Volume VI • Issue 8

Primary Care with

Extended Hours

Tobin M. John, MD

Board Certified, Family Medicine

Physician Group

PROMPT CARE

12880 US Hwy 301, Dade City

Appointments: (352) 567-3325

Florida Hospital Prompt Care.com

Jim Crandell

FLORIDA

Your Community News Source • EastPascoSeniorNews.com

February 16, 2017

Sun Shines On Snowbird Palooza

More Than 50 Vendors Show For Annual Senior Event

Story and photos by Joe Potter

Traffic was slow but steady throughout Saturday's Snowbird Palooza at Zephyr Park.

Healthcare was one of the primary themes of the senior-friendly event, which was held under cloudless skies with spring-like temperatures.

Representatives from OneBlood, Florida Hospital Zephyrhills' Creation Health Wellness Center, Rosecastle

Palooza • Continued on Page 8A



Raffles for cruises drew people to The Vacation Shop's booth on Saturday.

Majestic Oaks Goes Back To The Fifties



Travis Golden and Joy Garrelts 'Rock Around the Clock.' Photo by **Ted Dann** Submitted by Wendy Parsels Majestic Oaks Carefree RV Resort

Before the dance Judy and many others went 'Splish Splash' while thinking 'All I Have To Do Is Dream' about the '50s dance at Majestic Oaks RV Resort the evening of Feb. 4. Shirley felt like 'A Teenager in Love' while she was 'At the Hop.' 'Good Golly Miss Molly' was on the floor to 'Rock Around The Clock' with the music of T-N-T. On the dance floor there was a 'Whole Lotta Shakin' Goin' On.'

'Diana' found the 'Great Pretender.' Greg said 'I Only Have Eyes For You' Jan. Would you please 'Love Me Tender?' In the bathroom, Betty could be found putting on her 'Maybelline.' Charles believes that 'Everybody Loves a Lover' as he asked Ruby to 'Don't Be Cruel' to this 'Teen Angel.' Jack said to Walter 'Oh Lonesome Me' I don't

Majestic • Continued on Page 2A



Ladies of Valleydale recently used small medicine balls to get in a good workout and stay fit.

Keeping Up With The Outings At Valleydale

Submitted by Dotty Copeland Valleydale RO

We ended the month with a parkwide sale on Jan. 28, hosted by Ann Shrauger and Judy Mohney. The gate opened at 7:30 a.m. and the hot dogs with all the toppings. Soft

traffic was busy with people looking drinks were also included in the price. for treasures. We had the clubhouse full of good items and the scent of Cinnamon rolls and coffee filled the air in the morning.

At 10 a.m. the golf crew was grilling

Thirty-six homes had carport sales that day. Two Walmart cards were raffled at no cost and were awarded that day. Raffle tickets were sold

Valleydale • Continued on Page 7A

Golf Car Sales, LLC **Gas and Street Legal Golf Carts Headquarters! Let's Get Moving! Custom Built Golf Carts To Your Specifications New and Used** Parts and Service Available **All Makes and Models** In Stock Jim Crandell **Golf Car Sales 39019 C.R. 54 · Zephyrhills** 813-629-3333 813-779-3333

K&M Travel has merged TRINITY VIP TRAVEL

Offering over 50 Years Experience in Cruising/Vacation Packages & Motorcoach Tours!

Specializing in Cruise & Land Packages

ALASKA • HAWAII • PANAMA CANAL • AMAZON RIVER

Now Selling Cuba! • Alaska - Aug 17-25, 2017

& Pricing **38507 5th Avenue** Downtown Zephyrhills

Call for

Dates, Details

#1 Leader in Biloxi Casino Tours Mardi Gras - Feb. 27, 2017

Choose from a variety of overnight & daily tours

www.trinityviptravel.com

www.kmtravel.com 813-788-6686

352-597-4822

MAJESTIC OAKS CAREFREE RV RESORT

Majestic • Continued from Page 1A

understand this 'Book of Love.' Denise wore 'Chantilly Lace' and came to the dance with 'Johnny B. Goode.' Susan asked 'Please Send Me Someone To Love' and melt these 'Hearts Of Stone.'

Joy could be seen in her 'Blue Suede Shoes' while she jitterbugged across the dance floor with Travis Golden. 'In the Still of the Night' Carol could be seen trying to 'Catch A Falling Star' while she was taking a break from the 'Melody Of Love.' Pete asked almost every one 'Do You Wanna Dance?' They said it was just a 'Teen-Age Crush.' But, Pete wishes he could get a room at the 'Heartbreak Hotel.'

The next morning after the dance,

'The Fat Man' felt like he had seen the 'Purple People Eater' and he really thought 'I Almost Lost My Mind.' Donna said 'To Know Him, Is To Love Him' and Jim said he was just 'All Shook Up.' Jean believes 'Ain't That A Shame' how some people indulge. 'Oh, Boy!' The 'Party Doll' that thought 'I'm Gonna Get Married,' but found 'Tears On My Pillow' and asked 'I Wonder Why' when the 'Poor Little Fool' found that 'Lonely Boy' after the dance when she went to 'Wake Up Little Susie.' She asked 'Who's Sorry Now?'

As in every year past, the '50's dance left 'Moments To Remember' with everyone that attended. It also taught us all about 'Love And Marriage' and that 'Tonight You Belong To Me.'



Donna Weekly won the bubble-blowing contest, while competitors Andy Cormier and David Teague look on.



