

Mud Endeavor's Under the Lights event brings the party to

Right: A stream of racers tackle the parallel bar obstacle during Saturday's Under the Lights event at the Pasco County Fairgrounds. Below: The elite wave of runners sets off from the starting line to commence the 2019 Mud Endeavor Under the Lights event.

**Pasco County** 



Mud Endeavor's nighttime-themed Under the Lights event transforms the Pasco County Fairgrounds into party central

> By Andy Warrener Sports Reporter

What started on a whim less than 10 years ago, has grown into a movement. It's no secret that OCRs or Obstacle Course Races are sweeping the country. They are fun-filled, family-friendly fitness festivals, each with their own dynamics. Mud Endeavor Owners Randy and Teresa Yoho are no longer the new kids on the block. Their string of five annual events has become culture among many of the sport's top athletes and has become tradition for families and recreational runners.

It's part of the beauty of Mud Endeavor and OCRs in general. There are elite athletes that pound out the course in record time and there are weekend warriors who walk it and talk and laugh and play the whole time.

Typically, a course is a 5k or just longer than three miles and has

anywhere from 20 to 30 different obstacles. Randy Yoho specializes in making adjustments to his courses every year, even though they occupy the same spaces. Yoho will do clever things like switch up the entire direction of the course or place traditional obstacles at different points. The Yoho's are a local outfit and thus have the luxury of not having to haul their obstacles over long distances.

What that breaks down to is Mud Endeavor obstacles are often sturdy wooden structures as opposed to inflatable ones. It's not to knock the national operations, those outfits have their own dynamic and clever post-race games but Mud Endeavor is capturing a local audience and converting them into cult-like followers. It's getting hard to find runners that are participating for their first time anymore. Now you find groups that are growing to include more friends, family members or co-workers.

Take the Swamp Crew team from the Wesley Chapel area, for instance. Neighbors Corey Spurr and Jason Ballata have not just competed in several Mud Endeavor events, they were both running in their third Under the Lights event. They both brought their sons, Gavin Spurr and Tyler Ballata on Saturday night.

"The event is a good one for friends and family," Corey Spurr said. "It's not necessarily a competition, the runners all help each other out."

➤ MUD RUN: See Page 8B



The San Antonio All-Stars return to the dugout after being introduced before their first game.

## San Antonio Majors advance to Dixie Baseball League World Series

San Antonio Minors made state final but local all-stars came up short in quest for nationals

> By Steve Lee Sports Reporter

The numbers keep dwindling for the San Antonio All-Stars who captured three District 6 titles early in the postseason. While the Juniors (ages 7-8) went 1-2 and were eliminated in the early stages of their state series at Sebring, the Majors and Minors fared a bit better at state tournaments in Bristol, located in the Florida panhandle.

Both teams from a league that draws from east and central Pasco made state finals, giving San Antonio two chances at the Dixie Baseball League World Series. Only the Majors (11-12) remain in the hunt for a national championship with San Antonio beginning that tourney on July 25 in Lambert, N.C.

Last season the Majors won a district title but were knocked out in a state final. The Minors fared somewhat better, though, having won a state championship before finished as a DSL World Series runner-up

San Antonio went 3-1 in the Majors Division, although it took nearly a full week to play that series due to rain and thunderstorms.

"The rain was so bad they had to clear the fields with airboats," said San Antonio coach Tim Maple. "Every night it would dump rain."

In the Majors final against Altha, San Antonio took a 6-2 lead. Altha clawed back to tie the score at

➤ ALL-STARS: See Page 4B

## Travel softball team showcases high school players

Zephyrhills High coach Jarrett Myers founded the competitive team three years ago

> By Steve Lee Sports Reporter

As is the case with all travel softball programs, the Crush aims to make ballplayers better by improving their skills as they face stiffer competition than at the high school level. That's why Zephyrhills High coach Jarrett Myers founded the team of local travel players three years

"I had some people reach out to me," said Myers, who formerly coached softball in the Zephyrhills Little League as well. "They like my style. I'm a laid-back type of coach. I just expect things out of my players and they give it to me. Those expectations are set up way before they tryout."

The Crush, a 16-and-under team comprised of incoming sophomores and juniors, has a roster of players from Zephyrhills, Pasco, Hernando, Freedom and Lake-

Myers, 11-30 in two seasons coaching the Bulldogs, seeks to lead them to their first winning season since 2015. Zephyrhills High went 14-13 that season under former coach and school resource officer Jeff Hupp. Having three Bulldogs spending time on the Crush could help immensely in that quest.

A former high school football player, Myers never coached softball until his daughter Haley began playing in the Zephyrhills Little League when she was 8. He watched her for a while before coaching for five seasons in the local league, which calls the ball fields at Samuel W. Recreation Complex home. Now, he relishes devoting





Players on the Crush work on their hitting in batting drills at the Zephyrhills High softball field during a recent practice.



# Wealth of Health



## Do a digital detox

"Cleanse" diets are designed to help people clear their bodies of foods that might have an adverse effect on their health. Many people find such diets effective, prompting others to wonder if a digital cleanse, particularly while on vacation, might produce equally beneficial results.

Advances in technology make it possible for people to essentially be on call 24 hours a day, seven days a week. Free Wi-Fi is available at restaurants, rest stops and hotels and beckoning people to stay connected.

In fact, according to information from Hotels.com, free hotel Wi-Fi has become the most sought after amenity at resorts and places to

But is there a price to pay by remaining so available to work and other outside influences while traveling for recreation?

Studies have shown that unplugging while on vacation - or at other times - can boost meaningful conversations and more. The study, "Can of mobile communication technology influences face-to-face conversation quality," indicates devices can negatively impact closeness, connection and conversation quality, essentially interfering with human relationships.

Phones and other digital devices also force people to multitask. Evidence suggests that multitasking isn't all it's cracked up to be, leading to preventable errors and actually delaying the completion of tasks.

A 2010 study from researchers in France found that the human brain can handle two complicated tasks relatively easily because it has two lobes that can divide responsibility equally between the two.

Add a third task, however, and it can overwhelm the frontal cortex and increase mistakes. Trying to multitask on vacation can lead to stressful feelings and not being fully immersed in the experience.

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Being connected while on vacation may

you connect with me now? How the presence leave a person dealing with stresses they normally would avoid until returning home. A study published in the journal Applied Research in Quality of Life indicates that stress accrued on vacation can cause people to feel like they had lower energy at work after returning from a relaxing vacation.

Taking a step back from their phones, tablets and laptops while vacationing can help people make the most of their getaways. Such a break can promote mindfulness, encourage people to try new things and lead to more meaningful conversations with travel companions.





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softball team pose with trophies after from May through December.

