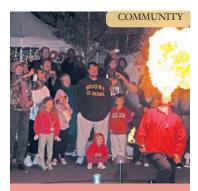


benefit of members of the community.



Fire & Snow Lights Up **Cleveland Street**

A seemingly endless sea of excited children poured into Downtown Clearwater with parents in tow to experience the rare miracle of snow in Florida . .

Read more pg. 7



Youth For Human Rights

In honor of the United Nations Human Rights Day, on December 10th, ...

Read more pg. 9



Thrill Seeker "Sirio" Dares the Sky

My personal philosophy unfortunately decries the lack of threatening stimuli in my daily environment.

Read more pg. 4



Santa & his elves arrive at Winter Wonderland Photo by David Ziff

SANTA STYLIN' ON HARLEY By Sirio Balmelli

The Clearwater Community Volunteers held their Anniversary Celebration of the 17th Annual Winter Wonderland Holiday Festival and Charity Drive on December 11th. On L the corner of Drew Street and Ft. Harrison Avenue, a Christmas playground has sprung from the barren asphalt of the parking lot behind the Osceola Hotel, driven by the organized tenacity of the Clearwater Community Volunteers (CCV), working with local charities, for the

Parents and children alike began trickling in around 5:30 p.m., finding all in readiness for an evening of holiday fun, from Mrs. Claus' Cookie Workshop to the elves serving piping hot chocolate from the North Pole Kitchen.

To begin the celebration, Clearwater Boy Scout Troop 313 performed their flag ceremony, followed by the arrival of Santa Claus, who this year seems to have upgraded from the old reindeer-sleigh to a custom red and white Harley Davidson Road Glide with saddlebags enough for an entire city's worth of deliveries.

Next, Clearwater Community Volunteers Executive Director Pam Ryan Anderson took the stage, welcoming all who had come and taking the opportunity to thank everyone who had helped make Winter Wonderland a reality, from sponsors like Postcard Mania and

Continued on page 5

HULK'S LIFE OUTSIDE THE RING

<u>Clearwater</u>

by Heidi Lux

To promote his new autobiography, My Life Outside the Ring, hometown hero Hulk Hogan stopped by the Barnes and Nobles on US 19 on November 9th, to sign autographs and greet an endless line of fans, all enthused with "Hulkamania".

My Life Outside the Ring is unexpectedly light and entertaining. It is not an intellectually stimulating window into a complex character's psyche (although being human, many complexities and dichotomies do occur) but a fun, enjoyable read, ending on a high note.

Hogan's autobiography begins with the darkest moment of his life, then jumps back in time to detail how he got there, beginning with his childhood in Tampa. The description of his youth includes humorous anecdotes from his struggle with adolescence and the awkwardness of his large size. "I used to be 6ft 7, but after knee, neck and back surgeries I'm now about 6ft 4", remarks Hogan.

In chapters with such titles as "Wrestling with Wresting", "Learning the Ropes" and "Hulking Up", he describes his rise to fame and seemingly charmed wrestling career. Hogan confesses he does not like physical conflict and would have never gone into wrestling if it wasn't staged. Though the fights are fixed, Hogan details numerous injuries sustained in the ring, even explaining the term "blade job" (cutting oneself with a concealed razor-blade to give the fans blood). "The matches may be predetermined; we may not be Continued on page 6



Photo by Brad Kugle

Read more pg. 6 COMMUNITY

Read more pg. 3

Read more pg. 9

Photo by Scott Chinchar

2009 Ironman World Championship by Heidi Lux

A lean, svelte figure sped past the crowd of spectators congregated near the Clearwater Beach roundabout. The cyclist was up early on a Saturday morning, . . .

Read More pg. 6



State Football Championship Winners by Laurie Miller

What a game, what a season, what a team...Clearwater Academy International, a local private school with 260 students, recently won the State Championship Trophy in the six-man...

Read More pg. 3



Ladies, Cougars and Dolphins... by Heidi Lux

Every woman, whether she realizes it or not," reads the Cougars of Clearwater's website, "has a Real Cougar just waiting to be unleashed."...

Read More pg. 9

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CLEARWATER

hat a game, what a season, what a team...

Angela LeMay

Clearwater Academy International, a local private school with 260 students, recently won the State Championship Trophy in the six-man tackle football league called FCAPPS: Florida Christian Association of Private and Parochial Schools.

The FCAPPS league, established in 2006, has a total of 20 private schools participating in the football program. Teams are located all over Florida, from as far south as Naples and as far north as Tallahassee.

