



# ZEPHYRHILLS SPORTS

October 29, 2020

## Bulldogs defeat Royal Knights to extend winning streak



Zephyrhills running back Tre Gallimore is tackled by a group of River Ridge defenders after a short gain in last Friday's football game.

STEVE LEE

*Zephyrhills makes if four straight and improves to 4-2 with a 35-24 win over district rival River Ridge*

By STEVE LEE  
Sports Reporter

Zephyrhills made the playoffs for five consecutive seasons before last year's loss to district rival River Ridge dashed its hopes to extend that run. A 52-19 defeat stung the Bulldogs and their coach, Nick Carroll, who sought revenge in this year's rematch.

Mission accomplished as the home team defeated the Royal Knights 35-24 last Friday night at Bulldog Stadium to improve to 4-2. The Bulldogs, who began this season with two straight losses, have now won four in a row.

Zephyrhills, which finished 5-5 last season, has two games remaining. The Bulldogs host Hawthorne this Friday night and travel

to Dade City for the 9-Mile War game against arch-rival Pasco on Nov. 6 at W.F. Edwards Stadium.

For now, however, there is a little time to relish the win over the Royal Knights, who last year went on to claim the Class 5A, District 11 title.

"We're back on the mountain top," Carroll said, equating last Friday's victory to claiming the district title even though schedules and alignments have been thrown in disarray due to the coronavirus pandemic.

"I told the kids we're getting (district champion) shirts, just like UCF," added Carroll, in reference to the National Collegiate Athletic Association recognizing unbeaten University of Central Florida as champions alongside Alabama in 2017.

Zephyrhills started strong in last Friday's game, getting touchdowns on its first possession and the first time River Ridge had the ball as well. The Bulldogs took a 28-3 halftime lead and held off a valiant comeback bid by the Knights, who had a 21-7 scoring advantage in the second half.

"They're clearly a good football team," Carroll said. "When

► ZHS FOOTBALL: See Pages 4B & 5B



Joe Rinaldo coaches the Zephyrhills girls team.

ANDY WARRENER

## Bulldog weightlifting rebuilding, but with many pieces

*2020 was a huge year for Zephyrhills weightlifting, one of the best ever*

By ANDY WARRENER  
Sports Reporter

There's just no way to live up to the lofty accomplishments the ZHS girls weightlifting team hit last season. In 2020, the Bulldogs placed third as a team at the state finals and lifter Lakisia Thomas won an individual state championship. The Bulldogs won back-to-back district and regional titles in 2020 as well. That's probably not going to happen in 2021. Yet, if there were ever going to be a rebuilding year, head coach Joe Rinaldo has some tools to work with.

One. Returners. Senior Madison Aguilera was in that elite core of lifters from the 2019-20 season. A single missed lift at regionals made her miss the state meet after being a near-lock to make it. Things happen and Aguilera no doubt, has plenty of motivation to break out in the 2020-21 season. She won't just be one of the top lifters, she'll be a team leader, a captain.

"Madison has been in the shadows the last three years, now it's her turn," Rinaldo said.

Aguilera came up through the program with the names of state placers and school record holders on the wall of the weight room; one of those records is hers. She also developed as one if, if not the team's best pound-for-pound clean-and-jerk lifter. Look for Aguilera to make big moves this season.

Another couple of returning veterans are Diamond Cowart and Lauren Vo, both seniors. Cowart came over from Citrus High School last year and showed some prowess in the unlimited division. She ended up not just qualifying but placing 14th at states in 2020.

► WEIGHTLIFTING: See Page 10B

## Middle school football rivals join forces

*Centennial welcomes five Pasco players after that school lacked enough to field a team*

By STEVE LEE  
Sports Reporter

Longtime rivals at the middle school football level, Centennial and Pasco made history this season by doing something that has never been done. They have a combined team playing as the Cyclones.

Five Pasco players joined Centennial when not enough Pirates showed up to form a team this season. Participation has been down in various sports at the high school and middle school levels this fall, in part due to some students studying at home because of the ongoing coronavirus pandemic.

Officials at both Dade City-based schools agreed that if five players from Pasco sought to suit up this season that they would work to find a solution. Problem solved as the former Pirates now wear a Cyclones uniform.

"It's looking out for their best interests," said Stephanie Bossiello, Centennial's athletic director and a former athletic trainer at Zephyrhills High.

The five players from Pasco who joined Centennial for this season only are: Jackson Borders, Aubrey Howard, Justino Camarillo, Jackson Dietsch and Tyler Fields.

Last Tuesday, Centennial played its first game against Weightman at the Wesley Chapel High Stadium. Despite a 34-0 loss, players, coaches and administrators alike were thrilled that the Pasco players were able to be a part of it all.

"The schools are not that far apart and the coaches came together," said Pasco Middle principal Danielle Johnson, a former soccer standout at Zephyrhills High. "We wanted them on a team and nobody had a problem."



► MS FOOTBALL: See Page 8B

Weightman and Centennial, which fields five players from Pasco, square off in a middle school football game.

STEVE LEE





# Breast Cancer awareness MONTH

## How to manage pain medications during breast cancer treatment

Breast cancer researchers have worked tirelessly over the last several decades as they work to eradicate the disease once and for all. While breast cancer still affects millions of women across the globe each year, advancements in treating the disease have dramatically improved five-year survival rates, providing patients and their families with hope as well as a realistic expectation of a long, healthy life after cancer.

According to Breastcancer.org, women diagnosed with breast cancer in 2020 and beyond have an array of treatment options to fight their disease. That marks a stark contrast from recent history, when treatment options were considerably more limited. Though treatment options have expanded and improved survival rates, women diagnosed with breast cancer can still

expect to confront some side effects as they navigate their way through treatment.

Pain is one of the more common symptoms breast cancer patients experience, both before diagnosis and during treatment. In fact, breast cancer treatment plans typically include strategies to address pain. Breastcancer.org notes that most breast cancer patients can get complete relief for their pain. However, it may take some time before the right formula is found and patients can return to enjoying daily activities.

