



ZEPHYRHILLS SPORTS

January 28, 2020

Shuffleboard continues to lure snowbirds



Now that the snowbirds have returned, the 16 courts at the Zephyrhills Shuffleboard Club are usually filled on competition days.

STEVE LEE

Despite setbacks stemming from the coronavirus pandemic, northerners return to Zephyrhills for shuffleboard

By STEVE LEE
Sports Reporter

The numbers may be off a bit, but the lure of the shuffleboard courts in a mild winter setting still are enough to lure northerners to Zephyrhills. The Zephyrhills Shuffleboard Club's 16 courts were filled last Saturday morning, just like they always are during mingles/singles days.

Chuck Moulton, the club's treasurer, noted that this winter's membership is down about 30 percent — currently at 93 members compared with 158 last season. In the midst of the winter months, that number is not expected to change much if any.

"A lot of these members are Americans," he said, noting that there are two Canadians here.

While some Americans have chosen not to travel during the crisis, there are greater restrictions on Canadians, who are allowed to fly but not drive into the United States. The two Canadians who

are in Zephyrhills playing shuffleboard are Wayne Edgett and Henry Strong, who is the club's president.

"I'm real happy that shuffleboard's still going on," said Edgett, who flew into Orlando from New Brunswick, a province between Maine and Nova Scotia. "That's one of the main reasons I come down. I would still come down for the weather, but it would be very difficult."

Added Strong, who is from Ontario and flew into Tampa, "If it wasn't for shuffleboard I probably wouldn't come at all."

For now, the club is open to members only. That has been the case for the past year, basically since the outbreak of the coronavirus pandemic hit the United States last February. Precautions are taken with masks mandated, social distancing adhered to except when lining up in pairs on either side of the courts. There also are sanitizing stations placed at various locations inside the building.

Traditionally, the club hosts a handful of tournaments each year. This past year, however, none were held at the downtown location.

"We wish we could," said Moulton, adding that safety precautions put in place during the ongoing outbreak "is why all four tournaments have been cancelled. We can't allow anybody else (other than club members) in."

► SHUFFLEBOARD: See Page 3B



Shortstop Gisele Navarra fields a ground ball during a recent infield practice.

STEVE LEE

Bulldogs get reboot in softball

New Zephyrhills coaching staff aims to revive program that has struggled in recent seasons

By STEVE LEE
Sports Reporter

Perhaps it was not such a bad thing that springs sports did not get to play out their seasons due to closures stemming from the coronavirus pandemic. Especially for the Zephyrhills High softball program, which had its varsity and junior varsity programs winless through eight games before the season was cancelled.

It is a new year and one with some pivotal changes at that. Bringing fresh outlooks to the program are new head coach Kristen DuMont, along with former Pasco coach Chris Kauwaluschultz and his wife Denise. While Dumont, a 2007 Zephyrhills graduate who did not play high school sports, is listed as the head coach she welcomes input from the husband-and-wife team from rival Pasco.

"They're definitely a great asset to our team. I feel like I can learn from both of them," said DuMont, an assistant last year whose softball experience included playing in the Zephyrhills Little League and later on as an adult on a co-ed team in Dade City.

While DuMont hardly expects to challenge for a district title, in part due to Zephyrhills' recent run of losing seasons, she does envision this spring as a potential turnaround season.

"I know we'll have some losses," she said. "There's always someone who's going to be better than you, but I hope we can learn. It's just building a program. The goal is to get past the district tournament."

To do that, the Bulldogs would have to at least make the district final and advance as the runner-up since the top teams from district tournaments qualify for the regionals. For that to happen, the team will have to get solid play from five key returners.

Leading the way will be Aleah Killebrew, a senior who played outfield last season and this year will also play some at catcher. Killebrew, speedy on the base paths, has already signed with Florida Memorial University in Miami Gardens.

► SOFTBALL: See Page 8B

Bulldog lifters make it three straight district titles

A well-rounded team effort with a few key performances helped the Bulldogs claim their third consecutive district championship

By ANDY WARRENER
Sports Reporter

It's not supposed to be a big year for the Bulldogs. They reached their zenith last season as Lakisia Thomas won the school's first individual state title in the sport. The team as a whole managed to place third in Class A. State placers bedecked the roster from 2019, from 2020 and it would seem that there might still be some in 2021. If senior Madison Aquilera has anything to say about it, the Bulldogs will indeed have some state placers in 2021.

