

ARTS & ENTERTAINMENT



A “Capitol” Performance

On July 10th, The Capitol Theatre brought Helen Mirren to Clearwater. Sort of. The National Theatre in London premiered an experimental new program...

Read more pg. 8

GOVERNMENT



Coast Guard Valor Proclaimed

This August, the United States Coast Guard turns 219 years old...

Read more pg. 11

COMMUNITY



Out With the Old, In With the New

A section of the old Belleair Bridge was demolished on July 15th as construction continued into the next phase on the newer, bigger and better Belleair Beach Causeway Bridge...

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COMMUNITY

Read more pg. 6



Neighborhood of the Quarter Award
by Heidi Lux

The Old Clearwater Bay Neighborhood received the 2009 Summer “Neighborhood of the Quarter” award at the City Council Meeting on Thursday, August, 6th.

**YOUTH PERFORM
FOR HUMAN RIGHTS**
“Annie Jr.” at the Francis Wilson Playhouse
by Denise McGahee

CLEARWATER

Entertaining, spectacular and remarkable are just a few of the words to describe the stage filled with youth from ages 2 to 17, in the Broadway production of “Annie Jr.” presented by International Youth Theater at the Francis Wilson Playhouse Theater, on August 8, with proceeds to benefit Youth for Human Rights Florida.

The production was entertainingly unique, as the young performers love both the art of theater and the education of human rights; and the evening intertwined them both. A play written for children, filled with funny lines,

Continued on page 8

GOVERNMENT

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CEO of Mt. Carmel Community Development Corporation of Clearwater, Maurice Mickens with local kids getting ready to go back to school – Photo by David Ziff

ARTS & ENTERTAINMENT

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(From left to right) Bridget Haggerty, Josh Marshall, Gabby Durand, Tabitha Marshall performing in Annie Jr. – Photo by Brad Kugler

**7TH SUCCESS
AT NORTH GREENWOOD
BACK 2 SCHOOL FEST**
by Heidi Lux

CLEARWATER

On Saturday, August 8th, the Mt. Carmel Community Development Corporation of Clearwater and the North Greenwood Community Coalition put on the Back to School Health and Wellness Fest at the North Greenwood Recreation Aquatic Center.

The purpose of the event is to help families who require extra help by providing free physicals so the children can go back to school, backpacks filled with school supplies, boxed luncheons and groceries. A total of 700 backpacks and 500 groceries were given away. “It helps students to start thinking about going back to school and reminds them of the importance of good health,” City Councilman George Cretekos says of the event.

Continued on page 15

BUSINESS

Read more pg. 9



Dining at Divino is, Well, Divine
by Renee Belfort

Downtown Clearwater’s recent expansion includes the addition of three fine dining restaurants – Divino Italian Restaurant for fine authentic Italian food, La Cachette for fine French dining and Casanova for gourmet Italian cuisine...

BUSINESS

Read more pg. 7



Mugs by Any Other Name Would Taste as Good
by Heidi Lux

On July 21st, Abe Moussa, the owner of the newly renamed Abe’s Mugs Grill & Bar (formerly Mugs and Jugs) cut the ribbon to honor the name change and celebrate the 5th anniversary of the Missouri Avenue restaurant...

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- **Internet Marketing** – How simple but powerful rules of internet marketing can help boost your direct sales results and income – it's actually affordable and comes without technical hassle!
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JOY GENDUSA • Founder and CEO of PostcardMania, Inc.

Our special host speaker, Joy Gendusa, is a national celebrity in the direct marketing business. Using a powerful, simple but extremely cost effective way of communicating with customers has earned Joy's company Inc Magazine's recognition as the nation's fastest growing direct mail postcard-marketing firm, with year 2008 revenues close to \$19,000,000. She began in 1998 with zero investment capital. Today, PostcardMania employs over 150 people; prints and mails 4 million postcards each week. PostcardMania has over 35,000 customers in more than 350 industries. She was recently awarded the Tampa Bay Business Journal Woman of the Year and was featured on Your Business on MSNBC.



PAT CLOUDEN • Founder of Consumer Energy Solutions, Inc. and Accelerated Training Solutions, LLC

Patrick's company is a leading energy saving consulting firm who has enrolled over 2 million residential and 200,000 commercial customers across the USA and Canada, in the last 9 years. Patrick attributes a major part of his company's success to a unique approach to employee training. He will show you how he multiplied the closing ratio by over 400% in less than a year, through intelligent "cloning" of their best performing sales reps' successful actions, and by using a unique study and training technology. Be prepared to go home with the most powerful tools to bring your business performance to new, un-reached levels!



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Christopher is a 15-year member of the Financial Planning Association (FPA) and the International Association of Registered Financial Consultants (IARFC). He is also a Certified Wealth Preservation Planner (CWPP™), a Certified Asset Protection Planner (CAPP™), a certified business consultant, and is the Florida State Representative of the Asset Protection Society (APS). Founder of the Clergy Benefits Group in 1992, Chris sold his practice in 2002. He has since been serving hundreds of wealthy clients from his Clearwater, Florida home.

DOWNLOAD YOUR FREE CRISIS BUSTER E-BOOK TODAY!

If you have not downloaded Patrick Valtin's free e-book, do it now! It is offered free of charge to anyone who is involved, directly or indirectly, in managing a business and/or selling something. It is packed with practical, down-to-earth tools and tips for allowing you to win through - no matter what!

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Online: www.CrisisBuster.com

PROGRAM & SCHEDULE

Saturday September 19, 2009

- 9:30am Registration, PostcardMania building
- 10:00am Start of event. Introduction by Joy Gendusa, founder and CEO of PostcardMania.
- 10:20am Unique Times of Opportunities: How do you use the current economy to create a bright future? – by Patrick Valtin.
- 12:00pm Lunch (provided on premises)
- 1:00pm The New Rules of Marketing: Untapped strategies that will multiply your marketing success rate, even in a depressed market – by Joy Gendusa.
- 2:30pm A New Era of Selling: forget the old tricks of the trade. Your biggest challenge today is NOT selling, but building trust and credibility to get that person to be sold on YOU first! – by Patrick Valtin.
- 4:00pm Coffee Break
- 4:20pm How to "Clone" your best assets in the business: Just the training you need that guarantees to boost your employees' morale and productivity – by Pat Clouden.
- 5:30pm Networking: End of day one.

Sunday September 20, 2009

- 9:30am Morning coffee.
- 10:00am A new Era of Selling: 8 secret strategies which guarantee to boost your sales AND your income, no matter what direction the economy takes (Part One) – by Patrick Valtin.
- 10:30am Coffee Break
- 10:50am New Rules of Financial Success: 7 keys to financial security and peace of mind. How to live in financial freedom and certainty, without depending on Wall Street – by Christopher Music.
- 12:40pm Lunch (provided on premises)
- 1:40pm New Internet Marketing Strategies: How simple, but powerful rules of Internet marketing can help boost your direct sales results and income – it's actually affordable and comes without technical hassle! – by Joy Gendusa.
- 3:20pm Coffee Break
- 3:40pm A new Era of Selling: 8 secret strategies which guarantee to boost your sales AND your income, no matter what direction the economy takes (Part Two) – by Patrick Valtin
- 5:30pm Networking - End of event.

To Get More Information or to Sign Up, Call Toll-Free (877) 831-2299

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Publisher
ComProSo, Inc.
Editor
Angela LeMay

Contributing Writers
Heidi Lux
David Ziff
Sheriff Jim Coats
Shelley Jaffe
Pam Ryan Anderson
Desiree Lotz
Joshua T. Gillion
Denise McGahee
Mary Fitzgerald

Photographers
David Ziff
Brad Kugler
Simaen Skolfield
Wayne Cathel
Heidi Lux
Randall Gillion

Design & Layout
Ian Phoenix

Technical Director
Uwe Stern

Letters to Editor
editor@tampabayinformer.com

Press Releases
pr@tampabayinformer.com

Advertising
advertise@tampabayinformer.com
(727) 230-9691

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Editor
Angela LeMay



Summer is upon us, temperatures are soaring and what better way to keep children entertained and cool than an afternoon by the swimming pool. A dark side of a summer in the sun is that a sparkling swimming pool can also be a serious summer hazard. Unfortunately, when the temperature goes up, so does the number of accidental

FROM THE DESK OF SHERIFF JIM COATS

drownings involving children. The backyard pool is a magnet for children of all ages.

