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The Art of Making Movies



By Melissa Lattman

The film camp participants each wrote a script. The students selected two scripts to make into movies- both with mobster themes. Evan said his film, which was selected, is the "Hotdog Mobster."

ST. PETERSBURG- What does it take to make a good movie? With more readily available movie making equipment and the popularity of creating videos on sites like You Tube, the Sunscreen Film Festival offered a summer camp for young moviemakers. Participants scripted, shot and edited two films.

See *Movies*, page 3

St. Pete Beach Will Apply For Main Street Designation

Other changes over the next year-and-a-half will advance the proposed comprehensive plan

At a workshop Tuesday afternoon, senior city planner Catherine Hartley announced that the city would apply for a Main Street designation. This application is one of the steps St. Pete Beach will take to approve its proposed comprehensive plan. The steps, outlined below, could happen within the next 12 – 18 months and include the city's application to make Corey Avenue an historically-designated Main Street.

As part of the economic development part of the plan, which includes creating a marketing strategy to reach investors, St. Pete Beach will and apply for a "Main Street" designation with the National Trust for Historic Preservation. The trust awards such designations, and with that designation comes \$10,000 to \$25,000 for economic development and improvements along the main street.

See *Main Street*, page 40

The Numbers Behind the Gulfport Loan

By Cathy Salustri

Gulfport has already spent almost \$20,000 on a \$1 million sewer system evaluation loan application city council has yet to give its final stamp of approval.

In addition, although the city has \$5740,000 of Penny for Pinellas money and other funds on reserve for capital projects and repairs like this one, city staff made no mention of using that money at last Tuesday night's meeting.

Staff says it lists the excess on page 14 of the capital improvement budget council received in late April.

Story Continued, page 36

Volunteers Clean Beach, Possible Smoking Ban

Gulfport's vice mayor says he favors banning smoking on the beach and plans to bring the issue before council

By Cathy Salustri

Saturday morning over 50 volunteers joined forces with Gulfport Neighbors to scour Gulfport Beach for litter. Armed with gloves, bags, water and energy, the group removed cigarette butts, plastic coffee stirrers, Black and Mild cigarette wrappers and assorted other trash. The number of cigarette butts on the beach has prompted changes in city procedure and could mean a smoking ban on the beach.

"Bob Williams [Gulfport's Parks Supervisor], about 45 minutes into the cleanup, told me he had picked up 300 cigarette butts," Gulfport Neighbors member Doug Hudson said. This came after the city spent several days last week

Story Continued, page 52

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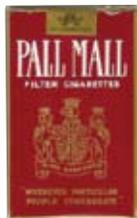


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Movies, from front page

They started with the craft of story telling learning about compelling sequences that build tension and suspense.

Participants shared insights they learned on story telling.

“(Characters) need to have an internal goal, a driving force. It allows for you to make a much fuller story that brings characters to life,” Matt said.

The campers got an overview of cinematography covering camera angle, sound and lighting. Then the students produced some of the scripts they wrote.

“They teach you how to make your films fancy,” Matt said.

The film camp participants each wrote a script. The students selected two scripts to make into movies- both with mobster themes. Evan said his film, which was selected, is the “Hotdog Mobster.”

“A new guy is working for the mob and his first assignment is to get a hotdog for the godfather in the first ten minutes on the job,” Evan said.

The other student produced and directed film is “The Godmother.” The film is about a mob member’s girlfriend who is kidnapped and they try to get her back.

The last days of camp students learned about post-production. The finishing touches included editing, adding music and credits. The students will have their own film festival on the last day of camp July 29. The films will be shown at Studio 620 at 620 First Avenue South in

CORRECTION

Last week the Gabber indicated that sponsoring a Concert in the Park on St. Pete Beach cost \$400. Not so, says the city’s marketing department representative Kelley Poole.

“A variety of sponsorship tiers are available, ranging from “Melody Masters” sponsorship of \$100 to “Maestro” Presenting Sponsor of \$2,000. There are a variety of marketing and promotional benefits available to sponsors depending on level,” Poole explained. The city still needs sponsors; contact Kelley Poole at 363-9245 or k.poole@stpetebcah.org for more information. The Gabber regrets the error.

St. Petersburg at 6:30 p.m. There is no charge. If you miss this month’s showing, the films will be shown at next year’s Sunscreen Film Festival in April.

...

Wounded Warrior Benefit

American Legion Post 125, Legionnaires, Lady’s Auxiliary and Sons of the American Legion are hosting a benefit, Sunday, August 7th, 1-7 p.m. All proceeds go to the Wounded Warriors program in our

area. Help a wounded warrior and his or her family in their time of need. They were there for you, now it’s your turn to help them.

The “Real Pig Roast”, (\$7.50) smoked pork, all the fixins, ham-burgers, hot dogs and watermelon. Outside daiquiri deck, entertainment, Southern Nights Band & friends and “Will” & Friends. Open mike, join in!

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Publishers / Editors
Ken & Deb Reichart

Customer Service / Sales
Gina Forgetta, Mary Baumgartner

Contributing Writers
Gina Forgetta, Bill Northrop, Anne Rush

Special Assignment / Photographer
Melissa Lattman
MelissaLattman@theGabber.com

City Hall - Gulfport / Beaches
Cathy Salustri
CathySalustri@theGabber.com

Columnist
Bill Northrop
B_Northrop@theGabber.com

Production
Anne Rush, Tom Gibson

Distribution
Chris Campas

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Pass-a-Grille Alleys Get Crushed Shell

ST. PETE BEACH – The city finished its removal asphalt, asphalt millings and sand from 21 alleys in Pass-a-Grille. The contractor replaced it with crushed shell; the project cost almost \$185,000 and took three months, construction project manager Renee Cooper told the commission.

St. Pete Beach has 60 alley ways. The city has an annual budget for the alleyway improvements and Cooper reports the city “has only two left in poor condition.”

“Everybody loves it; it’s just been a godsend down there,” Vice mayor Bev Garnett told Cooper.

“The only complaint we received is that we didn’t do enough of it it,” Cooper told the commission.

...

New Snack Shack Gets OK For Outdoor Seating

ST. PETE BEACH – Commissioners voted to allow the new Smiley’s Snack Shack (3700 Gulf Boulevard)

seven outdoor seats. The business and property owner, Paul Nicklaus, says he wants the outdoor seating “to allow his patrons to have the option to sit on property and consume their food if they desire,” according to the application.

The property is zoned for “resort facility medium” according to Karl Holley, who said there was an error in the paperwork. This means the property may have up to 11,000 square feet of commercial property; the new building comprises roughly 600 square feet, Holley told the mayor. Holley also told the commission the seating should have “very limited impact” on the surrounding areas.

One local resident suggested the type of business could cause problems in the neighborhood adjacent to the Snack Shack, but Commissioner Marvin Shavlan pointed out that the commission would vote only on the number of seats, not whether or not to allow the business.

“Whether we approve this or not, he can open until twelve o’clock or later,” Commissioner Al Halpern said.

...



HEY KIDS!

Gulfport Little League is Now Forming Fall Teams

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6:00pm - 8pm
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Jet Skis Rental Rules Change at the Sirata

ST. PETE BEACH – People renting personal watercraft in front of the Sirata will no longer need to be 25 or older to do so. On behalf of the Sirata, Gregg Nicklaus asked the city to change the rules so that the Sirata can rent personal watercraft rentals to people under 25. State law allows for personal watercraft rentals to people as young as 18 with appropriate training and 21 without training.

On the application, Nicklaus told the city “the change in rental criteria will not have any impact to the public, safety or welfare of the community.”

The Sirata started renting personal watercraft, also called Jet Skis, two year agos. Nicklaus now wants the commission to lower the rental age.

“The rental of jet skis has been a complete success with harmonious operations on the beach for the first year. We feel that limiting the rental to those over 25 is an unnecessary restriction based on the training and experience of the operator,” he writes

on the application.

“This was an experiment. We did not want to, in any way [be seen as] taking advantage,” Nicklaus told the commission Tuesday evening.

“I was in the audience, and I felt... it was quite discriminatory,” Vice-Mayor Bev Garnett said, reminding the commission that other personal watercraft rentals along the beach did not have to conform to age-restrictive rules except those made by the state.

“I was on the commission when this was approved; the commission was over controlling,” Commissioner Al Halpern said. Mayor Steve McFarlin agreed, and Commissioner Jim Parent said one thought went through his mind when he read the application to lower the age:

“I hope your operators never have to say, ‘Welcome back from Afghanistan, corporal,’ (and then tell them they aren’t old enough to rent a Jet Ski.)

...

Legion to Host Christmas in July Dinner

The Treasure Island American Legion Auxiliary, Unit 158 is hosting a Christmas In July dinner on July 30th from 5-7 p.m. There will be the traditional turkey dinner with all the trimmings and goodies. Karaoke with Muffioky will follow. Donations of \$8 are requested for dinner. All Legionaires, Auxiliary members and their guests are invited. The Post is located at 111 108 Ave. in Treasure Island. Call 727-363-8375.

...

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St. Petersburg Lions Club Beach House
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2011 School Sales Tax Holiday

Get ready for back to school. This year's sales tax holiday is August 12-14. The three-day tax exemption covers individual clothes items selling for \$75 or less and individual school supplies selling for \$15 or less.

More than one item can be purchased at a time on the same invoice. Items do not need to be purchased separately to get the tax break. The exemption is based on the sales price of each item, not the total sales amount on an invoice.

Tax-exempt clothing includes apparel, shoes, wallets, and some bags. Handbags, backpacks, fanny packs and diaper bags are included but briefcases and suitcases are not.

Tax-exempt school supplies include pens, pencils, erasers, crayons, notebooks, filler paper, legal pads, folders, lunch boxes, scissors, calculators, computer disks, markers, and compasses. For the complete list go to www.myflorida.com/dor

The exemptions don't cover school or clothing supplies purchased at theme parks, airports, hotels or entertainment complexes.

What about coupons? A store coupon or discount can reduce the sales price of an item of clothing to \$75 or less or a school supply item to \$15 or less, in order to qualify for the exemption. Manufacturer's coupons do not reduce the sales price of the item for the tax holiday.

How is this year's sales tax holiday different from last year's holiday?

Books are not tax exempt although they were last year. Plus the state raised the price tag on tax-exempt items. Last year's cap was \$50 for clothes and \$10 for school supplies.

...