PHOTO PROVIDED



Crush travel team three years ago, oversees batting drills during a recent practice at the high school. Myers, who previously coached teams in the Zephyrhills Little League, also has been team for the past two seasons.

STEVE LEE





➤ **SOFTBALL:** From Page 1B

time to the players on the travel and high school teams.

Most recently, the Crush went 3-2 in the Premier Girls Fastpitch Tournament at Winter Haven. The team was led by three standout pitchers. Riley Collins allowed just four hits in 10 innings of that series with Olivia Thowsend and Halev Myers contributing on the mound as well. The latter also played first base and in the outfield during that tour-

Townsend, who also hit a home run in that series, received an invite to Polk State

"They want to see more of her," Myers said, adding that the showcase tourneys often draw college scouts and coaches. "The whole purpose of the showcases is to get our girls seen by the colleges."
As for Collins, Myers said

she, "is dominating on the mound right now. She is our lowest ERA (earned run average) pitcher at 2.45 in 25 innings pitcher thus far and only allowing one hit per inning.

Aside from solid pitching of his top trio, Myers noted that "our strength is hitting."

De'Onna Brown, of Pasco, led the Crush with a .605 batting average. She has strong athletic bloodlines as the granddaughter of the late Jerome Brown, a former Hernando and University of Miami standout who played

defensive tackle for the Philadelphia Eagles (1987-91) before perishing in a 1992 automobile accident.

"De'Onna Brown is a true utility player that will play anywhere needed to help the Crush win ball games," the coach said. "De'Onna is our leading hitter, bats both right and left, and is a presence all around the field not matter if she is batting or fielding. De'onna also leads the team in stolen bases this year with 11."

The travel season began in May and Myers envisions the team practicing and playing in tournaments through December. That busy schedule, Myers noted, "keeps the girls engaged and it helps them maintain game speed.'

Myers and his fellow coaches spoke highly of the talent on the team and how they should keep improving as high school players.

Hands down we have some of the most talented young ladies ages 15-16 on this team that have the drive to want to succeed," said assistant coach Rick Wilton.

Added Myers, "The future is bright for all these young women. Their desire to want to perform to help each other succeed is what is most noticeable."

The Crush roster consists of: Hayley Myers, Olivia Townsend, Riley Collins, Amberlyn Davis, Tiffany Eldridge, Trae Diaz, Marie Cros-



Above: Coach Rick Wilton demonstrates a swing to the players.

techniques

Left: Jarrett Myers, who founded the the coach of the Zephyrhills High softball

Wilton, Izzy Rittle, Erica Wilton, Gisele Navarra and Leah Velez.

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Above: The San Antonio Minors line up on the field to receive individual medals after making it to the state final of the Dixie Baseball League All-Star Tournament.

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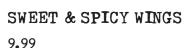
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## ► **ALL-STARS**: From Page 1B

6 before San Antonio scored three in the seventh and allowed a run in the bottom of that inning for a 9-7 titleclinching victory.

Reliever Lenny Mercado got the final out on the mound, one of five key pitchers for San Antonio in the series. The others were Ashton Liddington, Talon Maple, Owen Wilson and Yanni Mercado.

"Our five pitchers really help up," Maple said. "When one of them was down the others picked him up."

San Antonio opened the tourney with a 7-4 loss to Frostproof. The team followed that game with a 21-0 romp over Sneads and a 3-1 win against Avon Park to advance to the state final for the second year in a row. This time, however, a victory allowed the allstars to continue playing for one last and final round.

In all, San Antonio outscored the opposition by a substantial 37-15 margin.

"Our bats were good throughout the order," Maple said. The dominance at the state

level was just a continuance of what San Antonio was able to do against some stellar competition at the district level. In the District 6 tourney at Ridge Manor San Antonio racked up

wins of 15-11, 13-1 and 10-7 to go 3-0. The first two of those games came against longtime rival Brooksville while the other was against host Ridge Manor.

As for the Minors (9-10), San Antonio went 3-2, dropping the final by an 8-4 score against Paxton. San Antonio opened that series with a 19-4 win over West Volusia, lost 12-0 against Avon Park before defeating Liberty County 8-6 and Avon Park 8-4 in a rematch to reach the state final.

"It was a great run," said Jeremy DesHotels, the team's coach who also is the league president. "The experience was good."

Another good thing for San Antonio was winning the sportsmanship trophy with DesHotels saying, "We are super proud."

San Antonio came pretty close to joining the Majors team, but the Minors could not come through in the clutch when they left the bases loaded late in the game.

A turnaround for San Antonio was the shutout loss against Avon Park.

"Our bats did not show up whatsoever. It was a rough game," DeHotels said. "At the end of it the kids were determined not to go home. Once the bats wake up and they start hitting the rest will follow.'

That is exactly what happened in the 19-4 decisive win over West Volusia.

"It was an incredible boost," DesHotels said. "As the game progressed they were able to hit full stride."

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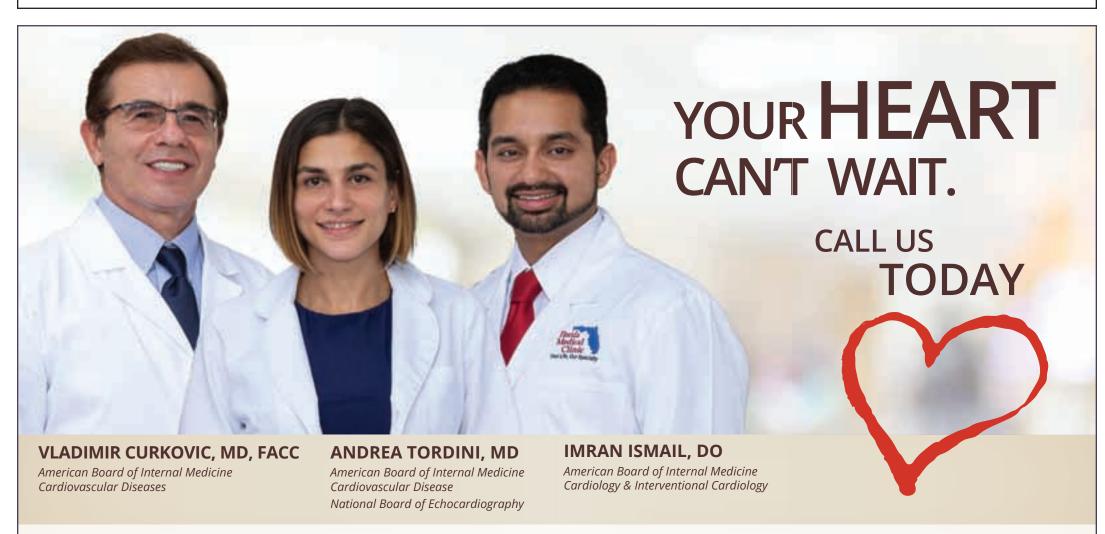