A moment of adult inattention can have tragic results. Parents, grandparents, babysitters and neighbors with pools need to realize that a swimming pool is an attraction to children. Of all law enforcement calls for service, a call to a home where a child has drowned is perhaps the most heartbreaking.

The loss of a child’s life to drowning can be prevented with extra caution, common sense and inexpensive equipment. In fact, many residential communities and municipalities require a barrier of some kind around in-ground and above ground pools.

Where there are no pool enclosures required, homeowners have many other options to keep

children and pools safe. In the home, child-proof locks on pool access doors are a must. An alarm system around the pool or pool access is another option. Remove toys from the pool so there is no temptation for a child to retrieve them.

Swim times should be managed and monitored by adults at all times. Teaching a child to swim for sport, safety and survival is also a must. Everyone living in Florida, and especially those persons caring for children, should learn how to swim. Even then, a child can go under in a flash. Then, recovery and resuscitation training for adults is also important. Becoming CPR certified can prevent a serious poolside incident from becoming fatal.

Swimming lessons and CPR training are offered by many

groups in Pinellas County. Protect yourself, your loved ones and even your friends and neighbors by taking the time to prepare and plan in order to enjoy a safe summer pool season. Learn more about swimming pool safety, take swimming lessons and CPR from the following providers:

American Red Cross
Tampa Bay Chapter
www.redcross.org
813-348-4820 or 877-741-1444

Tampa Bay Cares
www.211tampabay.org
Or call 211

Pool Safety Council
www.poolsafetycouncil.org

YMCA
www.ymca.net



REAL ESTATE REALITY

By Pam Ryan Anderson

NATURAL PEST REMEDIES FOR YOUR HOME

As it’s summer in Florida, the pesky pests are in their glory and “bug” us any chance they get. From mosquitoes to rats, these guys seem to make it their goal to live up to their nickname “pests”.

Below are some tried and true methods of naturally, and easily, handling some of these pests.

This is a great one and I use it all the time at my house. Put some Listerine in a spray bottle and keep it outside. Spray it around on the ground or on chairs etc when you’re going to be outside. It totally keeps mosquitoes and gnats away.

Another method that I haven’t tried for mosquitoes, but might be more effective overall, is to put a dryer sheet in your pocket when you’re outdoors. It’s supposed to work like a charm.

Have fruit flies in your house? Half-fill a small glass with apple cider vinegar and two drops of dishwashing liquid, then mix it well. The flies are drawn to it and never get to bug you again!

For ants, put small piles of cornmeal in the area where you see ants. They eat it, take it to their nest and, because they can’t digest it, they die. It might take a week or so, but it does work.

Squirrels eating your plants? Sprinkle the plants with cayenne pepper. This doesn’t hurt the plants, but keeps the squirrels away. You can also sprinkle it in your attic if you have rodents. The rodents walk in it, then lick their feet and won’t go back in the attic. The only problem I have with this one is whether or not the mice and rats are smart enough to know where they got

pepper on their feet!

Another proven method for rodents is any natural product that contains vitamin D3. You can even make your own by opening a capsule of D3 and mixing it into peanut butter, a favorite treat of rodents. The really cool thing about using D3 is that even if your pet finds and eats a dead rodent, the D3 won’t hurt them at all.

For aphids, I heard this ‘recipe’ on a TV show for natural, organic ways to handle those stubborn bugs once and for all. Here it is:

- 1 whole head of garlic
- 2 capfuls of cayenne pepper
- 2 cups water

1 tablespoon of dish soap (for sticking power)

Put this all in your blender, blend it well, then put into a spray bottle. Make sure that you spray on top of, as well as under, leaves and spray the base of the plant well too.

Okay, one last one. Here is a more general recipe for a natural pesticide for your garden:

- 3 large onions
- 1 whole head of garlic
- 2 tablespoons hot sauce

Blend the above in 1 quart of water, then add 1 tablespoon of mild soap. Just spray it on your plants to repel those pesky pests! Again, make sure you get the whole plant, even the underside of the leaves.

I hope this makes your summer more pleasant and your home more enjoyable!

Pam Ryan Anderson
Real Estate Broker, Ryan Realty
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by Ron Paul



They claim the Fed is endowed with special intellectual abilities with which to control the market and that central bankers magically know what the market needs. We should just trust them. This is patently ridiculous. The market is a complex and intricate thing. No one knows what the market needs other than the market itself. It sends signals, such as prices, that should be reacted to and respected, not thwarted and controlled. Bankers are not all-knowing and cannot ignore the rules of supply and demand. They might act as if they are, but their manipulation of the market just ends up throwing it wildly off balance, which gives us the boom and bust cycles.

The only accountability the Federal Reserve has is ultimately to Congress, which granted its charter and can revoke it at any time. It is Congress's constitutional duty to protect the value of the money and they have abdicated this responsibility for far too long.

This was the issue that got me involved in politics 35 years ago. It is very encouraging to finally see the issue getting some needed exposure and traction. It is regrettable that it took a crisis of this magnitude to get a serious debate on this issue.

The public is demanding transparency in government like never before. A majority of the House has cosponsored HR 1207. Yet, Senator Jim DeMint's heroic efforts to attach it to another piece of legislation elicited intense opposition by the Senate leadership.

The hearings on Capitol Hill provided us with a great deal of information about the types of arguments that will be levied against meaningful transparency and how the secretive central bankers will defend the status quo that is so beneficial to them.

Claims are made that auditing the Fed would compromise its independence. However, by independence, they really mean secrecy. The Fed clearly cherishes its vast power to create and spend trillions of dollars, diluting the value of every other dollar in circulation, making deals

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by Shelley Jaffe



want to put things in there that neutralize the acid or your food won't break down. And if you are having a problem with "acid reflux" there is a much greater chance that there is too LITTLE stomach acid rather than too much. In the very rare case of someone who actually does have too much acid, I would adjust your diet. In cases of not enough acidity, there are different products like Digestion Essential that a person can take short term which will bring the acid back into balance.

Then we come to the urine, which should have a pH of between 5.0 and 7.0. Ever have a doctor recommend cranberry juice for a bladder infection? It makes the urine more acidic, which makes it impossible for the bacteria to survive.

And that brings us to the foods you eat. You need the right balance of fats (see my previous article on Omega fats online at www.pgncw.com). You need to make sure you are eating a good balance of low-fat meats and wild caught (not farmed) fish like salmon and cod. It is also important to eat plenty of vegetables and make sure that you don't eat refined grains. Sprouted whole grains are the best. Avoid white breads and those soft "whole wheat" breads. Sugars and artificial sweeteners, as well as black tea, milk chocolate and caffeine also form acid in your body and should be avoided or at least eaten sparingly.

If you are eating a healthy, well-balanced diet, chances are your bloodstream is healthy. If you're not, then it may be acidic to some degree. If you think it is, get the blood test done and see. If you don't have someone to work with, call the store at 727-462-5770 and tell them you want a consult with me and they will schedule you. It is easily handled with the right diet.

Shelley Jaffe is a Certified Nutritional Consultant and the Executive Director of Peter Gillham's Nutrition Center in Downtown Clearwater. You can read more about nutrition and health on her blog at www.shelleyjaffe.com

There are literally hundreds of books, blogs and information out there on alkalinity in the body. This has led to numerous supplements to help handle alkalinity and litmus paper manufacturers making a mint on strips to see how acid or alkaline your saliva is. But are these readings right and are you actually shutting down your digestive system by trying to handle acidity?

