

Priceless!

Priceless!

Happy Valentine's Day

TAMPA BAY INFORMER

Volume VI, Issue 5 • Pinellas Edition • www.tampabayinformer.com

The Good News Newspaper



Grand Opening of Smokin' Out BBQ Grill

"SMOKIN OUT" BBQ Grill had their Ribbon Cutting Ceremony...

[Read more pg. 11](#)



Pirates Invade Tampa!

US Special Operations Command Parachute Team lands on Bayshore near Howard at the Gasparilla Air "Invasion"...

[Read more pg. 2](#)



Classical Pop Star Kicks Off Tour at Ruth Eckerd Hall

"Classical pop" pianist William Joseph awes audience at his first U.S. headlining tour at Ruth Eckerd Hall on Friday...

[Read more pg. 12](#)



Super Bowl XLIII MVP Winner, Steelers WR Santonio Holmes
Photo by Wayne Cathel, Tampa - www.belleairimages.com

"STEEL-TOED" TOUCHDOWN Record-Breaking Sixth Lombardi Trophy for the Steelers

by Heidi Elizabeth Lux

TAMPA

Super Bowl history was made in our very own backyard this year—Raymond James Stadium in Tampa. It was the Pittsburgh Steelers versus the Arizona Cardinals and the game couldn't have been more exciting. The Steelers were ahead for nearly the entire game. They were the seasoned pros, this game being the team's seventh trip to the Super Bowl; coupled with their reputation for "steel-clad" defense made them the favored winners. The

Cardinals were clearly the underdogs for a majority of the game, but things changed in the fourth quarter and it seemed as if they wouldn't be going home empty-handed.

At the end of the second quarter, just when it looked like Arizona could take the lead in what would have been their scoring play, with only eighteen seconds to go James Harrison intercepted the ball, scoring a touchdown with only one second left in the half. Harrison's

Continued on page 11

ART LOVERS DRAW "LOTS" FOR CHARITY

at the annual Martinis and Matisse event

by Heidi Elizabeth Lux

CLEARWATER

Martinis and Matisse is a fundraiser with a name impossible to say if you're not temperate with the former.

On a swanky Saturday evening, the Clearwater Free Clinic held their annual fundraising soirée in the building of one of the largest privately held companies in the state—the Frank Crum building—which occupies an impressive 14-acre campus in downtown Clearwater.

"It's the best event in Clearwater!" Dana Rizzuto of the Montage Gallery, proclaimed.

Local restaurants such as Bonefish Grill, Carrabba's, Greektown

Grille and E&E Steakout Grille donated food. Guests munched on fashionably small portions of chorizo-stuffed pork tenderloin, chicken marsala and taramosalata,

Continued on page 8



Courtyard of the Frank Crum building
Photo by Ian Phoenix



Teri (middle) and Mike Milligan (right), winners of Will Dexter's (left) glass blown piece "Steel Blue Octo Shell"
Photo by Simaen Skolfield



How to Get Through and Out of the Economic Crisis

by Patrick Valtin

"Do you want to survive and be able to experience expansion while everybody else believes this is the worst economic crisis ever—and is set to last for the rest of their lives? If your answer is yes, then follow these 3 steps..."

[Read more pg. 4](#)

Patrick Valtin speaks on the current economic state and how we can learn from past economic crises, and how we can ensure future success. Mr. Valtin is an international sales & marketing consultant and management coach. He has trained over 75,000 people in more than 25 countries. He recently lectured in Athens, invited by AMT Management. – TBI Editor



Full Throttle on Waters Edge

by Angela LeMay

A huge turn out for the Full Throttle Magazine Motorcycle Expo and Bike Builders Invitational...

[Read more pg. 6](#)



Farmer's Market Moves

by Heidi Elizabeth Lux

The Downtown Clearwater Farmer's Market has moved to Cleveland Street, between Ft. Harrison and Garden Avenue...

[Read more pg. 7](#)

ARTISTS' EXPANSION IN DOWNTOWN!



Photo by Ian Phoenix

Artists in Action International (AIAI) will celebrate its 2nd Anniversary and the Grand Opening of its new downtown gallery on Saturday, Feb 21st. The event will be from 7:00-10:00pm and will feature City of Clearwater's Vice-Mayor George Cretekos as well as celebrity guests, music, finger food and refreshments. COME JOIN IN THE FUN!

The new gallery space is 9,000 square feet and located at 400 Cleveland St. "Our move marks incredible expansion for our

gallery and for our mission to beautify downtown Clearwater," says Jack Potter, AIAI's president. "We have even bigger plans for next year's growth, events and art expression in downtown Clearwater."

AIAI is a 501C-3 non-profit organization that believes in using art in all forms to positively impact the world.

To learn more about Artists in Action International, visit their website at www.artistsinactionint.org

AGELESS SOLUTIONS

by April Cook

Dear Readers,
My name is April Cook and I am a Licensed Medical Esthetician and the Owner of "Ageless Solutions Skin Care" located in Dunedin. Don't stop reading—I know—just like attorneys and hair dressers, estheticians are a dime a dozen. What sets me apart from all the others is my passion for educating the public that skin care is not only beneficial for their health and well-being, but vital.



I was fortunate to have been raised around a nutritionist all my life, my mother. Living my life as organically as possible and knowing how important internal health is, I naturally saw the need to focus on the largest organ in the body, our skin.

Being aware that we are exposed to over 90 thousand toxic substances on a daily basis - either by ingestion, environmental pollution or by what we put on our skin - how much more important could it be to have the largest organ of the body protected, the SKIN?

Surprisingly, I have found that many people don't know that the skin is the largest organ of the human body and many people today don't realize the importance of protecting that organ. Yet, it is important! You may ask, "How do I accomplish this?" The key is good skin care and overall health.