"Art in the PARC" Benefits Local Artists

PARC announces the 4th Annual "Art in the PARC" sponsored by Sun Country Cleaners will be held Friday, August 5 from 5:30-8 p.m. at Synovus Bank located at 333 Third

Avenue N. in St. Petersburg. This free indoor event features over 1,000 pieces of artwork and jewelry created by PARC artists with developmental disabilities and includes food, refreshments and music. All art sold that evening directly benefits PARC's Fine Art Studio & Gallery program as well as the artists. For more information about "Art in the PARC", call 727-410-6302 or visit www.parc-fl.org.

...

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2011-2012 School Year Child Care

Registration for the 2011-2012 School Year Child Care Program began Monday, July 25th for children who will be entering Kindergarten thru age 14. Bus transportation is available from Pasadena Fundamental, Gulfport Montessori and Bear Creek Elementary. Program hours are until 5:30 p.m. with extended hours available until 6 p.m. for an extra charge. Annual registration fee is \$15 for residents and \$100 for non-residents with monthly fees of \$133* for residents

and \$266* for non-residents (*fees subject to change). Packets are available at the Gulfport Recreation Center, 5730 Shore Blvd. S. Hours of registration are Monday-Friday from 9:00 a.m.-5:00 p.m. Please call 893-1068 for any information.

Register for Little League Fall Ball

Gulfport Little League will hold registration for Fall Ball on Tuesday, August 2nd and Thursday, August 4th from 6-8 p.m. at Lum Atkinson Field, 1820 55th Street S. in Gulfport.

You can also register online at gulfportlittleleague.net.

Art Cruise is Back

The Gulfport ArtWalk Cruise aboard "Island Time", is now taking cruise reservations for Friday, August 5th. Join Dolphin Landings for a relaxing boat trip cruising beautiful Boca Ciega Bay at sunset while enjoying a beverage.

Tickets are \$14 in advance or \$17 day of the cruise. Must purchase tickets before arriving at the boat. Tickets may be purchased at The Outpost, 3007 Beach Blvd. and the Village Pub, 5519 Shore Blvd., both in Gulfport or Dolphin Landings Charter Boat Center, 4737 Gulf Blvd. in St. Pete Beach. Boarding begins at 6:30 p.m., cruise departs at 7 p.m. and returns at 8:30 p.m. Cash bar on board (sorry no BYOB).

Cruise departs from the Gulfport Marina, 4630 29th Ave. S. in Gulfport. There is plenty of free parking in downtown Gulfport, on the beach, near the Gulfport Casino, 5500 Shore Blvd. S. as well as at the Gulfport Marina. Free transportation is provided by the Gulfport Trolley from the Gulfport Casino to the Gulfport Marina at 6:30 p.m. and 6:45 p.m. For more information about the Gulfport Trolley go to: <http://www.mygulfport.us/Trolley/index.html>.

Call Dolphin Landings Charter Boat Center at 727-360-7411 or email info@DolphinLandings.com with any questions.



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St. Vincents Episcopal Church is hosting an Ice Cream Sundae and Cool Jazz/Pops Concert on Sunday July 31, 2011 at 3:00pm. Admission is a donation of \$8.00 per person.

The Jazz Trio is fronted by saxophone player Austin Vickrey. The other players are Kevin Wilder and Mark Feinman. Austin Vickrey has a Bachelors degree in saxophone performance from the University of Utah, and a Masters Degree in Jazz Performance from the Cincinnati Conservatory. Austin is Adjunct Professor of Saxophone at St. Petersburg College.



The Ice Cream Sundae begins at 3:00pm, and the Jazz Concert begins at 4:00pm. Come and cool off with some ice cream; stay and cool off with some Jazz!

For more info: Church 727-321-5086 or Paul Schrader 727-488-2598

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Register for Last Glass Blowing Boot Camp

Time is running out to register for the final session of the Industrial Arts Center's Reality Glass Blowing Boot Camp for Kids from August 8-12. Each Boot Camp participants will explore every job and aspect of a real glass blowing hot shop with experienced instructors Elise and Caitly Pautler.

Hundreds of kids ages 5 and up have experienced the thrill of creating their own hot glass masterpieces at the Industrial Arts Center on school and Scout field trips and at Gulfport's bi-monthly Art Walks. This summer, for the first time, the non-profit 3D arts education facility offers a week-long glass blowing camp for kids ages 8-17. Kids made as many as 13 blown and sculpted glass pieces in the July session.

Each Boot Camp will teach the basics of glassblowing, including skills taught in the IAC's Glassblowing 101 & 102. Campers will make blown glass projects in the IAC's Hot Shop. These in-depth workshops stress safety and team work. Students will get hands-on experience in glass blowing techniques such as picking up color on the marver, blowing, centering glass, and using the blocks, paddles and jacks.

Students will explore creating new forms and learn additional techniques such as using gravity to manipulate hot glass and creating waves. Age appropriate hot shop tasks will be rotated among all campers.

Kids will also learn about the history, science and techniques behind glass art creation, while promoting creativity and generating pride in students of all ages and abilities. Step-by-step instructions and all glass, tools and supplies are included.

Reality Glass Blowing Boot Camp is open to kids ages 8-17 with a maximum of eight campers per session. Tuition is \$250-members (\$275 non-members). Tuition includes all materials and a \$50 non-refundable registration fee. For information about scholarships or to register, please visit the IAC online at www.industrialartscenter.org or call 727-289-9365.

FBAO Workshop for Mental Health

FBAO (Feeling Better About Ourselves) presents a special workshop on finding self-worth, enhancing relationships and learning about codependency. Come and enjoy an uplifting and informative presentation on Saturday, July 30 from 10 a.m. to 1 p.m. at Grace Lutheran Church, 4301 16th Street N in St. Petersburg (corner of Haines Road and 16th St. N.). A \$5 charge includes materials. Call Les and Sandi Ambush at 727-822-3480 or email to les@fbao.org.

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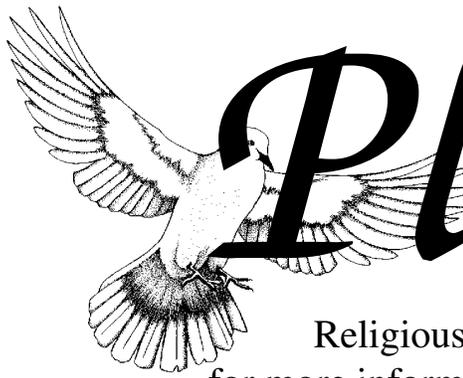
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...

Engraved Bricks for Dogs?

Be a part of the new Memory Garden patio in the Gulfport Presbyterian church courtyard, 5313 27 Avenue S. Have brick pavers engraved in memory of relatives and other special people. How about pets, departed or still with us?

The church invites the public to join in making the patio special. Brick size is 4"x8". Maximum characters/spaces per paver is 12 characters/spaces per line, 3 lines. Cost is \$50 per paver. Pay by cash or check made out to Gulfport Presbyterian Church. The church will provide a form for submitting your order and you will receive a proof copy of the paver before it is engraved.

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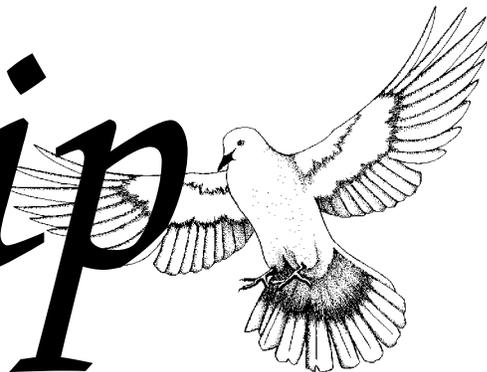
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Worship



Gospel Concert at Value Fair Market

The public is invited to a celebration of faith gospel concert on Sunday, July 31 at 5:30 p.m. at Value Fair Market, 3951 34th St. S. (former K-Mart building) in St. Petersburg.

...

H.O.P.E. Praise Band to Perform at St. Vincent's

All are invited to a contemporary praise and worship service of healing, encouragement and opportunity as the H.O.P.E. Praise Band performs on Sunday, August 7 at 7 p.m. at St. Vincent's Church, 5441 Ninth Avenue N. in St. Petersburg. Call 727-321-5086.

...

Ice Cream Sundae and Jazz/Pops Concert

St. Vincent's Church, 5441 Ninth Avenue N. in St. Petersburg, is hosting an "Ice Cream Sundae and Cool Jazz/Pops Concert" on Sunday, July 31 at 3 p.m. Cost for the sundae and the jazz concert is a donation of \$8 per person.

The Jazz Trio is fronted by saxophone player Austin Vickrey. The other players are Kevin Wilder and Mark Feinman. Austin has a Bachelors

degree in saxophone performance from the University of Utah and Masters degree in Jazz Performance from the Cincinnati Conservatory. Austin is adjunct professor of saxophone at St. Petersburg College.

The ice cream sundae Sunday begins at 3 p.m. and the jazz concert begins at 4 p.m. Come and cool off with some ice cream; stay and cool off with some jazz!

Call the church at 727-321-5086 or Paul Schrader, musician at 727-488-2598.

...

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New Public Tennis Courts

Thanks to a grant from the United States Tennis Association (USTA), Pasadena Community Church has newly renovated tennis courts. The courts are open to the public during all daylight hours and the staff is in the process of putting together a kids' 10 and Under Tennis Program for the fall season. Come out, play, and have a ball! Visit www.pasadenacommunitychurch.org for more information.

...

City of Gulfport offers VPK

The City of Gulfport Recreation Division will be offering VPK (Voluntary Prekindergarten) during the 2011-2012 School Year. VPK is free for children who live in Florida and who turn 4 years of age by September 1st. Parents must apply at Coordinated Child Care and the child must receive a Certificate of Eligibility. This program is being offered in addition to the Tot Time Program, which is for children who are between the ages of 3-5 and

potty trained. Registration fees for the Tot Time Program are \$15 for residents and \$100 for non residents. Both of these programs will start on Tuesday, September 6th and is limited to 10 children each. Sign up now with either your voucher from Coordinated Child Care or your registration fee. Please call 727-893-1068 for more details.

...

Learn How to Use a Chart

The United States Power Squadrons Seminar Series "How to Use a Chart" will be presented by the St. Petersburg Sail and Power Squadron on Wednesday, August 17, from 7-9 p.m. at St. Petersburg Sailing Center, 250 Second Ave. SE, Demens Landing, St. Petersburg. This seminar walks the boater through what they need to know in an interesting and entertaining way. Students will be provided with a Maptech Waterproof Flip-fold Chart Symbols Reference and On-The-Water Guide to take along when boating. You will be shown how to plot a safe course with the USPS Plotter and be sure you are following the "rules of the road".