League Founder and Commissioner, Mr. Chuck Howard, commented on the establishment of the 6-Man Tackle Football League, "Six-man is grassroots football. It dates back to 1934 and came into being as a means to enable small high schools to be able to afford to field a football team during the Great Depression." He further said, "It goes back to the beginnings of football when there were no field goals, bleachers or scoreboards. Our league offers the opportunity for small schools around the state to participate in one of our nation's most popular sports - football." With a real love for the game and a true sense of team spirit, the Clearwater Academy Knights started the 2009 season, their second in the league. Led by head coach, Mr. Joe Sciandra, and in front of a crowd of about 1000, the team played in the State Championship game against the Christian Haven Lions. The Knights won the game and walked away with the State Championship with a score of 38-12, and did what few teams have done, they played the perfect season with an undefeated 13-0!

Knights' Defensive Coach, Mr. Casey Tibbs, said, "It is a privilege and honor to help cultivate a team and to see all the hard work and determination pay off in winning the State Championship. These young men exemplified the true meaning of teamwork and sportsmanship."

Mr. Howard also said, "Considering they've only being in the league two years, the Knights have stacked up some serious stats: they have the highest winning percentage of any team in the league with 23 wins and 2 losses and they are the first team to have a perfect season and win the State Championship." He added, "The Clearwater Academy players won the State Championship with dignity and class. Big hits were made against them in that game, but time and time again you would look out on that field and see a Knight extending a hand to the opposing team and picking them up."



By Laurie Miller

won the FCAPPS State Championship. Photo by Scott Chinchar

At the recent Knights Awards Banquet, the coaches named QB, Jesse Chinchar the Most Valuable Player with his total of 2665 passing yards for the season. Awards were also presented to David Feldman for Best All Round Player, Raph Schwyter for Best Offensive Player and Arti Radani for Best Defensive Player of the year.

Clearwater Academy International is a private, non-profit school that uses Study Technology, which is an effective method of study developed by L.Ron Hubbard, an American writer and educator. Clearwater Academy International is a licensed Applied Scholastics[™] school. ◆



By Pam Ryan Anderson

THE ULTIMATE SHOPPING FOR THE HOLIDAYS—HOUSE HUNTING!

Even though I've been selling real estate for almost a quarter of a century (Man, that seems like a long time!) it always surprises me how busy real estate gets just before the Holidays. This year one of the best gifts you can give yourself is a new home. Prices are lower than they've been in probably two decades, interest rates are down, and there are tons of deals just waiting for their new owner. – even if it's been on the market for a year already.

I've literally seen several offers on properties that have been around for a long time and now - with the turn of the tide - properties are flying off the market. For the last couple of years, Realtors could pretty much count on listings still being for sale if they found them in the computer. Well, those days are gone! Just the other day, I was calling to set up a showing for a client and two of the listings I wanted to show them were sold that very day! And, it was still early!



Plus, the Government rebate is still in effect for anyone that has a contract on their new home before April 30, 2010 and closes on that house before June 30, 2010. There are still the qualifications that have to be met, such as being a first time home buyer, but this rebate alone will reimburse most buyers for their down payment, and maybe even some of their closing costs.

The market has picked up to the point that if a buyer finds a house on Monday, it very likely can be sold by Wednesday. My recommendation currently is to make your decision fast if you see something you want Give me a call if you've been thinking about buying and we'll see if this is the right time for you to go shopping for your new home.

I wish you all the Happiest of Holidays and the Brightest, most Prosperous New Year ever!

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NATURAL HEALTH

Then we hear about different glands in the body it is most frequent to hear about the thyroid and the adrenal glands. But there is a seldom-talked about gland that is protecting your body from infections, cancer and other diseases which is barely given any attention. It's your thymus, and considering its function, it deserves more attention than it gets.

Your thymus is located just under your breastbone, near to your heart. The name comes from the Greek "thumos" meaning, "heart, soul or life". "Life" would be an appropriate reference since it is your thymus that protects you and without it you would suffer from severe immune disorders.

How is it responsible for your immune system? All of your body's T-Cells mature in your thymus, hence the name "T-Cell" which means Thymus Cell. Your T-Cells are your body's defense. They attack bacteria, viruses, and cancers. There are special T-Cells that perform different immune functions. A Memory T-Cell is one that remembers what has invaded your body and records a memory of the invader so it is better prepared to attack. These are the cells taken advantage of when you use homeopathic remedies. You put an extremely minute amount of a disease or by Shelley Jaffe

illness into the body so that the T-Cells will attack and develop Memory T-Cells to protect you. We have homeopathic flu remedies called "nosodes" at our store which help protect the body from a variety of viruses, including the swine flu.