Jan and Greg Hobbs were the costume contest winners.

Photos by **Ted Dann**



Line dancing was not popular in the 1950's but it is now.









Original 'Tiny Homes' On Tour in Brooksville

Are you interested in living large in a small space? Do you wish you could take your house with you when you travel? Has the idea of a tiny house stirred your fancy? If so, then head out to the Sertoma Youth Ranch on Feb. 25, to visit the Tin Can Tourists' 98th Winter Convention and Open House from 11 a.m. to 3 p.m.

Members of the Tin Can Tourists (TCT), America's oldest trailer and motor coach club, believe that the coolest tiny homes are vintage travel trailers. Ranging in average length from 8 feet to 30 feet, these tiny restored homes on wheels offer life on the road where space is limited but style and substance are not.

"Every inch of space in a vintage camper has been well thought out and put to good use," says Forrest Bone, the club's national president. "Most of these trailers have less than 100 to 200 square feet of living space, with fully functional storage, sleeping, and cooking areas ready to hit the road at a moment's notice."

"Our members really enjoy showing



On average, tiny homes range in length from 8 feet to 30 feet.

off their restored vintage trailers, motor coaches, and tow vehicles," said TCT member Alex Alexander from DeFuniak

Springs. "Whether you're looking to enjoy simpler living in a smaller more efficient space, or just want to bask in the nostalgic

glow of past family vacations, you will enjoy this tour."

Approximately 80 vintage trailers and coaches ranging in age from the 1930s to the 1980s can be toured during this oneday event. It's well worth the drive to see these "original tiny homes" and meet the people who have lovingly restored them to their former glory. But be forewarned, you may leave this event with a firm urge to downsize to your own stylish vintage camper. The Tin Can Tourists Open House is open to the public. There is a parking fee of \$5 per car for the tour.

Directions to Sertoma Youth Ranch: Take I-75 to Exit 293. Go East on Blanton Road (State Road 41) toward Dade City for about two miles. Turn left on Clay Hill Road and follow it for 1.8 miles to the Sertoma Youth Ranch on the left. Note: Clay Hill Road becomes Meyers Road just before reaching the Ranch.

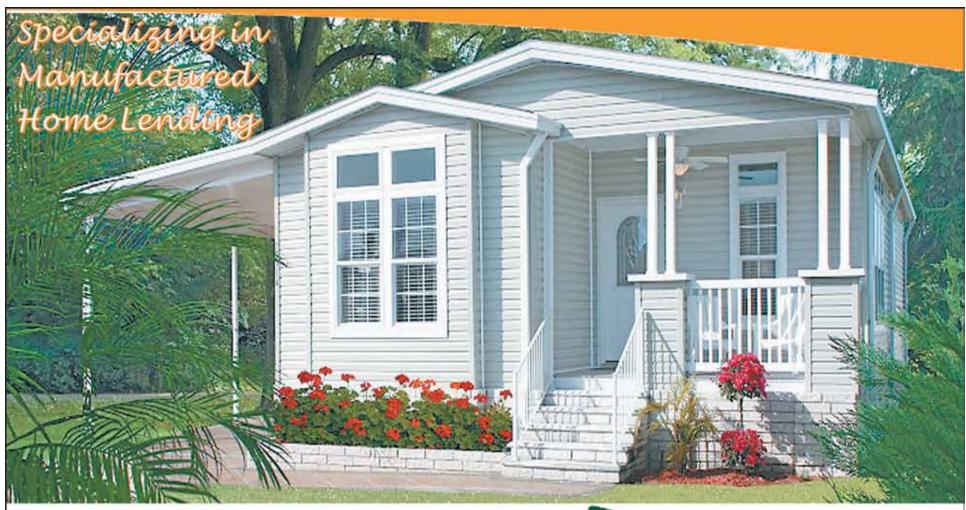
Contact Forrest Bone at (941) 302-2415 or tincantourists@gmail.com or visit www.tincantourists.com for information.



Although small, tiny homes are known for their functionality and ability to provide necessary services in such a small space



About 80 vintage trailers and coaches ranging in age from the 1930s to the 1980s will be on display at the Feb. 25 event.





Manufactured Home Lending Specialist

Michael F. Carr VP - East Pasco Loan Manager Office Phone: 352-437-5334 Cell: 352-397-6628 Fax: 352-437-5948

mcarr@centralbankfl.com

NMLS# 792297



www.CentralBankFL.com

Loan Production Office 13920 7th Street . Dade City, FL 33525

Focused on You!







AREA HAPPENINGS

For more events. Visit www.pasconewspublications.com

Feb. 16 - MEGA Heart Expo - If you have a heart condition or are interested in ensuring that you take steps to stay heart healthy, this expo is for you. The MEGA inflatable heart will be on display. Held at the East Pasco Seventh-Day Adventist Church, 7333 Dairy Road, from 8 a.m.-12:30 p.m. Reservations are required. Call (877) 534-3108 for information or to reserve a spot.

Feb. 16 - Nurturing Your Horizontal and Vertical Relationships - Life coach Veronique Polo, MBA/CLC, will discuss the importance of both horizontal and vertical relationships. Held from 1-2 p.m. at the Creation Health Wellness Center, 38233 Daughtery Road. This program is free but reservations are required. Call (813) 779-6476 for information and to reserve a space.

