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◆
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There's No Oil Here!



Photo by Leigh Clifton

Three boys at play on Gulfport Beach on a recent Saturday afternoon. Pinellas County beaches brace for record crowds this Memorial Day Weekend.

Gulfport Hurricane Seminar Tonight at Casino

The City of Gulfport will be hosting the 2010 Hurricane Seminar tonight at 7 p.m. at the Historic Gulfport Casino Ballroom at 5500 Shore Boulevard S. in Gulfport.

Several vendors will be involved in this event: American Red Cross, Gulfport Community Emergency Response Team (CERT), Gulfport Community development, Gulfport Fire Department, Gulfport Police Department, Home Depot, Hurricane Window and Doors, Pinellas County Communications, West Coast Insurance and Whitco Insurance.

The City of Gulfport's guest speaker for this year is newly arrived meteorologist from News channel 8, Brooks Garner. His presentation will consist of historic hurricanes and the effects on the area. He also will depict what areas would be underwater if a significant hurricane were to come and the importance of evacuation. Brooks will also go into the 2010 hurricane outlook by various organizations, explaining why the year is expected to be "higher than normal." Finally, he will go over the basics of hurricane categories, detailing the changes in the Saffir Simpson scale for this season. The presentation will last for approximately 45 minutes with room for questions.

This informative seminar is open to the public. For more information on this event, please email gbiron@mygulfport.us or call Gail Biron at 727-893-1118.

Bay Pines VA Memorial Day Ceremony

BAY PINES-Bay Pines VA will commemorate Memorial Day with a ceremony on Monday, May 31 at 10 a.m. at the Bay Pines National Cemetery. This is the only National Cemetery in Pinellas and Hillsborough counties and the largest observance of Memorial Day with over 3,000 expected attendees.

Steve Jerve, Chief Meteorologist for WFLA, News Channel 8, will serve as the ceremony's emcee. Guest speakers will include Congressman C.W. Bill Young (FL-10-R) and representatives from VA.

See *Bay Pines*, page 3

Pinellas Evacuation Maps Change

In response to better data in some key computer models, more than 73,000 of Pinellas County's 316,425 parcels are changing evacuation levels for the 2010 Atlantic hurricane season. Of the parcels that changed levels, 18,861 were placed in a higher surge category (e.g., level B to level C) and 54,332 were moved to a lower surge category (e.g., level D to level C). These changes are due to three important factors:

1. Pinellas County has received new light detection and ranging (LIDAR) data giving more accurate information on ground elevations above sea level.

2. The National Hurricane Center is using a more powerful Sea Lake Overland Surge from Hurricanes (SLOSH) computer model to better simulate anticipated surge levels.

3. Unusual and destructive storms which brought very high

See *Maps*, page 2

Maps, from front page

storm surges, such as Ike (2008) and Katrina (2005), were considered in the model process.

The evacuation zones are also using a new color scheme this year. The new colors have been selected to create a statewide standardized color scale. The new scale is:

- Level A – Red
- Level B – Orange
- Level C – Yellow
- Level D – Green
- Level E – Purple

It is important to note that evacuation maps are not the same as flood zone maps used to determine a property's insurance rates. Flood zones can be viewed at the National Flood Insurance Program's website, www.floodsmart.gov.

Residents are encouraged to verify their evacuation levels before June 1. The new data can be found at www.pinellascounty.org/emergency and clicking the Know Your Zone tab or by calling 727-453-3150 and entering the home's ten-digit land line phone number. This service does not work

for cell phones. The information will also be available on Pinellas County Utility bills and the Truth in Millage notice sent by the Property Appraiser's office in August.

For tips on how to make a survival plan, prepare your home or evacuate before a storm, visit Pinellas County's Emergency Management home page at www.pinellascounty.org/emergency, or call 727-464-3800.

...

St. Pete Beach Litigation Update

ST. PETE BEACH- The city has spent this Fiscal Year \$200,891.42 as of April 30 on litigation. At its May 25 meeting the city commission approved on second and final reading adding an additional \$50,000 to its extra legal fund.

City Manager Mike Bonfield said the city plans to look at ballot language for adding a couple of questions to the August election at its June 8 meeting. One of the questions that may go before voters relates to the litigation. Voters could vote again on comprehensive plan changes and development regulations approved in a June 2008 election. Some of the lawsuits included concerns on the ballot language in that election.

City Attorney Mike Davis said he anticipates an August 19 or 20 court date for the Pyle ballot case and possibly the Kadura case, also.

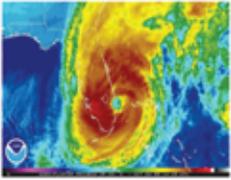
Commissioner Bev Garnett said she prevailed in an election's case. There was no probable cause, it was dismissed, she said.

...



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Open House

Bay Pines, from front page

An invitation is extended to all veterans, their family and friends, and the general public to take this opportunity to remember the men and women who served and gave so much to protect our nation.

Clearwater High School Marine Corps JROTC Silent Drill Team will perform as well as post and retire colors. The ceremony will also include musical performances, a firing salute, and taps performance.

Parking is available nearby and shuttles will provide transportation for guests from parking lots to the National Cemetery. Venue is handicapped accessible. A sign language interpreter will be available for the hearing impaired.

Venue is outdoors, please dress appropriately for inclement weather. For further information, please contact the cemetery office at 727-398-9426.

...

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The Gulfport Teen Council is looking for you! Teen members' involvement includes working with the City Council concerning equipment recommendations; budgetary considerations for City's parks and recreation programs; and provide recommendations, suggestions and assistance with youth events for city-sponsored festivals/programs. Teen Council members also gain valuable community experiences by attending local and state conferences, participating in community services projects and by representing the best of the City's youth. Get involved today! There is one vacant regular member position and three vacant alternate member positions available. Applications may be picked up at the Gulfport Recreation Center, 5730 Shore Boulevard S. or City Hall, 2401 53 Street S. Positions open until filled. A recommendation/reference letter is required from a principal, school counselor, teacher or an adult not related to applicant attached with the application.

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9-5 Mon - Wed, 9-2 Fri, Closed Thursday

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Northwest St. Petersburg, Tyrone,
Kenwood, Central Oak Park,
Southwest St. Petersburg, Maximo,
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Pass-A-Grille, Treasure Island,
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Circulation 13,000-15,000

Deadlines

Editorial Copy Monday - Noon
Display Advertising Tuesday - 5 pm
if proof is required - Monday Noon
Classified Advertising Tuesday - 5pm

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Players to Hold Annual Membership Meeting

The Gulfport Community Players will hold their Annual Membership Meeting and Elections at the Back Door Theater on May 28 at 7 p.m. All members are urged to attend. Reports will be read and elections will be held. You must be a member of the Players to vote in the election. The meeting will be held at the Players' Back Door Theater, located at 4919 17 Avenue S. in Gulfport.

The Board approved a new "Earned Membership" class recently and, from now on, any person who devotes 25 or more hours of volunteer time to the Players (including actors and stage crew) from June 1, 2009 through May 31, 2010 will earn a one year paid membership to the Gulfport Community Players for the following year. This free membership allows the person to vote in the annual elections held on the last Friday of May each year.

Tickets to the Players' 'Cathy' Awards Dinner will be available at this meeting. The dinner and

award ceremony will take place on Saturday, June 12 at 6 p.m. Tickets are just \$15 each, and can be purchased at Eileen's Resale Boutique, 5401 Gulfport Blvd. S.

The Board welcomes any of its members in good standing to serve on the board. Please contact Eileen Navarro at 727-322-1422 for more information.

...

Deadline Nears for Scholarship Award

South Pasadena residents and high school graduating students of the City of South Pasadena, have until May 28, 2010 to apply for the City's annual scholarship award. Applicants must have been City residents for the past two years, and been accepted at an accredited college, university, trade or technical school.

Applications are available at City Hall, 7047 Sunset Drive S., South Pasadena and at ci.south-pasadena.fl.us. For more information, call the City Clerk's office at 347-4171.

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Free Memorial Weekend Beach Concert

The biggest beach concert in Pinellas County is Treasure Island's free Memorial Day Weekend Beach Concert "Bands on the Sand 2" on Saturday, May 29. A huge variety of live bands play from noon until 10 p.m. with professionally produced sound and concert stage lighting. A spectacular fireworks show lights up the Treasure Island skies at 10 p.m. Additional activities include a children's area, arts and craft vendors, food and beverage concessions and much more.

Reserved seating is available in the Ricky T's Sand Box for \$150 per table of six (6) persons. For additional information or to reserve a table, please call the Treasure Island Recreation Department at 727-547-4575, ext. 237.

"Bands on the Sand 2" is on Treasure Island's beach at 104th Avenue and

Gulf Boulevard behind the Bilmar Beach Resort. All-day parking on the beach for \$10. Parking entrance at 112th Avenue and Gulf Boulevard. Details at www.mytreasureisland.org.

...

Post 305 to Sell Poppies

Memorial Day is upon us, the American Legion family wish you and your friends a very safe and enjoyable summer. Memorial Day is usually the time when most Auxiliary volunteers distribute bright red poppies to

assist disabled veterans. The poppy became the official flower of the American Legion in 1923, to remind us of the soldiers who fought during Word War I. It remains symbolic of all veterans. Auxiliary volunteers of Post 305 in St. Pete Beach will be at Walgreens, 4401 Gulf Boulevard this Saturday May 29, from 9 a.m. till 3 p.m. to distribute poppies. Veterans at Bay Pines Hospital make the poppies; all proceeds go to disabled and hospitalized veterans at Bay Pines.

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Memorial Day Bluegrass Barbecue on Sunset Beach features performances by Gypsy Wind, Bluegrass Parlor Band, Dennis Wallace Unit, Gator Grass, Skyway Bluegrass and Lions Bluegrass Bunch. Admission of \$15 includes exclusive parking. Spicy barbecue, hot brats, wine and beer available for purchase. Proceeds benefit the visually impaired. Wear your swimsuit and enjoy Sunset

Beach on May 31 from noon to 6 p.m. at St. Petersburg Lions Beach House, 9300 West Gulf Boulevard in Treasure Island. For more information email stpetelions@gmail.com or call 727-768-1121.

...

Commission Reviews Free Rides

ST. PETE BEACH- The city commission tabled May 25 an ordinance regulating all vehicles, which transport the public whether

or not they charge a fee. Beginning last year a number of vehicles started transporting passengers between hotels and other commercial destinations like restaurants. These services did not charge the public set fees but were compensated through voluntary tips and advertising on the vehicles.

The possible changes in the public conveyances ordinance resulted from some community members expressing concerns about these free of charge services being mostly unregulated. Previously only paid taxis or vehicles for hire had to follow the city's licensing requirements for public conveyances.

The commission and public discussed requirements of the vehicles offering free rides such as including a vehicle lettering requirement, a photo badge for drivers, a decal showing city licensing, and requiring driver background checks. The city will do more research on the ordinance and bring it back to the commission once they have the information for first reading.

...

Rotary Club of St. Petersburg

The Rotary Club of St. Petersburg Suncoast meets every Thursday at noon at Gigi's Italian Restaurant, 6852 Gulfport Boulevard (Pasadena Shopping Center). Guests are welcome to attend. Come discover the new face of Rotary. For more information, call their Club President, Karen Keaton at (727) 822-2200.

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Tow to Go

AAA Auto Club South and Budweiser will be protecting everyone on the road for the Memorial Day Weekend by providing free rides home to intoxicated drivers and their cars.

'Tow to Go' will be available the Friday, May 28 through Monday, May 31. Since its inception in 1998, "Tow to Go" has safely removed more than 11,400 drunk drivers from the roads.

'Tow to Go' provides a free confidential ride home and tow to anyone in a bar or restaurant who may have had too much to drink simply by calling 1-800-AAA-HELP.

AAA Auto Club South and Budweiser AAA and Budweiser encourage individuals to plan for a safe celebration this weekend by being or choosing a designated driver, or by calling Tow to Go for a safe ride home, rather than allowing anyone to drive whose sobriety is in question.

...

Privacy Fence

ST. PETE BEACH- The St. Pete Beach City Commission approved a variance to allow a three-foot fence on an existing concrete wall at 200 1st Avenue. The Point Pass-a-Grille Home Owners Association made the request to reduce insurance risk and due to an increase in trespassing and vandalism. The association also received approval for replacing a section of three-foot fence with a six-foot fence.

...

Heights Raised on Second Reading

ST. PETE BEACH- An ordinance which can raise the elevation of some existing structures to allow

for a garage underneath passed on second and final reading at the May 25 St. Pete Beach City Commission meeting.

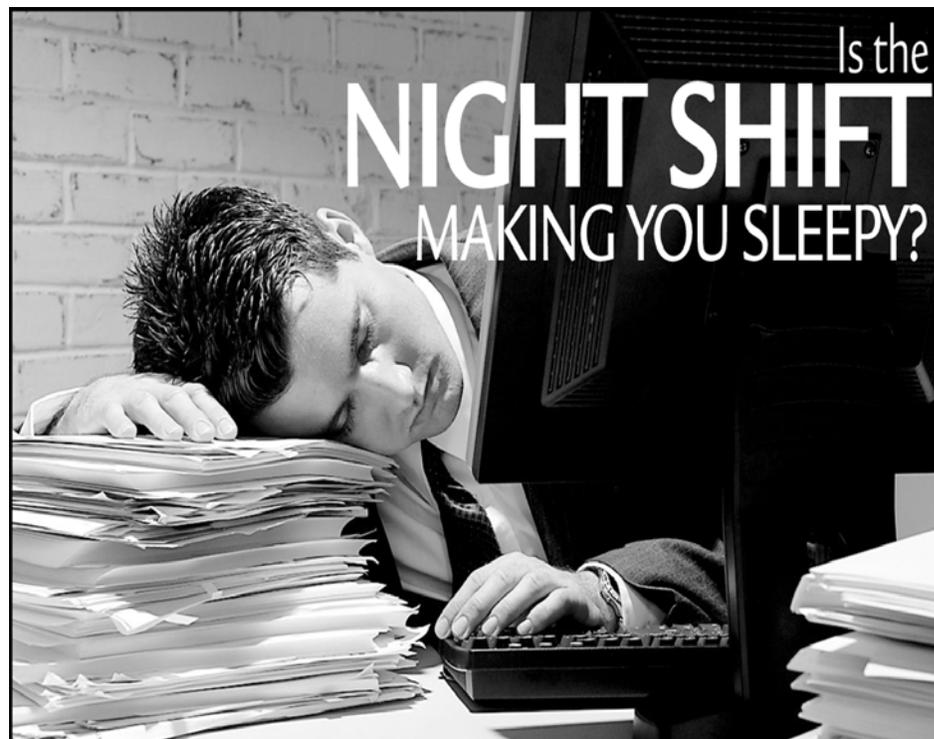
The whole purpose of this is to raise a house, which you can't raise now because it's non-conforming. Raising the house helps with Federal Emergency Management Agency insurance requirements, said Commissioner Al Halpern.

The newly adopted ordinance raises the height somewhere between 18

to 30 inches depending on grade and flood elevation, Community Development Director Karl Holley said.

The motivation behind the ordinance was discussed again with stated opinions ranging from the ordinance being a general ordinance to the ordinance being for a specific property. There is ongoing litigation related to raising a Pass-A-Grille house and a related permit.

...



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The Senior Learning Council, a Florida not-for-profit providing

education to seniors regarding financial, insurance and long term planning programs, is sponsoring a series of free educational workshops of particular interest to area seniors. The June series "What Consumers Need to Know" covers the topic of Reverse Mortgages and is presented by the "Are You 62 Yet?" Seminar Gals. This seminar is an entertaining, fun and informative presentation of senior statistics and reverse mortgage facts. The following events

are open to the public:

- Gulfport Public Library, Wednesday, June 2, 2 p.m.
- Pinellas Park Senior Center, Tuesday, June 8, 1 p.m.

For reservations or more information please call Donna at 727-831-3416. Reservations are appreciated to assure material availability and room set-up.

...

Wendy Johnson Memorial Fund

ST. PETE BEACH- The city commission established a special fund for donations in memory of Wendy Johnson. She passed away on April 4 after a courageous fight against cancer. Johnson served on the city Recreation Advisory Committee. The donations will go to swimming pool purchases, which are extraordinary and outside of those routinely budgeted.

People can mail or bring donations to City Hall or to the front desk at the Recreation Center. Put "for Wendy Johnson" on the envelope and make checks payable to the City of St. Pete Beach.

...

Sign Census

ST. PETE BEACH- The city commission approved \$14,400 for a federally mandated street sign inventory. Cardno TBE of Clearwater will inventory all the signs in the city including city roads, state roads, city-owned parking lots and city-owned parks.

...

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Parking Changes Pass Second Reading

ST. PETE BEACH- The commission approved on second reading a few changes in parking. The "D" permit will no longer be needed for parking on 30th Avenue between Sunset Way and the beach. Parking will be prohibited on both sides of the street on parts of 30th Avenue, 55th Avenue, 64th Avenue and 67th Avenue. There will be a 24-hour limit on two non-metered car parking only spaces along the waterfront at Egan Park.

In a separate ordinance the commission passed on second and final reading a 20 percent increase in parking pay station fees at the county beach park. The increase is to offset an increase in expenses at the parking lot, which is across from Dolphin Village.

...

Vendors Sought for Corey Summer Market

Beginning June 13, Corey Avenue, St. Pete Beach, will be holding a Sunday Summer Market. Market will run through June and possibly into July/August. Vendors will set up on the sidewalks of the 300 and 400 block of Corey Avenue. Interested vendors of produce, plants, arts/crafts and foods are asked to contact Kathi Hansen, Corey Corners, 350 Corey Avenue or call 727-498-8778. Must have license or certificate for your type of product. Visit www.coreyave.com.

...



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The Garden Club of St. Petersburg

The Garden Club of St. Petersburg will be holding a Coffee & Garden Crafts Workshop on Monday, June 7 from 10 a.m. to 12 noon at the Garden Club Center, 500 Sunset Drive S. in St. Petersburg. A materials fee of \$3.50 for Garden Club members and \$4.50 for guest and the general public will be charged to cover supplies.

Back by popular demand the workshop will be on "Making

Something New from Something Broken". Bring some of your broken jewelry that you no longer want and make a new fun item from it.

All craft workshops are open to the general public, potential new members and guest. Please bring your own scissors, pencil and small paint brushes. Coffee and tea will be furnished.

For additional information please call Betty Martin at 727-343-2255.

...

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What is 'Sophie's Attic'?

Sophie's Attic Thrift Shop, 2720 53 Street S., is a mission outreach of the First United Methodist Church of Gulfport. They are open every Friday and Saturday morning from 9-12. They have clothes for the entire family, kitchen ware, books, linens and accessories, and a constantly changing display of jewelry. Bring in this article and get a \$1 discount on your next purchase!

...

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Traditional Service 11:30 AM
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Mondays Course in Miracles 7 p.m.
Sat 5/29 Attract a Soul Mate 1-5pm

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www.templeofthelivinggod.org

The Island Chapel

Sunday Services 8am & 10am

8 am & 10 am

Children's Nursery Provided
Adult Sunday Bible Study 9:00 am
Children's Sunday School 10:00 am

Dr. Mike Wetzel, Pastor
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St. Vincent's Episcopal Church

5441 9th Avenue North
Saint Petersburg, Florida 33710

(727) 321-5086

Schedule of Worship

Sunday Worship

8:00 AM & 10:00 AM

Wednesday 10:00 AM

(Healing)

Worship

Help Send Youth to Retreat

Most Holy Name Youth Group at 5800 15 Avenue S. is holding a rummage sale featuring over 5000 items for sale on May 29 and 30 to raise money for their teens to attend a retreat in Lake Wales at the end of June. Due to the economy many families cannot afford to send their teens on this trip so the youth have decided to hold a massive rummage sale to defray the cost of this trip so that all may have the opportunity to attend. The sale hours are Saturday, May 29 from 8-4 p.m. and May 30 from 8-2 p.m. Please come support the Gulfport teens. Also on May 29 The Tampa Bay Symphony will be performing at 5800 15 Avenue S. and part of the proceeds will be given to the youth group for their retreat. The price per ticket is \$15 per person and you can purchase these tickets at the church. Please call 727-347-9989 for further information.

...

Visit St. Vincent's Thrift Shop

St. Vincent's Thrift Shop has recently completed an expansion and renovation. The shop has a whole new look and some small furniture

donations are now for sale. They continue their half-price clothing sales every Thursday with a nice selection of prom dresses, children's clothing and ladies plus size clothing. Beautiful gift items and jewelry are available. The book nook has been expanded with more fiction and nonfiction. Donations are gratefully accepted. The store is located at 5126 Gulfport Boulevard. It is open Monday through Saturday, 10 a.m. to 4 p.m.

...

