



**Health notes**

# Paramedics show off winning skills

Merriam-Webster defines intubation as the introduction of a tube into a hollow organ such as the trachea.

There are competitions for this. Really.

Sunstar Paramedics SWAT team members **Josh Schuster**, **Chris Jennings** and **Joe Herzhauser** took second, third and fourth places in a competition called the "Intubation Rodeo," which took place in late May at Nature Coast EMS in Inverness.

More than 30 emergency agencies participated in the inaugural event, which drew EMS professionals from as far away as Miami and the Florida Panhandle.

During the "rodeo," EMS professionals were required to deal with 25 emergency scenarios such as a helicopter crash, a shooting, someone trapped upside-down in a tight space, a baby stuck in a well and an icy water rescue. They were given three minutes or less to assess the situation and establish an airway in an accident-victim simulation manikin at each challenge site.

Although intubation has been de-emphasized due to breakthroughs in modern technology, it is still a crucial skill that EMS professionals must possess.

"Over the past several years, intubation has been a skill that's been lost by paramedics," said **Ron Bray**, Nature Coast EMS lead paramedic instructor. "With this event, those who participate regain their skills in a fun way. By doing it 25 times, they walk away with a skill set they probably didn't come in with."

Sunstar, the 911 ambulance transport service in Pinellas County, employs more than 500 local residents and responds to around 500 calls a day. The company has earned the Florida Governor's Sterling Award, recognizing "role models for organizational performance excellence."



Sunstar SWAT team members, from left, Andrew Lusher, Jennifer Leondike, Josh Schuster, Chris Jennings, Chris Eisenhardt and Joseph Herzhauser poses with awards from the Intubation Rodeo, where Schuster, Jennings and Herzhauser took three of the top four places.

of movement and participate in more than 100 exercises they can perform anywhere to help improve athletic performance, prevent injuries and give them a strong foundation to develop into healthy adults.

The program will be presented every Tuesday and Thursday from July 9 through Aug. 15 at two wellness center locations in North Pinellas: 6 to 7 p.m. at the Cheek-Powell Wellness Center, Morton Plant Hospital's Cheek-Powell Heart and Vascular Pavilion, 455 Pinellas St., Clearwater; and 6:30 to 7:30 p.m. at the Palm Harbor Wellness Center, Palm Lake Shopping Center, 32672 U.S. 19 N., Palm Harbor.

The cost is \$35 for children of Wellness Center members and \$45 for non-members. A T-shirt is included. Registration and prepayment are required.

Call (727) 953-9877.

In 2005, Les Ambush, Depression and Bipolar Support Alliance facilitator and certified peer specialist, together with his wife, Sandi, developed a set of tools for coping with life's problems called "Opening my Toolbox of Recovery using i-n-g Words."

Since then, the couple's organization, Feeling Better About Ourselves, has presented seminars, workshops, classes and ongoing support groups. Those attending learn to deal with the stresses of depression and bipolar illness, alcohol and drug addiction, eating disorders, gambling and overspending, relationship issues, codependency, grief and loss, self-destructive behavior, physical illness and the associated feelings and emotions of shame, fear, guilt and anger. They use tools they'd forgotten they had or didn't realize they possessed.

Ambush, who has suffered personally with addiction and was once hospitalized for major depression, created the program because he felt traditional remedies were only treating symptoms of the real issues.

"After being released from the hospital after a major depression, I came out with pills like everyone else," he admitted. "We live in a tough world. I wanted to get to the root of the problem."

The workshops address medications, but only to enhance awareness and to offer suggestions of proactivity.

The program focuses on coping skills to keep life's daily challenges from becoming too overwhelming, with an emphasis on self-worth, positive thinking and spirituality.

"There's a difference between

spirituality and religion. We're not a religious program," clarified Ambush. "We preach a sense of goodness and kindness and work on a spiritual concept of morality in building character. Everyone's welcome."

They will present a workshop with a special segment on processing shame and fear on July 20 from 10 a.m. to 2 p.m. at Suncoast Hospice, Room 100, 5771 Roosevelt Blvd. in Largo.

A donation of \$5 includes materials and snacks.

Reservations are required. Call (727) 822-3480; email Les@fbao.org or Sandi@fbao.org; and visit fbao.org.

During a disaster, would you know how to help yourself and provide assistance to others?

The East Lake Community Emergency Response Team will present a three-day basic CERT training course for individuals age 14 and older from 6 to 9 p.m. Friday, 8 a.m. to 5 p.m. Saturday and 12:30 to 5 p.m. Sunday, July 14, at East Lake Tarpon Fire Station 57, 3375 Tarpon Lake Blvd., East Lake.

Topics covered include basic skills that are important to know in a disaster when emergency services are not available as well as fire safety, disaster medical operations and search and rescue. There will be a



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**Robin Warner carries balloons to be tied on poles for last year's Pitch for Pink event at Bright House Field.**

course review, final exam and a hands-on disaster simulation.

The classes are free. To register, call (727) 781-5855. Visit eastlakecert.eventbrite.com.