Feb. 16-19 - Light 'Em Up Auto Events - This new event will be held at Festival Park, 2738 Gall Blvd. Vendor move-in is Feb.14. Hosted by Craig and Joann, who have been hosting auto events for 26 years. Visit zephyrhillsautoevents.com for information.

Feb. 17 - Women Build - Habitat for Humanity of East and Central Pasco County will be holding the Women Build 2017 from 9 a.m.-3 p.m. The location of the build is to be determined. Visit www.habitatpasco. org or contact Jere Ferguson at (352) 567-1444 or volunteer@habitatpasco.org for information registration.

Feb. 18 - Golf Fundraiser for Danielle Thomas - Please help Danielle, who needs funds for a much-needed surgery. The 18-hole course at Silverado Golf and Country Club welcomes four-man teams. Cost is \$60 per player. Registration begins at 11 a.m. and tournament starts at 1 p.m. Event includes dinner with live entertainment from the Steel Horse Band. Event and hole sponsorships are available. Donations welcome. Call Bobby at (813) 507-3988 or Danielle at (813) 312-3767 for information.

Feb. 18 - Ashley McKee Fundraiser -A BBQ pulled pork dinner will be served to benefit Ashley McKee, a 29-yearold diagnosed with cancer who is still undergoing treatment. Dinner is \$10 and will be served from 4-7 p.m. at the Moose Lodge, 17107 U.S. 301. Drive thru is available. Live music from 4-11 p.m. Admission without dinner is \$10, children six and under are free. Tickets available at the Greater Dade City Chamber of Commerce. Call (813) 778-2342 or visit Facebook @SupportAshleyMcKee for information.

Feb. 18 – Quilt Show – The Oaks Quilters present their annual quilt show at Red Oaks RV Resort in Boots Hall, located at 5551 S.W. 18th Terrace off U.S. 48 in Bushnell. Join us for quilts galore (modern and vintage), vendors, demonstrations. boutique and silent treasure auctions. Held from 9 a.m.-2 p.m. For admission please bring a non-perishable food item or monetary donation for a local charity. Coffee and muffins will be for sale for breakfast and lunch packages in the afternoon. Call (727) 389-1859 for information.

Feb. 18 - Brew Fest - Hosted by Beef O'Brady/Brass Tap Dade City and benefiting The Dade City Woman's Club. There will be local breweries selling their crafts beers and music along Pasco Avenue in downtown Dade City from 6-10 p.m.

Feb. 19 – In Memory of Conway Twitty - The last living member of the original Tweety Bird Band, Jack Brickles, will perform with his wife Gail for one show only at the AMVETS #550, located at advance or \$12 at the door.

Feb. 19 - Swing for Scouting Longest Drive Contest - Open to amateurs only, proceeds from this longest drive contest go to support local Boy Scouts. Tickets \$10. Held from 10 a.m.-2 p.m. at The Abbey Course, 33640 S.R. 52 in St. Leo. Contact Jason at (813) 368-7282 or visit tinyurl. com/swingforscoutingfl for information.

Feb. 20 - Spinney Brothers Bluegrass Concert - The Spinney Brothers, Canada's International Award-winning Bluegrass Band, will bring their perfect synergistic blend of tradition and distinctive homegrown sound to the Zephyrhills Lions Club, as they promote their latest CD, Living The Dream. Call the Lions Club at (813)788-1441 to purchase tickets and for further information.

Feb. 20-26 - Pasco County Fair - The fair is back in town. Held at the Pasco County Fairgrounds, 36722 S.R. 52 in Dade City.Contact the Pasco County Fair Association at (352) 567-6678 or visit www.pascocountyfair.com for a full list of events and entertainment.

Feb. 21 - The Sweethearts of Branson - Denny Yeary and Shelia Renee will be making this their last tour of Florida and will perform at Southfork Mobile Home Park, 10808 U.S. 98, at 7 p.m. The duo has been performing together for many years, with classics, comedy, dance harmonies and Denny's legendary bass voice. Ticket prices at \$7.50 per person. Call (352) 206-2754 for information and tickets.

Feb. 21 - Mead School - Go back to class, with a glass. Hosted by the Zephyrhills Brewing Company from 7-8 p.m. Cost is \$15 and the class will feature still and sparkling meads. The brewery is located at 38530 Fifth Ave. Call (813) 715-2683 for information.

Feb. 22 - Mobile Vet Center - The Pasco Mobile Vet Center (MVC) and CareerSource Pasco/Hernando will be onsite at 6038 Gall Blvd. from 9 a.m.-1:30 p.m. Multiple counseling opportunities available. All services onboard the MVC are confidential and provided at no cost to the Veteran and family members. Veterans and family members interested in learning more are encouraged to attend the event or call AJ Jones, Veteran Outreach Program Specialist at (727) 372-1854 for information.

Feb. 23 - Midland County Michigan Gathering - The 35th annual event will be held from 10 a.m.-2 p.m. at Alice Hall in Zephyrhills, 38116 Fifth Ave. Donations of \$3 per person are asked. Don't forget to register for door prizes. Call Tom Boman at (989) 948-2998 for information

Feb. 25 -Community and Clubhouse Rummage Sale - Grand Horizon Community Parkwide and Clubhouse Rummage Sales will be held from 8 a.m.-1 p.m. Lunch and a bake sale will be available in the clubhouse. The park is located in Zephyrhills behind Lowes and Walmart, Take Green Slope Road to the park entrance. Call Pat at (813) 395-5362 for information.