The American Cancer Society notes that medication is typically part of cancer patients' pain treatment plans. Breast cancer patients unaccustomed to taking medication each day can consider these tips to effectively manage their medications as they progress through their treatments.

- Take your medication on a regular schedule. The ACS advises cancer patients who have been diagnosed with chronic pain to take their medications around the clock on a schedule, rather than taking it only when pain is severe. Schedules can be adjusted, but patients should not do so on their own. Pain medication schedules should only be adjusted after speaking with a physician.

- Familiarize yourself with pain medication side effects. Pain medications may produce side effects such as sleepiness and dizziness. The ACS notes that these symptoms typically improve after a few days, but cancer patients must recognize the threat they pose. Patients may need help getting up or walking, and the ACS discourages patients from driving while on pain medication until they are sure of the effects of the medicine.

- Do not crush or break pills. Many medicines are time-release medications in pill form. Taking broken or crushed pills can be very dangerous. Only patients who get the go-ahead from their physicians to take crushed or broken pills should do so.

- Monitor your side effects. No two people are the same, so some cancer patients may react differently to pain medications

than others. Keep track of any abnormalities and side effects you experience while taking pain medicine. Discuss them with your cancer care team during each doctor visit, and report severe or uncomfortable symptoms to your physician immediately.

Pain medication can help breast cancer patients overcome a common side effect of both their disease and their treatments. Learning to manage pain medications is vital for patients as they recover from their disease.



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## How to prepare for a unique Election Day

Like many days that came before it in 2020, Election Day figures to be unique this year. The global COVID-19 pandemic has changed many aspects of life as people know it, and it figures to change how they vote this fall as well.

The right to vote and participate in a representative government should never be taken for granted. Many people across the globe have no such right, so citizens of the United States should be grateful they can vote and express that gratitude by doing their part and voting each year on Election Day.

State and local governments may be approaching Election Day differently as they try to juggle their responsibilities to make voting accessible to all while simultaneously keeping voters safe during the pandemic. Voters can do their part by taking the following steps prior to Election Day, which is Nov. 3, 2020.

- Confirm you are registered to vote. Voter registration deadlines differ by state. According to Vote.org, some states, including Colorado and Connecticut, allow eligible voters to register on Election Day and cast their ballots that very same day. But many states, such as Alaska, Hawaii and Louisiana, require voters to be registered 30 days prior to Election Day. A list of state-by-state voter registration requirements can be found at [www.vote.org/voter-registration-deadlines/](http://www.vote.org/voter-registration-deadlines/).
- Learn the mail-in ballot policy in your state. Many voters may not vote via mail-in ballots on a typical Election Day, but 2020 is not a typical year. The NAACP Legal Defense and Educational Fund, Inc. notes that all states offer some form of mail-in ballots. Many states are asking voters to vote via mail-in ballots in 2020 in an effort to reduce voters' risk of getting



and spreading the COVID-19 virus. Confirm the mail-in ballot policy and procedure in your state as early as possible to make sure your vote is counted.

- Return your completed mail-in ballot as soon as possible. Many states are urging voters who plan to vote using mail-in ballots to return their ballots as early as possible. In a mailer sent to all registered voters, the Superintendent of Elections and the Board of Elections in New Jersey noted it is critical that voters return their mail-in ballots early in the upcoming election season. Mail-in ballots can be returned via the United States Postal Service (all ballots include postage paid return envelopes), and voters also may be able to return their ballots in person at their designated polling locations or by placing the ballots in secure ballot drop boxes. Confirm your mail-in ballot return options with your local County Clerk of Elections well before Election Day.

Election Day 2020 will be unique. Voters should not hesitate to take all necessary steps in advance of Nov. 3 to ensure their votes are counted this fall.

## PCPT offers free rides to polls on Election Day

*Free bus rides with Voter Information Card on Nov. 3*

Ride for free as you make your vote count on Election Day. Pasco County Public Transportation (PCPT) is offering free bus rides to the polls on Nov. 3, from 7 a.m. to 7 p.m.

This valuable service to Pasco County voters is made possible by a partnership between PCPT and Pasco County Supervisor of Elections Brian E. Corley. Simply present a valid Voter Information Card to take advantage of this free service.

"I'm proud to be part of a cooperative effort that helps the citizens of Pasco County exercise their right to vote," said Corley. "Our

goal is to ensure access for all voters and free transportation helps make that possible."

PCPT's updated bus fleet features air conditioning and complimentary Wi-Fi. All buses undergo frequent cleaning and sanitizing in accordance with Florida Department of Health and CDC best practices.

For more information on poll locations, contact the Supervisor of Elections office at (800) 851-8754 or visit: [bit.ly/PrecinctsPasco](https://bit.ly/PrecinctsPasco).

To learn more about Pasco County Public Transportation, including bus routes, transportation news and schedules, visit the PCPT website at: [www.ridepcpt.com](http://www.ridepcpt.com).

## Early voting ends Saturday

Brian E. Corley, Supervisor of Elections, announces Oct. 31, 2020 closing of the early voting period for the Nov. 3, General Election. Until then, early voting is available at 14 locations throughout Pasco County from 7 a.m. to 7 p.m. daily. Early voting locations, hours and wait times are available at [www.PascoVotes.gov](http://www.PascoVotes.gov). Voters must present a photo and signature ID when early voting or vote a provisional ballot.

Early voters should expect longer lines and wait times as a result of higher voter turnout, and as a result of CDC-recommended measures for the health and safety of voters and poll workers such as social distancing, limiting the number of voters inside the early voting site, and continuous cleaning of equipment and surfaces. The use of masks is strongly encouraged

in keeping with the county mask requirement directive, and as a courtesy to the early voting poll workers.

All early voting locations have attended vote-by-mail ballot drop-off boxes. Vote-by-mail ballots must be in the Elections' office by 7 p.m. Nov. 3, including ballots returned via USPS. Per Florida law, vote-by-mail ballots cannot be accepted at the polling locations on Election Day. The only drop-off locations on Election Day are the three Supervisor of Elections' Offices. Voters can check the status of their ballot at <https://www.pascovotes.com/Voters/Am-I-Registered>.

