

Bulldogs go big for the 2020-21 season



Players on the Zephyrhills boys basketball team take turns running offensive game drills during a recent practice at Alan Reed Court.

STEVE LEE

Zephyrhills must replace five graduates and capitalize on height and speed to continue playoff run

> By Steve Lee Sports Reporter

The Bulldogs, coming off a 19-9 season, lost some leadership and firepower with the 2020 graduations of Dontae Marchman, Harrison Barker, Austin Linville, Derico Quiles and Garrett Price. Now, it is time for a new core group to take over and help continue an impressive playoff run for the Bulldogs.

Zephyrhills has made it to the playoffs in seven of the past eight years, a run that includes six consecutive postseason berths and a state semifinal appearance in 2006. That's a stretch that coach

Mike Novak and the Bulldogs plan on extending this season.

"It's almost a whole new team from last year, but we're going to be the best we can," Novak said, noting the team has just four re-

turners. "The expectations haven't gone down." While the basketball team got in all its games last season before the coronavirus pandemic led to the shutdown of spring sports, Novak expects to get through the season: "It's a different year with this COVID. I just hope we get to play."

While there is no 6-foot-7 player on the roster like 2018 graduate Kurt Robbins, the Bulldogs have a handful of players in the 6-3 and 6-4 range. They could have used more height last season when they were outrebounded by a 52-25 margin in a region quarterfinal

"We don't have the one big guy, but we're a little bit bigger this year," Novak said. "Hopefully, size will help us on the rebounding end."

Expected to rank among the team leaders and provide a strong presence up front are junior power forwards Kevin Pagan and Jimmy Mcauley. Gavyn Dorsey, a senior forward who can also play guard, is the captain and the other returner is senior guard Makell

'They're giving us leadership," Novak said of those key returners. "They're going hard on every drill in practice to set the tone for the other kids. That's pride.'

Aside from the forwards already mentioned, other players up front include Noah Amous, a 6-4 forward, Joseph Barnes and Jatorrian Rheinhold. All three have been brought up from the junior var-

▶BOYS BASKETBALL: See Page 5B



Bailee Hitchner, who led the Bulldogs with eight points in a varsity win, shoots a free throw.

Stewart splits with John Long

Bulldogs win varsity game 29-13, Longhorns take JV matchup 20-14 in middle school girls basketball

> By Steve Lee Sports Reporter

Strong rebounding and second chances led John Long to a 20-14 junior varsity win in last week's middle school girls basketball game against Stewart. The host Bulldogs used the same formula for a 29-13 var-

"What I try to teach is defense; rebound and then run," said Abner Barrios, who coaches John Long's varsity and junior varsity teams and also is that school's athletic director. "Stick to the basics. Try to get the easy putbacks and crash the boards.

In the JV game, Longhorn forward Maya Gray scored a game-high 10 points. Five players scored for John Long, which also got five points from point guard Natalie Zuzek. Zharia Alleyne scored a teamleading eight points for Stewart.

Both teams traded early baskets with Stewart taking a 5-2 lead on Alleyne's 3-point shot. The teams traded baskets until John Long went ahead for good at 11-9 on Ana Gil's basket off an inbounds pass from Anabella Nieves. Gray's rebound and basket off the glass gave the Longhorns a 13-9 halftime lead.

The Bulldogs made it closer when Alleyne buried a trey to start the second half, but the Longhorns pulled away with a 7-5 scoring advantage after the break. Gray had two putbacks after strong rebounds on the offensive boards during that stretch, the last one coming in the waning seconds.

► MS BASKETBALL: See Page 4B

New tennis center brings notoriety to Zephyrhills

Programs and tournaments are under way with plans to start an indoor facility early in 2021

> By Steve Lee Sports Reporter

It has not taken long for the new Sarah Vance Berg Tennis and Wellness Center to stake its claim as a top-notch facility on the local, national and international scenes. The center off Simons Road in Zephyrhills opened in October.