"I want to get to states," Aquilera said. "It's where my eyes are now. The records will come."

Adding to the feat of winning three consecutive district titles, Aquilera took center stage last Friday as she walked onto the platform for her clean-and-jerk lifts. Aquilera is an elite clean-and-jerk lifter. She owns the school record in clean-and-jerk across four different weight classes. Her mark in the 154-pound weight class from her junior year (185 pounds), seemed out of reach most of this season as Aquilera dropped down to the 139-pound weight class. She extended her clean-and-jerk record in the weight class at conference by hoisting 165 pounds up and over her head. She would crush that mark at districts as she went for 165 pounds on her very first clean-and-jerk lift.

She hit it, no problem. 175 pounds went up and over her head, no problem. Then with 180 pounds on the bar, Aquilera jerked the bar up onto her chest. Her knee wiggled, ever so slightly and then, pop, she popped out her stance, walked under it and the new school record for clean-and-jerk at 139 pounds was set anew. It was also another individual district title for Aquilera, who compiled a composite score of 315. The second-place lifter at 139 scored a 250.

► WEIGHTLIFTING: See Page 6B



The Bulldogs made it three straight district titles in girls weightlifting Friday.

ANDY WARRENER





Wealth of Health



The role different vitamins play

A nutritious diet is a vital component of a healthy lifestyle. When it's part of a health regimen that includes routine exercise, a healthy diet that's rich in fruits and vegetables can help people reduce their risk for various illnesses, including chronic diseases like heart disease, cancer and diabetes.

Many adults have known about the value of fruits and vegetables since they were youngsters and their parents repeatedly told them how important it was to eat healthy foods. Despite those early lessons, the Centers for Disease Control and Prevention reports that less than 10 percent of adults and adolescents eat enough fruits and vegetables. That's unfortunate, as fruits and vegetables are loaded with vitamins that benefit the body in myriad ways.

The U.S. National Library of Medicine notes that vitamin deficiency occurs when people do not get enough of certain vitamins. Recognizing the many functions vitamins serve may compel adults and adolescents to include more fruits and vegetables in their diets.

• **Vitamin A:** The USNLM notes that vitamin A helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin.

According to the World Health Organization, vitamin A deficiency is the leading cause of preventable blindness in children and increases the risk of disease and death from severe infections.

• **Vitamin B6:** Vitamin B6 helps form red blood cells and maintain brain function. Though the National Institutes of Health notes that isolated vitamin B6 deficiency is uncommon, a deficiency has been associated with various conditions, including a weakened immune system and dermatitis cheilitis, a condition marked by scaling on the lips and cracks at the corners of the mouth.

• **Vitamin C:** Vitamin C is an antioxidant that promotes healthy teeth and gums, helps the body absorb iron and maintains healthy tissue. In addition, vitamin C plays an integral role in helping wounds heal. Vitamin C deficiency impairs bone function, and Merck notes that in children that impairment can cause bone lesions and contribute to poor bone growth.

• **Vitamin D:** The USNLM notes that 10 to 15 minutes of sunshine three times per week is enough to produce the body's vitamin D requirement for people at most latitudes. It's hard to rely on food to supply ample vitamin D,

which helps the body absorb calcium that is necessary for the development and maintenance of healthy teeth and bones.

• **Vitamin E:** Vitamin E helps the body form red blood cells and utilize vitamin K. Green, leafy vegetables like spinach and broccoli are good sources of vitamin E. The Office of Dietary Supplements notes that a vitamin E deficiency can cause nerve and muscle damage, potentially leading to muscle weakness and vision problems.

• **Vitamin K:** Vitamin K helps to make certain

proteins that are needed for blood clotting and the building of bones. The T.H. Chan School of Public Health at Harvard notes that the main type of vitamin K is found in green leafy vegetables like collard greens, kale and spinach. Vitamin K deficiency is rare, but it can lead to bleeding, hemorrhaging or osteoporosis.

Vitamins are crucial to human beings' overall health. Eating ample amounts of fruits and vegetables is a great and delicious way to avoid vitamin deficiency.

AdventHealth Zephyrhills and Dade City host virtual health talk

Tune into the AdventHealth Zephyrhills and Dade City Facebook pages to watch a variety of free health talks

AdventHealth Zephyrhills and Dade City recognize American Heart Month each February. A guest speaker will discuss preventive measures and treatment options for heart failure. Registration is recommended. People who register for this virtual health talk will receive an exclusive coupon to the AdventHealth Wellness Center Zephyrhills.

