



# ZEPHYRHILLS SPORTS

December 24, 2020

## West shuts out East 28-0 in all-star football game



A pair of Wiregrass Ranch defenders and Pasco's Jonathan Lee swarm in on a running back for the west side during the all-star game.

STEVE LEE

### Fellowship of Christian Athletes series for high school seniors is now tied at 3-3

By STEVE LEE  
Sports Reporter

A tradition continued Dec. 17 in the final game for some select high school seniors. The Fellowship of Christian Athletes hosted the Sixth Annual Pasco County All-Star Football Game at Bishop McLaughlin.

Initially slated for Dec. 11 at Sunlake, the date and location were changed due to Mitchell extending its playoff run. The annual exhibition pits high school seniors on east and west teams.

The west dominated this year, winning 28-0 on the strength of four touchdown passes by Mitchell quarterback Ezra Brennan. The series is now tied at 3-3 with the west on a two-game winning streak that included last year's 23-21 victory.

The all-star game is something players and coaches alike said they will never forget.

"They take some great experiences from the game," said Bob Durham, who organizes annual county all-star games for football,

baseball and softball.

Dajuan McCullough, one of seven Zephyrhills players to be named to the all-star squad, concurred.

"It's amazing," said McCullough, a defensive lineman. "We get to show our skills in an all-star game with the best players around. It's great."

Added Broden Guirl, a wide receiver for Wiregrass Ranch, "They take the best kids from all-around and we get to play together. I just think that's really cool."

Brian Ashmore, a two-way lineman for Zephyrhills, did not play as a result of breaking his right kneecap during the team's region semifinal loss to Orlando Jones, showed up in support of his teammates.

An assistant coach for the east all-stars in the previous two seasons, Cypress Creek's Mike Johnson was the head coach of that squad this year. That is something he is especially proud of.

"It's definitely an honor to be called the coach of the all-star game," Johnson said. "It's fun to see and mingle with the other players. Overall, it's a good time."

Wiregrass Ranch coach Mark Kantor, who coached special teams for the east side, relishes the camaraderie of opposing players joining forces for the annual exhibition game.

► **ALL-STAR FOOTBALL:** See Pages 4B



Pasco's Rocco Goodspeed and Zephyrhills' Jaiden Martinez squared off in the 138-pound weight class.

STEVE LEE

## Pasco wrestlers beat Zephyrhills

*In a battle of winless teams, the Pirates come out on top with a 46-30 win over the host Bulldogs*

By STEVE LEE  
Sports Reporter

Somebody had to come out on top in a Dec. 16 battle of previously winless high school wrestling teams. Bragging rights, for now, go to Pasco, which defeated host Zephyrhills 42-30.

Tim Maple, a former Pasco assistant who three years ago became the head coach when Mark DeAugustino left for Zephyrhills Christian Academy; and assistant Dan Knowlton, owner of K & K Glass in Zephyrhills; celebrated the decisive victory with their team afterward.

"It's always good to beat your rival," Maple said. "I'm proud of my guys."

Pasco did not fare well in a six-way tournament at Hernando and in the Kiwanis Invitational, also hosted by Hernando. Plus, the Pirates had a match against Weeki Wachee cancelled when some wrestlers from that team had to quarantine due to the coronavirus.

Zephyrhills opened the season with a loss to Wiregrass Ranch before taking on its arch-rival. Next up for the Bulldogs is a Jan. 7 tournament at home. Included in that eight-team field is River Ridge, Cypress Creek, Wesley Chapel, Mitchell, Gulf, Sarasota and Bell Christian.

"We're trying to bring wrestling back to Zephyrhills," said Zephyrhills coach Mike Martinez, noting that it has been a long time since the Bulldogs contended for any kind of a title.

In fact, Zephyrhills last impressive season came in 2003 when the team won a district championship and placed third in the Class A state meet. Before that, the Bulldogs won back-to-back district titles in 1997 and 1998.

"That's a long time ago," said Martinez, who afterward told his wrestlers to believe in themselves: "You guys are better than this. I've seen it."

While there were several pins and forfeits, perhaps the most thrilling match of the night came in the 132-pound division with Pasco's Lamont Sims rallying from a 6-4 deficit through two rounds for a

► **WRESTLING:** See Page 8B

## Bulldogs send Pirates into Christmas break with lump of coal

*The crosstown rivalry didn't take long before turning into a lopsided blowout*

By ANDY WARRENER  
Sports Reporter

It was the Friday that Pasco County schools let out for winter break. The crowd was sparse and the energy low but someone forgot to tell the Bulldogs. They came out on fire and burned a memory into their east Pasco rivals that won't be soon forgotten. What's more? The Bulldogs proved they are perfectly capable of putting up big nights, even without their star Maya Llanes.

Llanes got things rolling with the first basket of the game but drew two quick fouls that landed her on the bench for much of the first half. It didn't matter. The Bulldogs rallied. A fantastic series of passes between Taija McCullough, Ahmeisha Hicks and then back to McCullough for an easy layup foreshadowed just what kind of night it was going to be for the Bulldogs. A three-pointer from Madison Driggers hung a 7-2 lead on the Pirates and the Bulldogs did not look back.

Makenna Campbell drained another three to make it 10-3. Mikayla Cintron asserted herself in the low post to bump it to 14-3 in the opening quarter. Driggers would score again off an in-bound pass. The Bulldog press defense came up with a steal and Cintron would score off another in-bound pass. The Bulldogs were dominant both scoring off their own in-bound plays and taking away Pasco in-bound passes.

"It's basic stuff, it's just teams haven't been able to figure it out, yet," Bulldog head coach Chris Smith said. "If we execute it properly, someone is open."

The Bulldogs quickened the pace even more in the waning moments of the opening quarter, McCullough hitting Ashauna Jones

► **GIRLS BASKETBALL:** See Page 5B



Maya Llanes slips this pass between two Pasco defenders.