First United Methodist Church of Gulfport
www.gulfportumc.org
28th Ave. S. & 53rd St. 321-3620

Child Care
 both Sun. Morn & Wed. Evening

Sunday Mornings

Sunday School	9:15a
Traditional Serv.	10:30a
Fellowship for all	11:30a



Join Us For SUNDAY SERVICES
Sunday 9am Holy Eucharist
Wednesday Healing Eucharist 11am
Our Thrift Store is open
Saturdays from 10:00 a.m. to 2:00 p.m.
Proceeds benefit Emergency Food Pantry

Food Pantry is Open
1st & 3rd Sundays
from: 10 am to 12:30 pm

St. Bartholomew's Episcopal Church
 3747 34th St. South St. Petersburg, FL 33711
(727) 867-7015



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 "Open Arms Ministries"
1000 55th Street S., Gulfport, FL 33707
727-239-1548

Rev. Dennis E. Belus
 Email: TrinityChurchNaz@yahoo.com

Sunday School ~ 9:30 am
Worship Service ~ 10:40 am
Wednesday Night Adult Bible Study
and Kids night Out 6:00 pm




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 11:00 am Traditional Service

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 (727) 381-2499 www.pasadenacommunitychurch.org



Gulfport Market Open all Summer

GULFPORT- As summer approaches, many local fresh markets are preparing to close for the season. But one local market is and always has been available to the community year-round: the Gulfport Tuesday Fresh Market. Local residents and local, independent vendors are the mainstay of the Gulfport Fresh Market. More than just a tourist attraction, the Market provides a valuable service to the community. The Gulfport Fresh Market takes place each Tuesday on Beach Blvd. below 29th Ave. South. Summer hours are 9 a.m. to 2 p.m.

Week in and week out, the Market offers fresh fruits and vegetables (including locally grown seasonal produce from farms in our area), as well as fresh bread, cheese, seafood, live herbs, plants, fresh flowers, nuts, honey, pet treats, smoothies, hand-made soaps, local art, crafts, jewelry, candles and healing lotions and oils. Charter a kayak tour at the Market, consult our astrologer or try on a henna tattoo. Watch

a pottery wheel demonstration. Visit with rescued parrots from the Pinellas Suncoast Parrot Sanctuary on the first Tuesday of each month. Nearly 25 vendors offer these items and experiences to customers who appreciate the opportunity to support local merchants, artists, crafters and non-profit groups. New vendors join the Market nearly every week.

Gulfport's Industrial Arts Center (IAC) is now open on Tuesdays from 10 a.m. to 2 p.m. during the Fresh Market. Located in Gulfport's Art Village Courtyard, the IAC offers members of the public young and old a chance to "blow your own" glass masterpiece. Choose from vases, drinking glasses, spirit balls, candy dishes, ornaments and more. On Tuesdays, discounts of \$5 off are available to seniors and veterans.

Expect other events and activities during the summer season. Music, clothing swaps, art shows and more will be scheduled to make the Market a new and lively experience each week.

Free transportation to the Market for seniors can be arranged on the first Tuesday of each month. The Gulfport

Senior Center's GEMS transportation service will take seniors to and from the Market free of charge from 9 a.m. to noon. Personal assistance will be provided if necessary. To arrange for your ride, call 893-2242. The Gulfport Merchants Association accepts donations of non-perishable food, toiletries, cleaning supplies and other personal needs at each Tuesday Fresh Market. Bring donations to the Merchants Association tent. Items are distributed to the Senior Center pantry to assist local families in need.

The Gulfport Fresh Market is sponsored by the Gulfport Merchants Association. For more details or for vendor information, contact Daniel Hodge at 727-366-4086 or email dan@igc.org or visit the Gulfport Merchants Association website at www.GulfportMA.com.

...

Town Shores Tai Chi

Are you a Town Shores resident who hasn't tried tai chi yet? Come to the clubhouse auditorium on Monday, June 7 at 9 a.m. when they begin from move #1 and give it a try. Classes meet every Monday at 9 a.m. Instruction will include the foundation exercises as well as the tai chi set. Emphasis will be on the many health benefits derived from the exercises as well as each move of the set. It is best to wear sneakers or shoes that will not slip off. There is a suggested donation of \$2 per class which goes to the Taoist Tai Chi Society. Call Marjorie at 345-6708.

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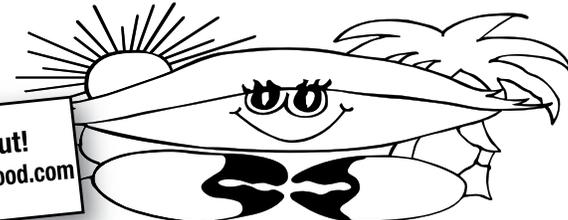
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The Community Garden is Ready for Planting!

GULFPORT-A brand new community garden is ready to be planted! The garden is available to residents of both Gulfport and St. Petersburg; providing the opportunity to grow vegetables, annuals and other non-permanent plants in a plot of their own.

The garden is a grassroots endeavor being coordinated by a group of local gardening enthusiasts. It is supported by the City of Gulfport and the South 49th Street Business Association. It is intended to provide a sustainable, educational, and aesthetically appealing garden in the Gulfport community.

The garden is located on Preston Avenue between 51st and 52nd Street South. Plots are available for \$50 for a season, with two seasons a year (March-August and September-February). In honor of Earth Day and our first growing season, plots are currently available for \$25 for the remainder of this season (limited time offer). Organizers hope that eventually the garden will offer educational courses for both youth and adults on topics ranging from organic gardening to xeriscaping. The focus will be on sustainable and organic gardening.

The grassroots community group is currently seeking gardeners with interest in having their own plot as well as volunteers to help with the garden. Plots are currently available for planting at a discounted rate of \$25 (Sunny plots, approximately 60 square feet, water provided). There are also several plots available on a scholarship basis. More information is available by visiting www.so49.org, or to sign up and reserve your own plot please visit BanyanScapes Nursery, 932 49th Street S. in Gulfport.

Justice Advocates for Senior Care

Senator Charlie Justice (D- St. Petersburg) has expressed concerns over the under-utilization of the State's Nursing Home Diversion Programs as they could potentially save the state millions of dollars and spare many seniors across our state. He urged Governor Crist to add senior care to the agenda if a Special *Gabber* May 27 - June 2, 2010

Session is called.

In a letter to Governor Crist, Justice states: "Long Term Care costs are impacting our budget to a greater degree every year. We have received information that beginning in July, there will be thousands of 'Intermediate' Long Term Care patients placed into very expensive institutions because there are no home and community base slots available due to budget cuts."

Justice continues "There is the ability to keep over 14,000 people out of expensive institutional care this year and save the State over

\$300 million dollars. This cost rises exponentially every year."

Grandparents Raising Grandchildren Support

Grandparents Raising Grandchildren offers support groups on the second and fourth Thursday from 6-7:30 p.m. at Family Resources, 3821 Fifth Avenue N. in St. Petersburg and at the Gulfport Senior Center, 5501 27 Avenue S. in Gulfport on the last Tuesday from 10 a.m. to 12 noon. They provide support, referrals, legal guidance, and resources.

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<p>Dr. Fred S. Feld (formerly of Dr. Bell's Dental Center and Exact Dentistry)</p> <p style="text-align: center;">Superior (Elite) Dentures \$450 each upper or lower, includes wax try-in (D-5110 & D-5120)</p>	<p>Extractions \$89 and up <small>D-7140</small></p> <p>715 49th Street North St. Petersburg, FL. 33710 727-321-0368 <small>Lic. # 8156</small></p>
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The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and with 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment. Prices are subject to change or vary based on the complexity of medical issues.

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Letters

A Plea from the Industrial Arts Center

Dear Editor: It is down to the wire and this is my plea for your help.

We opened our doors and have been offering classes at the IAC close to two years during the nation's most economic challenge in decades. This was accomplished by the dedication of our staff and volunteers.

99% of our revenue from the Artwalk events and classes are used to pay the general operating costs for the Industrial Arts Center. We have survived the storm and have many more plans to expand our classes to our community.

Just as we were getting a foothold this year, our landlord has raised our rent by 33%. For any business, let alone a non-profit organization, this is a tremendous financial challenge. We are a dedicated group of individuals that have a common interest in keeping the arts alive in our community. We have touched thousands of lives with our glassblowing demonstrations, classes and events and ignited the desire in many of our future artists to learn and create their own masterpieces.

We do not have the large corporate backing that many of the bigger art centers have the privilege of falling back on financially. The bigger and more established art centers have

the paychecks they have to pay to their administrative, marketing specialists, bookkeepers, lawyers, and administrators. These jobs for our center are all done by volunteers. Hundreds upon thousands of hours have been donated by these busy professionals to help us keep up with the daily running of our innovative teaching facility. As I said, every penny we earn during the Artwalks and classes goes into our general operating costs.

I am asking for your help to keep our non-profit organization's doors open. This is your community art center. It is for you, the children, the veterans, the seniors, and all those aspiring artists in all of us. We are not pretentious and are the neighbor next door who have the passion to help our community and sacrifice our time and energy to keep the doors open for your community.

Please help us by donating any amount that you can afford to continue this opportunity to continue to create and explore the artist within you, our future artists.

Any donation is tax-deductible and can be done online, for your convenience, at www.industrialartscenter.org. Just click the DONATE button.

Or, we will gratefully accept your donation by phone 727-289-9365 or you can mail us at: 2902A Beach Blvd. S., Gulfport, Florida 33707.

President Lynn DiVenuti
...

ATTENTION

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Richard Miller, DO
Kristin Witfill, DO
Bonnie Nestler, ARNP
Mary Cirincione, LA

Letters to the Editor

Please keep letters to the editor as brief and to the point as possible. Letters must be typed in upper and lower case on plain white paper or emailed to publisher@thegabber.com. One letter per author every four weeks.

All letters are printed and edited for length and content at the discretion of the editors.

The Gabber encourages and welcomes all letters.

The views and opinions expressed in this publication do not necessarily represent the views of the publishers, staff or advertisers.



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Mac Perry was awarded the Conservation Metal from the National Society of the Daughters of the American Revolution for his "Dedication to the preservation of the natural resources of our country."

Sign Up for Safe Boating Course

Are you ready to expand your boating knowledge and skills? The America's Boating Course presented by the St. Petersburg Sail and Power Squadron is available to anyone 12 or older. Instruction is free. Cost of the materials is \$25 per family. Classes are held once a week (two hours each Monday), for four weeks.

Completion of this course will enable the student to skipper a boat with confidence. Graduates are eligible to join the squadron and take advantage of all the other great educational opportunities afforded to SPSPS members.

The course will start Monday, June 7, from 7-9 p.m. at the St. Petersburg Sailing Center, 250 Second Ave SE, Demens Landing in St. Petersburg. Pre-registration is required. You may do it online at www.boating-stpete.org or call 727-498-4001. The course Chairman will contact you for confirmation.

...

Gulfport Rec Summer Program Information

Get ready to splash into summer as registration for the 2010 Summer Program has begun for children who have completed Kindergarten through age 14. Registrations for Gulfport residents and for non-residents currently enrolled in the School Year Child Care Program are currently being accepted. Registrations for non-residents not

enrolled in the School Year Child Care Program begin Monday, May 24 for 30 children max. Hours of registration are Monday-Friday from 9 a.m.-5 p.m. Annual registration fees are \$15 for residents and \$100 for non-residents. The 8-week program (June 21 - August 13) cost is \$250 for residents and \$504 for non-residents, which does not include field trips. Pre Camp (June 14-18) and Post camp (August 16-20) cost is \$70 for each week, which includes field trips.

Pre and Post camps are limited to 60 Gulfport residents only. Summer camp hours are from 7:30 a.m.-5:30 p.m. with extended hours available until 6 p.m. for an extra charge. Detailed pricing and registration packets are currently available at the Recreation Center, 5730 Shore Blvd. S. or on-line www.mygulfport.us and follow the links: City Departments, Leisure Services, Rec Center). Call 893-1068 for any questions.

...



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Back Yard Jam for Troop Support

On Saturday, June 5 Mellow Melodies & the Troop Support Alliance will hold the first annual Back Yard Jam for Troop Support. This event is an opportunity for the community to come together to show their support and raise funds for The Special Ops Warrior Foundation (SOWF). The SOWF provides counseling, educational funding and support for the families and children of Sp. Ops Warriors killed in the line of duty. They also provide financial

assistance to families of Sp. Ops Warriors to get to the bed side of their severely wounded warriors.

They are seeking donations for the food and raffle items from the business community to support this event. The Special Operations Warrior Foundation Fund is a 501(c)(3) tax-exempt organization, and donations are tax deductible. They are expecting approximately 200 people to attend this event. The music line up is as follows: The Stumble B's, Mason-Alvares with Doug Bliss, Ms. Goody Haines, The American Horse Band, Kristine

Allman & the Sweet Tea Band, The H.A.V.E (Helping American Vets Endure) Band. Special Guests: Chaplain Glen Launey & car from Sp. Ops Racing Team, The Lutz Patriots and Color Guard from American Legion Post #125.

If you have any questions or need any additional information, contact Shelly Vail at 727-347-6566 or check out Ms. Goody's website at MellowMelodies.com.

...

Come Out for the 3rd Annual Blues Jam

Sons of the American Legion presents the 3rd Annual Blues Jam on Sunday, June 6 from 1-7 p.m. at American Legion Post 305, 6999 Gulf Boulevard in St. Pete Beach (next door to McDonalds). Event features a full menu of beer bratwurst sandwich with fried onions and peppers, burgers, Buffalo chicken strips and wings. Proceeds benefit Florida Special Olympics. For more details, call Paulie at 363-6060 or email to SALbluesPAUL@aol.com.

...

 <h3>AMERICAN LEGION</h3> <p>ANDY ANDERSON POST 125 6440 - 5th Ave. So.</p>		<p>CLUB HOURS: Mon - Sat. 10a.m. - 1a.m. Sun. 11a.m. - 11p.m.</p> <p>347-6085</p>
<p>FRIDAY May 28th 5-7pm Baked or Battered Haddock, French Fries, Cole Slaw, Roll & Butter \$7.75</p> <p>Country Fried Steak, mashed potatoes & gravy, mixed vegetables, roll & butter \$6.50</p>	<p>SATURDAY May 29th 5-7pm Top Round Roast Beef, mashed potatoes & gravy, green beans, roll & butter \$6.50</p>	<p>SUNDAY BREAKFAST 8:30am - 11:00am</p> <p>Entrées 1. Eggs to order \$3.50 2. Omelett 3. Pancakes/French Toast (rotating)</p> <p><small>All include bacon or sausage, home fries, toast, juice & coffee</small></p>
<p>Music & Dancing: Tue/Thur: 7-10 pm Karaoke</p>	<p>Now Serving Lunch! Tue-Thur 11-3 Friday 11-2 Sunday 2-5</p>	<p>Friday Night Saturday Night</p> <p>Southern Nights</p> <p>We Have Pull Tabs!</p>

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Acupuncture Clinic has New Location

Acupuncturists Without Borders is offering a free acupuncture clinic to provide treatment for all military, past and present, as well as their families, and their health care workers. These acupuncture treatments address stress, insomnia, post-traumatic stress syndrome, depression and anxiety. Starting June 3 the clinic will be held every Thursday at Sanctuary Community Acupuncture, 5111 Central Avenue, St. Petersburg at 7 p.m. The clinic is free, donations are welcome. For further information, please call 727-204-5203.

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St. Pete Blood Donor Room has Moved

Please come visit the new Florida Blood Services St. Petersburg Donor Center. Starting May 17, their St. Petersburg location on MLK and Gandy is moving one block south. They are now located at 9900 Martin Luther King Jr. Street N. Donor parking is right out front.

Hours of operation are 8 a.m.-7 p.m. Monday, 8 a.m.-5 p.m. Tuesday-Friday, Saturday 7 a.m.-2 p.m. and Sunday, 8 a.m.-2 p.m.

Current blood drive promotions include the Subway Restaurant, 2004 66 Street N. in St. Petersburg on Saturday, May 22 from 10 a.m. to 4 p.m. Donors will receive a coupon for a free foot-long sub and a beach towel; and Hooters, 2250 Tyrone Square in St. Petersburg on Monday, May 24 from 11 a.m. to 6 p.m. Donors will receive a coupon for 10 free boneless wings and a beach towel.

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Teaching Opportunities and Artists' Registry

GULFPORT- "The Gathering" is a new non-profit organization in Gulfport formed to establish a gallery and artist's studio space in Gulfport's Waterfront District. To strengthen its reach and mission, The Gathering has recently joined with two other existing non-profits: The City of Imagination and the Gulfport Arts Center. The City of Imagination, in existence for several years, focuses on partnering with

artists and arts groups in a wide range of projects. The Gulfport Arts Center, established almost one year ago, focuses on education, offering classes and workshops in which artists can share their craft with community members. Classes at the Gulfport Arts Center are now being formed and will begin this summer. Artists in any media interested in conducting classes or workshops should contact Jessica Sager at 727-346-3002 or sager.jessica@hotmail.com.

Inanefforttofacilitatecommunication with area artists, the Gathering and its affiliate organizations are now compiling an artists' registry. Artists in any media, including visual, performance or literary arts are invited to submit information to be included in the registry. Information will be used to invite and involve local artists in shows and exhibits, other events, meetings,

teaching opportunities and more. Information will not be shared with others without prior permission. Artists may either live, work, study or have some other connection to Gulfport. To be included, please send your name, mailing address, phone number, email address, and brief information about the medium or media in which you work to: The Gathering c/o Marlene Shaw, 5732 23rd Ave. South, Gulfport, FL 33707 or email mshaw9@tampabay.rr.com. For further information, call 727-344-5443.

A two-day art show is planned for Saturday and Sunday, October 16 and 17 at the Gulfport Casino ballroom. The artists' registry will be used to invite area artists to participate. Watch for more details about this special event to coincide with Gulfport's Centennial Celebration.

...

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*News from the
Gulfport Historical Society*



**"White Elephant"
Auction**

On Saturday, June 5 from 6 to 10 p.m. the Gulfport Historical Society will hold a fundraiser silent auction in conjunction with the Gulfport Merchant's Association at the Gulfport Casino. Music by Tampa Bay Blues Band, Thunderbolt Brown and The Robbie Robertson Band. Food catered by Stella's Deli & Gelato, sponsored by The House of Renee Originals. Event is free, everyone is invited.

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Volunteers Needed for Oil Spill Preparation

There is no imminent threat of oil from the Deepwater Horizon spill making landfall in Pinellas County. The oil is 305 miles from the Clearwater coastline as of May 21, according to the State Emergency Response Team (SERT), a division of Florida Emergency Management. However, volunteers are needed to prepare in case there is a future landfall. If oil reaches the Pinellas coastline, it is expected to be highly weathered in the form of tar balls or mats. Although weathered material is not as toxic as fresh oil, it could still affect birds and other wildlife coming in contact with the material. If oil or tar balls wash up on area beaches, the materials would be removed by trained contractors, not volunteers.

Local environmental organizations are seeking volunteers for coastal watches, preventative beach cleanups and bird monitoring. Also, local wildlife rehabilitation agencies are requesting trained assistance and donations. Volunteers are needed as follows:

- Coastline watchers: To report oil on the shoreline, call 866-448-5816, or dial #DEP from a cell phone. To report oiled wildlife, call 866-557-1401.

- Pre-oil landfall beach cleanup: Sign up online with Keep Pinellas Beautiful at www.pinvol.org for a Special Beach Cleanup. Volunteers who register will be contacted for a beach cleanup event, if necessary, prior to oil making landfall. For information, call 727-533-0402.

- Local bird survey: Assist Audubon with counting local bird populations by using the eBird checklist at www.ebird.org or call the Clearwater Audubon Society at 727-431-2856.

- Beach and wildlife monitoring: Volunteers can contact Tampa Bay Watch at www.tampabaywatch.org or call (727-867-8166).

- Office work or seabird rehabilitation: Volunteers are needed at the Suncoast Seabird Sanctuary for tasks such as feeding birds, which will free up trained staff for emergency work. Also, veterinarians and wildlife paraprofessionals are needed for an Emergency Call List. Visit www.seabirdsanctuary.com, or call 727-391-2473.

- Aquarium work: Volunteers are needed to assist the Clearwater Marine Aquarium with daily duties. Training classes and long-term weekly shifts are required. Volunteers will not necessarily treat oiled wildlife directly, as marine animal needs will be determined by federal wildlife officials and facility staff. Visit www.seewinter.com or call 727-441-1790, ext. 230.

Donations:

- Suncoast Seabird Sanctuary is requesting donations of items such as towels to treat oiled birds. Visit www.seabirdsanctuary.com, or call 727-391-2473 for a current list of needed supplies.

- Clearwater Marine Aquarium has set up an Oil Spill Emergency Fund. Donations can be made by calling the aquarium at 727-441-1790 or visiting www.seewinter.com.

In terms of local preparations, the U.S. Coast Guard Sector St. Petersburg is monitoring the situation and has specific plans in place for deflecting oil. The plan identifies environmentally sensitive areas in Pinellas County (such as

mangroves, estuaries, bird rookeries and marshes) with specific strategies for protecting each area. Floating booms would be deployed to protect passes and inlets. However, booms are not efficient for beach areas because they are difficult to secure in open water areas due to wave action.

