



Celebrating Faces of Hope

On June 27th, the Tampa Bay Academy of Hope held their 13th annual Celebrating Faces of Hope gala and fundraiser at the A La Carte Event Pavilion in Tampa...

[Read more pg. 5](#)



Clearwater Jazz Holiday Unveils Poster

On Tuesday, June 23rd, the official poster for the 2009 Clearwater Jazz Holiday music festival was unveiled in Clearwater...

[Read more pg. 11](#)



Pirates "Arr" in John's Pass

John's Pass celebrated its rich pirating history with the annual three-day "Pirate Days" festival...

[Read more pg. 6](#)

POURIN' ON SUNSCREEN AT THE FORT HARRISON

by David Ziff

CLEARWATER

The lights lowered on the audience, all eyes riveted on the bright stage when, suddenly, from the back of the Fort Harrison Auditorium, a familiar voice swelled, putting nearly 200 heads on a swivel. Eyes stayed glued as Paul Wilson, singer extraordinaire, weaved his way through the crowd to mount the stage singing, "Luck Be a Lady," followed by "New York, New York." It was in this spectacular fashion that the Sunscreen Film Festival Concert began on the evening of June 20th, 2009 at the recently refurbished hotel at 210 S. Fort Harrison Avenue in downtown Clearwater.

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Broadway and Beyond performers Joanie Sigal and Tom Godfrey performing at the Sunscreen Film Festival fundraiser concert – Photo by Jeff Kathrein of K & K Photography

“LET’S GET POSTCARDED IN HERE!”

by Heidi Lux

CLEARWATER

On June 19th, seven employees of PostcardMania danced to “Let’s Get Postcarded in Here,” a take on the Black Eyed Peas’ hit song, entertaining the guests gathered in the green and purple offices of PostcardMania’s brand new building, just before Joy Gendusa, the tall and vivacious CEO and founder of PostcardMania announced, “I am the luckiest CEO on earth!”

In fact, Joy has a lot to be proud of. Her full service postcard direct mailing company, started in 1998 with little more than Joy herself, a computer and a phone. Eleven years later, it has grown to a huge success, employing 150 people, providing marketing solutions to over 35,000 clients in 350 industries nationwide and has been recognized by Inc. Magazine as one of the fastest-growing privately held companies in the country.

In fact, the company has grown so large it has expanded into a new building, built from scratch by Voeller Construction. Voeller Construction is owned by William J. Voeller, who has 37 years of construction experience and a focus on “commitment

Continued on page 8



PostcardMania staff danced at the opening event: Carly Switzer, Jayne Dodgin, Michelle Hodges, Allison Hodges, Sabrina Glasstetter, Samantha Dewyngaert and Ferris Stith. Photo by Nick Anderson



[Read more pg. 9](#)

Gov. Comes Home to Sign Homegrown Bill
by Heidi Lux

Governor Charlie Crist made a stop in Oldsmar on June 25th, to sign into law Florida Senate Bill 198, which formally adopted a state flag in honor of Florida’s fallen firefighters...



[Read more pg. 5](#)

Dolphin’s “Tale” Inspires New Tech and Survival
by Angela LeMay

Enmeshed in our own daily challenges, it’s easy to overlook the valuable lessons in survival that nature still has to offer our societal and technical advancements...



[Read more pg. 6](#)

The Art of Colin O’Neal Takes Center Stage at Pangea Cafe
by David Ziff

While the days are still long and the dog days of August are still ahead of us, there’s time to see the extraordinary display of Pop Art at the local hot spot, Pangea Café, in downtown Clearwater...



FOUNDATION FOR A DRUG FREE WORLD HELPING TO END DRUG ABUSE IN TAMPA BAY

by Antonella Antonecchia

ST. PETERSBURG

In the wake of the untimely death of entertainment icon Michael Jackson, amid allegations of drug overdose and in commemoration of the June 26th United Nations' "International Day Against Drug Abuse and Illicit Trafficking", young volunteers from the Foundation for a Drug Free World stepped up their activities in bringing home their anti-drug message to Tampa Bay.

On June 26th, the group delivered a drug lecture to over 50 students at a community center in St. Petersburg and throughout the weekend distributed over 6,500 copies of The Truth About Drugs booklets all over the Bay area - Ybor City, Clearwater Beach, St. Petersburg and Sarasota. The Foundation for a Drug Free World is a secular organization with a cross section of volunteers and board members, young, old and from diverse religions - Christian, Muslim, the Jewish faith and Church of Scientology.

The Foundation makes its "Truth About Drugs" series of booklets available to non-profit organizations free of charge. "When people have the facts, they can't be fooled or lied to, and they will make positive decisions for their lives," said

Antonella Antonecchia, Social Reform Director for the Church of Scientology of Tampa, which uses the Foundation's materials in their community drug awareness programs. "The 'Truth About Drugs' booklets makes it easy for anyone to be smart about drugs."

Each year, the United Nations commemorates June 26 as "International Day Against Drug Abuse and Illicit Trafficking" and encourages anti-drug organizations and activists around the world to mark the day with activities that raise awareness of the major problem illicit drugs are to society.