Heart Failure; There is Hope is scheduled for Feb. 9, 12 p.m. with guest speaker, Binu Jacob, MD, board-certified cardiologist.

For more information, call (877) 534-3108 or visit AHZephyrhills.com to register.

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Robin Stuckey, BSN-RN, CBN
Bariatric and Digestive Health Nurse Navigator

FEB 9 **Heart Failure; There Is Hope**
Tuesday, February 9, Noon
AdventHealth Dade City and AdventHealth Zephyrhills Facebook Pages
Call 877-534-3108 or visit AHZephyrhills.com to register

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Childbirth Educator

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Above: Chuck Moulton pushes a disk down the court as Linda Marshman awaits her turn.

Right: Coming down from Canada to play shuffleboard were Henry Strong and Wayne Edgett.



Above: Linda Marshman lines up a shot as Chuck Moulton watches alongside of her. The two are among the top players in the Zephyrhills Shuffleboard Club.

Left: Willie Wood gets his stick behind a disc as he lines up a shot while Susan Dungey waits for her turn sending four discs down the court.

Below: John Houtaling, a longtime club member and one of the more prominent players, lines up a shot.



STEVE LEE

► **SHUFFLEBOARD:** From Page 1B

The courts were closed for a few days last week for resurfacing, an annual undertaking that entails upgrading the glass beads that when worn down can slow down the discs being pushed along the surface. The hard plastic discs are six inches in diameter and weigh 15 ounces.

During last Saturday's reopening of the courts, Moulton played alongside longtime member Linda Marshman. He labeled her as "one of the better pros in the state."

Like many of the winter residents, who come down to Zephyrhills with shuffleboard being a major draw, Marshman is from upstate New York.

"I can't wait to get down here, not only for the weather but for shuffleboard," she said.

Added Moulton, a former snowbird from upstate New York who now resides in Zephyrhills year-round, "Once you get into shuffleboard it takes over."


On the opposite end of the court from Moulton and Marshman were Susan Dungey and Willie Weed, both of whom shared the enthusiasm for the sport of their counterparts.

"I love the game and the friendly people," said Dungey, who has played shuffleboard for the past 20 years. "It if wasn't for the people in this club we wouldn't be able to do this."

Weed, a snowbird from Maine, echoed Dungey's sentiment about the friends he has met over the years coming to the local shuffleboard club.


"There's the competition and the friendly people you meet from all over," he said, adding that the shuffleboard players all abide by the safety rules. "We all wear masks and sanitize. It's mandatory."

Dungey listed the most challenging aspect of the game as "staying out of the kitchen."



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Left: Autumn Spoon on bench press en route to her win in a 183 class.

Right: Wesley Chapel's Victoria Vaile struggled with her bench press at districts.



Left: Haven Queen hoists a clean-and-jerk lift with her team cheering her on.



Right: Madison Aguilera breaks yet another school record with her final clean-and-jerk lift at districts.



Right: Pasco lifters Ashley Cummings (right) and Raegyn Wilkes (left) are headed to regionals.



Right: Pasco coach Ramiro Tejada cajoles sophomore Alyssa Mero, who would go on to place second in the 110 class.

PUBLIC NOTICE

THE CITY COUNCIL OF THE CITY OF ZEPHYRHILLS, FLORIDA WILL CONDUCT A PUBLIC HEARING ON THE FOLLOWING:

DEVELOPMENT AGREEMENT BETWEEN THE CITY OF ZEPHYRHILLS AND THE COTTAGES AT SILVER OAKS, LLC, GOLF VIEW COTTAGES AT SILVER OAKS, LLC AND DISTRICT AT SILVER OAKS LLC

For Abbott Square, a mixed single-family and multi-family Planned Unit Development generally located on the west side of Simons Road, north of Althea Lane and Dean Dairy Road. Abbott Square proposes an estimated density of 0.24 dwelling units per acre (approximate total population density of +/- 1500) and a maximum height of 2 stories.

A public hearing will be held on February 8, 2021 at 6:00 p.m. in Council Chambers, City Hall, 5335 8th Street, Zephyrhills, Florida. The full text of the development agreement is posted in City Hall and may be inspected by the public from 8:00 a.m. to 5:00 p.m. weekdays. All interested parties may appear at the meeting and may be heard with respect to the proposed development agreement or may submit written comments to City Council, 5335 8th Street, Zephyrhills, FL 33542.