ANDY WARRENER







# Wealth of Health



## Foods that can positively affect mood

No one is immune to the occasional bad mood. Whether it's the weather, waking up on the wrong side of the bed or another variable, various factors can have an adverse affect on a person's mood.

Food is one factor that can have a positive effect on mood. Certain foods have been found to positively affect mood, so incorporating them into your diet may help you stay positive even on those days when you get up on the wrong side of the bed.

- **Fatty fish:** A study from British researchers published in the Archives of General Psychiatry found that a daily dose of an omega-3 fatty acid called eicosapentaenoic acid, or EPA, helped patients with depression significantly reduce their feelings of sadness and pessimism. Hackensack Meridian Health notes that salmon, albacore tuna, sardines, trout, and anchovies are rich in omega-3 fatty acids.
- **Nuts and seeds:** The minerals selenium, copper, magnesium, manganese, and zinc have all been linked to mental health, and nuts are rich in each of those minerals. Hackensack Meridian Health notes that almonds, sunflower seeds, pumpkin seeds, walnuts, and peanuts are particularly good sources of the immune system-boosting minerals zinc and magnesium.

- **Dark, leafy greens:** Dark, leafy greens like kale, spinach and collards are rich in iron and magnesium, both of which can increase serotonin levels and help reduce feelings of anxiety. Dark, leafy greens also help the body fight inflammation, which can have a positive effect on mood. A 2015 study published in the journal JAMA Psychiatry found that brain inflammation contributed to certain behaviors, including low mood, that appear during major depressive episodes.

- **Dark chocolate:** Chocolate lovers may be happy to learn that dark chocolate can improve mood. A 2009 study published in the Journal of Proteome Research found that dark chocolate helped to reduce levels of the hormone cortisol, which has been linked to stress. Hackensack Meridian Health notes that, when consumed in moderation, dark chocolate made of at least 70 percent cocoa can help people relax.

Various foods can have a beneficial effect on mood, potentially helping people to stay positive when doing so proves challenging.



## Did You Know?

Athletes may be vulnerable to certain accidents and injuries associated with participating in sports and other physical activities. Personal safety requires an awareness of the risks associated with certain activities. UnityPoint Health says these are the 10 most common sports-related injuries people experience.

- Hip flexor strain
- ACL tear or strain
- Concussion
- Groin pull/ strain
- Shin splints

- Sciatica
  - Hamstring strain
  - Tennis or golf elbow
  - Shoulder injuries, such as dislocations or strains
  - Patellofemoral syndrome
- Exercising caution while playing sports or exercising, as well as using correct form and guidance, may prevent some of these injuries. Speak with a doctor or physical therapist for ways to alleviate sports injuries and recover more readily

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# Donna's Day

Creative family fun  
by Donna Erickson

## Butternut Squash Makes a Hearty Soup

Here's a rich-tasting, family-friendly recipe of hearty butternut squash soup that you simply won't want to pass up. No need to precook the fresh squash. Simply toss it in your soup pot to cook with the other ingredients for less than an hour, and then whirl everything together in your blender in minutes. Enjoy the added bonus of a wonderful aroma filling your home, welcoming everyone for nourishment and relaxing conversation around your dinner table.

### BUTTERNUT SQUASH SOUP

- 4 tablespoons butter
  - 1 large onion, minced
  - 2 stalks of celery diced
  - 4-5 teaspoons (or less) curry powder, according to taste
  - 3 cups peeled (a vegetable peeler works well), seeded and cut-up butternut squash
  - 2 large apples, peeled, cored and chopped
  - 4 cups chicken stock
  - 1 cup half-and-half or heavy cream
- Salt and freshly ground black pepper to taste  
Apple slices (see below), fresh chives or parsley for garnish (optional)

1. Melt butter in a large soup pot. Add onion, celery and salt to taste, stirring 3 minutes. Add curry powder

and continue stirring until onion and celery are soft, about 5 more minutes.  
2. Add squash, apples and stock; bring to a boil. Lower heat to low, cover pot and simmer until squash and apples are very soft, about 35 minutes.  
3. Cool soup slightly (important!) and puree by whirling in batches in a blender. Return soup to pot. Stir in cream, season with salt and pepper, and then simmer briefly to heat through. Serve garnished with an apple slice design, parsley or chives.



### APPLE SLICE DESIGNS

Slice an apple in half through the middle crosswise. Cut several thin, round slices from each of the halves. Set them on a cutting board, and let your child press tiny cookie cutters through the middle core section of each slice — leaving a cute shape in the middle. Discard the cut-out pieces containing seeds and the core. Nibble on the rest!

TIP: To encourage healthy apple snacking, keep an assortment of small cookie cutters on hand and use them for making "apple-slice designs." Use tiny pumpkins in fall, Christmas-tree and star-shaped cookie cutters in December, a snowman in January, a heart in February and a bunny for spring.

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Find more recipes and family fun at [www.donnaerickson.com](http://www.donnaerickson.com). Write to Donna at [Info@donnaerickson.com](mailto:Info@donnaerickson.com)

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## Stress-Busting Foods

A few years ago, Dr. Mehmet Oz asked me to create a recipe containing foods that help to naturally reduce stress and to do a cooking demo on "The Dr. Oz Show." I found that the following ingredients have stress-reducing properties:

• **Red, Orange and Yellow Bell Peppers** — These peppers contain vitamins A and C and folate, which help give you more energy and repair cell damage caused by stress. When under prolonged stress, the body gets depleted of vitamin C, an antioxidant that fights the free radicals that get released when you're stressed. These free radicals have been shown to cause cancer.

• **Turkey** — An amino acid called L-tryptophan contained in turkey triggers the release of serotonin, which is a feel-good, muscle-relaxing brain chemical. L-tryptophan has a calming effect. Turkey also contains tyrosine, an amino acid that helps your brain produce the neurotransmitters dopamine and norepinephrine. Activating those chemicals helps your brain work faster and be more effective at handling complex mental problems.