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FL 33542 on or before August 23, 2019, and to file the original of the written defenses with the clerk of this court either before service or immediately thereafter. Failure to serve and file written defenses as required may result in a judgment or order for the relief demanded, without further notice

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Published: July 25 & August 1, 2019

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Published: July 25 & August 1, 2019

IN THE CIRCUIT **COURT OF THE SIXTH JUDICIAL CIRCUIT** IN AND FOR PASCO **COUNTY, FLORIDA** PROBATE DIVISION IN RE: ESTATE OF RITA LYNN

BRUNNER, a/k/a RITA L. BRUNNER, Deceased. CASE NO. 512019CP-000954CPAXES **NOTICE TO CREDITORS** 

(SUMMARY ADMINISTRATION) TO ALL PERSONS HAV-ING CLAIMS OR DE-

You are hereby notified that an Order of Summary

ABOVE ESTATE:

Administration has been entered in the estate of RITA LYNN BRUNNER, a/k/a RITA L. BRUNNER, deceased, Case No.: 512019CP-000954CPAXES, by the Circuit Court for Pasco County, Florida, Probate Division, the address of which is 38053 Live Oak Avenue, Dade City, FL 33523; that the decedent's date of death was MARCH 19, 2018; that the total value of the estate is \$7,910.70 and that the names and addresses to whom it has been assigned by such order is: Bridget Guthrie, 35818 Lakeshore Drive, Dade City, FL 33525 ALL INTERESTED PER-SONS ARE NOTIFIED

All creditors of the estate of the decedent and persons having claims or demands against the estate of the decedent other than those for whom provision for full payment was made in the Order of Summary Administration must file their claims with this court WITH-IN THE TIME PERIODS SET FORTH IN FLORI-DA STATUTES SECTION 733.702. ALL CLAIMS AND DEMANDS NOT SO FILED WILL BE FOREV-

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IS BARRED. The date of first publication of this notice is July 25, 2019. Person Giving Notice: BRIDGET GUTHRIE

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35818 Lakeshore Drive Dade City, FL 33525 Attorney for Persons Giving Notice: R. SETH MANN, Esquire R. SETH MANN, P.A. E-mail address: seth@

sethmannlaw.com Florida Bar Number: 0990434 38109 Pasco Avenue Dade City, FL 33525 Telephone (352) 567-5010

Facsimile: (352) 567-1877 Published: July 25 & August 1, 2019 IN THE CIRCUIT

**COURT FOR PASCO COUNTY, FLORIDA PROBATE DIVISION** IN RE: ESTATE OF **ETHEL MARIE CLARK,** Deceased. FILE NO. 512019CP-

000591CPAXES **DIVISION: X NOTICE TO CREDITORS** The administra-

tion of the estate of ETHEL MARIE CLARK. deceased, whose date of death was June 19. 2018, is pending in the Circuit Court for Pasco County, Florida, Probate Division, the address of which is Pasco County Courthouse, 38053 Live Oak Avenue, Dade City, FL 33523-3894. The names and addresses of the personal representative and the personal representative's attorney are set forth below

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FOREVER BARRED.

OF DEATH IS BARRED.

publication of this notice is July 25, 2019. Personal Representative: JUDY M. KUBINA 4153 Hosner Road Oxford, MI 48370 Attorney for Personal Representative: STEPHEN D. CARLE, Attorney Bar Number: Florida

Hodges & Carle, P.A 38410 North Avenue Zephyrhills, FL 33539-

0548 Telephone: (813) 782-7196

Fax: (813) 782-1026 E-Mail: hodgescarle@ hotmail.com Published: July 25 & August 1, 2019

**NOTICE UNDER** 

**FICTITIOUS NAME LAW PURSUANT** TO SECTION 865.09, **FLORIDA STATUTES** NOTICE IS HEREBY GIV-EN that the undersigned, desiring to engage in business under the fictitious name of LUKE'S DOG TREATS located at 6238 Canopy Oaks Court, in the County of Pasco

in the City of New Port Richey, Florida 34653 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 July 2019.

Brian Giarrosso Published: July 25, 2019 NOTICE UNDER FICTITIOUS NAME

LAW PURSUANT **TO SECTION 865.09. FLORIDA STATUTES** 

NOTICE IS HEREBY GIV-EN that the undersigned, desiring to engage in business under the fictitious name of FAM-ILY TRADITION DJ/KA-RAOKE located at 4622 Wisteria Drive, in the County of Pasco in the City of Zephyrhills, Flori-

hassee, Florida. Jane Kienitz

Published: July 25, 2019

IN THE CIRCUIT **COURT FOR PASCO COUNTY, FLORIDA** PROBATE DIVISION IN RE: ESTATE OF **JOHN F. ANGIEL,** Deceased. FILE NO. 512019CP-000975CPAXES **DIVISION: X** 

low.

## methamphetamine A 37-year-old Dade City woman was ar-

**Possession of** 

CRIME REPORTS

**Misuse of 9-1-1** 

ed July 5 at his home after he allegedly called

1 numerous times while drinking.

Autumn Palm Dr.

havioral Health.

9663 Janmar Rd.

co County Jail.

III of 5430 20th St.

Geiger Rd., No. 8.

County Jail.

the back.

County Jail.

A 21-year-old Zephyrhills man was arrest-

Arrested was John Thomas Keifer of 4041

Keifer was processed by the Zephyrhills

Police Department, taken into custody under

Baker Act and transported to North Tampa Be-

**Driving without a license** 

ed July 8 at 23rd Street and County Road 54 af-

ter a traffic stop, for failing to obey a traffic con-

trol device, allegedly revealed he was labeled a

Police Department and transported to the Pas-

**Domestic battery** 

ed Iuly 8 at his home after he allegedly pulled

**Domestic battery** 

his wife from behind and struck her.

A 33-year-old Zephyrhills man was arrest-

Arrested was Travis John Homer Aurand

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

A 59-year-old man was arrested July 9 at his home after he allegedly kicked his wife in

Arrested was Timothy M. Peek of 37042

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

Possession of a

controlled substance

after a traffic stop, for a seat belt violation, allegedly revealed she is on felony probation for

trafficking in stolen property. A search allegedly

hills Police Department and transported to the Pasco County Jail.

Possession of a

controlled substance

July 11 at 4th Avenue and 16th Street after a traf-

fic stop, for a seat belt violation, allegedly re-

vealed a white triangle capsule and a syringe,

Police Department and transported to the Pasco

which tested positive for opiates.

10739 Paul S. Buchman Hwy.

A 37-year-old Plant City man was arrested

Arrested was James Simone Stevens of

Stevens was processed by the Zephyrhills

revealed a dilaudid capsule.

