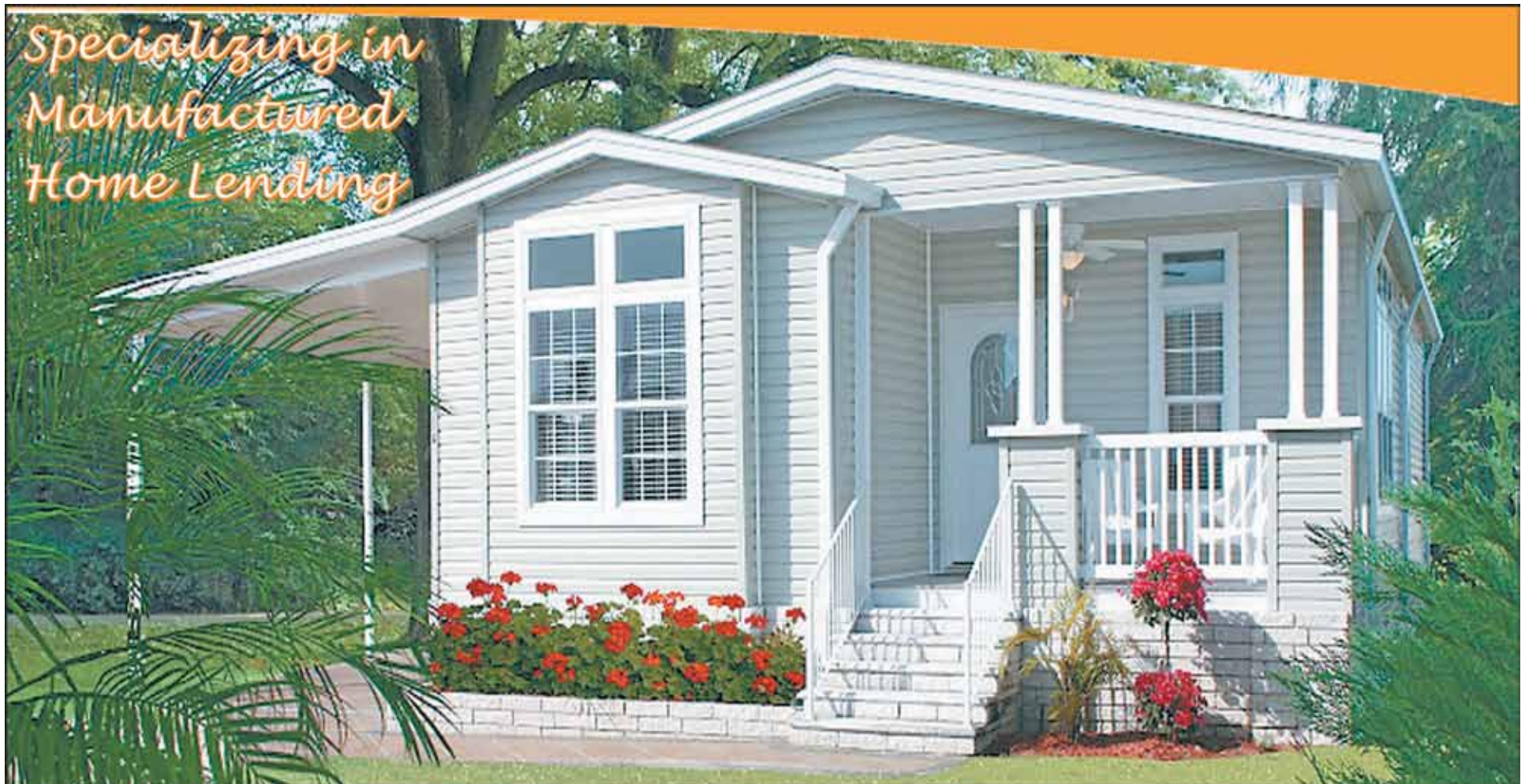
Hey, way back when I was in school when a preferred candidate did not win we got over it and started planning on what we were going to do different in the next election. We wanted our voice to be heard then, too.

A big factor was back then the media reported the news fairly and there was no social media of any kind. The only way you got the word was from newspapers, network TV, or radio broadcasts. Now if someone burps in Pasco County it can be heard around the world in seconds through the wonder of social media.