In my skin care practice, I use 100% all natural (no preservatives, no chemicals) products which are ionically charged so that none of the active ingredients lose their energy (life-force). Our products' vitality is retained to provide superior therapeutic benefits and aid in rapid transformation for skin rejuvenation and facial image enhancement.

Our skin is our body's first line of defense and as such, it's easily damaged. So in my practice, I use many different delivery systems, two in particular, to get the overall best results for your skin type and or condition. With the first one, DNA CryoStem Facial with DNA's CryoStem Skin Therapy System, you can slow the normal aging of cells. It can create rejuvenated skin that looks and feels more radiant, nourished, hydrated, and less aged in just one treatment. It's clinically proven to stimulate new skin growth by 71%!

The second system that I use is the Revitalight Skincare System. It's a safe, but effective use of advanced light technology designed to help diminish the visible appearances of fine lines, wrinkles, and age spots on the face, neck and hands by promoting collagen production. The results that I get with acne clients are incredible! The Revitalight Skincare System is an effective and safe, non-invasive cosmetic skin care application with great results in just 6 to 10 treatments depending on the clients desired results and skin care needs.

Since your skin will be with you for the rest of your life and everyone sees the skin you're in, what better reason then to look and feel better for yourself and pamper your skin with skin care products that make you look and feel your best? Taking care of your skin can help you look and feel younger for years to come.

Call today and book a Free Consultation or an appointment and receive 10% off your first visit (with mention of this article) and also receive a FREE brow or lip wax. *By appointment only*

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Angie's Restaurant has been in operation since 1965 on Broadway & Winemac in Chicago, IL and opened in Clearwater in 1970 at our present location: 725 Cleveland & Myrtle.

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Must present coupon with order. Specials are valid through Feb 28/09

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- Soup or salad
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 - Potato, vegetables
 - Bread & butter
- OR
- Soup or salad
 - Spaghetti w/meatsauce
 - Garlic toast

* Complimentary dessert *

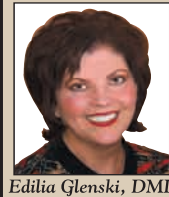
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Dinner \$3.95

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 - Potato, vegetables
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- Ground beef goulash w/ macaroni
 - Bread & butter

* Complimentary dessert *

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PIRATES INVADE TAMPA

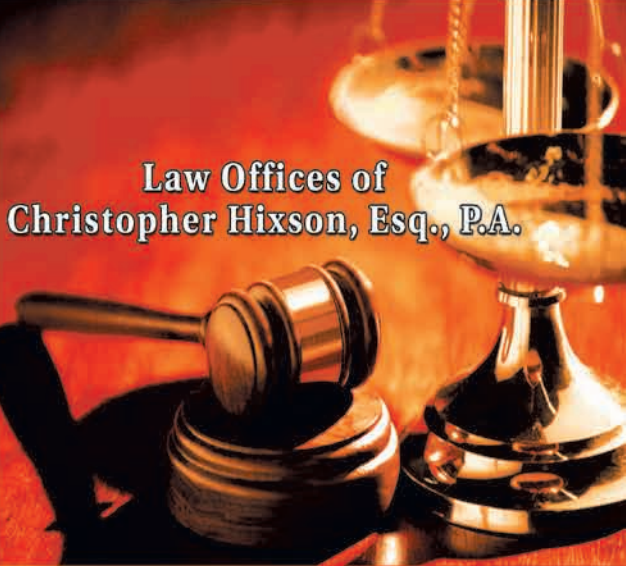
TAMPA

by Heidi Elizabeth Lux

A US Special Operations Command Parachute Team landed on Bayshore near Howard during the Gasparilla Extravaganza on Saturday the 24th. The main festivities for Gasparilla Pirate Festival will be held on February 7th in Tampa starting at 11:30am, and celebrate Tampa's historic pirate invasion by Jose Gasparilla and his men.



Photos by Ian Phoenix



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TAMPA BAY INFORMER’S PURPOSE

“To improve the community by raising awareness and responsibility and providing solutions to community issues.

We are achieving this purpose by publishing informative articles related to issues in the community which include community activities sponsored by non-profit and civic groups. Our articles invite members of the community to get involved and take action to help improve our community.

Our advertisers help fund our purpose, and in turn, our marketing department is continuously expanding our circulation and increasing the exposure of our advertisers, resulting in expansion of their businesses.”



Editor
Angela LeMay



Most people feel safe inside their own home and once inside, their personal belongings are often left unsecured or easily accessible. This is especially true when it comes to prescription medications. A recent trend suggests that medication has become a popular target for thieves. I would like to take this opportunity to offer some suggestions on how to properly secure your prescription medications and

FROM THE DESK OF SHERIFF JIM COATS



to prevent the expense and inconvenience associated with this type of theft.

Over the past few years we have seen an increase in the theft of prescription medication from private homes. In some cases the theft is part of a burglary in which the perpetrator targeted jewelry, cash, and small electronics. After gathering valuables to steal, the burglar simply opened a medicine cabinet before leaving and then took whatever prescription medication that was in plain view. In other cases, a theft was committed by trades people, invited guests, or even relatives who had access to medication that was in a medicine chest or left out in plain view. Some thefts were not discovered for an extended period of time because individual pills had

been stolen or because the medication was no longer being taken by the victim.

Prescription drug thefts pose a significant threat to public health and safety because of the propensity for abuse. Stolen medication is sometimes sold or traded on the street, and can lead to an overdose or other catastrophic medical problems when ingested without proper medical screening. As most of us know, drug abuse also leads to an increase in other crimes that can sometimes result in violence. Furthermore, the theft of prescription medication can result in the lapse of a medically necessary dose used to treat a medical condition. Due to strict regulation of some medication, replacing medically necessary drugs which have been stolen may not be easy to obtain or

inexpensive for the victim.