Since then the \$5 million facility, three years in the making, has hosted league play along with instructional sessions for tennis, pickleball and padel. A pickleball tournament is coming in December and top women's tennis tourney is planned for January.

Additionally, the fitness center and other parts of the center also are now open, including cryotherapy, sports counseling, a pro shop and restaurant. Plus, early in 2021 construction will begin on indoor tennis courts.

On a recent Saturday afternoon, play in the United States Tennis Association 4.0 League took up several courts. Among those players, mostly from the Tampa Bay region, was Sean Ennis, a recent University of Florida graduate originally from Pensacola who is now working for a consulting firm in



TENNIS: See Page 3B A foursome competes on the padel courts on a recent Saturday morning at the new facility.

STEVE LEE

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How to track your progress en route to getting healthy

Each January, many people resolve to improve their overall health in the year ahead. Such resolutions can serve as motivating factors that compel people to live longer, healthier

New Year's resolutions have proven hard to keep. While it's difficult to pinpoint how many people are successful with their resolutions, reports indicate that success is typically elusive. A recent report from U.S. News & World Report found that 80 percent of resolutions fail by February.

One of the tricks to realizing a resolution is to continue making progress toward your goal. Finding ways to measure progress can make the difference between staying the course in the year ahead or having your resolution fall short.

• Set specific goals. It's essential that people who are hopeful that a New Year's resolution will help them get healthier be specific when setting their goal. For example, it's easy to determine if you're on a path to success if you declare your intention to lose 10 lbs. rather than simply saying, "I want to lose weight."

If your goals are specific, you can set benchmarks throughout the year that help you measure the progress you're making en route to achieving your ultimate goal. If you want to lose 10 lbs. and you've lost six by the end of June, that's measurable progress toward your

goal that can motivate you to keep going.

• Take a friend along for the ride. Friends also can serve as both measuring sticks and motivators en route to getting healthy. A partner who's also striving to get healthier can make it that much easier to get to early morning or late night workouts. This person can make sure you're up in the morning and let you know if it's been awhile since you've shown the commitment necessary to achieve your goal.

If your workout partner is more than halfway to his or her goal by mid-year and you're lagging behind, you can compare routines to determine if there's any tweaks you can make to increase your chances of being successful.

• Document everything. Strava is an internet service that tracks exercise and incorporates social networking. Strava helps millions of runners and cyclists track their workouts so they can see if they're staying the course each day or

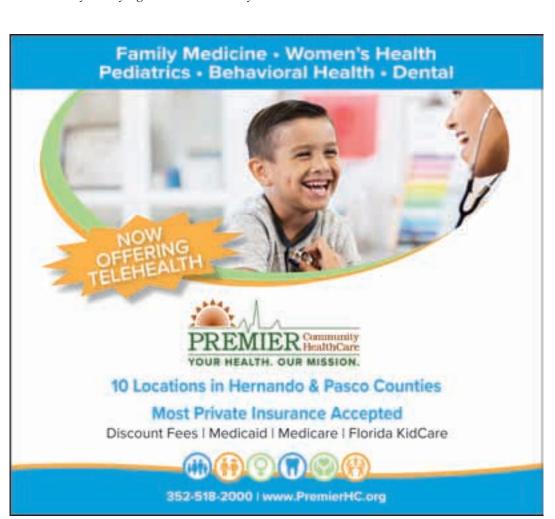
falling short of their goals. Such services can be highly effective at tracking progress, but people aiming to get healthier also can use a notebook to keep detailed records of workouts, caloric intake and other factors that can help them