The Foundation for a Drug-Free World has distributed over 100 thousand booklets in the Tampa Bay area and 22 million worldwide in its effort to address the drug problem. Drugs destroy millions of lives every year. The most disturbing aspect of this problem is the damage drug abuse causes to our young people—and the threat this represents to the future of our country. With more and more young people being introduced to drugs, it is vital to provide educational materials with factual information about their dangers. For more information, log on to www.drugfreeworld.org.

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- Colette & Anthony Jones

THE BUILDING BLOCKS OF THE BODY

by Shelley Jaffe



Your body is continually rebuilding itself, cell by cell, every single day. If it doesn't get what it needs to build itself, it starts to break down and physical problems develop. So, what are the building blocks of the body and where do you get them from?

These building blocks are called amino acids. Your body makes a lot of them itself—as long as you are eating a good diet—but some of them your body can't make. These are called essential amino acids and your body gets them from very specific foods. Below is a list of the eight essential amino acids and the foods they come from:

- **Tryptophan** – this one helps with proper brain function and sleep patterns. It is plentiful in chocolate, oats, bananas, dried dates, milk, cottage cheese, meat, fish, turkey and peanuts.
- **Lysine** – a deficiency of this one can cause a deficiency in niacin (Vitamin B), which can cause the disease pellagra. Lysine is beneficial in treating and preventing herpes. Sources include green beans, lentils, spinach and amaranth.
- **Methionine** - supplies sulphur and other compounds required by the body for normal metabolism and growth. It helps the liver process fats and is found in fish, whole grains, and dairy.
- **Valine** - is needed for muscle metabolism, tissue repair and for the maintenance of proper nitrogen balance in the body. Valine is found in high concentration in the muscle tissue. It can be used as an energy source by muscle tissue. It may be

helpful in treating liver and gallbladder disorders, and is good for correcting the type of severe amino acid deficiencies that can be caused by drug addiction. Dietary sources of valine include dairy products, grain, meat, mushrooms, and peanuts.

- **Leucine** - stimulates the building of muscles and may be the major fuel involved in tissue building. During times of starvation, stress, infection, or recovery from trauma, the body uses leucine to aid in the healing process. Insulin deficiency is known to result in poor utilization of leucine so diabetics may require higher levels of leucine intake. Leucine is found in cottage cheese, sesame seeds, peanuts, dry lentils, chicken, and fish.
- **Isoleucine** - is important for blood sugar regulation, muscle development and repair, red blood cell formation, and energy regulation. Deficiencies of isoleucine results in possible dizziness, headaches, fatigue, depression, confusion and irritability. Isoleucine is found in eggs, fish, lentils, poultry, beef, seeds, wheat, almonds and dairy.
- **Threonine** - is important for antibody production which is what your body uses to protect itself against bacteria and viruses. Deficiencies can result in skin disorders and weakness, as well as a reduced immune system. Dietary sources of threonine include dairy, beef, poultry, eggs, beans, nuts, and seeds.
- **Phenylalanine** - is broken down by the body to make different hormones including adrenaline. Deficiencies are rare but can include slowed growth, lethargy, liver damage, weakness, edema, and skin lesions (sores on the skin). Food sources or phenylalanine are dairy, almonds, avocados, lima beans, peanuts, and seeds.

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

TAMPA BAY INFORMER

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TAMPA BAY INFORMER'S PURPOSE

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

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

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



Editor
Angela LeMay



FROM THE DESK OF SHERIFF JIM COATS

assisting with disabled motor vehicles, directing traffic at crash scenes, issuing parking tickets, participating in community events, child fingerprinting and vacation house checks, to name a few.

Citizens Patrol Volunteers will typically work in teams of two and be assigned to drive a marked "Citizens Patrol" van. Volunteers are issued a uniform and they will learn to respond to dispatches from the Communications Center. They are responsible for contacting Communications regarding any incident they may witness or discover while on patrol.

Under no circumstances are Citizens Patrol Volunteers to become involved in a situation that should be handled by law enforcement.

Citizen Patrol applicants must meet the following criteria:

- Must be a citizen of the United States
- Be at least 18 years of age
- Possess a valid driver's license
- Successfully complete a program application
- Pass a background investigation

Once the application is completed and returned, a background check will be conducted and applicants will be scheduled for a polygraph test, a psychological test and a physical assessment test. Once the application process is successfully completed, approved volunteers will be scheduled to attend the 100-hour Citizens Patrol Academy.


Volunteers will receive individual training for their work assignments as well as occasional training with other volunteers in a group.

Currently the Citizen's Patrol has 21 members. Members are

asked to perform 24 hours of service in a 3-month period, which averages to about 8 hours per month or 2 hours a week.

The program is coordinated through our Patrol Support Section under the Patrol Operations Bureau. If you are interested in applying, please call Sergeant Kenneth Page at 727-582-5604.

Our volunteers provide an invaluable level of service and support to the community as well as to Sheriff's Office members. Your desire to volunteer your time to help others is an excellent example of being a good neighbor and contributes to our overall mission of "Leading The Way For A Safer Pinellas".