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# Friday Night

PHOTOS BY STEVE LEE

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Above: Jaylin Thomas is pulled down by a River Ridge defender.



Left: The Bulldog offense takes on the River Ridge defense at the line of scrimmage.



Above: A host of Zephyrhills defenders swarm to take down River Ridge running back Aaron Wyman.



Below: Defensive lineman Maguire Neal takes a break while the Zephyrhills offense is on the field.

Above: The Zephyrhills cheerleaders set up three stacks as they root for the Bulldogs.

**ZHS FOOTBALL:** From Page 1B

you play River Ridge you've got to play four quarters and they showed that tonight."

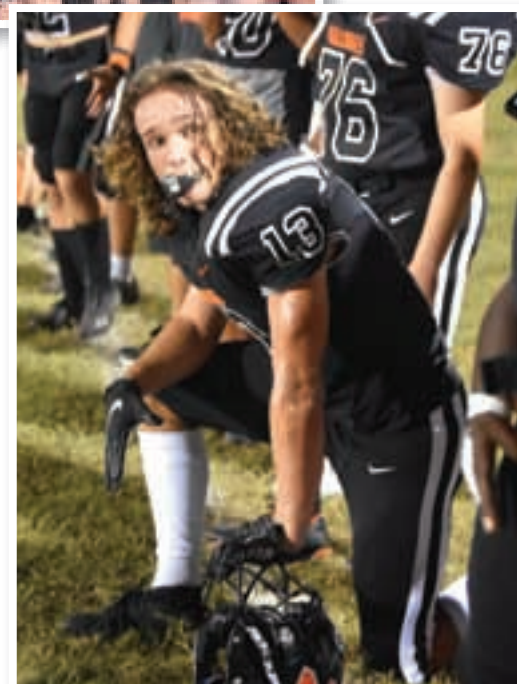
Zephyrhills took a 7-0 lead with Zyre Roundtree's 8-yard touchdown run capping a seven-play, 57-yard drive. Five plays later, on River Ridge's initial possession, Theotis Smith returned an interception of quarterback Trenton Hawks and returned it 42 yards into the end zone.

Following Matthew Harkness' 25-yard field goal for River Ridge, the Bulldogs got two more touchdowns to increase their lead to 25 points at halftime. Tre Gallimore scored the first of his two touchdowns on a 55-yard run down the right sideline and Jaylin Thomas scored from 4 yards out.

In the second half, Hawks spearheaded River Ridge's late rally, passing for two touchdowns and running the football into the end zone for another. Hawks threw scoring passes of 10 and 15 yards to Aaron Wyman and got the last touchdown of the game on a 2-yard run, which was set up by a partial punt block deep in Zephyrhills' territory.

The Bulldogs' lone touchdown in the second half came on a 57-yard pass play down the right sideline from quarterback Jaxson Rivera to Gallimore. Rivera, starting just his second game of the season, passed for 155 yards with the touchdown.

"It's been a learning process," said the junior, who began this season as a wide receiver before switching with T.J. Jackson, last year's starting quarterback. "I'm the most comfortable



I've ever been at quarterback."

Hawks totaled just 60 passing yards and aside from his two touchdown tosses he was intercepted three times. The last time came in the waning minutes on a deep ball on fourth down. Roundtree intercepted that attempt at midfield and the Bulldogs ran out the clock.

For the game, the offenses were relatively equal. The Bulldogs totaled 278 yards compared to 229 for the Knights. The difference, in part, came on turnovers with Zephyrhills winning that battle 3-0. Aside from Roundtree's interception near the end of the game and Smith's pick-six, the Bulldogs got an interception from Gallimore.

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# Sights



Above: The Zephyrhills band plays the alma mater at the end of the game.

Left: Players and cheerleaders sway to the alma mater following last week's win over River Ridge.

Right: Getting ready to rush the River Ridge passer are Zephyrhills defenders Dajuan McCullough, Reggie Morgan, Maguire Neal and Clayton Cornelius.



Left: Zephyrhills' T.J. Jackson gets the punt off before the River Ridge rushers can get to him. Jackson, who punts and returns kicks, also lines up at wide receiver. The former quarterback, a junior who started at that position last season, ranks among the most versatile athletes for the Bulldogs.

Below: Coach Nick Carroll goes over some strategy as he brings his offensive players to the sidelines during a timeout.



Above: T.J. Jackson runs up the sidelines after catching a swing pass in the flat from quarterback Jaxson Rivera.

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CRIME REPORTS

**Domestic battery**

A 57-year-old Zephyrhills man was arrested Oct. 7 at his home after he allegedly shoved his daughter during an argument over the electricity bill.

Arrested was Achilles Tampus Floren of 38802 Feathering Way.

Floren was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Parole violation**

A 54-year-old Tampa man was arrested Oct. 7 at 38116 5th Ave. after a check allegedly revealed a warrant out of Tallahassee.

Arrested was Lawrence Posey; no address listed.

Posey was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Violation of pretrial release conditions**

A 31-year-old Zephyrhills man was arrested Oct. 8 at his home after he allegedly violated his pretrial release, after being arrested for domestic violence, by taking his children to school. A search allegedly revealed 3.2 grams of marijuana.

Arrested was Larry Warren Lawton of 37667 Aaralyn Rd.

Lawton was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Retail theft**

A 41-year-old Zephyrhills woman was arrested Oct. 9 at Walmart, 7631 Gall Blvd. after she allegedly failed to scan an item valued at \$9.51. A search allegedly revealed a baggie in her purse, which tested positive for methamphetamine.

Arrested was Molisa Ellen Bailey of 6549 Mulberry St.

Bailey was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Active warrant**

A 47-year-old Thonotosassa man was arrested Oct. 9 at 39338 6th Ave. after he was allegedly involved in a domestic quarrel. A check allegedly revealed a warrant out of Pasco County for aggravated battery with a deadly weapon and failure to appear on a felony bail charge.