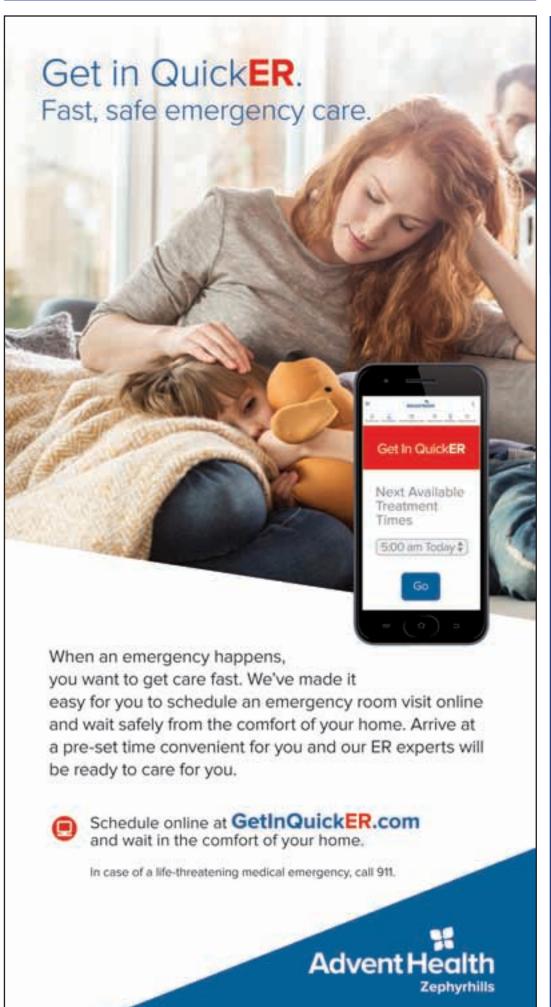
 Visit your physician. Doctors can be invaluable resources as people try to get healthy. Schedule a physical early in the year and ask your doctor to help you set goals. Then schedule a follow-up later in the year to see how your efforts are affecting your overall health. Few things can prove as motivational as a good report from the doctor.

Resolutions have a tendency to fall by the wayside. But with some effective metrics, people can make serious progress toward getting healthier in the year ahead.











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Above: Lynne Sleeth, a University of

Florida player, works on her backhand.

Right: Tennis director Rene Moller

hits balls to Sleeth.

SARAH VANDE BERG





Left: Jeanette Marcus and Randy Bahr play doubles in padel.

Right: Joining Marcus and Bahr at padel were Andy Deshpande, Alex Mendez, Javier Mendez and Todd Vande Berg.



Left: Doubles partners Erik Hajek and John Slatniske compete in

Palavergic, Andre and Roy Coopersmith joined trainer Mel Williams on the



TENNIS: From Page 1B

Tampa. To say the least, he was impressed with

"There's a lot of good players here and that's what facilities learn," said Ennis, whose doubles partner that weekend was Elvin Vargas. "Older players will see kids my age coming here and feel like you have to have some home members here.

While Ennis and Vargas played doubles in a league game against Erik Hajek and John Slatniske, Maja Palaversic of Croatia worked with promising 13-year-old Andre Coopersmith.

"This is probably the best (tennis facility)," said Palaversic, who once ranked 109th in the world in doubles and played in the 1992 Fed On a nearby court, the center's new ten-

nis director, Rene Moller, trained University of Florida women's tennis player Lynne Sleeth. She credited Moller with helping to improve "I've learned a lot about technical things,"

said Sleeth, a Canadian, adding that the new tennis center "is super nice." That, in turn, is nice to hear, Moller noted.

He credited the USTA league and other events such as tournaments with helping to spread the word about the facility. "It's obviously nice to have," Moller said

of the compliments. "The more people we can get through the doors and to see this place the The expansive center has so much more than tennis courts. While the main building that sits in front of the performance court serves as centerpiece, there also are courts for pickleball and padel.

On one particular Saturday a padel court had nearly two dozen players taking their turns inside the glass structure. One of those players was Todd Vande Berg, whose late daughter Sarah the facility is named after. Sarah, a standout tennis player at Zephyrhills High, perished in a 2015 car crash. At the time, she played tennis for the University of South Carolina Upstate in

"I love (padel)," said Vande Berg, who played padel after an early-morning round of tennis. "It's a really fun sport. You're not running all over the court like in tennis. It's kind of like old school racquetball and tennis combined. You can play the ball off the glass."