So how can you protect your thymus and keep it functioning properly? What nutrition does it depend upon? First, the cells which will become T-Cells start in the bone marrow, so it is important to make sure that your diet and supplements are supporting proper marrow growth. The thymus would not be able to produce the T-Cells needed without healthy cells from the marrow. For this you need minerals and B Complex vitamins. Things like caffeine rob your body of B vitamins, so watch your coffee consumption and stay away from "energy" drinks. Next, you need iodine as a healthy thymus contains large amounts of this nutrient. You can get this in liquid form, or even better, in kelp capsules or powder. This way you are getting it from a food source. Make sure you are using high-quality natural vitamins, not synthetic ones or vitamins being produced in the same facility as prescription drugs. You don't have to spend an arm and a leg for a good supplement, but don't rob yourself by getting an inferior product because you are trying to save a couple of dollars.

Still not sure you are getting all of the needed nutrition? Then give us a call and schedule a nutritional consultation with Desiree. She has over 30 years experience working with people on nutrition and will be happy to help you make sure you are getting your required nutrients while also making sure you aren't taking more than what you need.

Shelley Jaffe is a Certified Nutritional Consultant and the Executive Director of Peter Gillham's Nutrition Center located at 533 Cleveland Street in Downtown Clearwater. 727-462-5770. ♦

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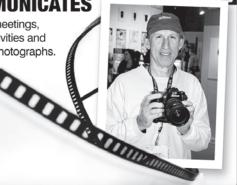
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DARES THE SKY

ZEPHYRHILLS

y personal philosophy unfortunately decries the Llack of threatening stimuli in my daily environment. With speed limits the way they are, I cannot get a thrill out of putting myself in harm's way, although I do appreciate the rumbling bass notes of my motorcycle's exhaust. My college professors cannot threaten me with gruesome punishment if I fail an exam. The most dangerous object in my household is the InSinkErator which relieves me from the tedium of throwing my carrot peels into the trash can.

There are many cures for this enervating lack of a good adrenaline kick, and some of us actively search them out. On a dare from a friend, I found myself driving to Skydive City in Zephyrhills, on a quest to prove that I could stomach jumping out of a perfectly good airplane.

The plan was simple, and as far as the website explained, relatively straightforward. I would be strapped into a harness which held me tight to a skydiving instructor, who would ensure my second thoughts meant absolutely nothing when the time came to step into the empty from a prop plane at 14,000 feet. 60 seconds of free fall would ensue, followed by a parachute ride for the last 5000 feet of descent. I assumed the 60 seconds of free fall would be something akin to the downward leg of a roller coaster ride, followed by sufficient time to gather my wits enough to look cool when I landed. Someone would video my descent, but I figured if I looked too terrified in the film, I could always destroy the evidence.

When we pulled onto the dirt and gravel path called Skydive Lane, a path to another world. Skydive City in Zephyrhills, Florida is a collection of ramshackle huts and packing tents, complete with a fire pit, a bar, and an RV lot right off the landing field. From the comfortable, lived-in atmosphere of the place, and the camaraderie between the small groups of divers and instructors drifting about, I began to suspect that there was more



By Sirio Balmelli

to skydiving than just jumping out of a plane.

The weather that day had been almost perfectly clear, but at the last minute, a bank of clouds drifted over the landing zone and I was given my first rain check. "Why can't I jump out anyway?" was

answered with a polite smile and an explanation of how painful raindrops are at 200 MPH.

It looked like my friend and I would have to call the dive off altogether. The next weekend I was busy, after which I would be leaving for Europe. But something had struck me about this place, this feeling in the air not unlike when my uncle used to take me to his windsurfing club meetings in the alpine lakes of Switzerland. Here were a bunch of guys drifting about the Drop Zone in various modes of apparel, toting gear, laughing and making fun of one another, packing 'chutes and waiting for the sky to clear (and the next load up) or for the rain check of the day (and the opening of the bar).

So, we rescheduled for next weekend, got back in the car and drove home. I was more curious than ever about this sport of skydiving, but would have to wait another week for the experience...to be continued in the next issue of TBI.

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SANTA STYLIN' ON HARLEY AT WINTER WONDERLAND

Continued from page 1

BHC Mechanical, to the faculty and students of local schools Clearwater Academy International, Washburn Academy and Delphi Academy, who had volunteered to help finish the Christmas preparations when the recent spells of rough weather delayed completion of Winter Wonderland. As Pam said during her speech, "It takes a village to make this village," and the festive atmosphere of Winter Wonderland was testament to her words.