Arrested was Jerrod Lee Canty of 9712 Ellison Rd.

Canty was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Active warrant**

A 46-year-old Dade City man was arrested Oct. 9 at 7-Eleven, 7600 Gall Blvd. after a check allegedly revealed a warrant out of Pasco County for false owner information to a pawn shop charge.

Arrested was Jeffery A. Sheperd of 37337 Orange Row Lane.

Sheperd was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Retail theft**

A 40-year-old Zephyrhills man was arrested Oct. 9 at Walmart, 7631 Gall Blvd. after he allegedly failed to scan four items valued at \$62.22. He allegedly had a stolen firearm in his waist band.

Arrested was Billy Buck Whitt of 1246 Crystal Springs Rd.

Whitt was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Possession of fentanyl**

A 35-year-old Zephyrhills man was arrested Oct. 9 at 5335 8th St. after a traffic stop, for a stop sign violation, allegedly revealed .26 grams of fentanyl and a stolen craftsman drill.

Arrested was Ronald Gene Stafford of 39563 Meadowood Loop.

Stafford was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Possession of a controlled substance**

A 24-year-old Zephyrhills man was arrested Oct. 10 at AdventHealth Zephyrhills, 7050 Gall Blvd. after he allegedly struck a mailbox and stopped his vehicle near the intersection of 5th Avenue and Park Drive. He allegedly was sweating excessively, he had glassy and bloodshot eyes and he had a lacerated bottom lip. A search allegedly revealed a small baggy of cocaine.

Arrested was Donald Edwin Geiger of 5101 Geiger Cemetery Rd.

Geiger was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Driving under the influence**

A 21-year-old Zephyrhills man was arrested Oct. 10 at 6th Street and 5th Avenue after a traffic accident allegedly revealed he had watery eyes and slurred speech and he refused to comply with field sobriety exercises.

Arrested was Robert Allen Vandemheen of 38310 4th Ave.

Vandemheen was processed by the Zephyrhills Police Department.

**Retail theft**

A 24-year-old Zephyrhills man was arrested Oct. 12 at 6118 8th St. after he allegedly took two barricades from someone's property.

Arrested was Mathew Scott Dupre of 37739 14th Ave.

Dupre was processed by the Zephyrhills Police Department and given a notice to appear.

**Active warrant**

A 71-year-old Zephyrhills man was arrested Oct. 12 at AdventHealth Zephyrhills, 7050 Gall Blvd. after a check allegedly revealed a warrant out of Pasco County for failure to appear on a leaving the scene without providing information charge.

Arrested was Roger Lee Eversole of 39634 Rockford Ave.

Eversole was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Possession of methamphetamine**

A 26-year-old Zephyrhills man was arrested Oct. 12 at 13th Street and 9th Avenue after a traffic stop, for a seatbelt violation, allegedly revealed 1.4 grams of methamphetamine and 3.45 grams of marijuana.

Arrested was Michael Joseph Gallar of 5927 13th St.

Gallar was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

**Domestic battery**

A 25-year-old Zephyrhills woman was arrested Oct. 12 at her home after she allegedly punched her boyfriend in the face.

Arrested was Cheyenne Heather Pitcher of 5832 Excell St.

Pitcher was processed by the Zephyrhills Police Department.

**Domestic battery**

A 26-year-old Zephyrhills man was arrested Oct. 12 at his home after he allegedly bumped into his girlfriend causing her to fall to the ground.

Arrested was Braxton Roger J. Voland of 5832 Excell St.

Voland was processed by the Zephyrhills Police Department.

**Domestic battery**

A 57-year-old Zephyrhills man was arrested Oct. 12 at his home after he allegedly grabbed his ex-girlfriend by the arm to keep her inside.

Arrested was Bruce Alan Vernik of 38040 Lawanda Loop.

Vernik was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

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No Styrofoam



No Tangles



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(Some restrictions apply)



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- Paper and Cardboard



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Above: Serious Stinyard breaks free down the left sideline for a long gain in last week's game against Centennial. The Wildcats won their second straight game against the winless Cyclones.



Above: The Cyclones break through a banner before last week's middle school football game against host Weightman.

Left: Centennial quarterback Gavin Harrelson gets caught on a scramble by the Weightman defenders.

Below: The Weightman Middle Marching Band walks along the track.



Below: The Centennial cheerleaders pose for a group shot.

STEVE LEE



Above: Serious Stinyard, the game's leading rusher, returns a punt for a touchdown. The eighth-grader also scored on three touchdown runs for the Wildcats.

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**MS FOOTBALL:** From Page 1B

Johnson noted that coaches and administrators showed that they were more concerned with getting kids on the field who wanted to play football rather than wins and losses.

"In the end, we're all winning," she said. "No matter what the score is it's a win-win because the kids get to play."

Weightman coach Rico King was okay with taking on a combined team as well.

"I used to coach at Pasco Middle and I'd hate to see those kids not be able to play," he said.

Meanwhile, on the field, resurgent Weightman has taken King's message to heart. It is a slogan that has remained on the chalkboard in the locker room since this season's inception.

"The year of redemption," King said, uttering the words the Wildcats have come to live by.

Weightman, coming off a dismal 0-7 season, did not show much promise in losing its first two games this year. After shutout losses to defending conference champion John Long and Stewart, which won seven straight titles before the Longhorns' current three-year reign,

the Wildcats began their turnaround.

Weightman improved to 2-2 with a 16-8 win against Cypress Creek, followed by last week's 34-0 shutout of Centennial.

"We revamped the offense and defense," King said. "That has worked out very well. They're dialed in."

Perhaps no one is dialed in more than standout running back Serious Stinyard, the son of former Pasco High star Cleo Stinyard. The eighth-grader paced the Weightman offense with four of his team's five touchdowns, scoring on runs of 10, 32 and 50 yards. He also returned a punt 53 yards for a touchdown.

"He's just something different," King said. "He's got wheels on him."