As the city planner, Vande Berg envisions how the new tennis center can contribute to growth in Zephyrhills as well as the surrounding areas. Much like the ice skating facility that opened in Wesley Chapel in 2017, hotels, restaurants, retail and other businesses could soon follow just like it did in that area.

"We've got to have a hotel," Vande Berg said. "With these tournaments coming in they've got to have a place to stay. All of these tournaments will bring in economic opportuni-ties and we've got to be prepared for it."



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Right: Stewart's varsity team waits in the hallway for the start of the middle school girls basketball game against Stewart.

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varsity forward Tennae Cabral looks to pass the ball as Stewart defenders close in.

Above: Longhorn

Above: John Long point guard Natalie Zuzek passed to a JV teammate.

Right: Taryn Pekala, a varsity point guard for John Long, drives to the basket.



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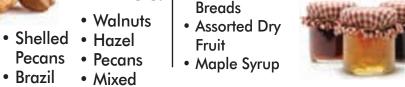
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The result left John Long with a 2-0 record while Stewart dropped to 1-1 at the JV level. The Longhorns opened the season with a 26-13 win over Pasco.

As for the varsity matchup, the Bulldogs trailed 3-2 early on before relying on a 10-0 run to take a commanding 12-3 lead at halftime. Stewart continued its solid advantage in the rebounding category and on the scoreboard, outscoring the Longhorns 17-10 in the second half

on the way to their dominating performance.
"I'm proud of these girls," said longtime Stewart coach Mark Holifer, who coached the varsity team to an undefeated record last year and plans to retire at the end of this season. "I told them I'd stick with them for one more

The Bulldogs got points from five players in the game against the Longhorns. Bailee Hitchner scored a game-high eight points. Laila Woolfolk had seven, Jade King added six with Allison McCullough and Jayla Robles scoring four and one, respectively.

The Longhorns had six players score in the varsity contest. Jacqueline Young led her team

with four points, Tennae Cabral had three with three players — Katelyn O'Neil, Aixa Barrera and Aaralyn Herrera — each adding two. Sierra Briggs made a free throw to contribute to John Long's scoring.

Cabral's free throw in the first quarter gave

John Long a 3-2 lead. At the break before the start of the second quarter, Holifer encouraged his team to play hard and keep trying to work on getting closer to the John Long basket.

They're playing good defense," he said. Stewart's 10-0 run in the second quarter began with a basket by King. Woolfolk added three points and McCullough made a 3-point shot during that stretch that wound up becoming too much of a lead for John Long to over-

Stewart, which improved to 2-0, was coming off a 55-24 win over Cypress Creek. The Bulldogs got 12 points from Alana Standifer, 11 from Hitchner and 10 from Woolfolk in that

"They were just fastbreaking and getting a lot of layups," said Holifer, adding that the Coyotes were a bit shorthanded. "They only had eight players, so we kind of wore them



Right: Stewart's Zharia Alleyne looks for a teammate to pass to with Alyssa Sumner calling for the ball.





Zephyrhills coach Mike Novak discusses a play during a break at a recent practice.

Right: Players battle under the basket.

> Right: Kevin Pagan, a junior power forward holding the ball, is among the taller players the Bulldogs will rely on.





Left: Zephyrhills players compete in a scrimmage with players from both sides wing for a rebound.

Right: As the starters take a break, some of the younger players on the team take their turns on the court.

STEVE LEE

➤ BOYS BASKETBALL:

From Page 1B

The Bulldogs also have a few speedsters to maintain an up-tempo attack, which will differ somewhat from the halfcourt style they have played in recent years.