38440 Amber Ave.

A 31-year-old Zephyrhills woman was arrested July 11 at 4th Avenue and 16th Street

Arrested was Jessica Sue Browning of

Browning was processed by the Zephyr-

habitual traffic offender on Aug. 1, 2018.

A 56-year-old Zephyrhills man was arrest-

Arrested was George Samuel Surratt of

Surratt was processed by the Zephyrhills

rested July 12 at 1st Street and Old 5th Avenue after a traffic stop, for a window tint violation, a check revealed the tag was not assigned to that vehicle. A search allegedly revealed a plastic case, which tested positive for methamphetamine, 1.5 amphetamine dextroamphetamine tablets, seven amphetamine dextroamphetamine tablets, three adderall tablets, two clonazepam tablets and a amphetamine dextroamphetamine extended release tablet.

Arrested was Jennifer Lynn Tear of 37306 Coleman Ave.

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

## **Active warrant** and simple battery

A 48-year-old Zephyrhills man was arrested July 13 at his home after a check revealed a warrant out of Pasco County for failure to appear on a petit theft charge. He was charged at 20101 Central Blvd. after he allegedly struck a man at Zephyr Inn Motel and was caught on

Arrested was James Daniel McDonough of Zephyr Inn Motel, 5615 Gall Blvd., Room 2.

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

## **Domestic battery**

A 21-year-old Zephyrhills woman was arrested July 13 at her home after she allegedly chased her boyfriend around the house and

Arrested was Jamie Leva Tyree of 5846 8th

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

## Driving without a license

A 42-year-old Zephyrhills woman was arrested July 14 at 7th Street and 11th Avenue after a traffic stop, for an expired tag, allegedly reveled he was labeled a habitual traffic offender on March 18 and is on felony probation for possession of methamphetamine. A search allegedly revealed four gabapentin tablets.

Arrested was Nicole Mae Lindsey of 6249

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

#### Retail thett

A 27-year-old Dade City woman was arrested July 14 at Walmart, 7631 Gall Blvd. after she allegedly took 14 items valued at \$66.05. and 15 items valued at \$83.93. A search allegedly revealed a vape pen cartridge, which tested positive for THC.

Arrested was Heather Lynn Stanley of 31 Hibiscus Dr.

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



"Family Owned & Operated"

Air Conditioning Service, Repairs & Tune-Ups Certified Technicians you can trust with 35 years experience!

(813) 395-6990

**ALL WORK** GUARANTEED

**NOTICE OF** 

**PUBLIC SALE** 

RELIANCE TOWING, LLC

gives Notice of Foreclo-

sure of Lien and intent to

sell these vehicles on Au-

at 13849 US Highway

98 Bypass, Dade City

FL 33525-5018 pursuant

to subsection 713.78 of

the Florida Statutes. RE-

LIANCE TOWING, LLC

reserves the right to ac-

cept or reject any and/or

1GTCS136268311243

2006 GENERAL MOTORS

3B7KF23W8VM501550.

Published: July 25, 2019

NOTICE OF

**PUBLIC SALE** 

BUDDY FOSTER COLLI

all bids.

1997 DODGE

## **LEGALS**

Licensed/Bonded/Insured

All other credi-

and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUB-LICATION OF THIS NO-ALL CLAIMS NOT

FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES SEC-TION 733.702 WILL BE NOTWITHSTAND-ING THE TIME PERIODS

SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE The date of first

0213187

da 33542 intends to register the said name with the Division of Corporations of the Florida Department of State, Talla-

Dated at Zephyrhills, Florida, this 19th day of July 2019.

NOTICE TO **CREDITORS** The administration

of the estate of JOHN ANGIEL. deceased. whose date of death was May 29, 2019, is pending in the Circuit Court for Pasco County, Florida, Probate Division, the address of which is Pasco County Courthouse, 38053 Live Oak Avenue, Dade City, FL 33523-3894. The names and addresses of the personal representative and the personal representative's attorney are set forth be-

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court ON OR BEFORE THE LATER OF 3 MONTHS AFTER THE TIME OF

THE FIRST PUBLICATION

OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY THIS NOTICE ON THEM.

All other creditors of the decedent gust 9, 2019, 10:00 a.m. and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUB-LICATION OF THIS NO-

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES SEC-TION 733.702 WILL BE FOREVER BARRED. NOTWITHSTAND-ING THE TIME PERIODS

SFT FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE

OF DEATH IS BARRED. The date of first publication of this notice is July 25, 2019. Personal Representative: MYRA M. ANGIEL 35703 Clubber Court Zephyrhills, FL 33541 Attorney for Personal Representative STEPHEN D. CARLE, Attorney Bar Number: Florida 0213187 Hodges & Carle, P.A. 38410 North Avenue P.O. Box 548 Zephyrhills, FL 33539-0548 Telephone: (813) 782-

7196

E-Mail:

hotmail.com

gust 1, 2019

Fax: (813) 782-1026

Published: July 25 & Au-

hodgescarle@

SION & TOWING CEN-TER INC. gives Notice of Foreclosure of Lien and intent to sell these vehicles on August 8, 2019, 8:00 a.m. at 4850 Seaberg Rd., Zephyrhills, FL 33541-2804 pursuant to subsection 713.78 of the Florida Statutes. BUDDY

FOSTER COLLISION &

TOWING CENTER INC

reserves the right to ac-

cept or reject any and/or all bids. 1C3EL65R05N609028, 2005 CHRYSLER 1FMPU15506LA00743, 2006 FORD 1FMZU67E33UC21570, 2003 FORD 2C8GF68424R631723,

2004 CHRYSLER Published: July 25, 2019



## CMYK

## SOAP **UPDATE**



Maura West stars as "Ava" on "General Hospital"

#### THE BOLD AND THE BEAUTIFUL

Hope reluctantly wed Thomas after baby Phoebe interrupted the ceremony. Liam begged his brother to help him find out what Flo had been hiding. Meanwhile, Flo told Shauna that Thomas threatened her life. Wyatt assured Flo that she shouldn't be afraid to tell him anything. Hope struggled to process that she actually married Thomas. Steffy caught Liam looking at Phoebe's adoption papers. Hope got upset when Thomas told her that he made honeymoon plans. Steffy admitted to Liam that she met Flo through Taylor. Later, Liam called the hospital in Las Vegas where Flo had her baby. Having overheard his father's conversation, Douglas asked Steffy about Phoebe's name. Wait to see: Wyatt is blindsided by Flo's heartfelt confession.