Weightman set the tone early and got a touchdown from someone other than Stinyard on the game's opening drive. Stinyard gained 20 yards on the first play from scrimmage. On the next play, Malachi Miller broke into the clear off left tackle for a 25-yard scoring run.

The Wildcats also excelled on defense, not only keeping Centennial out of the end zone, but not allowing the Cyclones to get into the red zone. Aiden Sutherland recovered two fumbles for Weightman.



Above: The Weightman cheerleaders entertain the crowd on the home side during last week's game against Centennial at Wildcat Stadium.

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| DAYTIME |             |              |            |             |              |
|---------|-------------|--------------|------------|-------------|--------------|
|         | 3           | 34           | 4          | 8           | 9            |
|         | 3PBS        | 605PBS       | 44CW       | 8NBC        | 10CBS        |
| 6 AM    | Xavier      | Lana Yoga    | Celebrity  | NewsChan-   | 10 Tampa     |
| :30     | Peg & Cat   | Yoga         | Paid Prog. | nel 8 Today | Bay          |
| 7 AM    | Cyberchas   | Body Elec.   | Jerry      | Today       | CBS This     |
| :30     | SciGirls    | C. Stretch   | Springer   |             | Morning      |
| 8 AM    | Wild Kratts | Sewing       | Protection |             |              |
| :30     | Denali      | Quilting     | Paternity  |             |              |
| 9 AM    | Xavier      | Quilt in Day | Court      | Today 3rd   | Great        |
| :30     | Luna!       | Sit / Be Fit | Court      | Hour        | Day Live!    |
| 10 AM   | Neighborh   | Art Studio   | Paternity  | Daytime     | Let's Make   |
| :30     | Neighborh   | Joanne       | Paternity  |             | a Deal       |
| 11 AM   | Sesame St   | Jamie's      | Court      | News        | The Price is |
| :30     | Peterrific  | Fine Cookin  | Court      | Channel 8   | Right        |
| 12 PM   | Amanpour    | Amanpour     | Justice    | Today-Hoda  | News         |
| :30     |             |              | Justice    |             | Young &      |
| 1 PM    | NOVA        | Travel       | Jerry      | Day of our  | Restless     |
| :30     |             | Old House    | Springer   | Lives       | Bold         |
| 2 PM    | Nature      | Belton       | Injury Ct. | Rachael Ray | The Talk     |
| :30     |             | 100 Days     | Injury Ct. |             |              |
| 3 PM    | NatureCat   | Midsomer     | Court      | Ellen DeGe- | Daily Blast  |
| :30     | Wild Kratts | Midsomer     | Court      | ners Show   | Daily Blast  |
| 4 PM    | Danali      | Midsomer     | TBA        | News        | Dr. Phil     |
| :30     | Xavier      | Arts         | Hot Bench  | Channel 8   |              |
| 5 PM    | Odd Squad   | News         | King       | News        | News         |
| :30     | R. Steves'  | Newsline     | Friends    | News        | News         |

| DAYTIME |             |             |              |            |  |
|---------|-------------|-------------|--------------|------------|--|
|         | 10          | 11          | 12           | 13         |  |
|         | 38MNT       | 28ABC       | 32IND        | 13FOX      |  |
| 6 AM    | NewsChan-   | ABC Action  | Live PD      | Good Day   |  |
| :30     | nel 8 Today | News        | Live PD      | Good Day   |  |
| 7 AM    | NewsChan-   | Good Morn-  | Providence   | Good Day   |  |
| :30     | nel 8 Today | ing America | Providence   |            |  |
| 8 AM    |             |             | Divorce      | Good Day   |  |
| :30     |             |             | Divorce      |            |  |
| 9 AM    | The 700     | ABC Action  | Kelly        | Good Day   |  |
| :30     | Club        | News        | Clarkson     | Tampa Bay  |  |
| 10 AM   | America     | Tampa Bays  | Tamron Hall  | Kelly and  |  |
| :30     | Funny You   |             |              | Ryan       |  |
| 11 AM   | The Doctors | The View    | Jerry        | Wendy Wil- |  |
| :30     |             |             | Jerry        | liams Show |  |
| 12 PM   | Bloom       | News        | Cheaters     | FOX13 News |  |
| :30     |             | This Minute | Cheaters     | at Noon    |  |
| 1 PM    | The Mel Ro- | Pandemic-   | Steve Wilkos | The Real   |  |
| :30     | bbins Show  | You         | Show         |            |  |
| 2 PM    | Judge       | General     | Steve Wilkos | TMZ Live   |  |
| :30     | Mathis      | Hospital    | Show         |            |  |
| 3 PM    | The Peoples | News        | Tamron Hall  | Jdg Judy   |  |
| :30     | Court       |             |              | Jdg Judy   |  |
| 4 PM    | Maury       | News        | Local Prog.  | FOX13      |  |
| :30     |             |             |              | News       |  |
| 5 PM    | Maury       | News        | Mod Fam.     | News       |  |
| :30     |             |             |              | News       |  |

**TRIVIA**  
By Fifi Rodriguez

**TELEVISION:**  
What was the post-man's name on the sitcom "Cheers"?

**ADVERTISING:**  
Which company's mascot was named Poppin' Fresh?

**GAMES:**  
How much is the Luxury Tax in the board game Monopoly?

**LAST WEEKS ANSWERS:**  
Duff

**MOVIES:**  
Tim Allen

**LITERATURE:**  
Athos, Porthos and Aramis

# SOAP UPDATE



**Darin Brooks stars as "Wyatt" on "The Bold and The Beautiful."**

**THE BOLD AND THE BEAUTIFUL**  
Zende missed an opportunity with Zoe after a major technology fail. Wyatt blasted Quinn for her crazy, hair-brained scheme against Brooke and Ridge. Comedy ensued as Wyatt attempted to stop Flo from inviting Quinn to stay with them. Ridge and Brooke received some news that was cause for celebration. Steffy and Ridge shared a heart-felt father-daughter moment. Thomas got intense while issuing a warning to Finn about Liam. Steffy sensed that Hope may have a personal agenda when it came to Finn. Wait to see: Finn gets a more intimate view into Thomas and Steffy's family dynamic. Hope must balance her complicated relationship with Thomas. Ridge doesn't hold back when Quinn asks him and Eric for forgiveness.