...

Share the World of Reading

The Literacy Council of St. Petersburg is a non-profit corporation serving adult learners in Pinellas County since 1968. The tutoring is free of charge to any adult reading at or below the eighth grade level. With our increasing numbers, the need for tutors continues to grow steadily.

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Tai Chi Class in Gulfport

Tai Chi classes from the Gulfport Rec Center will be moving for the summer to Scout Hall located at 5315 28 Avenue S. There will be a Thursday morning class all summer starting June 10 at 9 a.m. This is class in beginning Taoist tai chi and includes instruction of the entire tai chi set. Wear comfortable clothes and sneakers. All ages are welcome. There is a suggested donation of \$2 per class. Call Marjorie at 345-6708.

...

Good Reasons to Adopt an Older Cat

Friends of Strays has a special offer for the months of May and June for

all adoptions of older cats. Anyone adopting a cat that is over three years old will receive a gift basket with everything needed to take kitty to their new forever home. All cats have been neutered or spayed and have been vaccinated.

There are many good reasons to consider adopting an older cat, including:

1. Older cats are already trained to use a litter box.

2. Cats are already past the rambunctious stage and are more peaceful and calm than young kittens.

3. Older cats are very grateful for a home and usually make the transition easily.

4. Finally, if you are older, having an older cat makes just makes an excellent choice.

Friends of Strays has several beautiful, older cats that have been at the shelter for some time. If you can open your home to one of them please come meet them! The shelter is located at 2911 47 Avenue N. in St. Petersburg. For more information call 727-522-6566 or go the website www.FriendsOfStrays.com.

...

Learn about Toastmasters Club

Toastmasters is a positive learning environment where leaders develop professional skills needed in this tough economy. You will learn to evaluate your current skills, have productive discussions at work, practice speaking in front of a people, control nervousness, take on new roles, and develop yourself as a leader.

City Power Toastmasters is a non-profit organization devoted to continuing leadership skills in a relaxed, diverse and upbeat atmosphere. Join them every Wednesday from noon to 1 p.m., One Fourth Street N., Municipal Services Building, 6th Floor, Room 600, downtown St. Petersburg. Guests are always welcome. For more information call 893-7918.

...

Attention All Veterans

The Disabled American Veterans Chapter 13, with the cooperation of the City of Treasure Island, has established an outreach program to help all veterans who feel they have a justified service connected claim or appeal to receive the benefits they have earned in their service to our country.

These claims may be recent or older. We urge all veterans who would like more information or to make an appointment to call 526-9870 between 9 a.m. and 12 p.m. Monday through Friday or drop in at the Garden Room at the Treasure Island Community Center on the first and third Thursdays of the month between 6-8 p.m.

...

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New Zumba Class

Zumba is an international dance cardio workout. It incorporates dances such as Salsa, Merengue, Hip hop, etc., no experience needed. Classes are on Thursdays from 6:30-7:30 p.m. at the Gulfport Recreation Center. The cost is \$10 per class or \$8 per class if you pay by the month. Please contact Daniela (instructor) at 561-302-6174 or John at the Recreation Center at 893-1079 for more information. Please register in advance. Daniela also offers a Bellydance class on Tuesdays at 6:45-7:45 p.m. so come give one or both of these exciting classes a try.

...

Thrills & Chills Carnival and Ice Cream Social

"Step right up folks" and make your own Ice Cream Sundae or Banana Split on Monday, June 21 at 1 p.m. at the Gulfport Senior Center, 5501 27 Avenue S. And how about a little entertainment, some fun carnival games and an opportunity to win a special prize to go along with it? Also, you won't be able to resist the fresh baked cookies available for a small fee. Get your tickets in advance at the Senior Center for only \$3.

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Boating Classes in Gulfport

USCG Auxiliary Flotilla 7-16 Gulfport at 3120 Miriam Street S. (behind the Gulfport City Marina) is now offering a variety of boating classes including multi-lesson courses and one day boating seminar courses. If you are interested in an exciting, in-depth boating safety course, the BS&S is their most popular course.

Boating Skills and Seamanship (BS&S) - start any Thursday 7:30-9:30 p.m., 13 week revolving course, \$40 for materials. Sailing Skills and Seamanship (SS&S) and Weekend Navigator (WN) will be offered on Tuesday nights when enough people have signed up. For information, email auxgulfport@yahoo.com or call Leonard at 686-6940.

They also offer one-day seminar courses including About Boating Safety (ABS) which meets the minimum requirement for a new FL Safe Boating ID card, GPS for

Mariners (GPSFM), How to read a Nautical Chart (HRNC) and Suddenly in Command (SIC). These courses vary in price and will be offered on Saturdays when enough people have signed up.

For more details on course content visit <http://cgauzed.org/completecourses.html>. The ABS, BS&S, and SS&S courses give you the knowledge needed to obtain a boat license or safety certification in many states and all three offer Florida safe boating certificate upon successful

completion. Boating insurance companies also offer discounts.

...

10th Avenue Change Passes Second Reading

ST. PETE BEACH- The St. Pete Beach City Commission paved the way to make 10th Avenue one way between Pass A Grille Way and Gulf Way. The ordinance passed on second reading at the May 25 meeting.

...

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Tampa Bay Walk Like MADD 5K

Mothers Against Drunk Driving (MADD) will host the 2010 Tampa Bay Walk Like MADD 5K, noncompetitive fundraising walk on Friday, June 4. The walk begins at 7 p.m. at the USF Campus in Tampa and will raise funds and rally support for MADD's Campaign to eliminate drunk driving.

For those who want to participate, there are three options: 1. You can register to walk or form a team; 2. If you are unable to attend, you can sign up as a virtual walker; 3. You can give a one-time donation to the Walk Like MADD in your area. Please visit

www.walklikeMADD.org to register, donate or get more information. For sponsorship information, call 813-935-2676 ext 5.

To learn more about MADD or to receive free victim services, please visit www.madd.org or call 1-877-MADD-HELP.

...

SPCA Raises Adoption Fees

SPCA Tampa Bay adoption prices have increased by \$10 to include an animal's microchip and registration fee. The new prices are: kittens (under 6 mos.) \$45 and cats (over 6 mos.) \$35. Canines include puppies (under 6 mos.) \$110, dogs (under

25 lbs.) \$160 and dogs (over 6 mos. and 25 lbs.) \$45. Shelter is located at 9099 130 Avenue N., Largo. Hours are Tuesday-Thursday 11-7 p.m.; Friday 11-6 p.m.; Saturday 11-5 p.m.; Sunday noon to 5 p.m. and Monday closed. For more information or to view adoptable animals, visit www.spcatampabay.org or call 727-586-3591.

...

Book Donations Needed

Donations of books are needed by the Bookstore of The Friends of the West St. Petersburg Community Library located on the St. Petersburg College Gibbs Campus, corner of 8th Ave North and 67th Street North. The proceeds from the sale of these items are used to fund special children's and adult programs to benefit the community. They are a volunteer non-profit c-3 organization and can provide a receipt to you for your possible tax deduction. Please call Elaine Wenstrom at 253-6904.

...

We Care for Paws Needs Donations

The We Care for Paws Foundation, a non-profit dog and cat shelter, currently houses over 45 dogs and 30 cats. Most of the animals are unadoptable due to medical problems, behavioral problems or old age, and they will live out their lives in peace at the shelter. We are always in need of items for the animals, such as cat condos; cat and dog treats, igloo dog houses, beds and toys; shampoo, flea preventatives such as Advantage or Frontline, heartworm preventative tablets (HeartGuard), towels and blankets. As always, cash is needed to help pay for medical expenses. If you would like to donate any of these items, please call Jan at 896-6315.

...

Operation Military Camp Needs Donations

Operation Military Camp is coming up and is open to all children 8-13 years of age who have a parent deployed. Contributions are greatly needed. Please contact American Legion Post 125 at 347-6085 to help.

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Crossword Puzzle

Solution on Page 18

ACROSS

- 1 Sunflower center
- 5 Unvarnished
- 9 Winning way
- 14 Biblical proposition
- 15 Complete
- 16: figures in it
- 17 "Soldier of Fortune" actress
- 18 WINGER
- 20 MIX
- 22 Piggied it up
- 23 Heavy hydrogen discoverer
- 24 See 26 Down
- 25 Moseyed along
- 28 PAGE
- 32 Candidates' goals
- 33 Clobber
- 34 Square or shirt
- 35 Gives the boot
- 36 Life enhancer
- 37 Clouseau caper
- 38 Corregio creations
- 39 Pitcher Satchel
- 40 Flavorful
- 41 FORD
- 43 Certain berths
- 44 Berlin senior citizen
- 45 Love, in Latin I

- 46 Kind of gun

- 49 KING
- 53 BARKER
- 56 Hitchcock thriller
- 57 Growing wildly
- 58 Smidgen
- 59 Wyandot's cousin
- 60 Fragments
- 61 Lay one on the kisser
- 62 Knock to the canvas

DOWN

- 1 Cleaner's target
- 2 Dividing word
- 3 Bud support
- 4 Uses references
- 5 Full follower
- 6 Brooks, who played "Hawk"
- 7 Johnny ____
- 8 Misread lines
- 9 Forest of WWI note
- 10 Elongated fish
- 11 Exclusive party
- 12 Green land
- 13 Richard, Thelma, or Mike
- 19 On Dad's side

- 21 ____ bien!

- 24 Linda Lavin sitcom
- 25 Show biz org.
- 26 Ben Stiller's mom
- 27 Southern African
- 28 Cisco Kid, to Pancho
- 29 Where troops take five
- 30 Thor, Odin, et al.
- 31 Nourishes
- 33 Ill will
- 36 Finnegan's grandstand partner
- 37 Preserved on tape or film
- 39 Plasterers' boards
- 40 Work with Bowe
- 42 Computer
- 43 Planetary shadows
- 45 Works with
- 46 Side order
- 47 Buckeye State Garr
- 48 WWII faction
- 50 Shaman's wisdom
- 51 On a grand scale
- 52 Smell like skunk cabbage?
- 54 Patio munchie
- 55 Paper needing settling

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Points On Pets

By Matthew Margolis

Little Tips To Prevent Big Problems

Mark Twain once said, "I have been through some terrible things in my life, some of which actually happened."

We all have the capability to create trouble where none exists, or to turn trivial matters into epic drama. And sometimes life drops real trouble into our laps -- problems, big and small, that we must scramble to resolve. But there is also such a thing as preventable trouble -- problems that, with prior planning, can be avoided.

There is an acronym in the business world that addresses this kind of trouble. The Five P's: Prior Planning Prevents Poor Performance. And the idea is equally effective in the dog world, where common behavioral issues sometimes grow to out-of-control proportions because we didn't know what to expect and so we did nothing to prepare.

Knowledge is key to preparation. Know that your dog is a dog and is therefore prone to certain dog-like behaviors unless taught otherwise.

The most common -- and easily preventable -- canine behavioral problems tend to be: housebreaking, barking and running away. Here are a few tips to help you understand and prevent these troublesome tendencies.

Housebreaking: Effective housebreaking requires an age-appropriate diet and strict adherence to a feed-water-walk schedule. The process is simple, but it requires discipline. If your goal is to housebreak your dog, I offer two suggestions that are crucial to your success:

-- Do not paper-train your dog. This only teaches him that it is OK to do his business inside your home. This is the opposite of what you want him to learn.

-- Do not give your dog the run of the house. Once your dog is 2 years old and has proved himself a responsible member of the family, you can revisit this rule. Before that time, keep your dog confined in a section of your home while you are gone, and keep him confined to an area you can easily supervise when you are there. Baby gates and crates work well and offer

your dog good visibility and a sense of security -- both very important to his comfort and well-being.

Barking: Barking can be a huge problem, especially when you have neighbors to consider. While the temptation might be to put your dog in a room and close the door, this is only likely to increase his barking. A good tool to curb barking is the citronella collar. It is self-correcting, nontoxic and not punishing to the dog.

Runaways: A dog that's born to run will run as fast and as far as his body, his obstacles and his training allow. If you have an untrained sprinter on your hands, here are a few practical suggestions:

-- You need a secure fence -- one he can't wiggle through, dig under or jump over.

-- Add a screen door to your front and back doors to create a double barrier.

-- Put his leash on him whenever you open doors to the outside. You can also use his leash when teaching him the "Stay" command, something every dog should know.

The details of the feed-water-walk housebreaking system, as well as additional tips to deal with other canine behavioral problems, can be found at unclematty.com and in my book "When Good Dogs Do Bad Things," available in bookstores and at your local library.

Remember: Don't get rid of the dog. Get rid of the problem!

...

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SPCA Pet of the Week



Hello, my name is Zazu. I am originally from an SPCA shelter in California, but prefer it here in Florida. I am interested in adopting a human or two. As for myself, I'm a Sagittarius, I love humans and kitties of all sizes. I've been described as gentle, easy-going and very loving. I am quite keen on being groomed and I don't even mind my nails being clipped. My hobbies include bird watching and chasing fuzzy toys. Why don't you come and get acquainted with me at SPCA Tampa Bay, 9099 130 Avenue N. in Largo or call 727-586-3591.

Foster or Adopt a Greyhound

Meet Eagle, a beautiful black male greyhound at our kennel. He is fun loving, outgoing, and playful. Yet he settles easily, and is very affectionate. He looks forward to his one-on-one people time. Eagle also gets along very well with the other greys here in our kennel. We think will make a wonderful companion pet, including for a first-time greyhound adopter but no cat households please. If you would like to foster or adopt Eagle or any of our many other greyhounds, please contact Greyhound Pets of America on 727-595-7852, our website: greyhoundpets.com or see us at the Tyrone PetSmart on most Sundays from noon to 2 p.m.



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Akerson Law Offices

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Nursing Home Issues

*The hiring of an attorney is an important decision that should not be based solely upon advertising. Before you decide, ask us to send you free written information about our qualifications and experience

Friends of Strays



Sailor is a 33 pound female Bassett mix. She is 4 years old and very playful. She loves people but does not care for cats. Sailor has a sleek black coat with a splash of white on her chest. Her ears are super sized and waiting to here the words "I want to adopt Sailor!" Visit Sailor at Friends of Strays Adoption Center at 2911 47 Avenue N. in St. Petersburg Tuesday through Sunday 10 a.m. to 3 p.m. All Friends of Strays adoption fees include spay/neuter, microchip, vaccines and county license. For information call 727-522-6566 or visit www.friendsofstrays.com.



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2 lb. Snow Crab Meal
\$17.95
served open to close

Garlic Tossed Shrimp or Mussels with pasta
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Horoscope Guide

GEMINI (May 21-June 21). Remember a past success. At the beginning of the process, it seemed the journey would take forever. But all of a sudden, you found yourself halfway there. And then before you knew it, you were crossing the finish line -- no problem. Apply the faith and lessons of that past experience to your present one.

CANCER (June 22-July 22). You'll tell stories, start conversations and initiate agreements. Successful communication hinges on your ability to read the response of your listeners. You will gather clues as to people's interests and opinions. You'll also realize when you're barking up the wrong tree and will make adjustments accordingly.

LEO (July 23-Aug. 22). Those who care to cultivate the talent of listening are few and far between. With the ever-increasing number of distractions around, this waning talent is becoming quite rare. You already have what it takes to be highly observant and intuitive. Practice listening. Become masterful at it. Opportunity springs from this talent.

VIRGO (Aug. 23-Sept. 22). Here's one reason why first impressions are so important. People determine how interested they are in one another at this meeting. And with most people, the interest rate will drop over time. So you want to make sure to set yours high to begin with. This week you'll spend time polishing your image.

LIBRA (Sept. 23-Oct. 23). You have compassion for those who are going through strange times. Then again, there are those who are always going through strange times. They'll try to ensnarl you in their world. That's why you must avoid them. It's simply too much drama. If you wanted theater, you would have bought a ticket. Steer clear.

SCORPIO (Oct. 24-Nov. 21). You have an instinct for managing people this week. You'll get an example of how not to do it. The rules and warnings of higher-ups will sound like a car alarm, loud and annoying but in a rhythm and tone so common that no one takes much notice. It all gives you an idea. Develop your strategy. Put it on paper.

SAGITTARIUS (Nov. 22-Dec. 21). Humor is power. If you can make someone laugh, you have won this person over to your side, if only in some small way. You'll accomplish this feat without jokes or gimmicks. You simply see life in a different way, and your astute observations will amuse, especially if you express them in brief terms.

CAPRICORN (Dec. 22-Jan. 19). Someone will say (perhaps only with their facial expression) that your idea about what your future holds is far-fetched. But it just so happens that this far-fetched idea of yours is perhaps the most sound and reasonable thing that could happen. Furthermore, if you believe in it and act on it, it will happen.

AQUARIUS (Jan. 20-Feb. 18). You've been on other people's teams for a while, so it will be a fun turn for you this week when you discover that there are many people on your team, too. All you have to do is say the word and friends come to your assistance. You'll get all the information and support you need, and it will feel wonderful to you.

PISCES (Feb. 19-March 20). Animals will enchant you. They are not thinking about how they come across. They are not worried about whether they are dressed appropriately, and they are not concerned about whether they make enough money or have the right friends. Natural intelligence is awe-inspiring. Observing it gets you in touch with your essence.

ARIES (March 21-April 19). One of the unique things about you is that you can never rest until you succeed. If you experience a momentary setback, you relentlessly imagine ways around, through or over the problem. This is a habit for success and is likely to win you a significant promotion by week's end. Cancer ties are lucky -- work them.

TAURUS (April 20-May 20). You have some charming friends, but this week you'll be the most charming of them all. Your gift for making people feel comfortable is unequalled. And while it may not be a contest, there definitely is a prize. You will find an opportunity to exercise this gift with a new acquaintance and net an unexpected reward.

This Week's Birthdays: Stay true to your word, and your stellar reputation will net you the sweetest things in life. You walk into unfamiliar territory and quickly find your way. In no time you'll find you've mastered a system. You'll make lucrative deals in June. A tender exchange in July leads to a major commitment in August. The people around you need what only you can provide. In October, you'll see a different part of the world. In December, your thoughtfulness will bring harmony to relationships.

...

Music at Gulfport Beach Pavilion

Monday, 1-3:30 p.m.

Cookie with karaoke & dancing

Tuesday, 1-3:30 p.m.

"Copa Jane"

Wednesday, 1-3 p.m.

Melody Tunes Karaoke

Thursday, 1-3:30 p.m.

Karaoke Bob & Friends

Friday, 1-3:30 p.m.

"Karaoke in Paradise" with Arma

Saturday, 1-3:30 p.m.

Jay & Lolita "Toonsters"

Sunday, 1-3:30 p.m.

Italian American accordion by Woody for fun & dancing

Donations accepted

Weather permitting

GET YOURS EARLY!

the Gabber... every Thursday Since 1968.

Donations needed for Save Our Strays

Save Our Strays, Inc., which provides foster homes and adoption services for abandoned cats and kittens throughout Pinellas County, needs the following donations: canned kitten food, scoopable litter, and catnip toys. Save Our Strays is a no-kill, all volunteer rescue organization for felines. Call 727-481-5262 for drop-off locations.

They are also seeking cat lovers to transport kittens and cats to various locations in Pinellas County. The organization's felines are housed in foster homes as Save Our Strays operates without a shelter facility.

Drivers are needed to take kitties to and from participating veterinarians, to a new foster home, or perhaps to a PetSmart store where adoptions are held on Saturdays. This is a great

opportunity for individuals who love cats and want to help but can't take any into their homes. If you are interested, please contact Save Our Strays, Inc. at 727-481-5262 or visit www.saveourstraysinc.com to learn more.

...

Tampa Bay Toastmasters Club

The Tampa Bay Toastmasters Club 4272 meets every Thursday at 6:15 p.m. in the Piccadilly Cafeteria at 1900 34 Street N. in St. Petersburg. Visit <http://tampabay.freetoasthost.us/>.

...

St. Petersburg Writers' Club

Are you interested in writing? If so, you may want to check out the St. Petersburg Writers Club which meets

on the first and third Thursdays of the month at 6:30 p.m. at the West Branch Library at the corner of Eighth Avenue N. and 67 Street adjacent to St. Petersburg College. Come early (6 p.m.) and socialize with other writers. All writers and would-be writers are invited.

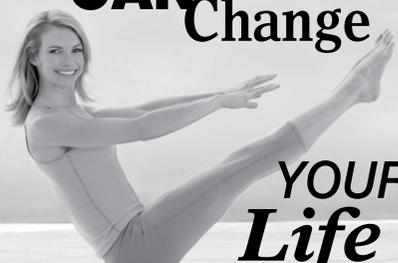
For more information, call Martha Dupes at 736-3355 or Pat First at 397-8833.

...

Enter the Labyrinth

Located at 5001 20 Avenue S. in Gulfport (east of the elementary school) is the labyrinth. A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. Open seven days, noon till sundown. Free admission. Call Mike at 727-418-7359 for more information.

...