That group of shooting and point guards features Derrian Roberson, Marc Dortch, Tory Taylor, Myziah Torres and Preston Linville. As the team's lone freshman, Linville was a standout shooter at Centennial Middle School and is expected to make the varsity

"We have a lot faster team," the coach said. "We've really got some guys who can run the floor. We're going to still execute our offense, but if we can put pressure on the other team, we'll use what we

Novak likes what he sees in some of the former JV players and how they are working hard to fill some vacated roles with goals of keeping the varsity team's playoff streak alive.

"They really got serious about their game," the coach said. "They're learning the Zephyrhills way."

Żephyrhills, which hosted a preseason shootout against some top-caliber teams, opens the regular season on Dec. 2 at home against River Ridge, a Class 5A, District 6 rival it beat handily in last year's season opener. That marks the first of three straight home games, which includes a Dec. 4 matchup with Land O' Lakes and a Dec. 8 game against Fi-

As usual, Zephyrhills will play in the Nature Coast tourney during the winter break, but unlike in previous years the team will not travel any further to avoid hotel stays during the ongoing pandemic.









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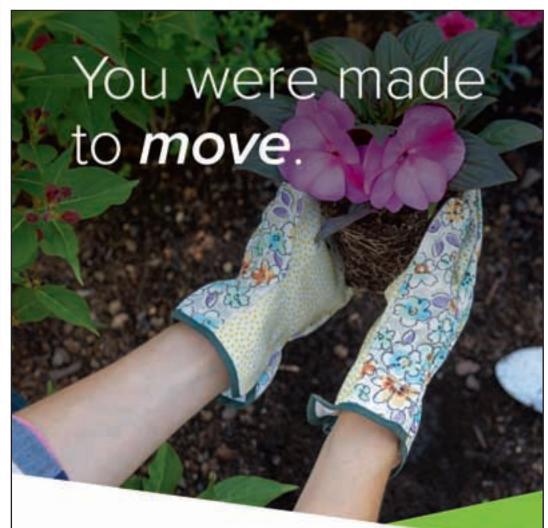
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CRIME REPORTS

Trespass after warning

CMYK

A 33-year-old Zephyrhills woman was arrested Nov. 7 at Walmart, 7631 Gall Blvd. after she allegedly returned to the store after she was given a trespass warning on Sept. 27, 2019.

Arrested was Miranda Rae Brown of 39327 9th Ave.

Brown was processed by the Zephyrhills Police Department and released.

Active warrant

A 32-year-old Dade City woman was arrested Nov. 7 at U.S. Highway 301 and Paul S Buchman Highway after a check allegedly revealed a warrant out of Pasco County for direct file on a possession of a controlled substance charge.

Arrested was Kourtney Marie Geiger of 10335 U.S. Hwy. 301.

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

Trespass after warning

A 32-year-old Zephyrhills man was arrested Nov. 7 at Walmart, 7631 Gall Blvd. after he allegedly returned to the store after he was given a trespass warning on Sept. 27, 2019.

Arrested was Taylor John Read of 39132 C.R. 54, Bldg. D, Apt. 250.

Read was processed by the Zephyrhills Police Department and released.

Loitering and prowling and contributing to the delinquency of a minor

A 19-year-old Zephyrhills man was arrested Nov. 8 at 4748 18th St. after he and a minor girl allegedly fled from police through backyards and he was apprehended a short time lat-

Arrested was Tyler Bryan Craig of 14352 Graham St.

Craig was processed by the Zephyrhills Police Department and transported to the Pasco

Possession of methamphetamine and heroin

A 32-year-old Zephyrhills man was arrested Nov. 9 at County Road 54 and 20th Street after a traffic stop, for a stop sign violation, allegedly revealed a digital scale, which tested positive for methamphetamine and a syringe, which tested positive for heroin.

Arrested was Steven Rohz Franklin of 41215 Nipper Rd.

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

Possession of methamphetamine

A33-year-old Zephyrhills man was arrested Nov. 9 at 11th Street and North Avenue after he allegedly exited his vehicle and disposed of a few items. A search allegedly revealed a syringe and a glass pipe, which tested positive for methamphetamine. A check allegedly revealed a warrant out of Pasco County for violation of probation on a possession of drug

paraphernalia charge.
Arrested was Matthew David Gullion of 36520 Cord St.