Feb. 25 - Maine Day - You are invited to celebrate the 63rd annual Maine Day at the Lions Club, 5827 Dean Dairy Road (off of 54 west). Registration is from 9-11 a.m. with lunch following. Music will be provided by Rockin' Ron and The New Society Band. Cash and gift door prizes, 50/50 raffles featured. T-shirts will also be for sale. Please join us for a fun time of socializing with other Maine snowbirds. Call Brenda at (813) 788-7598 or (207) 694-0065 for information.

4645 Airport Road, at 7 p.m. Cost is \$10 in Feb. 25 - Two-Park Yard and Bake Sale - Majestic Oaks and Emerald Pointe will hold a two-park yard and bake sale in the clubhouses of the respective parks from 8 a.m.-4 p.m. Refreshments will be available. The parks are located across from one another on Chancey Road, east of State Road 39. Past attendees as well as first time visitors are encouraged to attend both sale.

> Feb. 25 - The Blessing of Green - Dance, auction, entertainment and a bit of Irish fun. Cocktails will be served at 5:30 p.m. with dinner and entertainment at 6:30 p.m. Cost is \$50 per person. A costume contest with an awesome prize for the winner. Held at Tampa Bay Country Club, 10641 Old Tampa Bay Drive in San Antonio. Contact the Benedictine Sisters of Florida at (352) 588-8443 or hnmdevelopment@saintleo.edu for tickets and information.

> Feb. 25 - Southfork Carport Sale -Southfork Mobile Home Park, located at 10808 U.S. 98, will be hosting a parkwide carport sale from 8 a.m. to noon. Call (352) 206-2754 for information.

> Feb. 25 - Multi-Family Yard Sale - Held at Centennial Estates on Dusty Hill Loop off of Centennial Road from 8-2 p.m.

> Feb. 27 - Mobile Vet Center - Pasco Vet Center will be hosting a Community Outreach Day at the Winn Dixie located at 1230 S Broad St. in Brooksville. A Readjustment Counseling Tech will be on site and Benefits referral services will be onsite. The MVC will be available from 10 a.m.-2 p.m. Multiple counseling opportunities available. Veterans and family members interested in learning more about services provided by the Vet Center are encouraged to attend the event or contact AJ Jones at (727) 372-1854. Visit www.vetcenter.va.gov for information.

> Feb. 28 - Pizza and A Major - A discussion on business, hosted by PHSC. Meet and hear from PHSC faculty and staff with free pizza following. Held from 11 a.m.-1:30 p.m. at the PHSC East Campus Dade City, 36727 Blanton Road. Call (352) 567-6701 for information.

> March 1 - Ask An Orthopedic Surgeon - Trey Alexander, MD, board certified orthopedic surgeon and chief of surgery at Florida Hospital Zephyrhills, will host an open forum called "Getting Down to the Bare Bones" from 12:15-12:45 p.m. in the hospital's Cypress Conference Room at 7050 Gall Blvd. Come prepared to ask questions about orthopedic issues. Registration is required. Call (877) 534-3108 for information or to save a space.

March 1 - Marion/Florida Snowbird Picnic - The annual Marion, Michigan/ Florida Snowbird Picnic will be held at 10 a.m. at Country Aire Village Clubhouse, located on the corner of State Road 54 and 23rd Street east of Zephyrhills. Bring a dish to pass for the noon potluck and your own table service. Coffee and ice tea will be provided. Everyone from Marion and surrounding area is welcome. Contact Joyce at (989) 329-2464 or jdswan48617@ yahoo.com for information.

March 3 – Allegany County, New York Picnic – The 61st annual Allegany County picnicwill be held at First Methodist Church in Zephyrhills, 38635 Fifth Avenue at 10th Street, just north of U.S. 301. Bring a dish to pass, table service and a beverage. Coffee will be available. Doors will open at noon with plenty of parking. We will have a 50/50 drawing and door prizes. Call Dick Harmon at (716) 387-7725 or Lance Oliver at (518) 235-8707 for information. See you there.

March 4 – Market Place – Fresh produce, garden accessories, home decor, soaps, honey, jewelry and more. Pet friendly event held in Hibiscus Park from 10 a.m.-3 p.m. Contact Lucy Avila at (352) 521-5858 or lucyavila707@gmail.com for information.

March 4 – Cruise-In – Free event featuring DJ Starvin' Darvin and a hula hoop contest for kids. Come 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. Contact the Greater Dade City Chamber of Commerce at (352) 567-3769 for information.

March 4 - Chicken Dinner Fundraiser - The Dade City Kiwanis Club presents an eat-in or take-out chicken dinner fundraiser at the American Legion Hall in Dade City, 37745 Church Ave., from 11 a.m.-3 p.m. Tickets are \$9 per ticket. Tickets are available for purchase at the Greater Dade City Chamber of Commerce, 14112 Eighth St. Call (352) 518-002 for information.

March4-5-WorldWarIICommemorative Weekend - Commemorating the most widespread armed conflict in history and celebrating both military and popular civilian culture during the war years. The weekend will include Allied and Axis uniformed reenactors, authentic camps and equipment, mechanized military vehicles, weapons demonstrations, food vendors and each day a battle between Allied and German Forces at 2 p.m. Held at the Dade Battlefield, 7200 C.R. 603 in Bushnell. Call (352) 793-4781 for information.