Also speaking at ceremony were Deacon Maurice Mickens, of the Mt. Carmel Baptist Church, who invited the crowd to join him in a beautiful prayer to mark the occasion, and Pat Harney, Directory of Community Affairs for the Church of Scientology. The Church of Scientology is a major sponsor of the event, providing the grounds for Winter Wonderland to CCV since its first holiday season in 1993. Mrs. Harney shared a quote from

Scientology founder L. Ron Hubbard: "On the day when we can fully trust each other, there will be peace on earth."

By the end of the ceremony, Winter Wonderland was positively swarming with young and old alike - taking pictures with Santa, riding the ponies, visiting the Bouncy House or otherwise enjoying the festive mood of a small village entirely dedicated to the celebration of the spirit of Christmas.

As the chill wind brought low-flying thunderclouds scudding overhead, promising rain to come, community volunteer and promising vocalist Sally Gatza strode on stage, unleashing a stunning repertoire of Christmas cheer. It was hard to comprehend how this 13-year-old could weave such complex harmonies and fill the air with the soulful crooning she did, but one and all enjoyed her singing, and the crowd grew to fill the



Mrs. Claus helping children decorate cookies at Winter Wonderland. Photo by David Ziff



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village near to bursting. Also steadily filling was the enormous sleigh where visitors deposited unwrapped toys and non-perishable food items destined for children and families who might otherwise have to do without; supporting Winter Wonderland's annual toy and food-drive activities. By the time Sally had finished, and the Tricky Dog Show had taken over the stage, fun irreversibly filled the air, ever-enhancing the magic of Winter Wonderland till nights end.

Winter Wonderland remains open until the 20th of December, and freely welcomes all members of the community to come in and enjoy the holiday spirit. Happy Holidays!

For more information on Winter Wonderland or the CCV, visit www.clearwatercommunityvolunteers.org.



Sally Gatza performing at Winter Wonderland. Photo by Brad Kugler



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2009 IRONMAN WORLD CHAMPIONSHIP

CLEARWATER

A lean, svelte figure sped past the crowd of spectators congregated near the Clearwater Beach roundabout. The cyclist was up early on a Saturday morning, while most people were sleeping in on their day off. Muscular legs pumped the pedals, drive and determination carrying the figure through the pain. After already swimming 1.2 miles, the triathlete was just beginning his 56 mile bike ride. On his return to the roundabout, he would not be greeted with much needed rest and relaxation, but would have to push his body further with a 13.1 mile run.

The Foster Grant Ironman World Championship 70.3 took place in Clearwater on November 14th, challenging the passion, determination and endurance of 1,438 triathletes competing for a \$90,000 purse. To compete in the event, triathletes first had to qualify in one of more than 30 Ironman 70.3's held around the world.

Competitors came from all corners, representing 48 countries from Canada to Qatar and everywhere in between, with ages ranging from 18 to 79 years old. Despite the name – Iron*man* – 30% of the triathletes were women.

The race began at 6:45 in the morning with the 1.2 mile swim at the south end of Clearwater Beach. The course was changed from its original location off Pier 60 due to safety concerns with lingering weather conditions from Tropical Storm Ida.

Following the swim, participants had to tackle the steep inclines of the Memorial Causeway – both ways, three times – once by bike, then two laps running. The bike portion took triathletes from Pier 60 on Clearwater Beach all the way to Trinity Avenue via Countryside Blvd, then across the Bayside Bridge via McMullan Booth, exiting on Roosevelt Ave and returning to Pier 60.

Among this year's participants was celebrity chef Rocco DiSpirito. This was the 42 year old restaurant owner's first entrance in the World Championship event. DiSpirito has competed in a number of other triathlons throughout the world, beginning with his first charity event three years ago.

Terenzo Bozzone, last year's winner, was on hand to defend his title, but



By Heidi Lux

The Finish Line of the Ironman Triathlon. Photo by Chris Connell



Ironman began with a swim portion. Photo by Chris Connell

ultimately the championships went to Germany's Michael Raelert and Great Britain's Julie Dibens. Raelert, the younger brother of last year's runner up, broke the course record with his overall time of 3:34:04. Persistence earned Dibens her championship. Lagging behind in her first Ironman competition, she has become a top finisher in recent years. "I trained for this all year – I can even go back and say that I've trained for this for a few years," said Dibens. The first woman to finish in less than four hours, her overall time of 3:59:33 set a 70.3 record.

NBC will air the race in a 90 minute special on Sunday, June 6, 2010. Ironman has challenged the passion, determination and endurance of athletes since 1978, introducing the Ironman 70.3 in 2006. For more information, visit www.ironman.com. ◆

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HULK'S LIFE OUTSIDE THE RING

Continued from page 1

in there trying to kill each other for real ... but the blood, the broken bones, the brutal injuries that happen in the ring? Those, my brother, are as real as it gets," he writes.