REAL ESTATE REALITY

By Pam Ryan Anderson

HURRICANE SEASON—WELL, IT'S THAT TIME OF YEAR AGAIN...

...but, if you have your umbrella with you it won't rain. That's my viewpoint on hurricanes. If you are totally prepared, then you probably won't need your supplies. We seem to live in an area that hurricanes avoid, and it's my viewpoint that they should just keep on missing us!

I do have some words of advice though, since I've been to hurricane disaster areas and know what you will need in case there is a hit. Some things you might not think of in advance. For instance, it's always a good idea to have a full tank of gas and some cash on hand if a hurricane is heading your way. If the power is out, you won't be able to get gas and you definitely won't be able to get cash out of an ATM.

I literally met people after Hurricane Charlie who couldn't get any money out of the bank, didn't have any gas, and their home was completely destroyed. They didn't know what to do. But if they had pulled cash out of the bank before the storm and filled their car with gas, they could have headed north to stay with family.

There is a great website that you can use for storm preparedness, tracking it, finding evacuation zones, shelters, etc. Go to: www.myfoxhurricane.com

Scroll down and on the right hand side of

the screen you will see "Storm Preparation Guide". Click on your County and you will find all the pertinent information for your immediate area. There are also downloads such as Hurricane Preparedness, Shopping Lists and Tracking Maps.

Lots of bottled water, food that doesn't need refrigeration, like bread, peanut butter, canned tuna and chicken, crackers, fruit, etc, ice in coolers, batteries and candles, food for any pets, and any special needs, such as medication all should be on hand if a storm is approaching.

If you are going to board up your windows, don't wait until the last minute to buy plywood. There won't be any left! The same goes for tarps in case of roof damage.

As far as food and basic necessities are concerned, think about what you would need to survive if you were going camping for a week, and you'll pretty much be ready for anything. Just make sure that you have all this stuff together so that you can grab it fast, should it become necessary.

And, please help me plan on NO hurricanes for us this year again!

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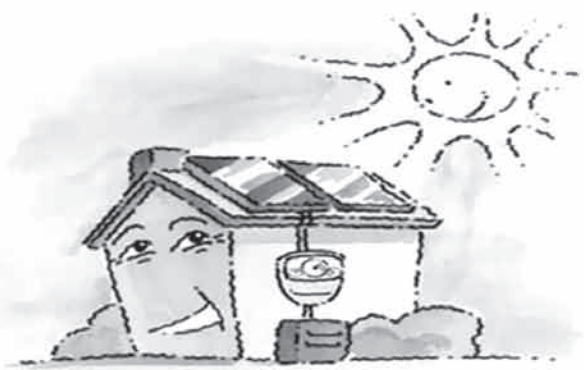
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RCS GRACE HOUSE TO PROVIDE COST EFFICIENT ENERGY FOR HOMELESS

by Heidi Lux



The Religious Community Services (RCS) Grace House has received a grant from the City of Largo to install six solar domestic water heating systems from Solar Source. The RCS Grace House is an

eight-week program for homeless families. The families can stay in an apartment building and save money to give them a head start. Food, clothing and household goods are available to the families, as well as shelter.

The installations of the Solar Source water heating systems are expected to lower the utility costs for the RCS Grace House. Solar Source provides cost-effective and environmentally safe options in power and heating. Solar water heaters include a benefit that conventional water heaters don't, the fact that they directly reduce greenhouse gas emissions, thus contributing to a healthier environment, on top of lower water heating costs. The amount of energy saved depends on several factors including the size of the

collectors and storage tank, the amount of sunlight in the area, and the amount of water one uses, but a typical hot water system reduces costs anywhere from 40% to 50%.

The installation of these systems began on Thursday, June 25th and was completed on Monday, June 29th.

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ECONOMIC FORECAST: THINGS ARE GETTING BETTER

by Heidi Lux



Alejandro "Alex" Sanchez
President and CEO of the Florida Bankers Association

CLEARWATER

On the 24th of June, the Clearwater Regional Chamber of Commerce held an economic forecasting summit entitled "Banking on your Business," featuring the President and Chief Executive Officer of the Florida Bankers Association (FBA), Alejandro "Alex" Sanchez, who predicted an economic upturn in the near future. "Things are getting better," he said repeatedly throughout his speech.

Consumer confidence is on the rise, and things are starting to improve. "We're getting stronger," he said, adding that this is not the first recession the country has been through. While the GDP is still experiencing negative growth, Sanchez predicts that for the next two quarters of the financial year, we will be experiencing positive growth. "We are getting through this," he assured the audience. "We are getting there."

Despite the fact that this is the longest recession since 1980, the current economic situation is still not as bad as it has been at times in the past. "We're Americans. We've been through tough times before,"

said Sanchez, illustrating his point with some statistics. In 1990 a total of 400 banks failed and were closed, in 1991 there were 285, and in 1992 there were 185 bank failures. In the past two years, 2008 and 2009, there was a combined total of 70 bank failures. And when one considers that there are more banks in the United States than in all of Europe, Canada, Australia and New Zealand combined (a total of 8,400), one begins to see things from a new perspective. Out of 8,400 banks in the United States, only 40 were forced to close their doors in 2009.