**DAYS OF OUR LIVES**  
Orpheus revealed his plan for Marlena. Clyde tricked Allie into letting him into her apartment. Rolf accosted Kayla at gunpoint. Orpheus and John faced off. Ben made a confession to Eli. A desperate Marlena tried to get Evan released from Bayview. Lucas told Kate about Allie's assault. Steve and Roman searched for Kayla. Meanwhile, Kayla was shocked by Rolf's latest scientific endeavor. Kate ran into Clyde and realized he kidnapped Henry. Marlena delivered Evan to Orpheus. Kayla was horrified by Rolf's demands. Chad grew suspicious of Gwen. Kate reunited Allie with Henry. Jennifer and Jack found a stunning letter from Hope. Doung and Julie mourned Ciara. Wait to see: Claire seeks out Ben on the day of Ciara's memorial. Back from court, Kristen reveals her fate to Lani. Ben takes desperate action.

**GENERAL HOSPITAL**  
Julian interceded. Maxie became defensive. Lulu looked to Kevin for advice. Anna enlisted Finn's help. Spinelli was determined to expose Peter. Dante was apologetic. Anna asked Kevin for help. Chase questioned Sasha's erratic behavior. Nina rejected Valentin. Carly confided in Jax. Nikolas tempted Ava. Sasha made a new friend. Chase apologized to Brook Lynn. Franco made a curious move. Epiphany opened up to Liz about her breakup with Milo. Maxie celebrated her birthday. Spinelli looked to Sonny for advice. Julian entertained an offer. Portia tended to Franco's needs. Trina was eager to repair Tagger's reputation. Franco received troubling information. Anna learned the truth. Wait to see: Peter receives a disconcerting call. Spinelli pretends to support Maxie. Valentin proposes an extreme solution.

**THE YOUNG AND THE RESTLESS**  
Lily set some ground rules with Billy. Kevin enjoyed Adam's downfall. Victoria received an alarming call. Nick's plan to help Phyllis backfired. Elena struggled with her new reality. Summer made a tough decision. Paul delivered some surprising news. Amanda opened up to Devon about her past. Jack questioned Kyle's decision-making. Adam severed ties with Victor. Chloe pushed Chelsea to make a fresh start. Kyle lashed out at Theo. Wait to see: Billy and Lily share a charged moment. Elena asks Devon for a second chance. Nate receives a painful reminder of his actions.

| THURSDAY |           |             |            |            |            |             |            |              |           |  |  |  |
|----------|-----------|-------------|------------|------------|------------|-------------|------------|--------------|-----------|--|--|--|
|          | 3         | 34          | 4          | 8          | 9          | 10          | 11         | 12           | 13        |  |  |  |
|          | 3PBS      | 605PBS      | 44CW       | 8NBC       | 10CBS      | 38MNT       | 28ABC      | 32IND        | 13FOX     |  |  |  |
| 6 PM     | BBC News  | Travelscope | Mike       | News       | News       | Extra       | News       | Goldbergs    | FOX13     |  |  |  |
| :30      | BBC News  | R. Steves   | Mike       | NBC News   | CBS News   | ET Entertai | WorldNews  | Goldbergs    | News      |  |  |  |
| 7 PM     | NewsHour  | Father      | Two Men    | News       | Wheel      | FamilyFeud  | Inside     | Big Bang     | Hollywood |  |  |  |
| :30      |           | Brown       | Two Men    | Extra      | Jeopardy!  | FamilyFeud  | The List   | Big Bang     | TMZ       |  |  |  |
| 8 PM     | Not Done  | Doc Martin  | Swamp      | The Voice  | Price Is   | News        | Dancing W/ | Mom          | L.A.'s    |  |  |  |
| :30      |           |             | Thing      |            | Right      | Channel 8   | the Stars  | Mom          | Finest    |  |  |  |
| 9 PM     | Frontline | Midsomer    | Tell Me a  | This Is Us | Lets Make  | Chicago     |            | Last Man     | Filthy    |  |  |  |
| :30      |           | Murders     | Story      |            | a Deal     | P.D.        |            | Last Man     | Rich      |  |  |  |
| 10 PM    |           | Midsomer    | News       | This Is Us | FBI        | Chicago     |            | SchittsCreek | FOX13     |  |  |  |
| :30      |           | Murders     | News       |            | Dedassifie | P.D.        |            | SchittsCreek | News      |  |  |  |
| 11 PM    |           |             | Broke Girl | TBA        | News       | Seinfeld    |            | Big Bang     | FOX 13    |  |  |  |
| :30      |           |             | Broke Girl |            | Colbert    | Seinfeld    |            | Big Bang     | News      |  |  |  |

| FRIDAY |              |            |             |             |            |             |            |              |             |  |  |  |
|--------|--------------|------------|-------------|-------------|------------|-------------|------------|--------------|-------------|--|--|--|
|        | 3            | 34         | 4           | 8           | 9          | 10          | 11         | 12           | 13          |  |  |  |
|        | 3PBS         | 605PBS     | 44CW        | 8NBC        | 10CBS      | 38MNT       | 28ABC      | 32IND        | 13FOX       |  |  |  |
| 6 PM   | BBC News     | Travel     | Mike        | News        | News       | Extra       | News       | Goldbergs    | FOX13       |  |  |  |
| :30    | BBC News     | R. Steves' | Mike        | NBC News    | News       | ET Entertai | ABC News   | Goldbergs    | News        |  |  |  |
| 7 PM   | NewsHour     | MaggieCole | Two Men     | News        | Wheel      | FamilyFeud  | News       | Big Bang     | Hollywood   |  |  |  |
| :30    |              |            | Two Men     | News        | Jeopardy!  | FamilyFeud  | Inside     | Big Bang     | TMZ         |  |  |  |
| 8 PM   | WashWeek     | Lucy       | 13 Scariest | American    | Home       | News        | Shark Tank | Mom          | Friday Nite |  |  |  |
| :30    | Election20   | Worsley's  | Movies      | Ninja       | Videos     | Channel 8   |            | Mom          | Smack       |  |  |  |
| 9 PM   | Florida This | Lucy       | FunAnimals  | Warrior     | The        | Law &       | 20/20      | Last Man     | Down        |  |  |  |
| :30    | Week         | Worsley's  | FunAnimals  |             | Deciders   | Order       |            | Last Man     |             |  |  |  |
| 10 PM  | Lincoln      | Lucy       | News        | Dateline    | BlueBloods | Law &       |            | SchittsCreek | FOX 13      |  |  |  |
| :30    | Center       | Worsley's  | News        |             | Order      |             |            | SchittsCreek | News        |  |  |  |
| 11 PM  | Metallica    | Amanpour   | Broke Girl  | Local Prog. | News       | Seinfeld    |            | Big Bang     | FOX 13      |  |  |  |
| :30    |              | Co.        | Broke Girl  |             | Colbert    | Seinfeld    |            | Big Bang     | News        |  |  |  |

