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6TH ANNIVERSARY ISSUE

TAMPA BAY INFORMER

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The Good News Newspaper

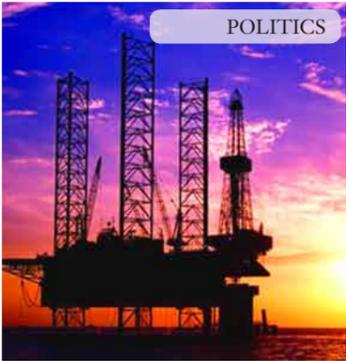


COMMUNITY

New Charter School in Clearwater Provides Opportunity for Children

The grounds at the intersection of Kings Highway and Sunset Point in Clearwater seem destined to be devoted to schooling...

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The Clearwater Regional Chamber of Commerce hosted an offshore drilling symposium...

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COMMUNITY

Pioneering for Hope in the Dominican Republic

The Global Pioneers, a group of volunteer Scientologists, made a name for themselves last winter and spring by visiting the country of Haiti...

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ARTS & ENTERTAINMENT

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A professional runway show was held at the Station Square condominium complex during Clearwater Fashion Week. - Photos by Brad Kugler

CLEARWATER FASHION WEEK

by Heidi Lux

CLEVELAND ST. DISTRICT, CLEARWATER

I had been anticipating Clearwater Fashion Week from the event's first press release. As soon as I read the words "designer clothes at sample sale prices," I knew it was going to be a good event, but what it evolved into was beyond my expectations. When I stepped inside Station Square's first floor retail space, it was like walking into an industrial-chic, converted warehouse boutique in SoHo, New York.

Opening night on Wednesday, Sept 2nd, brought out the "who's who" in Clearwater, and then some. City Councilman George Cretekos was there, shopping with his wife, and Mayor Hibbard was on the scene early as well. Paul Wilson of Wilson Media

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ANNIVERSARY ISSUE SPECIAL: WHO READS GOOD NEWS?

by Angela LeMay

TAMPA BAY

These days, we are bombarded with bad news by the mainstream media. We can scarcely open a newspaper or turn on the TV without being faced with the latest "scare-story" about swine flu, or another bank failure, or another trillion-dollars added to the national budget's deficit. Reports giving dire warning of bad times getting worse and no hope on the horizon tend to be prevalent. It seems as even the mundane stories get a negative spin on them.

Do you, like me, get a headache or feel depressed or stressed after reading your city's #1 paper? It's because the constant bombardment of bad news by the mainstream media scares people, cultivating a pessimism that at best doesn't make life any more livable. Those exposed to negativity on a daily basis tend to fall into agreement with the negativity. For instance, if someone was told every day for a decade that he couldn't succeed in life, do you think in 10 years he would be

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COMMUNITY

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(Starting top-left, clockwise) City Councilman George Cretekos - Photo by Joshua T. Gillion; Robert Freedman, CEO & President of Ruth Eckerd Hall - Photo by Simaen Skolfield; Phinley the Clearwater Threshers mascot - Photo by Joshua T. Gillion; Bob Clifford, President & CEO of the Clearwater Chamber of Commerce - Photo by Ian Phoenix

ARTS & ENTERTAINMENT

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Clearwater Has a Flair for Fashion

Heidi Lux

Ladies and gentlemen attired with casual elegance in sport coats and gowns arrived at the Belleair Country Club for the Seventh Annual Fashions with Flair silent auction and fashion show.

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NATURE

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Sea Turtle Released After R&R at CMA

by Heidi Lux

"Showtime!" a volunteer from the Clearwater Marine Aquarium said as the Loggerhead sea turtle named Betsy was lifted from a truck, on a stretcher, on Clearwater Beach.

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GOVERNMENT

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219-Year-Old Guard

by Joshua T. Gillion

On August 13th, the Clearwater Regional Chamber of Commerce and the City of Clearwater helped the United States Coast Guard celebrate their 219th birthday.

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

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

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



Editor
Angela LeMay



FROM THE DESK OF SHERIFF JIM COATS

municipalities in the entire county. The idea is a simple one. The Transport Unit is summoned to the scene where an arrest has been made, custody of the prisoner is transferred from the arresting deputy to the prisoner transport deputy, who subsequently transports the suspect to the Pinellas County Jail. At the very moment that the transfer is made, the arresting deputy is free once again and available to respond to the next call for service.

Before this system was put into place, deputies may have been out of service for as long as an hour-and-a-half while making their way to the jail and eventually returning to their patrol areas.

This year, the simple idea attracted the attention of other Pinellas law enforcement agencies. In March, we provided a pilot program for the Clearwater

Police Department. Within days, they too realized its efficiencies and contracted with us for this service. By June, Tarpon Springs, Gulfport and St. Pete Beach Police Departments had done the same.

Today, the Sheriff's Office Prisoner Transport Unit provides services in all unincorporated areas of the county, twelve cities under contract with the Sheriff's Office, and for all other Pinellas County police jurisdictions with the exception of St. Petersburg, Kenneth City, Treasure Island, and Indian Shores Police Departments. The Belleair Police Department recently signed an inter-local agreement with the Sheriff's Office to receive the P.T.U. service on an as-needed basis.

The program began with eight transport vans. Now, a total of 22 vans staffed by 22 Sheriff's Office members, all of whom

are law enforcement certified deputies, operate in various day and evening shifts seven-days a week, 20-hours a day. Another benefit is that these members are able to assume transport deputy roles and law enforcement roles as necessary.

The Prisoner Transport Unit is funded with monies received from the Department of Justice-Justice Assistance Grant (J.A.G.), which this year provided a total of \$3.1 million dollars to Pinellas County law enforcement agencies for the purpose of improving efficiencies. Of that, \$1.8 million dollars are being utilized cooperatively by the participating agencies to fund the transport system.

This is just the latest in our continuing efforts to collaborate with other agencies in order to provide efficient and responsive law enforcement service to Pinellas County citizens.

REAL ESTATE REALITY
By Pam Ryan Anderson

THE GOVERNMENT WILL PAY YOU \$8,000 TO BUY YOUR FIRST* HOUSE!

(*First is defined as not having owned a home in the last three years.)

The government is offering a one-time credit of \$8,000, (or 10% of the purchase price, whichever is the lesser amount) of your first home. For example, if you buy a home for \$76,000, then you would qualify for a credit of \$7,600. But if you pay more than \$80,000 for your new home, then you would qualify for an \$8,000 credit.

How do you take advantage of this incredible offer? You must purchase a home that will be your main home before December 1, 2009. You will even qualify if you bought your first home after April 8, 2008. Then you have some options as to how you get your money from the government.

The fastest way that I know of is to do a Rapid Amended Return to your 2008 tax return. However, I heard a rumor that I'm tracking down that would allow you to get your money before you purchase a home. So far I haven't confirmed that, but if I get that confirmation, I will write an update in my next column.

The other way to obtain the credit is to simply fill out a Form 5405 that you submit with your 2009 taxes.

Personally, I think amending your 2008 tax return might be the best way to go. You would get a check in the mail -- as long as you don't owe the IRS any money, that is!

We're running out of time to get your new home before December 1, 2009 and a tax credit from the government! So act fast and call me today!

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HOW TO KEEP YOUR HEAD ABOVE WATER WHEN YOU'RE IN CREDIT CARD DEBT

by Heidi Lux

Credit card debt is a problematic issue for many Americans. It has been estimated that the average American family has around \$8,000 in credit card debt. While people do have control over their spending decisions, many people who use credit cards have found themselves entangled in a labyrinth of hidden traps and fees, sometimes seemingly designed to milk users of as much profit as possible. Unfortunately, many people end up making payments for most of their life without getting out of debt, so this can be a hard trap to escape.



For instance, many credit card purchases can end up costing one 132% more than if one paid cash. This means that \$50 dinner you put on your card could end up costing you \$116 by the time it's paid off. This is because the minimum monthly payments on most cards are 90% interest and only 10% principle reduction, and the average person only pays the minimum payment. Because of this, you could still be paying for that dinner decades later. On top of which, credit card companies are usually able to raise interest rates at will, a matter of fine print in the contracts, seldom read and less understood.

Tragically, families have even been forced to file for bankruptcy when these debts got out of their control. Even after such bankruptcies, many still receive credit card solicitations, perhaps because credit companies know that the law does not allow a person to file another bankruptcy claim within seven years.