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





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Respondent. CASE NO.: 2020DR002461 DRAXES DIVISION: L **NOTICE OF ACTION**

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cord at the clerk's ofto it on CHRISTOPHER FRANKLIN FREITCH-EN whose address is: 39425 County Line Rd., Zephyrhills, FL 33540 on or before December 7. 2020, and file the original with the clerk of this Court at 38053 Live Oak Ave., Dade City, FL 33523 before service on

Petitioner or immedi-

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you for the relief demanded in the petition. Copies of all court documents in this case, including orders, are available at the Clerk of the Circuit Court's office. You may review documents upon request.

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WARNING: Rule 12.285, Florida Family Law Rules of Procedure, requires certain automatic disclosure of documents and information. Failure to comply can result in sanctions, including dismissal or striking of pleadings. Dated: October 28, 2020 Clerk of the Circuit

Court By: /s/ Kelly Symons Deputy Clerk fail to do so, a default Published: November 5,

may be entered against 12, 19 & 26, 2020

IN THE CIRCUIT **COURT OF THE SIXTH JUDICIAL CIRCUIT IN AND FOR PASCO COUNTY, FLORIDA BONNIE LOUISE MORRIS**

Plaintiff, vs. JAMES LEROY SPONHEIM, deceased; THE **ESTATE OF JAMES LEROY SPONHEIM**; JEAN SPONHEIM: and the Unknown Heirs of the ESTATE **OF JAMES LEROY**

SPONHEIM, Defendants. **CASE NO.: 2020** CA 1954 **NOTICE OF ACTION**

TO: The Personal representative of THE ES-TATE OF JAMES LEROY SPONHEIM and the Unknown Heirs of the ES-TATE OF JAMES LEROY **SPONHEIM**

YOU ARE NOTI-FIED that an action to quiet title has been filed against you and you are required to serve a copy of your written defenses, if any, on JAR-ROD M. SCHARBER, Esquire, Plaintiff's attorney, whose address is 14010 21st Street, Dade City, Florida 33525 on or before December 7. 2020 and file the origservice on Plaintiff's attorney or immediately thereafter, otherwise a default will be entered against you for the relief demanded in the

Complaint. WITNESS hand and the seal of this Court on the 28th day of October, 2020. DATED: October 20,

2020 Nikki Alvarez-Sowles, Esquire By: /s/ Kelly Symons Deputy Clerk Published: November 5,

12, 19 & 26, 2020

IN THE COUNTY **COURT OF THE SIXTH JUDICIAL CIRCUIT** IN AND FOR PASCO **COUNTY, FLORIDA** KERRY KAUFMANN. Plaintiff, vs. ESTATE OF WILLIAM A. ELLIOTT, deceased,

all unknown heirs and beneficiaries of the ESTATE OF WILLIAM A. ELLIOTT, deceased, Estate of Ann Marie Elliott, deceased, unknown heirs and

beneficiaries of the inal with the Clerk of Elliott, Cindy Elliott, this Court either before

Elliott, deceased, and all unknown heirs and beneficiaries of the **Estate of Michael** Elliott, deceased, as heirs and

William A. Elliott, Deceased, **SANDALWOOD MOBILE HOME COMMUNITY HOMEOWNERS** ASSOCIATION, INC., a Florida non-profit corporation, JOHN

CRANDON, TENANT #1 and TENANT #2, the names being fictitious to account for unknown parties in possession, Defendants. CASE NO.: 2020-CC-2833-ES

NOTICE OF ACTION TO: Estate of Michael Elliott, deceased, 72 Grove St., Bangor, ME 04401-5312