Pasco News Publications

Dade City News • East Pasco Senior News • Zephyrhills Free Press

Publisher Chris Drews

cdrews@pasconewspubs.com

Accounting

Linda Wood

lwood@pasconewspubs.com

Sales

Stephanie Stephenson pasconewspubs@gmail.com

Editor Keri McAlpine

keri@pasconewspubs.com

Design **Edwin Pitts**

pasconewspubs.design@gmail.com

Public Relations Greg First gfirst@pasconewspubs.com Reporters

Joe Potter jpotter@pasconewspubs.com

Dave Walters walters@pasconewspubs.com

Max Zimmerman mzimmerman@pasconewspubs.com

> **Sports** Mark McLeod Jeff Hupp

East Pasco Senior News | www.eastpascoseniornews.com

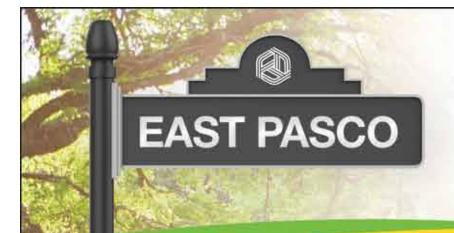
38440 5th Avenue - Zephyrhills, FL 33542

(813) 783-1300 - www.pasconewspubs.com

NEWS & ADVERTISING DEADLINE: Previous Thursday at noon. • CIRCULATION ISSUES: Please call the office at (813) 783-1300 LETTERS TO THE EDITOR: Letters to the editor should be limited to 200 words. Pasco News Publications reserves the right to edit published letters. Letters to the editor are the writer's opinion and do not reflect the opinion of Pasco News Publications. Please include your name and phone number.

ADVERTISING ERRORS: Pasco News Publications is not responsible for the validity of claims made by advertisers or for advertisers errors. Pasco News Publications is responsible only for the cost of space for the first insertion.

PASCO NEWS PUBLICATIONS IS A MEMBER OF: The Greater Dade City Chamber of Commerce and The Greater Zephyrhills Chamber of Comm COPYRIGHT: Contents copyright of Pasco News Publications, all rights reserved. Reproduction in part or whole prohibited of the publisher



Your neighborhood physician is right around the corner.

When you need a physician, it's good to know they are nearby. Our network of primary care physicians is growing to meet the needs of our community, and chances are there is one right around the corner from you. From minor coughs and colds, to major chronic disease treatment and preventative care, our physicians offer comprehensive, compassionate care when you need it most and are now accepting new patients.

DADE CITY AREA



Danielle Albritton, DO **Family Medicine** 12880 US Hwy 301 Dade City This physician practices as part of

Florida Hospital Physician Group.



Tobin John, MD **Family Medicine** 12880 US Hwy 301 Dade City

NEW DADE CITY PHYSICIAN

This physician practices as part of Florida Hospital Physician Group.



Migdalia Merida, MD Internal Medicine 37740 Meridian Avenue Dade City



Jayapriya Raj, MD Internal Medicine 12880 US Hwy 301 Dade City

NEW DADE CITY PHYSICIAN This physician practices as part of Florida Hospital Physician Group,

ZEPHYRHILLS AREA



Harry Blackstone, DO **Family Medicine** 38240 Daughtery Rd Zephyrhills



Nestor Guerrero, MD Family Medicine 37924 Medical Arts Court Zephyrhills



U Khin, MD Internal Medicine 37924 Medical Arts Court Zephyrhills



Stacy Taylor-Hunt, DO **Family Medicine** 38240 Daughtery Rd Zephyrhills



Marian Sampson MD Obstetrics & Gynecology 7050 Gall Blvd Zephyrhills



Annette Williams, MD Obstetrics & Gynecology 7050 Gall Blvd Zephyrhills



John Ferlita, MD Gynecology & Urogynecology 6719 Gall Blvd, Suite 208 Zephyrhills

This physician practices as part of Florida Hospital Physician Group.

Schedule your appointment today!



) (813) 534-4826



FindMyPhysician.org ONLINE SCHEDULING AVAILABLE

A MEMBER OF Adventist HEALTH SYSTEM

FLORIDA HOSPITAL ZEPHYRHILLS Physician Group

LEISURE DAYS RV RESORT

Quilt Show A Success



Thank you to all who attended the Leisure Days Quilt Show on Feb. 4 and to everyone who made it such a great event. There were many familiar faces and many new. Everyone enjoyed viewing the many quilts on display. We look forward to seeing everyone again next year.

Medicare Guidance Offered

Do you have questions about Medicare's financial assistance programs for seniors? Are you new to Medicare or do you have questions about your Medicare plan?

The Area Agency on Aging of Pasco & Pinellas County has a SHINE program where they assist seniors and retirees with Medicare questions.

SHINE is a Florida Department of Elder Affairs program through which volunteers provide free, unbiased one-onone insurance counseling and information about Medicare options and prescription drug assistance for elders and their families and caregivers.

There are several locations in Pasco County to meet with a Shine counselor. The New River library as well as other locations is available to assist, Call (727) 570-9696 x273 or visit www.floridashine. org to make an appointment or view other locations.





Health And Wellness

by Tobin M. John, MD Family Medicine Physician Florida Hospital Prompt Care

Avoid The Heartbreak!

Yes, Valentine's Day is upon us this month and while many celebrate this day, health care providers celebrate the American Heart Month. I believe the Tin Man from the Wizard of Oz put it best when he said, "Now I know I've got a heart because it is breaking." Broken hearts are becoming increasingly common. According to the CDC, every 43 seconds someone is having a heart attack. While this statistic is shocking, it's no surprise that heart disease is the leading cause of death in the United States.