#### DAYS OF OUR LIVES

Lani questioned Ted about the inconsistencies in his statement. Stefan attempted to bargain with Kate. Susan pulled a gun on Kristen. Xander made Kristen grovel before ending his alliance with her. Jack was surprised when Eve supported him taking the serum. Jennifer was determined to move on and start dating. Haley had disturbing visions of Claire. Jack shared some surprising news with IJ. Eve took drastic measures to stop Jack from regaining his memory. "Nicole" shared her plans for DiMera with Brady. Xander and Rex had a fight about Sarah. A misguided Tripp tried to help Haley. Wait to see: Jack demands a divorce from Eve.

#### **GENERAL HOSPITAL**

Valentin had a tense run-in with Ava. Jordan pushed Stella for more information. Alexis looked for closure. Finn's interest was piqued. Hayden apologized to Curtis. Lucy approached Sasha. Cameron offered Josslyn his support. Sonny appreciated Carly's efforts. Sonny made a point of running into Robert. Jason paid Carly a visit. Cameron betrayed a friend. Chase and Finn reconnected. Nina had some bad news to share. Obrecht found herself being of little help. Carly ran into Jax. Ava looked for a second opinion. Liza and Franco did their part. Willow had a change of heart. Drew received a mysterious package. Ava faced her demons. Wait to see: Hayden makes a fool of herself.

## THE YOUNG

AND THE RESTLESS

Phyllis eventually agreed to collaborate with Abby on the lounge for her new hotel. Abby and Nate grew closer after a celebratory group dinner. Jack and Ashley returned from Paris, excitedly announcing that they'd called a truce. Traci was thrilled by the reunion, but Billy refused to trust Ashley again. Phyllis warned Adam that people were looking into his connection to Chance. Lola secretly met with Theo, asking him for details about Kyle's party days in New York. After initially blaming each other for Adam's return to the dark side, Chelsea asked Sharon if they could team up instead. Billy continued to be haunted by Delia in his dreams. Michael feared for Kevin if he should cross Adam. Wait to see: Christine plots her next move.

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O	:30	Molly	Varied Pro-	Paternity					Divorce	Good Day			PAW	Paid Prog.	Daddy
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10	AM	Tiger	Varied Pro-		Daytime		The Doctors	Tampa Bay's			First Take		Sponge.	grams	The 700
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O	:30	Business	R. Steves	King	NBC News	CBS News	ET	ABC News	Goldbergs	News	ter (N) 🚾	der: SVU			tatouille"
7	PM	PBS News-	This Old	Friends (S)	News	Wheel	FamFeud	Inside Ed.	Big Bang	Access (N)	The Basket-	Law & Or-	Sponge.	*** "Home	(2007), lan
	:30	Hour (N) (S)	House Hr	Friends (S)	Extra (N)	Jeopardy!	FamFeud	The List	Big Bang	TMZ (N)	ball Tourna-	der: SVU	Sponge.		Holm (S) 🖾
8	PM	Arts	Antiques	iZombie (N)	The Wall	Love Island	NewsChan-	Holey Moley	Mom ©	MasterChef	ment	Law & Or-	*** "The		Siren "Sacri-
0	:30	Suncoast	Roadshow (S)	(S) CC	(S) CC	(N) CC	nel 8	(N) (S)	Mom ©	(N) (S)			SpongeBob		fice" (N) (S)
9	PM	Doc Martin	Antiques	The Outpost	Hollywood	Big Brother	The Good	Family Food	Last Man	Spin the	The Basket-	Law & Or-	SquarePants	Culkin. 🚾	****
9	:30	(S) @	Roadshow (S)	(N) ©	Game Night	(N) CC	Wife ©			Wheel (N) (S)		der: SVU	Movie"	★★ "Home	"Toy Story"
10	PM	Death in	Reconnect	Two Men	Law & Or-	Elementary	The Good	Reef Break	Chicago P.D.	FOX13 10:00	ment	Queen of the			(1995), Tim
10	:30	Paradise (S)	Luminaries	Two Men	der: SVU	(N) CC	Wife ©			News (N)		South (N)	Friends (S)	Lost in New	Allen (S) 🚾
11	PM	Murder	Amanpour-	Broke Girl	News	Nightside	Seinfeld	News	Big Bang	FOX13 11:00	SportsCen-	Pearson ©	Friends (S)	York" (1992)	The 700
1 1	:30	Myster.	Co	Broke Girl	J. Fallon	Colbert	Seinfeld	J. Kimmel	Fam. Guy	News (N)	ter (N) ©		Friends	CC	Club (N) CC

FF	RII	DAY											JU	LY 26,	2019
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Q		1 Wash	Victoria &	Masters of	American	Love Island	NewsChan-	Agents of	Mom ©	First Respond-	International	*** "Cap-	"The Sponge-	*** "The	Allen (S) 🖾
O	:30	Florida	Albert	Big Stage	Ninja Warrior	(N) CC	nel 8	S.H.I.E.L.D.	Mom ©					Matrix"	****
9	PN	Andes:	Secret Ser-	The Outpost		Hawaii Five-	CSI: Miami	20/20 (S) CC	Last Man	MasterChef				(1999) Keanu	
3	:30	Kingdoms	vice	(S) CC	Finals" (S)	0 (S) CC	"F-T-F" (S)	. ,	Last Man	(S)		War" (2016)		Reeves, Lau-	
40	PN	The Rockies	Secrets of	Two Men	Dateline	Blue Bloods	CSI: Miami	]	Chicago P.D.	FOX13 10:00	MLS Soccer	Chris Evans.	II Helius (O)		(S) CC
10	:30		Henry VIII's	Two Men	NBC (N) CC	(S)	(S) CC		(S) CC	News (N)		cc (DVS)	Friends (S)	burne. 🚾	grown-ish
11	PΝ	Wonders of	Amanpour-	Broke Girl	News	Nightside	Seinfeld	News	Big Bang	FOX13 11:00		Mod Fam	Friends (S)	NOS4A2	The 700
11	:30	Mexico (S)	Co	Broke Girl	J. Fallon	Colbert	Seinfeld	J. Kimmel	Fam. Guy	News (N)		Mod Fam	Friends (S)	"Parnassus"	Club (S) CC