There is a time for crying and feeling sad. The loss of a loved one or even the loss of a family pet can make a person cry. I was in high school when President John F. Kennedy was assassinated on Nov. 22, 1963. That was a sad day. Another was when Dr. Martin Luther King was gunned down on April 4, 1968. I also remember when we were attacked on our own soil and stood and watched as the World Trade Center fell to the ground on Sept. 11. All of these can make you feel sad, scared or even cry.

Losing an election is not the end of the world.

We have been going through this since George Washington became our first president back on April 30, 1789. Oh sure, we have had ups and downs, but we have survived and we will continue to survive no matter who is calling the shots. The main thing to remember is that we are all Americans and we will always be one nation under God, indivisible, with liberty and justice for all.



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VALLEYDALE RO

Valleydale • Continued from Page 1A

having a great time tossing the bags. Fifteen players were on hand for the fun. This will be growing as more people are arriving daily.

Our potluck supper, hosted by Richard and Nancy Gough, was held on Nov. 10 and was attended by 54 hungry people. Our wonderful cooks in Valleydale made some delicious recipes and the desserts were heavenly.

The Veterans Day celebration began at



A Veterans Day celebration was held at Valleydale RO on Nov. 11.

11 a.m. on Nov. 11. Bill Copeland chaired this event with helpers Rich Rendall and Frank Lanoue. It started off with the Valleydale Honor Guard led by Chief Frank Lanoue, USN (retired). The ladies that make up this honor guard are Pat Stone, Barbara Fitzgerald, Joyce Hines, Pauline Martin, Bonnie Nelson, Marge Pelkey, Gayle Teri, Althea Gaumont, Joan Schroeder, Vera Wilson, Nancy Guess and Lana Dupont. Music and songs were provided by Herb Sanders.

The call to order was given by Chief Frank Lanoue, USN (retired). The opening prayer was given by Hal Russell. Bill Copeland spoke about knowing your veterans. Today is a Veterans Day, a day we celebrate living veterans. We all know veterans, just what is a veteran and who is a veteran.

We had speakers representing all branches of the services. Norm Thomson spoke about the Air Force, Wes Smith talked about the Navy, Rich Rendall spoke about the Army and Herb Sanders talked about the Marine Corps. Our Canadian friends were represented by Royal Canadian Air Force veteran Murray Summers.

When the speakers were done, we all sang "God Bless America" and Frank Lanoue dismissed those in attendance. It was a wonderful tribute to all veterans and



The Valleydale Honor Guard, led by Chief Frank Lanoue, USN (retired), includes Pat Stone, Barbara Fitzgerald, Joyce Hines, Pauline Martin, Bonnie Nelson, Marge Pelkey, Gayle Teri, Althea Gaumont, Joan Schroeder, Vera Wilson, Nancy Guess and Lana Dupont.

we thank them all for their service.

Following the speakers, we were feted with a luncheon hosted by Edith Dennis in the clubhouse. Helpers were Pat Robinson, Barbara Fitzgerald, Betty Van Yorx,

Nancy Roth, Georgia Marshall and Dotty Copeland. Seventy-five people dined on sandwiches, pickles, cookies, chips, cake, coffee and ice tea.

Till next time.



The Veterans Day luncheon was attended by 75 people after the ceremonies.



Lots of cooks and servers were needed at Valleydale's first pancake breakfast of the season to help serve the 68 people who showed up.

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Florida Hospital Zephyrhills Breast Imaging Manager Alexa Stinnette stands with the hospital's newly acquired Aixplorer Supersonic Imagine breast ultrasound machine.

New Ultrasound Unit Making Waves

FHZ Using The Most Advanced Breast Cancer Tool

Story and photo by Keri McAlpine

In light of recently upgrading their robotic system, Florida Hospital Zephyrhills has added yet another piece of valuable technology to their menu. For about six weeks now, the Simpson Breast Health Center has been using a new Aixplorer Supersonic Imagine, the latest tool in breast ultrasound technology.

"Having the newest technology is critical to accurately ascertain which masses are truly suspicious needing biopsy," Dr. Ronald C. Prati, said in an email.

The new technology reportedly provides a resolution that has thrilled FHZ physicians, radiologists and equipment technicians for its clarity.

According to the hospital, the "shear wave elastography" technology allows health professionals to get clearer images and provide a quicker diagnosis of masses in dense breasts.

Dense breasts often pose a problem for normal ultrasounds or other x-ray technology because there is normally too much other tissue or material interfering with the image. Potential patients with dense breasts that are interested in accessing the new technology first need to keep their regular mammogram appointment to determine whether the Imagine session is needed.