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lisa.bailey@tampabay.rr.com

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Sundays Only Ladies & Couples Day \$35⁰⁰ per person 60 MINUTE SWEDISH OR RELAXATION MASSAGE SESSION <small>Reg. Price \$44.00</small>	FACIALS As Low As \$30⁰⁰ <i>only</i> \$18⁰⁰ Add a Foot Treatment to Any Service	\$500 OFF Any Regular Priced MASSAGE SESSION! No Memberships No Contracts Gift Cards Available <small>Lic MM20076 (6772)</small>	Spa Pedicures & Manicures!! <i>The Massage Spa</i>
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Gulfport Leisure

Recreation Center 5730 Shore Blvd. So 893-1068

RECREATION WEBSITE-www.mygulfport.us and follow the links: City Departments, Leisure services, Rec. Center.

ACTIVITIES

Open Gameroom - Tues. & Thurs., 9 a.m.-2 p.m.

Adult Basketball - Mon., Wed. & Fri, 9 a.m.-2 p.m. and Thurs., 6-9 p.m.

PROGRAMS

School Year Child Care Program - Grades K-5, (up to age 14 on in-service days).

Teen Night - Teens, age's middle school to 17. Mon., Wed. & Fri. 6-9 p.m.

2010 SUMMER PROGRAM-Ongoing registration continues for the 2010 Summer Recreation Program for children who have completed Kindergarten thru age 14. Registrations for Gulfport residents and non-residents (30 children max.) are currently being accepted. Hours of registration

for Monday-Friday are from 9:00 a.m.-5:00 p.m. Information and packets are available at the Rec. Center or log on to www.mygulfport.us and follow the links to City Departments, Leisure Services, Rec Center. For more information call 893-1068.

NEW CLASSES- Interested in teaching a class? Call John at 727-893-1079 for more info

CLASSES - Call instructor for more information

• **Belly Dance** - Starts April 13th, Tues., 6:45 p.m. Call Daniela at 561-302-6174.

• **Body Sculpt** - Tues., 6:30 p.m. Call Billie at 239-313-0876.

• **Fencing** - Wed., 4:30 & 5:30 p.m. Call Jim Campoli at 813-855-3112.

• **Gymnastics** - Fri., 5:30 p.m. Call Barbara at 804-9400.

• **Karate** - Mon. & Fri., 6:30 p.m. Call Diane at 459-1399.

• **Noisemakers** - Call Gabe at 345-7472.

• **Tai Chi** -Thurs., 9 a.m Call Marge at 345-6708. Moves to Scout Hall on June 3rd.

• **Tennis** - Tues., 4:30 p.m., 5 p.m. and 6 p.m. Call Jack at 430-0690.

• **Watercolor with Patsi** -Beginners/Intermediate- Thurs., 6:30 p.m. Call Patsi at 501-3559.

• **Yoga in the A. M.** - Wed., 9 a.m. Call Valerie at 557-4258. Moves to Neighborhood Center on June 2nd

• **Yoga** - Thurs., 6:30 p.m. Call Tamara at 512-2763.

• **Zumba** - Thurs., 6:30 p.m. Call Daniela at 561-302-6174.

TOMLINSON SKATE PARK

ALL skaters must purchase a sticker. Annual cost is \$5 res./\$10 non-res. Skaters 17 years of age and younger must be accompanied by a parent, have proof of residency and fill out a consent form. Availability to register: Monday - Friday, 9 a.m.-8 p.m.



Gulfport Library

5501 28th Ave. So. 893-1074

or fax 893-1072

THE GULFPORT LIBRARY WILL BE CLOSED MONDAY, MAY 31 FOR MEMORIAL DAY

Gulfport Creative Short Story Writers: Every Wednesday, 10:00 am.

One-on-One Computer Instruction: By appointment only--contact Alex Hooks at the Reference Desk, or call 893-1073.

What Consumers Need to Know About Reverse Mortgages: Wednesday, June 2, 2:00 pm. A free 2-hour seminar presented by the Senior Learning Council. FMI: Call 727-831-3416.

Summer Crafts for All Ages: Wednesday, June 9, & Saturday, June 12 at 2:00 pm. Presented by Pat Brinkley.

Suncoast Computer Users Group (SCUG): Thursday, June 10, 6:00 pm.

Scrapbookers Club for Teens & Adults: Saturday, June 12, 1:00 pm. Bring your pictures, books and questions, and prepare to have a great time! Some supplies available, but you furnish your own 12x12 scrapbook album. FMI, contact Kay Boatwright 893-1074.

Our "Ducky & Waterful" Summer Reading Programs and "Summer Wednesday Afternoon Specials": kick-off date is Wednesday, June 16 at 2:00 pm

SummerCoffee/Talk Movie: "Wuthering Heights" Thursday, June 10, 1:30 pm. Starring Juliette Binoche as Cathy, and Ralph Fiennes as Heathcliff. (Paramount Pictures, 1992, 106 minutes). This

is the first film version to span both generations portrayed in the original novel.

Suncoast Computer Users Group (SCUG): Thursday, June 10, 6:00 pm.

Scrapbookers Club for Teens & Adults: Saturday, June 12, 1:00 pm. Bring your pictures, books and questions, and prepare to have a great time! Some supplies available, but you furnish your own 12x12 scrapbook album. FMI, contact Kay Boatwright 893-1074.

SummerCoffee/Talk Book Club: Thursday, June 17, 10:00 am. Our summer series, "Pushed to the Limit," begins with Wuthering Heights, by Emily Bronte. Stop by the Reference Desk to pick up a discussion guide and reserve a copy of the book.

Services *City Sponsored Activities* *in the Community*

Senior Center 5501 27th Ave. So. 893-1231

ANNOUNCEMENTS

Closed for Holiday: The Senior Center and the GEMS Mini-Bus Service will be closed on Monday, May 31st in observance of Memorial Day.

Personal Health Station Machine

Have you seen the new Health Station Machine located in the Senior Center Fitness Room? It's awesome! Come and check your blood pressure, oxygen level, pulse rate, weight and body fat. It's very accurate and even provides a health assessment based on your age, weight and level of exercise. Hurry over! It's only on loan until the first week of June!

Fitness Center: New summer hours for the Senior Center Fitness Room: Mon. Tues. Wed. 8am - 7pm; Thurs. & Fri. 8am-3:30pm.

SPECIAL EVENTS

American Red Cross & You: Are you ready for Hurricane season? The American Red Cross would like to share their expertise with you on Wednesday, June 9 at 1pm at the Senior Center.

Thrills & Chills Carnival and Ice Cream Social:

Come and make your own Ice Cream Sundae or Banana Split on Mon. June 21 at 1pm. And how about a little entertainment, some fun carnival games and an opportunity to win a special prize to go along with it? Also, you won't be able to resist the fresh baked cookies available for a small fee. Get your tickets in advance at the Senior Center - only \$3.00.

Card & Game Party: Mark your calendar now for Wed. July 21, 1-4pm for the Senior Center's Card and Game Party. Donation: \$10 for munchies, beverages & fun. Play Bridge, Canasta, Euchre, Pinochle or Scrabble, Tiles, etc. Name your game! This event is sponsored by the Gulfport Senior Center Foundation.

SPECIAL SERVICES:

Grandparents Raising Grandchildren: A support group for grandparents raising their grandchildren meets on the last Tuesday of every month (June 29) at 10am. Learn about available resources to make care giving responsibilities easier.

Phones for Hearing Impaired: Can't hear well on your telephone? Try one of our specialized phones provided by the Deaf and Hearing Connection. Phone

distribution will be held at the Senior Center on Tues. June 15 from 9:30am-11:30am.

Elder Law Clinic: Seniors 60 and over who are income eligible can receive free legal assistance with wills, living wills, powers of attorney, and health care surrogates on Friday, June 18 at 9:30am. Call for more info.

Transportation for Gulfport Seniors:

Gulfport seniors 55 & over who would like door-to-door transportation service for medical appointments, grocery shopping, beauty/barber shops, etc. please call GEMS at (727) 893-2242. Annual membership: \$50 and \$1.00 for each one way trip. All rides to the Senior Center are free. Also, free rides to Gulfport's Fresh Market on the first Tuesday of each month. (No membership fee required for this special trip).

Telephone Reassurance: A friendly phone call each morning is available for Gulfport seniors who live alone. City volunteers offer this free service with your safety in mind. Call now for more information.

AARP Driving Classes: are held on the first two Tuesdays of every month from 1-4pm. Call 343-9044 to register and fee info.

Diabetic Support: Our Diabetic Support Group meets every Mon. at 10am. Newcomers welcome.

Spanish Practice: Beginner and Intermediate Spanish students will meet on Mondays, 3-5pm through the summer months to practice their language skills. Regular Spanish classes will resume in the fall.

Italian Practice: Beginner Conversation students will meet on Mondays, from 5-6pm through the summer months to practice their language skills. Starts on June 7.

JUST FOR FUN

Bingo: Fridays at 1pm.

Wii Bowling every Thurs. at 1pm and every first and third Tues. at 6:30pm. More bowlers are needed for the evening sessions so come and join the fun! Thanks to the students at Stetson College of Law for being a part of this activity.

Join our E-mail List: Send us your e-mail address at cdean@mygulfport.us or sfrank@mygulfport.us and we will send you our monthly activity calendar and notices on special events.

Neighborhood Center

1617 49th St. So./893-1070

Overeaters Anonymous: Sun.
6:15-8:15pm



5500 Shore Blvd. So.
893-1070

MARIO DELEON'S BAND & DANCE

Social & Ballroom Dancing

Sun., May 30, 6-10pm \$7

WEEKLY DANCES

Every Tuesday

Ballroom Lessons 12-3pm \$7
12-1 Inter, 1-2 Beg., 2-3 Dancing
Argentine Tango 6:30-10:30pm \$7
6:30-1st timers, 7-8-Beg. Lesson,
8-10:30pm Practica/Milonga

Every Wednesday

Swing Dance 6-11pm \$7
6-8 Lessons, 8-11pm Swing Dance

HURRICANE SAFETY SEMINAR

Thurs., May 27, 7pm

featuring WFLA News Channel 8
Meteorologist Brooks Garner

Friday, May 28

Salsa Dance 7-10pm \$7
7-8:30pm Lessons,
8:30-10pm Dance

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Local Obituaries

BURKHART, WALTER ROBERT "BOB", 82, died May 7, 2010, in Troutdale, OR, after a rich, colorful life. Adventurous, strong-willed, and energetic; a passionate believer in social justice and civil rights. Bob loved traveling the world, sailing the seas, and walking St. Pete Beach, his last of many homes. Graduate of the University of Maryland and London School of Economics; worked many years with the State of California and U.S. Justice Department. Survived by wife Dympna (Dinnie) of 60 years; children, Dympna M. Burkhardt, Sally Burkhardt, Mary Ellen Burkhardt, Shane Burkhardt, Ann Corran, and Robert Burkhardt; 11 grandchildren; and sister, Jane Peterson. He fought fearlessly and bravely to the end. He was his own true captain. Service was private. Gresham Memorial Chapel Gresham, OR.

...

FINN, CLARK B., 55, of St. Pete Beach, died Wednesday, May 19, 2010, at home. There are no known immediate survivors. ALifeTribute-Gulfport.

...

KENTON, PHYLLIS M., of South Pasadena, passed away Monday, May 17, 2010. Viewing Friday 10-11 a.m. with a funeral service to follow 11 a.m. Memorial Park Funeral Home memorialparkfuneralhome.com.

...

MCGUIGAN, DR. HUGH E., died peacefully in his home on St. Pete Beach, shared with wife Nancy. We will celebrate his life Thursday, May 27, 1-3 p.m. in his home, 7025 Boca Ciega Dr. Hugh is survived by mother Lola; son George; daughter Debra Seabers, her children Abigail, Adam and Katie Lehman; granddaughter Trinity; wife Nancy; daughters Beth Murphy and Lynn Mask and their children Joe Lamb and Jade Mask. Hugh celebrated life everyday. He was blessed to have found Nancy after the death of wife Kathryn. Nancy cared for him in their home until the end. The "Hugh E. McGuigan Scholarship Fund" to benefit students who further their education in the area of Performing Arts, has been estab-

lished in his honor. Please send donations to: Debra McGuigan Seabers, 9375 Hildebrandt Rd. San Antonio, TX 78222.

...

RICHMIRE, AUDREY J. STROBEL, of St. Pete Beach, passed away quietly on Thursday, May 20, 2010. She was born on Nov. 11, 1931. She was the widow of Fred Richmire, who predeceased her in 1990. She and Fred owned and operated an insurance agency in St. Petersburg for many years. She was the long-time companion of Robert Trebesch. Audrey was a life-long supporter of many causes, including Eckerd College, the YMCA, Guide Dogs of America, the Salvo, and many local arts and music programs. Audrey was a long-time member of the Pass-a-Grille Beach Community Church of St. Pete Beach, where friends are invited to attend a memorial service in her honor on Saturday, May 29th at 10 a.m. Garden Sanctuary Funeral Home Seminole, 727-391-0121.

...

KENNETH C. ROBINSON, 58, of Gulfport, FL died at his residence on May 14, 2010 from natural causes. A native of Torrance, California and a local resident since 1992, when he moved here from Long Beach, California. Kenneth was a Stores Supervisor for Air Cargo Equipment Company; a protestant and a US Navy Veteran of the Vietnam War. He was 100% service connected veteran. Kenneth is survived by his loving wife, Carol Robinson of Gulfport, Florida; a son, Jeremy Robinson of Torrance, California and a brother, Steve Robinson of Washington State. He had requested that cremation take place and his remains be returned to his beloved wife. Veterans Funeral Care, 1-800-467-7850.

...

WOLIN, LEO, 90, of Gulfport, died Sunday, May 16, 2010. He is survived by his children, Aly, Jean; Michael; grandchildren, Natalie & Tanya. For services call ALifeTribute-Gulfport, 347-5521.

...

In Memory of



HEATHER MARIE MCHOSE EVINGER

1/31/1962 - 5/27/1990

"She was like a bright and shiny penny - with blue eyes aglow with life...
She abounded into a room - caught up it seemed with strife
Always in a hurry - dashing to and fro...
"come sit with me and talk a while" -
"not now mom, I have places to go."
She had friends aplenty - the world was hers to take...
loved to surprise them on birthdays by making them a cake
So thin, so pretty - I cry, then smile when I think of her still
She was my precious daughter -
I loved her then and always will."

Danie Huizenga

...

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Gulfport Chamber Celebrates 26 Years

By Leigh Clifton

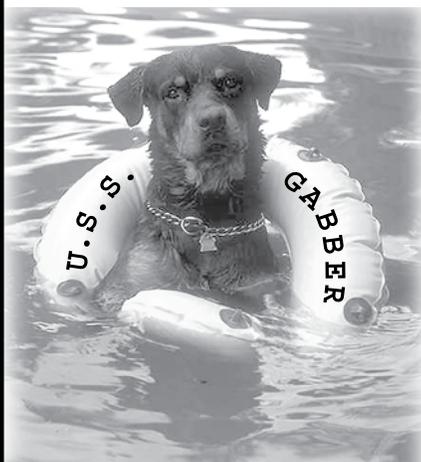


Gulfport's Chamber of Commerce celebrated 26 years of service to the community last week with a birthday bash reception at Catherine Hickman Theatre. The guests included past and present Chamber members as well as local Gulfport merchants, business owners and the general public. Over 50 people enjoyed the informal get-together; the Chamber had decorated the theatre's walls with past copies of the both Chamber's and the Gabber's publications, as well posters including old photos of past events and people. It was a great look back at what the Chamber has accomplished over the years in Gulfport. Light refreshments were served as people swapped stories and memories. Happy Birthday Gulfport Chamber of Commerce!

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since 1968
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Gabber May 27 - June 2, 2010

“Kicks into theatres on 6/11”

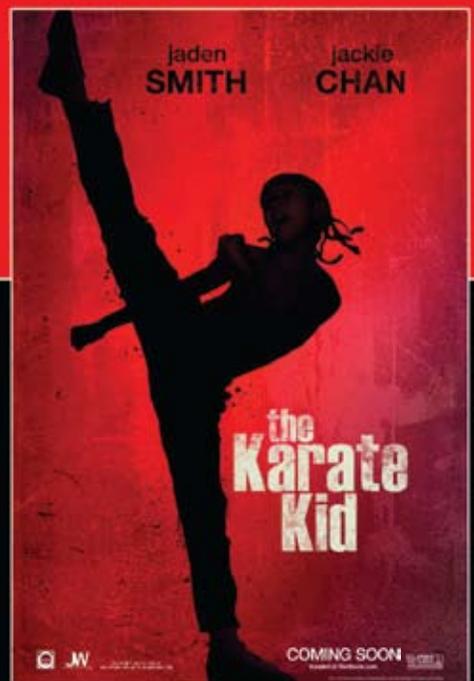
*“Become A Star
by buying one of ours”*



Park Place Stadium 16
7200 US 19 N.
Pinellas Park, FL.
727-525-7777



REGAL
ENTERTAINMENT
GROUP



Host Families Needed for Exchange Students

Pacific Intercultural Exchange (PIE) is a non-profit organization looking for caring families to host high school students from many countries around the world. The students are between 15 - 17 years of age and will attend school for an academic year or semester at your local high school.

There is no such thing as a typical host family. They accept single parents, retired couples, families with small children, teens or no children at all! You can have a great experience hosting an International teen. The students are prescreened, speak English and are looking forward to learning about our culture while teaching Americans about theirs. Students will have medical insurance and their own spending money to cover clothing, school expenses,

entertainment, etc. Host families should provide not only a loving home and food for their daily meals, but also a quiet place to be able to study and bedroom to rest. Although host families are not paid, one is eligible to claim a charitable tax deduction of \$50 per month for every month the student is in the home.

Visit their website at www.pieusa.org or call 1-877-534-3144 or email to patlittrell@pieusa.org.

...

Calling All Future Big Brothers

Big Brothers Big Sisters of Pinellas County needs at least 125 Big Brothers to meet the needs of their current waiting list. Make a difference in a child's life. There are several different programs to suit your preferences including their Sports Buddies Program. Take a

child to sporting events (like the Rays game) for which they supply the tickets and watch or participate in sports activities together. Not interested in sports? That's OK! Sports Buddies is just one option. You can select mentoring activities to suit your preferences and the child's.

If you or someone you know is interested in becoming a Big Brother, please email your contact information to ShirleyN@bbbspc.org or call 727-518-8860 for more information.

...

Meals on Wheels Needs Drivers

Volunteers are needed to deliver hot, nutritious meals to the homebound throughout Pinellas County. Volunteering for the Neighborly Meals on Wheels program is a hands-on, front line experience. If you have 1½ hours midday to help in your own neighborhood, you could help improve someone's life and make a real difference in this critical area of need. Meals are picked up at a site near you and delivered to the homebound in your area (maps and directions are provided).

Many Pinellas County seniors are living alone, too poor to buy food, or too frail to shop and cook for themselves. And the need is growing every day. Do someone else a favor and you will be doing yourself one!

Neighborly needs compassionate, caring volunteers to share their time with lonely, isolated seniors. Please call Pat Hazell at 727-573-9444, ext. 291 to start helping your community today.

...

Foster Hope... Foster a Child

Imagine being taken away from your home, not knowing where you will go, leaving behind your favorite things. Now, imagine this through the eyes of a child. There are more than 3,500 dependent children in Pinellas and Pasco counties due to child abuse, neglect or abandonment. Many of them need loving foster parents. For more information on becoming a foster parent, please call Eckerd Community Alternatives Recruitment Line toll-free at 1-866-233-0790.

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Old Cell Phones Can Be Lifeline for Seniors

Donate your old cell phones to the Senior Safety Phone Project, which provides seniors in Pinellas and Pasco counties with free emergency cell phones. The Area Agency on Aging of Pasco – Pinellas collects donated cell phones, tests and charges the phones, and then distributes them to seniors in the community. For a full list of the donation and distribution sites in Pasco and Pinellas counties, please call the Senior Helpline at 1-800-96ELDER (1-800-963-5337).

...

Low-Cost or Free Mammograms

If you are a woman 40-64 years of age of low income without health insurance living in Pinellas County you may be eligible for a free or low cost Mammogram. For additional information please call 820-4117. The guidelines and eligibility requirements will be provided to you at that time.

...

Gulfport Senior Center Receives High Honor of National Accreditation

By Leigh Clifton

Jay Morgan, Office on Aging of St. Petersburg Manager and National Institute of Senior Centers Certified Trainer presents Senior Center Director Sue Frank (center) and Cynthia Dean, Senior Services Coordinator (left) with a plaque that designates Gulfport's Senior Center as one of only 180 in the US to achieve accreditation in the US. This national recognition as a fully accredited Senior



Center by the National Institute of Senior Centers (NISC), signifies that the Senior Center has met the high national standards set for Senior Centers by NISC. The Gulfport Senior Center is 9th in the state of Florida and 180th in the nation to receive this award. There are over 15,000 Senior Centers in the United States. During the ceremonies, Sue Frank and Gulfport Senior Center Foundation President Sarah Peel presented Dean with a beautiful handmade pen of burl wood, as a token of appreciation for her many years of dedication to the Center. Over 150 guests were in attendance and notables including Rep. Jim Fiske, St. Petersburg City Councilman Wengay Newton, Gulfport Mayor Mike Yakes and Gulfport Chamber of Commerce President Lori Rosso spoke at the ceremony.