The problem of mounting, apparently unpayable debt-load, aggravated by pressure from the credit card companies, can drive a person to desperate and irrational actions, such as re-mortgaging the house to pay for the plastic. This does not reduce the debt, only relocates it, and puts the family home at risk. These stresses have effects on all areas of life, for instance 70% of marriages ending in divorce are triggered by financial problems.

However, one is not bound to be a slave to The Card for the rest of your life, and there are things a person can do to get out of debt, without relying on a deus ex machina like

winning the lottery.

Clear Financial is a debt settlement company offering recourse to people who are at the end of their rope. "Debt settlement is an agreement in which both debtor and creditor resolve to settle a debt for less than what is owed. If negotiated properly, your debt can be efficiently, and in many cases, significantly reduced," Clear Financial's website states. "We negotiate credit card debt and other unsecured debt between you and your creditors. We are a team of professional negotiators who are trained to effectively negotiate the largest possible reductions in principal and interest from your creditors."

Clear Financial offers new hope, allowing people to become debt-free in as little as three years, sometimes or less, and unlike many credit counseling programs, Clear Financial is not run, openly or otherwise, by the credit card companies. In fact, Clear Financial bases their fee on how much they save you, so you know they will negotiate the best possible settlement with your interests in mind. "Once the creditor has accepted the payment in full, you are free of that debt forever. Clear Financial will continue to work on negotiating all of your debts, until you are finally free from the once overwhelming debt that you started our program with."

To find out more information about Clear Financial, go to www.clearfinancialcompany.com or call (866)-659-7966.

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219-YEAR-OLD GUARD

by Joshua T. Gillion



Photo by Joshua T. Gillion

On August 13th, the Clearwater Regional Chamber of Commerce and the City of Clearwater helped the United States Coast Guard celebrate their 219th birthday. The festivities were held at Coast Guard Air Station Clearwater, the largest and busiest Coast Guard air station in the country.

Coast Guard officers and men were joined by City and County officials, local business leaders, Navy League members and representatives from the US Naval Sea Cadet Corp and Boy Scout Troop 422 from Dunedin, along with the general public. The event included presentations in honor of the Coast Guard from elected officials, the Cadets and the Scouts, and a presentation from the Coast Guard as well.

Clearwater Vice Mayor Paul Gibson read a proclamation on behalf of the City Council and Mayor Hibbard, enacting Coast Guard Day in Clearwater. The proclamation recognized the Coast Guard's 75 years of service in Pinellas County, 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." The 13th was also declared Coast Guard Day by Pinellas County.

A touching presentation and memorial plaque were given by Dunedin's Boy Scout Troop 422, who's scoutmaster vividly remembers three things, as he said, from his childhood on Clearwater Beach: "Pier 60, the Palm Pavilion, and the red Coast Guard helicopter flying over the water."

Another common theme that evening was Clearwater's hopes of official recognition as a Coast Guard Town. The case was presented convincingly, given the long-standing relationship between the Guard and the City. The Coast Guard came to the Pinellas County as Air Station St. Petersburg in 1934. However, having outgrown it, they moved to the present Air Station Clearwater in 1976, where they have earned distinction and numerous decorations for valor and service at home and abroad.

After the presentations, guests were invited for guided tours of the Air Station, giving them an opportunity to speak with the men and see the hangers and aircraft.

The public can still honor the occasion, and the Guard, by viewing *Semper Paratus: An Exhibition of Artwork by Florida Coast Guard Artists*, on display through October 30th at Clearwater Main Library.

HERE WE GROW AGAIN!

by Bo Walker



Photo by Ian Phoenix

Peter Gillham's has undergone some major renovations and changes in the last year and this month they are taking their biggest step - expanding into a natural foods store.

When current Executive Director Shelley Jaffe began working at the store nearly a year ago, she surveyed the store's customers to see if they were getting all of the products they wanted. She also surveyed people who didn't shop at the store to find out why and

what they wanted as well. The results of these surveys have inspired the greatest expansion Peter Gillham's has seen since he opened his original Clearwater store in 1979.

Peter has been known and trusted in this community for years as a leader in nutrition who cares about his customers and their health. Shelley shares Peter's passion in nutrition and helping people. She is using

her background as a Certified Nutritional Consultant and self-taught chef to make the best choices in which foods they will carry and how the café menu will be expanded.

"More and more people are becoming conscious of what they eat and don't only want to take supplements, but to eat foods that are nutritious, too," says Jaffe. "Many of our existing customers, as well as those who don't currently shop with us wanted

to see whole foods at our store, but with a twist. They wanted to know that we would screen these products to make sure they are healthy and didn't contain unwanted ingredients, so that is what we are doing. They want to know that when they come into the store that there is someone trained to help them with their selection, too."

True to these words, customers are getting exactly what they asked for. By the end of September the store will be offering freshly baked organic artisan breads, a selection of organic produce, coffee and chocolates that are not only organic, but ethically grown and picked by plantations where the workers are paid fair wages and there is no slave labor. There are pastas, soups, cereals, snacks, organic body care products and dairy, along with the existing nutritional supplements. What you won't find in the store is soy products (if you want to know why not, go to www.westonaprice.org and follow the link on soy) or high fructose corn syrups like you find in some "natural" food stores.

The menu at PG's Café will be expanded

as well. There will be organic scones (both gluten-free and traditional) baked fresh every day, homemade gluten-free granola used in yogurt parfaits with organic fruit, freshly made organic soups every day and hand-crafted sandwiches on freshly baked Ciabatta bread. And of course they will still have the freshly brewed organic coffees, fresh organic juices and organic smoothies.

"Customer service is our number one priority," says Shelley. "So many of our customers are gluten intolerant that we are working to have the area's largest selection of gluten-free foods. And we are testing a large number of products to make sure that all of the products we chose also taste good and are high-quality."

Also by demand, Shelley will begin delivering free nutritional seminars on Saturdays beginning in October. If you are interested, please contact the store to sign up for notifications. www.pgnccw.com 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



TO DRILL OR NOT TO DRILL

by Heidi Lux

CLEARWATER

At the Sheraton Sand Key resort on, as Mayor Frank Hibbard called it, “beautiful Clearwater Beach, which we want to keep beautiful,” the Clearwater Regional Chamber of Commerce hosted an offshore drilling symposium[†] on August 28th to address this hot-button issue, an issue that could greatly impact Pinellas County. A balanced panel featuring three men for drilling, and three against it, spoke and debated.

David Rancourt, founder of advocacy firm Southern Strategies, declared that America must wean herself off of foreign oil, and eventually oil altogether. Energy independence is necessary in restoring our great nation, he says, hence the production of our own oil is important. While supporting offshore drilling, he says Florida also needs an investment in biofuels and solar energy, but believes this is only possible with oil-generated revenue to fund the investment.

The amount of revenue offshore drilling may generate, especially in the local economy and with regard for the potential threat to currently established industries, such as tourism, was hotly if inconclusively debated. Economist Hank Fishkind estimated that if oil averages \$75 a barrel, the state could expect to receive as much as \$2 billion in revenue. Opponents of drilling countered that \$2 billion may sound like a lot of money, but is paltry compared to the \$62 billion tourism produces. Eric Draper of the Audobon Society declared it “unwise” to risk \$62 billion against the possibility of \$2 billion. “We don’t want to put your economy at risk.”

D.T. Minich, Executive Director of Visit St. Pete/Clearwater, the area’s convention and visitors’ bureau, should know the importance of tourism to Florida and locally. He questioned the safety of oil rigs, and talked about the potential harm to the tourist industry and natural beauty of the area.

The current proposal for offshore drilling calls for “jack-rigs”, basically temporary, portable rigs, to be used. Supporters call the technology a proven, safe alternative to conventional rigs, but Minich disputes this claim, citing a current oil slick off Australia as an example of the harm such rigs might bring to our beaches.

The slick was caused by a jack-rig using the same technology being proposed here. The accident occurred during the drilling and development phase, said to be riskier than during production. “We have a real life example of what is going on now,” he said. “For anyone to say this is safe... I don’t know how they could propose that.”

Another threat to the Beach’s tourism is the potential of “tar balls”, globules of thick oil (“tar”) that sometimes wash ashore near active off-shore drilling. On some Texas beaches, hotels have taken to providing special wipes and mats for patrons to clean the tar off their feet rather than track it into the lobby when coming off the beach.