"It judges the stiffness of the legion," said Alexa Stinnette, Breast Imaging

Manager. "By that, the radiologist can determine whether or not it needs a biopsy ... it's just an amazing resolution. So, instead of struggling to see certain layers, you can quickly identify different types of breast tissue."

What used to take possibly days to correctly identify a benign mass can now be done in seconds.

Stinnette said it is now easier to determine whether or not a woman has to undergo the pain of a biopsy because the image clarity allows more certainty when making that decision.

The Supersonic Imagine's advanced waves also allow radiologists to detect smaller cancers faster than traditional methods.

"Our physicians have been extremely pleased with what we have been able to see, as well as the technologists ourselves," Stinnette said. "It's very exciting to have a technology that you know is going to be a benefit [for the patient] and you know you're not increasing radiation dose. And it's comfortable for the patient."

The compact machine sits in the corner of one of the exam rooms in the Simpson Breast Health Center. It is easily wheeled and maneuvered around the room.

The more the radiologists use the machine, the better they will be in determining the volume of a mass before surgery even happens, thanks to its 3D aspect.

"We're hoping to do volumetrics... be able to give the pathologist a better idea of how large the lesion is, so when the patient goes into surgery they have a better idea of the whole volume of the lesion they're going after," Stinnette explained.

"And it takes seconds."

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MORNINGSIDE RV



The men standing are Morningside's veterans who attended the luncheon after the Remembrance Day program.

Morningside • Continued from Page 1A

the honor guards must meet to be a member of this elite group.

Prayers for our service personnel and veterans were said with the closing of "God Save the Queen" and "God Bless America." Residents were treated to a soup and dessert luncheon afterwards.



Remembrance Day Committee members Linda McNorton, Judy Kwart, Sue Cole, Shirley Seaman, Helen Bisailon, Marilyn Johnson and Connie Timmons helped organize the event.

Gulfside Holds 10th Annual Hearts For Hospice 5k

More than 200 people walked or ran in memory or honor of loved ones at the 10th annual Hearts for Hospice 5K at Rasmussen College in Land O' Lakes on Nov. 6. Thanks to sponsorships, fundraising and registrations, \$45,000 was donated to Gulfside Hospice from the event.

"This year's Hearts for Hospice 5K was so very special to us as it is the tenth year we have held our signature fundraising event," said Linda Ward, president and CEO of Gulfside Hospice. "Families have been choosing this event as a way to celebrate the lives of their loved ones for the last decade, and we are so grateful for the outpouring of support that Gulfside receives from the community every year."

The Anclote High School JROTC held the presentation of colors to start the run and walk, followed by a special memorial ceremony to remember and celebrate loved ones. Soon after, the runners were off with the walkers following behind them on the 5K course.

Awards were presented to the highest fundraising individuals and teams, as well as to the fastest runners in the 5K Run.

All proceeds from the Hearts for Hospice 5K will support patients and their families facing chronic and life-limiting illnesses in Pasco County, as well as support programs at Gulfside's Centers for Hospice Care and Bereavement Centers. The annual event started as the Hike for Hospice in 2007 and has since raised more than \$445,000 for Gulfside Hospice.

Hearts for Hospice 5K was presented by Bouchard Insurance. Additional event sponsors included Medal of Honor Sponsors Michels & Lundquist Funeral Home and O2 Solutions; Guardian Angel Sponsors AC-Healthcare, BB&T and Trinity Memorial Gardens; Stars and Stripes Sponsors MedFleet and Right at Home; American Eagle Sponsors Berkshire Hathaway Home Services, Cardel Homes, Christie Auto Sales, Hospice Link and the Rotary Club of Wesley Chapel Noon.



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SLU Honors Military Veterans

Emotional Ceremony Held For Those In Uniform

Story and photos by **Keri McAlpine**

Tears were shed at Saint Leo University's solemn Veterans Day ceremony on Nov. 11.

Having established a solid history of welcoming veterans as well as active duty, the event featured SLU students and faculty as prominent speakers.

Air Force Sgt. Tobias Neil and Navy reservist James



State Rep. Danny Burgess, left, and Saint Leo University Vice President Robert Quinn participated in a wreath presentation with a member of the SLU U.S. Army ROTC on Nov. 11.

Campbell were brought to tears while addressing their fellow students and attendees.

Neil spoke about how his grandfather had said that the best thing you can do is serve another human being and explained how helping a stranger because it was his job ended up meaning the world for him personally.