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I <b>Z</b>	:30	Jamie	Poldark-	(S) CC	Open Cham-	Paid Prog.	Paid Prog.	Vacation	Shot" (S)	RaceDay		<b>P.D.</b> (S)	Sponge.	"The Matrix	"Twiligh
4	PM	Milk Street	Master	Paid Prog.	pionship	Major League	"Slackers"	Paid Prog.	Castle	NASCAR	ment		Sponge.	Reloaded"	(2008) K
	:30			LatiNation	Third Round.			Paid Prog.	"Cuffed" 📼	Gander			Sponge.	(2003) Keanu	
2	PM	Kitchen	Paradise (S)				edy) Devon	Estate	Leverage ©				SpongeBob	Reeves. ©	(S) ©
_	:30						Sawa.	Special				<b>P.D.</b> (S)		"The Matrix	"The T
3	PM	Fire	Brown (S) ©		Champion-			Olympics	Leverage ©	i Do oount	ment	"2 Fast 2 Fu-		Revolutions"	
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1	PM	NOVA (N) CC			II WOIL W		Outd.	ketball 2019		"Narrow		Paul Walker,	Loud	ence Fic-	(2009) k
_	:30							All-Star				Tyrese.	Loud	tion) Keanu	ten Stev
5		Ancient		Mike					How I Met	(1990) Gene		"Captain	Loud	Reeves. ©	(S) ©
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6		Weekend		3			Entertain-		Mod Fam	1		il War" (2016,			Twilight
U		Samantha					ment Tonight		Mod Fam	. ,		Action) Chris	1101111		Eclipse"
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	:30					,	FamFeud		Big Bang	(S) ©	ter (N) 🚾	, ,	,		Stewart.
8					5		NewsChan-		Mom ©	So You	UFC 240:	"Captain_	Henry Dan-	"Enemy of	
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9			Space Chase				Seinfeld	Press Your		Beat	Edgar - Pre-	11 11 (0044)	All That (S)	(1998, Sus-	Twilight
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10				Two Men	(S) CC		Wipeout			FOX13 11:00			Friends (S)	Smith, Gene Hackman. ©	(2011) K
				Two Men		, ,	(S) @					(:35) "The	Friends (S)		Stewart.
11		•			News		ROH Wres-		Fam. Guy			Fast and the		Bourne	
	:30	Austin City		Broke Girl	SNL	The Magg	tling	Inside Ed.	Fam. Guy	Master	ter (N) 🚾	Furious"	Friends (S)	Ulti."	Twiligh

SI	JN	DAY											JU	LY 28,	2019
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12	PM	Hoover	Artsy	Saving Hope	2019 Senior	Rod.	Heartland	Paid Prog.	"Rio, I Love	Try Yoga		Chrisley	(:02) Henry	(11:00) "Co-	"The Twi-
14	:30	Florida	Your Home	(S) CC	Open Cham-		(S)	Paid Prog.		Emeril	ball Tourna-	"The Fast		lombiana"	light Saga
- 1	PM	Arts	Chefs Life	Nashville	pionship Fi-	PGA: Talent	Wipeout	Estate	Harvey	Estate	ment	and the Furi-	Sponge.	(2011) 🚾	New Moon
- 1	:30	Suncoast	Julia Child	Pawn	nal Round.		(S) CC	Try Yoga	Keitel.	Smile	]	ous: Tokyo	Sponge.	"The Bourne	(2009) Kris
2	PM	American	Sara's	Pawn	Tour de	PGA Tour	Paid Prog.	To Tell the	"The Pri-	Estate	The Basket-	Drift" (2006)	Sponge.	Ultimatum"	ten Stewar
		Experience	Kitchen	Pawn	France	Golf WGC	Paid Prog.	Truth (S)	vate Lives of		ball Tourna-	()		(2007, Ac-	(S) CC
3	PM	cc (DVS)	Cook	Pawn		- FedEx St.	Paid Prog.	World of X	Pippa Lee"	Manorous	ment			tion) Matt	(:10) "The
J	:30		Cooking	Pawn		Jude Invita-	Paid Prog.	Games (N)	(2009)	(1995, Sus-		Furious"	Sponge.	Damon. 🖭	Twilight Sag
4		Nazi Mega	Martha	Pawn	IndyCar	tional, Final	Rizzoli &	World of X	Chicago P.D.		The Basket-	(2001, Action)	Henry Dan-	"Enemy of	Eclipse"
4	:30	Weapons	MotorWk	Pawn		Round. (N)	Isles ©	Games (N)	(S) CC	Ringwald.		Vin Diesel.		the State"	(2010) Krist
5	PM	Nazi Mega	Woodsmith	Pawn		(S) (Live)	Bones (S)	Paid Prog.	Mod Fam	NHRA Drag	ment	"Captain		(1998, Sus-	Stewart.
J	:30	Weapons	Urban	Pawn	IndyCar		CC	Paid Prog.	Mod Fam	Racing (N)		America: The	Henry	2	(S) ©
6	PM	Weekend	This Old	Two Men	News	CBS News	Murdoch	News	Goldbergs	(S) (Live)	Baseball	Winter Sol-		Smith, Gene	(:10) "The
U	:30	Arts	House Hr	Two Men	NBC News	10 News	Mysteries (S)	ABC News	Goldbergs		Tonight			Hackman. 🖾	
7		Father	Earth's	Broke Girl	Hollywood	60 Minutes	FamFeud	Funniest	Big Bang	Last Man	MLB Base-		licin'y Dan	"I Am Leg-	Breaking
	:30	Brown (S) CC	Natural	Broke Girl	Game Night	(N) CC	FamFeud	Home Videos	Big Bang	Last Man	ball New		ger (S) 🚾	Ciiu (2007)	Dawn Part 1
Ω		Poldark-	NOVA (N)	Pandora	Track &	Big Brother	NewsChan-	Celebrity	Chicago P.D.	Simpsons	York Yan-	"xXx: Return		Will Smith.	(2011) Krist
0	:30	Master		(S) CC	Field	(N) CC	nel 8	Family Feud	(S) CC	Burgers	kees at Bos-	of Xander	3: Europe's		Stewart.
9	PM	Grantches-	NOVA (N)	Pandora	America's	Instinct (N)	The Apollo	The \$100,000	Chicago P.D.	Fam. Guy		Cage" (2017)			(8:50) "The
3	:30	ter		(S) CC	Got Talent	(S) CC	Chronicles	Pyramid	(S) CC	What Just	(N) (Live)	Premiere.		strives to res-	
10	PM	Jamestown	Phoenix	NCIS: New	"Judge Cuts	The Good	Elementary	To Tell the	ComicCon	News	SportsCen-				Saga: Break
IU	:30	(N) CC	Mars	Orleans (S)	2" (S) 🚾	Fight (N) (S)	(S) CC	Truth (N)	Star Wars	News	\ /		Friends (S)	one. (N)	ing Dawn P
11		Death in	POV (N)	NCIS: New	News	10 News	Born/Ride	News	Matter	FOX13 11:00	SportsCen-	Xander	Friends (S)	NOS4A2 ©	<b>2</b> " (2012)
11	:30	Paradise (S)	(S) @	Orleans (S)	Sports	In Touch	Paid Prog.	Entertain.	On Money	News (N)	ter (N) CC	Cage" (2017)	Friends (S)	1	The Vow