Phil Compton of the Sierra Club cited EPA studies indicating that potentially carcinogenic chemicals related to oil production actually get into the water, and may contaminate fish stocks and render them inedible, impacting both commercial and recreational fisheries. Compton also questioned what real benefit to the Florida economy would be generated, with the oil being sold on the international market and not being reserved for Floridian gas-tanks. He also questioned the motives behind so much push for new drilling, during a glut market with rigs and refineries scaling back production in other areas.

Compton left the audience with one message, “Your voice must be heard at this time.” Whether one is for off-shore drilling or against, the citizens of Pinellas County, who live and play here year round, have the most at stake. We cannot afford to let others decide the fate of our beaches and communities; we must get involved, study the issues, and make our voices heard by letting our state representatives know what we think.

What do you think about offshore drilling? Leave your comments on this article on the Tampa Bay Informer website – www.tampabayinformer.com.

[†] Symposium: A meeting or conference for the public discussion of some topic especially one in which the participants form an audience and make presentations.

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



BARK AT THE BALLPARK

by Heidi Lux

CLEARWATER

On Friday, August 21st, Man’s best friend met America’s pastime at Bark at the Ball Park. Dog owners brought their pets of all breeds and sizes to Bright House Field for a Clearwater Threshers game.

The event is put on by the Humane Society of Pinellas annually during the minor league season. “Ultimately these types of events are Fundraisers,” says Twila Cole, the special events coordinator for the Humane Society of Pinellas. “We raise money through selling Sponsorship, Vendor spaces, tickets for Raffle Baskets that are made with donations and for some events we also sell shirts.

“These events also give us the opportunity to promote our shelter, our needs, our services and our PETS! For staff and volunteers, these events bring us a refreshing reminder of all of the daily hard work that goes into our animals as we get to witness the “Celebration of Companionship” - people loving their pets.”

The event and the Humane Society of Pinellas receive a large amount of support from Bright House Field. In addition to hosting the event, Bright House Field donates 100% of the dog tickets sales to the Humane Society, and usually makes



Photo by Heidi Lux



Photo by Heidi Lux

an additional donation on top of that. This year, Bright House Field added an additional Bark at the Ball Park date. (In past years, there have been two per season, this year had three).

“The...Pet Contest brought in more participants than ever, and I believe I had more vendors than ever before as well!” says Cole. She believes the event brought more people than the last event, which had 3,500 people. “The entire event was truly above and beyond what we have made in years past.”

Upcoming events include “Cruising for Critters” scheduled for October 3rd, which is their annual Poker Run. “We have a great day planned with AWESOME prizes!” says Cole. “We start at Eve’s Family Restaurant in Oldsmar-tour northern Pinellas County and end at Quaker Steak & Lube.” A Rolling Stones cover band will play, and there will be vendors, as well as items for sale to raise funds for the Humane Society of Pinellas.

CLEANING UP LARGO

by Heidi Lux

LARGO

Unsatisfied with the run-down aspect of his neighborhood in Largo, one citizen, Joseph Stefko of The Hair Jungle and planetbuzz.com, took matters into his own hands. Instead of sitting back and hoping things would get better, he took action and pushed for the revitalization of Downtown Largo that is in effect today.

The first item on his agenda was to get rid of the stigmatization of the rundown area, which was crassly known as “Lar-ghetto”, and create a branding for the area. Inspired by the abundant old houses in the area and the geographical location, he dubbed his neighborhood “Old Northwest.” The area is what could be described as “Downtown Largo”, and its boundaries are Wyatt, 20th Street, Missouri Avenue, and 8th Avenue. Initially, he received some flak for his decision from his neighbors. “Who said you could do this?” he was asked. “Nobody did. I’m a resident,” was his response. He created signs and stickers with a logo on it, signs and stickers which have now gained acceptance and decorate businesses and houses in the district.

“I had a dream a year ago and went with it,” says Stefko. Through his persistent “follow through” of his idea of a better Largo, Stefko has grown the neighborhood support for his cause. “People are starting to notice it because they see something good in it.” He believes in, “bonding together to build a community...When

we do that, we all win,” he says. “There’s nothing personal in this for me besides making my neighborhood nice”

The Old Northwest holds monthly meetings at a different business each month, which not only unites the community, but citizens to know what businesses are in their area. Stefko started a website for Old Northwest. www.discoverlargo.com contains information on the neighborhood and the date and location of each Old Northwest meeting. Also present on the website is the neighborhood’s media coverage, another thing Stefko used his persistence to get.

Old Northwest will soon be receiving a community garden. Two shabby city buildings were torn down, and instead of having empty space, Stefko lobbied for community gardens to be put in the space while it was not in use. The idea would not cost the city any money, but would greatly increase the aesthetics of the area, not to mention the camaraderie among citizens.

“Anything can be done,” says Stefko of his successful grassroots level work to improve Largo. “As a citizen, you can do anything.” Eventually, Stefko would like to leave his salon (which he converted from his old house, a process which took him five years to receive permission for the zoning change), to Old Northwest as his legacy. But that is still a way away. For now, Stefko continues to roll up his sleeves and work hard for a better Largo.

Mood Changes, Depression, Anxiety, Aggression... WHAT'S OXYGEN GOT TO DO WITH IT?

by Desiree Lotz



HEALTH

Oxygen Deprivation

Most people know extreme oxygen deprivation causes death, but deprivation can come in varying degrees and causes; resulting in death to a few cells or many.

Because all cells need oxygen to work and live, low oxygen can affect every part of your body. It is vital that every one of your cells is constantly working and able to repair itself if you are to continue in good health.

Some Common Sources of Oxygen Deprivation

Oxygen deprivation can be caused by a wide array of factors ranging in severity from a serious vehicle injury or bomb blast - resulting in Traumatic Brain Injury (TBI) - to other major sources which include flying in aircraft with lowered oxygen levels, living at high altitudes, breathing increasingly polluted air, living and working in air-conditioned buildings, poor air circulation in buildings, working underground or working in an environment where there is an abundance of toxic fumes.

Although many forms of TBI are characterized by visible wounds, bleeding, swelling, discoloration and deformity; TBI can also occur with no visible signs of damage to the brain, such as in a bomb blast where there is no penetration but the brain is "thrown" about inside its protective skull or whiplash, where the head is jolted.

A local neurologist, Dr. Allan Spiegel, MD explains in layman's terms, "Your skull is like a glass and the brain is like water in the glass. If you jolt the glass, the water sloshes around but the glass still maintains its structure. In the same way, when your

head is jolted suddenly, your skull may not 'break' but your brain 'sloshes' around inside and 'hits' the bony structure of your skull, causing bruising.

"This can result in untold damage at a cellular level, causing either permanent damage or the start of neurological deterioration and premature aging."

Short-term Symptoms

Some of the more severe complications include seizures, fluid in the brain, infection and organ failure. Less severe cases can cause headaches, confusion, lightheadedness, dizziness, blurred vision, tired eyes, ringing in the ears, fatigue, lethargy, or a change in sleep patterns.

Symptoms include inability to think, poor memory, inattention, inability to reason, lack of concentration, impairment in communication, lack of sensory processing, mood changes, depression, anxiety, personality changes, aggression, acting out and social inappropriateness.

Is There a Solution to The Problem?

Fortunately there is. I interviewed Dr. Spiegel, who successfully treats people using Hyperbaric Oxygen Therapy (HBOT) at the National Hyperbaric Oxygen Therapy Center in Palm Harbor. While Dr. Spiegel treats civilians with everything from cerebral palsy to diabetes to migraine headaches; he has also been very active in helping veterans recover from TBI.

Q: What is HBOT?

A: HBOT is a non-invasive medical treatment that uses pure oxygen to speed and enhance the body's natural ability to heal. During HBOT all body fluids are infused with

the healing benefits of 100% oxygen. HBOT reaches bones and tissues that are inaccessible by red blood cells and results in increased infection control and faster healing of a wide range of conditions.

Q: I understand that you have been on a mission for some time now to raise the Government's awareness on the benefits of using HBOT to treat our injured Vets, care to elaborate?

A: That is correct, as an alternative to the VA's current treatment method of using anti-psychotic drugs, despite the fact that NONE of their drugs are approved by the FDA to treat TBI.

Q: Have you seen soldiers who have benefited from using drugs to treat TBI?

A: No, they lack effective treatment. The traditional approach leaves the patient numb and dumb.

The drugs carry FDA Black Box warnings*, yet if they fail to take the drugs, they are threatened with Uniform Code of Military Justice action. The long-term use of most of these drugs also results in a loss of security clearance, which effectively ends the military career of these personnel.