To prevent theft, it is suggested that all medication be stored in a secure location and within the properly marked container in which it was dispensed. It is also recommended that you keep track of medication so that missing pills or liquid is immediately detected. Medication that is no longer needed or which has expired should be safely disposed of by flushing it down a toilet.

By following these simple tips you can help us to achieve our goal of “Leading The Way For A Safer Pinellas.” For additional suggestions regarding home security please contact the Sheriff’s Office Crime Prevention Unit at (727) 582-5611.

Joke of the Month:

A guy wanted to buy a gift for his new girlfriend on Valentine's day. As they had only just started dating, after careful consideration, he decided a pair of gloves would strike the right note: personal, but not too personal.

Accompanied by the girlfriend's younger sister, he went to Harrod's and bought a pair of white gloves. The sister purchased a pair of panties for herself. During the wrapping, however, the clerk got the items mixed up and the sister got the gloves and the girl friend got the panties.

The guy sent the package to the girl friend with the following note:

I chose these because I noticed you are not in the habit of wearing any in the evening. If it had not been for your sister, I would have chosen the long ones with the buttons, but she wears the short ones that are easier to remove. These are a delicate shade, but the sales clerk that helped me has a pair that she has been wearing for the past three weeks and they are hardly soiled. I had her try yours on for me and she looked really smart.

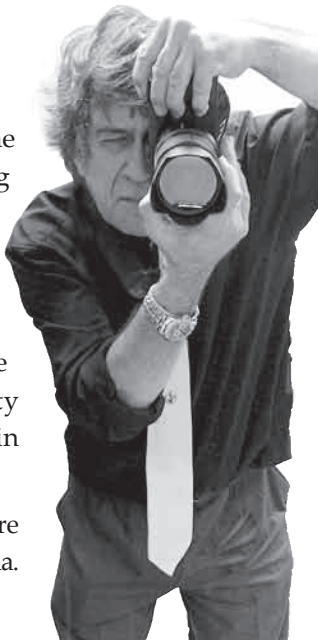
I wish I was there to put them on for you the first time, as no doubt other hands will come into contact with them before I have a chance to see you again. When you take them off, remember to blow in them before putting them away as they will naturally be a little damp from wearing. Just think how many times I will kiss them during the coming year. I hope you will wear them for me Friday night. Be my Valentine, George

Simaen Skolfield
Staff Photographer

With a passion for the arts, Simaen Skolfield has won the prestigious Grammy Award with his keen ears for capturing the realism of music and sound. In photography, he brings his uncanny skills to the visual world by framing life in its fullest senses. In photographic moments of all kinds; weddings to family, to portraits, Simaen possesses certain, rare abilities with which to capture our private world. As Simaen puts it, “I want to capture the full beauty of every special moment so our lives will be cherished again and again, the world over.”

Mr. Skolfield is an independent professional digital-image-capture photographer, ‘writing with light’, at home here in Clearwater, Florida.

You can contact him at 727-557-6407



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The Human Rights Walkathon is a coalition event between YHR, FCAHT, TBAH and CTB organized and presented by the Human Rights Group Inc. Co-sponsored by the City of St. Petersburg.



HOW TO GET THROUGH AND OUT OF THE ECONOMIC CRISIS

By Patrick Valtin



Patrick V. Valtin is an international sales & marketing consultant and management coach. He has trained over 75,000 people in more than 25 countries. He recently was lecturing in Athens, invited by AMT Management.

Do you want to survive and be able to experience expansion while everybody else believes this is the worst economic crisis ever – and is set to last for the rest of their life? If your answer is yes, then follow these 3 steps:

RULE NUMBER ONE:

IF YOU KNOW YOUR HISTORY, YOU HAVE NO REASON FOR WORRY! The current economic crisis is just a repetition of the past. Don't you remember "Black Monday"? It refers to Monday, October 19, 1987, when stock markets around the world crashed. The Black Monday decline was the largest one-day percentage decline in stock market history. But all world stock markets rallied in less than 1.5 year.

Moving forward, you may recall the

1991-1992 world crisis right after the Gulf War: huge peaks in oil prices, a steep decline in the commercial real estate market and a credit crisis (following the infamous savings and loan collapses of the late 1980s). This crisis ended in 1994 and world stock markets hit top values in less than 2 years.

And of course, in our recent past, the 9/11 attacks had a significant economic impact on the United States and world markets. The New York Stock Exchange (NYSE), the American Stock Exchange (AMEX), and NASDAQ did not open on September 11 and remained closed until September 17. When the stock markets reopened, the Dow Jones Industrial Average (DJIA) stock market index fell 684 points, or 7.1%, to 8921, a record-setting one-day point decline. By the end of the week, the DJIA had fallen 1,369.7 points (14.3%), its largest one-week point drop in history.

But recovery came faster than expected, world stock market hitting again unparalleled top levels within less than 2 years and continued to climb until 6-7 months ago.

So, the moral of the story? Crises always bring recoveries, and these come faster than many dare hope. I have personally lived and survived through 6 crises over the last 50 years. I have grown stronger and smarter out of each of them. And so have you, I am sure!

RULE NUMBER TWO:

IGNORE the bad news. Do not read or listen to the bad news in the papers, radio or TV. I am sorry to say, but listening to bad news, gossip and rumors will not do you any good.

You will find out that the mass media are specialized in scaring you to death. When you understand that, you want to get

access only to "good news" media. And there are some! Good news brings good news. Insist on getting good news at least once a day! And also put your attention on giving your friends, your employees or your colleagues good news at least once a day.

I once advised a customer who did not know what to send out for promotion. He was concerned that his customers were complaining about his bi-weekly email newsletter. I told him "well, double it. Send them good news..." He took this by the letter and started to send his 20,000 customer base some success stories or good news from happy customers on a weekly basis. Nobody ever complained about it – and he "miraculously" started to make more money!