| SATURDAY |             |              |             |            |             |             |            |            |          |  |  |  |
|----------|-------------|--------------|-------------|------------|-------------|-------------|------------|------------|----------|--|--|--|
|          | 3           | 34           | 4           | 8          | 9           | 10          | 11         | 12         | 13       |  |  |  |
|          | 3PBS        | 605PBS       | 44CW        | 8NBC       | 10CBS       | 38MNT       | 28ABC      | 32IND      | 13FOX    |  |  |  |
| 12 PM    | Pepin       | Masterpiece  | Kate &      | Vets Pets  | Local Prog. | Local Prog. | College    | Mary       | College  |  |  |  |
| :30      | C.Stone     | COBRA        | Leopold     | JoshGarcia | Local Prog. |             | Football   | Shelley's  | Football |  |  |  |
| 1 PM     | Sara's      |              |             | Premier    |             | Happy       |            | Frankenste |          |  |  |  |
| :30      | Kimball's   | Death in     | black-ish   | League     | In the      | Birthday    |            |            |          |  |  |  |
| 2 PM     | Kitchen     | Paradise     | Local Prog. | Soccer     | TheDrive    | to Me       |            | Race Week  |          |  |  |  |
| :30      | Cooks       | Father       |             |            |             |             |            |            |          |  |  |  |
| 3 PM     | Somewhere   | Brown        | Friends     | NASCAR     | FB Today    | Local Prog. | Scoreboard | First 48   | FB Extra |  |  |  |
| :30      | South       | Midsomer     | Friends     | XFINITY    | College     |             | College    |            |          |  |  |  |
| 4 PM     | NOVA        | Murders      | Friends     |            | Football    |             | VeraShow   | First 48   | College  |  |  |  |
| :30      |             |              | Friends     |            |             |             | Ready, Set |            | Football |  |  |  |
| 5 PM     | Local Prog. | Florida this | Friends     |            |             |             | Outdoor    | Weather    |          |  |  |  |
| :30      |             | Week         | Friends     |            |             |             | RawTravel  | GoneViral  |          |  |  |  |
| 6 PM     | WashWeek    | Lawrence     | Friends     | News       |             |             | Extra      | Mod Fam    |          |  |  |  |
| :30      | Bolder      | WelkShow     | Friends     | News       |             |             |            | Mod Fam    |          |  |  |  |
| 7 PM     | Lawrence    | Secrets of   | Half Men    | All Access | Wheel       | FamilyFeud  | Scoreboard | Big Bang   |          |  |  |  |
| :30      | WelkShow    | the Dead     | Half Men    | B. Arians  | Jeopardy    | FamilyFeud  | College    | Big Bang   | FB Extra |  |  |  |
| 8 PM     | Keeping Up  | Secrets of   | NCIS        | Weakest    | Manhunt     | News        | Football   | Mom        | College  |  |  |  |
| :30      | TimesGoes   | the Dead     | Link        |            | Channel 8   |             |            | Mom        | Football |  |  |  |
| 9 PM     | Midsomer    | American     | NCIS        | Ellen's    | Manhunt     | BucsAccess  |            | Goldbergs  |          |  |  |  |
| :30      | Murders     | Experience   |             | Games      |             | BucsBruce   |            | Goldbergs  |          |  |  |  |
| 10 PM    | Midsomer    |              | KingQueens  | Saturday   | 48 Hours    | Wipeout     |            | First 48   |          |  |  |  |
| :30      | Murders     |              | KingQueens  | Night Live |             |             |            |            |          |  |  |  |
| 11 PM    | Murders     | Secrets of   | Broke Girls | News       | 10 News     | ROH         | News       | Fam. Guy   |          |  |  |  |
| :30      | Mysteries   | the Dead     | Local Prog. | TBA        | Suspicion   | Wrestling   | Inside     | Fam. Guy   | FoxNews  |  |  |  |