The dangerous side effects listed on the black box warnings should not be the end result of a cure, especially for a section of the population that has been willing to lay lives on the line for their country. The least they deserve is proper care and a return to health in a positive way.

Q: I heard that you offered to treat veterans with TBI using HBOT for free?

A: Yes, and I have been on several trips to Washington to present evidence of the workability of oxygen therapy as an alternative to the VA's present methods - with no luck.

As a clinical physician, I am involved with the treatment of members of the epidemic of US servicemen afflicted with TBI, Post Traumatic Stress Disorder (PTSD) and depression.

HBOT is the only FDA-approved treatment known to biologically repair and regenerate human tissue and activate growth factors at the DNA level and is approved to treat conditions like blunt force trauma, crush injury and non-healing wounds.

Q: After hitting a brick wall in Washington, you decided to start a non-profit network of practitioners to help our injured soldiers recover. Who would qualify to receive health care services from a practitioner in this group?

A: "Healing Heroes Network" is a non-profit charity that was formed to provide care and assistance to returning military personnel who were injured in the line of duty.

Our purpose is to provide a network of medical providers, including chiropractors, massage therapists, acupuncturists and others who are willing to donate their time at no cost to the Vet.

Originally, the foundation was established to treat TBI and PTSD using HBOT, but it has expanded to include anything an injured Vet needs that isn't covered by the VA, or is covered but takes too long to receive.

I am currently enrolling Vets returning from Iraq and Afghanistan suffering from TBI or PTSD in a clinical study using HBOT. We are also accepting non-military patients although soldiers will be given preference.

If you are interested in more information on Hyperbaric Oxygen Therapy, visit www.HealingHeroesNetwork.org or www.TreatingTraumaticInjury.com or call the National Hyperbaric Oxygen Therapy Center (727)-773-0083.

*These drugs contain FDA Black Box warnings urging caution in 17-24 year-olds which read: "Antidepressants increased the risk compared to placebo of suicidal thinking and behavior... in children, adolescents, and young adults in short-term studies of major depressive disorder (MDD) and other psychiatric disorders."



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Owner Ricky Allison cuts ribbon on new Anytime Fitness location
Photo by Simaen Skolfield

ANYTIME FITNESS CUTS THE RIBBON

by Heidi Lux

CLEVELAND ST. DISTRICT, CLEARWATER

It is just after Labor Day, but in Downtown Clearwater it might as well be spring. It seems as if every day a new establishment is "springing" up, and blossoming in the Cleveland Street District.

On August 27th, the Clearwater Chamber of Commerce helped welcome the newest addition to the Cleveland Street District, Anytime Fitness, with a ribbon cutting ceremony.

In attendance were the ladies from the Chamber of Commerce (who helped organize the event), Economic Development Coordinator for Downtown Clearwater, Anne Fogarty-France, and City Councilmen George Cretokos and John Doran. Owner Ricky

Allison proudly cut a big red ribbon strung across his exercise equipment with an over-sized pair of scissors reserved for the occasion.

Anytime Fitness is located on the corner of Cleveland Street and East Avenue. It is yet another high-quality establishment adding to a growing list in Downtown Clearwater. The gym is part of the Anytime Fitness franchise, and offers the special advantage of allowing members to work out 24 hours a day, seven days a week, just as their name "Anytime" would suggest. Staff are on-hand between the hours of 11am to 7pm, but members are welcome to access the gym at all times.

Allison's facility features many of the newest exercise machines. Treadmills

and elliptical trainers are equipped with built-in TV screens, personal fans and iPod docks. The gym also sports free weights, stationary bikes, and spinning bikes with virtual classes, as well as circuit and cross-training machines. The gym also has the luxury of private bathrooms with an individual shower in each bathroom.

Anytime Fitness has more than 1,000 locations across the United States and Canada. A membership at Allison's Downtown Clearwater location gives a member access to many other Anytime Fitness locations as well. More information about the gym is available by calling (727)-216-6378.



The inside of the empty retail space was completely transformed during Clearwater Fashion Week. Photo by Brad Kugler

CLEARWATER FASHION WEEK

Continued from front page



Fashion designer Craig Taylor with Mayor Frank Hibbard. Photo by Brad Kugler

& Advertising and the Sunscreen Film Festival hosted the night's fashion show, and TV star Jason Dohring (Veronica Mars, Moonlight) stopped by to lend his support to friend and fashion show producer Sarah Clouden. Clouden, who has eight years experience producing fashion shows and even her own line of lingerie in Europe, directed the runway shows for the week. City Councilwoman Carlen Peterson expressed her excitement at seeing an event like this downtown, and seeing her efforts to revitalize the district paying off. I agree with her sentiments. There is so much potential and talent in Downtown Clearwater, and it was great to see it come together in a production of this caliber. It was something to rival New York or LA, the better for its characteristic Clearwater openness and hospitality.

Clearwater Fashion Week was conceived when designer and Clearwater resident Craig Taylor, renowned for his beautiful women's shirts, was approached about opening a boutique downtown. Craig sells his shirts through high end stores like Neimen Marcus, so a boutique wouldn't really fit with his investors.

However, acknowledging a vested interest in having a successful Clearwater, he called

a few of his friends to throw a sample sale. His friends included designers like Angela Gioffre and Rebecca Minkoff, who have ties to Clearwater, Whitley Kros, Thomas DeVette, SPH Jewelry, Monique Fletcher of Gypsies and Lords, and Wren. Over \$10,000 in sales were tallied in just the first three days, indicating that Downtown Clearwater needs and wants fashion, and that a boutique could flourish here.

The sample sales also raised funds for local charities, with 10% of opening night sales benefiting Ruth Eckerd Hall's Educational Programs, and 10% of Saturday's sales benefiting the Junior Leagues of Clearwater/Dunedin, Tampa and St. Petersburg, funding junior league projects.

The event even spilled outdoors, with vendors and entertainment in Station Square Park. Patrons and passers-by were treated to the music of local bands like Honkabilly Blues and Autumn City, and spotlight performances by members of Got Jokes?, Tampa Bay's hottest improv group, and a "breakfast" fashion show from Warehaus and Maya's Models held inside Station Square.

The fabulous event was made possible through the hard work of the Clearwater Designer Co-Op, in partnership with the Clearwater Downtown Development Board. The Co-Op is a group of professionals and volunteers, united with 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. In short, they want to bring boutiques and shopping downtown, making Clearwater a fashionable weekend destination; or as Craig Taylor put it, "the next Naples or Sarasota."

There have even been talks of making Clearwater Fashion Week a bi-annual event. Considering the success of this series of shows and sales, and the potential of benefits for the district, many are hopeful. With so much talent making it happen, the next edition would surely be even bigger and better than the last.

To view a photo slide show of Clearwater Fashion Week by Brad Kugler, visit www.tampabayinformer.com



Fashion model shows off Craig Taylor shirt and Rebecca Minkoff handbag - Photo by Brad Kugler

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CLEARWATER HAS A FLAIR FOR FASHION

by Heidi Lux



Joanie Sigal, Chairman of the Board of Clearwater Community Volunteers – Photo by David Ziff

BELLEAIR

On Saturday, August 29th, ladies and gentlemen attired with casual elegance in sport coats and gowns arrived at the Belleair Country Club for the Seventh Annual Fashions with Flair silent auction and fashion show.

Over 300 items were up for bid in the silent auction. There was “something for everyone”, from Ruth Eckerd Hall Tickets to gift certificates for one hour massages, from Rebecca Minkoff handbags to Florida Aquarium tickets, even a Chihuahua puppy, all “going under the hammer”. All of the items up for auction were donated by local businesses and artists to help raise money for the event’s sponsored causes. Bidding was competitive but friendly, and closed just before the fashion show so volunteers could tally the winning bids. Without the generosity of so many people, the event could not have been such a success.

Putting the “fashions” in Fashions with Flair were local leading ladies who have had a positive influence in the community. Modeling the gowns were Susan Valdes, Hillsborough County School Board Member; Lorena Rivas Hardwick, of the Neighborhood & Community Relations Office for the City of Tampa; Pat Harney,

Public Affairs Director for the Church of Scientology; Lisa Mansell, Community Affairs Director for the Church of Scientology; Margaret Wood Burnside, editor of Tampa Bay Magazine; Karla Rettstatt, City of Belleair Commissioner; Luz E. Nagle, Professor of Law at the Stetson University College of Law; Courtney Orr, Downtown Manager for the City of Clearwater; Kate Behler Hart, educator and model; Bahiyah Sadiki, President of the St. Petersburg Islamic Center; Julie Ryczek, the governor’s council on physical fitness; and Clara Tavaras, host and producer on Super Q Radio Station 1300 am. They all looked stunning as they “walked the catwalk” modeling fashions from Ambria’s Gallery of Wearable Art, MJ Fashions and Gifts, Kina Kouture and Warehaus Botique.