So, spread good news around, in life and in business. Suggest to people around you to do the same. Surround yourself with people who are "good news" – and you will soon see a big difference in your business... and in life. I like to live with the following principle: "One piece of good news a day keeps the trouble away!"

RULE NUMBER THREE:

GO NUTS on your promotional actions. Increase your reach to your market. This means, literally: increase your communications to your mailing list. Are you sending 1,000 promo pieces per week? Start sending 3,000 of them. Spend less money on quality and more money on quantity. During tough times, most people and businesses tend to introvert and reduce their reach out to the society or to their market. Don't do that, as it is a fatal mistake!

You may have to double or triple your promotional actions. So what? If you were

stopping your marketing and promotional efforts what would happen to your business? It would die... well, what will happen to it if you multiply your promotional actions? It will grow.

So here is the tip. Find out what was your best promotional action, ever! Which promotional action was giving you big business? Do it again! It does not matter if it was one or five years ago. Find out what promo was successful and do it again BUT IN HIGHER QUANTITIES. Find the money to multiply your reach out to your market. Sure, you should economize; spend less money on less valuable actions. But your business will grow to the extent that you are (still) existent in the eyes of customers. Promotion is the last thing you want to reduce. Triple (or more) what you have ever been effectively promoting!

Conclusion: do what most people don't. Go against the flow. Do what Warren Edward Buffett recently suggested in a CNN interview: "When people are greedy I am worried. When people are worried I am greedy." I always like to take advice from people who proved to be right! Warren was ranked by Forbes as the richest man in the world during the first half of 2008, with an estimated net worth of \$62 billion. In his recent interview he laughed when the reporter asked him why he wasn't worried about the current world crisis. His response: "I got rich also because I learned to disagree with the bad news..."



REAL ESTATE REALITY

By Pam Ryan Anderson

HOME VALUES ARE DOWN, WHAT ABOUT TAXES?

This is an interesting question that I've been asked several times recently, so I finally called the Property Appraiser's Office to find out for myself.

Now, before I tell you the answer, I want to clarify a few terms.

Appraised Value – This is done by an Appraiser hired to determine the value of a home when it has been sold, when it is being re-financed, or to determine the market value of a home.

Just Market Value – This is the term the Property Appraiser's Office uses for the fair market value of a property. (This is usually broken up into two parts – the Just Market Land which is how much your land is currently worth, and Just Market Improved which is how much your home or building, is worth currently without the land value. Then there is Total Assessment, and it's the two values added together.

Taxable Assessment – This is the amount that has been determined to be taxable on a property.


So if you follow these terms, you will understand that an Appraised Value is quite different than an Assessed Value.

I've discovered this is a very common misunderstanding. When you get your tax bill, it is important to understand what the different terms mean.

OK, so what did the Property Appraiser's office tell me about falling values and taxes? I was told that lowered prices are automatically taken into consideration in the determination of Taxable Assessments.

Now, the thing is that this does not guarantee you that you are paying the correct amount of taxes for the current value of your home. So I asked what someone does if they think they're being overcharged for real estate taxes. The next Trim Notices will be mailed out in August. On the Trim Notice there are instructions about how to file a petition, along with the deadline for a petition. If you feel that you are paying too much in taxes, that's the time to query it.

Our new Property Appraiser is Pam Dubov, and her phone number is 464-3207 in case you have questions that you would like to get answered for yourself.



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- Special seminar by Patrick V. Valtin, honorary Freedom Fighter: "How to save one kid per day...and keep harm away?"
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PLUS:

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When: Saturday, February 21, 2009 at 6:30pm
Tickets: \$10 per person

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Peter Gillham's Nutrition Center on Cleveland Street
Photo by Ian Phoenix

WHY IT'S IMPORTANT TO BALANCE YOUR CALCIUM INTAKE

by Peter Gillham

Magnesium influences many bodily processes, including digestion, energy production, muscle function, bone formation, creation of new cells, activation of B vitamins and relaxation of muscles, as well as assisting in the functions of the heart, kidneys, adrenals, brain and nervous system. The lack of sufficient available magnesium in the body can interfere with any or all of these processes.

The National Institutes of Health, Office of Dietary Supplements, reports that there is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease and diabetes.

A Healthy Magnesium Level

Diets of the industrialized world, with their processed foods and use of refined sugar and flour, are commonly quite low in magnesium. The result? A significant percentage of the population have below healthy magnesium levels, including many who already use magnesium. Why? First, the amount of magnesium required by the body is greater than people think. Second, most magnesium capsules and tablets are not completely absorbed by the body.

Symptoms of Magnesium Depletion

Millions suffer daily from symptoms that can result from a lack of magnesium. Because magnesium is required for hundreds of enzymatic reactions (enzymes are protein molecules that stimulate every chemical reaction in the body), deficiency can cause a wide variety of symptoms, such as:

- Low energy
- Headaches
- Nervousness
- Inability to sleep
- PMS and hormonal imbalances
- Muscle tension, spasms & cramps
- Abnormal heart rhythms
- Weakness
- Fatigue
- Anxiousness
- Irritability
- Weakening bones

What Depletes Magnesium?

Magnesium deficiency can be caused by a number of things, including—but not limited to—lack of adequate dietary magnesium, emotional stress, some drugs (diuretics, antibiotics, birth control pills, insulin, cortisone), heavy exercise, diabetes, gastrointestinal disorders and excessive calcium in the diet.

Calcium & Magnesium

Calcium and magnesium are two different sides of a coin. Calcium excites nerves while magnesium calms them down. Calcium makes muscles contract. Magnesium is necessary for muscles to relax. Calcium is needed for blood clotting but magnesium keeps the blood flowing freely.

It is easy to see that it is vital to keep these minerals in balance and that too little magnesium to balance calcium could be both uncomfortable and unhealthy.

Calcium deficiency can be a serious issue and has been heavily promoted through the media and advertising. While calcium is an important nutrient your body needs every day, too much calcium can be a problem. The hidden cause of calcium deficiency is the fact that available calcium is not being assimilated by the body due to a lack of magnesium.