M	10	NDAY											JU	LY 29,	2019
		3	3.4	4	8	9	10	0	12	<b>3</b>	23	36	39	41	47
		3PBS	605PBS	44CW	8NBC	10CBS	38MNT	28ABC	32IND	13FOX	ESPN	USA	NICK	AMC	FREE
6	PM	News	Travel	King	News	10 News	Extra (N)	News	Goldbergs	News	SportsCen-	Mod Fam	Henry Dan-	***	** "The
U	:30	Business	R. Steves	King	NBC News	CBS News	ET	ABC News	Goldbergs	News	ter (N) 🚾	Mod Fam	ger (S) 🚾	"Moneyball"	
7	PM	PBS News-	Travels	Friends (S)	News	Wheel	FamFeud	Inside Ed.	Big Bang	Access (N)	MLB Base-	Mod Fam			(1993) Thom-
/	:30	Hour (N) (S)	Samantha	Friends (S)	Extra (N)	Jeopardy!	FamFeud	The List	Big Bang			Mod Fam	SpongeBob	Pitt. 🚾	as Guiry. (S)
0	PM	Antiques	Rick Steves	Penn & Tell-	American	Love Island	NewsChan-	The Bach-	Mom ©	Beat Shazam		WWE Mon-		*** "Amer-	*** "The
8	:30	Roadshow (S)	Rome (S)		Ninja War-	(N) CC	nel 8	elorette	Mom ©			day Night	"The Sponge-		
9				Whose?	rior (N) (S)	Big Bang	Law Order:			So You		RAW (N) (S)	Bob Movie:		(1998) Lind-
9	:30	Roadshow (S)	Suncoast	Whose?	cc (DVS)	Neighbor	CI	(S) (Live) cc	Last Man	Think	(N) (Live) 🚾			Bradley Coo-	
10	PM	POV "Invent-	An Ice Cream	Two Men	Dateline	Bull "Exces-	Law Order:	<b>Grand Hotel</b>	Chicago P.D.	FOX13 10:00	SportsCen-			,	Dennis
10	:30	ing Tomor-	Show (S)	Two Men	NBC (N) ©	sive Force"	CI	(N) (S)	(S) @	News (N)	ter (N) ©		Friends (S)	Miller. 🚾	Quaid. (S) 🖾
44	PM	row" (N) (S)	Amanpour-	Broke Girl	News	Nightside	Seinfeld			FOX13 11:00	SportsCen-	Mod Fam	Friends	*** "G.I.	The 700
1	:30	Steve Jobs	Co	Broke Girl	J. Fallon	Colbert	Seinfeld	J. Kimmel	Fam. Guy	News (N)	ter (N) CC	Mod Fam	Friends	Jane"	Club (S) ©

Τι	JΕ	SDAY											JU	LY 30,	2019
		3	3.4	4	8	9	10	0	12	13	23	36	39	41	47
		3PBS	605PBS	44CW	8NBC	10CBS	38MNT	28ABC	32IND	13FOX	ESPN	USA	NICK	AMC	FREE
6	PM	News	Travel	King	News	10 News	Extra (N)	News	Goldbergs	News	SportsCen-	Mod Fam	Loud	*** "Amer-	*** "The
O	:30	Business	R. Steves	King	NBC News	CBS News	ET	ABC News	Goldbergs	News	ter (N) 🚾	Mod Fam	Loud		Parent Trap"
7					News	Wheel	FamFeud	Inside Ed.	Big Bang	Access (N)	World Beat-	Mod Fam	Sponge.	(2014, War)	(1998) (S)
	:30	Hour (N) (S)	Brown (S) @	Friends (S)	Extra (N)	Jeopardy!	FamFeud	The List	Big Bang	TMZ (N)	ers	Mod Fam	Sponge.	[CC]	[CC]
0	PM	American	Doc Martin	Pandora (N)	America's	Love Island	NewsChan-	The Bach-	Mom ©	Spin the	30 for 30 ©	WWE	Henry Dan-	**** "The	Good Trou-
0	:30	Experience	(S) CC	(S) CC	Got Talent	(N) CC	nel 8	elorette	Mom ©	Wheel (S)			ger (S) 🚾	Shawshank	ble (N) 🚾
0	PM	cc (DVS)	Midsomer	The 100 (N)	"Judge Cuts	NCIS	Chicago P.D.		Last Man	9-1-1 (S) ©	Unguarded	Down! (N)		Redemp-	*** "Matil-
9	:30		Murders	(S) CC	3" (N) 🚾	"Boom" (S)	"Home"	(N) ©	Last Man	(DVS)	CC	(S) (Live) CC		tion" (1994)	da" (1996)
10	PM	Beyond a	Midsomer	Two Men			Chicago P.D.	Bless This	Chicago P.D.	FOX13 10:00	The First	Chrisley	Your Drag-		Mara Wilson.
10	:30	Year	Variety	Two Men	Funny (N) (S)	Treasure (N)	"Fallen"	black-ish	(S) CC	News (S)	Day		on" (2010)	bins. ©	(S) CC
44	PM	Leonardo's	Amanpour-	Broke Girl	News	Nightside	Seinfeld	News	Big Bang	FOX13 11:00	SportsCen-	Mod Fam	(S) ©	*** "Cast	The 700
11	:30	Machines	Co	Broke Girl	J. Fallon	Colbert	Seinfeld	J. Kimmel	Fam. Guy	News (N)	ter (N) ©	Mod Fam	Friends (S)	Away"	Club (S) 🚾

W	/E	D١	NESD	AY										JU	LY 31,	2019
			3	3.4	4	8	9	10	0	12	13	28	339	39	41	47
			3PBS	605PBS	44CW	8NBC	10CBS	38MNT	28ABC	32IND	13FOX	ESPN	USA	NICK	AMC	FREE
•	P	M Ne	ews	Travel	King	News	10 News	Extra (N)	News	Goldbergs	News	SportsCen-	Law & Or-	Loud	**** "The	*** "Matil-
ľ	) :3	30 Bu	usiness	R. Steves	King	NBC News	CBS News	ET	ABC News	Goldbergs	News	ter (N) 🚾	der: SVU	Henry Dan-		da" (1996)
-	<b>7</b> P	м РЕ	BS News-	Murder	Friends (S)	News	Wheel	FamFeud	Inside Ed.	Big Bang	Access (N)	SportCtr	Law & Or-	ger (S) 🚾		Mara Wilson
-	:3	30 Ho	our (N) (S)	Myster.	Friends (S)	Extra (N)	Jeopardy!	FamFeud	The List	Big Bang	TMZ (N)	Baseball	der: SVU	Sponge.	tion" ©	(S) CC
•		M An	ncient	Grantches-	Jane The Vir-	Ellen's	Love Island	NewsChan-	Press Your	Mom ©	MasterChef	MLB Base-	Law & Or-	★★ "Teen-	★★ "Road	grown-ish
C	) ;3	30 Sk	kies (N) (S)	ter	gin (N) (S)	Game	(N) CC	nel 8	Luck "105"	Mom ©		ball Chicago		age Mutant	House"	*** "Pitch
Ç	P	M NO	OVA (N) 🚾	Poldark-	Jane The	Songland	Big Brother	Dateline (S)	Card Sharks	Last Man	First Respond-	Cubs at St.	Suits "Wind-	Ninja Turtles:		Perfect"
•	<b>)</b> :3	30	` '	Master	Virgin (N)	(S) ©	(N) CC	' '	"106" (N)	Last Man	ers Live	Louis Car-		Out of the		(2012) Anna
40	P	M Th	ne Farthest	Jamestown	Two Men	The InBe-	S.W.A.T.	Dateline	Match Game	Dateline	FOX13 10:00	dinals. (N)	Pearson	Shadows"	Swayze. 🖾	Kendrick.
10	J :3	30 1	Voyager	(N) CC	Two Men	tween (N) (S)	"Jack" 🚾	(S) CC	(N) (S)	(S) CC	News (N)	(Live)	(N) CC	Friends (S)	** "Road	(S) CC
44	P		Space	Amanpour-	Broke Girl	News	Nightside				FOX13 11:00	SportsCen-	Law & Or-	Friends (S)	House"	The 700
11	:3	30 (S	S) CC	Co	Broke Girl	J. Fallon	Colbert	Seinfeld	J. Kimmel	Fam. Guy	News (N)	ter (N) CC	der: SVU	Friends (S)	(1989) 📼	Club (S) ©