Fashions with Flair was put on by the Clearwater Community Volunteers (CCV), with the purpose of raising money for the Make-A-Wish Foundation of Central & Northern Florida Gulf Coast Region, and Winter Wonderland. Every year in December, the hardworking volunteers of the CCV put on the annual holiday fundraiser which benefits such charities as The Boys and Girls Club, The Homeless Emergency Project and Everybody’s Tabernacle. More work is put into this event than most people realize, especially since every winter the event gets bigger and better. In order to produce an event of this magnitude, the CCV holds fundraisers throughout the year, such as their annual Sunday at the Spa, and Fashions with Flair.



Perhaps the cutest silent auction item at the event Photo by Simaan Skolfield

The Clearwater Community Volunteers was established in 1994 by parishioners of the Church of Scientology who wanted to become more involved in the local community by putting on events and helping other groups in the community. In addition to Fashions with Flair, Sunday at the Spa and Winter Wonderland, the CCV also puts on the annual Easter Egg Hunt in Coachman Park, and sponsors a Little League team, The Mets.

For more information on the Clearwater Community Volunteers, go to www.clearwatercommunityvolunteers.org For video coverage of Fashions with Flair, visit www.tampabayinformer.com



(Left to right) Pat Harney, Lorena Rivas Hardwick, Karla Rettstatt, Lisa Mansell, Kate Behler, Luz E. Nagle, Julie Ryczek, Courtney Orr Photo by David Ziff



Attendees browse over 300 silent auction items at Fashions with Flair. Photo by David Ziff

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WHO READS GOOD NEWS?

Continued from front page

successful? Most likely not. It is a constant invalidation and assault on people's hopes and dreams for a better future. Why expose yourself to it? Shouldn't it be possible to inform yourself honestly and accurately about the world and affairs around you, without being bombarded with pessimism and negativity?

My pet peeves with the mainstream media is that problems are presented, often hyped, but no solutions are offered. Reports are often generalized, without providing facts or solutions on how to make things better. I find that if you really know about something, it cannot "come around and bite you in the butt."

As the publisher of a newspaper, I believe it is possible to inform yourself honestly and accurately about the world around you without making yourself feel hopeless about what is going on. Most of the time, things aren't as bad as they seem. Supposedly, we're in the worst recession of all time, and on the edge of a depression. But if you look around you, you will see no breadlines or Hoovervilles. You will see people going to work every day, driving their cars, going to Starbucks. I even see new businesses opening on the street where I work! And you bet I report on it!

The purpose of the Tampa Bay Informer is "to improve the community by raising awareness, responsibility and providing solutions to community issues." Isn't this what news should do?

There has been a lie spread around, that "bad news sells". Is this true for me? No way! When I mention I produce the "Good News Newspaper", all I get are positive receptions, even sighs of relief, followed by an eager, "we need that!" People want good news. People want facts.

If you put your attention on negativity, you get negativity. If you put your attention on positivity, you get positivity. It's that simple. Educate yourself properly. Don't get your information from biased, pessimistic news channels or papers, serving their advertisers and their ratings best interest, not yours. Get positive, local, good news, from a paper that is working for a better community. It makes a difference.



(From top, left to right) United States Coast Guard Coolie; Paul Wilson, President & CEO of Wilson Media & Advertising; Clearwater Marine Aquarium's dolphin, "Panama"; Veronica Mars actor Jason Dohring; Susan Valdes, Hillsborough county school board member; Abe Moussa, owner of Mugs on Missouri; Boy Scouts from Troop 313; Anne Fogarty-France, Economic Development Coordinator for Downtown Clearwater; BonSue Brandvik, author of "Spirits of the Belleview" series; Twila Cole, Special Events Coordinator of the Humane Society with her pug Outlaw Josey Wales; Martie Woodie, principal of Life Force Arts & Technology Academy - Photos by Joshua T. Gillion, Simaen Skolfield & David Ziff

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NEW CHARTER SCHOOL IN CLEARWATER PROVIDES OPPORTUNITY FOR CHILDREN

by David Ziff



A Representative of the City of Clearwater, Jai Hinson, founder of the Life Force Cultural Arts Academy; and Maurice Mickens, chairman of the school's board of directors cut the ribbon on Life Force Arts & Technology Academy – Photo by David Ziff

CLEARWATER

The grounds at the intersection of Kings Highway and Sunset Point in Clearwater seem destined to be devoted to schooling. When a Christian school at that location closed another school rose to take its place: Life Force Arts & Technology Academy (LATA) which had its official ribbon cutting on August 14th, 2009.

LATA is the brain child of a cultural visionary: Ms. Jai Hinson, a prominent figure in the arts of Pinellas County, who was assisted by a well-known community leader in Clearwater: Mr. Maurice Mickens, the chairman of the school's board of directors. The dream of a new type of school was converted into reality by the hard work of Mr. Mickens and Ms. Hinson together with the board's distinguished consultant, Dr. English Bradshaw.

What is a charter school, how is it different from a "regular" school? Basically, a charter school can independently create its own curriculum (with the ultimate approval, of course, of the Pinellas school board) and appoint its own staff and educators in order to implement the charter school's mandate.

As its name suggests, in addition to the 3 R's, LATA will concentrate upon enhancing the lives of its young students with arts and technology. Ms. Hinson and Mr. Mickens shared a key insight: traditional schooling overlooks the arts in its curriculum. Both espoused the doctrine that the arts are the lifeblood of a culture and that it is the arts which carry a civilization to new heights.

The second principle that Mr. Mickens and Ms. Hinson shared is that we living



Future students try out the technology that will be in use during the school year – Photo by David Ziff

in a technology age and students must be imbued with the spirit and know-how of technology from the first day they enter kindergarten. Hence LATA is a cutting edge educational institution which emphasizes career opportunities and the practical skills which students need to thrive and compete in today's world.

The mission statement of LATA underscores this orientation: "LATA is a performing arts charter school that infuses technology throughout the curriculum and operational processes. Our main objective is to sow the seeds of growth that will enable our children to become responsible members of society with respect for one's self, one's community and one's natural habitat."

Of course we all know the truism: "The mighty oak grows from a single acorn." The LATA era in Clearwater is beginning with grades K – 3. An early goal is reach an enrollment of 196 and it is actively recruiting more student to reach this objective. Similarly, the first semester students will wear a school shirt but by the second semester students will proudly don a specially designed school uniform as studies have shown a school dress code develops group esprit and discipline.

The post of principle was carefully considered and Ms. Martie Woodie, an experienced educator and veteran of charter school



Students sit down at their new desks for the first time
Photo by David Ziff

start-ups, was selected from a prominent list of candidates to head this new venture. Another luminary, Sir Brock Warren, dancer extraordinaire and a graduate of the Boston Conservatory, will spearhead the school's performing arts section. Mr. Warren is a charismatic product of Ms. Hinson's dance troupe, Dundu Dole Urban African Ballet which he entered at an early age under Ms. Hinson's tutelage.

"First of all, this is a work that has been in progress for about 8 years, starting with a summer camp, then adding an after-school program and then progressing to the unique charter school we had dreamed about," said Maurice Mickens at the ribbon cutting.

"We are using the performing arts and technology to teach the 3R's and capitalize on the natural desire all children have to learn. Children are our most precious resource and educationally we must equip them with the tools they need to thrive and prosper in the future. Otherwise, as parents, as educators we have failed. We believe in starting young. We must catch them when they are at their most impressionable and excited."

For more information or future enrollment call the school at (727) 447-1717.



Principal Martie Woodie in her new office
Photo by David Ziff



Jai Hinson addresses the future students of the Life Force Arts & Technology Academy and their parents
Photo by David Ziff

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“PIONEERING” FOR HOPE IN THE DOMINICAN REPUBLIC

by Heidi Lux



Photo by Brad Kugler

DOMINICAN REPUBLIC

The Global Pioneers, a group of volunteer Scientologists, made a name for themselves last winter and spring by visiting the country of Haiti in order to help the people. They did this by supplying the means to grow their own food, providing computers, and giving books and training developed and written by L. Ron Hubbard to the people of Haiti so they could improve their living conditions.