"You may have saved somebody's life and given them a history," Neil explained. "For us it's not a choice. It's simply who we are ... on this day I'm proud to stand with my brothers and sisters as veterans."

Campbell reminded everyone that it is not only the veterans themselves who bear the burden of sacrifice and duty, but their family members as well. Campbell's sons Dylan and Elliot were only three and six years old when he was deployed in 2013. On Veterans Day this year, the boys sat in the front row watching their dad speak and reference their individual strength when being separated from family.

The outdoor event drew about 200 people to the grass under a mossy oak tree behind the Donald R. Tapia School of Business.

University vice president Robert Quinn, a veteran himself, and guest speaker Rep. Danny Burgess, an Army reservist, participated in a wreath presentation with a member of the SLU ROTC. Ralph Sailor played a rendition of taps, which was followed by a moment of silence that swept over the crowd on the crisp, fall day.

When Burgess took the podium, he spoke of the importance veterans have in the community, and how it inspired him to serve. He also reminded the audience that the battle does not end once the soldiers return home.

"They're still fighting a war at home. They were taught how to put a uniform on but not necessarily how to take it off," Burgess said. "We need to help all our veterans living today from World War II to the present conflicts."

The church bells at the SLU chapel began to chime as Burgess carried on with his speech.

He said veterans fight for the freedom of the country and those living in it.

"We honor our veterans by not taking our freedoms for granted," Burgess said.



Veterans, even those not in uniform, were asked to salute during the presentation of the colors and the singing of the National Anthem.

The U.S. Census Bureau has reported that as of 2015 there were 18,800,000 military veterans in the United States. According to the Florida Department of Veterans Affairs, there are more Vietnam-era veterans living here than any other wartime category and the state has the largest population of World War II veterans in the nation. Twelve percent of the state's 18-and-older population is comprised of veterans, 231,000 of whom have served in Iraq and Afghanistan.

Dennis Henry, 77, of Dade City, stood in the back of the crowd during the ceremony. He was one of several who raised their hands when asked not only who was a veteran, but who served in the Vietnam War, for special recognition.

"I thought it was a very nice ceremony. It was nice to be recognized as a veteran and I'm glad I came and I'm glad they did it," Henry said.

Veteran and SLU employee Pam Blair said she enjoyed the ceremony and was walking up to fellow veterans to thank them for their service after the event.

"I served during peacetime so it was just wonderful to see the veterans who served during war to be honored," Blair said. "It's a privilege to serve and it's something that we take for granted, what these men and women do."



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Florida Hospital Zephyrhills December Events

DEC 4 **32nd Annual Christmas Tree Lighting Celebration**
Join us for the 32nd Annual Christmas Tree Lighting on the front lawn at Florida Hospital Zephyrhills, rain or shine. This free, family-friendly celebration includes decorating of over 53 Christmas trees, visits with Santa and bounce houses.
Sunday, December 4 | Noon – 7:00 pm
Musical program with fireworks runs from 5:30 pm – 7:00 pm
Florida Hospital Zephyrhills, Front Lawn
7050 Gall Boulevard, Zephyrhills

DEC 13 **Cooking Demonstration: Edible Holiday Ornaments**
Whether you hang these pretty decorations from your tree or enjoy them as soon as they are prepared, you'll have fun in this interactive class. CREATION® Café Executive Chef Duane Maxwell will facilitate. Reservations required. Call (813) 779-6476.
Tuesday, December 13 | 11:00 am – Noon
Florida Hospital Zephyrhills CREATION® Health Wellness Center
Education Room
38233 Daughtery Road, Zephyrhills

DEC 6 **Five Things You May Not Know About Christmas**
Join us as Doug Higgins, MDiv, Senior Chaplain for Florida Hospital Zephyrhills, dives into the Christmas details that are sometimes overlooked. These include learning more about the star, the angels, the Wisemen, and the timing of the birth of Jesus. Reservations required. Call (813) 779-6476.
Tuesday, December 6 | 11:00 am – Noon
Florida Hospital Zephyrhills CREATION® Health Wellness Center
Education Room
38233 Daughtery Road, Zephyrhills

DEC 15 **15 Minutes in the Spotlight Will Improve Your Health**
Spending time outside everyday enjoying the fresh air and sunlight has been clinically proven to improve one's health and wellbeing. As the Adventist Health System celebrates its 150th anniversary, exposure to the outdoors on a daily basis is a tenet upon which our organization is founded. Life Coach Veronique Polo, MHA/CRM, will expand upon how to integrate this important principle into your daily life. Reservations required. Call (813) 779-6476.
Thursday, December 15 | 11:00 am – Noon
Florida Hospital Zephyrhills CREATION® Health Wellness Center
Education Room
38233 Daughtery Road, Zephyrhills