***PLEASE NOTE:** This is a Public Meeting. Should any interested party seek to appeal any decision made by the Council with respect to any matter considered at such meeting or hearing, he or she will need a record of the proceedings, and that, for such purpose, he or she may need to ensure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based. F.S. 286.0105. If you are a person with a disability which requires reasonable accommodation in order to participate in this meeting, please contact the City Clerk at 813-780-0000 at least 48 hours prior to the public hearing. A.D.A and F.S. 286.26, 286.0105.



Left: Pasco's Avery Davis won an individual district title for the Pirates.

ANDY WARRENER

WEIGHTLIFTING: From Page 1B

In fact, Aguilera's 315 would have won the 154, 169 and 199 weight classes on Friday. That score would have placed Aguilera in the top 10 of 139-pound lifters from the 2020 state meet in Class 2A (where the Bulldogs compete this season). Aguilera was thrilled to have set another record in what was her last meet in the ZHS gym, with state-placer alumni in Thomas, Abby Shaffer and Jessica Guadarrama on hand.

"(With regard to the last meet at ZHS) I'll probably start crying before the end of the night," Aguilera said. "Having these girls (Thomas, Shaffer, Guadarrama) is so nice. They were my teammates at one point and now they are bringing back that winning mentality. It gets the other girls hyped up, too."

Other district champions included senior Diamond Cowart. Cowart did not break any of her own marks on Friday but her composite score of 360 easily out-paced the Unlimited weight class. The next best lifter in the class scored a 280.

"I think I'll be less nervous at states this year after competing there in 2020," Cowart said. "Right now, I'm focused on the competition at regionals. I haven't had a lot of competition this season but at regionals, Sunlake will be there again."

Thursday's regional meet at River Ridge brings the power houses together. River Ridge is always a threat and was 7th in Class 2A at states last year. Sunlake is the defending 2A state champion, Leesburg was runner up in Class A and Winter Springs was third in class 2A last season. All of them will be in place for Thursday's regional meet.

Sophomore Autumn Spoon won the 183-pound weight class to help the Bulldogs.

Her 180-pound bench press tied her personal best and tweak to her shoulder kept her clean-and-jerk lift lower than usual. Spoon survived last year's Region of Doom and has aims for high marks at this year's.

"I'm used to the anxiety now," Spoon said. "I'm not so nervous about the other teams at this point but more the other individual lifters."

Other Bulldog seniors Lauren Vo, Haley Cameron, Aleah Killebrew, Barbara Van Klock and Samantha Wilkes were honored before the lifting began Thursday. Vo and Killebrew finished second and third, respectively in the 129-pound class. Wilkes placed second in the 169-pound class, Cameron claimed third at 183-pound class. Those four advance on to regionals. Unlimited lifter Bri Padron got second behind Cowart in the Unlimited class. Sharibell Vazquez and Kaitlyn Miller both placed third in their respective weight classes. As a team, the Bulldogs out-paced runner up Nature Coast Tech 69-53.

"I figured it would be us by 11 (points over Nature Coast) but things picked up for us," Bulldog head coach Joe Rinaldo said. "Some things opened up in other (weight) classes that were not there coming in."

The Pasco Pirates placed fourth with 32 points. The Pirates saw a pair of district champions crowned Friday. 169-pounder Avery Davis and 199-pounder Ashley Cummings won their respective weight classes. Raegyn Wilkes and Alyssa Mero placed second in their respective classes.

"We have some young girls that are just started in the sport that have really improved this year," Pirate head coach Ramiro Tejada said. "We qualified six of our nine lifters for regionals."



Right: Madison Aguilera brings in the district championship trophy to her elite teammates.

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DAYTIME schedule table for Thursday, January 28, 2021, listing programs from 6 AM to 5 PM across various channels.

DAYTIME schedule table for Friday, January 29, 2021, listing programs from 6 AM to 5 PM across various channels.

TRIVIA
By Fifi Rodriguez
GEOGRAPHY: The United States shares a land border with how many countries?
TELEVISION: What was the name of the Coneheads' home planet ('Saturday Night Live')?
MOVIES: How many versions of 'A Star Is Born' have been made?
LAST ANSWERS
TELEVISION: Oscar the Grouch
MOVIES: 'Bibbidi bobbidi boo'
ANIMAL KINGDOM: A gander

THURSDAY JANUARY 28, 2021 schedule table listing programs from 6 PM to 11 PM.