• **Spinach** — Dark green vegetables are powerhouses of vitamins that help replenish our bodies in times of stress. Many dark green vegetables also contain potassium, which is good for our nerves and can calm them.

• **Quinoa and Brown Rice** — Quinoa is rich in vitamin B, which has a calming effect on the body and helps relieve feelings of stress and anxiety while enhancing your mood. Brown rice is a healthy carbohydrate and boosts serotonin levels, which has a calming, soothing effect. All whole grains contain B vitamins and fiber, and also supply serotonin-producing carbohydrates that do not spike blood sugar levels. When you eat a carbohydrate, your body sends an amino acid

called tryptophan into the brain to trigger the manufacture of serotonin, a neurotransmitter that makes you feel tranquil and better able to cope.

• **Low-Fat Cheese, Greek Yogurt** — The whey and protein in milk products like cheese and yogurt help your nerves stay healthy, stabilize your blood sugar, stops you from feeling those extreme highs and low when you eat sugar, and has been shown to decrease anxiety and frustration. When consumed over a period of time, the calcium in dairy also has been shown to calm muscles and help keep blood pressure in check.

• **Avocado** — The monounsaturated fats and potassium in avocados help lower blood pressure. Avocados have more potassium than bananas. Monounsaturated fat also helps keep receptors in the brain sensitive to mood-boosting serotonin.



Depositphotos

• **Basil** — A great source of folate, which helps to repair cell damage caused by stress.

This is the healthy, stress-reducing recipe I created for "The Dr. Oz Show." Enjoy and relax!

### STRESS-BUSTING STUFFED BELL PEPPERS

- 8 red, yellow or orange bell peppers, or a mixture of all (about 4 pounds)
- 2 tablespoon canola or olive oil, divided
- 1 medium-sized yellow onion, chopped
- 4 garlic cloves, peeled and minced
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 16 ounces fresh Italian turkey sausage, removed from casing, or ground turkey
- 1 (16 ounce) jar chunky salsa, mild or hot
- 2 cups fresh baby spinach,

- rinsed and chopped, or 1 (10-ounce) package chopped spinach, thawed and squeezed to remove moisture
- 2 cups cooked quinoa or cooked brown rice, or mixture of both
- 1 cup low-fat Cheddar cheese
- 2 large avocados, peeled and pits removed, sliced
- 1/2 cup low-fat Greek yogurt
- 1/4 cup finely chopped fresh basil leaves

1. Heat oven to 375 F. Cut the peppers in half lengthwise, slicing from the stem to the bottoms, leaving the stems intact. Remove the white pithy ribs near stem and down length of inside. Remove the ribs and seeds, and discard. Place the peppers in a shallow 13 x 9-inch baking dish. Drizzle the peppers with 1 tablespoon of the oil. Cover the dish with foil, and bake the peppers 15 to 20 minutes, until they start to soften.

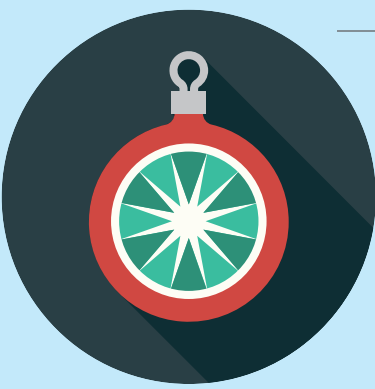
2. Meanwhile, heat the remaining 1 tablespoon of the oil in a large skillet over medium-high heat. Add the onion, garlic, salt, black pepper, chili powder and cumin; cook until the vegetables are softened, about 3 minutes. Add the sausage or ground turkey, breaking it apart with a fork and cooking until lightly browned, about 5 minutes. Add the salsa and spinach. Cook, stirring occasionally, about 5 minutes. Remove the skillet from the heat. Stir in the cooked quinoa and/or brown rice.

3. Fill the pepper halves with the turkey mixture. Cover with foil. Bake 20-25 minutes until peppers are tender. Remove foil and sprinkle peppers with cheese. Return to oven; bake, uncovered, until cheese has melted. Top peppers with avocado slices, yogurt and basil. Makes 8 servings, 2 stuffed pepper halves per serving.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## Pavlova Is Luscious Meringue Dessert

It was autumn a few years ago when Lisa and Gareth Hedges and their two children moved to America from New Zealand. Sure, they had heard about Thanksgiving through movies and books, but they hadn't experienced it firsthand until they were invited by new American friends to celebrate



Ruby and her mom, Lisa Hedges, add kiwi and berries to their Pavlova — a meringue dessert popular in their home country of New Zealand.

together. Now in its fifth year, the gathering has become a meaningful tradition for both families.

Lisa recalled the first year when, thankful to be included around the table, she offered to contribute something to the menu. Lisa humbly admitted she didn't know how to make the green bean and mushroom soup vegetable dish, or how to bake a pecan, apple or pumpkin pie. "But I could make a dessert from New Zealand," she said to the hosts. "It's called Pavlova."

"Pavlova is a favorite for special events and holidays," she said. "It begins as a big blob of meringue — crunchy on the outside, and soft and smooth in the middle. When slathered with whipped cream and garnished with berries and fruit such as kiwi slices or passion fruit, it's transformed into something beautiful and delicious."

When Lisa shared her Pavlova with me, I immediately understood why it's a hit at their Thanksgiving dessert table. It would be a great addition to festivities any time of year.

### PAVLOVA

- Meringue:**
- 4 large egg whites, at room temperature
  - Pinch of salt
  - 1 1/4 cups sugar, preferably superfine or ultrafine pure cane baker's sugar, such as C&H Baker's Sugar
  - 2 teaspoons cornstarch
  - 1 teaspoon white wine vinegar
  - 1 teaspoon pure vanilla extract

- Topping:**
- 2 cups whipped cream
  - Kiwi slices and fresh berries (such as strawberries and raspberries) or other fruit of your choice

To prepare oven and baking sheet: Heat oven to 300 F. Draw a 9-inch circle on a sheet of parchment paper, cut to fit a sheet pan. Turn paper over and lay on pan.