Hogan frankly addresses the scandals that plagued him during his career – including his use of steroids, his rocky marriage with ex-wife Linda, and the car accident involving his son Nick that left Nick's best friend in a coma and the "hillbilly circus" that ensued. He tells his side of the story – his take on "what really happened" without the biased filter of media outlets, radio jockeys, lawyers and vested interests. Hogan also provides a "behind the scenes" account of his VH1 reality TV show, "Hogan Knows Best."

Hogan's autobiography ends on a posi-







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tive note: in his darkest hour, he finds hope in the form of positive thinking philosophies, managing to reverse his personal downward spiral. "The Secret and all of these other books I started to read at the beginning of 2008 helped me change my life for the better," he writes. "The thing about the law of attraction is it doesn't happen overnight. You reap what you sow in life. Call it karma, call it whatever you want, but the negativity that you put into the world will come back around to bite you one way or the other," muses Hogan. An afterword appended to the book before it went to print details recent positive changes Hogan's catharsis has brought to his life.

My Life Outside the Ring, by Hulk Hogan with Mark Dagostino, is available in bookstores now. ◆

Hulk Hogan greeted fans at Barnes & Noble Bookstore in Clearwater. Photo by Brad Kugler.

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FIRE AND SNOW LIGHTS UP Cleveland Street District

CLEVELAND STREET DISTRICT

seemingly endless sea of excited children poured into Downtown Clearwater with parents in tow to experience the rare miracle of snow in Florida. Miracle on Cleveland Street returned for its second year on December 11th, and was spectacularly successful, exceeding the expectations set by last year's inaugural event. Kids braved lines a block long to take a ride down the giant toboggan slide in the middle of Cleveland Street.

The festivities began just after 5:00 pm (scheduled for 5:30), but the first child was there well in advance. "I'm the first one in line!" he proudly declared, sitting down at the foot of the slide's ladder and staking his claim as the first to take a turn on the toboggan. Within minutes, a long line of children had formed behind him, excitedly clamoring for a turn.

It was a cold evening by Florida standards,

yet not quite cold enough for natural snow, so tons and tons of it were trucked in from Gainesville. It was a sight seldom seen, with children dressed in winter coats throwing snowballs at each other in 60 degree weather on Clearwater's palm tree lined Cleveland Street.

Originally scheduled for Friday the 4th, the event had been postponed due to rainstorms, but that did not seem to affect the turnout. The crowds were massive, with the children congregating around the snow slide and other entertainment drawing crowds up and down the 500 and 600 blocks of Cleveland Street and in Station Square Park. Food vendors lining the streets filled the air with enticing aromas, while street performers awed the crowd with everything from fire breathing stunts to juggling acts on stilts. The Clearwater Academy Choir delighted spectators with the songs of the season. Radio Disney had children's games and entertainment in the park, and the Tampa Bay Buccaneers Cheerleaders made an appearance. The Artists in Action Carolers led by Joyce White walked the street, spreading Christmas cheer and goodwill.

At 7:30 p.m., the 25 foot giant Christmas tree in Station Square Park was lit with the help of Vice Mayor Paul Gibson, accompanied by the Clearwater Academy Choir and Santa Claus himself.

Miracle on Cleveland Street is put on by the Clearwater Downtown Partnership (CDP), a group "comprised of downtown property owners, developers, concerned citizens and civic groups" with the purpose to "fund and implement projects that will assist the public and private sectors in creating a downtown district that becomes a regional destination." The CDP

Downtown Clearwater....close to work

is responsible for Clearwater's 4th Friday series, creating a monthly "party on the street." Last year's inaugural Miracle on Cleveland Street served as the pilot for the popular series, of which this year's event is a part. For more information on the CDP, visit www.clwdp.org. ◆

By Heidi Lux



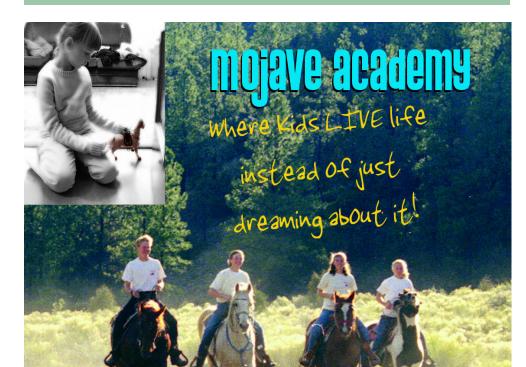
The miracle of snow on Cleveland Street. Photo by Chris Connell.