He also discussed a correlation between the bank failures and the recession: during any recession, banks will fail; while the reverse is not necessarily true.

Sanchez warned against fiscal irresponsibility, however, both at the individual level, and on the part of the government. "We have got to live within our means," was his recommendation for how average citizens and senators alike should spend money. "We're going back to the values of our parents." Meaning saving money to buy something that one can afford—as opposed to digging deeper into debt—suggesting the country should tighten its belt and regroup. "It does us good as a country." Sanchez also noted that key players within the banking industry have a growing concern about government overspending, and spoke out against what he called "entitlement programs" and government's micromanaging citizen's lives. "It takes all of us to have reform," he said.

For more information on the Clearwater Regional Chamber of Commerce, visit www.clearwaterflorida.org.



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CELEBRATING FACES OF HOPE

by Heidi Lux



Faces of Hope founder James Evans with Rev. Alfreddie Johnson
Photo by David Ziff

children and families in the past year. Michelle A. Robinson, the President of Verizon's Southeast Region, was the evening's keynote speaker, and entertainment was provided by the Empyrean Chinese Acrobats. Among those in attendance was Rev. Alfreddie Johnson, founder and director of the World Literacy Crusade, which he started in Compton, California in 1992.

The Tampa Bay Academy of Hope was founded by former Tampa Bay Buccaneer, James Evans. Through his leadership and dedication, the lives of thousands of at-risk youths and their families have been changed for the

better. The Academy "offers counseling to inner city youth to put them on the path to become productive citizens," as their website declares. Governor Charlie Crist says of the Academy, "With the help of organizations like Tampa Bay Academy of Hope, we can provide a better future for our children." The Academy of Hope has assisted with leadership training, mentoring, job placement and scholarship development for over 100,000 youths since its inception, and is also active in the field of human rights.

The Tampa Bay Academy of Hope is a



The event was held at the A La Carte Event Pavilion in Tampa. – Photo by David Ziff

TAMPA

On June 27th, the Tampa Bay Academy of Hope held their 13th annual Celebrating Faces of Hope gala and fundraiser at the A La Carte Event Pavilion in Tampa.

The black tie dinner and awards show, which was emceed by Kathy Fountain and Frank Robertson, formerly of FOX 13, honored 17 previously at-risk high school seniors who graduated this year and are now going on to higher education, as well as the "unsung heroes" of 2009 who made a difference in the lives of Tampa's



James Evans with the Color Guards
Photo by David Ziff



Frank Robertson, former FOX 13 anchor
Photo by David Ziff

non-profit community-based organization funded by donations, without which their good works would not be possible. Through donations, the Tampa Bay Academy of Hope was able to put on their Celebrating Faces of Hope event; everything from the decorations down to the last leaf of lettuce was donated. "What you see is some determined people," said James Evans. It is remarkable what people can accomplish through donations and good

will. "If The Academy had not been there for me I would have shattered dreams," said graduate Shawn L. Harris. "I would be going down a long road that I was unprepared for."

This summer, the Academy of Hope will run their fifth annual college tour through the state of Florida from July 23rd to July 26th. To find out more about the Tampa Bay Academy of Hope, or to donate, visit www.tampahope.com.



This year's graduating seniors who will go on to higher education – Photo by David Ziff

DOLPHIN'S "TALE" INSPIRES NEW TECH AND SURVIVAL

by Angela LeMay

CLEARWATER

Emmeshed in our own daily challenges, it's easy to overlook the valuable lessons in survival that nature still has to offer our societal and technical advancements.

"Winter, The Dolphin That Could", is an inspiring film of a dolphin that was rescued from the near death of being entangled in a crab trap off Cape Canaveral. The recounting of this true story reminds us of the amazing miracles that abound from the sheer will to survive - against all odds - and a little help from our friends.

After her tail fell off, "Winter" was not expected to survive, but with the rehabilitation efforts of The Clearwater Marine Aquarium (CMA), triumphantly, she relearned how to swim and received a prosthetic tail. Her incredible story has inspired many and the prosthetics in her tail has lead to a new technology that has helped humans too.

Our friends at CMA will be showing their film, "Winter, The Dolphin That Could" at their Bright House Atlantis Theatre eight times daily at the top of the hour.

The film was screened at the Tribeca Film Festival in New York City, one of the top film festivals in the world, and Tribeca Film Festival co-founder, Craig Hatkoff has written a book with his daughters, Juliana and Isabella, Winter's Tail: How One Little Dolphin Learned to Swim Again.



Winter the Dolphin with a CMA volunteer

The book will be available in October. Currently, aside from the screenings at the CMA, the documentary is on sale exclusively at www.seewinter.com, but will soon be available nationwide.

Clearwater Marine Aquarium has just been named the non-profit organization of the year by the Tampa Bay Business Journal. The CMA is dedicated to marine life rescue, rehabilitation and release, and environmental education. The CMA is located on Clearwater Beach and is open from 9-5, Mondays through Thursdays, 9-7 on Fridays and Saturdays, and 10-5 on Sundays.