To make meringue: Using an electric mixer, beat egg whites and salt on high speed until firm, about 1 minute. With mixer still on high, slowly add sugar and beat until stiff, glossy peaks form, about 4 minutes.

With a spatula, gently fold in cornstarch, vinegar and vanilla to combine. Mound the meringue in the center of the 9-inch circle. Using a spatula, spread out evenly to form a disk.

Bake 1 hour. Turn off oven and let meringue cool completely in the oven before removing, about one hour.

To serve, set meringue on a plate, and top with whipped cream and desired berries and fruit. Makes 6 servings.

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Find more family fun in Donna's book "Donna Erickson's Fabulous Funstuff for Families," or visit her website at [donnaerickson.com](http://donnaerickson.com).

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## Hope for the Best, Prepare for the Worst

After 45 years of cooking, I've had my share of Thanksgiving Day disasters! I'll never forget the Thanksgiving when the turkey wasn't done, and my family and friends were starving.

Thankfully, no pun intended, I had defrosted a package of pork chops for dinner the next day. That year we had fried pork chops, combread dressing with cranberry sauce, roasted vegetables, mac and cheese, dinner rolls and a vast array of desserts.

One of the many things that I learned that year, and during this stressful and unusual year, is to be thankful for the good things in life, while preparing as much as you can for the unexpected.

Here are some secrets to saving your sanity and your Thanksgiving dinner if your turkey isn't done, or other unexpected challenges arise:

**HOW TO DEFROST A TURKEY:** You'll need at least 24 to 48 hours (about five hours per pound) to thaw a frozen turkey in the refrigerator. If you need to do a quick thaw, place the wrapped, frozen turkey in your kitchen sink or a large container like an ice chest.

Cover the turkey with cold water. Drain and refill the water every half-hour because as the bird thaws out, the water will get warmer. Using this method, the turkey will thaw at the rate of about a half-hour for each pound.

**PREPARING THE BIRD FOR COOKING:** Remove the giblet package (neck, livers, heart, and gizzards) from inside the cavity of the bird AND check the neck cavity. Some manufacturers place the giblet package in the

neck cavity and others place it inside the cavity closest to the legs.

You can place the giblets in the same pan as the raw turkey to add flavor to the meat drippings.

Most turkeys come with the legs already trussed (crossed and secured with a metal or plastic bracket). If you're not going to stuff your bird, there's no need to truss the legs, so remove the plastic or metal bracket and discard it.

Trussing an unstuffed bird hinders the hot oven air from circulating inside and around the legs. This means that the dark meat will take longer to cook, and the breast meat will cook faster and dry out before the legs ever get completely done.



Depositphotos

**THE TURKEY ISN'T DONE:** Don't rely on the "pop-up" timer in the turkey, as it usually means that the breast is overcooked, and the dark meat isn't done. If the dark meat isn't done, remove the wings and breast meat from the rest of the turkey, in one piece, if possible. Cover the breast and wing portion with foil and set it aside. Put the drumsticks and thigh portion of the turkey back into the oven to continue cooking until done.

You can re-assemble the whole turkey and garnish it, or just cut it into serving portions and arrange it on a platter.

**STUFFING SAVERS:** If the stuffing/dressing is too wet, spread it out in a thin layer on a sheet pan so that it will dry quickly. Place it back into the oven for 5 to 7 minutes.

If it's too dry, add more pan drippings or chicken broth to the mixture. If you don't have any more drippings or broth, you can combine a chicken bouillon cube (if you have one), along with a teaspoon of poultry seasoning, three tablespoons of butter and 1 cup of water. Cook the mixture in the microwave for 3 to 5 minutes or until

it comes to a boil. Stir to combine and then add it, a little at a time, to the dressing until it's moist.

**SOUPY MASHED POTATOES:** You can add unseasoned dry bread crumbs to soupy mashed potatoes to absorb any excess liquid. You can also microwave raw potatoes until soft, spoon out the potato, mash it and add it to your mashed potatoes along with some additional butter, salt and butter.

**GRAVY RESCUE TIPS:** If the gravy is lumpy, pour it through a strainer into a new pan and bring it to a simmer, stirring gently. If it's too thin, in a separate bowl, mix a tablespoon of melted butter with a tablespoon of flour. Bring the gravy up to a boil and whisk in the butter mixture to thicken your gravy.

If the gravy is too thick, add a little more chicken broth, pan drippings, milk or a little water and butter to thin it out.

**BURNT OFFERINGS:** If the turkey begins to burn while it's roasting, flip the bird over immediately and continue to cook it. After the turkey is done, you can remove and discard any blackened skin and about half an inch of the meat below any burnt area. Slice the remaining breast meat, arrange it on a platter and ladle gravy over it.

If your vegetables or gravy burn on the bottom, carefully remove the layer that isn't burned into another pot or serving dish. Don't scrape the bottom of the pan!

If the dinner rolls are burned on the bottom, just cut off as much as you can, butter them, and fold them in half to cover the missing ends.

Whipped cream is the perfect "make-up" for desserts that aren't quite up to par. You can cut the top layer off a burnt pie and cover it with whipped cream.

Hopefully, these tips will rescue you from any Thanksgiving Day disasters, but remember, it's about gathering to give thanks with the people you love — not the perfect meal! Have a blessed Thanksgiving!

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her latest cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Ornithogalum umbellatum forms carpets of low-growing foliage topped with star-shaped white flowers during April and May. It's great for keeping a sunny bank of soil from eroding away, an accent in a sunny garden, or covering exposed roots under trees or shrubs. It can be invasive, and will need thinning out from time to time. It attracts bees and other pollinators with its nectar- and pollen-rich flowers.

— Brenda Wisner

Sources: [www.easystogrowbulbs.com](http://www.easystogrowbulbs.com), [www.gardenersworld.com](http://www.gardenersworld.com), [www.missouriherbarium.org](http://www.missouriherbarium.org)





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Above and right: Nick Novo, a former Zephyrhills quarterback who transferred to Zephyrhills Christian Academy, led the east squad as he scrambles for modest gains in the all-star game.