Recently, the Global Volunteers returned to the island Haiti is on, but this time to the other side to visit the country of the Dominican Republic.

Cary Goulston, a local Clearwater businessman who has been working on helping this island for almost two years, spoke about his trip upon his return. “Both countries are quite different,” Goulston said. “The Dominican Republic is a little more advanced. But the results were equally astounding. The people really want help with their lives and love this technology. I am amazed at how much they reach for it, and how much they need and want help.

“We live in a society that pretends that everything is okay. People have a facade that life is going fine when behind closed doors they are very unhappy people who don’t know what their future holds. I find that people really have to know that they need help before they can start looking or seeking answers and help.

“People who think they already have all the answers to life, unwanted emotions, unwanted feelings, broken relationships, losses and death, do not try to find answers and thus, their difficulties never get solved. They stick with the same troubles year after year after year.

“So I find that people in the less middle class societies who are less reliant on material possessions, are more interested in self help and helping others. Drugs and TV cover up that something is wrong and people have to climb out of the pretense to start getting help. And believe me, we all need help.”

“People want to be, and do better so they

can attain their goals and have a better life. We will supply that demand. No matter what it takes.”

For more information on the Global Pioneers, visit their website at www.globalpioneers.com.



Photo by Brad Kugler



Photo by Brad Kugler



Photo by Brad Kugler



Photo by Brad Kugler

DO IT YOURSELF WEBSITES VS. HIRING A WEB DEVELOPER

by Ian Phoenix



BUSINESS

“To do it yourself or not to do it yourself. That is the question.” Many website owners have asked this same question and for good reason. With all of today’s user-friendly, easy-to-use software and the wide array of cheap templates, I might ask too! Why pay someone out of your own pocket when you can do it yourself?

Well, while the basic idea of putting a site together is sound and feasible to those with the persistence to do it, there are a few pitfalls that only a pro web developer won’t run into:

1. The Template

Many people have a misunderstanding of exactly what a “template” is. You might think that it is a quick and easy solution to all your website needs. You can usually buy one for \$25-\$50 or less, but the old proverb, “You get what you pay for” is relevant here.

The structure of a website can be likened to a car. A template is a basic website design, as separated from its content. If the domain name and web host is the “chassis”, say, and the template of a site is the “body”. A brand new template is pretty and shiny, just like a brand new coat of paint on a car body. But what is under the hood? Oops, no engine! It’s not going to go anywhere anytime soon.

Now that is not to say that templates are useless and impossible to use, but to an inexperienced “mechanic” you’re looking at weeks of research and countless hours of manual editing. In the long run, manually editing the content without the training and expensive software that professional developers use is a bit like trying to build a new engine for your Chevy out of scrap metal in a junkyard. Some could do it, but most will probably be wishing they had a brand new Chevy V8 just out of the factory to work with.

2. Do It From Scratch

Some future website owners try to simply start from scratch and put a website together using Notepad or Word or whatever software they might have. This can be done for sure, but what is the result? Exactly what was done: a few pages put together in Word as a cheap alternative to a professional site. There are advantages in the “Do It From Scratch” method, namely freedom to do what you want without the limitations of a template, but unless you have the tools and experience, most sites will look cheap and unprofessional and give the impression to your viewers, “If this person can’t even put the effort in to do a website right, why should I take him/her seriously?”

In short, the Do It From Scratch method suffers from the same cons as The Template method does: a long runway with tedious updates and lack of power “under the hood”.

3. Functionality

If someone walked up to an automotive expert and said, “A Ferrari is exactly the same as a Beetle, just a sportier design”, he’d have a good chuckle. If you said to a web developer, “all websites are basically the same, some are just prettier”, you’d get

the same response. There are “Jeeps” and “Ferraris” and “Vipers” on the web; in fact there are probably more variations of sites than there are cars, as most sites are custom-built for the owner’s exact needs.

Anybody can put some text on a page and call it a website. But could he put up a fully automated e-commerce solution that would invite, interest and sell as well as receive payment for a product without having to hire a single employee for any of those functions? No, I think not. Websites have come a long way from their roots in the 90s; now online stores, newsletters, interactive features and search bars have become the norm, and in the eyes of a modern viewer a site isn’t complete until it has these features.

4. Design

Now I know what you’re thinking. I can buy a cheap template off of so-and-so-templates.com, and it looks great! And while that’s true, let’s do the math and put templates into perspective:

There are literally millions of websites online at the time of this writing, with hundreds more added each day. How many templates are there available out there that you are able to purchase? Thirty, forty...a few hundred? Basic division will tell you that it is quite likely that those templates have already been used dozens if not hundreds of times. Ever reach a site you could have sworn you’ve been to before? Well, you probably have, at least the template anyway.

Another point is that a template is usually pretty generic or extremely specific. Unless you are promoting Pet Funerals and only Pet Funerals, a Pet Funeral template with a huge gravestone and a puppy next to it isn’t going to fly. Most people end up stuck with a template that is palatable, but doesn’t quite talk to their viewers and say what they want their site to say.

5. The Inexpensive Freelancer

One popular alternative to working with a website development company is to hire a freelance designer to put a website together or to maintain their current site. Again, using cars as an analogy, this is like going to your brother’s mechanically-inclined friend for a used car. Depending on the friend’s honest expertise and standards, you will either get one of two results:

The friend is a master of the wrench, and he brings you a car that works and you saved some money.

Or, you get an automobile back that drives when it feels like, doesn’t like to start up, makes strange noises, and finally breaks down a few months later.

There are some very talented designers out there, but most don’t know a lot about web development. Many will design a workable site for a low cost, but if for some reason he isn’t reachable any longer or quits, you are stuck with a site you can do little with until you find someone else to pick up the pieces.

There is a definite difference between a “Designer” and “Developer”. A designer is usually more focused on the visual impact and layout of the site, and a developer is more focused on functionality like shopping carts, blogging functions, etc. More often than you think, a company hires a designer to do development work, which doesn’t always work out to be the optimum solution. Off-site shopping carts, search functions that break, forms that aren’t as efficient as one would like: these are all common issues stemming from hiring someone who doesn’t have the technical know-how beyond their design expertise.

The Solution

Hire an honest, proven web development company that will put a site together that you can use, update and drive business to.

Find out how to get a professional website today! Call Mr. Web Wiz at (727) 230-9691 or visit www.mrwebwiz.com

SEA TURTLE RELEASED AFTER R&R AT CMA

by Heidi Lux



Craig and Isabella Hatkoff help release the sea turtle Betsy on Clearwater Beach – Photo by Simaen Skolfield

CLEARWATER

“Showtime!” a volunteer from the Clearwater Marine Aquarium said as the Loggerhead sea turtle named Betsy was lifted from a truck, on a stretcher, on Clearwater Beach. The turtle, who had spent the past three months on rest and rehabilitation at the aquarium, was finally recuperated enough to be released back into the wild on August 27.

Betsy was lowered onto the sand, then made her own way down into the Gulf of Mexico while a crowd of beachgoers in bathing suits snapped pictures. Staff and volunteers of the CMA were on hand to guide her safely back home. She paused in the sand, taking a break, or perhaps posing for the “paparazzi”, then continued her journey. She hit the water, and slowly disappeared beneath the waves.

Helping the CMA release Betsy was Craig Hatkoff and his ten year old daughter, Isabella. Craig and Isabella, along with fourteen year-old Juliana Hatkoff, are co-authors of the soon to be released children’s book *Winter’s Tail*, the true story of the Clearwater Marine Aquarium’s star dolphin Winter, who taught herself how to swim again after losing her tail in a crab trap.

Craig and Isabella, who live in Manhattan,

were visiting Winter at the CMA, when they were told there was a surprise for them. The surprise was Betsy. Father and child were taken to Clearwater Beach where they helped hoist Betsy from the truck, and turn her around when she started heading the wrong way. “That’s a heavy turtle,” said Isabella, who expected a tiny sea turtle when told she would be helping with the release. “You’re hired!” joked David Yates, CEO of the CMA, after the release was successful.

“Nothing can ever feel quite as amazing. That was fantastic,” Isabella gushed when it was all over. “I don’t think that feeling has gone away yet.”

“Nor has that smile!” her dad added.

Winter’s Tail will hit shelves in October, as the next book in a series of true-life animal stories by Craig, Isabella and Juliana Hatkoff. For more information on *Winter’s Tail*, visit www.winterstail.com.