For more information go to www.cmaaquarium.org.

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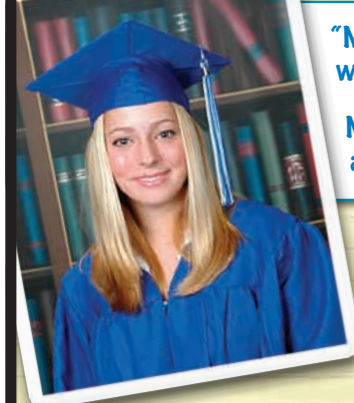
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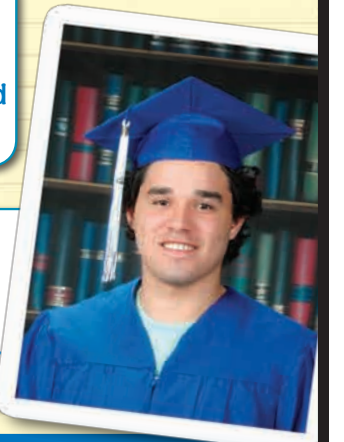
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THE ART OF COLIN O'NEAL TAKES CENTER STAGE AT PANGEA CAFE

by David Ziff



Guests enjoy art and music at Lord Colin O'Neal's exhibition opening night, held at Pangea Cafe. Photo by David Ziff

CLEVELAND STREET DISTRICT, CLEARWATER

While the days are still long and the dog days of August are still ahead of us, there's time to see the extraordinary display of Pop Art at the local hot spot, Pangea Café, in downtown Clearwater. On the other hand, when you see school buses back on the roads in September you'll know you're too late if you haven't made the pilgrimage to see the exhibition of artist, Lord Colin O'Neal.

The showing was kicked off on the evening of May 30 of this year when a predominately youthful crowd surged into Pangea as if they were attending a rock concert. The artist, looking younger than his 32 years, seemed to take on the cachet of a rock star. As he made the rounds amid his fans, he left eddies of excitement in his wake. Young girls, dressed to the nines, seemed to be in their element sitting below and dwarfed by the paintings above them.

The first impression one gets from an O'Neal is an explosion of color. Take the vividness of spring, the golden fields of summer and the profusion of autumn primaries. Then multiply their effect to

adjust them to the intensity of an O'Neal and you'll have some idea of the impact of his work.

Although he's identified with the well-defined genre of Pop Art, O'Neal has blazed his own trail. It takes years of mastery and countless canvasses to evolve your own style, the sure sign of the maturing of an artist. O'Neal has carved his own distinctive place in the world of art, a worthy successor to, but never derivative of, Andy Warhol, Peter Max and Roy Lichtenstein.

The innovative owner of Pangea, the German-born Sylvia Heneghan, has become a major patron of the arts and culture in Clearwater, providing a stage for artists, musicians, the International Artists in Action group, human rights activists and poetry readings among others. She brings the flair of a European setting where people can talk, enjoy good food and beverages and be in tune with worthwhile cultural values.



The artist Lord Colin O'Neal next to his rendition of Marilyn Monroe – Photo by David Ziff



Lord Colin O'Neal's bright and colorful pop-art style paintings Photo by David Ziff

Here's what Sylvia had to say about Lord Colin O'Neal's exhibit, which now graces the brick walls of Pangea: "The debut of O'Neal's 2009 collection was one of the most heavily attended shows we've had the privilege of hosting. It's always fascinating to see what kind of atmosphere an artist conjures up through his work. An O'Neal brings life, cheerfulness and aesthetics into people's lives."

Ms. Heneghan said that Pangea will be home to the exhibition through August, 2009. She also said that as canvasses are sold, they will be replaced with new ones.

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Pirate ships sail the waterways of John's Pass – Photo by David Ziff

PIRATES "ARR" IN JOHN'S PASS

by Heidi Lux

JOHN'S PASS

John's Pass celebrated its rich pirating history with the annual three day "Pirate Days" festival. The festival honors the discovery of John's Pass by John Leviqye who, according to legend, was a French peasant boy, forced to take up a life of piracy after the Spanish sailing vessel, on which he was a cabin boy, got hijacked by pirates. He rose up through the ranks, eventually becoming a pirate captain himself. After retiring from his life of piracy on the high seas, Leviqye became a turtle farmer, and was set to take a shipment of turtles to New Orleans and return to his treasure buried on the West Coast of Florida, but the hurricane of September 1848 had other plans for him. Upon Leviqye's return, he found the hurricane had split the land by its massive gale force winds, and so he sailed through the new pass, which has been known as John's Pass ever since.

Pirate Days also offers education on hurricane preparation, by providing a hurricane expo where people can educate themselves on safety.