Whether you've had a heart attack or have had a loved one suffer from it, with these facts, it's important to

assess your risk and evaluate your heart function. There are three key risk factors which include either high blood pressure, high cholesterol or smoking tobacco. Unfortunately, almost 50% of Americans struggle with these risks. Diabetes mellitus and obesity have also emerged as strong risks contributing to the development of a heart attack. It is estimated that approximately 735,000 Americans experience a heart attack every year. Of that population, 525,000 experience a first time heart attack, while 210,000 have previously had a heart attack. Symptoms of a heart attack can vary from chest pain, heaviness, tightness, shortness of breath, to left neck or jaw pain, and even fatigue, nausea and sweating. These symptoms can differ between men and women.

Reducing your risk for developing a heart attack plays a central role in the prevention and preservation of your heart function. This could be addressed simply as an annual physical every year with your primary care provider or a follow up appointment with your cardiologist. Physicians can provide an assessment of your risks, treat those risks and determine your goals to hopefully achieve a positive health outcome.

K&M Travel and TRINITY VIP TRAVEL



1st Annual

Feb. 22, 2017 1:00 pm - 4:00 pm

38507 5th Ave. Zephyrhills, FL 33542 813-788-6686 • 352-597-4822

Come join us in honoring and celebrating the passing of the baton from Karen and Marvin of K&M Travel, for their 25 years of service in the travel industry to Dona and JP Withrow of Trinity VIP Travel with over 20 years of travel experience!

Enter our drawing to

Win a 3-night Bahamas Cruise for Two on Royal Caribbean Cruise Line!

(includes taxes and fees, must be present to win)



Come talk directly to our travel industry representatives from major cruise lines and vacation destinations. They will be happy to help you with any and all inquiries you have regarding your upcoming travel plans.

We look forward to seeing old friends and making the acquaintances of new ones!

The Only Authorized

Dealer in the Area

PARTS · SALES · SERVICE · RENTALS

WE SPECIALIZE IN CUSTOM CARTS – GAS AND ELECTRIC

Lift Kits • Cargo Beds • Rear Seat Kits • Wheels • LED Lights Extended Roofs • Mirrors • Turn Signals • Complete Line of Accessories

With the purchase of 2017

Sunbrella Track-style **Enclosure**

Any purchase over \$65

Set of !!

with New Battery Installation Expires 3/4/17

Flip Flop With the purchase of any pre-owned



FREE PICK UP AND DELIVERY!

5131 GALL BLVD. • ZEPHYRHILLS • (813) 783-9371

VALLEYDALE RO

Valleydale • Continued from Page 1A

for a beautiful quilt made by Marion Gilbert and tickets were also sold for three large baskets filled with all kinds of goodies. These will be drawn at the Valentine Dance. Winners do not need to be present to win. It was a great success and we thank Judy and Ann for a job well done.

Next up was our ice cream social, hosted by Nancy Noble and Linda Smith. Fifty five residents attended. We celebrated 15 January and July birthdays and the anniversaries of three couples. Cake, coffee and of course

ice cream were served. Everything was yummy.

Our pancake breakfast, hosted by Paula and Bob Pelcher, was held on Feb. 4 at the clubhouse. Her crew was Robert and Kathy Lunn, Hal Russell, Al and Lolly Shave, Bill and Chris Dowd, Nancy Deal, Barbara Fitzgerald, Thersa Bowlsby, Nancy Noble and Tom Balenda. It was a rocky start as we lost power in the middle of the cooking. The generator kicked in and all was well till the end. Good thing, as the generator broke down shortly after finishing. Eighty-eight residents were served and all ended well.



The Valleydale board of directors.



FOR SALE 2009 14X40 Manufactured Home

1 Bedroom, 1 Bath. Living room has hardwood floors, new curtains and blinds. Washer, Dryer, Refrigerator, Stove, Heat-A/C, Water Softener and 12'x20' front porch included. Asking Price: \$20,000 — Will negotiate price. Home must be moved, seller willing to help with moving cost up to 30 miles. Take over payments if qualified.

Call 813-486-6593 or 813-778-4538





Residents stretch their legs up at a group exercise.

A Superbowl party was held at the clubhouse on Feb. 5, hosted by Joe Ensel and Howard Dockett. Everyone brought snacks to pass and their own drinks. Pizza was ordered at half time for all. Needless to say, it was an amazing game to see. Seeing that I am from Boston, you know who I was rooting for.

Our coffee hour on Feb. 7 had 108 residents come for donuts and coffee. The social club president, Ellen Russell, introduced the three new officers:

Dotty Copeland, vice president; Althea Gaumont, secretary, and Nancy Deal, treasurer. These coffee hours are where we get all the information going on in the park to the residents. It is amazing what is going on and coming up for this park.

We have a Valentine Dance, entertainment from Johnny Ellis, and a soup supper, just to name a few things coming up. More information will be available on this next issue.

Till next time.



Candyland Warehouse - Shingray Chevrolet - Mosaic - Alessi Bokery - AMSCOT - Astin Farms - DIRECTY - Verizon Wireless - Florida Blue
 Wyndham Vacation Resorts - Netterfield's Concessions - Local Ford Dealers - Global Frequency Technology - Images Everywhere!
 Good Health Saunas - truwhip - Florida Dairy Farmers - O'Reilly Auto Parts - metroPCS - Vision Auto Glass - TECO - Nothon's Farmous
 ZTE USA - Uncommon USA - General RV Center - Smithfield - 99.5 QYK

Palooza • Continued from Page 1A

of Zephyrhills, Humana, JSA Medical Group, Care Plus and the Eye Clinic of Florida participated in the event.