First, it is important to understand that it is NOT the acidity of your digestive tract that determines how acid or alkaline your body is. It is the acidity of your blood and that can ONLY be tested with a blood test. If you suspect your body to be acidic then ask your doctor to order a blood test. There are also labs in this area where you can go and request one of these tests without a doctor's prescription. If you should choose to do this, I would recommend working with a competent medical professional like a nutrition consultant to help you should your show that you're acidic. You should understand more about acidity in the body so you have a better idea of how a professional should be handling the situation with you.

Your digestive tract is supposed to be acidic. Digestion starts in your mouth which, if your body is healthy, the pH of your mouth will be 6.0 to 7.5. You don't want alkaline saliva or it won't start the breakdown of your food. You also don't want acidic saliva or it eats at your enamel.

Your stomach should be acidic because it is filled with hydrochloric acid and pepsin which break down your food. You do not

NEW IMPERIAL POTENTATE OF THE SHRINERS

by Heidi Lux



ST. PETERSBURG

Jack H. Jones of St. Petersburg Florida, has been elected the Imperial Potentate (president and chief executive officer) of Shriners International. This makes him the highest-ranking Shriner in the world. In this role, Jones will also serve a yearlong term as the Chairman of the Board of Directors for Shriners Hospitals for Children. “It’s a great responsibility and a great honor to serve,” says Jones of his position.

The Shriners International is the fraternal organization, which is, according to their Web site, “based on fun, fellowship and the Masonic principles of brotherly love, relief and truth.” The Shriners also founded and continue to support Shriners Hospital for Children.

The international health care system of 22 hospitals started in Shreveport, La., in 1922 to help children with polio. Over the years, Shriners Hospitals for Children expanded its care specialties to include orthopedic conditions, burns, spinal cord injuries and cleft lip and palate. Children up to the age of 18 are eligible for care at Shriners Hospitals for Children if, in the opinion of their physicians, there is a reasonable possibility they can benefit from the services available. There is no financial obligation to patients or their

families for treatment provided within Shriners Hospitals for Children facilities. “There’s no case we would turn the child down if we were able to help [the child],” says Jones.

The health care system provides pediatric specialty care, innovative research and outstanding teaching programs. In the past 87 years, Shriners Hospitals for Children has improved the lives of more than 865,000 children, including many local kids at their Tampa location on the University of South Florida campus. “It’s such a great charity, and that was one of the things that interested me, knowing what the Shrine did to help children,” Jones says of the health care system. At Shriners Hospital for Children, kids are given more than just care and kindness, they are given a future.

Jones, who uses a wheelchair himself, has been known to have wheelchair races with some of the kids. “I usually mosey up alongside of them and challenge them to a race and sometimes we have some good races in there. I usually let them win, but not by much,” he explains. “I feel that a wheelchair only may be binding to a person as to what they let it be.”

Prior to becoming elected as an Imperial officer, Jones served on the Elected Divan (Board of the Directors) of Egypt Shriners in Tampa. He has been serving on the Board of Directors for Shriners International as well as Shriners Hospital for Children since 1979, and remained an Imperial officer for 30 years prior to his election as Imperial Potentate. He has worked as the Director of Membership and Masonic Relations at the Shriners International Headquarters in Tampa since 1981. In 2006, he earned the highest honor in the Shriners fraternity, the Imperial Potentate’s Award of Merit.

To find out more about Shriners International or Shriners Hospital for Children, visit www.shrinershq.org.

CLEARWATER FASHION WEEK COMING THIS SEPTEMBER

by Heidi Lux

CLEARWATER

The Clearwater Designer Co-Op, in partnership with the City of Clearwater, will present the first bi-annual “Clearwater Fashion Week” from September 2nd to 7th in downtown Clearwater’s Cleveland Street District.

The Clearwater Designer Co-Op was founded by Clearwater residents including well known designer, Craig Taylor, who spearheaded Clearwater Fashion week. The group, whose members include professionals and volunteers alike, has the purpose of helping the City promote the Cleveland Street District by spotlighting it with a week-long series of fashion events and a high-end designer sample sale.

The goal of Clearwater Fashion Week is to bring shoppers downtown with “six days of events, shopping and entertainment “ and encourage more retailers to open stores downtown, as well as attract future residents. This event comes at the perfect time as there are new restaurants opening in Downtown after it’s “make-over” which is now complete.

Clearwater Fashion Week will take place in the luxurious Station Square Condos first floor retail space, as well as the city’s new Station Square Park. This location is perfect as it keeps the action in the heart of the Cleveland Street District.

The Week begins with a spectacular opening night benefit for Ruth Eckerd Hall, with catering by Divino, downtown’s newest Italian restaurant.

Some of the participating designers will include Craig Taylor, Rebecca Minkoff, Whitley Kros, Thomas Devette, JesAla Couture, Wren, SPH Jewelry, Jen & Jane Jewelry, Angela Gioffre of Gioffre, and Monique Fletcher of Gypsies and Lords.

The Station Square Park events will include a Runway show, an outdoor fashion and beauty vendor Market, live entertainment,

fashion and beauty seminars, “Meet the Designer” presentations, photo-ops, color and image consulting, beauty makeovers, mini-spa services, theatre and ballet performances and an “arts in the park” classical concert.

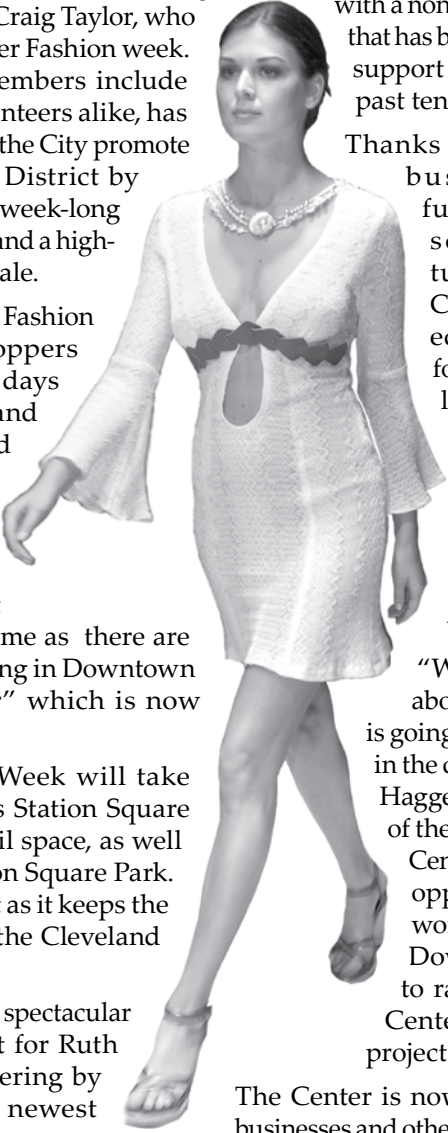
Proceeds from the vendor rentals will benefit the Community Learning Center.

The Center serves the community with a non-profit literacy program that has been providing academic support to local families for the past ten years.

Thanks to grants from local businesses, federal funding, and a sliding scale professional tutoring program, the Center is able to provide educational programs for families at all income levels. In conjunction with local non-profits, the Community Learning Center has served over 500 students from around the state of Florida over the past year.

“We are really excited about what our expansion is going to mean to all families in the community,” said Holly Haggerty, Executive Director of the Community Learning Center. “We appreciate the opportunity to be able to work with the Clearwater Downtown Community to raise awareness of our Center and funds for this project.”

The Center is now working with local businesses and other non-profits to establish a new, larger facility at 1411 North Ft. Harrison. The programs going into the new facility will include arts, theater, character development, drug education, and much more. Go to www.clearwaterfashionweek.com for info on how to get updates on the event sent to you. For information on vendor rentals in the park, contact Paula Cadman at (727)-657-1605 or pcadman@tampabay.rr.com.