Without a proper balance of these two minerals, magnesium gets depleted, which will result in the negative effects associated with lack of magnesium and a buildup of unassimilated calcium (see symptoms above).

In addition to the many calcium supplements on the market, calcium is now added to cereals, crackers, juice, antacids and other items (including soft drinks and chocolate). None of these products contain magnesium to balance the added calcium.

Women taking calcium supplements to prevent postmenopausal osteoporosis—without adequate magnesium—can actually lower the vital bone mineralization process.

Without sufficient magnesium, the nerve cells cannot give or receive messages and become excitable and reactive. This causes a person to become stressed, highly sensitive and nervous. Feelings of nervousness, irritability and being unable to relax are signs of needing magnesium.

For these exact reasons excess calcium can become a real problem, while excess magnesium, on the other hand, is not a concern. Unlike calcium, magnesium does not build up in the body—excess amounts are simply flushed out.

"Natural Calm" is the solution to both restoring a healthy magnesium level and balancing your calcium intake. Stop by Peter Gillham's Nutrition Center today for your free sample.



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"It can be quite a concern when you have investment property in a country other than your own country of residence. However, Pam Ryan Anderson, Ryan Realty, is the most trustworthy realtor in Clearwater that I know, and it's wonderful to be able to rely on her for honest and genuine advice and wonderful service. Pam takes the worry out of overseas investment!" - Kay Bridgman, Australia

FULL THROTTLE ON WATER'S EDGE

by Angela LeMay



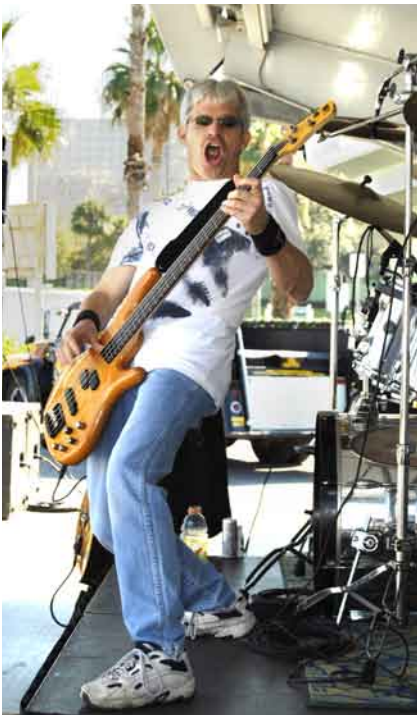
A huge turnout of excited onlookers at the expo
Photo by Simaen Skolfield



A biker performs a near-vertical wheelie
Photo by Simaen Skolfield



Exotic and unique bikes were on display
Photo by Simaen Skolfield



One of the musicians performing at the event
Photo by Simaen Skolfield

DOWNTOWN CLEARWATER

There was a huge turnout for the Full Throttle Magazine Motorcycle Expo and Bike Builders Invitational, hosted at the Harborview Center in Downtown Clearwater. The Expo featured hot bikes, activities, contests, special events, exhibitor booths and the annual Florida Bike Builder Invitational, which showcased Florida's hottest newcomers, established builders and the best Garage Builders.

The event was presented by Full Throttle Magazine and sponsored by Geico Motorcycle Insurance.

To stay up-to-date on upcoming events, visit TBI's community calendar at www.tampabayinformer.com



Paul Allen, publisher of Full Throttle magazine
Photo by Simaen Skolfield



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Clearwater Village is located 7 minutes away from downtown, 14 minutes from the beaches and 5 minutes from the Dunedin marina. Golf courses, schools and shopping centers less than 3 minutes away.

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FARMER’S MARKET MOVES

By Heidi Elizabeth Lux



A local musician adds life to the atmosphere of Farmer's Market
Photo by Ian Phoenix

DOWNTOWN CLEARWATER

The Downtown Clearwater Farmer’s Market has moved to Cleveland Street, between Ft. Harrison and Garden Avenue. Instead of being squeezed in a corner of the City Hall parking lot, its former home, the Farmer’s Market now has a block of its own every Wednesday from 10:00am until 2:00pm.

The new location of the market will bring more traffic to Cleveland Street and the downtown area, and in addition to supporting the local businesses that sell their goods



Interested shoppers looked over the goods and fresh produce
Photo by Ian Phoenix

each week, it will improve the commerce along this section of Cleveland Street. Tourists and locals will be able to walk through the middle of the street while they enjoy live music and sample fresh honey from Eden’s Nectar Honey or smoked fish spread from Island Fish.

“Bob and Daughter Produce” had a long line of customers reaching all the way to the other side of the street on the first day at their new location. “This is the first day back and it’s been absolutely awesome,” says the owner. And are you receiving more business? “Yes, definitely. People walking by see it where they didn’t see it before.”

In fact, all the way from Starbucks to Dunkin’ Donuts, the vendors are raving about the increased business. The owner of Lutz Nuts says, “I like this much better. I like not being in a parking lot. It’s attracting more people!” She is optimistic about the future of the Farmer’s Market. “It will just get better.”



A glimpse of the fresh goods available at the Market
Photo by Ian Phoenix

Even local businesses who don’t have a booth on the street are benefiting from the location switch. On the sidewalk, Caliyogurt offers free samples of their California-style frozen yogurt and tea. Phillip Park, the owner, says he’s glad that the Farmer’s Market is now set up directly outside of his shop. “[The Farmer’s Market] brings the people, so it’s a good thing.”

The move to a more prominent part of town is thanks to Bob Fernandez, who runs The Farmer’s Market with his family. “We’d thought it’d be a better location,” he said. He has been running the Farmer’s Market for fourteen years with his family and also commented, “We love being a part of Clearwater.”