The event was sponsored by the Gulfport Chamber of Commerce.

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Free Phones for Hearing-Impaired

The Deaf and Hearing Connection recently announced the addition of several new telephones, ttys and captioned telephones available through its no charge equipment distribution program. Deaf and Hearing Connection offers amplified telephones and related equipment at no cost to permanent Florida residents who are deaf, hard of hearing, deaf/blind or speech-impaired.

This telecommunications access program is funded by a surcharge

currently on all Florida telephone consumers' bills. Equipment is available by appointment Monday through Friday at the Deaf and Hearing Connection's main office located at 7821 Seminole Boulevard in Seminole or at satellite locations throughout Pinellas and Hillsborough counties. For a complete list of distribution locations or to schedule an appointment, call 727-399-9983 (Voice) or 727-399-9422 (TTY).

The Deaf and Hearing Connection, Tampa Bay's only non-profit hearing center, also offers free hearing screenings by appointment, low cost

hearing aids, cleanings and repairs. The Deaf and Hearing Connection specializes in communication access for deaf, hard of hearing or late deafened people.

...

Salvation Army Needs Donations

The Salvation Army St. Petersburg Emergency Shelter is in need of food and toiletry items to provide to needy individuals and families.

Items needed include meats, mashed potatoes, salt, butter, sugar, tooth paste, disposable razors, soap, mouth wash, hand combs, shampoo, tissue packets, hand lotion, insect repellent and sunscreen.

The Salvation Army's social services encompass a wide range of programs to help individuals and families overcome daunting obstacles. The Salvation Army's grand design in social work has always been one of empowerment, enabling those in need to change their life's circumstances and overcome challenges that stand in their way. Services include emergency assistance, self-sufficiency programming, counseling, referral services and much more.

The Salvation Army St. Petersburg Area Command's Red Shield Lodge Emergency and Long Term Shelter is located at 1400 Fourth Street S. in St. Petersburg. Bulk donations may be picked up by Salvation Army personnel. Individuals wishing to donate items listed above may drop off the items at the shelter.

Call The Salvation Army St. Petersburg Area Command at 550-8080.

...

Volunteer with the Arthritis Foundation

The Arthritis Foundation is seeking volunteers to become "Arthritis Ambassadors". The Foundation offers training to interested individuals to prepare them to serve the Foundation through a variety of positions. Volunteers can be trained to teach Arthritis Foundation programs and services, to do speaking engagements, work in the Arthritis Foundation to help with general office duties, mailings, phones, etc.

To learn more about becoming an "Arthritis Ambassador", call 800-741-4008, ext. 231.

...

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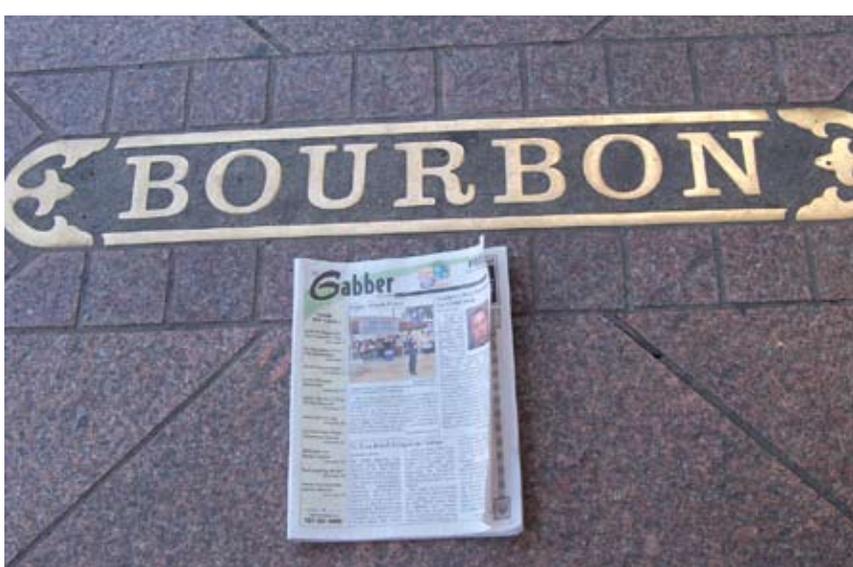
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Just wanted to send you a picture of the Gabber on Bourbon Street in New Orleans. We took our Gabber on vacation. It was great reading material on the airplane! Thanks!

-Melanie King & Paul Anthony

Send us your picture with you and your Gabber on vacation.
Include a brief description and your name.
News@TheGabber.com

Enjoy Summer Fun with a Child!

Gulf Coast Community Care needs volunteers age 30 and older for its mentoring program. Many of the children are in foster care or live with a single parent who is going to school and working. Volunteers give the gift of time to one child and are provided social activities and receive support by agency staff.

No experience is necessary. There are no costs. Volunteers spend a few hours a month in simple activities such as reading, fishing, baking, teaching a craft or visiting a park with a child. There are children throughout Pinellas County waiting for mentors!

To learn how you can make a lasting difference in the life of a child, call Beverly at 727-479-1841 or Fanya at 727-479-1831 or visit www.gcjfs.org.

...

SPCA Offers Tours

The SPCA Tampa Bay offers private shelter tours to school groups and visitors to educate those about the importance of animal responsibility and how it relates to compassion and respect towards other human beings. To learn more about the SPCA Tampa Bay education programs including in-school presentations or Camille's Summer Camp, contact the SPCA Tampa Bay. Wish list items for animals are appreciated. Reservations are required for school and group visits. No more than 30 guests per group tour. To learn more or sign up for a tour, contact 727-586-3591 x 126 or email Sharon@speatampabay.org.

...

The Hospice Seeks Outstanding Volunteers

If you're interested in activities that truly make a difference in the lives of other people, there are numerous, wide-ranging volunteer opportunities for you with The Hospice of the Florida Suncoast.

Volunteers involved in patient and family support become family friends to those served by The Hospice of the Florida Suncoast, assisting with a broad variety of needs that arise, such as making visits, running errands, helping with light household chores and much more.

In addition, The Hospice of the Florida Suncoast offers volunteer opportunities that serve patients and families behind the scenes. Such roles include:

- Patient and family support - hold a hand, feed a pet, listen to cherish memories, touch a heart
- Office Volunteers - answer phones, relay messages, provide general clerical assistance to include filing and computer data entry.

Comprehensive volunteer training is provided at sites throughout

Pinellas County. To learn how you can contribute to our community's quality of life by helping others and find deep personal satisfaction in doing so, please call 586-4432.

...

Seniors' Chat Room

Experience table topics with the Gulfport Senior Center's Chat Room every Friday at 2 p.m. The Center is located at 5501 27 Avenue S. in Gulfport.

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Somethin' on my mind

By Bill Northrop

B_Northrop@theGabber.com

Better stand up now and be heard. No one else is going to do it for you. The U.S., by declaration of the President, Barack Obama, has declared that we are a nation without borders. That means anyone can come in and you are a racist for denying that access. Silence means approval.

Obama made that claim in a speech, hand-in-hand with Mexican president, Felipe Calderon as both talked about the millions of illegal immigrants pouring over our borders yearly. Calderon, whose own country has some of the most stringent and punitive immigration laws in the world, castigated the United States, and specifically the state of Arizona, for its policies. He did this with the concurrent approval of world president Obama. Both of them spoke of Americans as racist for wanting to close our own borders. It was another

America bashing by Obama in a string of other bashings.

Each president was self serving: Calderon who welcomes the outflow of unemployed people from his country and welcomes the inflow of billions of dollars a year, and Obama who sees Hispanic votes in the uncontrolled flow of people into this country. This latter was proven when top immigration officials announced that they won't handle any immigration cases brought to them by Arizona officials. So much for enforcing the law. The administration has not issued a rebuke of this statement and it is assumed that it concurs with the official.

Estimates are that we have at least 10 million illegal immigrants (not all Mexican) in this country, and more coming each day. We have millions more who are not illegal. I have yet to meet a person who opposes legal

immigration whatever the race or nationality. The illegals are, by all reports, putting severe strains on the medical, social, and scholastic resources of our southern border states. And, they are illegal. Does that even matter anymore?

The obvious answer is "No". It's the votes that count and to imply that illegal immigration should be stopped is racist by definition. That there needs to be a debate about the whole issue and particularly about what to do with those already here, goes without saying. How, though, can there be a debate when one side already has been declared racist?

Well, if it is the votes that count, you better makes yours count. Not by voting against anyone of Hispanic descent, but by voting against those who would not enforce the law and who support the immigration policies of the Obama administration. It is a Florida issue. Florida has as much at stake as the southwestern states because we're a destination state for legal and illegal immigrants.

...

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American Legion Activities

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THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Lunch Served 11am-3pm Ron's Karaoke 7pm	Kitchen Open 11-2 Lunch Dinner 5-7pm Southern Knights Band 7-11pm	Dinner 5-7pm Southern Knights Band 7-11pm	Breakfast 8:30-11am Kitchen Open 2-5pm	No Lunch Served	Lunch Served 11am-3pm Ron's Karaoke 7pm	Lunch Served 11am-3pm Euchre 1pm Bingo 6pm Kitchen open

Sunday, May 30 will be our last breakfast until the next blood drive on August 1. We appreciate your patronage and hope you will come back when we reopen.

On Monday, May 31 we will have a Memorial Day service at 1 p.m. to honor our fallen Veterans. After the ceremony, we will be serving barbecue chicken, pulled pork, baked beans, cole slaw or potato salad, roll & butter for a donation of \$6.50.

Join us for dinner on Friday & Saturday nights from 5 to 7 p.m. The Southern Knights band plays after dinner both nights.

We are in dire need of donations for troops in Iraq & Afghanistan. Lately donations have been few & far between. Please help our troops. A collection box is provided at the post. For more information call Shirley at 510-1919. Let's show them our support!

Post 305

6999 Gulf Blvd., St. Pete Beach 367-1596

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Bar Bingo 7pm Food Served	Fish Fry 6-8pm Entertainment 7-10pm	Steak Dinner 6-8pm Geno 7-10pm	Sports 12-6pm Wings 3-5pm	Memorial Day Ceremony 11am Food Served	Harry 7-10pm	ALA Special Dinner 6-8pm Frank Caine 7-10pm

Elections were held on May 18. New officers are: Commander, Carl Mendyke; Sr. Vice Commander, Joe Capri; Chaplain, Bill Horvard and Executive Committee, Byron Broswell and Larry Williams.

Memorial Day services on Monday 31 begin at 11 a.m. There will be a flag raising ceremony with the Color Guard and bag-piper honoring our veterans. Lt. Col. Vargus from Central Command, MacDill AFB, accompanied by his wife will be the principle speaker. Lunch buffet to follow.

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Gulfport Centennial Countdown Continues!

Gulfport's Centennial

100 Week Countdown to 100 Years!



This sailor was better known for another profession. But he was always ready to help out the town's kids with their sailing projects. Who was he and what was the odd name of his boat? Answer next week.

Think you know the answer?

Send us an email with your answer, name and phone number to News@theGabber.com

In just 20 weeks, Gulfport will celebrate the centennial of its incorporation, October 12, 1910. We'll be reminding you every week with an interesting old photograph from the collection of the Historical Museum. See if you can identify the people, places, and above all the decade of each picture as it comes along. To make it a little bit of a challenge, we won't publish the correct caption until the following week.

•••

LAST WEEK'S ANSWER:

The commercial building at 2832 Beach Boulevard was built in 1926, and the north section of it was a grocery store and meat market almost from the very beginning, but it wasn't until 1945 that Casey and Frederica Ingram took it over. They and their son maintained a business there for the next twenty years.



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Everyday Cheap\$Kate

By Mary Hunt

3 Luxuries Money Can't Buy

Recently, I read an online poll that asked, "Do you scrimp in some areas of spending so you can afford luxuries in others?" The possible responses were everything from "yes" to "no," with "what are luxuries?" and "I save every way I can" somewhere in the middle.

At first, I, like most respondents I'm sure, assumed luxuries meant things such as massages and spa services, dinners out at nice restaurants and weekend vacations. I thought of luxuries as self-indulgent activities and material possessions. Who wouldn't enjoy those kinds of things?

Then my mind shifted, and I began to create a new list of luxuries. My list contains things that money cannot buy but debt can destroy:

The luxury of freedom. I enjoy freedom from debt, freedom from worrying about whether I have enough money to pay the bills and

buy the groceries. I remember back in my dark financial past when debt turned me into a slave. MasterCard and Visa owned my soul. Because I'd trusted them to make my life happy, I worked for them to repay my debt. The borrower becomes a slave to the lender. Never forget that. Breaking out of the debt trap has given me the luxury of freedom.

The luxury of space. I love clean, open space in my home and my office. I struggle with that. It's a constant battle not to allow stuff to fill the space. When I succeed, I feel an enormous sense of comfort that gives me room to breathe, relax and enjoy a calm and peaceful environment. It is pure luxury!

The luxury of time. I battle filling my life with too many activities and deadlines and with responsibility. Carving out free time to spend with my husband, children and grandson

requires serious commitment. It takes time to develop and maintain relationships. Time is so finite. We get only 24 hours each day. Keeping some of that time for the things that mean the most to me is what I call luxury.

I won't try to convince you that I do not like nice things. I love fine bed linens and leather handbags. A fabulous weekend away is not something I would turn down. But when I look at the big picture of my life, they are low on my list of luxuries. I'd take being debt-free over a shiny new car any day. I'd opt for time with the people I love over finding a way to cough up hundreds of dollars for a leather handbag.

I never did complete that poll. I needed an option that said "none of the above." As frugal as I might be, I have learned to enjoy the most luxurious life I ever could imagine. I don't have to scrimp or feel deprived because every day, I get to enjoy the luxuries of freedom, space and time. To me, that's living well!

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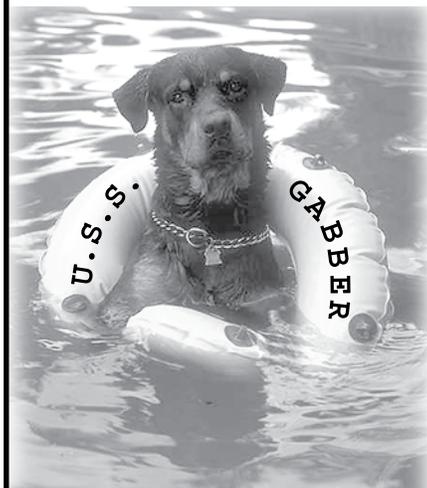
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Gabber May 27 - June 2, 2010

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Traditional Hotel District Workshop

By Melissa Lattman

ST. PETE BEACH- The commission and residents reviewed an ordinance on the Traditional Hotel District in Pass-A-Grille at the May 20 city commission workshop. The commission planned to decide at its May 25 meeting any needed modifications to the ordinance and to give related direction to the planning and historic boards.

During the two-hour session the commission and about 20 people in attendance discussed ways to modify the existing ordinance which provides "for the redevelopment of properties in areas traditionally utilized for small hotels and motels in a manner consistent with the present character of the surrounding area."

The workshop explored which properties are covered. With answers varying because of how the ordinance is currently written from nine specific small hotel and motel properties to any licensed and operated in the geographic area. The same license is used for rental apartments and tourist lodging, City Manager Mike Bonfield said.

"What properties are concerned?" asked resident Jim Vlk "What about apartments- could they build a hotel?... (We) need to define parameters--(provide) a definition of who could build and who could not...there is a fabric of Pass-A-Grille that people like."

"I sat on the historic board when this began...to me it should be the nine properties," said Jay Anderson "Then we talk about mass, scale and size.. Pass-A-Grille is a historic district. You need to guide it, nurture it and most of all you need to guard it."

People talked about specific recommendations such as building heights not to exceed two floors over parking,

following architectural guidelines similar and compatible with the area and having no ancillary uses like rooftop party decks or restaurants.

Resident Chris Bell said, "Current hotels should be allowed to improve but not taller than houses...I also feel strongly there should be no ancillary uses allowed."

Traditional Hotel District Next Steps

ST. PETE BEACH- The city commission asked the planning and historic preservation boards to provide recommendations for the traditional hotel district ordinance by Aug. 26.

Based on a May 20 workshop session with the public, areas the boards will look at include the purpose and intent of the ordinance, including which properties are covered under the ordinance.

The boards will look at uses of the properties such as ancillary use, operational restrictions due to the proximity to residential properties and expansion or connection to properties over alleys or abutting lots.

The board will look at design requirements such as height, setbacks, and architectural standards/design guidelines.

"Lets look at the big picture, what's going to work in Pass-A-Grille as a whole," Commissioner Bev Garnett said.

Coconut Inn Owner Joe Caruso said he felt like he entered a time machine and had gone back six years. From the beginning the ordinance was to save the properties that were there- the hotels on the ground. They designed a plan to keep it patchwork, he said.

"My preferences are to make sure it gets looked at from all angles... (I am) trying to open it up so there aren't constraints what the board looks at," said Vice Mayor Parent "What's good for the city? ...How can we make it work?"

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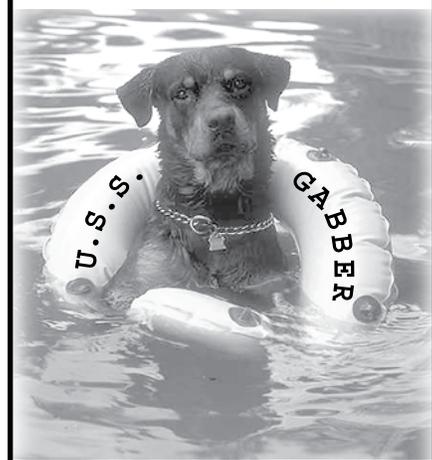
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Gabber May 27 - June 2, 2010

Foster Homes Needed for Felines

Save Our Strays, Inc. is in need of foster homes for stray cats and kittens. If you have room in your home and heart, please give Save Our Strays, Inc. a call at 727-481-5262.

...

USCG Safe Boating Classes

U.S. Coast Guard Auxiliary Flotilla 78 has a 13-week continuous cycle of Safe Boating Classes every Tuesday, 7:30 p.m., Warren Webster Community Center, 1500 Pass-a-Grille Way, St. Pete Beach (1 mile south of Don CeSar) Start at your convenience. First class, come at 7 p.m. to register. Begin any Tuesday and finish 13 weeks later or take up to 2 years to finish.

May classes include: "Your Highway Signs" June 1, "Rules of the Nautical Road" June 8, "Boating Safety" June 15, "Piloting Your Boat-Part A" June 22, and "Piloting Your Boat-Part B" June 29..

Cost is \$40 for 13 weeks and includes a new 400-page manual. Call Jim at 360-4846, or Warren at 321-7801, or Phil at 865-2226.

...

Telephone Reassurance Program

Did you know that volunteers from the Gulfport Senior Center make a morning telephone call every day of the week except Sundays and holidays to make a welfare check for many Gulfport seniors? They constantly hear from those they call who live alone how reassuring it is to hear that friendly voice on the phone to start their day.

If you are a person who would like to add your name to the list of Gulfport residents who already enjoy this service, call the Senior Center and speak to Susan at 893-2237 or Cynthia at 893-1231. This service is free to all Gulfport residents.

...

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Gabber May 27 - June 2, 2010

Excerpts heard at the May 26, 2009

St. Pete Beach City Commission Meeting Public Comment & Council Quotes

"If the oil does hit our hit beach is there some way to use (the community pool)?" -Commissioner Bev Garnett, on giving small hotel and motel owners without pools the option of sending guests to the community pool to keep options open for tourists. City Manager Mike Bonfield said he would look into possible arrangements.

"We hope to see you all out there." -Commissioner Garnett on the second annual sea oats planting project on June 26 in Pass-a-Grille. Parking passes and refreshments will be provided. To volunteer contact Steve Hallock, Director of Public Services at 727-363-9243 or e-mail at s.hallock@stpetebeach.org.

"What is the procedure if these electric cars are parked all over the city?" -Commissioner Marvin Shavlan, on resident concerns he has heard about more than one commercial vehicles parking on a residential property. City Manager Mike Bonfield said residents should call code enforcement.

"When you go somewhere else you are told not to get into an unidentified vehicle." -a resident on the need for all services offering rides to the public to have company names and lettering so a passenger knows the car service is registered or licensed with the city.

"(There will be a) Memorial Day Service at the American Legion Post 305." -Vice Mayor Parent, on the May 31 ceremony at 11 a.m. with a lunch to follow at 6999 Gulf Boulevard.

"We are getting Wi-Fi at the library." -Vice Mayor Parent, on getting wireless Internet at the city library in June. He said the library was also looking into getting a Wii and having bowling tournaments.