THE WORLD’S YOUNGEST PUBLISHED NOVELIST TAKES READERS ON A FANTASY JOURNEY



TAMPA BAY

Gloria Tesch began writing her first novel at the ripe old age of eleven, and celebrated her thirteenth birthday with the publication of her

debut book. “Maradonia and the Seven Bridges,” a sweeping epic journey into a fantastical world of magic and power, earned Gloria the distinction of being the world’s youngest published author.

Gloria started writing when she was just eleven years old, penning poems and short stories and spending much time at the local library. This love for fiction and the genre of fantasy inspired her to write the 90-chapter debut novel, “Maradonia and the Seven Bridges.” This is the serial first in a trilogy; “Maradonia and the Gold of Ophir”

is set for publication in Fall, 2009.

Gloria’s love of reading developed her imagination. “I started reading up to five books in third grade,” she says. “I... devoured more than sixty books during

vacation. Then I came back to school with an entirely new reading level, and after that I had always loved reading... I have a saying which I tell younger people all the time, ‘Today a reader, tomorrow a leader!’”

Gloria was home schooled, which she says has helped her writing. “I have more time for writing, so I spend more time writing. When I was in regular school, I didn’t have a lot of time. I was doing homework and tired after eight hours of school.”

The Maradonia saga begins with two teenaged siblings, Maya and Joey, who find a mysterious place in a forbidden area, which

opens a portal into the Land of Maradonia. Their arrival in Maradonia fulfills a prophecy, and launches two ordinary kids into an extraordinary adventure of epic proportions. Their simple life changes completely, and the fate of an entire empire falls into their hands. Maradonia is a Technicolor, vibrant land filled with danger and surprises around every corner. It is a classic tale of goof versus evil with a contemporary twist. It is full of mystery, murder, deceit, revenge, crime and conspiracy battle with the power of faith, knowledge and wisdom.

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



NEIGHBORHOOD OF THE QUARTER AWARD

by Heidi Lux



Grant & Siouxie Boshoff, Jennifer Brewer and Scott Axford of the Old Clearwater Bay Neighborhood Association – Photo by David Ziff

CLEARWATER

The Old Clearwater Bay Neighborhood received the 2009 Summer “Neighborhood of the Quarter” award at the City Council Meeting on Thursday, August, 6th. Siouxie Boshoff, president of the Old Clearwater Bay Neighborhood Association, accepted the award with her husband, Grant, Jennifer Brewer, the social coordinator for the association, and Scott Axford, the patrol leader for the volunteer patrol.

“I felt very proud to accept the award on behalf of the Neighborhood Association and I think it is really a reflection of how a small group of people who band together as a team can effect so much positive change in such a short amount of time,” Siouxie Boshoff said.

Siouxie Boshoff stepped up as president of the Old Clearwater Bay Neighborhood Association last November. Previously, the Neighborhood Association had not been active and it took some crime occurrence to bring the neighborhood

together. There was a discussion about reactivating the board in the area, and Siouxie, who lives and works in the area, volunteered her time. “Obviously I have a vested interest in the area doing well so I decided the right thing to do was to take more responsibility,” she says.

Currently the Neighborhood Association is active with social events and community awareness projects. They put on an anti-drug march with the North Greenwood Neighborhood Coalition, and a big all day Seafood Festival in March. “It was a blast,” Siouxie says. The Mayor, city council and city employees even attended. “The neighborhood is definitely improving. Neighbors know neighbors.”

Upcoming events for the Neighborhood Association include the next association meeting on September 1st where they will go over hurricane preparedness and evacuation route, “so members of our community and neighborhood are prepared for the hurricane season,” explains Siouxie.

The Old Clearwater Bay neighborhood is located south of Venetian Point, west of North Fort Harrison Avenue, east of the intercoastal waterway and north of Cedar Street.



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A NIGHT AGAINST CRIME

by David Ziff



A Police Officer shows his motorcycle to local children
Photo by David Ziff

CLEARWATER

The reporter approached the Blue Ford Explorer cautiously, with gun drawn and knocked on the driver’s side. Suddenly the door was flung open, a shot gun stuck in his face and bang, he’s dead. His mistake? He failed to call for backup before approaching the alleged perpetrator.

The scenario? An opportunity “to walk in a police officer’s shoes,” with a simulated traffic stop of a reported felon; just one of the highlights of the “26th Annual National Night Out Against Crime” that took place on August 4, 2009 in Clearwater Mall in the parking lot outside Target.

The participation of the Clearwater Police was geared towards educating the public on crime prevention, increasing awareness of police activities and letting the public know that they can do something about public safety in their own areas. How? By partnering with the police to form Neighborhood Watch groups.

The interactive demonstration “walking in an officer’s shoes” began with strapping on a 40-pound duty belt and a bullet proof vest. This routine gear includes cuffs, flash light, an impact weapon (a PR 24, formerly known as a billy club), walkie-talkie as well as a Smith and Weston 40 caliber handgun, not to mention a Taser (a weapon that fires darts attached by wires to batteries, causing temporary paralysis). The question arose: “Do police officers wear all this equipment when on duty day in and day out?” The answer was an emphatic, “yes!”

The “walk in the shoes” demonstration effectively conveys the perils and decision-making that officers may face in the course of their duties to “serve and protect.” One member of the public summed up his experience after participating in the simulation in this wise: “I have a better idea of what police go through. Even though I knew the demonstration was a fake, it was intense. I was having trouble controlling the fear in my gut. I can’t believe how much went through my head in just three minutes.”

The SWAT and Emergency Response Team was also on display. The ERT consists of highly

trained specialists with an emphasis on crowd control and disaster relief. The Clearwater ERT has the distinction of being the model ERT unit in Florida -- with the responsibility of training other ERT units throughout the state. One officer who described himself as “the gas guy” provided a glimpse into the world of ERT training. There are seven different types of gases available for use in riot control. During his training he was subjected to each of these chemical agents, including CS gas which attacks the mucous membranes. It takes a special type of person to be willing to be gassed every day for a week to serve the public good.



A dummy flies out of a car during an accident simulation
Photo by David Ziff

How effective is the ERT? Very. Recently, a large and dangerous mob assembled in a particular area in Clearwater and posed a threat to public safety. Well, the bad guys got an idea of what’s in the ERT arsenal. As soon as the unit appeared, the mob called it quits and dispersed.

The evening’s event was sponsored and hosted by Target and co-organized by Target employees and the Clearwater Police. As a Target representative stated, “This event is designed to promote secure communities and public safety. On behalf of Target I’d like to thank Sergeants Torres and Stewart of the CPD for their assistance in organizing and putting on this event. We also appreciate having the Florida Highway Patrol here as well.”



Citizens got to find out what it's like to be a police officer for a day. – Photo by David Ziff

FLORIDA’S PRISON INMATES BACK CRIMINAL REFORM!

by Mary Fitzgerald



What would happen if Florida’s prison inmates worked one-on-one to get their fellow inmates to reform?

Right now, Florida prisoners are helping Criminon® Florida get 10% of the state’s prison population involved in the Criminon

program. 10% has been shown to be the make-break point. When that target is met in a single prison the entire prison calms down significantly with dramatically lowered acts of violence and much improved guard and inmate relations.

Criminon, which means “no crime”, is a non-profit, non-religious public benefit corporation dedicated to addressing the causes of criminality and restoring an inmate’s self-respect. Criminon Florida has 100 volunteers who deliver seven life-

skills correspondence courses to inmates throughout the State. The courses teach common sense values and educate about drugs and addiction, study skills and other key life skills. But, most importantly, Criminon graduates recover their self-

esteem and are able to become ethical and productive members of society.