Free health checks were provided and keynote speakers discussed health-related topics.

A variety of carnival type food was available to whet the appetite of attendees, including Team Love Seafood and Maine-iacs. Maine-iacs offered various types of lobster dishes ranging from lobster macaroni and cheese to rolls to, sliders and bisque.

The old standbys of hot dogs, french fries, corndogs, funnel cakes and deep fried Oreo cookies were also available.

An Elvis impersonator entertained the crowd while performing at the

Wickstrom Bandstand. Some members of the audience occasionally got up and danced alongside the 'King' while having their photographs taken with him.

One of the more colorful booths was Cigar Art by Jean, operated by Jean Mauser of Tampa. Her husband owns a cigar store there and has saved cigar labels for many years. Mauser creates decorative items by fastening the cigar labels to plates and platters and saucers.

Robert Powell of Chest to Bed was on hand to demonstrate how a chest of drawers or entertainment centers could be used as a headboard for a bed.

A free magic show was another highlight of the event that was organized by Simplyeventsfl.com.



Jean Mauser of Tampa shows one of the many colorful items offered at her Cigar Art by Jean booth.



The Eye Clinic of Florida gave visitors a chance to spin a wheel for prizes.



A gentleman accompanies an Elvis impersonator at Snowbird Palooza.





info@morningsiderv.com — www.MorningsideRV.com

(352) 523-1922

Carlisle Events AutoFest

TV's Eddie Munster Announced For The Annual February Event

It's becoming a bit of a tradition for the team at Carlisle Events to not only showcase classic cars as part of its AutoFest events in Lakeland, but to also bring some of TV's most iconic stars to town too.

The trend continues Feb. 23-26 at the SUN 'n FUN campus with the addition of Butch Patrick to the event weekend. Patrick, who played little Eddie Munster on the '60s TV show, "The Munsters," will be on hand all weekend to meet fans, sign autographs and more.

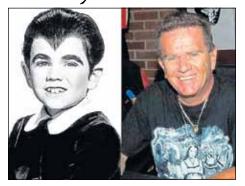
As mentioned above, Patrick is best known as Eddie Munster from the CBS comedy that ran from 1964-1966. He reprised the role for a 1966 feature film and also starred as Mark on the ABC Saturday morning series, "Lidsville," from 1971-1973. It's his Munsters career that endeared him to millions though and it's that role and its corresponding popularity that brings him to Lakeland.

"I was just happy to be part of a TV show that has such a timeless following," said Patrick from his home in Florida. "People today really seem to enjoy nostalgic shows with real family values even if it's a family of lovable monsters."

In addition to Patrick himself, he's bringing with him a handful of ghoulishly



The Munster Koach will be part of the themed display as part of the AutoFest weekend festivities.



Butch Patrick, who played Eddie Munster on TV will be on hand all weekend to meet fans.

Photos Provided

unique cars. "The Munsters" themed display not only includes Patrick, but the Munster Koach and Dragula tribute cars, the original 1964 Barris/Von Dutch chain link Schwinn Stingray Bike ,and other Munsters props, including a Munsters gocart, baseball bat, Wolf Wolf, miniature spot and street signs.

An autograph for any item brought to the event is \$20. In addition, Patrick and his team will have items for sale, including photos, shirts and photo ops with the famed rides that are part of his display. Prices will vary and will be listed at his onsite location. Posed photos are included for free with the purchase of any item from him or with the purchase of an autograph.

Winter AutoFest itself isn't just about this special guest, but also about a swap meet, car corral, two-day collector car auction and car show. One hundred years of automotive history will be on display and the event is unlike anything else in the region, plus it's affordable family fun.

Adult tickets are \$10 per day and kids 12 and under are free. Complete details are available at www.CarlisleEvents.com.

A New Store For Old Things



Downtown's newest antique store offers everything from jewelry, furniture and other knick-knacks, but specializes in collecting Disney memorabilia. *Photo Provided*

by Keri McAlpine

To accompany their new wooden sign on the storefront, the owners of K&M Treasures and Antiques downtown held an open house and official ribbon cutting ceremony with the Greater Zephyrhills Chamber of Commerce on Jan. 28. Storeowner William Murphy, aka "Murph" handed out seven \$20 gift certificates as part of a raffle during the open house.

The more than 100 visitors were able to walk through the many aisles of the store, which offers an array of antiques and memorabilia. Although they contain many different kinds of items, Murph says his specialty and passion is in "Disneyana," or the collecting of Disney pieces. He says he has all kinds of stuff from the 1930s

Disney era

The store officially opened on Dec. 3 just in time for the Festival of Lights. Murph moved the store to downtown Zephyrhills form his previous location on State Road 54.

"We love it. We love the ambiance of downtown. It's old – it's where an antique store should be," Murph said with a chuckle.

Since opening, he has been working on several renovations to the space, and is currently working to open up part of the back of the building so more floor space will be available to display and for customers to walk through.

K&M Treasures and Antiques is located at 8438 Fifth Ave., and can be reached by calling (813) 312-4282 or by visiting Facebook.com/AntiquesbyKandM.