The Clearwater Academy Choir and Vice Mayor Paul Gibson. Photo by Chris Connell.



A fire breather attracts the crowds at Miracle on Cleveland Street. Photo by Chris Connell





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Photo by Heidi Lux

CITY COUNCIL NAMES HISTORICAL LANDMARKS

<u>CLEARWATER</u>

By Katie Pedretty

The Clearwater City Council voted unanimously to name the Capitol Theater and the Lokey Building historical landmarks. Both buildings are located on Cleveland Street in the Cleveland Street District in downtown Clearwater. This is the first such designation by the City of Clearwater for any structure.

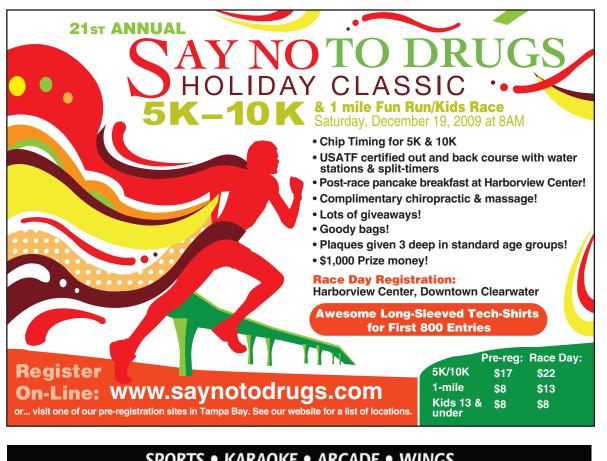
The Capitol Theater was built in 1921 by John S. Taylor, a Florida state legislator and homesteader. This classic structure, complete with a large mezzanine and furnishings reminiscent of a classic Hollywood theater, is one of the oldest operating theaters in the state of Florida. The Capitol Theater reportedly had its beginnings as a vaudeville theater and movie house, and was once the home of famous headliners who displayed their legendary talents (making history in the process) on the polished wood planks of the Capitol's stage.

The Lokey building, located next to the Capitol Theater, was built in 1914 and was home to the Evening Sun, Clearwater's first newspaper.

According to Gina Clayton, the Assistant Planning and Development Director at the City of Clearwater, there are key reasons these buildings deserve historical status. They are significant in Clearwater's history, having been associated with people important to Clearwater's history and both buildings possess distinctive architectural characteristics.

Robert A. Freedman, President & CEO of Ruth Eckerd Hall and Ruth Eckerd Hall Foundation, Inc., told the Council "...the intention was always to have these two buildings renovated to historical accuracy. With this distinction we can apply for State and Federal historical designation, which would then allow us to apply for Federal tax credits." Freedman added that "Ruth Eckerd Hall is very proud to work with the architectural team to ensure we comply with City of Clearwater standards."

Performances at the Capitol Theater will be held prior to the renovation, which is expected to begin February 2011. Upcoming concerts and performances include an evening with Ottmar Liebert & Luna Negra on Sunday, January 10 at 6 & 8:30 pm, comedian Steven Wright on January 15, Richie Havens with Sara Hickman on January 16, the NT Live screening of Nation by the National Theatre in the U.K. February 13 and 14 and St. Pete native Mindi Abair on February 19. For more information about these and other upcoming shows at the Capitol Theatre, patrons are encouraged to visit www. rutheckerdhall.com. ♦



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UPCOMING EVENTS

Open through January 3rd, **Florida Botanical Garden's Holiday Light Up:** Running nightly from 6:00 to 10:00 p.m. through Sunday, Jan. 3rd. Free for children under 12 with a suggested donation of \$2 per adult. 12520 Ulmerton Road, Largo.

Open through January 3rd, Trees and Traditions: A festive display of trees and decorations at Heritage Village, in Largo. More information: www.pinellascounty.org/heritage

December 17th – 23rd, "Glice Skating": Rent skates and take a spin on the newly enlarged "glice" skating ring in St. Pete's North Straub Park. Skate rentals available, \$5.00/half-hour.

December 18th, Black Violin: Ruth Eckerd Hall, 7:30 p.m. Visit www.rutheckerdhall.com for details.

December 18th, Jazz Night: Featuring Jeremy Powell and guests, 9:00 p.m. – midnight at Pangea Café in Downtown Clearwater.

December 18th – 20th, Nutcracker 2009: Guilfoil Performing Arts Center, 6152 126th Ave. N in Largo. Call (727)-216-6989 or visit www. guilfoilacademyofdance.com for more information.