With a total state inmate population of 100,000, Criminon Florida has the target of 10,000 students on their roll call. With that target in mind, a game was announced in January of 2009 to the then 500 Criminon students throughout Florida’s nearly 100 prisons. The game challenged them to sign up 5 new inmates to start their first Criminon course, thus bringing the total number of students to 2,500. When those 2,500 students sign up 5 more the goal of 10,000 students will be met.

Since January, the number of students participating in the game has climbed steeply to 50% or 250 students now actively playing the game. The number of new students signed up by current students is now close to 500.

A spokesperson for Criminon told us, “We divided Florida into four teams and they compete against each other to get new people signed up. They are showing their friends and cellmates the Criminon courses and talking about their personal successes with Criminon. The word is getting out that something can be done about it. The inmates’ help is making a big difference. I don’t think I am exaggerating when I say that these men and women could make a significant and very positive change in the Florida state prison system in just a few years.”

Any public person who wishes to help as a course supervisor for new students or who wishes to make a much needed donation can contact Criminon Florida at www.criminon-inc.org or email info@criminon-inc.org.



Customers enjoy the same great food at the newly named Abe's Mugs Grill & Bar
Photo by Simaen Skolfield

MUGS BY ANY OTHER NAME WOULD TASTE AS GOOD

by Heidi Lux

CLEARWATER

On July 21st, Abe Moussa, the owner of the newly renamed Abe's Mugs Grill & Bar (formerly Mugs and Jugs) cut the ribbon to honor the name change and celebrate the 5th anniversary of the Missouri Avenue restaurant.

Abe Moussa began his restaurant career as a dishwasher at Sweetwaters, where he worked his way up to manager. He had set a goal, however, to own his own business by the time he was 30. When he turned 29, he found "Mugs and Jugs." Unable to pay for the place at first, Moussa worked for the owner for six months to make the down payment. Since he took over Mugs and Jugs in 1998, Moussa has managed to turn the hole-in-the-wall into a successful, respectable chain of sports bars.

Moussa revamped the image of Mugs and Jugs, steering clear of the name's obvious innuendo. He provided his waitresses with an option, allowing the alternative of pants rather than the usual short-shorts and revealing top. He has since done away with the shorts altogether, providing a more



Grand Prize Winner Patricia Keicher shows off her new grill.
Photo by Simaen Skolfield

comfortable and modest workplace for his staff.

Today, the only similarity to the location he bought 11 years ago and sold on 66th Street in Clearwater is the name, "Mugs and Jugs", a name that Moussa has been unhappy with for eight years.

Due to his investment and his dedication to the image of his restaurant, Moussa began to feel the name of the establishment was no longer relevant to the sort of business it had actually become, creating some confusion over exactly what sort of establishment it was. So he hired a local artist to redesign the logo and made plans to change the name to "Mugs". The timing, however, was not right.

Five years ago, Moussa purchased the second Mugs and Jugs location on Missouri Avenue in Clearwater. When Moussa sold the 66th Street location in May 2008, he saw the opportunity to do something he had wanted to do for years, change the name. The location he sold will continue to bear the name "Mugs and Jugs", despite no longer being owned by Moussa, while the current location on Missouri has become "Abe's Mugs Grill & Bar."

"Although Hooters has done a wonderful job, we did not want to be a knock off of Hooters," Moussa explains. The clientele of Abe's Mugs Grill & Bar is not limited to men. The customers include men and women, young and old, from all walks of life. "We are your every day eats for everybody," says Moussa.



Abe Moussa with two of Abe's Mugs Grill & Bar waitresses
Photo by Simaen Skolfield

Perhaps the success of Abe's Mugs Grill & Bar can be attributed to Moussa's constant dedication to his business, and innovation. For instance, Abe's Mugs Grill & Bar was voted Best Wings In Tampa Bay by Tampa Bay Magazine. "No one will ever come close to it," Moussa says of his wings recipe. They are made from scratch every day and they're never frozen.

Their flavorful sauces are made in house. "I will never cut corners about my food," he explains. During a surprise health inspection, his restaurant was awarded with an A.

Despite the change of name, this commitment to quality and service will continue. Moussa takes pride in his establishment, and is regularly on the restaurant floor; in fact he is on a first name basis with many of his customers. "I actually am glad to see people's faces," he says.

Abe's Mugs Grill & Bar will be giving away Tampa Bay Bucs tickets throughout the season. As part of the grand opening events, he raffled off a new grill, complete with steaks and a bottle of wine. Patricia Keicher, a Abe's Mugs Grill & Bar regular, was the excited winner.

Abe's Mugs Grill & Bar is located on Missouri Avenue in Clearwater. Mugs and Jugs on 66th Street is no longer owned by Moussa. To find out more about Abe's Mugs Grill & Bar, visit their website at www.mugsonmissouri.com.

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A “CAPITOL” PERFORMANCE

Helen Mirren Performs “Phèdre” by Heidi Lux



Helen Mirren in the title role of Phèdre
Photo by Catherine Ashmore

CLEARWATER

On July 10th, The Capitol Theatre brought Helen Mirren to Clearwater. Sort of. The National Theatre in London premiered an experimental new program called NT Live, in which a play is performed at the National Theatre in London while simultaneously broadcast live via satellite to theatres throughout the world.

The Capitol Theatre participated in this experiment by re-broadcasting the event a few days later, as the satellite equipment to receive the *live* broadcast was \$8,000. (The Capitol Theatre is still in its fundraising for renovation stage, so this money is better spent on new seats or rafters).

Their first play, in a pilot consisting of four plays, was *Phèdre* by Jean Racine with translation by Ted Hughes. The National Theatre website gives this description of the play: “Consumed by an uncontrollable passion for her young stepson and believing Theseus, her absent husband, to be dead, *Phèdre* confesses her darkest desires and enters the world of nightmare. When Theseus returns alive and well *Phèdre*, fearing exposure, accuses her stepson of rape. The result is carnage.”

Helen Mirren gave a riveting performance in the title role, portraying a woman eaten up by her sin, every inch of her soul consumed by her guilt, compelled to love her step-son but forbidden to love him openly. Her desire, forced to be kept hidden until it corrodes her completely, causes her to act irrationally toward her son, subjecting him to unwarranted cruelty.

The actors were told to play to the theatre crowd and not the cameras, almost as if it were a documentary of the play. However,

their performances were still realistic. Filmed theatre often comes across as “over the top” as the acting techniques employed in film and cinema tend to differ because of the differences of the mediums.

In theatre, the actor’s performance and volume of his voice must reach across a grand space while in film, the actor has a camera which can zoom in intimately to catch the most subtle nuances in a performer’s face or body. As a result, if an actor is performing in a play, the performance is “projected”, and it can come off as unnatural if the performance is filmed. This, and perhaps this is a testament to how truly exceptional Ms. Mirren and the rest of the actors are, did not occur once. Their use of body movement and gestures was the sort of movement one would employ in theatre, yet it made sense.

Despite the fact it was a “movie”, the evening felt as if I was watching a play, but I just had really, really good seats (which I suppose is the purpose of the experiment, to provide everyone with the best culture). I could still hear the audience in London coughing during the performance, applauding and their silence signifying intense involvement in the show.

As an experiment, it was successful and fun to watch. It is hard to review this experiment without mentioning the Capitol Theatre’s involvement. The Capitol Theatre was purchased by the Ruth Eckerd Hall in December in order to infuse more arts and culture into the Downtown area. With that screening of *Phèdre*, the Capitol achieved its purpose.

As technology progresses, the world gets smaller, in a way, and those living in a semi-small town are able to see the best of the best from one of the world’s foremost cities for arts and culture.

I hope that Ruth Eckerd Hall and Capitol Theatre continue to provide programming such as this at the Capitol Theatre. I must say that every show I have seen at the Capitol Theatre since its purchase has been excellent. The space is cozy, and allows for more intimate productions than the Ruth Eckerd Hall and I cannot wait until the theatre is renovated and we can have the maximum use of this facility in Downtown Clearwater.