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Left: Linemen introduced before the game included Zephyrhills' Dajuan McCullough and Jarrin Galyan, and Wesley Chapel's Tyree Thomas.



STEVE LEE

Above: The east defensive unit battles the west offense.

Right: Cheerleaders for the east side gathered on the sidelines.



**ALL-STAR FOOTBALL:** From Page 1B

"You kind of put your differences aside and come together and it's fun," he said. "You're coaching the best kids that everybody's got."

Nick Carroll, the Zephyrhills coach who last season was the head coach for the east all-stars, was an assistant this year. He said he liked "not having the pressure of being the head coach."

Among the local players representing the east side were eight from Pasco, seven apiece from Zephyrhills and Wiregrass Ranch, six from Cypress Creek, five from Wesley Chapel and three from Zephyrhills Christian Academy.

Those players included: Zephyrhills — Brian Ashmore, Mike Barber, Clayton Cornelius, Tre Gallimore, Jarrin Galyan, Dajuan McCullough and Zyre Roundtree.

Pasco — Gabriel Barnes, Amir Burgess, Malcolm Gibbs, Josiah Harrison, Devin Jernigan, Jonathan Lee, Jabari Mention and Manuel Torres.

Wiregrass Ranch — Grady Clower, Larry

Gibbs, Broden Guirl, Connor Hogan, Craig Kailimai, Adam Mihalik and Gabriel Thompson.

Cypress Creek — Hunter Brinkley, Jake DiMarco, Brycen Hernandez, Gabriel Kolakoff, Collin Ostapchuk and Paul-Andre Tre.

Wesley Chapel — Noah Boyd, Duron Croson, Matt Helms, Owen Libby and Tyri Thomas.

Zephyrhills Christian — Nick Novo, Bakari Sampson and Jonathan Zelasko.

Additionally, the east all-star cheerleading team featured Zephyrhills' Madison Aguilera and Brianna Cunningham; Pasco's Alyson Partain and Emma Whited; Cypress Creek's Taryn Clowe and Brooke Sokolowski; Wesley Chapel's Tatum Hauser and Sydney Taylor; Wiregrass Ranch's Natalie Joles and Avery Warner; and Zephyrhills Christian's Leah Bush and Taylor Stanley.

In addition to organizing FCA all-star games for football, baseball and softball, Durham said he has received calls from county basketball coaches for boys and girls all-star games in that sport. That is being considered, he noted, adding that it is too late to plan all-star basketball games for 2021.



Left: Cypress Creek coach Mike Johnson is flanked by Zephyrhills' Nick Carroll, Wiregrass Ranch's Mark Kanto, Cypress Creek assistant Tico Hernandez and Zephyrhills Christian assistant Lane McLaughlin.

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Above: Madison Driggers steals the ball and initiates a fast break.

ANDY WARRENER



Above: JV call-up Timneta Clemmons has proved she belongs up on varsity.

Right: Taija McCullough breaks loose on a fast break for an easy bucket.

Below: Makenna Campbell loads up for a long pass from the top of the key.



Right: Mikayla Cintron calling for the ball in the low post.



► **GIRLS BASKETBALL:** From Page 1B

on a fast break and then Llanes finishing with a steal and coast-to-coast layup to make it 24-7 heading into the second quarter.

The second quarter was more of the same. Cintron and Driggers combined for a quick score. Jones bagged a steal and a quick outlet pass to Llanes made it 30-7. A fantastic around the body bounce pass between two defenders by Jones found Cintron for an easy basket and 34-7 lead. The pressure continued to pile up. Driggers on a steal and fast break, McCullough with a three, and assist from Campbell to Breanna O'Malley, capped by another three-pointer from Campbell made it an irrevocable 47-9 going into halftime.

Let up was likely for the second half with a running clock but the Bulldogs were still stuck in high gear. It didn't help the Pirates that the

bench rotated in and out during the first half. The whole team was fresh and ready to go for the second half and they refused to let up.

Again off the in-bound passes, Llanes made it 49-9. Llanes would drain a three moments later to make it 52-9. Llanes would add pressure off a steal, McCullough would score off another, Llanes would find Cintron on a fast break to make it 60-9 at the end of the third quarter.

"(Cintron) had a good game," Smith said. "You can tell before a game if it's going to be a good or a bad night for her. She's capable of being a great player."

The fourth quarter mercifully bled out but not before Driggers hit another three. Timneta Clemmons got a steal and assisted Ahmeisha Hicks. Final score 75-9. Three Bulldogs put up double-digit points Friday night - Cintron led with 16, Llanes and Driggers both put up 14 and the Bulldogs got a tremendous effort from the whole roster.



Left: Breanna O'Malley got into the action, initiating a fast break off a steal.

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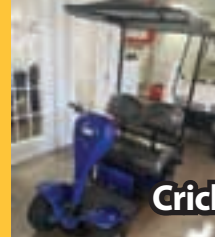
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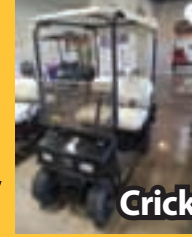
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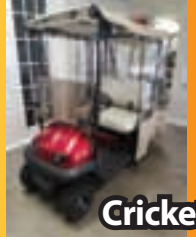
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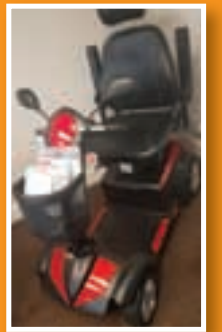
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FEEDS 4-6

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**PICK 3 MEATS**

FEEDS 6-8

**PICK 4 MEATS.**

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FEEDS 8-10

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CRIME REPORTS

### Simple battery

A 41-year-old Zephyrhills woman was arrested Nov. 21 at 6830 Vista Lago Loop after she allegedly had a physical altercation with a neighbor.  
Arrested was Mary Lynn Robinson Salvatore of 5105 6th St. Robinson Salvatore was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