FRIDAY JANUARY 29, 2021 schedule table listing programs from 6 PM to 11 PM.

SATURDAY JANUARY 30, 2021 schedule table listing programs from 12 PM to 11 PM.

SUNDAY JANUARY 31, 2021 schedule table listing programs from 12 PM to 11 PM.

MONDAY FEBRUARY 1, 2021 schedule table listing programs from 6 PM to 11 PM.

TUESDAY FEBRUARY 2, 2021 schedule table listing programs from 6 PM to 11 PM.

WEDNESDAY FEBRUARY 3, 2021 schedule table listing programs from 6 PM to 11 PM.

HOLLYWOOD

by Tony Rizzo



Delroy Lindo

HOLLYWOOD -- In the late 1950s, when major film studios were losing patrons to television, they were desperate to come up with ways to get moviegoers away from their TVs and back into theaters. Among their brainstorms were CinemaScope, Stereophonic Sound, Scratch & Sniff (a card you sniffed for an enhanced viewing experience) and, of course, 3D. They even wired seats to give shocks during horror films.

More recently, movie distributors reinvented 3D, and with IMAX got moviegoers away from their TVs, computers and other electronic devices. With theater closures because of the pandemic, movie studios began releasing films, such as Warner Brothers' 'Wonder Woman 1984,' to theaters overseas, in the U.S. at drive-ins and on streaming platforms. 'WW84' would normally have been a tent pole release in IMAX, but Warner Bros., which was having difficulty finding subscribers for its HBO Max streaming platform, saw its subscriptions balloon from 8.6 million to 12.6 million on the opening day of 'WW84,' which grossed \$85 million worldwide. All this has prompted WB to fast-track 'Wonder Woman 3' into preproduction for a quick release.

The New York Film Critics annual picks, made prior to award season, are usually on the money. Their picks have often been a barometer for the Oscars. However, this year will be tough. Some of their choices may be unfamiliar to most of us. British-American actor Delroy Lindo (best known for 'Malcolm X') nabbed best actor, while the late Chadwick Boseman was named best supporting actor, both for Spike Lee's 'Da 5 Bloods,' about vets who return to Vietnam seeking the remains of their fallen squad leader. The best actress nod went to 21-year-old non-binary woman Sidney Flanagan (that's another story) for 'Never Rarely Sometimes Always,' which concerns two teenage girls who travel to NYC to get medical help for an unintended pregnancy. The best supporting actress pick was Maria Bakalova, the 24-year-old Bulgarian actress who played Tutar Sagdiyev in 'Borat Subsequent Moviefilm.' The critics' choice for best picture was 'First Cow,' about two travelers on the run from vengeful hunters in the 1920s Northwest dreaming to strike it rich. It all boils down to the secret use of a prized dairy cow.

Will you be returning to theaters when they reopen, or like most of us, will you become a couch potato, streaming films at home on the half dozen platforms available to us?

Dwayne Johnson is producing and starring in 'Black Adam,' a 1940s DC Comic book villain corrupted by power, who becomes an anti-hero in the 2000s with his disregard for rules and conventions. What will they think of next: 'Black Eve' for the sequel?

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SOAP UPDATE



Robert Scott Wilson stars as 'Ben' on 'Days of Our Lives.'

THE BOLD AND THE BEAUTIFUL
Zoe was beside herself when she discovered that she missed a text that could have changed the course of her life. Eager to determine who the father of her baby was, Steffy asked for a paternity test. Zoe reached out to Zende, showing him the delayed text, hoping there was still a chance for them. Ridge questioned Zende about Zoe's intentions after Carter asked him to be his best man. Zende covered when Ridge got too intrusive. In love with Katie, Dollar Bill fell on his sword in an attempt to win her back. Zoe made a surprise and seductive visit to Zende. Wait to see: Bill and Katie separately seek out advice from Wyatt and Donna about reuniting. Ridge angrily demands answers after busting Zoe and Zende. Paris decides that it's time to tell Carter the truth about Zoe.

to Shawn regarding Charlie. Rafe opens up to Nicole.
GENERAL HOSPITAL
Bobbie tried to distract Ava. Michael considered his next steps. Finn looked to Jackie for answers. Anna and Jordan took a moment to bond. Portia helped Curtis. Willow offered Sasha her support. Peter published a disconcerting article. Liz had a heart to heart with an old friend. Jax and Nina resisted Valentin's bait. Lucy was dismissive of Carly. Val helped Nina try to get to the truth. Alexis went to the hospital with Sam. Jason and Britt came up with a strategy. Nina's curiosity was piqued. Olivia's confusion mounted. Liz took Jason to task. Alexis began to comprehend the error of her ways. Monica grew tired of her house guest. Valentin snapped at Carly. Wait to see: Finn pushes Britt for information. Obrecht makes a desperate plea. Nikolas goes to Laura for advice.