YOUTH PERFORM FOR HUMAN RIGHTS

by Denise McGahee

Continued from front page



(From left to right) Sonata Delain, Eva Drazkowski, Connor Hillman, Tabitha Marshall, Ori Ezra, Ivy Kamhi, Madeline Graves, Lindsey Trainor singing “NYC”. –Photo by Brad Kugler

singing and dancing, it still carried a message of how children’s human rights can be so easily violated.

Producer Doria Kintzel, who chose “Annie Jr.” to entertain and to enlighten said, “When most people think of human rights violations,

they think of refugees in war-torn countries or political prisoners. But children can have their human rights violated in many ways. For example, verbal, mental and physical abuse is a violation of Human Right #5 No Torture. And of course, the production is a symbol of Human Right #19 Freedom of Expression - a freedom, children of all ages should be able to experience.”

Added to a great Broadway show, the play was interspersed with original skits about human rights.



The audience enjoys the show.
Photo by Brad Kugler

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Youth for Human Rights Florida teaches human rights according to the United Nations Universal Declaration of Human Rights, both in and out of the classroom.

“Young people need to understand their human rights as they are our leaders of tomorrow,” said Youth for Human Rights Volunteer, Jonathon Schneider. “And this was a fun way to show them.”

For information on Youth for Human Rights Florida:

www.YouthForHumanRights.org

For information on International Youth Theater: www.iytheater.com



(from top to bottom) Tabitha Marshall and Kiley Graves singing “Maybe” – Photo by Brad Kugler

DINING AT DIVINO IS, WELL, DIVINE

by Renee Belfort



The outside of the newly-opened Divino restaurant
Photo by Heidi Lux

CLEVELAND ST. DISTRICT, CLEARWATER

Downtown Clearwater's recent expansion includes the addition of three fine dining restaurants – Divino Italian Restaurant for fine authentic Italian food, La Cacherie for fine French dining and Casanova for gourmet Italian cuisine.

The first to open is Divino, a restaurant that combines both casual and fine dining. From the moment you walk

into the restaurant, you are transported to a Piazza in Italy, surrounded by the balconies of fine dining restaurants above. The service is impeccable, even if you chose the more casual dining in the Piazza, which is what my husband and I chose on the first visit. We ordered the lasagna with noodles, homemade from imported Italian semolina, and a wild mushroom pizza made with porcini, Portobello, oyster & button mushrooms. The lasagna came with a fresh salad and homemade salad dressing and was accompanied by homemade bread and a seasoned olive oil for dipping. The food was beyond expectation.

Even recalling the meal makes my mouth water. As we sat devouring our food we were approached by a modest waiter named Umberto who asked if he could sing for us. He sung a very poetic and beautiful song with the tenor voice of



Divino's balcony seating
Photo by Heidi Lux

an angel. Seriously, this man should be performing at the Met.

The Piazza is very reasonably priced. Even with two cappuccinos made from imported Italian espresso, our bill was only \$22.00. Well worth the price.

But if it is fine dining that lures you, you will be thrilled to find an authentic 5-star meal, including the service, in the balconies which rise above the Piazza. A couple could order an appetizer, the two most expensive meals on the menu, dessert and cappuccinos and pay about \$100, which is quite reasonable for food of this caliber.

This is truly a gem in the crown of this city, and if it is any reflection of what is to come with the next two restaurants opening, Downtown Clearwater is bound to become



La Cacherie is still under construction but will open soon. – Photo by Heidi Lux

the area's fine dining destination.

Renee Belfort is a self-taught chef who owned and operated a catering company in Seattle, Washington before relocating to Clearwater.



Casanova is expected to come to Clearwater this Fall. – Photo by Heidi Lux

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The fountain in Divino's piazza
Photo by Heidi Lux

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“WINTER” IN CLEARWATER

Helps Children’s Cancer Center

by David Ziff



Winter the dolphin composing his artwork.
Photo by David Ziff

CLEARWATER

What do children of the Children’s Cancer Center and a dolphin have in common? As it turns out, quite a lot!

If you were at the Clearwater Marine Aquarium on July 21, 2009, you might have witnessed an unusual and heart-warming encounter. A group of children, kindergarten-aged and under, sat by the side of a pool producing colorful artwork while a dolphin with a paintbrush in her mouth was producing art of her own.

The purpose? To sell the artwork on eBay and raise funds for the Children’s Cancer Center.

Both the dolphin and the children have much in common: courage and the ability to rise above physical challenges to smile upon the world. The field trip to the Clearwater Marine Aquarium was the children’s first outing. And clearly it was a huge success. The children were engrossed in their paintings and afterwards proudly posed for photographs with their colorful renderings.

If you visit the web site of the Children’s Cancer Center www.childrenscancercenter.org you’ll be able share in the joy of the children and their parents. Then, if you click on the names of the children (Yan, Rowan Madison, Remi, Paxton, Chloe, Jordan, Allison, Jacob, Trevor and Liam) you will be propelled straight to eBay where you can join the bidding for these inspiring products.

A dolphin by name of Winter shared the limelight with the children. You may have already heard of Winter, arguably the most famous dolphin, no, most famous animal in the world. Winter’s story, like the individual stories of the children, is inspiring. Rescued from a crab trap when but a

youngster, she was not expected to live. Triumph #1. She did. As a result of her injuries, her tail withered and fell off. Triumph #2. She not only survived the loss of a tail but learned to swim without one to the amazement of one and all. However, it was feared her improvised swimming motion would cause irreparable harm. After countless trials and errors, Winter was successfully fitted with a prosthetic tail and learned to propel herself in true dolphin style. Triumph #3.

Winter is a hero to many people. Clearwater Marine Aquarium (CMA), on behalf of Winter, receives calls, letters and emails from around the world with a common theme: how much Winter has inspired their own lives. She has appeared not once, not twice but a number of times on network TV, been featured in a documentary entitled, “The Dolphin That Could”, a DVD and now a book, “Winter’s Tail, How One Little Dolphin Learned to Swim Again.” She also has her own website: www.SeeWinter.com

The Children’s Cancer Center (CCC) and CMA are a good example of what happens when two organizations devoted to the public good join forces. In April 2009, the Mike Alstott family (long time supporters of CCC) arranged for a group of children from the Children’s Cancer Center to meet Winter, thus laying the groundwork for this current initiative. Shannon Hannon Oliviero of the CCC remarked: “We’re so thankful for Jeni Hatter (CMA’s Director of Media Relations) and the Clearwater Marine Aquarium who continually reach out into the community to offer the wonder of their surroundings to brighten the day



One of the many works of art crafted at the CMA
Photo by David Ziff

for others.”

Undoubtedly, the children of the Children’s Cancer Center can look forward to more delightful outings to the Clearwater Marine Aquarium, perhaps even to interact again with CMA’s star, Winter, “The Dolphin That Could.”



Kids from the Children’s Cancer Center paint their masterpieces
Photo by David Ziff



Mayor Hibbard shakes hands with a representative of the Coast Guard Air Station Clearwater.
Photo by David Ziff

COAST GUARD VALOR PROCLAIMED

by Joshua T. Gillion

CLEARWATER

This August, the United States Coast Guard turns 219 years old and the Clearwater Regional Chamber of Commerce (CRCC), partnering with the City of Clearwater and the Navy League of the United States - Clearwater Council, invite you to join them “to thank our dedicated Coast Guard service men and women as well as bring greater awareness to our community of the important role the Coast Guard plays in the safety and wellbeing of the citizens of the United States and specifically Pinellas County.”

The Revenue Cutter Service, which later became the Coast Guard, began on August 4th, 1790. It merged with the U.S. Life-Saving Services to form the Coast Guard, as a branch of the armed forces in 1915. In 1934, the Coast Guard came to Pinellas County when Air Station St. Petersburg was commissioned. In 1976, it moved to its present facilities, as Coast Guard Air Station Clearwater. It is the largest and busiest Coast Guard air station in the country, and has earned numerous decorations for the dedication and valor of it’s service men and women, both at home and abroad.