### Active warrant

A 39-year-old Dade City man was arrested Nov. 21 at 7th Street and 9th Avenue after a traffic stop, for no tag light, allegedly revealed a warrant out of Pasco County for failure to appear on a battery charge.  
Arrested was Billy Spencer Croson of 38707 Island Ave. Croson was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

### Aggravated assault

A 32-year-old Lake City man was arrested Nov. 22 at 6830 Vista Lago Loop after he allegedly swung a bat at a man.  
Arrested was Albert Lewis Dunbar of 126 SW Hemlock Gin. Dunbar was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

### Simple battery

A 45-year-old Brooksville woman was arrested Nov. 23 at Wendy's, 5658 Gall Blvd. after she allegedly poked a woman in the face.  
Arrested was Klemtis Ravon Parker-Rye of 7275 Sherman Hills Blvd. Parker-Rye was processed by the Zephyrhills Police Department.

### Simple battery

A 38-year-old Dade City man was arrested Nov. 23 at Wendy's, 5658 Gall Blvd. after he allegedly pushed a woman causing her to fall.  
Arrested was Allen Louis Dorsey, Jr. of 13388 Willingham Loop. Dorsey, Jr. was processed by the Zephyrhills Police Department.

### Driving without a license

A 32-year-old Zephyrhills man was arrested Nov. 25 at 20th Street and 2nd Avenue after a traffic stop, for non-working tag light, allegedly revealed his license was suspended on Aug. 14, 2018.  
Arrested was Christopher Raymond Holman of 7818 23rd St. Holman was processed by the Zephyrhills Police Department and given a notice to appear.

### Possession of fentanyl

A 42-year-old Zephyrhills woman was arrested Nov. 25 at 20th Street and 2nd Avenue after a traffic stop, for non-working tag light, allegedly revealed .10 grams of fentanyl in her wallet.  
Arrested was Annette Patricia Lewis of 7818 23rd St. Lewis was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

### Possession of methamphetamine

A 51-year-old Zephyrhills man was arrested Nov. 25 at Gall Boulevard and Fir Avenue after a traffic stop, for window tint violation, allegedly revealed .10 grams of methamphetamine and a pipe.  
Arrested was Tommy Lee Harrelson of 3756 Pate Rd. Harrelson was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

### Burglary of a residence

A 63-year-old Zephyrhills man was arrested Nov. 25 at 4844 Cottage Dr. after he allegedly entered a residence, took a microwave and brought it to his girlfriend's house.  
Arrested was Scott Herbert Face of 4813 Rollins St. Face was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

### Driving under the influence

A 23-year-old Zephyrhills man was arrested Nov. 26 at 6118 8th St. after there was metal scraping the road from his car and he performed poorly on field sobriety tests.  
Arrested was Josiah Tyler Gyngard of 41201 Melrose Ave. Gyngard was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

### Active warrant

A 55-year-old Wesley Chapel man was arrested Nov. 27 at 5th Avenue and 8th Street after a check allegedly revealed a warrant out of Pasco County for failure to appear.  
Arrested was Phillip Alan Cherry of 1944 Uppr Rd. Cherry was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

### Active warrant

An 18-year-old Zephyrhills man was arrested Nov. 28 at Hobby Lobby, 7325 Gall Blvd. after a check allegedly revealed a warrant out of Pasco County for failure to appear on a driving without a license charge.  
Arrested was Isaak Lee Boyles of 4628 Wesleyanne Dr. Boyles was processed by the Zephyrhills Police Department and transported to the Pasco County Jail.

*Merry Christmas & Holiday Cheers*

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LEGALS

**IN THE CIRCUIT COURT OF THE SIXTH JUDICIAL CIRCUIT, IN AND FOR PASCO COUNTY, FLORIDA**  
**HECTOR CONTRERAS, Petitioner, and MARGARITA FIGUEROA, Respondent.**  
**CASE NO.: 51-2020-DR-004883-ES/K**  
**NOTICE OF ACTION FOR DISSOLUTION OF MARRIAGE (NO CHILD OR FINANCIAL SUPPORT)**

TO: MARGARITA FIGUEROA  
Respondent's last known address: 1883 Broway St., Unit 21  
YOU ARE NOTIFIED that an action for dissolution of marriage has been filed against you and that you are required to serve a copy of your written defenses, if any, to it on HECTOR CONTRERAS whose address is: P.O. Box 1021, Dade City, FL 33526 on or before January 11, 2021, and file the original with the clerk of this Court at 38053 Live Oak Ave., Suite 205, Dade City, FL 33523 before service on Petitioner or immediately thereafter. If you fail to do so, a default may be entered against you for the relief demanded in the petition.

The action is asking the court to decide how the following real or personal property should be divided: NONE.

**Copies of all court documents in this case, including orders, are available at the Clerk of the Circuit Court's office. You may review these documents upon request.**

You must keep the Clerk of the Circuit Court's office notified of your current address. (You may file Designation of Current Mailing and E-Mail Address, Florida Supreme Court Approved Family Law Form 12.915.) Future papers in this lawsuit will be mailed or e-mailed to the address(es) on record at the clerk's office.