Instruction is free; materials are \$30 per family; maximum of 20 students; pre-registration required. Visit www.boating-stpete.org.

...

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Wrecked, "A Collision of Art" is a social networking premiere created to bring together many facets of the art community f

or one night of pure creative indulgence! This event will premiere several short films smashed together with local featured artists, topped off with some breath taking performance art and live music. It is sure to be a collision of inspiration and passion!

In addition, proceeds for this event will go to Creative Clay, a local non-profit that focuses on making the arts accessible for every interested member of the Tampa Bay community regardless of age, gender, ability and/or race. Since 1995, Creative Clay has been providing local artists with developmental, physical and/or emotional disabilities an opportunity to pursue their passion for art making.

Event takes place on July 30th at The Studio@620, 620 First Avenue S. in St. Petersburg. Doors open at 7 p.m. Call 727-895-6620 or visit www.wreckedink.com.

Club Presents Shell Identification Class

The St. Petersburg Shell Club in conjunction with the City of Treasure Island will sponsor a Shell Identification Class at the Treasure Island Sunset Vista Park (corner of Gulf Boulevard and West Gulf

Boulevard) on Friday, August 12th at 10 a.m. The class is free to the public. Please contact the Treasure Island Recreation Department at 727-547-4575, ext. 237 for additional information.

Adult Volleyball League Forming

ST. PETERSBURG- Shape the summer season learning the

fundamentals of adult co-ed volleyball in a social, fun and safe environment. Register now at Wildwood Recreation Center, 1000 28th St. S., one of the city's premier sporting facilities. Games are Thursday nights from 6:30 to 8:30 p.m. from July 28 through September 23. Teams are from six to ten persons per team. Cost per team is \$150 without shirts or \$190 with shirts. Call 893-7750.

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Letters

Keep Writing, Bill!

Dear Editor: In re: "The Argument is about Government" by Bill Northrop, July 21, 2011 edition. I really enjoyed your article about reducing the federal debt. Also your reference to the "millionaires" tax breaks, the examples of how much is really \$14 trillion and raising the debt limit.

I totally agree with you and hope you keep writing about the debt and how it impacts the average American.

Our three grown kids, ages 45, 50 and 52 do not receive a daily paper, watch the daily news or even get a Sunday paper - they really haven't a clue about what's going on in this country. Of course they all are on Facebook and other social networks but that's not real news.

I don't know how we older folks get our "kids" involved but maybe that's for a column from you.

Please keep telling your readers how much debt we are in and perhaps find out how much it's increasing daily, weekly, monthly, yearly and how much each family in America owes in US debt.

Personally Obama scares the hell outta me. Our son-in-law is president of his company in Tampa. He tells me they would like to expand and hire people but they don't trust Obama and his administration so they are just staying as-is. They just don't know from day to day what he will come up with next.

Keep on keeping on, Bill

Tom Vath

...

On Aggressive Dogs

Dear Editor: Re: Points on Pets: "Don't Dress Your Wolf in Grandma's Clothing" by Matthew Margolis, July 21, 2011 edition.

Dear Matthew: Your article on dog aggression was interesting. While I agree that dog owners must address the problem, I question the point you made about not putting euphemisms on the problem. Dog aggression occurs for many reasons. The aggression may be triggered by fear, anger, insecurity, past experiences, genetics, or other reasons.

Dog owners who are saying that their pet is angry may, in fact, be making an attempt to identify the reason for the

dog's aggressive behavior. In order to fix a problem, it does help to identify its source. This gives the pet owner and the professionals a starting point in correcting the behavior.

I am not a professional dog trainer, but I have rescued and rehabilitated two "red zone" breed dogs, both over 100 pounds. The first rescue didn't require professional assistance, only a lot of love and socialization. My current rescue, however, was abused in the past. This and other experiences, coupled with her genetic breeding, have made it difficult to correct the one behavior problem she has left, which is aggression toward other dogs. She is intelligent, friendly in public and talented. Her dog aggression keeps her from participating in more activities in life.

If you do an article on dog aggression it would be very helpful to offer possible solutions to those pet owners who need it. The professionals in area seem to be short on practical advice. The most common advice I have been given is to take "Fido" to a dog park to adjust her. This is dangerous and presents great liability. It's a laughable solution coming from professionals. Most dog owners simply turn their dogs free at these parks, paying no attention if their dog approaches a potentially aggressive dog and gets in its space. This is not a good option. Private dog trainers want \$75 per hour or more. This isn't very practical either.

Maybe a forum for professionals and pet owners to write in their success cases and advice would be helpful. The owner of an aggressive or "angry" dog isn't any happier about it than the general public and many would like to fix the problem. These dogs are shunned in the dog parks and other public places. Many dog training schools don't want them, even if they advertise that they work with difficult dogs. I know this from personal experience. "Fido" was shunned and blamed solely because of her breed at one local dog training facility.

We have jumped through many hoops trying to fix the problem. "Fido" has completed several obedience courses, gone to dog daycare, local parks, and even public dog-friendly restaurants.

The problem still hasn't been fixed. We wrote the Dog Whisperer many times with no response, as he probably receives thousands of requests.

Not even one professional dog trainer has tried to start the problem-solving by finding the cause of the problem first. Maybe these dog owners who are using euphemisms are actually ahead of them. If the trigger is found, it would be much easier to then work with the dog's anger, fear or insecurity, whatever it is that is the basis of the aggressive behavior.

I'm hoping you will do a "sequel" to your article and give some usable advice for those pet owners who would like to solve the aggression problem.

Claudia Gordon and "Fido"

...

Save the Trolley

Dear Editor: I have been a resident of Gulfport for over 10 years and was shocked to hear the Gulfport Trolley service might be discontinued soon (October?) if another grant is not obtained.

This service has been a lifeline for many who use it to go grocery shopping, to the beaches, to our Artwalks, to get to their jobs, to doctors' offices, to Pasadena Hospital, the senior center and library and many other locations. I have used the trolley service at least 2-3 times a week for these locations. I am disabled and do not drive. Our seniors and others including me depend on it.

I urge everyone to write to Gulfport City Hall regarding this and hope the restaurant owners, merchants and others would please start petitions to bring to city council meetings urging our mayor to find a way to continue our Gulfport trolley service.

Betty Duffey

...

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Turtle Update

ST. PETE BEACH – Two of the turtle nests on St. Pete Beach have hatched, vice mayor Bev Garnett reports. She told the commission that the nest on Upham beach hatched Sunday night. The city has had 10 active nests, she said.

...

Single Solos to Meet

Looking for activities do this month? Join the Single Solos at the Pinellas Recreation Center at 59th St. N, in Pinellas Park. Their meetings are the second Monday of every month at 1:30 p.m. Bring \$2 and a dish to share for 6 to 8 people (\$5 if not a dish). For more information call 727-520-8797 and ask for Pat.

...

Egan Park Land Deal Will Close

ST. PETE BEACH – The city will finalize its purchase of the land adjacent to Egan Park. A \$200,000 grant will help defray the \$875,000 purchase price. Resident Deborah Schechner asked the city to sell the property, reminding commission she did not support the purchase. Commission told her the city would have to hold a referendum to do so.

The commission voted unanimously to finish buying the property.

...

Circle of Friends Book Shop News

The Circle of Friends Book Shop just received a new collection of books on the various Mayan cultures. The cookbook stock is boiling over with books on foreign appetizers, light meals, meals in 20 minutes or less and much more. The full year of 2010 National Geographic magazines is available. And on the cover of the July edition? It's a 2 million year old female skeleton named Ardi.

Library hours are Monday through Friday: 10 a.m. until 7 p.m. and Saturday 10 a.m. until 4 p.m. Come on in and browse. They graciously accept donations of books in good shape; they don't accept 8-track tapes. The Gulfport library is located at 5501 28th Ave South. For information contact the library at 727-893-1074.

...

National Ice Cream Day

By Melissa Lattman



Nine-year-old Kealey of St. Petersburg enjoyed an ice cream at Yummy's in Gulfport.

The Gabber stopped by a couple of local ice cream shops July 17 in honor of National Ice Cream Day. In 1984 former President Ronald Reagan made July national ice cream month. The third Sunday of the month is National Ice Cream Day. Check out his presidential proclamation at <http://www.presidency.ucsb.edu/ws/index.php?pid=40141#axzz1SC1Kd8Lq>

According to the International Dairy Foods Association the U.S. ice cream industry has more than \$21 billion in annual sales. About nine percent of the milk produced by U.S. dairy farmers is used to make ice cream, the association said on its Web site.

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Planning a Yard Sale?

Instead of all the work planning a yard sale, why not donate all those unwanted or unused items to Sophie's Attic thrift store? Just call the church office at 321-3620 M-F 9-12 and they will gladly pack up or pick up at your convenience. All donations are tax deductible.

Donations are always accepted with a smile at their church office M-F 9-12 at 2728 53rd St. S. or at the thrift store Friday or Saturday from 9-1. Sophie's Attic is a mission outreach to the community by the First United Methodist Church of Gulfport.

...

Maximo Resource Center Needs You!

Maximo Community Police Resource Center, located in the Marina Village Shopping Center, needs volunteers to man the office each week day, Monday through Friday, from 9 a.m. to 12 noon and from 1-4 p.m. You can work one or more three-hour shifts. Currently, they need the Friday morning shift and all afternoon shifts. Stop in at the Center Monday-Friday 9 a.m. to 12 noon or call 866-7177. You must complete an application, be interviewed, pass a background check and be fingerprinted.

Remember, great hours (only three hours a week) and great satisfaction giving back to your community and the rewarding feeling of volunteering!

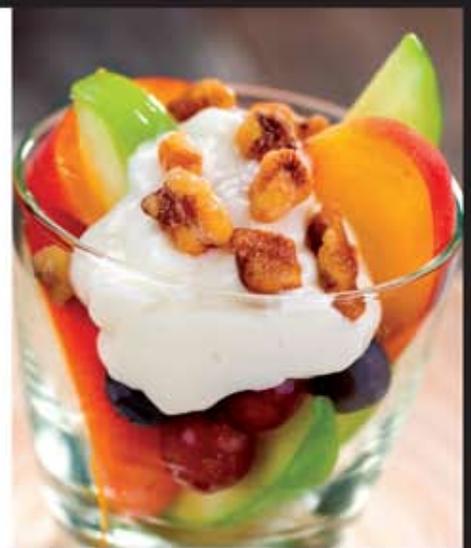
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Volunteer Opportunity

Florida's Long-Term Care Ombudsman Program needs volunteers to join its corps of dedicated advocates who protect the rights of elders residing in nursing homes, assisted living facilities and adult family care homes. The program's local councils are seeking additional volunteers to identify, investigate and resolve residents' concerns. Special training and certification is provided.