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 - Burglary-** 4600 Blk 29th Ave. S.
 - Domestic Battery-** 5800 Blk 17th Ave. S.
 - Domestic Verbal-** 5400 Blk 8th Ave. S.
 - Trouble with Individual-** 5900 Blk Bay Dr. S.
 - Soliciting-** 5500 Blk 18th Ave. S.
 - Domestic Verbal-** 5800 Blk 9th Ave. S.
 - Domestic Battery-** 6100 Blk Kipps Colony Dr. W.
 - Battery-** 1100 Blk Gray St. S.
- Saturday 5/15**
- Suspicious Vehicle-** 900 Blk 58th St. S.
 - Animal Complaint-** 5900 Blk Pelican Bay Plz.
 - Disabled Vehicle-** 5800 Blk Gulfport Blvd. S.
 - Vessel Stop-** Waterfront.
 - Soliciting-** 2700 Blk Tifton St. S.

Crime Awareness Meeting

The topic of the June 14 Crime Awareness & Prevention meeting is "Being A Good Neighbor". Our speaker will be Sgt. Josh Stone. School will soon be out and there will be a lot of youth with too much time on their hands. A good neighbor will keep an eye on their neighbors' properties, just as you would want your neighbor to do for you. Please plan to join us at the Gulfport Neighborhood Center at 1617 49 Street S. at 7 p.m. For more information email Jeri Reed at JRvolunteer@aol.com or call 327-3509 or call Ernie Stone at 727-278-9277.

We encourage everyone to attend and participate. For more information, contact Jeri Reed @ 727-548-5566 days and 727-327-3509 evenings or at Jrvolunteer@aol.com.

- Fight in Progress-** 4900 Blk 20th Ave. S.
 - Animal Complaint-** 5100 Blk Gulfport Blvd. S.
- Sunday 5/16**
- Trouble with Individual-** Tomlinson Park.
 - Trouble with Individual-** 5000 Blk 29th Ave. S.
 - Noise Complaint-** 6000 Blk Kipps Colony Dr. E.
 - Domestic Battery-** 5400 Blk Shore Blvd. S.
- Monday 5/17**
- Narcotics/Drugs-** 600 58th St. S.
 - Criminal Mischief-** 6200 Blk 10th Ave. S.
 - Accident with Injuries-** 1500 Blk 57th St. S.
 - Animal Complaint-** 5600 Blk 26th Ave. S.
 - Battery-** 6200 Blk 9th Ave. S.
 - Suspicious Circumstances-** 3100 Blk 59th St. S.

- Arrest on Warrant-** 3100 Blk Beach Blvd. S.
 - Theft-** 5100 Blk 9th Ave. S.
 - Accident with Injuries-** 5700 Blk Gulfport Blvd. S.
- Wednesday 5/19**
- Theft-** 2700 Blk 52nd St. S.
 - Arrest on Warrant-** 900 Blk 58th St. S.
 - Burglary-** 2400 Blk 51st St. S.
 - Narcotics/Drugs-** 5200 Blk 7th Ave. S.
 - Criminal Mischief-** 1100 Blk 54th St. S.
 - Noise Complaint-** 5000 Blk 10th Ave. S.
 - Theft-** 5100 Blk Gulfport Blvd. S.
- Thursday 5/20**
- Trespasser-** 5800 Blk 9th Ave. S.
 - Trouble with Individual-** 5100 Blk 14th Ave. S.
 - Burglary-** Hoyt Field.
 - Truant-** 1400 Blk 58th St. S.
 - Domestic Battery-** 1400 Blk 59th St. S.
 - Trouble with Individual-** 5200 Blk 31st St. S.
 - Suspicious Circumstances-** 5200 Blk 12th Ave. S.

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Maximo Center has Community Information

The Maximo Community Police Resource Center, 4815 34 Street S. has information for you. The Center, staffed entirely by volunteers, provides free bicycle registration, free "Club" for select automobiles, free cell phones for "911" use only, a collection point for old eyeglasses which are used by health service agencies, lists and free shipment of items needed by our Armed Forces overseas and much more. Call 866-7177.

...

SHINE Needs Volunteers

Do you want a volunteer position that is truly fulfilling and mentally stimulating? Then consider counseling seniors and the disabled with the SHINE (Serving Health Insurance Needs of Elders) program.

SHINE volunteers are both active and retired individuals from diverse career and cultural backgrounds. As a volunteer, you will receive initial training, continuing education and a supportive environment with dedicated colleagues.

If you have an inquiring mind, tact and sensitivity as well as a strong desire to help a vulnerable population, then SHINE may be the perfect volunteer opportunity for you.

Interested in knowing more? If so, please call the SHINE program at (727) 570-9696 ext. 234 and speak with the Area Agency on Aging Program Coordinator, Susan Samson. SHINE is a free program, funded by a grant from the Centers for Medicare and Medicaid Services, and is administered through the Florida Department of Elder Affairs.

...

Centennial Events Calendars

Souvenir Centennial events calendars are still available at Gulfport City Hall and the Gulfport Historical Museum. There are many events going on all year long; don't miss them! All proceeds benefit the Gulfport Historical Society scholarship fund.

...

Sign Up for Creative Summer for Kids

Registration is open for the Creative Summer 2010 at the Industrial Arts Center in Gulfport's Art Village. Kicking off the six-week program will be a repeat of last year's popular Kids Art Experience with James Oleson Jr. June 14-18.

Kids will learn a variety of media and make two projects each day. They will be encouraged to explore how they can create unique works of art from materials and objects they can find in their everyday environment. Media will include wire sculpture, soap sculpture, rock sculpture, collage, mosaic, caricature and more. The week long art experience will be held from 10 a.m. to 2 p.m. Monday-Friday, June 14-18 and July 5-9.

Beginning on June 21, from 2 to 5 p.m. will be Kids Glass Week. Kids will experience a variety of glass arts in a series of five 3-hour workshops:

blown glass ornaments, hot glass paperweights, glass fusing, broken glass mosaic and glass painting. This week long glass art experience will be held from 9 a.m. to noon, Monday-Friday, June 21-25 and July 19-23.

The third offering for kids this summer will be Hands On Sculpture from 2 to 5 p.m. Monday-Friday. In this fun series, kids will explore a variety of hands on sculptural techniques including handbuilding with clay, papier mache, working with armatures, relief sculpture and glass casting. Hands On Sculpture will be held 2 to 5 p.m., Monday-Friday, June 28 - July 2 and July 12-15.

For information or registration, visit the Industrial Arts Center online at www.industrialartscenter.org. The Industrial Arts Center is located at 2902A Beach Boulevard South, in Gulfport's Art Village Courtyard.

SummerKids Art Schedule

- June 14-18 - Kids Art Experience with James Oleson Jr.
- June 21-25 - Kids Glass Week (limited registration)
- June 28-July 2 - Hands On Sculpture
- July 5-9 - Kids Art Experience with James Oleson Jr.
- July 12-15 - Hands On Sculpture
- July 19-23 - Glass Week (limited registration)

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Sustainable Living

By Shawn Dell Joyce



Perfect Lawns

Lawns are big business in our country, with homeowners spending millions of dollars and many hours manicuring the lawn. But are these showcase thatched patches an environmental hazard?

Water is in short supply, yet 30 percent of East Coast water usage and 60 percent of West Coast water usage goes to watering our lawns. We pour 10 times more chemicals on our lawns than farmers use in their fields, making lawns toxic for wildlife, soil microorganisms and earthworms, and polluting local water supplies. Up to a third of bagged household waste going to our landfills is lawn trimmings and leaves raked from our yards.

Traditional gas-powered lawn mowers are responsible for 5 percent of the nation's air pollution, according to the Environmental Protection Agency. One gas mower running for an hour emits the same amount of pollutants as eight new cars driving 55 mph for the same amount of time, according to the Union of Concerned Scientists. Even the innocuous

Weedeater emits 21 times more emissions than the typical family car, while the leaf blower can emit up to 34 times more, according to Eartheasy.com.

All this adds up to about 800 million gallons of gas burned each year in the quest for the perfect patch. But, about 17 million gallons of that fuel doesn't quite make it to the mower tank and winds up spilled on the ground. That's more than the Exxon Valdez spilled in 1989, and chances are that most homeowners do not clean it up. If that spilled fuel is left to evaporate into the air, it becomes smog-forming ozone when cooked by heat and sunlight, and seeps into our water supply.

If your mower happens to be a two-cycle engine, it releases 25 percent to 30 percent of its oil and gas unburned into the air, along with particulate matter, carbon dioxide and other ingredients of smog. This unhealthy soup we breathe contributes to cancer, and damages our hearts, lungs and immune systems.

Want to lessen the environmental impact of your lawn?

The "greenest" thing you can do is convert your lawn to a vegetable garden and replace the turf with lovely raised beds of edible greens.

If that is too crunchy for your taste, how about trading in those gas-guzzlers for the old-fashioned human-powered kind? Reel mowers are easier to use, quiet and non-polluting, and you don't have to worry about spilling the gas. With the money you save on gas alone, you could buy a good pair of clippers for the bushes and a scythe for weed whacking.

If you want to take the work out of lawn care, consider investing in electric mowers and weed whackers. Electric mowers range in price from \$150 to \$450, and the average cost in electricity to power the mower for one year is about five bucks, with no spilled gas and less emissions. Propane-powered lawn equipment is a good choice when your lawn is the size of a golf course.

Use less water by catching rainwater in a barrel and attaching a spigot to the bottom of it. You can set up a drip irrigation system that delivers this rainwater to your lawn. Water your lawn early in the morning when less water will evaporate in the hot sun. Run a fountain pump from your bathtub out the window, and reuse your bathwater to water your lawn.

Leave grass clippings on the lawn instead of using chemical fertilizers. This keeps yard waste from landfills and cycles the nutrients from your lawn back into the soil. It also provides a little mulch so that your lawn needs less watering.

Use your brain instead of herbicides. If your lawn has dandelions, then your soil has a high pH level. Lower it with sulfur, or spot treat individual dandelions or poison ivy with a shot of vinegar.

Set up a compost pile, or buy a composter for leaves and lawn clippings. Some municipalities won't allow yard waste in municipal landfills. Why waste a good thing? Compost it instead.

Use natural fertilizers instead of chemicals. Corn gluten will add nitrogen to your soil as well as kill weed seedlings. Use your composted yard waste and vegetable trimmings to build healthy soil on your lawn.

...

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...

Women's Drum Circle

The Gulfport Women's Drumming Circle meets monthly at 7:30 p.m. on the Friday closest to the full moon, on the west side of Gulfport Beach near the Recreation Center. For the next several months it's the last Friday of the month. Next circle is Friday, March 26. Bring a chair or blanket, instruments and yourselves! FMI contact Dena at 289-3380.

...

Join the Sea Scouts

Very simply put, a Sea Scout SHIP is a co-ed Venture Scout organization for teens that builds self confident young leaders who understand the importance of team work on the water and in every day of life. They learn by sailing boats, figuring out how to fix them, racing them, sailing to outings and participating in difficult water related games.

Boca Ciega Yacht Club of Gulfport is the sponsor of Ship #915 and they will make available their fleet of youth sailing boats with leadership

and supervision. The youth club extends a welcome to the parents and teenage (14 & up) children who have an interest in sailing.

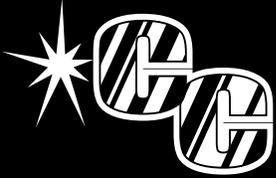
If you have a son or daughter who loves the water, bring them to one of the 7 p.m. Wednesday meetings at Boca Ciega Yacht Club, 4600 Tifton Avenue. Take 49 Street S. to Del Rio Ave. Turn left to the Club building on the south side of the Gulfport Marina. Call Tony Angel at 459-7900.

...

Seniors vs. Crime

Seniors vs. Crime is a project of the Florida Attorney General's Office. If someone has taken advantage of you through a con, scam or unfair business practice, come into their office at 330 Fifth Street N. in St. Petersburg or phone 552-1807. They are open Mondays and Thursdays from 9 a.m. to 1 p.m. The service is free and confidential.

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By Robert J. Myers, Esquire

What is Probate?

Probate is a Court-supervised process which is normally required to wind up the personal and business affairs of someone who passes on. Probate involves the identification of and gathering of a deceased person's assets, the payment of taxes, creditor claims and expenses and, finally, the distribution of the deceased's assets to beneficiaries.

Probate documents are generally filed in the county where the deceased person lived. A filing fee is required to be paid to the Clerk of the Circuit Court to start the probate administration process. After a probate proceeding is initiated, a Circuit Court Judge is assigned to oversee the process. A Judge will, upon her/his approval, issue letters of administration which appoints a personal representative of the deceased's estate. The Judge also resolves questions raised during the

probate administration by reviewing all filed documents and holding Court hearings as necessary.

Who has Preference to Serve as Personal Representative?

If a deceased person had a valid last will and testament, the person who is designated in the will to serve as personal representative will have preference to be appointed by the Court to serve. In the event the deceased did not have a valid last will and testament, a surviving spouse will generally serve. In the alternative, a majority of the heirs may select someone to serve as personal representative for approval by the Court. In our next article, we will together explore what the responsibilities of a personal representative are in the probate proceeding.

Mr. Myers is the owner of Akerson Law Offices which is located at 1135 Pasadena Avenue South, Suite 140, St. Petersburg, Florida. The telephone number is 727-347-5131. Mr. Myers welcomes calls regarding this article and other related legal topics. This column outlines general legal principles and is not intended to give you legal advice. If you have a specific question about the law, please consult an attorney.

Support Our Troops

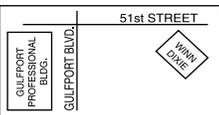
Donate items such as candy, cookies, microwave popcorn, peanut butter or cheese crackers, small canned fruits, canned meats and tuna, Kool-Aid, Crystal Light, beef jerky, slim jims, any small microwave products (soups, pastas, etc.), ladies hygiene products, baby wipes, chapstick, sunscreen, bandanas, socks, zip lock bags and Q-tips. Drop off goods at the Army Recruiting Office in Seminole Mall, VFW Post 4256 at John's Pass, American Legion Post 7 in Clearwater, Extra Storage Space on Duhme Road in Madeira Beach or VFW Post 9273 in Seminole.

Attention Veterans

It's official. DD-214's are now available online. The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their DD-214's online: <http://vetrecs.archives.gov/>.

This may be particularly helpful when a veteran needs a copy of his DD-214 for employment purposes. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180 which can be downloaded from the website.

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Purchase Locations

The following locations offer tokens to ride the Gulfport/St. Pete Beach trolley: Domain Home Accessories, 3129 Beach Blvd. S., The Outpost, 3007 Beach Blvd. S., Gulfport Recreation Center, 5730 Shore Blvd. S., in Gulfport and Bluewater Outfitters, 341 Corey Ave. in St. Pete Beach.

If you are a Gulfport or St. Pete Beach business that is interested in having your shop participate as a Gulfport-St. Pete Beach Trolley token purchase location, call Brian VanSlyke at 893-1069. Soon, flamingo window cling signs will mark your business as a "Trolley Token" location!

WellNEWS

All the news that's fit.

By Scott Lafee

Want to Stop Cell Suicide? Run a Marathon.

Apoptosis is the scientific name for the phenomenon of natural programmed death of cells. It's a part of life, though obviously it can be problematic if cells die too soon, too often or in the wrong numbers.

Researchers at the University of Rome have found that strenuous exercise appears to arrest the process of apoptosis. The scientists examined blood samples taken from people before and after completing a marathon race.

"Apoptosis is a normal physiological function dependent on a variety of signals, many of which can be modulated by strenuous exercise," said Italian researcher Gabriella Marfe. "Here, we've shown for the first time that exercise modulates expression of the sirtuin family of proteins, which may be key regulators of training."

The researchers believe that sirtuin proteins are involved in the protective effects of exercise against cell death. "Sirtuins may play a crucial role of mediators/effectors in the maintenance of skeletal and cardiac muscle tissues as well as neurons," said Marfe, "thus explaining the synergic protective effects of physical exercise and calorie restriction for survival and aging."

Of course, the researchers cautioned against simply dashing out for a 26-mile run. Without appropriate training, conditioning and medical oversight, doing so could be tantamount to actually committing suicide -- the whole body kind.

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STORIES FOR THE WAITING ROOM

The American humorist Will Rogers (1879-1935) once sent his young niece a picture postcard from Paris. "See what will happen to you if you don't stop biting your fingernails!" he wrote on the back of the card.

On the front of the card: A photo of the armless statue, Venus de Milo.

OBSERVATION

A doctor whose breath smells has no right to medical opinion. -- Writer and humorist Martin H. Fischer

MEDTRONICA

National Library of Medicine
nlm.nih.gov

The online version of the world's largest medical library, run by the National Institutes of Health. There are components for researchers, health care professionals, librarians and, of course, the public. The last section contains general breaking

health news, online exhibitions and a link to Medline Plus, a site where you can investigate symptoms, diseases, doctors and hospitals.

LIFE IN BIG MACS

One hour of playing the accordion burns 122 calories (based on a 150-pound person) or the equivalent of 0.2 Big Macs with cheese.

GET ME THAT. STAT!

Spouses caring for loved ones with dementia are six times more likely to develop the memory-impairing condition than those whose spouses don't have the condition, according to a 12-year study by Johns Hopkins University researchers.

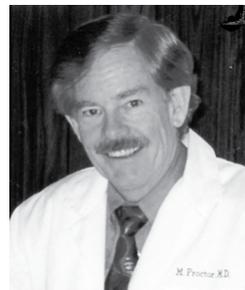
LAST WORDS

Here am I, dying of a hundred good symptoms. -- 18th-century English writer and poet Alexander Pope (1688-1744)

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Big Green Machine

By Melissa Lattman



It rakes. It cleans. It's fast and green. The city has a new beach rake system towed by a tractor that grooms the city's beaches two to three times faster than the old cleaner.

Dan Smith, of the city's Public Works Department, cleaned the stretch of beach between 21st Avenue and the concession stand in Pass-a-Grille on a recent morning. A light early morning rain made the texture of the powdery sand a bit like gumbo. The rake has tines, which can be adjusted depending on the texture of the sand, Smith said.

The machine goes out every day raking various parts of the city's beaches. It picks up big stuff and stuff as small as glass or a cigarette butt. It cleans debris. Keeping the sand fluffed- makes it fresher. It smoothes it out keeping it rut free. The old unit from 1999 was big, slow and very labor intensive, said Operations Manager Phil Christman.

Help Needed at Town Shores Library

Volunteers are needed to help shelves books on a Sunday, Tuesday or Friday at the Town Shores Library. Please call Madeline at 381-8306.

...

GEMS Goes to Market

GEMS will take you to Gulfport's Fresh Market on the first Tuesday of each month from 9 a.m. to noon free of charge. You don't have to be a registered GEMS member for this trip. Would you like an arm to lean on? A Senior Center volunteer would love to assist you. Call GEMS at 727-893-2242 to reserve a ride.

...

Volunteers Needed for Soup Kitchen

The Salvation Army of St. Petersburg is seeking volunteers to staff its community soup kitchen on Saturdays and Sundays from 12 noon to 6 p.m. Volunteers will assist staff in serving meals to the clients who come to the soup kitchen each day for the noon and evening meals. They will be involved in serving, and clearing tables as clients arrive and depart during the meal hours.

To volunteer please contact Gail Stark, Community Relations Coordinator at (727) 550-8080, ext. 332 or by email at Gail_Stark@uss.salvationarmy.org.

...

Dog Obedience Classes in St. Pete Beach

ST. PETE BEACH, FL: Dog Obedience classes are now being taught at the St. Pete Beach Community Center, located at 7701 Boca Ciega Drive. Instructor Phyllis Mazzaris will teach participants basic dog obedience and training through positive reinforcement during weekly one-hour sessions. Class dates and times vary depending on need so contact Phyllis today at (727)898-1054 or (727)459-3562. You can also visit her website at www.nobonesaboutit.biz. Pay just \$65 per 6-week session and make your pooch the best behaved on the block!

...

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Yoga Classes in St. Pete Beach

The St. Pete Beach Community Center located at 7701 Boca Ciega Drive is offering Yoga classes appropriate for all skill levels. Check out the St. Pete Beach website www.spbrec.com under Adult Programs, Yoga Classes, or contact Wendy Hessinger 727-686-0123, Cathy Sattler 727-367-7573, or Osha Ray 805-680-3877.

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Community Food Pantry

The Community Food Pantry housed in the Senior Center is available for Gulfport residents of all ages who are in need. Proof of address and income is required. Thanks to the wonderful individuals and businesses in the great City of Gulfport who so generously supply food items for the pantry on an ongoing basis.

...

Pasadena Card Club

Pasadena Card Club offers duplicate bridge Monday through Friday at 10 Park Street N. starting at 12:30 p.m. and contract bridge and pinochle Tuesday and Thursday at 12 noon. Call David at 381-5944.

...

Look What's Growing



Photo By Leigh Clifton

Things are growing at the new Gulfport Community Garden! Located on Preston Ave., between 51st and 52nd Street South, the plots are available to Gulfport and St. Petersburg residents for \$50 for a season. Would-be gardeners can get more info and sign up for plots by visiting Banyan Scapes on 49th St. The Garden is sponsored by the City of Gulfport and the South 49th Street Business Association.