**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: December 7, 2020  
Clerk of the Circuit Court By: Kelly Jeanne Symons Deputy Clerk  
Published: December 10, 17, 24 & 31, 2020

**NOTICE OF PUBLIC SALE**  
Notice is hereby given that Premier Storage intends to sell the personal property described below to enforce a lien imposed on said property under the Florida Self Storage Act, Statutes (section 83.80-83.809). The owner will sell at public auction on or after January 12th, 2021 at 1:45 P.M. at 37625 State Road 54 Zephyrhills, FL 33542. The following: Juanita Howard, Unit #57. Units are said to contain household goods. The sale may be canceled in the event of settlement. Should it be impossible to dispose of the goods on the day of the sale, the sale will be continued on such succeeding sale days thereafter as may be necessary to be completed.  
Published: December 24 & 31, 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 Auction. The sale will occur as an online auction via www.

storage-treasures.com on 1/13/2021 at 10:00AM. Unless stated otherwise the description of the contents are household goods and furnishings. Ashley R Jeffries unit #C242; Shane Ingram unit #H199; Jennifer Robinson unit #1167; Jesus O Ferrer unit #J115. This sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details.  
Published: December 24 & 31, 2020

**NOTICE OF PUBLIC SALE**  
RELIANCE TOWING, LLC gives Notice of Foreclosure of Lien and intent to sell these vehicles on January 11, 2021, 10:00 a.m. at 13849 US Highway 98 Bypass, Dade City, FL 33525-5018 pursuant to subsection 713.78 of the Florida Statutes. RELIANCE TOWING, LLC reserves the right to accept or reject any and/or all bids. 3N1A67AP5HL651029, 2017 NISSAN JT8UZ30C8S0040928, 1995 LEXUS  
Published: Dec. 24, 2020

**NOTICE OF PUBLIC SALE**  
RELIANCE TOWING, LLC gives Notice of Foreclosure of Lien and intent to sell these vehicles on January 8, 2021, 10:00 a.m. at 13849 US Highway 98 Bypass, Dade City, FL 33525-5018 pursuant to subsection 713.78 of the Florida Statutes. RELIANCE TOWING, LLC reserves the right to accept or reject any and/or all bids. 1C3CCBBB3EN192530, 2014 CHRYSLER  
Published: December 24, 2020

**NOTICE UNDER FICTITIOUS NAME LAW PURSUANT TO SECTION 865.09, FLORIDA STATUTES**  
NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of C3K CONSULTING located at 5334 Bernadette Drive, in the County of Pasco in the City of Zephyrhills, Florida 33541 intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida.  
Dated at Zephyrhills, Florida, this 18th day of December, 2020.  
Chris E. Roscart  
Published: Dec. 24, 2020

**NOTICE UNDER FICTITIOUS NAME LAW PURSUANT TO SECTION 865.09, FLORIDA STATUTES**  
NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of THIRVING STRANDS located at 5149 4th Street, in the County of Pasco in the City of Zephyrhills, Florida 33542 intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida.  
Dated at Zephyrhills, Florida, this 17th day of December, 2020.  
Kerice McCormack  
Published: December 24, 2020

**NOTICE UNDER FICTITIOUS NAME LAW PURSUANT TO SECTION 865.09, FLORIDA STATUTES**  
NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of THIRVING STRANDS located at 5149 4th Street, in the County of Pasco in the City of Zephyrhills, Florida 33542 intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida.  
Dated at Zephyrhills, Florida, this 17th day of December, 2020.  
Kerice McCormack  
Published: December 24, 2020

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HOW TO WRITE A GOOD CLASSIFIED AD

**Make the heading short** - a short heading should have 2 to 4 words and will capture the reader's attention without clutter and confusion.

**Start your ad with the merchandise you are selling** - starting with the merchandise makes it easier for the reader to locate your item(s) for sale.

**Always include the price of the item you are selling** - 52% of classified readers do not respond to ads that do not include a price.

**Make it easy for readers to understand** - abbreviations and technical terms are sometimes difficult for readers to comprehend.

**Place yourself in the reader's position** - ask what you would like to know about the merchandise for sale. Include information such as brand names, colors and other specific descriptions.

**Always include contact information** - including your phone number will give the readers confidence that your item is legitimate and give them the option of contacting you for more information.

**This information provided as a public service by the Zephyrhills News.**



DAYTIME schedule grid for Thursday, December 24, 2020. Columns 3, 34, 4, 8, 9. Rows 6 AM to 5 PM.

DAYTIME schedule grid for Friday, December 25, 2020. Columns 10, 11, 12, 13. Rows 6 AM to 5 PM. Includes TRIVIA and MOVIES sections.

SOAP UPDATE



Rome Flynn is "Zende" on "The Bold and the Beautiful."

THE BOLD AND THE BEAUTIFUL: Ridge got emotional with Brooke about Thomas. Liam vowed to be the husband that Hope deserved.

plans for the future. Marlena encouraged John to work things out with Steve. Wait to see: Steve shares his new theory with Kayla.

GENERAL HOSPITAL

Jason had trouble reconnecting with Sonny. Carly introduced Dante to baby Donna. Laura scoffed at the notion that she and Cyrus had anything in common.

THE YOUNG AND THE RESTLESS

Jack reflected on Christmas past. Rey confided in Lola. Victoria put a wrench in Billy's plans. Devon protected his interests.

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DAYS OF OUR LIVES: The Kiriakis clan celebrated Christmas Eve together. Victor and Maggie were displeased when Justin invited Bonnie to the family gathering.

THURSDAY DECEMBER 24, 2020 schedule grid. Columns 3, 34, 4, 8, 9, 10, 11, 12, 13. Rows 6 PM to 11 PM.

FRIDAY DECEMBER 25, 2020 schedule grid. Columns 3, 34, 4, 8, 9, 10, 11, 12, 13. Rows 6 PM to 11 PM.

SATURDAY DECEMBER 26, 2020 schedule grid. Columns 3, 34, 4, 8, 9, 10, 11, 12, 13. Rows 12 PM to 11 PM.

SUNDAY DECEMBER 27, 2020 schedule grid. Columns 3, 34, 4, 8, 9, 10, 11, 12, 13. Rows 12 PM to 11 PM.

MONDAY DECEMBER 28, 2020 schedule grid. Columns 3, 34, 4, 8, 9, 10, 11, 12, 13. Rows 6 PM to 11 PM.

TUESDAY DECEMBER 29, 2020 schedule grid. Columns 3, 34, 4, 8, 9, 10, 11, 12, 13. Rows 6 PM to 11 PM.

WEDNESDAY DECEMBER 30, 2020 schedule grid. Columns 3, 34, 4, 8, 9, 10, 11, 12, 13. Rows 6 PM to 11 PM.