All interested individuals who care about protecting the health, safety, welfare and rights of long-term care facility residents -- who often have no one else to advocate for them -- can call toll-free 1-888-831-0404 or visit the program's Web site at <http://ombudsman.myflorida.com>.

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Library offers Program for Young Readers

The Gulfport Public Library is excited to announce the Children's Summer Reading program will begin on Wednesday afternoons from 2 to 4 p.m., through August 10 for elementary age group. The Theme is "One World, Many Stories." Among reading stories from all over the world, children will have fun making crafts and playing games. Visit the Gulfport Public Library at 5501 28 Ave. S. or call 727-893-1074 for more information.

...

Volunteer Office Help Needed

The SHINE (Serving Health Insurance Needs of Elders) Program is seeking a Receptionist/Office Assistant at the Area Agency on Aging of Pasco-Pinellas, Inc., 9887 4th Street, N., Suite 100, in St. Petersburg. Interested parties may call 727-570-9696, ext. 282.

...

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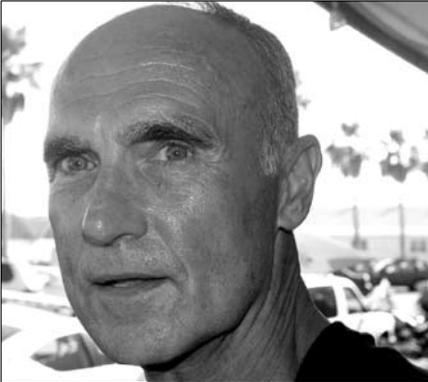
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Rita Walpole, Pennsylvania: "Cody, a bichon. He used to get out of our yard and take himself for a walk around our neighborhood, then come to our front yard and bark to be let in."

...



Lanny Ronnberg, Gulfport: "A black and white dog named Tippy, because he had a black tip on his white tail. I was about seven years old. I don't know what happened to him."

...



Ann Hometchko, Largo: "Cindy, a black and white cat. I got her from the SPCA. She loved to jump up and climb on fences and sunbathe around the pool."

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July Specials at SPCA

LARGO- Summer is here and the kennels and kitty cages at SPCA Tampa Bay are filling up. Check out these special adoption packages! Preview available adoptables at www.SPCATampaBay.org.

The regular price for adopting cats is \$55 for adults and \$65 for kittens less than one year. Specials include:

1. Free Over 3 - All cats 3 years and older are free on Wednesdays.
2. Thursday Special: All kittens

under 1 year - Adopt one for \$65, save a second life at no additional cost.

Adopters must purchase a cardboard carrier or upgrade. For kitten special: one cardboard carrier for two is included. Upgrade option: get a plastic carrier for just \$18.99.

3. All Month Long - Adult cats (1 year +) are going BOGO in July. Adopt one adult cat for \$55 and adopt another at no additional charge. If you have room for one, you might have room for two. Adoption fee includes cardboard carriers for each

cat. Upgrade your carrier for just \$10 more per carrier.

Feline adopters can now purchase Kitty Take-Home Packages at the SPCA Pet Boutique! Package includes 1 stylish break away kitty collar, 1 bag of litter, 1 litter box, 1scoop and a cat toy for only \$20.

Canine Summer Specials include:

Dogs Under 25 lbs. -- \$180 covers the adoption and includes 30" crate, leash, collar, 2 feeding bowls and waste bag holder with refill bags.

Dogs 25 - 70 lbs. -- \$75 covers the adoption and includes: 36" crate, leash, collar, 2 feeding bowls and waste bag holder with refill bags.

Dogs 70+ lbs. -- \$70 covers the adoption and includes: leash, collar, 2 feeding bowls, 1 toy and 1 grooming tool.

Adoption specials will apply while supplies last! Items of equal or greater value may be substituted. Preview adoptables at www.SPCATampaBay.org or visit 9099 130th Ave. N. in Largo.

...

Photography by Elizabeth Neily

City of Imagination in partnership with First Florida Frontiers will be hosting an exhibit of Elizabeth Neily's photographs in the lobby of the Catherine Hickman Theater through August. Opening reception is on Friday, August 5 at 7 p.m.

As the director of the Panama Canal Museum in Seminole, Neily traveled to Panama and several other Latin American countries. While there her interest in indigenous and early Spanish cultures inspired her to spend time with the Kuna Indians in the San Blas Islands and to explore the ruins of churches and monasteries in Antigua, Guatemala.

The theater is located at 5501 27th Avenue S. Admission is free. There will be light refreshments and a cash bar available for opening night. Visit www.cityofimagination.info.

...

Seniors' Chat Room

Join others as they 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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Gabber July 28 - August 3, 2011

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Paws for Vets Fundraiser

The Lions Club in collaboration with the Sons of American Legion, Post 158 Treasure Island and the American Legion Auxiliary Unit 158 is proud to present the PAWS For VETS, Inc., an event featuring support for rehabilitation for veterans struggling with Post Traumatic Stress (PTS). PAWS For VETS (PFV) Inc. is a community-based organization whose purpose is to provide dogs to be trained as psychiatric service dogs to aide in the rehabilitation of veterans struggling with Post Traumatic Stress. This type of animal assisted therapy works to promote emotional healing.

Please join them on August 7th at the St. Petersburg Lions Club located at 9300 W. Gulf Blvd. on Sunset Beach in Treasure Island.

- Donations of \$15 includes Butler's BBQ entrée and sides starting at 2 p.m.

- BluesBand - S.A.L. Post 305 entertains from 3-7 p.m.

- Steel Drums - Lightning Jack entertains 7-9 p.m.

- Sunset - A special charitable 50/50 drawing with donations to Lions Club House

- Libations and soft drinks will be provided with donations to PFV

Call 727 367- 6857 or visit <http://www.stpetelionsclub.com/beachhouse.html>.

...

Chamber Partners with Post 125 for Troop Supplies

The Gulfport Chamber of Commerce has partnered with American Legion Auxiliary, Post 125 to collect toiletries and sundries for our troops overseas.

With this season upon us to remember and celebrate our freedom, it is only fitting that these men and women are remembered, and should not go without the basic needs to make a difficult deployment more bearable.

A list of items asked for by these service people can be had at the Chamber office, 4926 Gulfport Blvd., or call 727-344-3711 for a list. Items can be also dropped off at Post 125, 6440 5th Ave. S. in St. Petersburg.

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Gabber July 28 - August 3, 2011

Deadline Nears for Half-Price Pool Passes

The St. Pete Beach Community Center and Aquatic Complex, located at 7701 Boca Ciega Drive, is offering a sizzling summer deal for the month of July only. Starting Friday, July 1st all Family, Adult, Senior and Child yearly pool passes can be purchased for 50% off, a savings of over \$250

on some memberships. Yearly pool passes make great gifts for Father's Day or those recent grads. Give the gift of unlimited access to the pool, open seven days a week, and all of the summer's awesome special events. Stop by the pool any day in July to purchase your discounted membership before this sizzling summer deal is gone! Call 363-9245.

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2011-2012 Tot-Time Program

Ongoing pre-registrations are currently being accepted for the 2011-2012 Tot Time Program. The Tot Time Program is a pre-school, hands-on program for children ages 3-5. The program aims to make learning fun for children and helps prepare them for Kindergarten. Two, three and five-day monthly options are available. Non-refundable annual registration fee is \$15 for residents

and \$100 for non-residents. Program hours are from 8:30 a.m.-12 p.m. Hours for pre-registration are from 9 a.m.-5 p.m., Monday-Friday. Proof of residency is required for Gulfport residents. Classes begin September 6, 2011. Call 893-1068 for more information.

...

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...

Summer Reading for Grown-Ups

By Melissa Lattman

ST. PETE BEACH- Summer reading is not just for children and teens. Adults can join the fun at the St. Pete Beach Public Library through August 22. For every book read, fill in a book review form and be entered for prize drawings. This year's theme, Novel Destinations, involves traveling through books.

Would you rather talk about books? The adult book discussion group is traveling through the pages with A Tale of Two Cities on August 16. The group meets the third Tuesday of each month at 10:30 a.m.

Would you rather travel through film? Films from the adult book discussions include A Tale of Two Cities on August 23.

Would you rather write than read? Enter the monthly travel-themed essay contest sponsored by the Friends of the St. Pete Beach Public Library. July's theme is "My Best Armchair Trip, Taken Through Reading a Book." For August it's "My Ultimate Dream Trip." Entries should be 300 words and will be judged on originality, adherence to the contest theme, vocabulary and style.

For a complete list of county library's participating in the Novel Destinations program go to: <http://www.pplc.us/adultreading2011.shtml>.

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Crossword Puzzle

Solution on Page 18

ACROSS

- 1 Potato pancake
- 6 Pornography
- 10 Savings accts.
- 13 Looking unfriendly
- 15 Sap
- 16 Actress Grant
- 17 Everybody
- 18 Record or measure
- 20 Mild rebukes
- 21 Preps for performance
- 22 "___ loves me . . ."
- 23 Pollio's predecessor
- 24 Commands, old style
- 25 Cope with a grape?
- 26 Track prize
- 28 Senate vote
- 29 Experienced, in the past
- 31 Glass source
- 33 Theft protection
- 34 ___ barrel: helpless
- 38 Chemical suffix
- 39 ___ out
- 40 Fashion line
- 42 Mercury readings, for short
- 44 Require
- 45 Evans and Carnegie

DOWN

- 47 Near, in Nurnberg
- 48 Logos, briefly
- 49 Issues forth
- 51 Personal-articles case
- 53 Scorches verbally
- 54 Hose holder
- 57 Perfect score, sometimes
- 58 To be, in Paris
- 59 Avaricious
- 60 Genevieve ou Jeanne
- 61 Former Tunisian brass
- 62 German industrial city

MARK THIS!