The Coast Guard will be honored with several recognitions and celebrations, beginning with Semper Paratus: An exhibition of artwork by Florida Coast Guard artists, presented by the Clearwater Main Library and Clearwater’s Cultural Affairs division. This special exhibition of artwork by Florida’s Coast Guard artists, depicting both daily and special Coast Guard operations in various techniques, runs from August 3rd to October 30th, at the Clearwater Main Library.

At a City Council meeting on Thursday, August 6th, Mayor Hibbard read a proclamation enacting “United States Coast Guard Day” in Clearwater. The proclamation recognized the Coast Guard’s

dedication and service to Pinellas County in their 75 years stationed here and that “with heroic valor, the 600 plus members of Air Station Clearwater continue to devote their lives to those in need at home and abroad resulting in thousands of lives saved and/or assisted.”

The CRCC will host the annual Coast Guard Birthday Bash on August 13th at Air Station Clearwater, 14850 Roosevelt Boulevard, by the St. Petersburg/Clearwater airport, from 5:30 - 7:30 p.m. The evening’s events, beginning at 6:00, will include a presentation from the Coast Guard and a tour of the air station and it’s aircraft. Everyone is invited. However, attendees must RSVP before August 12th at 5:00 p.m. Tickets are \$10.00 or free to Clearwater Chamber and Navy League members, Coast Guard personnel and auxiliary, and elected officials

Celebrations continue with CRCC’s Emerge Tampa Bay young professionals vs. U.S. Coast Guard softball challenge, Saturday August 15th at 4:00 p.m. at the Brighthouse Field. The game also kicks off Emerge Tampa Bay’s food drive benefitting RCS Food Bank. Donations of canned goods will be accepted at the field and \$4.00, from every ticket sold through CRCC, will be donated to RCS. Following the softball game, the Clearwater Threshers take on the Tampa Yankees at 6:30 p.m. The \$15.00 ticket gets you into both games, with all-you-can-eat food and refreshments from 5:00 - 8:00 p.m. There will be a spectacular fireworks display after the games.

Tickets and more information about the Birthday Bash and/or softball challenge are available from CRCC.

Email mfarley@clearwaterflorida.org or call (727) 461-0011 ext. 233.



A painting from the Coast Guard art collection at the Clearwater Main Library
Photo by Randall Gillion

SUNSCREEN FILM FESTIVAL SALUTES SUMMER CAMP GRADUATES

by Lisa Mansell



Graduates from the Sunscreen Film Festival Summer Camp, (from left) Back row: J. Declan Flynn, Talia Vechazone, Evan Carnevali, Nick Rua, James Rockwell, Professor David DeBorde. Bottom row: Emma Rubini, Michel Lopez Behar, Sam Zimmerman, Cassidy Routh. Photo by Brad Kugler

ST. PETERSBURG

Forget the bug spray and the rain poncho – at the Sunscreen Film Festival’s first annual Summer Camp, nine aspiring filmmakers between the ages of 14 and 18 braved the elements of film making with laptops and their imaginations.

Instead of a campground and hours of lanyard making, the students converged on Studio 620 in downtown St. Pete. Owned and operated by Bob Devon Jones, the studio provided the perfect venue for two action-packed weeks.

South-eastern University film professor and Sunscreen Board member David DeBorde instructed the students in the arts of screen writing, acting, directing and editing and then got them busy applying what they had learned.

“What made the camp successful,” said DeBorde, “was the combination of theory and practice. They’d learn some concepts and then they’d go and perform the concepts.”

The camp culminated in the making of two films, written, directed and sometimes acted in by the students themselves.

The premiere screening of these short films, “The Perfect Guy” and “Tripped” were held at the students’ camp graduation event on June 17th

In a special Q and A session after the screenings, the students told how they contended with the Florida weather, leaf blowers, hecklers and reluctant actors in getting the films made, but the show must go on.

DeBorde and Sunscreen Board member J. Declan Flynn supervised the two productions.

Students got creative with their sets and props. They took a corner of Studio 620 and turned it into one of the character’s bedrooms. For another scene, the men’s bathroom door (shot from the inside) became the “front door” to one of the character’s apartments.

The students used all of their available resources, including DeBorde, who starred as a St. Pete pan-handler in the short film “Tripped.”

DeBorde said that he enjoyed seeing everyone come together as a team through this creative action, “Everyone got along and grew tremendously during those two weeks.”

DeBorde said that he really wanted the students to understand the basics of making a short film and hopes that they will take what they learned and continue to be creative and do more.

As all the students had written scripts, DeBorde arranged for actors to read aloud those scripts not made into films. Sunscreen Board Members and Committee members, Harry Chittenden, Jennifer Linhart-Wild, Cameron and Zoreida Cox and Gina Kugler showed off their acting skills in parts ranging from “Short Thug” to the Grim Reaper to a Mexican Immigrant trying to make his way back to his family.

The two films were screened for 60 family, friends and guests. The proud graduates were Michel Lopez Behar, Evan Carnevali, Nick Rua, James and Zachary Rockwell, Cassidy Routh, Emma Rubini, Sam Zimmerman and Talia Vechazone.

DeBorde is already looking forward to next year. “Each student had their own take and perspective on the camp. I think that’s wonderful because it shows the class wasn’t a one-trick pony, but instead it was a quality, multi-layered learning experience.”

The Sunscreen Film Festival, now in its fifth year, will be hosting several educational seminars and film screenings throughout the year as it builds up to the festival in April. To find out more, please go to www.sunscreenfilmfestival.com.



Demolition of a section of the old Belleair Bridge took place July 15th. Photo by Wayne Cathel

OUT WITH THE OLD, IN WITH THE NEW

by Heidi Lux

BELLEAIR

A section of the old Belleair Bridge was demolished on July 15th as construction continued into the next phase on the newer, bigger and better Belleair Beach Causeway Bridge.

The Belleair Beach Causeway Bridge connects the Pinellas County Mainland Peninsula to the Barrier Islands, from Belleair Bluffs to Sand Key and Belleair Shore. The former structure was built in 1950, with an expected life span of fifty years. In the 21st century, the design had become obsolete and was too expensive to maintain so a new bridge was built.

The project began in March 2007 and is expected to be completed by spring 2010. So far, \$72.3 million has been spent on the infrastructure project, which has stayed on schedule and on

budget. This past May, the new Belleair Beach Causeway Bridge opened to two-way traffic. The new Causeway has a projected life-span of seventy-five years and features a sleek design with minimal concrete columns for greater aesthetic enjoyment of the scenery.

The full project includes 1.5 miles of “main” bridge over the Intracoastal Waterway, a small relief bridge, an approaching causeway roadway in Belleair Bluffs, new storm drains, retaining walls, sidewalks, bicycle lanes, curbs and gutters, as well as a widened roadway for the comfort of travelers. A tidal wetland will also be added to the project.

For more information on the project and its plans, visit www.belleaircausewaybridge.com

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BABY SEA TURTLES HATCH ON CLEARWATER BEACH

by Joshua T. Gillion



On July 10th, the Clearwater Marine Aquarium (CMA) announced Pinellas County’s first sea turtle hatchlings of the year. Late at night on July 9th, the first two nests of the year hatched on Indian Rocks Beach. CMA’s sea turtle nesting staff were on hand to witness the event, and to keep the hatchlings safe until they reached the warm waters of the Gulf of Mexico. Ninety-eight sea turtle hatchlings from nest #1 and eighty-three from nest #2 made their way into the Gulf that night.