HOLLYWOOD

by Tony Rizzo



Ken Jennings

HOLLYWOOD -- Loyal "Jeopardy!" fans were saddened to learn that their favorite host, Alex Trebek, had pancreatic cancer.

Jennings won 74 consecutive "Jeopardy!" games with the highest average of correct responses per game. He won \$2,520,700 for 74 wins, \$2,000 for placing second in his 75th appearance.

Jennings is 46 years old, a graduate of Brigham Young University who has written several books, including "Brainiac: Adventures in the Curious, Competitive, Compulsive World of Trivia Buffs" (2006).

Plans are afoot for releasing films into theaters again. The roll out began slowly but starts to pick up with the pre-Christmas opening of "Monster Hunter," starring Mila Jovovich and Ron Pearlman.

January sees the debut of "Pieces of a Woman," starring Shia LaBeouf, Vanessa Kirby and Ellen Burstyn; and "The 355," starring Jessica Chastain, Penelope Cruz and Lupita Nyong'o.

Are these stars and films enough to force us to give up being lumpy couch potatoes? Stay tuned!

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*Merry Christmas*

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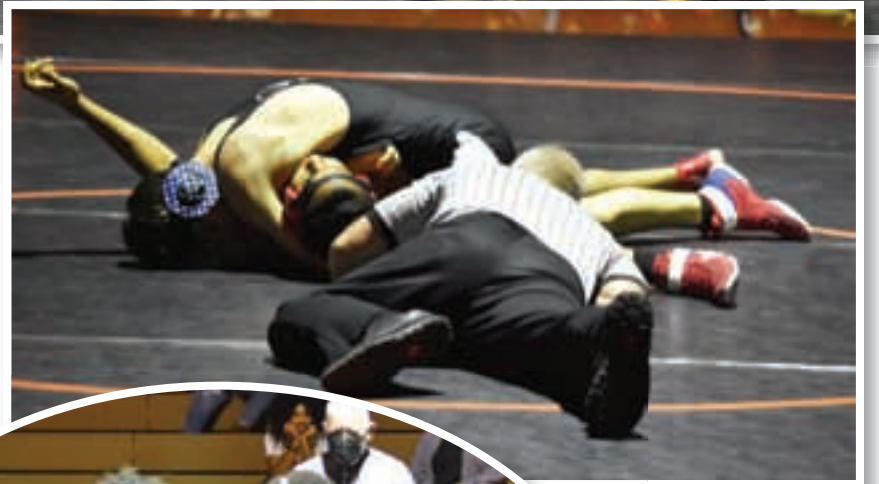
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Above: The host Bulldogs gather for a group photo.

Right: In the 132-pound match, Zephyrhills' Ethan Kocher gets a lead on Pasco's Lamont Sims.



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Left: Amir Burgess of Pasco took on Zephyrhills' Theotis Smith in the 220 division. That match was scoreless for two rounds before Burgess rallied for a 5-1 win.

STEVE LEE

Right: In a girls exhibition match, Zephyrhills' Kohana Martinez squared off against Pasco's Sydney Bridenstine. Martinez won with a pin in the first round.



Left: Pasco's head coach Tim Maple, along with assistant coach Dan Knowlton, celebrated the team's first win of the season. Pasco and Zephyrhills entered the match with identical winless records.

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**Remain the Same**

- RECYCLING BINS** Use your current recycling bins
- RECYCLE PICK-UP** Pick-up will remain every other Wednesday
- COLLECTION FREQUENCY** Trash will be collected 2x per week
- COLLECTION DAYS** Pick-up days will remain the same

**FOLLOW THE 3' RULE**

Keep Z-Carts at least three feet away from other carts, mailboxes, fire hydrants, low hanging trees or shrubs, parked cars, and utility poles so trucks can easily access the cart.

**Common Reasons for Missed Collection**

- Cart placement is not in accordance to the above guidelines
- Cart is placed out at the curb after the designated collection time
- Trash has been placed outside the cart or is overfilled
- Cart contains unacceptable materials (see page 3)

**WRESTLING:** From Page 1B

10-6 comeback win against Zephyrhills' Ethan Kocher.

Another close match was a 5-1 win by Pasco's Amir Burgess over Theotis Smith in the 285 division. It was scoreless until the third round.

Pasco wrestlers racked up four pins against the Bulldogs. At 145, Javonte Robinson pinned Mason Cornelius. Savion Spaight then beat Caleb Castorena at 160. Devin Jernigan defeated Blake Yearby in the 170 division and, lastly, Cassidy Grubbs pinned Dajuan McCullough at 285.

Additionally, Chance Kiuber got a forfeit win for the Pirates.

Zephyrhills won five matches against Pasco, three of which came by forfeit. Declared winners of those matches were Kohana Martinez in the 106 weight class, Gabby Popolillo at 126 and 182-pound wrestler Tynan Lacru.

As for the other victories by the Bulldogs,

both were pins in the first round. Jaiden Martinez pinned Rocco Goodspeed in the 138 division and Idae Reyes, competing at 152, got a pin against Darrell Teartt.

Maple was especially impressed with the pin by Jaiden Martinez, saying, "We knew that would be a tough match."

"There were some tough matches, but we weren't where we needed to be," coach Martinez said. "I think a little more mat time is needed and, for our guys, we need some discipline."

Later in a junior varsity exhibition, Kohana Martinez pinned Pasco first-year wrestler Sydney Bridenstine.

While Covid-19 has had an affect on many high school athletic programs, Maple noted that his team's prospects are brighter as the season progresses. Some wrestlers, who had been out, have returned to the lineup.

"People are going in and out due to quarantine," he said. "My wrestlers have been flexible to wrestle at different weights to give us the best chance."



Above: Pasco's Javonte Robinson and Zephyrhills' Mason Cornelius begin their match in the 145-pound division. Robinson pinned Cornelius at 3:07 in the second round.