But does this new location pose any problems? Yes, for Alain Guillaume at The Belgian Pearl. At the end of the day, he was completely sold out of his Belgian Waffles, made from a recipe from Liege (in Belgium), and did not have a sample to offer a young reporter snooping around. Which, he commented, is a good problem to have.

UPCOMING EVENTS

SUNDAY CICLOVÍA Bike | Walk | Dance | Breathe!

Come play in the street at Clearwater’s Sunday Ciclovía (See-kloh-VEE-ah)! Two miles of downtown streets will be closed to car traffic but opened for cycling, walking, strolling, jogging, dancing, aerobics, skipping or simply hanging out. Enjoy multicultural food, entertainment, activities and exhibits on a car-free, carefree Cleveland Street. The event kicks off regional Florida Bicycle Month.

Call (727) 562-4047 for more information.

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CLEARWATER

If you like seafood and blues music, you’re in for a big treat at this year’s 3rd Annual Knology Clearwater Sea-Blues Festival. Four evenings of outstanding blues performers, come for one or see them all.

This free festival will kick off at 7:00pm on February 19, on Cleveland Street in downtown

Clearwater with blues performer Julie Black. This year’s Clearwater Sea-Blues Festival featuring artists: Southside Johnny & The Asbury Jukes, John Nemeth, Jonny Lang, Walker Smith Group, Lil’ Malcolm & The House Rockers, Nervous Turkey, Tommy McCracken, Lil’ Ed & The Blues Imperials, The Nelms/Chavers Band, Kenny Neal, Marcia Ball, and Elvin Bishop.

Experience the finest Gulf Coast cuisine including jumbo shrimp, crab cakes, oysters, crawfish, gumbo and more. This event is free and gates open at 4:30pm Friday, 11:30am Saturday, and noon Sunday. There is limited reserved seating available for purchase at Ticketmaster.

For more information, call (727) 562-4700 or visit www.ClearwaterSeaBlues.com.





Scores of art lovers and philanthropists perused a variety of aesthetic creations
Photo by Simaen Skolfield

ART LOVERS DRAW “LOTS” FOR CHARITY

Continued from front page

a Greek style caviar as they mingled and enjoyed the open martini bars. They also admired art with titles like “Three at a Martini Party” and “Sandpipers on Clearwater Beach” and listened to a jazz band playing a soft and sophisticated rendition of “Girl from Ipanema.”

Frank Crum Jr. generously donated his building to host the event and has been doing so for the past two years. “It’s in Clearwater and supports a Clearwater function,” he says. “It was the right thing to do.”

Jeanne Shapiro, who is on the committee for the clinic, is grateful to people like Frank Crum and Bonefish Grill. “It’s truly a community event because we can’t do it without the support of the restaurants, and the artists and our venue hosts, who all donate their services.”

A Floridian theme was predominate throughout the paintings. Fitting, because all the artwork was donated by local artists—a total of 115 artists and 124 paintings to be exact, and raffled off through a “Chinese raffle.” Participants slipped their lot into an oversized martini glass next to their desired artwork, and at the end of the night one name was chosen for each piece, and the lucky winners got to take their original piece home. All proceeds from the event go to the Clearwater Free Clinic on Ft. Harrison Avenue.

The Clearwater Free Clinic provides free health care to low income and uninsured citizens who would not otherwise be able to afford it; people who do not qualify for government assistance but cannot

afford pricey health insurance. The clinic does not receive any government funding for its good work and is run by volunteers and funded entirely by donations. Government funding comes with too many strings attached to it,



Martinis and Matisse was held at the impressive Frank Crum building
Photo by Ian Phoenix

and in order to achieve the purposes of the clinic fully, the clinic decided to go without. The fact that the clinic has been giving back to the Pinellas County community since 1977 demonstrates the ability of the private citizen to give to others through their own kindness.

“At a time when people could tighten their belts and not look out for anyone else, we’re at an event where everyone is opening their arms and their wallets,” commented the featured artist of the evening, Will Dexter.

Bruce Livingston has spent nine years on the board and is also the Vice President of the clinic. He speaks with a deep love for the clinic and a gratitude for all those who have helped him help others. “It really warms your heart. The community has been very generous.” He remarked that

the clinic is looking to expand its services, possibly with a dental program.

For one local artist, Ernest Simmons, this event had a very special meaning. When he was an eighteen year old starving artist, he was a patient at the clinic himself. “It was a great help to me back then so I like to give back to the clinic,” said Ernest, who donated his painting “Wading in the Mangroves” to the event.

Teri Milligan, winner of Will Dexter’s glass blown piece “Steel Blue Octo Shell” says, “I win either way. I get to support a great cause and meet wonderful people.” Her husband, Mike,



Fine artist Ernest Simmons with his work, “Wading in the Mangroves”
Photo by Simaen Skolfield

adds “Everybody wins out of this deal.” The people who won most that evening, however, were not the people who went home with an watercolor or oil on canvas, but the people at the clinic who benefit every day from the voluntary generosity of their fellow man.

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“WHO SAYS IT’S NOT EASY TO BE GREEN?”

by the Editor

Did you know that a local Clearwater company has prevented over a quarter of a million non-destructible, non-degradable laser toner cartridges from being thrown into landfills?

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Malvern says it cannot be a mistake to save meaningful dollars if you don’t sacrifice yield, dependability and quality. Malvern’s warranty is provided in writing. “We stand behind our products 100% say, Mike & Lynn Farrell”, owners of Malvern.

Malvern is also an Authorized Samsung Copier and Kobra Shredder dealer here in Tampa Bay. They also offer copier, fax, and laser printer repair. Don’t be so quick to toss a well-built laser printer into a landfill. Often times a simple repair is all it needs.