- 9 Instruct
- 10 Snazzy
- 11 Delegate
- 12 Oozes
- 14 Printer's measures
- 19 Title opener for 4 Down
- 22 Antitoxins
- 23 Pal of 4 Down
- 25 Very softly, musically: abbr.
- 26 Lace edging
- 27 Relieves pressure
- 30 Short or long weight
- 32 Wayne's word
- 35 Hermits
- 36 Arikaras
- 37 Annex
- 40 Dane of fame
- 41 Maid of Astolat
- 43 ___ around: monkeys with
- 45 Bills, etc.
- 46 Oversatisfied
- 50 French head
- 51 Prod, with on
- 52 Weight allowance
- 55 Nigerian city
- 56 Rembrandt van ___

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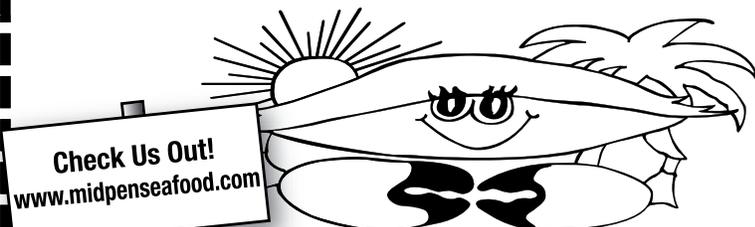
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Points On Pets

By Matthew Margolis

You Don't Have To Be a Crocodile Hunter

Last week The Denver Post reported a story about a local man who stabbed his dog multiple times. Matthew Weatherspoon, 19, told authorities he "panicked" when his 5-month-old bulldog puppy, Diamond, bit him. Acting out of what he called "self-defense," he grabbed a knife and stabbed the puppy repeatedly, slashing her face and puncturing her head in at least five places. He then threw the severely injured pup out of his apartment and onto the street because she was bleeding all over his stuff.

According to the police involved, there were no visible bite marks on Weatherspoon's body. Diamond, on the other hand, underwent three hours of surgery to stitch her face back together. She is expected to survive, and Denver locals are already lining up to adopt her.

Weatherspoon is not quite so popular

these days. While being investigated on charges of aggravated animal cruelty, he is in protective custody at the Denver County Jail in response to threats made against him by other inmates who apparently weren't sold on his explanation that, "I'm not a crocodile hunter. I don't know how to deal with animal attacks other than to defend myself."

You don't have to be a "crocodile hunter" to square off with a puppy. You don't have to be a "crocodile hunter" to know what not to do.

A woman called me recently to get my opinion on something. She went to a breeder for help in dealing with her puppy's chewing and nipping behavior. His advice was to take a wiffle bat and hit the dog on the head. No "crocodile hunter," she, and yet still she smelled a rat.

Knowing what not to do in life is not the same thing as knowing what to do. But it is every bit as important.

This week I got a call from a mom who had just bought a new dog for \$7 in a supermarket parking lot. She

brought the new pup home to her four young children, and everything went downhill fast. The puppy nipped at the woman's kids, and the mom hit the dog in response. From there, the puppy began growling, and the kids began hitting the dog in line with their mother's initial reaction. In a matter of weeks, this woman created a hand-shy fear-aggressive puppy that will surely grow into an aggressive dog unless she gets professional help -- fast.

How do you know what not to do?

Use your common sense. Would you use that punishment on your kids? If the roles were reversed, would it work on you, or would it only serve to make you angry or fearful?

Here is a short list of punishments that should never be used on a dog:

- Yelling and screaming ("no" or anything else, but especially not the dog's name)
- Pointing (with a finger or fist)
- Kneeing in the chest (to curb jumping)
- Stepping on toes (to prevent jumping)
- Hitting on the nose, the backside or anywhere else (with your hand, a newspaper or anything else)
- Stabbing (for the exceptionally clueless)

So many people make the mistake of soliciting advice from everyone they know -- friends, neighbors, their vet, their groomer -- when none of those people is necessarily qualified to provide an effective solution. They try everything they're told, and it all adds up to nothing.

The best thing to do if you don't know how to deal with a problem is call a specialist. Call a professional dog trainer or certified animal behaviorist. They'll know the most humane way to deal with the problem you're experiencing. They're the ones who can help you get rid of the problem -- and keep your dog! You don't have to be a crocodile hunter to know when to call one.

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SPCA Pet of the Week



Described as laid back and docile, Lil Bit will fit into any family. She is a 1 year old Domestic Medium Hair. She is playful, gets along well with other cats and is looking for her forever home. Meet Lil Bit at SPCA Tampa Bay, 9099 130th Ave. N. in Largo or call 727-586-3591.

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He may be deaf, but that has not stopped Mozart, a 6-1/2 month old male Cockapoo from being the smart, comical and loving puppy that he is. Mozart enjoys human attention, long walks and the company of other animals. He uses hand signals instead of verbal cues to sit. To learn more about this friendly puppy, visit Pet Pal Animal Shelter at 405 22nd St. S., St. Petersburg, 727-328-7738 or visit www.petpalanimalshelter.com.



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Horoscope Guide

By Holiday Mathis

ARIES (March 21-April 19). You think you know your limits, but you couldn't possibly. Those thresholds are always changing depending on the circumstances that surround the day. Entertain the thought that you may be capable of more than you've ever accomplished before, and act accordingly.

TAURUS (April 20-May 20). You will be tempted to include friends in all of your activities, but think twice about this. Your leisure time is sacred -- and so are your friendships. Unpredictable elements could get in the way of both. If you're on vacation this week or planning one, a fewer number of people involved will be better.

GEMINI (May 21-June 21). The subject of what you like is not up for debate. Probably, you couldn't even change that now if you wanted to, and the same goes for a loved one. You'll both be happy as you follow your fascinations. Sometimes they will be shared interests and other times not. You won't worry about it either way.

CANCER (June 22-July 22). As anyone who's owned a bookstore can tell you, closed books are far more interesting than open books. And the most valuable books in the store are sometimes sealed in packages so that only the buyer can look inside. Use this principle in your social life. Your mysterious presence will be irresistibly attractive.

LEO (July 23-Aug. 22). You have talents that bring you more joy than money. Though you sometimes dream of becoming a professional, your amateur status allows you purity of intention. Not needing to make money at the task frees you up to express yourself in the exact way you prefer instead of binding you to popular taste.

VIRGO (Aug. 23-Sept. 22). It is easier to commit to the moment

when you know that doing so doesn't obligate you in the future. You will get such a strong charge from a certain "no strings" connection that you will not be remotely worried about what, if anything, will happen in the future with this person. The reward is intrinsic in the moment.

LIBRA (Sept. 23-Oct. 23). The unknown makes things appear scarier than they are. When you think back to your initial apprehensions upon entering a new situation, you will find most of them laughable. Now you rule the scene and understand almost everything about it. You can still relate to, and help, the newcomer who peers in fearfully.

SCORPIO (Oct. 24-Nov. 21). Everything you build starts with a foundation. This week, it seems to take forever to get that foundation set up. But these initial steps are so important that you should take all the time you need to do them correctly. Stay patient. Don't sully the process with frustration. Keep putting lovely feelings into the atmosphere.

SAGITTARIUS (Nov. 22-Dec. 21). Money, in and of itself, is not very creative. Spending a lot doesn't guarantee a quality outcome. And often, throwing too much money at a situation can make it worse. Be judicious in matters of finance. You can be rich with a small amount of money -- you have done this before, and you will do it again.

CAPRICORN (Dec. 22-Jan. 19). Avoid being too scheduled. If you keep yourself busy up to the minute, the part of you that needs freedom is likely to rebel. The unexpected will happen, and your schedule will seem to laugh in your face. Leave lots of room for following your instincts and going with the energy that's around you.

AQUARIUS (Jan. 20-Feb. 18). You have the best kind of creativity this week. It doesn't have to do with singing, painting, dancing or

doing anything in particular -- it's an attitude. You bring your essence to everything you do. Cleaning up, moving from place to place, doing your daily work -- you add a spark to it all. Life is your playmate.

PISCES (Feb. 19-March 20). You'll work hard this week, though not at your usual responsibilities. You have your eye on the future and will be proactively creating a better one. Revitalize a tired scene, rekindle a lost feeling and renovate your physical world. Helpers are around you, but they will wait to offer assistance until the job is underway.

This Week's Birthdays: It will be easier for you to make decisions because you realize that what you do matters less than how you do it. It is the love and devotion in your approach that will make it the best choice for you. August brings luck to your personal life. You'll share in fun and a deep commitment, too. In September, new experiences bring financial gain, especially ones that involve travel. November is a formative month that brings about favorable changes to your surroundings.

...

Music at Gulfport Beach Pavilion

The Beach Pavilion #6 is closed for repair. Keep watching this space for further news. Any questions, call "J" at 727-688-3040.

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Library is a Member of a Co-op

To the residents of Gulfport: Do you know the Gulfport Library is a member of the Pinellas Public Library Cooperative (PPLC)? This gives you the opportunity to receive books at the Gulfport library from any of the 15 members of the cooperative. Come in and talk with the front desk. The Gulfport library is located at 5501 28th Avenue S. For information contact the library at 727-893-1074.

...

It's not your Mother's Square Dancing

The Suncoast Squares is happy to announce that their 2011 Mainstream Class for Beginners. The class meets every Tuesday from 7:30-9 p.m. and "graduation" occurs in January just in time for their yearly Flip the Flamingo Fly-in Event in February.

No experience is necessary and singles or couples are welcome. Dress is casual but be sure to wear comfortable shoes. The cost is just a \$5 donation per person each week.

In addition, prior to the Mainstream Class every week, the club offers Round Dancing lessons from 6:30-7:30 p.m. for an additional \$2.50 donation per person.

The Suncoast Squares general membership meets at the church every Tuesday (and monthly on the third Sunday) throughout the year to dance what they consider to be contemporary square dancing with style and flair; not the "old style" square dancing that typically comes to mind when one hears "square dancing". Call 727-599-1440 for more information.

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Free Addiction Counseling Available

For families in need of drug and alcohol addiction counseling, Narconon Arrowhead can help. Narconon offers free counseling, assessment and referral to centers nationwide. Call 1-800-468-6933 or visit www.stopaddiction.com.

...

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Best of the Road Winners

It's official. The winning towns for the 2011 Best of the Road® Rally were announced. Jeff DeKorte, Rand McNally's SVP, Travel & Digital Media and John Peters, VP/GM Digital Strategy along with Victoria Borton, General Manager of USA TODAY Travel, announced the five winning teams to a packed house at the Destination Marketing Association International (DMAI) Annual Convention in New Orleans.

Narrowed down from more than 600 submissions, 30 top towns in five categories — Most Beautiful, Most Patriotic, Friendliest, Most Fun, and Best for Food — were selected for review during the inaugural Best of the Road Rally. Equipped with brand-new Saab vehicles and Rand McNally RVND navigation devices, our five teams of amateur travelers completed a three-week cross-country road trip, for a combined 25,000 miles traveled, personally visiting the six top towns in their assigned category.