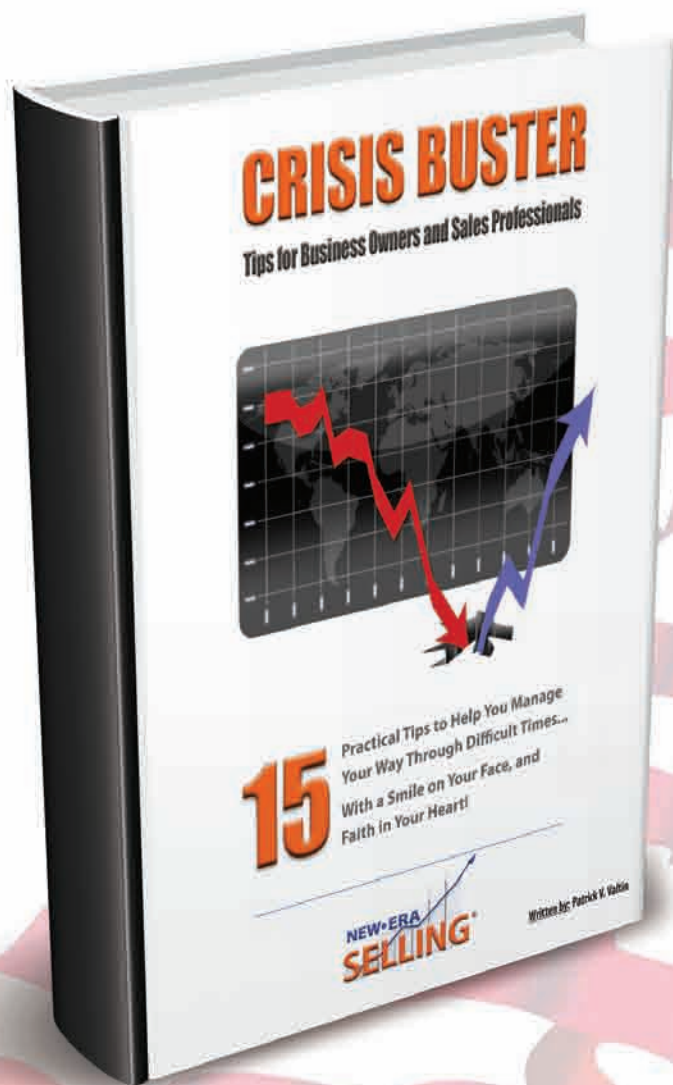
"Pirate" father and son Photo by David Ziff

Two swashbucklers "settle their differences" at the fight circle – Photo by David Ziff

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Joy Gendusa cuts the ribbon to her new PostcardMania building.
Photo by Nick Anderson

"LET'S GET POSTCARDED IN HERE!"
by Heidi Lux

Continued from front page

to quality." The company has a reputation for exceeding expectations through superior quality work, which is evident in the high

caliber building created for PostcardMania.

The big red building is 25,000 square feet, and consists of two stories of office space and two stories of parking, allowing for 160 vehicles. The design is "New York warehouse chic" circa 1920 on the outside, and a bubbly purple and green avant garde design on the inside, with exposed block walls and stained concrete floors. The building also contains a nursery, gym and lounge area for employees.

Joy Gendusa founded PostcardMania with the purpose of assisting small business owners and entrepreneurs, and continues

to do so by offering free marketing tips, which are available on the PostcardMania website www.postcardmania.com. At the ceremony, Joy spoke a few words about the

economy, and offered some tips to boot. "There are still lots of people making lots of money... There are ups and downs but people are resilient... Keep marketing!"



The new PostcardMania headquarters
Photo by Nick Anderson



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WHAT CAUSES TENSION?

by Desiree Lotz

Are you, like millions of others, chronically tense or anxious? Suffering from a dry mouth or feel like you're suffocating? Is your stomach constantly in a knot or having spasms? Or, do you get chronic muscle cramps?



Your nervous system consists of the parasympathetic and the sympathetic nervous systems. Your parasympathetic nervous system keeps you calm and helps slow your mind and your body down, whereas your sympathetic nervous system keeps you going, going and going.

This is important because, when you're supposed to be on the go – working, exercising, in action – you need your sympathetic nervous system to be firing away and providing you with energy but when you're supposed to relax, unwind, eat calmly, sleep peacefully, your parasympathetic nervous system needs to take over.

In other words, a balanced nervous system will allow you to have plenty of energy when you're supposed to but also allow you to be calm and peaceful when you're supposed to be relaxed.

To function properly, your parasympathetic nervous system needs the alkaline minerals to create the calmness and peace whilst your sympathetic nervous system requires the acid minerals to give you that energy when you need it for your work or play.

The main alkaline minerals include, amongst others, calcium, magnesium

and potassium while the predominant acid mineral is phosphorus.

Phosphorus mainly comes from your grains (breads, pastas, crackers, processed foods, pies, cakes, etc) – your typical American diet - while calcium, magnesium and potassium mainly comes from your greens – of which most people don't get enough.

If you're mostly tense and anxious, that is because your nervous system is being deprived of the vitally important alkaline minerals.

The important thing to know is that you need to eat more green vegetables and fewer grains.

You can also supplement with a good quality calcium and magnesium supplement like Instant CalMag-C and drink two to three teaspoons of Paul Bragg apple cider vinegar in water with raw organic honey to get some good quality potassium into your body. This is quite a tasty drink if done right and goes a long way to providing you with the potassium your body needs. It's available online at Paul Bragg's site.