Malvern is most excited about their newest venture, “ShredderMike” Shredding Service, which offers small businesses

and individuals a walk-in shredding service as well as a pick-up service. Small businesses and individuals often need to shred for legal compliance with HIPAA and FACTA laws, as well as identity theft reasons. The larger shredding companies can’t afford to do little jobs unless a minimum is charged. “ShredderMike” will shred a standard size banker’s box for as little as \$14.50, and if you sign up for the “Frequent Shredder Program”, you’ll save \$3.00 on every box. Have less than 20 pounds; pay just .55 cents per pound. Present this article and save \$3.00 per box from the start! “For every 2,000 pounds of shredded material, we save about 17 trees.” The shredded material is sent off to mills for processing into a variety of paper products. How cool is that?

Malvern Group Cartridge Services is located at 2066 Weaver Park Drive in the Weaver Industrial Park between Hercules and Belcher and Palmetto and Sunset Point. Call 446-1469 for more details and directions. They are ready to make it easy to be green!

CLEARWATER HALFATHON & 5 MILER

by Heidi Elizabeth Lux



Photo by Ian Phoenix

It was a chilly Sunday morning, just as dawn was starting to break and the runners were out bright and early in their hopes of being the first to complete the fourth annual Clearwater Half-a-Thon and third annual Five Mile Races, but the un-Floridian like temperature didn’t stop a flock of racers from warming up in preparation to cross the Clearwater Memorial Bridge. Just as the sun poked its sleepy head over the bay, the runners lined up at the starting line at Coachman Park, stretching, jogging lightly in the parking lot or doing the “cold weather dance” as they waited in anticipation for the race to start.

“It’s going to be a good run across the bridge,” said Mike Newton, a participant.

For him, the race is an enjoyable way to get his exercise. “This is fun. It’s a good way to start the New Year off.”

The runners, some displaying their toned and athletic legs in seasonably inappropriate shorts, inched towards the starting line as encouraging words came over the loudspeaker, “Put your hands together for yourself. Everybody is a winner here.”

The air horn went off at 7:05am, jolting the participants into action. The flock of runners crossed the starting line, took a curve up Drew Street, and headed out towards the Clearwater Memorial Bridge. The race led the runners through a scenic course taking them over Clearwater Memorial Causeway, onto Clearwater Beach, over Clearwater Pass Bridge, through Sand Key Park and out on Gulf Boulevard. It was then back again to the finish line in Coachman Park. The picturesque sunrise and spectacular view of the gulf was a unique incentive for runners to tackle the race.

At around 7:45, Jeremy Vizzi was the first to come back for the Five Mile Race, and an hour later, Josh Wolfe came in first for

the Half-A-Thon. Second place winner, fourteen year old Zach Maciolek says of the race, “It was a nice run...coming over the bridge was pretty hard.”

Participants were treated to music, back massages and a complimentary post-run meal of pasta, Fig Newtons, fruit and Power Bars.

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For more information, please visit www.facesofinfluenza.org.



Kristi Yamaguchi, mother, Olympic Gold Medalist and most recent winner of “Dancing with the Stars”



Pari Miller, mother of Grace, who lives with a rare genetic disorder making her susceptible to respiratory infections

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Kristi Yamaguchi and Pari Miller are “faces” of influenza. They have joined the American Lung Association of Florida Gulfcoast Area to encourage families to protect their loved ones against this potentially deadly disease by getting vaccinated throughout the entire flu season.

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Talk to your health-care professional or visit www.facesofinfluenza.org.

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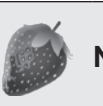








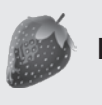
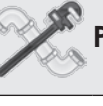





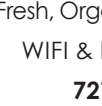




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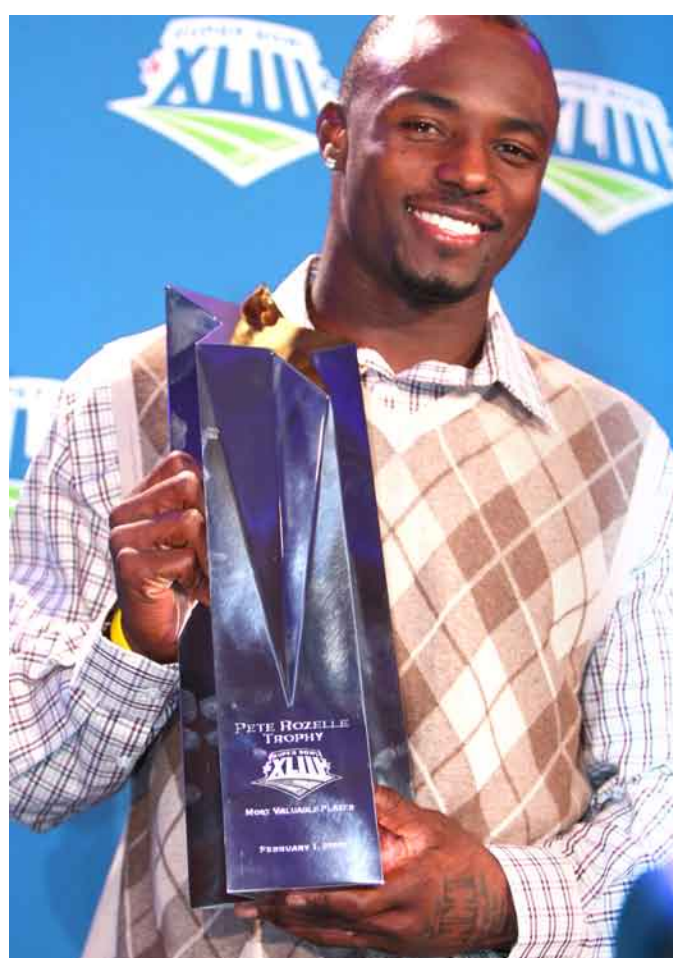
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Cardinals WR Larry Fitzgerald
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Steelers ROLB James Harrison
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Super Bowl XLIII MVP Winner, Steelers WR Santonio Holmes
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100-yard interception return was the longest play in Super Bowl history, and reinforced his well-deserved title of 2008 Defensive Player of the Year.