All unknown heirs and beneficiaries of the Estate / of Michael Elliott, deceased, 72 Grove St., Bangor, ME 04401-5312 YOU ARE NOTI-FIED that an action to

or plat thereof as re-

Estate of Ann Marie Elliott, deceased, Randy Elliott, Edward Allen Elliot, Jr., Richard Elliott, Tom bile Home Community. according to the map **Estate of Michael**

corded in Plat Book 23, Page(s) 149 and 150, Public Records of Pasco County, Florida. Together with a 1988 singlewide Mobile Home ID# FLFLH70A14008SP has been filed and you beneficiaries of are required to serve a copy of your written defenses, if any, on David J. Murphy, Plaintiff's attorney, whose address is 14217 Third Street, Dade City, Florida 33523, on or before December 21, 2020, and file the original with the Clerk of this Court either before service on Plaintiffs' attorney or immediately thereafter, otherwise a default will be entered against you for

> the Complaint. WITNESS hand and the seal of this Court on November 10, 2020 DATED: Novem

the relief demanded in

ber 10, 2020 ALVAREZ-NIKKI SOWLES, ESQ. PASCO COUNTY CLERK & COMPTROLLER By: Kelly Jeanne Sy-

Deputy Clerk foreclose a mortgage on the following real Published: November 19 property in Pasco County, Florida to wit: Lot 57. Sandalwood Mo-

Plaintiff, vs. ESTATE OF WILLIAM A. ELLIOTT, deceased, all unknown heirs and beneficiaries of the ESTATE OF **WILLIAM A. ELLIOTT,** deceased, Estate of Ann Marie Elliott, deceased, unknown heirs and beneficiaries of the Estate of Ann Marie Elliott, deceased, Randy Elliott, Edward Allen Elliot, Jr., Richard

Elliott, Tom Elliott, Cindy Elliott, Estate of Michael Elliott. deceased, and all unknown heirs and beneficiaries of the **Estate of Michael** Elliott, deceased, as heirs and beneficiaries of

William A. Elliott, Deceased, **SANDALWOOD MOBILE HOME COMMUNITY** HOMFOWNERS **ASSOCIATION, INC.,** a Florida non-profit corporation, JOHN CRANDON, TENANT

#1 and TENANT #2,

the names being

fictitious to account

for unknown parties

IN THE COUNTY in possession. **COURT OF THE SIXTH** Defendants. **JUDICIAL CIRCUIT** CASE NO.: 2020-**IN AND FOR PASCO** CC-2833-ES **NOTICE OF ACTION COUNTY, FLORIDA** KERRY KAUFMANN, TO: Estate of Michael

> Grove St., Bangor, ME 04401-5312 All unknown heirs and ber 10, 2020 beneficiaries of the Estate of Michael Elliott, deceased, 72 Grove St., Bangor, ME 04401-5312 YOU ARE NOTI-

Elliott, deceased, / 72

FIED that an action to mons foreclose a mortgage on the following real property in Pasco County, Florida to wit: Lot Sandalwood Mobile Home Community, according to the map or plat thereof as recorded in Plat Book 23. Page(s) 149 and 150, Public Records of Pasco County, Florida. Together with a 1988 sinalewide Mobile Home ID# FLFLH70A14008SP has been filed and you

fenses, if any, on Da-Street, Dade City, Florida 33523, on or before December 21, 2020, and file the original with the Clerk of this Court either tiffs' attorney or imme-

diately thereafter, oth-

entered against you for the relief demanded in the Complaint. WITNESS

hand and the seal of

this Court on November

10, 2020 DATED: NIKKI SOWLES, ESO. PASCO COUNTY CLERK

& COMPTROLLER By: Kelly Jeanne Sy-Deputy Clerk Published: November 19 & 26, 2020

NOTICE OF SELF STORAGE SALE Please take notice Hide-Away Storage – Zephyrhills located at 37148 State Road 54, Zephyrhills FL 33542 intends to hold a sale to sell the property stored at the Facility by the below Occupants whom are in default at an Aucare required to serve a tion. The sale will occopy of your written de- cur as an online auction via www.storagetreavid J. Murphy, Plain- sures.com on 12/9/2020 tiff's attorney, whose at 10:00AM. Unless address is 14217 Third stated otherwise the description of the contents are household goods and furnishings. Steven C Joyner unit #CC398; Linda Streetbefore service on Plain- man unit #G294. This sale may be withdrawn

at any time without no-

erwise a default will be tice. Certain terms and conditions apply. See manager for details. Published: November 19 & 26, 2020

