

from the front page

The Studio Theatre at Tierra Del Sol Receives 47 Award Nominations

The Studio has been nominated for acting, direction, music and more. Now voters are needed to help the venue win.

By KRISTEN FIORE  
Daily Sun Staff Writer

Artistic director Whitney Morse was casually scrolling through Facebook when she saw a post about the BroadwayWorld Awards. Wondering if The Studio Theatre at Tierra Del Sol had received nominations, Morse clicked the link. “I was stunned to learn

that we had been nominated a total of 47 times,” Morse wrote in “The Scoop,” The Sharon’s online magazine. “I was so honored that at first I didn’t really know what to do, then after the shock wore off, I headed to The Studio’s Facebook page to spread the word.”

The Studio was nominated in categories for costume design, acting, music, direction, lighting and more.

“We were nominated in almost every professional category and would be so happy to get your vote if you are so inclined,” Morse wrote in “The Scoop.”

To vote, go to [broadway-world.com/orlando/](http://broadway-world.com/orlando/) and click

the “Regional Awards” box at the top of the page. Choose “Orlando” and type in your email address to vote.

Voters must go through all 32 categories, but there is an option to choose “No Nominee.”

The Studio has been nominated in categories 13, 16, 17 through 21 and 23 through 32.

This was the first year The Studio Theatre was eligible for the awards, and the nominations are for the first season of plays.

Voting closes on Dec. 31, and results will be posted shortly after, according to the BroadwayWorld Awards website.

“We here at The Studio are so thankful to be nominated and would be quite honored to receive your votes,” Morse said.

Kristen Fiore is a staff writer with The Villages Daily Sun. She can be reached at 352-753-1119, ext. 5270, or [kristen.fiore@thevillagesmedia.com](mailto:kristen.fiore@thevillagesmedia.com).

BRYAN POPIN

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Daily Sun file photo

Bryan Popin gets the crowd in the Christmas spirit at Church on the Square, Dec 8, 2005.

Bryan now is up for six different Stellar Awards, including Song of the Year, Male Vocalist of the Year, Producer of the Year, Traditional Male Vocalist of the Year, Traditional CD of the Year and Urban/Inspirational

Performance of the Year.

Bryan said that being nominated for these awards is surreal.

“You want to be acknowledged by your peers for what you do. That in itself feels good,” Bryan said. “To be in some of these categories with some of these people who I not only respect but have listened to for years is an honor. To think that four years ago, I was literally on my last straw and about to give up — to see where I am now is amazing. I feel what God has done.”

To vote for Bryan, visit [thestellarawards.com](http://thestellarawards.com) and scroll down to where it says “Stellar Fan Voting” and “Radio Fan Voting.” Click on “Stellar Fan Voting” and the categories will come up.

Voters must vote in all 29 categories, and Bryan’s nominations are categories 2, 3, 9, 13, 17 and 18. Voting closes on Friday.

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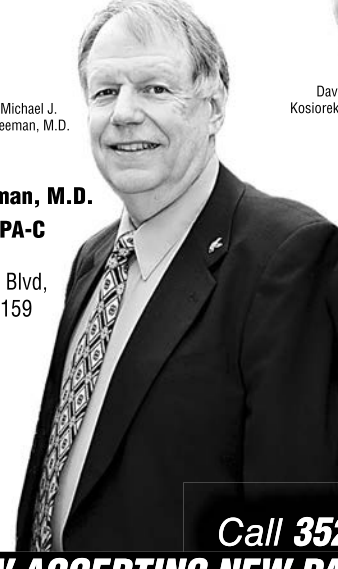
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INFLUENZA

Continued from A1

Flu vaccines are small doses of the influenza virus. They provoke the immune system to make antibodies, which are protective proteins produced by the immune system to fight off causes of disease.

Using research from the CDC and the World Health Organization, pharmaceutical companies make the vaccine to target the three worst strains that are expected every year.

“If they are not 100 percent on target, the shot will not be as effective,” said Sue Schueler, advanced registered nurse practitioner for The Villages Health.

And even with the right strains targeted, viruses are crafty, said Dr. Laura Cloukey, medical director for The Villages Health Pinellas Care Center.

The H3N2 strain mutated during production of this year’s vaccine, making the shot less effective in Australia.

“Viruses can get smarter over time and morph themselves to evade our antigenic response from our immune systems,” Cloukey said.

H3N2 is dominating in Florida and across the nation.

More outbreaks of influenza and LLI have been reported this season in Florida, including in Lake and Marion counties.

Though she has seen some patients with the flu, Schueler said there have not been more than expected so far at the Pinellas Care Center.

Protecting Yourself

As with every season, the very

old and very young are most at risk for developing complications from the flu.

“Over a lifetime, a person develops a more sophisticated immunity to a wide range of organisms,” Cloukey said. “As the person ages, their ability to defend against organisms both viral and bacterial begins to falter.”

That’s why the elderly receive a higher dose of the flu shot, she said.

Even with questions of efficacy, getting vaccinated still is your best chance for protection, Cloukey advised.

“Having the flu vaccine tips the odds in your favor that you won’t get the flu, so it is worthwhile,” she said.

While it is best to get the shot at the start of the season in the fall, Schueler said it still is beneficial late into the flu season.

But it can take four to six weeks for immunity to set in, she cautioned.

“If they are exposed to the flu shortly after getting the shot, they may still become ill,” Schueler said.

In conjunction with getting the shot, people should take other preventative measures.

“Remember, the influenza virus can live on hands, items

and certainly in saliva and aerosol,” Cloukey said. “Keep your hands away from your face as they can act as the perfect conduit for disease transmission.”

And don’t underestimate the importance of a good hand scrubbing.

Just 32 percent of respondents reported washing their hands after sneezing or coughing, according to a survey by the American Society for Microbiology.

“The most important precaution you can take in addition to getting the flu shot is to wash your hands often,” Schueler said.

If you do exhibit symptoms, Schueler said to see your health care provider within 48 hours for a dose of medication.

“(It) won’t prevent the flu, but will shorten the duration of the flu, and hence the suffering,” Cloukey said.

To prevent transmission of the illness to others, she recommends slowing down and staying home to rest for three days.

“It is preferable for patients to stay home and limit their exposure to others during their illness,” Cloukey said. “The flu is highly communicable.”



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