You can reduce the tension and anxiety and have a calm and peaceful night's sleep by eating more greens and taking a high quality calcium and magnesium supplement.

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GOV. COMES HOME TO SIGN HOMEGROWN BILL

by Heidi Lux



Governor Charlie Crist signs a bill at the Firefighter Memorial Flag Bill-Signing Ceremony at the City of Oldsmar Fire & Rescue. – Photo by Randall Gillion

OLDSMAR

Governor Charlie Crist made a stop in Oldsmar on June 25th to sign into law Florida Senate Bill 198, which formally adopted a state flag in honor of Florida's fallen firefighters. "The Firefighter Memorial Flag honors those who made the ultimate sacrifice in the line of duty. Our hearts and eternal gratitude go out to these public servants and their loved ones," said Gov. Crist during his address. "Florida's firefighters are public servants of the highest caliber, risking their own safety every day to ensure their fellow Floridians are safe."

The bill itself originated in Oldsmar and Pinellas County, so it is fitting that the formal signing took place here. The flag was conceived by Scott McGruff, the Oldsmar Fire Rescue Chief, and designed by Palm Harbor Fire Rescue's fire fighter Rick Weschler, while the bill was co-sponsored by State Senators

Charlie Justice and Bill Heller, both of St. Petersburg. Governor Crist, who is himself from St. Petersburg, remarked on how nice it was to be back home in Tampa Bay.

The memorial flag features the Great Seal of the State of Florida surrounded by the words, "Courage," "Honor," "Sacrifice," and "Valor," and may be displayed at the Fallen Firefighters Memorial which is located in Ocala at the Florida State Fire College, as well as locations to be chosen by families of fallen firefighters and the State Fire Marshal.

SCIENTOLOGY VOLUNTEERS PREPARED TO HELP THIS HURRICANE SEASON

by Joshua T. Gillion

ORLANDO

Members of the Church of Scientology Disaster Response of Tampa recently joined members of other faith-based disaster response organizations in a special Points of Distribution (POD) training session, conducted by the Florida National Guard in Orlando, in preparation for the coming 2009 hurricane season.

Over a two-day period, a retired National Guard major instructed the volunteers in the establishment and operation of a central location to care for the needs of people affected by a disaster; covering everything from how to establish a POD to how to organize the distribution of needed supplies, and the control of traffic through the unit. The volunteers drilled carrying out the various functions they will need to perform at the POD, so they will be prepared if and when disaster strikes.

Points of Distribution, or PODs, are locations where the public can pick up emergency supplies following a disaster. The need for

a POD is based on the lack of infrastructure to support normal distribution of food, water, or other supplies after a disaster. According to FEMA, the success of a POD is directly proportional to the planning done beforehand. "With a developed strategy and coordinated effort," FEMA training materials state, "your community will get those lifesaving commodities they need quickly and efficiently."

In addition to the training they receive at sessions like this one, members of the Churches of Scientology Disaster Response also train as Scientology Volunteer Ministers, learning techniques developed by Scientology founder L. Ron Hubbard, that enable them to help people with their emotional and spiritual needs during times of crisis.

"Volunteer Ministers work directly with community leaders, officials, support personnel and citizens to bring order and real help in the face of any disaster," their website states, "When disaster strikes, the Volunteer Ministers are among the first to arrive." In fact, in the past two decades,

Scientology Volunteer Ministers, living by their motto: "SOMETHING CAN BE DONE ABOUT IT!", have provided emergency service and real help at 126 worst-case disaster sites worldwide, making them among the most recognized independent relief organizations in the free world.

The Churches of Scientology Disaster Response of Tampa is sponsored by the Church of Scientology of Tampa. Visit their website at www.scientology-tampa.org to find out more. For more information about the Scientology Volunteer Ministers, visit their website at www.volunteerministers.org.

The Volunteer Ministers also offer free online courses and a disaster response seminar on their website.



Volunteer Ministers received training from the Florida National Guard in Orlando.

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CLEARWATER JAZZ HOLIDAY UNVEILS POSTER

by Heidi Lux



John Brennan alongside his artwork, this year's Clearwater Jazz Holiday poster – Photo by Randall Gillion

CLEARWATER

On Tuesday, June 23rd, the official poster for the 2009 Clearwater Jazz Holiday music festival was unveiled in Clearwater. The poster, a vivid and lively contemporary piece depicting a jazz band playing in front of a piano-key bridge reminiscent of Clearwater's Memorial Causeway, was designed by John Brennan, a 20 year old USF junior music major, and an accomplished emerging artist. Brennan was the winner of this year's contest.

The Clearwater Jazz Holiday is held annually in Coachman Park and this year marks the 30th anniversary of the event. "Jazz holiday is the premier event in Clearwater every year," said Mayor Hibbard at the poster unveiling. "This year, as always, is going to be better than the last." Last year, the Jazz 'N Art Walk was added

to the festival, and it returns again this year, expanding the amount of blocks it occupies on Cleveland Street. Next year, the festival would like to incorporate the Capitol Theatre into the event.