After last week's presentations of their "traveler's journals" in Los Angeles, each team consulted with the judges panel to determine which town would be crowned the winner in their category. The winners are:

MOST BEAUTIFUL: Sandpoint, ID – reviewed by The McNavigators, who said the unofficial motto is "enjoy the great outdoors, connect with friends and keep life simple."

MOST PATRIOTIC: Rapid City, SD – reviewed by Captain and Clark, who described the town as "a place where people from across the world and country can learn about America's past, become inspired by its present, and find hope in its future."

FRIENDLIEST: Walla Walla, WA – reviewed by Gone with the Wynns, who described it as "a town so nice they named it twice; a culturally diverse small town with happy faces everywhere you go."

MOST FUN: Glenwood Springs, CO – reviewed by TraveleingJules and TravelingJoan, who dubbed the town "a mountain of fun and an adventure capital, with endless ways to get your adrenaline pumping."

BEST FOR FOOD: Lafayette, LA – reviewed by The Fun Finders who learned the true taste of Cajun food to be "flavorful, not hot or spicy" and that after a meal, the best dessert is "Cajun dancing."

Congratulations to our winners and all 30 of the finalist towns. We're so very grateful for the warm welcomes you provided to the rally teams and hope to see you all again in next year's program. Check www.bestoftheroad.com soon for the announcement of Best of the Road 2012!

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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 Gym- Tues., 6-9 p.m. Annual reg. \$2 res./\$6 non-resident

PROGRAMS

TEEN NIGHT - Now accepting registrations for the 2011-2012 School Year-Teens, age's middle school to 17 (18 if still in high school). Mon., Wed. & Fri. 6-9 p.m. Annual reg. \$2 res/\$20 non-res.

2011-2012 SCHOOL YEAR CHILD CARE PROGRAM

Registrations for the 2011-2012 School Year Child Care Program have begun for children who will be entering Kindergarten thru age 14. Non-refundable annual registration fee is \$15 for residents and \$100 for non-residents. Program hours are until 5:30 p.m. with extended hours available until 6 p.m. for an extra charge. Hours of registration are Monday-Friday from 9:00 a.m.-5:00 p.m.

2011-2012 TOT TIME PROGRAM PREREGISTRATION

Pre-registration for the 2011-2012 Tot Time Program are currently being accepted. Hours for pre-registration are from 9 a.m.-5 p.m., Monday-Friday. A non-refundable annual registration fee of \$15 for residents and \$100 for non-residents is required to secure a spot. Proof of residency is required for Gulfport residents. The Tot Time Program is a pre-school, hands-on program for children ages 3-5. The program aims

to make learning fun for children and helps prepare them for Kindergarten. Two, three and five-day monthly options are available. Program hours are from 8:30a.m.-12:00p.m. Classes begin September 6, 2011 and is limited to 10 children. Call 893-1068 for more information.

2011-2012 VPK (Voluntary Prekindergarten)

VPK is FREE for children who live in Florida and who turn 4 years of age by September 1st. Parents must apply at Coordinated Child Care and the child must receive a Certificate of Eligibility. VPK will start on Tuesday, September 6th and is limited to 10 children. Sign up now with your voucher from Coordinated Child Care. Please call 727-893-1068 for more details.

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

CLASSES - Call instructor for more information. t

- Body Sculpt - Call Billie at 239-313-0876.
- Cardio Kickboxing - Call Billie at 239-313-0876.
- Fencing - Wed., 5:30 p.m. Call Jim Campoli at 813-855-3112.
- Energy Dance - Call Livia at 727-501-6915.
- Gymnastics-Call Barbara at 804-9400.
- Karate - Mon. & Thurs., 6:30 p.m. Call Diane at 459-1399.

• Tai Chi -MOVED TO SCOUT HALL. Tues. & Thurs., 9-10:15 a.m. Call Marge at 345-6708.

• Tennis - Tues., 5 p.m. & 6 p.m. Call Jack at 280-4276.

• Watercolor with Patsi -Returns in the fall. Call Patsi at 501-3559.

• Yoga in the A. M. - MOVES TO THE NEIGHBORHOOD CENTER, Wed., from 9-10 a.m. Call Valerie at 557-4258.

• Yoga-Wed., 6:30 - 7:30 p.m. Call Tamara at 512-2763.

• Yoga - Call Valerie at 557-4258.

• Zumba- MOVES TO THE NEIGHBORHOOD CENTER, Wed., from 10:30-11:30 a.m. Call Valerie at 557-4258.

***The Neighborhood Center is located at 1617 49th St. So.**

***Scout Hall is located at 5315 28th Ave So.**

TOMLINSON SKATE PARK

The City of Gulfport will now allow bicycles on the Tomlinson Lake Skate Park on SUNDAYS only for a trial period.

Effective October 1st, all skaters/bicyclists MUST purchase a new City of Gulfport Skate Park sticker to use the City of Gulfport's Tomlinson Lake Skate Park. Stickers MUST be visibly placed on the helmet. Annual fee for stickers is \$5 for residents and \$10 for non-residents. Also, all skaters/bicyclists 17 years of age or younger MUST have a signed parental consent form filed at the Gulfport Recreation Center. Availability to register: Monday - Friday, 9 a.m.-8 p.m.



Gulfport Library

5501 28th Ave. So. 893-1074
or fax 893-1072

"One World, Many Stories," with Diann Morningstar. Wednesdays at 2:00 pm, through August 10. Enjoy this weekly children's summer reading program, plus games, crafts and snacks.

"Anime Afternoons for Teens," with Sheri Stanley. Fridays at 2:00 pm, through August 12. Watch and learn about this popular Japanese-inspired cinematic art form while enjoying some delicious snacks.

"The Power of Now!": A free 8-week seminar/discussion presented by Ted

Leitho. Saturdays at 10:00 am-Noon, through August 27. FMI, call: 727-623-9532.

Hospice Bereavement Group for Widows and Widowers: Tuesday, August 23 & 30, 1:30 pm. FMI: 727-542-6788.

One-on-One Computer Instruction: Mondays and Wednesdays, 10:30 am-1:00 pm. First come, first served.

Free Thinkers Open AA (Twelve Step) Meeting: Tuesdays, 5:45-6:45

pm. FMI: Call 727-323-7660.

Gulfport Creative Short Story Writers: Wednesdays at 10:00 am.

Open Monday-Friday: 10am-7pm
& Saturday: 10 am-4 pm
PROGRAMS AND DATES ARE
SUBJECT TO CHANGE
check our website
www.mygulfport.us/gpl

Search for/request books and other items on our online catalog: pals.polarislibrary.com

Services *City Sponsored Activities* *in the Community*

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

SPECIAL ANNOUNCEMENTS

Writer's Group Summer Recession: Our Writer's Group has taken a break for the summer and will resume Friday, October 7th.

New GEMS Express: GEMS clients are encouraged to try out our new express trips to South Pasadena on Fridays when we make hourly trips. If you are a quick shopper, this is the run for you! Call GEMS at 893-2242 for more info.

SPECIAL EVENTS

Free Eye Screenings: Fri. July 29 at 10am to 1pm courtesy of Eye Institute of West Florida at the Senior Center. (Space reserved for lunch participants from 10:30am to 11:45am). First come, first serve.

AARP Driving Class: Take AARP driving classes and possibly reduce your insurance premiums. Classes are held on the first two Tuesdays of every month at 12:45pm. Must attend both days. Call 368-3199 for registration and fee info.

Senior Trips: Come join us for some fun trips: Hard Rock Casino, August 7 with Sunday Brunch Buffet with perks and discount prices (\$20). Other trips to Hard Rock Casino on Aug. 16 & 21. Call Carolyn at 347-0806 for more details and for info on upcoming 2 & 3 day trips (Immokalee Escape/Casino & Shopping and Key West).

Annual Game & Card Party: The Senior Center's 2nd Annual Game & Card Party will be held on Wed. Aug. 31, 2-5pm. Make up or join a card or game table. Includes finger foods, door prizes, opportunity baskets, etc. Tickets: \$10. Fundraiser to develop Senior Center health & wellness programming. Tickets

available at the Senior Center or online at HYPERLINK "http://www.gulfportseniorfoundation.org" www.gulfportseniorfoundation.org.

Three Special Opportunity

Drawings: How about a Star Lite Cruise or a Dolphin Watch Cruise for a party of two? Suggested donation for the opportunity drawing is \$5.00 per ticket. Winners will be announced on Fri. Sept. 2nd. Need not be present to win. Tickets are available at the Senior Center.

SPECIAL SERVICES

Free Legal Assistance: Community Law Program offers free legal assistance for seniors 60+ every 3rd Fri. (Aug. 19) at 9:30am. Must meet income criteria. Call for more info.

Phones for Hearing Impaired: Do you find it difficult hearing on the phone? Deaf & Services Connection will be offering free phones for the hearing impaired on Tues. Aug. 16 at 9:30am. Call 399-9983 for eligibility information.

Support Groups

Diabetic Support Group on Mondays at 10am

Visually Impaired Support Group, 2nd & 4th Mon. at 2pm.

Caregivers: Every Wed. at 2pm

Telephone Reassurance: Are you a Gulfport resident who lives alone? Would you like to receive a friendly phone call each morning between 7:30-8:30am? It's a free service and a great safety measure! Call the Senior Center for more info.

Transportation Service: Are you a Gulfport resident 55 and over and need transportation to medical appointments, beauty shops, grocery shopping, bill paying, etc? Call GEMS at 893-2242 and learn how we may be of service to you.

Neighborhood Center

1617 49th St. So./893-1070

Faith Cathedral International Church:
9:30am, 1st, 2nd & 3rd Sundays;
4th Sunday Bible Study
Overeaters Anonymous: Sun. 6:15-8:15pm



5501 27th Ave. So.
893-1070

THREE'S COMPANY

A Contemporary Musical Cabaret

Fri., Aug. 5, 8pm

Sat., Aug. 6, 2pm

Tickets \$15, 727-470-1802 or
727-510-1509, 727-282-3830

**PANCHA THURYA
DRUM & DANCE TROUPE
of Boston
CONCERT**

Sun., Aug. 7, 7pm

\$20 Admission at the door



5500 Shore Blvd. So.
893-1070

**MARIO DELEON'S BAND
Ballroom & Social Dancing
Sun., Aug. 7, \$7**

WEEKLY DANCES

Every Tuesday

Ballroom Lessons 12-3pm, \$7

Inter. 12-1, Beg. 1-2,

Dancing 2-3pm

Argentine Tango 6:30-10:30pm, \$7

6:30-8pm Lesson,

8-10:30pm Dance

**Every Wednesday
Swing Dance**

6-7pm Charleston lesson

7-8pm East Coast Swing lesson

8-11pm Swing Dance \$7

**Thursday, August 4
Salsa Dance**

7-8:30pm Lessons

8:30-10pm Dance, \$7

Resident and Mayor Debate Three Minute Limit

ST. PETE BEACH – A resident refused to leave the podium after her allotted three minutes for public comment, comments erupted from the audience, and the commission appeared to be unable to enforce its three-minute limit.