The Clearwater Marine Aquarium rescues and rehabilitates marine life. Animals like Betsy who are able to survive in their native environment are returned to the wild upon full rehabilitation. Animals like Winter who are not able to survive in the wild become permanent residents of the aquarium and serve as ambassadors of their species. For more information on the CMA, go to www.cmaqarium.com



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Megan Brazil

HEALTHCARE IS A GOOD, NOT A RIGHT

by Ron Paul

POLITICS

Political philosopher Richard Weaver famously and correctly stated that ideas have consequences. Take for example ideas about rights versus goods. Natural law states that people have rights to life, liberty and the pursuit of happiness. A good is something you work for and earn. It might be a need, like food, but more “goods” seem to be becoming “rights” in our culture, and this has troubling consequences. It might seem harmless enough to decide that people have a right to things like education, employment, housing or healthcare. But if we look a little further into the consequences, we can see that the workings of the community and economy are thrown wildly off balance when people accept those ideas.

First of all, other people must pay for things like healthcare. Those people have bills to pay and families to support, just as you do. If there is a “right” to healthcare, you must force the providers of those goods, or others, to serve you.

Obviously, if healthcare providers were suddenly considered outright slaves to healthcare consumers, our medical schools would quickly empty. As the government continues to convince us that healthcare is a right instead of a good, it also very generously agrees to step in as middle man. Politicians can



be very good at making it sound as if healthcare will be free for everybody. Nothing could be further from the truth. The administration doesn’t want you to think too much about how hospitals will be funded, or how you will somehow get something for nothing in the healthcare arena. We are asked to just trust the politicians. Somehow it will all work out.

Universal Healthcare never quite works out the way the people are led to believe before implementing it. Citizens in countries with nationalized healthcare never would have accepted this system had they known upfront about the rationing of care and the long lines.

As bureaucrats take over medicine, costs go up and quality goes down

because doctors spend more and more of their time on paperwork and less time helping patients. As costs skyrocket, as they always do when inefficient bureaucrats take the reins, government will need to confiscate more and more money from an already foundering economy to somehow pay the bills. As we have seen many times, the more money and power that government has, the more power it will abuse. The frightening aspect of all this is that cutting costs, which they will inevitably do, could very well mean denying vital services. And since participation will be mandatory, no legal alternatives will be available. The government will be paying the bills, forcing doctors and hospitals to dance more and more to the government’s tune. Having to subject our health to this bureaucratic insanity and mismanagement is possibly the biggest danger we face. The great irony is that in turning the good of healthcare into a right, your life and liberty are put in jeopardy.

Instead of further removing healthcare from the market, we should return to a true free market in healthcare, one that empowers individuals, not bureaucrats, with control of healthcare dollars. My bill HR 1495 the Comprehensive Healthcare Reform Act provides tax credits and medical savings accounts designed to do just that.

“TO KILL AN AMERICAN”

A Message From “Down Under”



WORLD

I received this amazing message today from a friend and I thought it would be totally appropriate to forward it as part of my CRISIS BUSTER mission. You probably missed this in the rush of news, but there recently was a report that someone in Pakistan had published in a newspaper, an offer of a reward to anyone who killed an American, any American. So an Australian dentist wrote an editorial the following day to let everyone know what an American is – so they would know when they found one. (Good one, mate!)

“An American is English, or French, or Italian, Irish, German, Spanish, Polish, Russian or Greek. An American may also be Canadian, Mexican, African, Indian, Chinese, Japanese, Korean, Australian, Iranian, Asian, or Arab, or Pakistani or Afghan.

“An American may also be a Comanche, Cherokee, Osage, Blackfoot, Navaho, Apache, Seminole or one of the many other tribes known as native Americans.

“An American is Christian, or he could be Jewish, or Buddhist, or Muslim. The only difference: in America they are free to worship as each of them chooses...

“An American is also free to believe in no religion... For that he will answer only to God, not to the government, or to armed thugs claiming to speak for the government and for God. An American lives in the most prosperous land in the history of the world.

“The root of that prosperity can be found in the Declaration of Independence, which recognizes the God given right of each person to the pursuit of happiness. An American is generous. Americans have helped out just about every other nation in the world in their time of need.

“The national symbol of America, the Statue of Liberty, welcomes your tired and your poor, the wretched refuse of your teeming shores, the homeless, tempest tossed. These in fact are the people who built America.

“Some of them were working in the Twin Towers the morning of September 11, 2001 earning a better life for their families. It’s been told that the World Trade Center victims were from at least 30 different countries, cultures, and first languages, including those that aided and abetted the terrorists.

“So you can try to kill an American if you must... Hitler did. So did General Tojo, and Stalin, and Mao Tse-Tung, and other blood-thirsty tyrants in the world.

“But, in doing so you would just be killing yourself.

“Because Americans are not a particular people from a particular place. They are the embodiment of the human spirit of freedom. Everyone who holds to that spirit, everywhere, is an American.”

A big thank you to that Australian dentist who did not give his name but allowed all of us to forward this around.

To hell with the crisis,
Patrick Valtin
www.crisisbuster.com

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4th Friday Clearwater on September 25th Boasts Star-studded Performances by Level 10 and Jose Valentino

Kicking off the 30th Anniversary Clearwater Jazz Holiday, 4th Friday Clearwater's upcoming "Jazz on Cleveland Street" event on September 25th will infuse the streets with music by 2 local Jazz greats, Level 10 and Jose Valentino.

Clearwater, FL, September 9, 2009 - The 30th Anniversary of Clearwater's Jazz Holiday begins this September 25th in real jazz style with the Clearwater Downtown Partnership kicking it off at their popular 4th Friday Clearwater Party on Cleveland Street event. Performances none other than local jazz celebrities, Level 10 and Jose Valentino, will infuse the crowd with their jazz inspirations. Two city blocks will be closed down in the Cleveland Street District to cater to the expected 1500-plus party-goers in attendance. The party is FREE and the details are as follows:

When: Friday, September 25th from 5:30pm - 10pm

Where: Downtown Clearwater's Cleveland Street District (500 - 600 blocks of Cleveland Street)

For more information and visit: www.4thFridayClearwater.com

Become our fan on Facebook @ 4th Friday Clearwater

Follow us on Twitter @ 4thFriday or Call us at 866-550-3472



- Entertainment by Jose Valentino and Level 10
- Beer, wine and food for sale along with multiple street vendors
- Suggested donation this September will be a non-perishable item for the RCS Food Bank
- The CLEARWATER JAZZ HOLIDAY FOUNDATION will be the benefiting charity
- Special appearances by the pirate krewe of Ye Mystic Krewe of Santa Margarita and Tampa's original kilt krewe, Krewe of Shamrock
- And THERE'S PLENTY OF DOWNTOWN PARKING!

HAVE A HEART? Be Good to it!

by Desiree Lotz

HEALTH

Most people know that they need calcium to build healthy bones and teeth, but did you know that calcium contracts your muscles while magnesium relaxes them?

Think of a heartbeat. The heart must contract then relax to perform its function of pumping blood through your body. If you're deficient in one or the other, it can cause a malfunction. All the muscles and organs in your body work this way.

Like a car needs engine oil for smooth function, your nervous system needs calcium and magnesium for smooth function.

Deficiencies in calcium and/or magnesium affect your nervous system. Its job is to send signals (messages) to all your organs and muscles to do their job. If your nerves can't send the signals, your body will malfunction as the organs and muscles don't get the "message".

This can affect your energy, cause depression, mood swings, PMS symptoms, aches, pains, spasms, hyperactivity, anxiety, raised temperatures, insomnia, compromised immune system, etc.

Calcium and magnesium losses can be caused by dehydration, sugar, alcohol, refined carbs, the wrong type of water, noise, stress, illness, breast feeding, exercise, diarrhea, excessive sweating, poor dietary habits, burning the midnight oil, illness, etc.

To be absorbed by your body, calcium and magnesium need to be in a 2:1 ratio and because they're both alkaline, they need an acid base to create an optimum pH for absorption. Some commonly known acid bases are apple cider vinegar or vitamin C and citric acid.

When taking calcium and magnesium the correct way (in the correct ratios



and pH), you can feel your nerves smoothing out almost instantly. Tablets and capsules often don't get digested and can just lie in your stomach so are usually not the best way to take calcium and magnesium.

The benefits of taking calcium and magnesium daily include calmer nerves, natural tranquilizing, improved sleep, reduced

hyperactivity, relief from PMS, nervousness, jumpiness, depression, mood swings, aches, pains, muscle spasms. They also improve hormonal and thyroid function, strengthen bones, teeth, nails and hair and are vitally important for your skin.