DEC 7 **Getting Down to the Bare Bones**
Trey Alexander, MD, Board Certified Orthopedic Surgeon, will answer your questions about achy or troublesome joints and available treatments. Reservations required. Call (877) 534-3108.
Wednesday, December 7 | 12:15 pm – 12:45 pm
Florida Hospital Zephyrhills Cypress Conference Room
7050 Gall Boulevard, Zephyrhills

DEC 19 **Don't Wait for the New Year!**
Get a head start on 2017 and begin the new year with confidence and optimum health. While others are adding pounds during the holidays and skipping the gym, Casio Jones, MHA, Wellness Director, will motivate you to do just the opposite. Reservations required. Call (813) 779-6476.
Monday, December 19 | 1:00 pm – 2:00 pm
Florida Hospital Zephyrhills CREATION® Health Wellness Center
Education Room
38233 Daughtery Road, Zephyrhills

DEC 9 **Women's Heart Health – What You Need to Know**
Do you realize that heart disease is frequently underdiagnosed in women, undertreated, and that heart attack symptoms can be very different in females than in males? Join us as Jayapriya Raj, MD, gives an encouraging and educational presentation with time for questions. Reservations required. Call (877) 534-3108.
Friday, December 9 | Noon – 1:00 pm
Florida Hospital Zephyrhills Cypress Conference Room
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First Friday In December Is 'Magical' In Dade City

Thousands Will Crowd Downtown For Annual Parade

by Keri McAlpine

The holiday season is on its way back to downtown Dade City and the Magical Night Christmas Parade is gearing up for another successful year.

More than 50 floats and marching units line up for the parade that winds its way through downtown to Martin Luther King, Jr. Blvd., to Seventh Street and ending on Church Avenue.

Greater Dade City Chamber of Commerce executive director John Moors said anywhere from 5,000 to 6,000 people come from all across east Pasco County to watch the parade.

"The best place to watch it of course is on Seventh Street because that's where all of the lights and Christmas decorations that the city has put up [are] and they look beautiful," Moors said. "It's definitely focused on kids, families and celebrating that wonderful season."

Not to mention, a very special guest will be flying in for the occasion.

"Santa called me from the North Pole to reconfirm that he was going to be here and he was excited as always, so we are ready to go," Moors said joyfully.

The parade will start at 7 p.m. sharp because Santa only has a brief period to visit Dade City before getting back to work for the Christmas rush, according to Moors.

There is no specific theme for the floats and the decorators are encouraged to used to stretch their imagination.

"There's some great creativity on these floats it's astounding," Moors said. "We think that everybody is a winner. All 60 of them are number one in our books."

The magical Night Christmas Parade is the first event in a slew of holiday showcases in the city. The Dec. 10 Christmas Stroll put on by the merchants association is followed by Church Street Christmas on Dec. 23.

"It's just a fabulous way to showcase Dade City once again for something that is kind of different from the normal events we have during the day," Moors said of the upcoming events.



The lighted Christmas parades in Dade City and Zephyrhills are always a local holiday favorite. The Dade City Magical Night Christmas Parade will be held downtown on Dec. 2 starting at 7 p.m. The Festival of Lights will be held in downtown Zephyrhills on Dec. 3 from 4-9 p.m. with the Christmas parade starting at 7 p.m. *File photo*

Festival Of Lights To Strike Up The Band

by Keri McAlpine

Every year, hundreds line up on the downtown streets of Zephyrhills to kick off the holiday season.

As city workers decorate Fifth Avenue with twinkling lights the cooler air adds that winter touch and sets the stage for the first Saturday of December.

This year's Festival of Lights parade will feature floats depicting classic holiday songs. The 'Christmas Melodies' theme has float builders excited, according to Main Street coordinator Amanda Clark. Some have already chosen to exhibit tunes such as "Silent Night" and "Grandma Got Run Over By A Reindeer," to name a couple.

This year's downtown festival will be held from 4 to 9 p.m., with the massive parade beginning its march at 7 p.m.

"It's the beginning of December and this will kick off all the festivities for the month, including Christmas," Clark said. "It's a family fun event to bring the kids to."