In the fourth quarter, just when the odds seemed dismal for the Cardinals, Larry Fitzgerald gave the team hope of winning, revitalizing the fans and pinning them to the edges of their seats.

The score was 20 to 16, with the Steelers in the lead. Larry Fitzgerald received the pass down the middle from Kurt Warner, and booked it to the end zone, evading three Steelers hot on his tail. Touchdown! The conversion put the score at 23 to 20 with Arizona in the lead.

It looked as if the Cardinals were going to win with Larry Fitzgerald—the hero of the night. Except for the fact that there was two and a half minutes left on the clock, just enough for the Steelers to “steel” the game back. Santonio Holmes scored a miracle touchdown, gracefully keeping the ball in bounds by his toes, with only thirty-five seconds left in the game, making Arizona second best in the country. “My feet never left the ground. All I did was extend my arms and use my toes as extra extension to catch up to the ball,” said Holmes.

Larry Fitzgerald was seen from the sidelines mouthing, “Oh no. Oh no,” and shaking his locs in disbelief.

If it were not for Holmes’s toes, for his carefulness in making sure the play was still in bounds, Fitzgerald would have been the MVP, the hero who won the game and brought it home to the Grand Canyon state. But instead the glory went to Holmes.

“The game played out exactly how it was supposed to. Our defense stepped up when they needed to. They gave up some big plays, but at the same time, when they really needed to clamp down on that offense, they did just that,” said Holmes of his spectacular victory. “It was definitely our destiny to win the Super Bowl.”

The Steelers won 27 to 23, giving them a record-breaking sixth Lombardi Trophy – and a miraculous finish to one of the most spectacular Super Bowls in recent history.

NFL Commissioner Roger Goodell said it best, “What an incredible performance by both clubs. The Cardinals deserve a tremendous amount of credit for playing all the way and (having) a tremendous season. But it’s the Steelers’ night. It was a performance for the ages.”



Photo by Ian Phoenix

GRAND OPENING OF SMOKIN’ OUT BBQ GRILL

by The Editor

“SMOKIN OUT” BBQ Grill & Bar, 401 S. Ft. Harrison (former Harrison’s location), had their Ribbon Cutting Ceremony with the Chamber of Commerce on the 23rd of January and continued their grand opening celebration through Saturday with live entertainment.

Serving smoked fish, chicken, pork, ribs, wings, sandwiches and mouth-watering Black Angus burgers, “Smokin’ Out” also offers a children’s menu, event catering and take-out.

Ajay and Jill Gutterman, bring 4 years of experience, dedication and success as restaurateurs from their original “Smokin Out” on U.S. 19 in Holiday, FL. “Ajay starts ‘smokin’ as early as 4am in the morning,” said one employee “Meat, that is.”

They are open Sunday noon to 10pm Monday through Thursday 11am to 10pm, and Friday and Saturday 11am to midnight. Call (727) 724-4190 for more information.



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William Joseph performing alongside violinist and singer Linda Eder live at the Ruth Eckerd Hall
Photo by Ian Phoenix

CLASSICAL POP STAR KICKS OFF TOUR AT RUTH ECKERD HALL

by Heidi Elizabeth Lux

CLEARWATER

“Classical pop” pianist William Joseph kicked off his first U.S. headlining tour at Ruth Eckerd Hall on Friday, January 9th with a passionate and dynamic performance. Underneath sultry lights of green and purple, Mr. Joseph delivered a youthful and fresh twist on classical music, creating a hip and energetic style with his compositions.

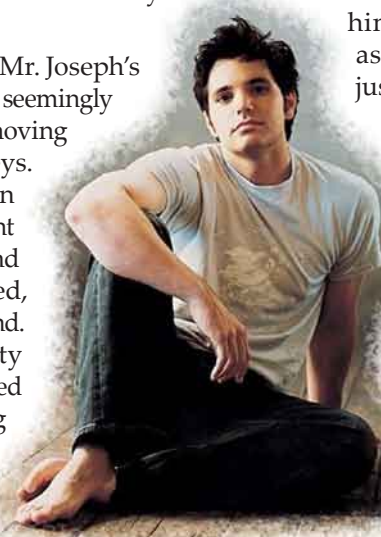
He began delicate and careful, leaning into his piano, caressing each note softly as he played “Heroes”. He then picked up in intensity, creating a dynamic and engaging performance. After his first piece, one audience member let out a very genuine and very appropriate “Wow!”

The energy picked up as Mr. Joseph’s speed increased, faster than seemingly possible, a blur of fingers moving up and down over the keys. Despite the frenetic motion in his fingers, it was apparent Mr. Joseph was in command of the ivories and his speed, and not the other way around. He plays with the dexterity and skill of the most seasoned concert pianist while adding his own youthful zest, at once combining the wisdom of age and the energy of youth.

If he sounds as if he has been playing for years and years despite his youthful look, it’s because he has. His incredible technique is a result of “Thousands and thousands of hours of practice throughout my life,” he says. Mr. Joseph has been playing the piano since the age of four. “It’s really been a lifetime devotion and I attribute a lot of the technical aspect and mastering technique to having a great teacher.”

Mr. Joseph is devoted to his fans just as much as he is to his music. “I really feel my fans are everything,” he says in that steady voice of his. “I love getting to know my fans.” He invited the entire audience to meet him after the show in the lobby as is his post-show tradition. “I just stay there until I talk to every single one of them.”

William Joseph’s CD “Beyond” is out in stores now, and his American tour will take him to cities including Atlanta, Philadelphia, New York and Los Angeles, accompanied by Katie Sloan on violin and Steve Aho on drums, two very fine musicians as well. We are grateful that we had a chance to catch this talented rising star here in Clearwater first.



William Joseph

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