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St. Pete Beach Splash & Dash

By Melissa Lattman



Seven-year-old Blake Smith got a buzz hair cut so he would move faster in the water at the city's first Splash & Dash Biathlon on May 16. Children ages 5-12 grouped by age ran on the grassy park fields and swam laps in the Community Center pool.

"I am going to swim faster. I am going to zoom," Blake said of the effects of his haircut.

The athletes enjoyed the Splash & Dash, which showcased two of the city's newer venues. The park and pool were built in 2007. The recreation department always wanted to host an event combining the pool and a run in the park, said Recreation Department Program Director Mandy Edmunds.

"It was amazing. I got real tired at the beginning and it feels so much better when you jump into the pool," said Cameron Wright, 10.

For some young athletes the morning was part of their training goals. Avron Harvey, 9, said it was his first biathlon and he wants to do a triathlon some day. He's on a swim team already and hopes to join the school track team.

A pool party followed the biathlon. The recreation department planned the morning to provide opportunities "to get kids out there and be active," Sharon Smith of the Recreation Department said.

PARC Thrift Store Needs Donations

Due to an increase in community need, the PARC Thrift Store at 5825 66 Street N. in St. Petersburg is immediately collecting electronic and furniture donations. The PARC Thrift Store is able to pick up large donations with advance notice. Donations of electronics and furniture may be delivered to the PARC Thrift Store seven days a week during daytime hours. Opened in 1963, all proceeds from the PARC Thrift Store benefit the children and adults with developmental disabilities at PARC.

For more information, please call Ron Hoover, PARC Thrift Store Manager, at 727-541-4493.

...

Care Givers Support Groups

Do you find yourself "caring" for the health concerns of another? If so, consider coming to one of Pasadena Community Church's Care Giver Support Groups in the Life Enrichment Center at 227 70 Street S. One group meets on Tuesday evenings from 5:30-6:30 p.m. and the other meets on Wednesdays from 9:30-10:30 a.m.

Both groups are open to the public and provide a confidential setting for those attending to share with others who are in like situations their experiences, joys and concerns of "care giving". The person may be a relative or just a good friend. It is not necessary that the individual reside in the same house with you or even the same state.

Call Pam Lanning at 347-2809 or Barbara Posey at 381-2499, ext. 214.

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Volunteers Needed for Friends of Strays

Friends of Strays needs you if you love cats! Friends of Strays no-kill animal shelter is presently seeking volunteers for positions at the Shelter & Adoption Center location at 2911 47 Avenue N. in St. Petersburg. Hours are 8 a.m. - 3 p.m., Monday through Sunday. Call 727-522-6566. A volunteer application is available on line at www.friendsofstrays.com or at the shelter.

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Your Health

By Rallie McAllister M.D.

Eating Breakfast Boosts Weight Loss

If you're skipping breakfast in an effort to slim down, it might be wise to rethink your weight-loss strategy. Studies show that folks who eat breakfast tend to be thinner and healthier than those who don't.

In a study of nearly 3,000 individuals enrolled in the National Weight Control Registry (NWCR), 78 percent reported eating breakfast every day of the week. All NWCR subjects had maintained a weight loss of 30 pounds for at least one year. On average, the subjects had lost more than 70 pounds and kept it off for six years.

Skipping any meal -- especially breakfast -- seems to promote weight gain rather than weight loss, since breakfast-skippers are more likely to give in to mid-morning munchies or extra-large lunches. Either way, they typically end up consuming far more calories than if they had just eaten breakfast in the first place.

The results of a study published in the American Journal of Clinical Nutrition found that when dieters regularly ate breakfast, they lost significantly more weight than those who routinely missed the morning meal.

The study included 52 obese women who were placed on a calorie-restricted diet and randomly assigned to one of two groups. The women in both groups consumed an equal number of calories each day, but one group ate breakfast while the other did not.

Women assigned to the breakfast-eating group lost an average of 19.6 pounds in three months. Those assigned to the breakfast-skipping group lost an average of 13.6 pounds.

The subjects who ate breakfast reported feeling less hungry later in the day. As a result, they ate fewer calories at lunch and dinner, and they were less likely to engage in mindless snacking throughout the day.

Eating protein-rich foods, such as eggs or nuts, at breakfast is an excellent way to help stabilize blood-sugar levels and stave off hunger

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for hours. Dietary protein also helps build muscle tissue, which burns far more calories than fat tissue, even when the body is at rest.

It's tempting to think that the more protein you eat at breakfast, the faster you'll build calorie-melting muscle tissue, but that doesn't seem to be the case. Researchers at the University of Texas recently reported that only the first 30 grams of protein, the equivalent of approximately four ounces of dairy, fish or lean meat, at any meal contributes to an increased rate of muscle protein synthesis.

Breakfast is a great time to consume moderate amounts of high-quality fat, such as fat found in fish, olive oil and nuts. The results of a study published in the March 2010 issue of the International Journal of Obesity suggest that when it comes to weight loss, it's better to eat meals that are higher in fat and calories in the morning than in the evening.

Researchers at the University of Alabama reported that mice fed foods higher in fat and calories at the morning meal gained less weight than animals eating high-fat, high-

calorie meals at the end of the day.

The morning meal provides an excellent opportunity to get a head start on your fiber intake. Not only do high-fiber foods help satisfy hunger, they can also make it easier to lose weight.

Fiber-rich foods, such as bran cereal, whole grains, fruits and vegetables, tend to be bulky, filling and satisfying. Once for ounce, they're typically far lower in calories than highly processed low-fiber foods, such as corn flakes and toaster pastries.

Foods rich in fiber trigger the release of a hormone called cholecystokinin, or CCK. In the body, CCK serves as a chemical messenger that notifies the brain that the stomach is getting full and it's time to stop eating.

For some folks, getting out of bed each morning is a challenge in itself, without worrying about what to eat. But when it comes to boosting weight loss and overall health, investing a few minutes assembling and eating a nutritious breakfast is an excellent investment of your time.

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Your SOCIAL SECURITY

By Tom Margenau

How to Maximize Your Social Security

I have been getting more and more e-mails from readers in their late 50s and early 60s who are doing some retirement planning and looking for ways to get the best return on their Social Security "investment." That's why I decided to produce a fact sheet that I call "Five Ways To Maximize Your Social Security Benefits." The fact sheet is too long to reproduce in this column. So, I am going to just briefly summarize its contents and then invite readers who want more information to send me an e-mail asking for a free electronic copy of the fact sheet. Just e-mail that request to thomas.margenau@comcast.net.

Here is an overview of the five strategies you might be able to use to receive the best deal possible from Social Security.

-- Take reduced benefits at 62. Repay those benefits at 66 and start all over at a full rate.

This little used scheme -- more formally known within the Social Security Administration as the "restart plan" -- would only work if you are retired before age 66 and if your Social Security benefits are not part of your retirement cash flow. You file for reduced retirement benefits from Social Security at age 62 (or any age before 66). But as you get the checks each month, you set aside all the proceeds in the investment plan of your choice. Then at age 66, you withdraw your original Social Security claim. You will be required to pay back all the benefits you have received, but you get to keep whatever interest was earned. Then you file a new claim with an age 66 start state (i.e., your full retirement age rate) and receive those benefits for the rest of your life.

-- While you are still working, take reduced benefits at 62 and get an adjusted rate at 66.

This is the "ARF" plan that I have written about several times in recent columns. ARF stands for adjustment

to the reduction factor. Under this plan, you would take early retirement benefits at a reduced rate, even though you are still working, assuming your earnings are at a level that permits you to receive at least some of your Social Security benefits between age 62 and 66. At age 66, the ARF provision automatically adjusts your original early retirement penalty, so that your ongoing rate reflects a reduction only for those months you actually received a Social Security check. The advantage to this plan is that you receive thousands of dollars in Social Security benefits before age 66, even though you are still working. You wind up with a Social Security benefit that isn't much less than your full retirement rate.

-- Start your Social Security in January of your age 66 year and get unexpected benefits.

If you were planning to wait until age 66 to apply for Social Security, it is frequently to your advantage to apply for and start those benefits in January of the year you reach age 66. Explaining the advantages to this provision requires a lot of complicated math that I just don't have room for in this column, although the fact sheet gives a good example. Even without the messy math, the message is simple: Always check into filing for Social Security in January, even though you don't turn 66 until later in the year.

-- Claim benefits from your spouse at 66 and get a higher retirement rate at 70.

This plan would work for a married couple when both are eligible for their own Social Security benefits. It allows one member of the couple to initially claim benefits on a spouse's Social Security record and then switch to much higher benefits on his or her own record at age 70. Those higher benefits would include an extra monthly bonus of up to 32 percent in "delayed retirement credits." Please note that under the rules of this plan, which SSA calls the "restricted application policy," both members of the couple must be age 66 or older.

-- Let your nonworking spouse get some of your Social Security while you keep working.

This plan works for someone who is over age 66, still working and wants to delay his or her Social Security until age 70 to take advantage of the delayed retirement credits. But he or she has a spouse who is not working and is eligible for little or no Social Security on his or her own Social Security record. The higher earning spouse would file for Social Security at age 66, but then suspend those benefits until age 70 in order to get the delayed retirement bonus. However, the nonworking spouse would be able to receive dependent's benefits, even during the suspension period.

This column gave you only a broad overview of some very complicated provisions of Social Security law. If one or more of them piqued your interest, send me an e-mail requesting the full fact sheet, "Five Ways To Maximize Your Social Security." But even after you have read the fact sheet, you should realize that your own personal factors -- your retirement plans, your earnings, your other income, your marital status, your health, etc. -- present a unique set of circumstances that play a major role in determining if one or more of these plans can work for you. So, you should always discuss your options with a Social Security representative. You can make an appointment to do so by calling SSA at 1-800-772-1213 or going to their website at www.socialsecurity.gov.

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LAWN & HAUL-Affordable Prices. Roof Cleaning, Mowing, Hedge/Tree Trimming, Brush Removal, Code Violation Clean-Ups, Debris Hauling. Dependable. Senior Discounts. Dave, 727-215-2229.

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B.W. Lawn Care is a Licensed Professional Lawn Service. We Offer Regular Service & One-time Cuts. Most Lawns are Just \$20! Call 727-709-9222 Today for a Free Same Day Estimate.

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It's time for Springtime Cleanups! Tree Trimming to Removals. Roof & Gutters Cleared of Debris. Monthly Lawn Service, Etc. Free Estimates, Low Rates, Licensed/Insured. 727-641-7089.

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BEAT THE RECESSION-Residual Income Opportunity. Part-Time from Home. Go to www.abminfo.com Sign up Online. ID #3011 David S.

Help Wanted

WANTED LIVE-IN-Mature Woman for House-keeping & Errands. Valid DL. Required. Position Need to Assist Mature Man. Furnished Apt./Salary Provided. 727-289-3588.

ORGANIST/CHOIR DIRECTOR-Needed for Sundays and Special Events. Please call Gulfport Presbyterian Church for appt. at 727-321-8086 from 9:00am. to Noon, Monday-Friday.

PART TIME HELP- 20-25 Hours/Week. Paint, Yard, Whatever. Must Have Transportation to Work. 727-343-0080.

PROFITABLE HOME BUSINESS - Start Earning today/absolutely no cost to you. Join a Winning Team Today! 727-399-7937. GrassRootsSuccess.com

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Automotive

1985 NISSAN KINGCAB-w/topper. Good Work Truck. \$775. 727-323-1039.

1987 CHEVY SUBURBAN-1500. 4x4. Transfer Case Slips. Estate Sale. \$1000. obo 727-320-3677.

1996 DODGE SUPER SPORT-Caravan. Runs Great, No Rust, Cold Air, Power Windows. Lots of Miles. Repair Records Available. 5 doors. Steal at \$365. Cash, Firm. 727-867-3627.

CASH PAID FOR CARS- Prices Subject to Steel Market Value. 727-328-8004.

REWARD \$CASH NOW\$

For Junk or Used Cars Trucks Vans. Honest Same day service. Title or Not, Free Towing. 727-564-0831 or 727-542-8705.

UP TO \$500

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Computers/Electronics

LAPTOP COMPUTER - Acer, \$200. Call 557-4305.

Furniture/Appliances

CONTOUR ADJUSTABLE BED- Twin Sleep System, Hand Controls, 2 Years Old, Immaculate Condition. \$2200. 727-344-3242.

DINING/KITCHEN TABLE- w/6 Chairs, Dark Color. 36" High, w/Leaf 52" Square. \$150 Firm. 3" Space Age Foam Mattress Pat, Queen Size, \$25. Green Leather Lazy Boy Recliner, \$20. 727-323-0268.

General

LAWNMOWER \$35-Self Propelled 22" Cut \$60. Gas Edger \$35. 727-345-5378.

AVON Buy or Sell
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Ind. AVON Rep.

COLD AIR/HEAT CONDITIONER-Unit. 18,000 BTU. Runs Well. \$65. obo. 727-384-0724.

GULFPORT LIONS CLUB - Available For Parties, Weddings, Meetings. Great Water-front Location With Full Facilities. Call Art for Info and Dates. 321-5717.

SLATE POOL TABLE-Sticks, Balls and Rack Only \$100. 727-321-2994.

BRAND NEW VENDING-Machine. Combination of 13 Snacks & 6 Drinks. Approx. 5.5' tall by 32" Wide by 20" Deep. Bought from 1-800-Vending. Model GO-127&137 \$2100. 727-452-1012.

THE BOOK LADY SAYS- Wear a Classy Embroidered Gulfport Tee Shirt, \$17.95. Small Adventures Book Shop, 3107 Beach Blvd 727-347-8732. Closed Sunday & Monday.



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Deadline: Tuesday 5pm | Monday 3pm if proof is required (727) 321-6965 fax (727) 327-7830

General

HOT TUB SAPPHIRE BLUE-w/Water Fall, Colored Lights, Seats 4 plus Lounge. 2yrs. Old, Pd. \$4000. Sell \$2500. Excellent Condition. Made by Spa Manufactures. Easy to Care for. 7'4" x 6'8" 727-345-8226.

WHEEL BARREL-Style Dual Tank Compressor. 110 Volt. \$100. 727-363-6959.

1980 YAMAHA MOTORCYCLE-Table Saw, 8ft. Wooden Ladder, 10ft. Aluminum Ladder, Riding Mower, Truck Topper, 60'x70', Laptop Computer, 344-2083.

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Has Moved to Oldsmar Flea Market, Booth I-22 East. Drums, Harps, Flutes, Bagpipes, Sitar & More. Great Selection of Gemstone Jewelry. Sat-Sun. 9-4p.m. 727-345-2800. www.theotherworlds.com.

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WET SLIPS-From 25' to 55' Sail of Power. \$7/F. Easy Access to Gulf. 4 Slips Left. 727-641-6465.

FIBERGLASS BOAT REPAIR- Buff & wax \$9.95/hr. Glass/Gelcoat repair, Fluid change, Shaft Alignment, Motor Repair. Trouble Shooting, 24 years exp. Call Steve 727-365-3210

Wanted

WANTED GARAGE TO RENT- Within Short Distance of Town Shores. Call 343-2530.

Legal Notices

NOTICE OF PUBLIC SALE- Insurance Auto Auction, Inc. gives Notice of Foreclosure of Lein and intent to sell these vehicles on 6/21/2010, 10:00 a.m. at 5152 126th Ave. N., Clearwater, FL 33760, pursuant to subsection 713.78 of the Florida Statutes. Insurance Auto Auction, Inc., reserves the right to accept or reject any and/or all bids. 19UYA3250WL009297 1998 Acura: JM1BJ225530161734 2003 Mazda: WAUAC48H15K012129 2005 Audi: 1D7HA18D15S107511 2005 Dodge. (GN 05/27/2010)

FICTITIOUS NAME NOTICE

Notice is hereby given that Elizabeth Mason, desiring to engage in business under the fictitious name Back in an Hour Massage located in Pinellas County, Florida, intends to register the said name with the Division of Corporations, Florida Department of State, pursuant to section 865.09 of the Florida Statutes. May 27, 2010

PLACEYOUR AD HERE- \$13.00 for 20 words, includes notarized affidavit of publication and tear sheet. \$5.00 notary fee. 321-6965.

Yard/Garage Sale

5136 11TH AVE. S.-Fri, Sat. & Sun. 8am.-2pm. Everything Must Go!

PRE MEMORIAL DAY YARD SALE

8:30am-3:00pm. 727-898-8827 3215 Fairfield Ave. So. St. Pete Fl. Sat. May 22, 2010. Sheets Sets (queen), Wash Towels, Hand Towels, Pillows & Cases, Clothes: Women, Men, Boys & Girls. Ceramics, Furniture, Lamps, Lots More!

Yard/Garage Sale

5213 17TH AVE. S.- Friday/Saturday 8-2p.m. Amazing Amount of Collectibles/Antiques. Great Stuff Cheap! (In Alley)

ESTATE SALE-2110 Quincy St. S. May 19th - May 30th. Furniture, Clothing, Tools, Etc. Everything Must Go! 8am.-7pm. Everyday but Mondays. 727-289-8654.

2314 18TH ST. SO.-Sat., 8?- Furniture, Clothes, Misc.

GULFPORT FLEA MARKET

Located on the corner of 9th Ave. S. & 50th St. S. OPEN 9am-3pm Thurs., - Fri., - Sat.

We will be closed this Thurs., Fri., and Sat., for the Memorial Day Weekend See you next Thursday! Have a safe and Happy Holiday.

Want to sell with us? Car not big enough? We have pick-up & drop-off service. VENDORS SPACES ARE AVAILABLE TO RENT ON A DAILY, WEEKLY OR MONTHLY BASIS. COME & JOIN THE FUN. MEET NEW PEOPLE

Call 727-258-1429

Lost & Found

BLACK CAT-with White Paws & Face. 18yrs. Old. Lost in the Vicinity of 26th Ave. S. (1 week ago) REWARD! 727-954-7316.

Card of Thanks

PRAYER TO ST. FRANCES- God Thank you for giving us St. Frances. We thank you for giving us our pets, who are our friends. Kindly bless our pets. May our pets continue giving us joy and remind us of your power.

OOMS

SEND US YOUR NEWS!
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City of Gulfport Public Notices

City of Gulfport Public Notices



CITY OF GULFPORT MEETINGS

City Clerk's Office

JUNE 2010

June 1, 2010

City Council Workshop Meeting

***Meeting to begin at 5:00pm

City Council Meeting

***Meeting to begin at 7:00pm

June 2, 2010

Planning and Zoning Board/LPA

***Meeting to begin at 6:30pm

June 7, 2010

Economic Development Advisory Board

***Meeting to begin at 6:00pm

49th Street Neighborhood Center

June 9, 2010

Board of Adjustment

***Meeting to begin at 6:30pm

June 15, 2010

City Council Workshop Meeting

***Meeting to begin at 5:00pm

City Council Meeting

***Meeting to begin at 7:00pm

June 16, 2010

Historic Preservation Committee

Meeting to begin at 5:30pm at the Historical Society Museum - 5301 28th Ave.

June 24, 2010

City Council Workshop Meeting

***Meeting to begin at 5:00pm

June 28, 2010

Waterfront Redevelopment Advisory Bd.

***Meeting to begin at 7:00pm

Gulfport Senior Center

All meetings are open to the public and are held in City Hall Council Chambers, located at 2401 53rd St. S., unless otherwise noted. Meetings may occasionally be added, cancelled or rescheduled after this list is published.

Real Estate

(727) 321-6965
fax (727) 327-7830

Deadline: Tuesday 5pm | Monday 3pm if proof is required - display only



Real Estate for Rent

CONDO 55+-1BR/1BA with Den, Ground Floor, Lake View. Parking at front Door. Pool, 840sqft. Tyrone Mall area. \$600/Mo. 727-710-1253.

GULFPORT APT.- 5 Blocks from Beach, 2BR/1BA, Newly Remodeled, Available Immediately. \$700/Mo., \$500 Security. 727-347-1017.

LEASE PURCHASE

Gulfport Marina Home - 2/1.5/1, 1 block from Marina - Great retro home.
Stetson Area - Beautiful 2/2/1, gleaming terrazo, large yard & screened porch.
Beautiful 55+ Mainlands - 2/3 bd, 1.5 bath, large Florida room - includes cable and lawn care.

Each property \$1200 per month with \$400 per month returned when purchased.

727
322-0797

SMALL QUIET EFFICIENCY- All Utilities Included. 727-289-3588. Also need Part Time Handyman & Caregiver.

LOVELY CONDO- 3/2 1400 Sq. Ft. Park-Like Setting, Garage, Gated. Across from Ceridian. Sale or Rent, \$900/Mo. 727-343-1630.

1 MONTH FREE RENT- \$575/mo., 1BR/1BA, North St. Petersburg, All new, beautiful kitchen, C/H/A, Dishwasher, water included. 727-347-7620 or 727-455-8881

APARTMENTS FOR RENT- St. Pete Studio Apts. from \$450/Mo., 1BR's from \$550/Mo., 2BR's from \$625/Mo. Vouchers & Section 8 OK. 727-804-5596.