| SUNDAY |              |              |             |            |            |             |             |            |            |  |  |  |
|--------|--------------|--------------|-------------|------------|------------|-------------|-------------|------------|------------|--|--|--|
|        | 3            | 34           | 4           | 8          | 9          | 10          | 11          | 12         | 13         |  |  |  |
|        | 3PBS         | 605PBS       | 44CW        | 8NBC       | 10CBS      | 38MNT       | 28ABC       | 32IND      | 13FOX      |  |  |  |
| 12 PM  | M.Hoover     | Artsy        | FunnyWeat   | Figure     | NFL Today  | Immortals   | HeartsHero  | Teenage    | NFL Sunday |  |  |  |
| :30    | Florida This | Make48       | Local Prog. | Skating    |            | Short List  | RockPark    | Mutant     |            |  |  |  |
| 1 PM   | Week         | Chefs Life   | Nashville   |            | NFL        | Local Prog. | Local Prog. | Ninja      | NFL        |  |  |  |
| :30    | Bus.Forum    | Kitchen      | Pawn        | NASCAR Co  | Football:  |             |             | Turtles    | Football   |  |  |  |
| 2 PM   | Public       | Pati's       | Pawn        | NASCAR     | Teams TBA  |             |             |            |            |  |  |  |
| :30    | Square       | Kitchen      | Pawn        | Cup Series |            |             |             |            |            |  |  |  |
| 3 PM   | Victoria on  | Cooks        | Pawn        | Xfinity500 |            |             |             |            |            |  |  |  |
| :30    | Masterpiece  | Kimball's    | Pawn        |            |            |             |             |            |            |  |  |  |
| 4 PM   | Victoria on  | BakingJulia  | Pawn        |            |            |             |             |            |            |  |  |  |
| :30    | Masterpiece  | MotorWeek    | Pawn        |            |            |             |             |            |            |  |  |  |
| 5 PM   | Victoria on  | Woodsmith    | Pawn        |            |            |             |             |            |            |  |  |  |
| :30    | Masterpiece  | Local Prog.  | Pawn        |            |            |             |             |            |            |  |  |  |
| 6 PM   | Local Prog.  | S. Backshall | BrokeGirls  | News       | News       | Funny You   | News        | Mod Fam    |            |  |  |  |
| :30    | ArtsPlus     |              | BrokeGirls  | News       | News       | Funny You   | News        | Mod Fam    |            |  |  |  |
| 7 PM   | Father       | Local Prog.  | Two Men     | FB Nite    | 60 Minutes | FamilyFeud  | FunnyHome   | Big Bang   | The OT     |  |  |  |
| :30    | Brown        |              | Two Men     |            |            | FamilyFeud  | Videos      | Big Bang   |            |  |  |  |
| 8 PM   | Trouble w/   | NOVA         | Pandora     | Sunday     | Star Trek  | NewsChan-   | Supermark   | Last Man   | Simpsons   |  |  |  |
| :30    | MaggieCole   |              |             | Night      | Beyond     | nel 8       | Sweet       | Last Man   | BlessHarts |  |  |  |
| 9 PM   | Roadkill     | Age of       | WhoseLine   | Football   |            | Seinfeld    | Millionaire | Nightwatch | BobBugers  |  |  |  |
| :30    |              | Nature       | WhoseLine   |            |            | Seinfeld    |             |            | Family Guy |  |  |  |
| 10 PM  | COBRA        | Rivers of    | NCIS: New   |            |            | Murdoch     | Card        | Commit-    | FOX13      |  |  |  |
| :30    |              | Life         | Orleans     |            |            | Mysteries   | Sharks      | ment       | News       |  |  |  |
| 11 PM  | Death in     | Indpendent   | NCIS: New   |            |            | 10 News     | Born/Ride   | O'Brien    | FOX13      |  |  |  |
| :30    | Paradise     | Lens         | Orleans     |            |            | Local Prog. | The Race    | GretaVan   | News       |  |  |  |

| MONDAY |          |           |      |          |          |           |       |           |        |  |  |  |
|--------|----------|-----------|------|----------|----------|-----------|-------|-----------|--------|--|--|--|
|        | 3        | 34        | 4    | 8        | 9        | 10        | 11    | 12        | 13     |  |  |  |
|        | 3PBS     | 605PBS    | 44CW | 8NBC     | 10CBS    | 38MNT     | 28ABC | 32IND     | 13FOX  |  |  |  |
| 6 PM   | BBC News | Travel    | Mike | News     | News     | Extra     | News  | Goldbergs | FOX 13 |  |  |  |
| :30    | BBC News | R. Steves | Mike | NBC News | CBS News | ET Entert |       |           |        |  |  |  |



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Above: Joe Rinaldo, the girls weightlifting coach, lays down to pose with his team following the Bulldogs' regional championship last season.

Below: The Zephyrhills team gets behind a banner after they placed third in last year's state tournament.

PHOTOS PROVIDED



**WEIGHTLIFTING:** From Page 1B

"She (Coward) is coming back strong, she should be in the top 10 if not the top five in the state this year," Rinaldo said. "Another thing is last year, she was looking around trying to fit in. She fits right in this year and walks around with a smile on her face, feeling good about herself."

Vo, like Aguilera, was one lift away from qualifying for states last season. Vo was also one of the more promising lifters her junior campaign but came up just shy of making states. Expect Vo to be back with a vengeance in 2020-21. Rinaldo is pleased with where she's coming into this season, picking up more or less where she left off.

Two. Depth. Just a couple weeks into practice and a couple more away from the first meet, the Bulldogs have 29 lifters on the roster. That's more than Rinaldo has had since he resumed coaching the program in 2010. Young lifters like freshman Payton Leidy and sophomore Autumn Spoon bedeck the roster and will be needed for the team to stay competitive in an already super-competitive county. Rinaldo has gone back to basics to bring up this year's team.

"It's more hands on as far as teaching technique and stances than it has been the last couple of years," Rinaldo said. "We're learning Olympic lifts, learning weightlifting, taking care of ourselves."

With new lifters, a lot of the game is mental but Rinaldo is constantly pushing the old adage, that it's not where you start, it's where you finish.

"You have to build that foundation of self confidence," Rinaldo said. "These girls have to perform in front of their classmates and strangers. If they don't make the lift, their failure is under the microscope. But then when they succeed in front of everyone, when their effort that day helps the team get past another team - that gets them fired up."

It's going to be a lot of work but if anyone's cut out for it, it's Rinaldo.

The nature of the competition itself has changed in the wake of the COVID-19 pandemic. In small, dual meets hosted inside the weight room, no parents, no friends, no fans are allowed. That will change when teams head into the larger invitationals and into the state series and competition moves into the gymnasium but it pushes even more import into team familiarity and cohesion.

"All they'll have is each other," Rinaldo said.

The Bulldogs open the season against Wiregrass Ranch on Nov. 3 and have what is developing into a nice rivalry with Cypress Creek on Nov. 11. The Conference championship is Dec. 9 at Zephyrhills and the state series begins Jan. 22 of 2021.

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