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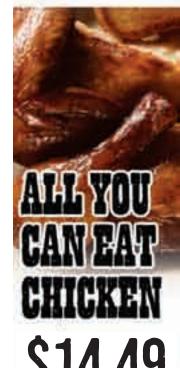
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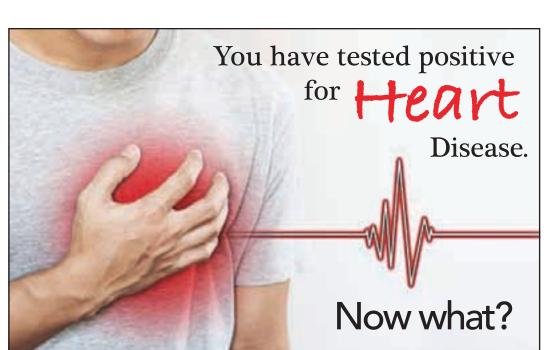
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Left: The just barely suitable for a family newspaper team, the Muddy Fockers hail from central and southern Pinellas County. They are (from left to right) Mike Alcantara, Pat Morales, Drew Gianeskis, Megan Barnason, Gail Wichman, Stephanie Husted and Alice Thompson.



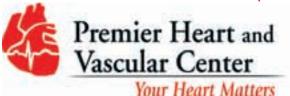


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Above: The B.A.B.S. squad based out of Inverness (from left to right) Aimee Franklin, Heather Kisamore, Kayla Green, Christen Haffkoss and Christina DeLisle have a team acronym that is a little too saucy for a family newspaper but it is cleverly devise and comes complemented with a team of male

competitors the B.A.D.S.

Left The Muddy Buddies team based out of the Weeki Wachee area finally rounded up Zephyrhills resident Nicole Beckley (far left). Beckley's mom Kathy Nenstiel and friend Pam Mervine (third and second from right, respectively) are veteran OCR

ANDY WARRENER

Lights event.

Right: The Baby Got Track team of Dade City included the veteran trio of Diana Surratt, Ashley Truax and Alexis Conner (center of photo) expanded for Saturday's race to include friends with other Marvel superhero



**► MUD RUN:** From Page 1B

Another clever idea from Mud Endeavor is to take their hottest event, their July one, and make it at night. The first wave of elite runners shot through the starting gate at 7 p.m. The later waves pushed off at dusk and twilight.

The weather was marvelous for the time of year. Heavy storms circled the area and but for a slight drizzle, the course was relatively dry. The storms also sucked much of the heat and humidity of the day out and the night felt more like a November night than a July one.

This helped bring back and bring back with a bigger team, the Baby Got Track group from Dade City. *The Zephyrhills News* caught up with Diana Surratt, Ashley Truax and Alexis Conner at the May 4 Mud Endeavor XI event where they were dressed as Star Wars storm troopers. Ón Saturday, the trio assembled perhaps their most clever composition yet. They slipped on some red Iron Man tights and fixed a small touch light in the center of their shirts to emulate Iron Man's power source. Remarkably, the three ladies, whose team expanded to six members including other superhero motifs, managed to keep their lights or power sources intact through all the mud and muck of the

The feel-good story of the night came by way of the overall event winner Stephen Wilk. Wilk and fellow competitor Chris Stansel are almost always the top two runners at Mud Endeavor events and beyond. As it turns out they are also good friends. Stansel became an ordained minister just to preside over Wilk's wedding to another OCR competitor Hannah Wilk.

Hannah Wilk continued to race, albeit not competitively, through the first six months of her pregnancy. In May, their daughter Nova was born.

Hannah Wilk was on hand with Nova on Saturday to

Below: OCR runners take on the rope climbing obstacle, needing to ring the cow bell at the top of the rope to conquer it.

cheer on daddy and daddy delivered. Stansel actually won all five Mud Endeavor events in 2018. Stephen Wilk won the last Mud Endeavor race Mud Endeavor XI but Stansel was not there, he was competing in another state that weekend. Both elite runners were lined up on Saturday and naturally both of them surged out in front of the pack. Stansel actually led for much of the first half of the race but on the moguls that wind around the motocross track, Wilk pushed in front and didn't look back.

I finally beat him (Stansel)," Wilk said. "I had drawn my training volume down while I've been in dad mode, running on my lunch break at work at 2 p.m. in the afternoon. The time I have off nowadays is family time."
His new family life must have been enough

to motivate Wilk on Saturday. Even though he's beaten Stansel on other OCRs, Saturday was his first win over Stansel at a Mud Endeavor event. No one was more happy or eager to congratulate Wilk than Stansel.

Nicole Beckley of Zephyrhills was excited and perhaps a little bit nervous on Saturday. She came with the group, the Muddy Buddies and her mother Kathy Nenstiel. Nenstiel and her friend Pam Mervine were on their eighth OCR and have done the whole season of Mud

Endeavor. It was Beckley's first.

"I'm a little nervous," Beckley said. "My mom works out every day."

As the sun set, the party atmosphere kicked into high gear and participants and spectators alike got to enjoy the night air, many with a cold adult beverage in their grasp, many already looking ahead to Mud Endeavor's next event, Castle Canyon on Oct. 5.





Above: The Swamp Crew team of Wesley Chapel consisted of (from left to right) Gavin Spurr, Corey Spurr, Tyler Ballata and Jason Ballata.