1BR ST. PETE APT.- 844 5th Ave. S. \$475/Mo. plus 1st/last/Security. Hot Water Included. 727-821-2074.

WEST ST. PETE-PASADENA 2BR- Condo. Tropically Landscaped, Pool, BBQ+ Laundry On-site. Sorry No Pets. \$650/Mo. 6266 1st Ave. S. 727-458-7828.
www.Don-Taylor.com/FrenchQuarter

6100 GULFPORT BLVD. UNIT 115A- Available 6/1, 2BR/1BA, Gated Condo w/Pool. \$1075/Mo. Updated. Across from Stetson. David, C.R.R. 727-244-0989.

5945 FAIRFIELD AVE. S.- 1BR Apt. \$525/Mo. and 2BR Apt., \$625/Mo. 727-302-9838.

Real Estate for Rent

ST. PETERSBURG-1BR, Broadwater, Beautifully Spacious Newly Renovated Condo, Large Living Room, Kitchen, Dining Area, Bath Tile Floor, C/H/A, Pool, Private Parking, Lawn Care & Much More. Must See! \$750/Mo. 727-343-7332.

TENANT NOT PAYING - For Fast, Reasonable Eviction Service, Call Gulfport Attorney Karen S. Keaton at 327-5368.

GULFPORT IMMACULATE -1BR/1BA. From \$550/Mo. C/H/A, Water Paid, Laundry. Small Quiet Complex. Petless, Smokeless. Reserved Parking. 727-360-4054. Leave Message.

WILL TRADE LOW RENT- of Small Efficiency for Part Time Maintenance of Home, Yard & Pool. \$260/Mo. Includes Utilities. 727-418-3584.

TOWN SHORES CONDO- Nottingham, Top Floor Corner, 2BR/2BA, 55+, No Pets. Beautiful Waterview. \$650/Mo. 727-542-2445.

GULFPORT 1BR/1BA APT.- Nice Neighborhood. \$495/Mo. plus Security. 727-384-4059.

HOUSE FOR RENT- 900sqft. w/upstairs loft. Partially Furnished, Fireplace, CHA, \$650/Mo. Non Smoker, Gulfport, Danny or Linda. 727-327-3478.

ROOM FOR RENT- Gulfport, Near Stetson, Unfurnished, Private Entrance, Utilities Included, Use of Pool, Stable Employment, References Required, \$100wk+\$100 Deposit. 727-345-1558 or 727-743-5531 anytime.

2807 BEACH BLVD.- Gulfport, 2BR/1BA 1 Car Garage, Den, CHA, Gleaming Oak flrs, Fenced Yard. \$1100/Mo. plus 1st/Last/Security. No Pets/Smoking 727-403-5000.

1BR/1BA APT.- Ideal for 55+ Female. A/C, Partially Furnished. Beach Access, W/S/G Included. \$700/Mo. plus 1st/last/security 727-367-3889 Call between 6-9pm. Amy.

MOVE-IN SPECIAL- No Security Deposit: Upstairs Studio Apt. \$425/Mo. 2715 54th St. S. Also Duplex 2206 53rd St. S. 1BR + Bonus Room, \$625/Mo., Both include W/S/G, Pets OK. Call 727-452-5942.

GULFPORT ART DISTRICT- Large 4BR/2BA Lanai, Eat in Kitchen, Washer/Dryer, Fenced in Yard, Close To Marina, Pets OK, \$1350/Mo. 727-510-8538.

LARGE BEAUTIFUL UPDATED- 1BR/1.5BA Condo, Water View of Boca Ciega Bay, Non-Smoking, Carport, Pool, Dock, Full Amenities, 55+, Annual, F/L/S. 384-2093.

FOR RENT OR SALE- Recently Remodeled Gulfport Home. 3BR/1.5BA, Corner Lot with Room for RV or Pool. Must See! \$895/Mo. or \$99,500. 630-988-4999.

3-4BR/1.5/BA- Section 8 Welcome, Nice Clean, C/H/A, Fenced Yard. St. Pete Near School. Lease with Option. 727-343-7343 or 727-455-8998.

Real Estate for Rent

MOBILE HOME 55+- 2BR/1.5BA Furnished or Unfurnished Includes Water & Trash. 5757 66th St. N. 727-744-5422.

1BR/1.5BA CONDO- Chateau Tower Pasadena. New Carpet/Paint, Non-Smoking Unit. Security, Pool, Waterfront View. 1 or 2 person maximum. \$850/Mo Annual, 1st & Last. No Pets. 727-321-5594, 727-642-6808.

FOR RENT/SALE- House, 2 Blocks to Stetson, 2BR/1BA/1CG, Private Large Yard, Florida Room, Hardwood Floors, CHA, \$900/Mo. or \$119,900. Owner/Agent, 727-347-4555.

BEAUTIFULLY REMODELED- Beach Apts. 5619 Shore Blvd. 1BR \$950/Mo. and 2BR Upstairs Unit \$1600/Mo. Dep. Wraparound Balcony, Awesome Area. Responsible Non Smoker, Pet Maybe. Available 6/1. 727-776-8128.

ST. PETE BEACH- (69th Ave./Sunset Blvd. Area). 1BR \$695/Mo. & Studio \$595/Mo. Ceramic Floors. Great Location. Close to Beach, Shops, Bus, Free Parking 727-345-1367.

S. PASADENA WATERFRONT- 2BR/2BA 14th floor Condo. W/Direct View of Boca Ciega & Gulf. Amazing Sunsets, Secure Bldg, Carport, Renovated throughout. W/Maple Cabinetry, Granite Countertops and New Carpets. Amenities include Heated Pool w/hot Tub, Exercise room, Game room, Sauna and Steam room. \$1000/Mo. 727-244-4092.

GULFPORT AVAILABLE NOW- 2BR/1BA Duplex in Garden Setting. Very Clean, Ceiling Fans, CHA, Water & Garbage Included. No Section 8. \$800/Mo. plus Security. 727-424-6085.

LES CHATEAUX CONDO-S. Pasadena. 1BR/1BA. Recently Refurbished with New Kitchen. Heated Pool, Clubhouse. Close to Stetson, Beach & Restaurant. \$700/Mo. Includes Water/Cable. Great Complex! 813-786-7716.

HUGE INDOOR POOL- Eagle Crest 6170 7th Ave. N. Large 3BR/3BA, clean, beautiful home in great neighborhood. CHA, Laundry room w/washer/dryer. Tile Floors, three car carport. \$1495/Mo. & Sec. 530-235-2222. sp-houses. com

EXECUTIVE WATERFRONT 4BR HOME- Pool, Gated Community, Pasadena Yacht & CC. \$3,200/Mo. 727-381-3377.

Furnished Rentals

GULFPORT BEACH DISTRICT- Large 1BR/1BA, New Kitchen, Nicely Furnished. Includes Washer/Dryer, Private Patio. Walk to Beach/Restaurants. Close to Stetson College. \$700/Mo. 813-786-7716.

CLEAN, COMFORTABLE 1/1-CH/A, W/D, Beautifully Appointed. See at: www.Gulfport-Florida-Rentals.com & 5039 29th Ave. S., Apt. B. Close to all colleges. Walk to Beach & Restaurants. 727-418-7272.

BEAUTIFUL REMODELED- Beach Apts. 5619 Shore Blvd. 1 bedrm \$950/Mo. +dep. And 2 bedrm Upstairs Unit \$1600/Mo. + dep. Wraparound Balcony, Awesome Area. Close to Beach, Restaurants, Pier, Shops, Public Trans. Resp. Non-Smoker, Pet Maybe w/dep. Available 6/1 727-776-8128.

WATERFRONT CONDO- \$735/mo. Large Studio. Great Water View. For photos, etc. isla-jerry@msn.com or call 727-865-9707.

12th AVE SO. 2br/1ba, New paint inside & out, Near public pool.	\$625
15th AVE SO. 3br/2ba Newer block construction SEC 8	\$965
LAKE MAGGIORE Large 1 & 2 br with lake views WSG Incl	\$650-\$750
GULFPORT 2 or 3br/1ba, overlooking duck pond & ball field ONLY	\$695
BERMUDA BAY 2br/2.5ba 2 pools, new kitchen, windows, sld doors	\$995
PINELLAS POINT LAKE FRONT 4br/3ba, very open floor plan	\$1395

Rex Rentals & Realty, Inc.
(727) 867-3767

MANAGER FEATURED PROPERTIES

SHORE BLVD. 1br condo, wtr.view.pool. No pets. Nice @ \$595
CLINTON ST 1br near Gulfport Beach. Incl WSG & \$550
16th AVE. SO. 3br/1/1.5ba, laundry rm., big yard ONLY \$725
3rd AVE. SO. Near The Trop 2br/1b, new bathroom, CHA \$625
VIEW ALL OUR RENTALS ONLINE @
WWW.REXRENTALS.COM

Real Estate

(727) 321-6965
fax (727) 327-7830

Deadline: Tuesday 5pm | Monday 3pm if proof is required - display only



Furnished Rentals

GULFPORT EFFICIENCY-Nice & Clean, 2808 Clinton St. S. Walk to Art District/Beach. Free cable. No Smokers or Pets. \$650/mo. Includes Utilities. 727-345-3798.

GULFPORT ROOM FOR RENT-With Private Entrance & Bath. Nice, Clean and Walking distance to Beach/Art District. Prefer Single Working person. No Smoking/Pets. \$150/Wk. \$600/Mo. plus Deposit 727-644-6194.

SPB SPACIOUS 1/1- Fully Furnished wood floors, Sundeck, Lots of Charm offered to Quiet Tenant with References. \$950/Mo. 617-513-9605.

FURNISHED EFFICIENCY-3120 57th St. S. #B. Across from Beach. Single Mature Person only. \$600/Mo. includes Water, Sewer, Laundry Use. 727-415-9733.

Accommodations to Share

HOME TO SHARE-Furnished, Cable, Concrete Parking, Washer/Dryer, Fenced Property, Utilities Included. No Smoking, Security Deposit, \$110/Wk. Neat & Clean. 727-323-1039.

GULFPORT, ROOM MATE WANTED-Large Bedroom, C/A, W/D, Cable. \$400/Mo. \$100 Security 727-403-5615.

LARGE BEAUTIFUL POOL HOME

Private Bedroom/Bath \$500/Mo. Safe Neighborhood, Close to Beach, Malls. Looking For Professional Person or Student. 727-410-8423.

FURNISHED BEDROOM-Share Kitchen & Bath, Cable TV & Utilities \$475/Mo. 727-343-6350.

PREFER LADY-to Rent Room in my Home. Private Bath, Cable, Kitchen & Laundry Privileges. Call 727-347-5280.

GOURMET CHEF'S MANSION- Rent a wing! \$175/wk. Includes utilities & cable. Over 30 please. 727-459-6937.

ROOM FOR RENT-Private Bath, Walk-In Closet, Furnished, All Utilities/Cable Included. Pool, \$125/Wk. 30+. Jerry, 727-345-3217. Leave Number.

ROOMMATE WANTED-Male/Female. Furnished Room, Quiet Neighborhood, Utilities Included. \$400/Mo. \$150 Deposit. No Smoking & Drug Free. 727-344-5206 or 813-927-7885.

Commercial Properties Rent

OFFICE & RETAIL SPACE- From \$398-\$791/Mo. Ample Parking. Madeira Beach. 727-641-6465.

OFFICE SPACE S. PASADENA- At Executive Bldg. 727-209-0606.

FREE RENT

2 Months Free with yearly lease
1800 sq. ft. commercial building.
2 baths, kitchen, large lot.
801 49th St. S. \$800/mo.
Rent or Sale. Motivated Owner.
727-527-2087

Real Estate Wanted

RENTAL WANTED-St. Pete Beach area/Pasadena. 1BR/1BA, Studio/Mobile Home. Unfurnished. Annual. No Pets/Smoke. Mature Female. \$500s +. lorettab1@msn.com, 386-589-4877.

Real Estate for Sale

TOWN SHORES BUCKINGHAM - 2BR/2BA, magnificent view, balcony, updated bathrooms, beautiful floors, washer/dryer, covered parking. No realtors. \$219,000. 727-244-2268.

HOME ON HALF ACRE-for Business. 3BR/3BA with Garage and Shed. Quiet Location, \$225,000. Call Sound Realty Inc. 727-521-4900.

REDUCED SHORT SALE - Town Shores Nottingham #615. 2/2 Updated Corner Unit. \$165,900. Alisha Stover, KELLER WILLIAMS GULFCOAST, 727-458-7847.

CHEAPEST 2/2 IN-Bay Island. Ambassador Building #603. Wood Floors, Waterview, Mint Condition. 6 Pools, Tennis, Gym. \$104,900. 55+ Gated. 727-748-9200.

S. PASADENA-2BR/2BA Updated Condo w/ Lovely Patio Open to Courtyard. Pool, near Stetson, Tennis, Shopping, Beach. \$115,000. BEACH & LUXURY REALTY 727-492-6721.

FIVE TOWNS-55+ Condo. A Short Walk up the Stairs to this 2nd Floor Winter Hide Away. 1BR/1BA, Fully Furnished with Screen Porch to Catch the Breeze and Watch the Sunset. Call Frank at HELENE'S REALTY to See. 727-452-8008. \$30,888 Not a Short Sale.

MOBILE HOME WITH OWN LOT-(in Holiday Village, MHP Seminole Fl). New Life time Roof & Siding. Carport and Enclosed Room also Fenced Lot. HOA \$97.50/Mo. Contact Joe 828-497-1605. \$20,000. Possible Financing with \$10,000 Down.

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2 BR/ 1 BA, detached garage. Huge yard, Art District. \$189,900
5850 27th Ave. S.
2 BR/ 1 BA/ 1 car garage, lake & park views! \$174,900
1893 Shore Dr.
1 BR/ 1 BA waterfront #107 \$79,900
5940 30th Ave. S. - Groton #312
1 BR/ 1 BA \$79,900

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NEW ON MARKET PASADENA BEAUTY*554 65th Street S. Pasadena Estates*****, 3 bed/2bath/2car split plan, shows pride of ownership** Custom Interior** 2 fireplaces, 2 lots, 2 garages, separate workshop, parking for boats, trailer, etc.
Priced at **\$315,000**

NEW ON MARKET NOTTINGHAM HOUSE #409, 2br/2ba standard unit, immaculate, updated kitchen, flooring, CHA, move in condition, fabulous water views from family room, newer carport, offered at **\$145,000**

NEW ETON HOUSE #309***, 1 bed 1 bath standard, furnished, updated new vinyl windows, move in ready, carport located nearby front door, laundry room same floor. Offered at **\$75,000.00**

NEW CHATHAM HOUSE #204, 1 bed 1 bath deluxe, updated mirrored wall , open updated kitchen, tile****steps to carport***
Offered at **\$88,900**

AVALON #202 2 bed/2bath deluxe unit, updated tile, carpet, paint, carport, move in condition. Priced Price Reduced! **\$92,000**

AVALON #206 1 bed/1 bath, standard unit, Dog Building, completely updated kitchen, bath, furnished, curb parking. Reduced to **\$79,000**

BARCLAY HOUSE #302 2BR/2BA**Custom Unit** Fabulous Kitchen with eat-in bar** Granite Counters**updated bathrooms**
Open Floor Plan. **Custom Bahama Shutters***Carport** **Price reduced \$155,000**

CHATHAM HOUSE #214***, 1 bed 1 bath, Beautiful open floor plan, easy care tile floors, updated kitchen, new counter top, appliances, new heat and a/c unit. Bright water views of the Marina from Family Room. Well Priced at **\$88,000.00**** Shows Pride of Ownership.

CHATHAM HOUSE #305, Beautifully updated 1BR/1BA Deluxe unit, new kitchen, crown molding, carpet, paint, sliding doors. NEW CHA, carport. Never been lived in since update. Shows pride of Ownership, **Priced at \$109,000**

EMBASSY #409, 1 bed/1.5 bath, deluxe unit, furnished, convenient park by entrance, **Reduced to \$149,900**

ETON HOUSE, Updated 1BR/1BA standard unit, move in ready, excellent shape**, **Priced at \$75,000**

IVANHOE #308 1 bed 1bath deluxe waterfront unit. Clean furnished and move in ready. Convenient walkway parking. Owner motivated.
Price at \$99,000

JAMISON #201 Owner motivated, 2 bed 2 bath, corner unit, wood laminent & tile floors. Many windows, loads of light. Convenient walkway parking. Close to bus line, Gulfport Beach.. Priced @ **\$125,000**

JAMISON #210 2 bed/2bath standard unit, new kitchen, bath, pool views, carport, move in condition. Priced @ **\$125,000**

LANCASTER #608 2BR/2BA standard unit with Marina view, carport. **Price reduced \$127,000**

LANCASTER #415, corner, 2 bed, 2 bath. **Reduced \$154,000**

NOTTINGHAM HOUSE #115, east corner**2br/2ba deluxe, carport***New price **\$149,000***** New Open Updated Kitchen***
Sells As Is***

WINDSOR HOUSE #307 Open Water views, 1 bed, 1.5 bath, windows, newer a/c, new kitchen, paint etc.
carport, Hurricane Shutters. Priced well @ **\$161,900**

HOMES

Eagle Crest 6420 6th Ave. N. 3 bed/2 bath 2,000 sq ft., Beautiful maintained home with "Green" Landscaping, close to beaches, Tyrone Square Mall and Churches Priced well at **\$259,900**

560 Zanesville St. S. St. Pete, FL 2 bed 1 bath w/carport, alley access, shady back fenced yard with oak trees double fence gate. Room for boat, pool, extra parking. **Reduced to \$52,000 SHORT SALE**

6901 Burlington Ave. N., Mini Estate 4 bed/ 2 bath main home, gleaming wood floors, tiled kitchen and hallway. Large kitchen, new cabinets, new appliances, new vinyl thermo windows. New a/c & heat, commpletely private fenced yard. "Unique Family Home". Mother-in-Law apt., completely updated and functional, new a/c, appliances 2 screened porches. Alley access, 1/4 acre corner lot.
Priced @ **\$299,000**

GULFPORT HOMES

NEW ON MARKET - Marina District 2661 - 45th St. S. 2/1 frame home. New windows, a/c, roof, crown molding. Office, bamboo floors. **Great Price \$133,000**

MARINA DISTRICT 2650 Tifton St. S. 3/1 Cape Cod, 1.5 lot, fireplace room for boat/trailer. **Reduced \$130,000**

Gulfport 1713 59th Street South, Gulfport 2 bed 1 bath block home, updated move in ready. Attached carport, shed, landscaped. Steps to Holy Name Church, Stetson College Campus*** Priced well at **\$139,900**

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Realtor
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We have renters lined up for 2011

If you have a condo you would like to rent, please call Kathy, 343-7949

NEW LISTING JAMESON 411 - 2br/2ba standard. Newer tile & countertops in kitchen. Newer floor & wall tile in baths. Florida room overlooks pool. Open, airy, clean, furnished, covered parking **\$89,900**

HAMPTON 111 - 2br/2ba Deluxe spacious condo on 1st floor. Offering new ac/heat & carpet. Fabulous water views while enjoying indoor/outdoor living! **\$114,000**

HAMPTON 306 - 2br/2ba standard, Absolutely Beautiful Water views from this very clean condo. Newer A/C & countertops, laundry same floor, patio & BBQ in back yard **\$119,900**

MANCHESTER 614 - 2br/2ba deluxe. This beautiful condo has new kitchen & tile, updated bath, newer carpet. Lots of finishing touches, painted in soft soothing colors. Panoramic water views from this top floor unit. Covered parking. **\$156,900**

ETON 311 - 1br Deluxe beautifully furnished. Freshly painted, new windows in Florida room with a pretty Marina view. Pride of ownership is reflected in this immaculate & delightful condo. Truly move-in ready. Covered parking. **\$89,500**

DOVER 408 - 2br/2ba standard, pet friendly, covered parking. **Great buy \$86,000**

JAMISON #614 - 2/2 deluxe furnished. New AC & Heating. Covered parking. **\$91,900**

JAMISON #414 - This large 2/2 deluxe has a brand new kitchen & updated baths which makes this a great value at **\$105,000**

HAMPTON #402 - 2/2 deluxe. **\$159,000 Annual renter in place.**



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- * VARICOSE VEINS
(90% not visible - most are hidden)
- * VENOUS ULCERS
- * RETICULAR VEINS
(Purple, and larger in diameter than spider veins)
- * STASIS DERMATITIS - SKIN DISCOLORATION

SYMPTOMS:

- * NIGHT CRAMPS "CHARLEY HORSES"
- * TIRED HEAVY "OLD LEGS"
- * "SECONDARY RESTLESS LEGS SYNDROME"
- * LEG AND FOOT CRAMPS
- * ITCHING - BURNING
- * MUSCLE CRAMPS AND PAIN (on walking)
- * NEUROPATHY - NUMB, PAINFUL,
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