WHITE MARLIN RV PARK

Jammin' To The Beat

Spaghetti Dinner This Saturday

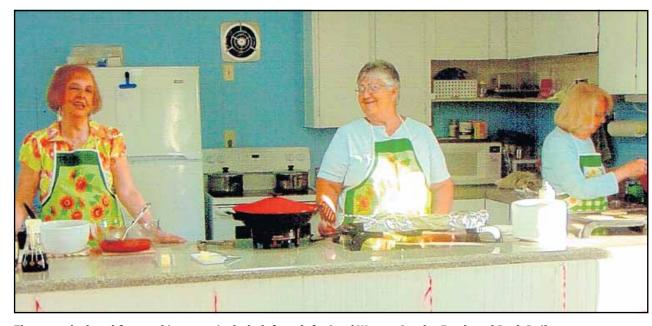
Submitted by **Donna Crockett-Wing**White Marlin RV Park

We had a wonderful turnout for our pancake breakfast on Jan. 28. The most important meal of the day consisted of blueberry and strawberry pancakes made to order with sausage, juices and coffee, all you could eat.

Our music jams are coming along terrifically. More and more people are showing up every week. Everyone has such a wonderful time. Every Tuesday afternoon from 1 to 3 p.m. with a snack break to give the musicians a little break.

On Feb. 18 our park will be hosting a spaghetti supper with salads, garlic bread and desserts. Supper will be served at 5 p.m. Live music and dancing starts at 7 p.m.

That's it for now. Stay tuned.



The pancake breakfast cooking crew included, from left, Carol Waara, Sandra Forth and Barb Bailey.



Residents enjoying their syrup filled breakfasts, while others take a break in between bites.



Big smiles and full stomachs at the Jan. 28 pancake breakfast.





WHITE MARLIN RV PARK



Participation in the weekly music jams has been phenomenal.



Residents bring all kinds of instruments to jam with.



A table of snacks is always set up at the music jams for anyone who needs a small break.





Sar Problems?

SERVICE DEPARTMENT

Hours: Monday-Friday 9 a.m.-6 p.m.

Includes up to 5 Quarts 5W20 or 5W30 Oil & Filter

up to \$100

Oil Change Coolant Flush

Tire Rotati

Includes brake inspection, cleaning, lubrication & adjustment of all 4 brakes *Not valid with any other offer. See dealer for details. Expires 3/3/17
*Not valid with any other offer. See dealer for details. Expires 3/3/17

FREE Vehicle Inspection & Diagnostic!



Customer supplies the oil & filter and we will change it for free! Call for details. Expires 3/3/17

Shop Time \$50 per hour "We bill actual time spent, NOT industry standards"

813-780-1132



www.thomasandsoninc.com **4542 Gall Blvd.** • **Zephyrhills**, FL **33542**



OWEST PRICES



Your Air Conditioning Headquarters for ALL your comfort system needs

SERVICE • PARTS • SUPPLIES

Give Us A Call For ALL Your Air-Conditioning Needs!

WHEN CONSIDERING REPLACING YOUR HOME AIR CONDITIONING SYSTEM, ASK YOURSELF THESE QUESTIONS WHEN SELECTING A COMPANY!



COMPRESSOR LIMITED WARRAN

Air Conditioning & Heating home, online registra within 60 days of inst not required in Califor

- DO THEY GIVE FREE ESTIMATES?
- HAVE THEY BEEN IN BUSINESS FOR OVER 50 YEARS?
- 3. ARE THEY AUTHORIZED FOR SALES AND SERVICE FOR ALL THESE BRANDS OR JUST ONE OR TWO?
- 4. DO THEY GUARANTEE THEIR PRICE? (no hidden add-on charges)
- 5. WILL THEY BEAT ANYONE ELSE'S PRICE?
- 6. CAN THEY GUARANTEE INSTALLATION WITHIN 48 HOURS? (normally 24 hours)
- 7. CAN THEY OFFER YOU 10 YEARS FREE LABOR AND PARTS?
- 8. CAN THEY OFFER AND EXPLAIN CORRECTLY ALL TAX INCENTIVES AND UTILITY REBATES?
- 9. DO THEY HAVE A CLASS "A" AIR-CONDITIONING LICENSE? (the highest given by the state)
- 10. DO THEY USE ONLY THEIR EMPLOYEES? (no subcontractors)

At Sonny's, we can answer **YES** to all these questions.

See us for all your Air-Conditioning parts & supply needs



oodman

Cut your Cooling & Heating (

Call about our RECONDITIONED Used AIR CONDITIONERS starting at

Call us for a **FREE** Estimate to change your old Air Conditioning system to a...



oodman

Air Conditioning & Heating

H EFFICIENT Comfort System.

SERVICE AFTER HOURS - CALL EMERGENCY



LOOK AT THESE PRICES

2 TON. \$1,650 2.5 TON \$1.750 3 TON \$1,900 4 TON \$2,250 5 TON \$2,500

NEVER BE HOT AGAIN

(NO DEALERS PLEASE) **CASH OR CHECK - NO CREDIT CARDS**

PICKUP ONLY • DELIVERY AVAILABLE • INSTALLATION AVAILABLE

www.sonnysappliances.net



10651 Highway 301 South Dade City, FL 33525

email: sonappl@tampabay.rr.com

HOURS: Monday-Friday 9AM-6PM; Saturday 9AM-5PM Closed Sundays to be with Family