December 19th, Dumb Blind Luck Concert: from 8:00 – 10:00 p.m. at Pangea Café in Downtown Clearwater.

December 19th, Pangea's Christmas Bazaar: 9:00 a.m. – 1:00 p.m. Local vendors will sell jewelry, clothes, hand bags, chocolates, plants and more, at Pangea Café in Downtown Clearwater.

December 19th, Tour de Trail Christmas Ride: Meeting place will be Skips on Dunedin's Main St Saturday at noon. Visit www. thetdt.org for more information.

December 19th – 20th, **The Santaland Diaries**: A humorous true account of the author's stint working as a Christmas Elf at Macy's, by David Sedaris, presented by the West Coast Players. Visit www.wcplayers. com for details.

December 19th – 20th, The Nutcracker: Presented by the Moscow Classical Ballet with the Florida Orchestra, at Ruth Eckerd Hall, 2:00 p.m. and 8:00 p.m. Visit www. rutheckerdhall.com for details.

December 20th, Arts Alive Open Mic: at Pangea Café in Downtown Clearwater, 5:30 – 8:00 p.m.

December 21st, Natalie Cole: Performing at Ruth Eckerd Hall, 8:00 p.m. Visit www.rutheckerdhall.com for more information.

December 21st, **Holiday Cards:** Bring the whole family to make Holiday Cards at the North Greenwood Library, 2:30 p.m. Materials will be provided, fun for all ages.

December 22nd, "Espresso Yourself" Coffee Art: Create paintings using brewed espresso coffee at Clearwater Main Library, 3:00 p.m. Grades 4 through 12.

December 22nd – 29th, Dance Fitness Class for Kids: Dancebased fitness class for ages 3 to 6, free of charge at Clearwater Main Library, 10:30 a.m.

December 23rd, A Christmas Carol: Ruth Eckerd Hall, performances at 2:00 p.m. and 7:00 p.m. Visit www.rutheckerdhall. com for details.

December 27th, Moscow Ballet's Great Russian Nutcracker: at Mahaffey Theatre, 3:00 p.m.

December 30th, Drum Circle: Participate in a Drum Circle and welcome 2010 with a bang! All ages welcome, Countryside Library, 3:00 p.m.

December 31st, **Salute to Vienna:** A New Year's Eve Celebration, Ruth Eckerd Hall, 8:00 p.m. Visit www.rutheckerdhall.com for more information.

January 6th, Tony Bennett: Performing at Ruth Eckerd Hall, 8:00 p.m. Visit www.rutheckerdhall. com for details.

January 7th, The Big Bang Show: Top local talent competing for a \$1,000 grand prize. Celebrity judges, audience decides the winner. Hosted by Got Jokes? Improv, 8:00 p.m. at NOVA 535, 535 9th Ave., St. Pete.

January 7th – 8th, Golden Dragon Acrobats Cirque D'Or: Performing at Ruth Eckerd Hall, 1:00 p.m. Visit www.rutheckerdhall.com for details.

January 8th – 10th, Shostakovich's Symphony No. 6: Show times are Friday, 8:00 p.m. at the Tampa Bay Performing Arts Center – Carol Morsani Hall, Saturday, 8:00 p.m. at the Progress Energy Center for the Arts – Mahaffey Theater, and Sunday, 7:30 p.m. at Ruth Eckerd Hall.

January 10th, Bob Newhart: Performing at Ruth Eckerd Hall, 2:00 p.m. Visit www.rutheckerdhall.com for more information.

If you would like to submit your event email editor@tampabayinformer.com. ◆



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My basic philosophy is that most symptoms people have are due to deficiencies. Bloating, headaches, exhaustion, mood swings, insomnia, hot flashes, etc are an indication of one or more deficiencies. When your body is in an optimum state, you should have little or no symptoms.

Also, the healthier your body the less cravings as they too are only symptoms. Anyone can have a healthier body. Did you know that every single cell in your body is replaced in a 7-year period?

That means you get a new body every seven years. This includes your brain, heart, liver, nerves, etc, etc. The old cells die and are replaced by new cells. Some cells get renewed in a few days, some in a few months, some years but at the end of every 7-year period, you have a new body.

So, how can you make sure your new body is a good one? Find your deficiencies and correct them. Balance up your vitamins, minerals, oils, etc and make the necessary dietary changes By getting in good habits, you can expect to have better health.

Using simple techniques, I can check your vitamins, minerals, oils, etc and help you find your deficiencies so they can get corrected with a simple supplementation program, along with the appropriate dietary changes. You don't have to play the hit and miss game any longer. Something can be done about it.