Clearwater Marine Aquarium staff members comb twenty-seven miles of Pinellas County beaches daily, monitoring known sea turtle nests and locating new ones, protecting the nests until the turtles hatch, and finally ensuring that the hatchlings make their way safely into the ocean. As of July 10th, the 109th sea turtle nest of this year had been found, compared to 77 at this time last year and in fact already surpassing 2008’s final tally of 108 nests for the year.

This is good news for the turtles. The 2008 nesting season saw 7,399 hatchlings

safely guided to Gulf waters by CMA staff. This year looks promising for the turtles too, with so many nests already discovered only halfway through the nesting season. In fact, in the past three years, the CMA has overseen the hatching and release of more than 20,000 baby sea turtles into the Gulf.

The Clearwater Marine Aquarium works tirelessly to help the sea turtles, both with their nesting staff and with the rescue and rehabilitation of stranded or injured animals. Since 2002, the CMA has released 147 rehabilitated sea turtles back into the ocean. In 2008 alone, the CMA rescued 79 turtles, and released 18 of them. Nineteen turtles currently call the CMA home, including four species (Green, Hawksbill, Kemp’s Ridley and Loggerhead). The Kemp’s Ridley is the most endangered of all sea turtle species.

While sea turtles spend most of their lives at sea, during the night, from May through September, the 350-pound female sea turtles come ashore to deposit their eggs.

Here are some sea turtle safety reminders from the Clearwater Marine Aquarium:

- Turn off outside lights and close your drapes or curtains at night, and avoid using flashlights or fishing lamps on the beach from May 1 to October 31.
- Do not harass adult turtles as they make their way back to sea. They may appear slow or hesitant, but this is normal.
- If you see an adult turtle, do not approach it or make noises, shine lights or use photo equipment with a flash.
- Do not pick up hatchlings heading toward the water, shine lights or use photo equipment with a flash.
- Report all sea turtle sightings to CMA at (727) 441-1790 ext. 224.

If we all follow these simple reminders, it will go a long way toward helping and protecting these endangered and cherished animals. For more information about the CMA or to find out how you can help, visit www.cmaaquarium.org.



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ARE YOU CONFUSED ABOUT WHAT GLUTEN IS?

by Janet Palmer

As a personal chef, I get asked a lot of questions about many different types of diets. One of the most important diet considerations to me as a chef is food allergies.

One of the biggest culprits is gluten. Gluten is a protein found in wheat, oats, barley and rye products, and causes allergic reactions in the digestive system.

Many times conventional medicine does not test for food allergies when a patient is complaining of abdominal discomfort after eating foods that contain gluten, such as wheat bread.

When I have a consultation with a prospective client one of the first things I ask is if they have any food allergies to foods, e.g. eggs, milk, shell fish etc. This way I know what things to eliminate from their diet when I am planning their menus, food shopping and preparing their meals. I also limit the use of processed foods as much as possible, using as much fresh organic products as I can.

If I have to use processed foods I read the label carefully. If I can’t pronounce the ingredient and I don’t know what it is, I will not buy the product. The reason for this is that hidden in the “unknown” ingredients,



could be something that would cause my client to have a reaction. I tell my clients if they are food shopping and have food allergies, to stay away from the inside isles and the bakery. Everything you need is in the fresh fruits, vegetable, meat and dairy isles.

Recently I have joined forces with Suzanne Joseph of Hands On Health. She specializes in diagnosing gluten sensitivity, Celiacs, and digestive disorders. Once Suzanne has determined your specific food allergies, she will recommend what items you need to eliminate from your diet.

Many people are confused and overwhelmed about what they can eat on a gluten-free diet and are not sure where to start. That is where a personal chef comes in - to help with the food transitions to make it easy for them to enjoy their food.

If you think you might have food allergies and would like to be tested, please call Suzanne Joseph at 727-871-3100 or you can e-mail her at handsonhealthpt@gmail.com. If you would like to learn more about my personal chef services, please contact me at 727-674-5005, e-mail janet@magical-meals.com or visit my website www.magical-meals.com



WHAT SHOULD YOU KNOW ABOUT THE SWINE FLU AND OTHER ILLNESSES?

by Desiree Lotz

First it was the birds that got the rap and now it’s the pigs. And we fall hook, line and sinker for all the dour news that devastation is going to descend and kill us all if we don’t have a needle jabbed into us!

There has been flu on this planet since time immemorial and we’re still here - in ever-increasing numbers. What happened to the so-called devastating effects of the last big flu threat - avian flu? It flew into non-existence and died the death it deserved. It’s amazing how much fear a controlled media can create.

Here’s a calm and very sane viewpoint on the current media scare about swine flu from a congressman who is himself a doctor with decades of experience and who has been in Congress for more than three decades. Do yourself a favor and hear what he has to say on it at: www.youtube.com/watch?v=TB5-Y08qbjo It will make you feel a lot better!

Solutions to any immune-system threat are the same standard solutions since time immemorial. Do those things that boost your immune system. Don’t compromise it even more with unproven, ineffective solutions that only enrich those who have no conscience.

Eat well (plenty of fresh salads, not overcooked vegetables and good protein - not junk foods or McDonalds!), get enough sleep, have fun and get some sun (vitamin D) – don’t “block” it out.

Here’s my remedy for sick people. Ensure they’re hydrated with enough water and minerals, especially calcium, magnesium, potassium, salt and a full array of trace minerals (the little homeopathic combination cell salts work well). Even if someone is just “a bit off color”, this is



my standard solution. Your body can manufacture most of the vitamins it needs if it gets enough minerals. Dehydration is the biggest danger as it affects your immune system.

Don’t force food on a sick person. Encourage them to sip a smoothie consisting of a little fruit, coconut milk (not soy as it inhibits mineral absorption), a raw egg or two (yellow parts) as food can be the last thing they want. Ensure there is always silence around anyone who is sick and whatever you do, don’t voice any sympathy! You can show it but don’t voice it.


A fever means that bacteria or viruses are being killed off (this is good) and is only dangerous if it goes too high. If this happens, place a large plastic bag on the bed with a towel on it and let the person lie on it with a cool wet towel on top of them. Keep wetting the towel till the fever breaks. A lukewarm to cold bath will work too but they could protest, so do it on a gradient - encourage, don’t force.

Don’t get into a panic about “symptoms” of the so-called swine flu. They’re the same as common flu. Reports are very generalized and embellished. Even if it is the swine flu, these handlings are still what I would do. Handle as above and remain calm.

Don’t give in to it. Use judgment, listen to Dr. Ron Paul again and top up everyone’s immune system with good food, sufficient sleep, fun, vitamins and minerals. Get your family onto Instant CalMag-C today! Calcium and magnesium are vitally important for building a strong immune system.

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7TH SUCCESS AT NORTH GREENWOOD BACK 2 SCHOOL FEST

by Heidi Lux

Continued from front page

"It is something that is very rewarding. We like the fact that it's getting larger every year...it means we're reaching more people" says Maurice Mickens, the CEO of the Mt. Carmel Community Development Corporation of Clearwater.



700 backpacks filled with school supplies were given to local kids – Photo by David Ziff



North Greenwood Back 2 School and Wellness Event Volunteers
Photo by David Ziff

The event originally began eight years ago. There were a few back to school events sponsored by non-profit organizations, but there was a lack of a major back to school event, so several organizations, including the Mt. Carmel Community Development Corporation of Clearwater came together to create a large back to school event.



Councilman John Doran signs the Drug Free Marshal's Pledge – Photo by David Ziff



City Councilman John Doran and George Cretekos with a physical – Photo by David Ziff



Councilman John Doran shakes the hand of a volunteer – Photo by David Ziff

Today, the event has grown to over 20 non-profit groups, including the African American Leadership Council, Black Nurses Association, United Way, the Kiwanis, Restoration Village Christian Ministries, the Volunteer Ministers for the Church of Scientology, Drug Free Marshals and others, and is attracting the attention of major corporations, such

as Progress Energy. "It's a true community project," says Mickens.

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