The Clearwater Threshers and Morton Plant Mease will come together for the eighth annual Pitch For Pink event to strike out breast cancer Friday at Bright House Field, 601 N Old Coachman Road, Clearwater.

Since its start in 2006, the annual event has raised nearly \$180,000 to help support breast cancer programs at Morton Plant Mease.

Gates open at 5:30 p.m. and the first 1,000 women through will receive a Pitch For Pink tote bag.

At 6 p.m., breast cancer survivors will take a lap around the bases, cheered on by the Clearwater Threshers and Port Charlotte Stone Crabs, as well as their fans. The baseball game begins at 6:30.

Other activities include a post-game concert featuring 1980s stars Tone Loc and Rob Base, a silent auction (including autographed pink jerseys worn by the players and pink bats) and a car giveaway from Dimmitt Chevrolet.

Pitch For Pink tickets are \$5, \$7 and \$9.50 and available by calling (727) 467-4457 or at threshersbaseball.com.

Mail health news to Tampa Bay Times, 1130 Cleveland St., Suite 100 A, Clearwater, FL 33755; fax to (727) 441-4119; or email nbeall@tampabay.com.

**Baseball**

**Clearwater Thunder**

The 13-under travel team is looking for players. For information, email clearwaterthunder@aol.com or call 639-7365.

**Seminole Cyclones**

The team is looking for players for its 11-under travel team. Contact Doug Borgh at 385-8265 for information.

**All Star Baseball School Summer Camp**

The camp is for players ages 5-12 and is run by Shorecrest baseball coach Ron Rhoads. For camp dates and information, call 528-3186.

**Florida State Collegiate Baseball League**

The St. Petersburg-based team will hold sign-ups and tryouts for the summer season soon. For information, call 798-3723.

**St. Pete Roughriders**

The team is looking for high school players to play on a summer tournament. For information, call 341-2287.

**Florida Heat**

The 10-under team based in Clearwater is looking for players for the summer season. For information, call 798-2921.

**West Coast Warriors**

The 8-under, 9-under, 10-under, 11-under and 14-under teams are holding tryouts Saturday, July 27 at 10 a.m. at Palm Field in Palm Harbor. For information, call 641-4117 or go to westcoastwarriors.org.

**Pinellas Park Crushers**

The 8-under and 10-under travel teams are looking for players. For information, call Chuck Levesque at 430-3125 or email rlevesque11@tampabay.rr.com.

**Basketball**

**City of Tarpon Springs**

Summer camp will be held Monday through Saturday with coach Jerry Woodka. For information, call 943-4900, ext. 2134.

**East Lake camp**

The camp will be held July 15-18 at East Lake High School for players ages 8-14. There will also be a girls-only camp July 22-25 for players in grades 6-12. For information, call 421-9833.

**Football**

**Belleair**

The youth football and cheerleading programs will hold registration on Sundays from 1:30-3:30 p.m. and Wednesdays from 6:30-8 p.m. at the Dimmitt Rec Center. For information, call 422-4763 or 365-5246.

**Seminole Chiefs**

Registration for football/cheerleading season is taking place at 12100 90th Ave., Seminole. Dates are 6-8 p.m. Wednesdays, July 10 and 17 10 a.m.-noon and Saturday, July 13. Visit seminolechiefs.org for more information.

**St. Pete Lil Devils**

Registration for football and cheerleading will be held Saturday from 10:30 a.m.-1 p.m. at Campbell Park. For information, call Daisy Odom at 215-7747 or Mary Cato at 560-5661.

**Countryside Jr. Cougars**

Registration for football and cheerleading will be held Saturday from 9 a.m.-noon at the Clearwater Sports Complex. For information, go to countrysidejrcougars.com.

**Seminole Chiefs**

The team is looking for boys ages 13-14 who weigh between 140-175 pounds for the upcoming season. For information, call Frank Chenis at 588-8386 or go to seminolechiefs.org.

**Miscellaneous**

**Pass-A-Grille Shuffleboard Club**

The group is looking for players. They play on Tuesdays, Thursdays and Saturdays at 10 a.m. For information, call 360-1858.

**PHU Cheer Camp**

The camp at Palm Harbor University High School is open to kids 5-15 years old. It runs July 22-25 from 6-7:30 p.m. For information, call 455-7240 or email phucheer@gmail.com.

**Tennis**

**Team Tennis Junior League**

Registration for 10-under, 12-under and 13-18 divisions at St. Petersburg Country Club is underway at teamtennisjuniorleague.com or call 822-1794.

**Submissions**

Announcements should be mailed to Times Sports, P.O. Box 1121, St. Petersburg, FL 33731-1121 or email page@tampabay.com. The Times guarantees the announcement will run at least once.

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**EDUCATIONAL WORKSHOP**

**Savvy Social Security Planning For Baby Boomers and New 2013 Veterans Benefits**

**July 18th 5:30-6:30 pm**  
Clearwater East Library - Room B  
2251 Drew St. Clearwater

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