DAYS OF OUR LIVES
Brady and Chloe argued about Philip. Meanwhile, Philip's entanglement with the mob turned violent. Lani turned to Kristen for help. Eli enlisted Xander to lure Dr. Raynor into a trap. Brady's life hung in the balance. A desperate Kristen took Tony hostage. Kate questioned Jake about his feelings for Gabi. Nicole insisted on taking Rafe out for his birthday. Kristen threatened to shoot Chloe. Xander ratted out Philip to Victor. Anna gave Abigail marital advice. Tony and Chad teamed up to help their sister. Marlena hypnotized Alie. Abigail and Gwen had an explosive confrontation. Charlie bonded with someone unexpected. Ben made an admission to Claire about Ciara. Ben received a sign to follow his heart. Wait to see: Tripp urges Charlie to come clean. Steve brings new evidence

THE YOUNG AND THE RESTLESS
Nicki pointed her daughter Victoria in the right direction. Adam was concerned about Chelsea's progress. Amanda and Nate settled some unfinished business. Nick turned to Nikki for help with Faith. Devon made a promise to Amanda. Victoria protected her interests. Phyllis shared her playbook with Summer. Mariah received a surprising request. Sally turned to Jack for help. Elena came clean with Devon. Wait to see: Rey wants Sharon to cut ties with Adam. Jack receives an unexpected guest. Billy and Victoria experience deja vu.

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Above: Three of the Zephyrhills softball team's key returners are expected to shoulder the offensive load this season. They are second baseman Alex Bowe-Wooton, first baseman Brooke Lea and shortstop Gisele Navarra.



Above: The Zephyrhills junior varsity players take infield drills.

Left and right: Second baseman Alex Bowe-Wooton, who also plays travel ball, practices in the infield.

STEVE LEE



Above: During Tuesday's practice at the Zephyrhills softball field, the junior varsity infielders took the field to handle ground balls and line drives. That group changed periodically with the varsity infielders.

Left: Kristen Dumont, the team's head coach who last year was an assistant and coached the junior varsity squad, hits infield practice.



► **SOFTBALL:** From Page 1B

"That's big for Zephyrhills," DuMont said. The other returners are senior shortstop Gisele Navarra, juniors Amberlyn Davis and Brooke Lea, and sophomore Alex Bowe-Wooton. Davis and Bowe-Wooton are middle infielders who also are slated to split time pitching while Lea is a first baseman.

"They've been playing with each other for a while, in school ball and in travel ball," DuMont said, noting that some played on the Misfits and others with former Zephyrhills coach Jarrett Myers' Crush team.

With former catcher Kyleigh Smith graduated, Killebrew will likely share time behind the plate with freshmen Emma-Lei Buchanan and Harmonie Scribner. Rounding out the varsity team are outfielder Bella Mathis, and infielders Laila Huffman and Bree Henegan.

Aside from the varsity team there are 12 junior varsity players. With five teams in Pasco County already bowing out of JV play due to a lack of players, DuMont feels that one way to make up for the lack of games at that level is to call up some players during the regular season.

"We won't be a JV and varsity. We'll be a program working together," DuMont said. "I see a big improvement from last year, just their attitudes in general. I feel like they're ready to get back into it. I feel like they're hungry. They're eager to win this year."

As for the JV team, DuMont views them as a promising mix of freshmen and sophomores: "Our JV team is 100 times improved from last year."

That squad includes: Cloey Martin, Autumn Span, Amber Leitch, Madison Driggers, Isabella Erazo, Nicole Butler, Kaley Harrison, Shyannah Sutton, Isabella Patrias, Kali Woolfolk, Kierstyn Giella and Timmeta Clemons.



Above: Denise Kauwaluschultz, a new assistant coach for the Bulldogs, hits grounders during infield practice.

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