Sunshine Vitamins brand of Instant CalMag-C provides both the calcium gluconate and magnesium carbonate in the correct 2:1 ratio that your body needs with vitamin C and citric acid to make the correct pH balance required for your body to absorb it fast.

It's easy to make and has a pleasant lemon flavor. You can drink it hot or cold, with your favorite unsweetened juice or herbal tea bag. It's suitable for all ages - from baby to granny!

I have been helping people with their health basics for more than 30 years and have been manufacturing supplements, including Instant CalMag-C, for 15 years. I'm a firm believer in getting in health basics and I believe that most symptoms are indicators that something is either missing or in excess in one's diet.

I am available to help you and can be reached at Helping Hands Life Improvement Center 727-441-2820 or desiree@calmag-c.com

Instant CalMag-C is also available locally at Cooper Chiropractic, One Stoppe Shoppe, Value Nutrition, Salon Bravo, Soleil Du Sol Hair Salon, Dr Behm's, The Oaks Massage and Pangea Café.

UPCOMING EVENTS

This autumn, the Cleveland Street District in Downtown Clearwater will be alive with events and concerts. Many events are free, and all of them are fun. Check out the schedule below to see what is happening.

Taste of Clearwater

September 15 - 5:00 to 8:00pm
Harborview Center

4th Friday Clearwater Jazz Holiday Kickoff

September 25 - 5:30 to 10:00pm
Cleveland Street

Miles for Hope Charity Bike Tour and Run

September 26 - 5:00am to 3:00pm
Coachman Park

Achieva Lunchtime Concerts

Oct 1 through Nov 19 - 11:30am to 1:30pm
Station Square Park

Paula Cole

October 2 - 8:00pm
Capitol Theatre, 405 Cleveland St.

Clearwater Super Boat National Championship

October 2 - 4
Coachman Park, Clearwater Beach and Seminole Docks

Hispanic Heritage Festival

October 11 - Noon to 10:00pm
Coachman Park

Clearwater Jazz Holiday

October 15 through 18
Coachman Park

Jazz 'N' Art Walk

October 17 and 18 - 10:00am to 5:00pm
Cleveland Street

Clearwater Downtown Farmer's Market Season Opener

Oct 21 through May 26 (every Wed) - 9:00am to 2:00pm
Cleveland Street

4th Friday Disco Fright Night

October 23 - 5:30pm to 10:00pm
Cleveland Street

Cleveland Street District Cleanup

October 24 - 8:00 am to Noon
Station Square Park

Ironman

November 14
Downtown, Clearwater Beach and surrounding communities

Christmas Under the Oaks

November 15 - 9:00am to 4:00pm
Coachman Park

4th Friday: Shake Your Money Maker on Cleveland Street

November 27 - 5:30pm to 10:00pm
Cleveland Street

Holiday Light Up and Miracle on Cleveland Street

December 4 - 5:30pm to 10:00pm
Cleveland Street

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CLEARWATER JAZZ HOLIDAY LINEUP



CLEARWATER

The Clearwater Jazz Holiday has a thirty year reputation for bringing some of the best names in jazz music to Clearwater, Florida. This year is no different. The four day festival, which is completely free thanks to donations and volunteers, will take place in Coachman Park October 15th through 18th.

Al Jarreau will headline on the opening night, which is a Thursday. Jarreau is a seven time Grammy Award winner who holds the distinction of being the only vocalist to win in three separate categories: jazz, pop and R&B. Jarreau is known for his "innovative musical expressions". He has performed with Miles Davis and has received a star on the Hollywood Walk of Fame for his musical accomplishments.

Spend your Friday night with one of People Magazine's 50 most beautiful people, Chris Botti! The jazz trumpeter will be headlining the second night of the festival. Rising above the "Muzak" label he was branded with early on in his career, Botti has proven himself to be a versatile musician, excelling in both jazz and pop. He is one of the world's top selling instrumental artists, and has performed with Sting, Josh Groban, Steven Tyler, Yo-Yo Ma and John Mayer to name a few.

Two time Grammy Award nominee Boney James will take the stage Saturday night. Boney James is known for his "urban jazz" style of saxophone playing. Urban jazz is a contemporary form of jazz containing elements of hip-hop and R&B. His most recent CD Send One Your Love spent 8 consecutive weeks at #1 on the Billboard Contemporary Jazz charts. Also on Saturday night, There will also be a fireworks display sponsored by Homeowners Choice Insurance.

Closing out the festival on Sunday Night will be a performance from the Neville Brothers. The four brothers will bring their passion for funk and bluesy New Orleans-style jazz to Clearwater. Previously, the brothers closed Jazz Fest in New Orleans (their opening act that night was Neil Young), and performed in the Mardi Grad Mambo Tour 2009.

This year's festival will also mark the return of the Jazz N Art walk on Cleveland Street. On Saturday and Sunday of the festival, the street will host artists and vendors. For more information on the Jazz N Art walk, visit www.jazznartwalk.com

To view the rest of the performance schedule for the Clearwater Jazz Holiday, go to www.clearwaterjazz.com

SCULPTURE 360: SEASON II INSTALLED

by Heidi Lux

CLEVELAND ST. DISTRICT, CLEARWATER

On September 3rd, the sculpture "Linear V" by Jarrett K. Hawkins was erected on Cleveland Street in Downtown Clearwater, joining "Going Green" by Jack Howard Potter which went up a week prior on August 27th. The sculptures are part of Sculpture 360: Season II. A third piece, coming soon, will fill out the series.

"We started the Sculpture 360 program last year as a way of bringing quality artwork that would be vibrant and engage the public in the Cleveland Street District," said Christopher Hubbard, the City of Clearwater's cultural affairs specialist. "The artwork creates a sense of place in the District; a 'gallery without walls' ... By exhibiting artwork in the public realm, the citizens and visitors of Clearwater can experience a bit of culture in their daily lives without having to visit a gallery or performance theatre, it's right there on the street."

Sculpture 360 is a year-long exhibit, providing the Cleveland Street district with new works of art each year. The program, funded through a partnership with the Downtown Development Board, is expected to help Clearwater establish a reputation as an arts friendly city. "As we expand our cultural opportunities, it is good to have a stable anchor of success to refer back to, something to show that the arts are alive and well and that they are making a difference," says Hubbard.



"Linear V" by Jarrett K. Hawkins
Photo by Heidi Lux

"Linear V" is on display on Cleveland Street, between East Ave and Garden Ave, just outside of Station Square Condos, and "Going Green" is on display east of the Cleveland Street and Garden Avenue intersection.

The city plans to hold a public opening and dedication of the sculptures in early September, following the erection of the third piece. Docents will provide tours of the artwork and information about the Sculpture 360: Art in Cleveland Street program.

For more information about Sculpture 360, visit www.myclearwater.com/culturalarts and click on the Sculpture360 link.



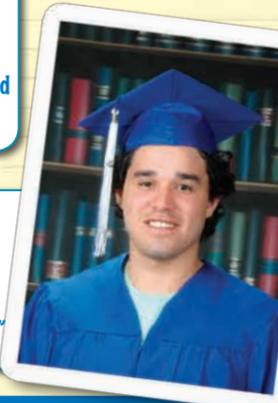
"Going Green" by Jack Howard Potter

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KNIGHTS START THE SEASON WITH A BANG!

by Laurie Miller

CLEARWATER

The Clearwater Academy Knights have started their season in winning fashion. The team has already stacked up two wins and are undefeated moving into their next game!

Playing in the Florida Christian Association of Private and Parochial Schools (FCAPPS), the Knights are the only Applied Scholastics school in the FCAAPS. Setting a great example, the team displays incredible sportsmanship and competence on the field. In this regard, and in only their second season in this league, the Knights have established themselves as the leaders of the pack and team to beat.

The team's home field is located at 940 7th Street South in Safety Harbor. The Friday night games, starting at 7:30pm under the lights, bring out hundreds of the most spirited sports fans in the Clearwater area.



Clearwater Knights football player Raph Schwyter goes for the touchdown. - Photo by Scott Chinchar

- Clearwater Academy Knights Home Game Schedule:**
- Sept 11th - 7:30 pm Clearwater Academy Knights vs. Zephyrhills Christian Academy Warriors
 - Sept 25th - 7:30pm Clearwater Academy Knights vs. Lakeside Christian Lions
 - Oct. 22nd - 7:30pm Clearwater Academy Knights vs. Hillsborough Baptist Lions

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