The parade roster typically has more than 40 unique floats and starts its lineup at 17th, 18th and 19th Streets along Fifth

Avenue. Its path will head west on Fifth Avenue, take a right on Seventh, a right on Tenth Street, ending at Raymond B. Stewart Middle School. The affected streets will close to traffic at noon and will open up once the parade finishes.

Three guest judges will determine the best floats in eight categories, with each winner receiving a laudatory plaque from the Main Street organization.

Clark said all of the floats will be playing festive music. Several food and merchandise vendors will also be set up downtown.

Zephyrhills High School teacher and native son Rick Briggs will be the grand marshal for this year's Festival of Lights.

Santa Claus is rumored to be joining the festivities, complete with Rudolph and his reindeer friends.

If reports from the North Pole are correct, Santa enthusiasts should stop by Goin' Postal, 38439 Fifth Ave., before and after the parade for pictures.

Prior to the parade, performances by Helen's Baton and Dance Studio, Peggy's Dance Studio and Clogging Connection from Plant City, will be held at Time Square beginning at 4:15 p.m.

Ollie's • Continued from Page 1A

Inside Ollie's was no different. The store was packed with people slowly pushing their carts through the aisles, their heads moving back and forth as they scanned all of the deals and prices before them.



NASCAR driver Kasey Kahne with Zephyrhills Police Chief David Shears. Kahne welcomed shoppers at the grand opening of Ollie's Bargain Outlet and signed autographs starting at 10 a.m. for the first 250 people who arrived at the store for the grand opening.

Ollie's employees were speed-walking throughout the store to make sure everything stayed in order.

"We had a huge turn out, much better than we anticipated," store assistant team leader Peter Papageorge said. "We feel that Ollie's is going to be a standup environment for the Zephyrhills community and an asset for their shopping experiences."

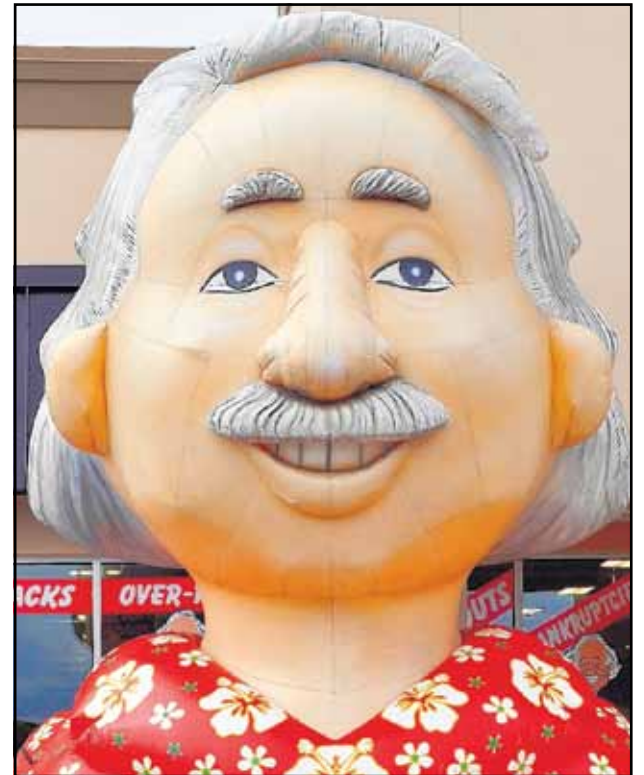
Papageorge was unable to comment on how many customers Ollie's received during their grand opening on Nov. 9. However, he did say that the day was a "huge success." The store was packed from open to close, and was still incredibly busy the following day, he said.

The discount chain started in 1982 and the Zephyrhills store is one of 234 stores in the eastern United States, according to the store's website.

The store's mascot, Ollie, can be seen advertising sales in caricature form throughout the store's different departments. A variety of products are offered in the aisles from kids' toys, cooking spices, school supplies and even bulk carpeting.

Ollie appeared above the carpeting section in the back, lounging on a sign that read "Carpeting prices that'll floor ya."

NASCAR star Kasey Kahn made an appearance at the Zephyrhills store at 10 a.m. Kahn signed autographs and took photos with the first 250 who shopped at the store that morning.



The inflatable ollie mascot greeted customers to the store's grand opening on Nov. 9.



Check out lines during the Ollie's grand opening serpentine throughout the aisles of the store.

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10. DO THEY HAVE THEIR OWN SERVICE DEPARTMENT? (Will they give you the service managers direct cell number or do you have to call an "800" number?)

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