NOTICE OF PUBLIC SALE BUDDY FOSTER COLLI-SION & TOWING CEN-

TER INC. gives Notice of Foreclosure of Lien and intent to sell these vehicles on December 22 2020, 8:00 a.m. at 4850 Seaberg Rd., Zephyrhills, FL 33541-2804 pursuant to subsection 713.78 of the Florida Statutes. BUDDY FOS-TER COLLISION & TOW-ING CENTER INC. reserves the right to accept or reject any and/ or all bids. 1N4BA41E14C800002 2002 NISSAN Published: November





COLORING CONTEST

WINNERS WILL RECEIVE A SURPRISE

- 1. Contest open to children ages 4–12, except for immediate family of employees of this newspaper.
- 2. Crayons, markers, or pencils may be used. An adult or older child may assist the child in filling out the entry form, but not in coloring the entry. Only one entry per child.
- 3 Entries must be received by 5 p.m. on December 24, 2020.
- 5. Entries become property of this newspaper and may be used for any purpose, including (but not limited to) publishing any or all of them in a future issue.

YOUR NAME AGE **ADDRESS** CITY STATE

MAIL ENTRY TO: ZEPHYRHILLS NEWS, 38333 5TH AVE., ZEPHYRHILLS, FL 33542



healthy happenings

Health & wellness events to help you feel whole.

Tune into AdventHealth Dade City and AdventHealth Zephyrhills Facebook Pages each week to watch a variety of free health talks.

Register for a virtual health talk and receive an exclusive coupon to the AdventHealth Wellness Center Zephyrhills.



Oh, My Aching Knee!

Tuesday, December 1, Noon AdventHealth Zephyrhills Facebook Page Call 877-534-3108 or visit AHZephyrhills.com to register



Randolph Knight, MD Orthopedic Surgeon



Strengthen Your Pelvic Floor Muscles with Physical Therapy

Tuesday, December 8, Noon AdventHealth Dade City and AdventHealth Zephyrhills Facebook Pages Call 877-534-3108 or visit AHZephyrhills.com to register



Revely Pelto, PT, DSc, CMPT Physical Therapist



Latosha Manning, PT, DPT Physical Therapist



COVID-19: What You Should Know

Tuesday, December 15, Noon AdventHealth Dade City and AdventHealth Zephyrhills Facebook Pages Call 877-534-3108 or visit AHZephyrhills.com to register



Rodrigo Torres, MD

Chief Medical Officer AdventHealth Dade City and AdventHealth Zephyrhills



Breastfeeding Basics

Wednesday, December 16, 6 pm Online via Zoom Email terri.blanyar@AdventHealth.com or visit AHZephyrhills.com to register



Terri L. Blanyar, RN, C-EFM, CCE Childbirth Educator





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Every Corner of Our Warehouse,

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Available in select fabric options!

FORTUNE LEATHER

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Customize your comfort with many upgrade options available, including POWER! While Supplies Last!



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EAST PASCO'S LARGEST

SOLID OAK DINING SET

Transforms from Drop Leaf to 48" Hutch, Buffet, Corner Cabinet, Round Table & Chairs, LOWEST PRICE EVER!





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ESTATE

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\$99595







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6 CHAIRS



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Hutch and

Buffet

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ADJUSTABLE BED WITH **QUEEN SIZE MATTRESS**



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TWIN \$199.95 **QUEEN \$299.95**





S. 98 BYPASS, DADE CITY

(Corner of E. Pasco Avenue and the Bypass)





HOURS: Monday-Friday 9am-5pm;