Maria Urban stood before the commission to request an audit of the city's legal services. She told the commission she represented over 100 people.

"We are requesting the city [audit] why the city attorney Mike Davis often requires the assistance of two, three, or even four attorneys. Many of these out of town attorneys travel from out of town... We have three attorneys from out of town costing us \$615 per hour just for legal services," Urban said, referencing petitions requesting the audits and bills.

When her three minutes expired, Mayor McFarlin told her her time was up.

"What?" she asked him. He explained

that the three minutes allotted each person speaking had passed.

"I will yield my time to Ms. Irving," resident Deborah Schechner said from the audience before Urban could respond.

"No you won't," Mayor McFarlin told her.

Urban continued to make her presentation and the mayor repeated that her time had expired. He asked her to set up a meeting with him. She continued to speak.

"Your time is expired," Mayor McFarlin said again.

"I heard you Mr. McFarlin, and I'm also representing 117 people," she said and continued speaking.

"You had three minutes to do it and your time expired and I have to be fair...I can't audit six months of legal bills in three minutes," he said, repeating his request that she set up a meeting with him so he could present it to the city's legal firm. Ultimately, she took her seat, but vice-mayor Bev Garnett stopped her.

"Are you going to leave that with us so we have it to look at?" she asked, indicating the papers Urban referenced as she spoke. Urban gave

the documents to the city clerk. She made one last comment about the legal bills.

"I agree with you," Mayor McFarlin told her.

People in the audience clapped.

Later in the meeting, Deborah Etne spoke past her three minutes. No one stopped her.

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August 1 is Deadline to Register for August 30 St. Petersburg Primary

Pinellas County Supervisor of Elections Deborah Clark is reminding residents that Monday, August 1 is the voter registration deadline to vote in the August 30, 2011 St. Petersburg Primary.

Registration is required for new voters by this deadline in order to participate in the election. Voters who are already registered to vote do not need to re-register.

In the St. Petersburg Primary, only registered voters in District 1 are eligible to vote in this single-member council race. The two candidates receiving the most votes will advance to the St. Petersburg General Election, which will also include Districts 3, 5 and 7 council races. All district council races are elected at-large in the General Election.

You can register to vote or update your voter information at any Supervisor of Elections office, public library, driver license office or government office handling social services. Some public libraries have evening and weekend hours.

A change in election law now requires that address changes from out of county made at the polls will require the voter to vote a provisional ballot, except for active military voters and their families. Address changes can be made by calling 464-VOTE or emailing election@votepinellas.com; include date of birth. Name and party changes may be made by sending a signed, written statement to the Supervisor of Elections; include date of birth or voter ID number. Any updates, including signatures, can be made by completing and signing a voter registration application and returning it to the Supervisor of Elections.

To request a ballot by mail or for more information, call (727) 464-VOTE (464-8683) or visit www.votepinellas.com. For an updated voter registration event list, visit www.votepinellas.com and select News and Events/Voter Education & Registration Events on the home page menu.

Anime Afternoons at the Library

The Gulfport Public Library Teen Summer Reading program will have Anime Afternoons on Fridays from 2 to 4 p.m. through August 12. Teens 12 and up can watch anime and read manga. Anime is animation that derives from Japan. It is also called Manga which is book form. Light snacks and prizes will be given during this summer program. Visit the Gulfport Public Library at 5501 28th Ave. S. or call 727-893-1074 for more information.

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Register your Special Needs

The 2011 hurricane season is upon us. Persons with special needs (i.e., medical, transportation, mobility and other needs) must register with the Pinellas County Office of Emergency Management if they might need special assistance at the time of a hurricane threat or evacuation. Registration forms for Special Needs are available at the Maximo Resource Center, 4815 34th St. S. in St. Petersburg. The center's staff can provide these forms and information at no charge during the center's regular business hours.

Persons with pets must also register their pets' evacuation and shelter needs. These registration forms are also available at the center.

Call 727-866-7177.

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Midsummer Night's Sweets

By Melissa Lattman



Jonathan Shork dishes up ice cream in a hand blown glass for Cindy Stephens.

GULFPORT- As the sun was close to setting, the Industrial Arts Center opened for a cool, sweet fundraiser. Saturday night chill included ice cream sundaes, mini cupcakes and hand blown glass bowls.

The goal of the sweet mini summer fundraiser was to help support the center's summer kids program. The final week of Reality Glass Blowing Boot Camp is scheduled for August 8-12, 9 a.m. until 1 p.m.

Volunteer Nurses Needed at Free Clinic

ST. PETERSBURG- Are you enthusiastic, friendly and optimistic? Do you have a couple hours a week or a month to volunteer in a warm and friendly environment with a great team? St. Petersburg Free Clinic offers free medical care to the medically underserved adult population and we need volunteer RNs and LPNs to assist our volunteer physicians and staff ARNP. All you need is a giving heart and a current license. Please be that listening ear and helping hand to someone in need. Go home feeling great by knowing that you have made a difference! Contact Angel Schumaker at angel.schumaker@stpetersburgfreeclinic.org or call 727-821-1200, ext. 114.

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Swim Lessons Focus on Safety

ST. PETE BEACH- The St. Pete Beach Community Center and Aquatic Complex will be offering Parent-Child Swim Lessons this spring and summer for children ages six months to three years. The classes emphasize water adjustment, parenting skills and water safety, with special attention given to the varying development stages of this age group. Goals for this class include the child's enjoyment and adjustment in and around the water while instructing parents how to assist in the development of their children's future swimming skills.

Classes are held at the St. Pete Beach Aquatic Complex, 7701 Boca Ciega Drive, Monday through Thursday for two consecutive weeks with morning or evening class times available. Lessons are \$35 for St. Pete Beach residents and \$40 for non-residents.

Call the pool for more information at 727-363-9264.

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St. Pete Beach Files For Dismissal of Lawsuits

City attorney Mike Davis said he was preparing a motion to dismiss all of Ken Weiss' lawsuits. He distributed a draft of the motion to the commission.

Read the draft of the motion on theGabber.com.

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New St. Pete Beach Web Site, Logo on the Horizon

View potential logos and vote for your favorites at: theGabber.com

ST. PETE BEACH – The commission wants to create a new logo, and now residents can preview the choices for the city's proposed new logo at theGabber.com and tell commissioners which one they like best.

The city's new logo could showcase former governor Charlie Crist's designation of St. Pete Beach as "the sunset capital." It also could only say "St. Pete Beach."

Beyond that, the commission remained largely undecided Tuesday night at the end of the meeting.

"We did the sun with the rays, but I think it looks too hot," Commissioner Marvin Shavlan said of one design. Shavlan asked a designer who works for him to create a few tentative logos; he paid for the designer out of his own pocket.

"We get mistaken for St. Pete all the time, and I think some of these – the first four – look like St. Pete to me... It would almost be better if the city had remained Pass-A-Grille," Commissioner Jim Parent said.

"We can change the name!" Vice Mayor Bev Garnett said.

The commissioners immersed themselves with discussions of fonts and colors, attempting to design the logo as a committee. Commissioners debated sea oats or dolphins.

"What are we talking about changing here?" Mayor Steve McFarlin said after almost 10 minutes of discussion. Rick Falkenstein, one of the Hurricane owners, approached the dais and started speaking.

"Let's do it right, let's have it media blitz. I'll kick in the first \$500," he said, suggesting that perhaps the city would attract a design from someone out-of-state who could show different side of the beach.

"We could be here all night," the mayor said.

After another six minutes discussion, the commission began debating the merits of a new web site and discussing whether or not to use Facebook.

"I definitely think we should have a Facebook page, but I don't think we can ignore the web site," Commissioner Shavlan said.

"It looks like there's a hurricane coming in all the beach pictures," the vice mayor said.

The commission said that they would discuss the web site after they arrived at a new logo. Please read this story online to view the logos and tell the commission which one you like.



Host Families Needed for Exchange Students

Foreign high school students are scheduled to arrive soon for academic semester and year homestay programs, and the sponsoring organization needs a few more local host families.

According to Pacific Intercultural Exchange (P.I.E.) President, John Doty, the students are all between the ages of 15 and 18 years, are English-speaking, have their own spending money, carry accident and health insurance, and want to share their

cultural experiences with their new American families. P.I.E. currently has programs to match almost every family's needs, ranging in length from one semester to a full academic year, where the students attend local public and private high schools.

P.I.E. area representatives match students with host families by finding common interests and lifestyles through an in-home meeting. Prospective host families are able to review student applications and select the perfect match. As there are no "typical" host families, P.I.E. can fit a student into just about

any situation, whether it is a single parent, a childless couple, a retired couple or a large family.

Families who host for P.I.E. are also eligible to claim a monthly charitable contribution deduction on their itemized tax returns for each month they host a sponsored student.

P.I.E. is a non-profit educational organization that has sponsored more than 25,000 students from 45 countries since its founding in 1975. The organization is designated by the United States Department of State and is listed by the Council on Standards for International Educational Travel (CSIET), certifying that the organization complies with the standards set forth in CSIET's Standards for International Educational Travel Programs.

Families interested in learning more about student exchange or arranging for a meeting with a community representative may call P.I.E., toll-free, at 1-866-546-1402.

...

"Christmas in July"

The Christmas Toy Shop Project, Inc., is continuing the celebration of its 90th year collecting and distributing toys to needy children.

As part of their 90th Anniversary celebration, they are hosting a "Christmas in July" toy drive. You may participate in their celebration through donations or sponsorship. Donations of new or gently used toys may be dropped off at several convenient locations throughout the area, as many local businesses are supporting their efforts. This celebration is also opportunity for local civic and social groups and clubs to sponsor a great local non-profit in the community.

A list of toy drop-off locations may be obtained on their website, christmastoyshop.org, or by calling the organization. If you would like to make a monetary donation or other type of sponsorship, please contact them at 727-898-3962 or email toyshopelf@juno.com.

...



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St. Pete Beach City Commission Meeting

Public Comment & Council Quotes

“We’ve gone weeks without a lawsuit!” - Commissioner Jim Parent

“We’ve got more potential than any community I can think of and not too much going against us,”
-Mayor Steve McFarlin, about the new comprehensive plan.