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YOUTH WALK TO DELIVER MESSAGE OF NON-DISCRIMINATION ON UNITED NATIONS HUMAN RIGHTS DAY

TAMPA BAY

In honor of the United Nations Human Rights Day, on December 10th, hundreds of youths walked across Clearwater's Memorial Causeway carrying signs and singing songs to forward the message, "Embrace Diversity – End Discrimination" in the first ever International Walk for Human Rights, organized by Youth for Human Rights Florida. This diverse group of youths, from a wide range of cultures, religions, races, and educational levels, crossed the bridge carrying signs representing the 30 articles of the Universal Declaration of Human Rights.

The Clearwater walk represented the USA in an international effort involving thousands of youths on six continents, in nations around the world, all walking on the same day. They did not walk in protest or to fight for a particular cause; they walked simply to raise public awareness of the importance of human rights. This year's message of non-discrimination, originated by the United Nations, is based upon Human Right number one: "We Are All Born Free and Equal".

Youths walked in honor of Human Rights Day in Austria, Barbados, Cameroon, Colombia, Denmark, France, Germany, Holland, India, Jordan, Kenya, Nepal, Nigeria, Slovakia, Somalia, the United Kingdom and Zambia, among others.

Dustin McGahee, President of Youth for

Human Rights Florida and originator of the walk, described it best when he said, "Being part of an event where youth around the world are uniting against discrimination and promoting human rights brings excitement and hope that there can be change."

By Chad Andro

In honor of this occasion, and acknowledging the efforts of these youths to make it possible, both the City of Clearwater and the City of Tampa proclaimed December 10th, 2009, to be Youth for Human Rights Day.

Youth for Human Rights Florida is a chapter of Youth for Human Rights International (YHRI), a non-profit secular organization founded in 2001 by educator Dr. Mary Shuttleworth. "Having spent over 30 years working with youth, I saw that youth were vulnerable when they did not know their rights. It is important that they not only know they have these rights but that, according to Article 29 of the United Nations Universal Declaration of Human Rights, they also have responsibilities to protect their rights and the rights of their peers. That is exactly what these youth organizing and participating in the International Walk for Human Rights are doing," Dr. Shuttleworth said of the event.

For more information on The International Walk for Human Rights log on to: www. inernationalwalkforhumanrights.org ◆



LADIES, COUGARS AND DOLPHINS...OH YEAH!



The Cougars of Clearwater Calendar - Photo by Michael Harris

CLEARWATER

E very woman, whether she realizes it or not," reads the Cougars of Clearwater's website, "has a Real Cougar just waiting to be unleashed." The Cougars of Clearwater 2010 Calendar has unleashed the inner cougars of twelve Clearwater residents. The calendar features twelve

the man she chooses to be with," and "a woman who has gotten over listening to what other people think."

By Heidi Lux

While many other calendars depicting bikini-babes can be seen as demeaning, the Cougars of Clearwater Calendar has gained a positive reception. "We've been getting calls from women in their 40s who are encouraged to work on themselves a little bit – their self esteem is renewed – we're thrilled about that," says Slaven. Of course, the calendar is quite popular with the men, too.

beautiful ladies – including its creators Judy Barrows and Kathleen Slaven – posing in bikinis with delightful tastefulness and class. Photographer Michael Harris donated his services for the project.

The Cougars of Clearwater Calendar is the brainchild of Clearwater resident Judy Barrows, age 53. Combining her desire to do something for the community with the inspiration of ABC's *Cougar Town*, Barrows enlisted her friend Kathleen Slaven, age 49, to produce the Cougars of Clearwater Calendar – featuring alluring, scantily clad women, all between the ages of 40 and 60.

Their website defines a *Real Cougar* as: "A woman who isn't afraid to knock down walls and crash through glass ceilings," "a woman who adores men but refuses to be defined by the age of Proceeds from sales of the Cougars of Clearwater 2010 Calendar will benefit the Clearwater Marine Aquarium, helping to build "Winter" the dolphin and friends a new home. "We picked something that was charitable and we felt the aquarium needed the funds so that's where our focus is," explains Slaven. The calendar is on sale now at the aquarium's gift shop, or through the Cougars of Clearwater's website: www.cougarsofflorida.com.

Are there any future plans for the calendar? "Stay tuned," says Slavin, "This is just the beginning!" ◆



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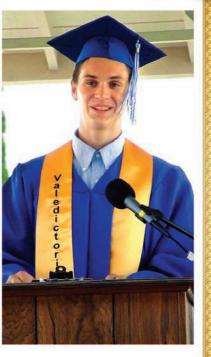


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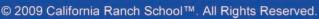


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