For thirty years, the Clearwater Jazz Holiday has brought some of the biggest names in jazz to Clearwater. The crowds have swelled to 60,000, with an estimated 30,000 of them coming from out of town. The festival is put on with the help of the City of Clearwater and hard-working volunteers, and is funded through donations. It is through donations and volunteers (14,000 volunteered for last year's festival), that this event has managed to stay admission-free for three decades despite bringing in big names like Tony Bennett.

The High Note Society is one way the Clearwater Jazz Holiday receives contributions. Everyone is welcome to join the society, and take advantage of special privileges that include VIP tickets, T-shirts, posters and invitations to special social events throughout the year, such as the upcoming High Note Social at the



Members of the High Note Society mingle at the poster's unveiling. – Photo by Randall Gillion



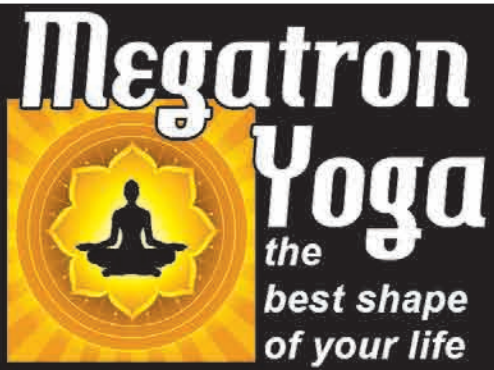
The Johnny Gene Thing "jazzed it up." Photo by Randall Gillion

Sandpearl Resort in July. Membership prices range from \$100 to \$3000.

The performing line-up for this year's Clearwater Jazz Holiday will be announced at Marine Max in Clearwater on August 18th, although it has already been leaked that the Neville Brothers will be the festival's closing act on Sunday, October 18th. "We try to start it with a bang and close it with a bang," says Bill Smith, the former president of the Jazz Force – the corps of volunteers who organize the annual event. "We like to have a little something for everyone."

On October 6th, the 4th Annual Flavor of Jazz fund-raiser food tasting and show will be held at Ruth Eckerd Hall. The Clearwater Jazz Holiday itself will be held October 15th through the 18th, and the Jazz 'N Art Walk will take place on the 17th and 18th.

To read about last year's Clearwater Jazz Holiday or to find out more about it, the High Note Society or volunteering, go to www.clearwaterjazz.com, or call (727)-461-5200.



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George Cretekos, Carlen Peterson, William Jonson, John Doran and Mayor Frank Hibbard in front of the new rededication plaque – Photo by David Ziff

"BRIDGE TO FRIENDS, FAMILY AND COMMERCE FOR 75 YEARS..." SAYS HIBBARD

by Heidi Lux

CLEARWATER

"Today is a historic day, today is a scenic day," noted Pinellas County Commissioner, Karen Seel, speaking at the June 25th Courtney Campbell Causeway 75th anniversary rededication of a historical marker. The Causeway "is just beautiful and it leads me to paradise."

The marker honoring the Courtney Campbell Causeway had been moved due to construction and the rededication also celebrated its return in a short ceremony in which Clearwater Mayor, Frank Hibbard, spoke, along with others. Many dignitaries from Hillsborough and Pinellas Counties were in attendance, truly a symbol of how the Courtney Campbell "bridges" the two counties.

The Courtney Campbell Causeway extends

across Old Tampa Bay, and connects State Road 60 between Clearwater and Tampa. The Causeway is known for its scenic, pleasant and laid-back drive.

The Courtney Campbell Causeway was commissioned in the 1920s by Ben T. Davis to provide a quicker route between Tampa and Clearwater. Before then, travelers from Clearwater had to go through Oldsmar. This connection no doubt helped develop the economy and influence of Clearwater. The bridge opened on June 28, 1934 as the Davis Causeway, a toll road, which costed \$0.25 in those days.

In 1944, the bridge was purchased by the government to help the war effort, transferring the ownership of the bridge to the State of Florida. In 1948, the bridge was renamed the Courtney Campbell Causeway in honor of the U.S. Representative and Clearwater

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Elected officials from Pinellas and Hillsborough counties with the Courtney Campbell Causeway marker – Photo by David Ziff

resident. Rep. Campbell served on the Florida Road Board and helped ensure repairs and beautification of the bridge.

In 1987, the barrier wall was added, turning one of the most dangerous roads into one

of the safest and most scenic. A chain link fence had been planned, but the plans were changed to the current barrier wall.

In 1991, a landscaping project improved the aesthetics of the bridge and, in 2005, the bridge was dedicated as a scenic highway.

In 2010, construction on a multi-use trail will begin, further improving the aesthetics and usefulness of the causeway.

As Mayor Hibbard said at the dedication ceremony, "For 75 years, it has connected friends, family and commerce." The Courtney Campbell Causeway will surely continue to do so for many, many more years to come.

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Beer, Wine & Food Samples
Silent Auctions & Give-aways

Tues, July 28

4:00 - 8:00 PM

at the Conny Center

750a San Salvador Dr, Dunedin