“I still think Corey’s the lynch pin of it all,” – Bryan Cummins, about the proposed redevelopment.

“I didn’t realize Main Street was a requirement of the plan... I guess the holdup on that is you have to get property owners involved. There are a lot of them... I don’t think are going to want to get involved,” – Peter Roos, who also reminded the commission a past chamber of commerce president wanted fireworks on the beach every weekend. He suggested, and the commission agreed, the city take advantage of the times when the hotels put on fireworks displays and help promote the fireworks.

“If you could maybe make sure people start with their names when they come up here,” –Rosemary Mann, about public comment

“I would like to be one of the first people to offer to donate a piece of art to this city,” –Rosemary Mann, about the city’s public art plan discussed at the workshop

“Do we have to declare if we’ve talked to anyone?”
–Commissioner Marvin Shavlan, before discussing the Sirata personal watercraft rules. City attorney Mike Davis told him yes.

“I know Cathy wants us to wait until the next meeting. Maybe she can get a replacement,” –Commissioner Marvin Shavlan, about whether or not to discuss a new logo for the city. Shavlan was referencing a recent Hard Candy column criticizing him for spending 20 minutes discussing specific flower colors. Read the column at theGabber.com; click on the Hard Candy icon on the left side of the page and look for the column titled “Wasting Time.”

“Right now if you take the 35 to work, you get off, you take the Beach Trolley. What their proposal is, is to have a nonstop route,” –City Manager Mike Bonfield, about a proposed change in the beach bus routes and service. The Gabber will follow these changes as the story progresses.

“One thing: I am ashamed of ourselves. Our hearts and prayers go out to Pam Prell. Pam, if you’re watching, we love you, we miss you. We just forgot,”
–Mayor Steve McFarlin, about the deputy city clerk who was burned in a home fire earlier this month.

About e-mails to the city’s legal team:

“No reason we should be running up your bills reading e-mails and responding to Ken Weiss... I don’t do it,” –City attorney Mike Davis, saying that reading and responding to e-mails about city business would run up the city’s legal bills.

About Lobbying Efforts and the City Manager:

“Whatever side of this issue that you’re on, you should all be furious at the actions taken unilaterally by the actions taken by the city manager as well as the lawyer... when you act out of public view... those are sneaky, covert, non-transparent, non-trustworthy types of actions. Nobody even told you about it before hand or asked you if it would be acceptable,” –Deborah Schechner, who suggested the city manager hire Suzanne Van Wyk, an attorney with Bryant Miller Olive, to lobby to change state law so the city could pass is comprehensive plan.

“I would like to give Mrs. Schechner an opportunity to step back and feel comforted that the things that seem to concern her are based on something that was written in the newspaper, but because it appeared in print does not necessarily qualify it as the truth,” –Lorraine Huhn, who said Ms. Schechner’s above comments were based on erroneous information in a local paper.

“The St. Pete Times is incorrect in their reporting. I’ve talked to the reporter and I’m going to talk to the editor tomorrow... in this particular case, it’s absolutely inaccurate,” –City Manager Mike Bonfield, about what types of spending the city manager can authorize without bringing before council. He said that he did hire attorney Van Wyk for lobbying purposes, but he said he did inform the commission and the purchases made were within his authority.

“She called me, told me what she thought we should do. I called the commission and told them what I was authorizing,” –Bonfield said after the meeting. He said no commissioners expressed concern over his decision.

The Numbers Behind the Sewer Loan

By Cathy Salustri

Continued from front page

In a meeting last Thursday morning, city staff said they intended to use Penny money to repay the loan but made no mention of the reserves.

"It gave the city some flexibility if there were other programs the city would like to invest in," such as the 49th Street redevelopment or a Clymer Park Greenway, O'Reilly said when asked why he advocated a loan instead of using the fund balance.

The city's entire utility system – which includes the sanitary sewer system – operates as an enterprise fund. An enterprise fund, in theory, supports itself on the money it makes and does not accept money from property tax income. Enterprise funds may give money to the city's general fund instead of paying taxes, called "payment in lieu of taxes," or PILOT, but no law requires such contributions.

Instead of allowing the utility fund to build money in reserves for an expense such as the one council now faces, public records show Gulfport used over \$2.8 million of utility fund money (in the form of PILOT) for non-utility expenses since 2000.

This loan marks the first debt in Gulfport history, according to Administrative Services director Dan Carpenter.

"We've prided ourselves on being debt free, pay as you go. Problem is, we haven't been paying as you go for the cost of infrastructure replacement," he says "The city elected to utilize PILOT transfers from the system versus building up reserves."

Last Thursday morning Carpenter reviewed the city's options: raising taxes, raising sewer rates, or getting a loan. He says the city should

raise its sewer rates.

"Those sewer rates ought to be raised to garnish the money to replace the infrastructure. The whole system should be self-sustainable, like St. Petersburg's is, like Pinellas County's is," he says.

Gulfport charges utility customers \$12 for the first 2,000 gallons, with price increases built in for higher-volume users. "It gets more expensive to discourage the higher use of water," Carpenter explains.

Carpenter estimates that changing sewer rates instead of borrowing the million dollars would raise the average customer's bill from \$66.75 to \$83.61.

Gulfport can't raise taxes to pay for the testing because it has already set the tentative (highest possible) tax rate at \$4.00 per thousand dollars of taxable value. To compensate for the million dollar shortfall the city would have to raise the tax rate to 5.3778 mils, or \$5.38 per thousand dollars of taxable value.

If the city opts for the third choice, a loan, city manager Jim O'Reilly says Gulfport will use future Penny for Pinellas monies to repay the million dollars plus interest. To fund any shortfalls in other Penny for Pinellas projects, the city could raise taxes to the 5.3778 mils next year, Carpenter says.

The loan's total cost, repaid over five years according to city plan, comes in at \$1,060,878.

O'Reilly said Gulfport should receive about \$920,000 from Penny for Pinellas next year. This does not include the \$410,000 of "reserve" Penny money not factored into Carpenter's calculations, the consultant's presentation to city council, or city staff's dis-

cussions with the Gabber.

Thursday afternoon vice mayor David Hastings, a certified public accountant by trade and known for his fiscal conservatism on Gulfport city council, defended his vote to apply for a loan but also called the city manager to question him about the Penny for Pinellas money in reserve.

"There are times when everybody borrows money. If you look at any corporation's balance sheet, you're going to see debt. You have to have the ability to repay it," he said, adding that just because the state approved Gulfport for the full million dollars, Gulfport didn't have to borrow the full amount.

Sopak says he expects the testing phase to cost close to the full amount.

Hastings said the city didn't spend all the Penny for Pinellas money every year and could make room in its budget for repaying the loan. During the interview he called the city manager and asked how much of the money the city spent. He then asked what happened to the money the city didn't spend every year. At the end of the conversation, the vice mayor had new information he said the council did not have last week: Gulfport has access to \$410,000 of "leftover" Penny money.

"My recommendation would be, 'OK guys, let's spend that first.' We'll still apply for the loan. We don't have to take the money, [but] there's a deadline," he said after hanging up the phone. When asked why the city hadn't amended the loan paperwork to borrow only what it needed after using the leftover money, he told the Gabber, "I just found out about it myself."

The city also has \$163,975 in sewer impact fees that the city can only use for sewer infrastructure costs, such as testing and repairing the sewer lines (link available at theGabber.com), bring-

ing the total money the city could use in place of a loan to almost \$574,000.

"It's been there for years," Carpenter says. "It's been there untouched for years. I would recommend the use of that money [the sewer impact fee money] before we borrow any money," he said.

If Gulfport opted to use the \$574,000 and pay for the remainder of the testing through a sewer rate increase, the average utility bill would go \$66.75 to \$73.83.

Carpenter also stressed that he believed the city would have discussed the additional funds available in a future meeting.

Public records show that the city has already paid Angie Brewer and Associates, the consultant O'Reilly hired to apply for the loan, just over \$19,000.

"They get paid to create the application and do some reporting, [and] keeping up with the loan reporting," O'Reilly said. In addition to the money already paid to the consultant, O'Reilly says the city may have to pay up to an additional \$20,000 in "task orders."

On May 18, 2011, Brewer and Associates billed Gulfport for \$19,150 for the "pre-submission phase" of the loan application. The description of this service includes communicating and coordinating between the state, the city and the engineer as well as preparing the application.

On July 15, the city received another invoice from Brewer and Associates, this one charging \$7,500 for "negotiation."

City council agreed to apply for the loan on July 19, 2011. Under the city's purchasing guidelines, the city manager can spend up to \$20,000 without council approval. The council approved a list of qualified consultants in July 2010, O'Reilly says. Brewer and Associates had "the most experience" in re-

volving loans, he adds.

The state's loan program will reimburse any money spent on Brewer and Associates and the city will not have to repay the fees, Sopak said. However, whatever fees the state pays on behalf of Gulfport will go against the total amount Gulfport can borrow from the state, so if Gulfport spends \$40,000 for Brewer and Associates to fill out a loan application and talk to state loan officials, the city can only borrow \$960,000.

O'Reilly defended the city's decision to hire Brewer and Associates.

"I don't have the staff any longer to do these type of grant applications," he said.

Carpenter says in theory he and his staff could do the work Brewer and Associates has started to perform for the city, but "I'm not as qualified as Angie Brewer to do that work. If it absolutely had to be done in-house, could we muddle through the forms? Certainly. But that's what they do for a living; we might not have gotten on the list at all without Angie Brewer."

City staff could not provide projections on the total cost of using Brewer and Associates.

..

Contact Cathy Salustri at
CathySalustri@theGabber.com.

Read this article at theGabber.com for links to the city's budget and additional support material for information contained in this article.

..

Why Test the Sewers?

The city will use the \$1 million to test and evaluate over 220,000 feet of sewer lines, public works director Don Sopak said. From there his department will determine which of the lines need repair and which need replacement, at which point "we'll be able to put a price tag on repairs," Sopak said. At last Tuesday night's meeting the agenda packet included an estimate of an additional \$2.5 million for repairs – which the city also intends to borrow – although staff admits they cannot know if that will cover the cost of repairs.

"What we'll do then is go back and ask them for more funds to fund the repair," Sopak explained about financing the repair. He says that testing the entire system at one time will cost the city less money in the long run.

Gulfport's sewer pipes "have outlived their life expectancy. Most of them are made of clay pipe," Sopak also said.

Gabber July 28 - August 3, 2011

"The system is only supposed to last 50 years. It was installed in the 1951 through 1954 and then some in the 1960s."

Ideally, he says, the testing should have been done before the 50 year life expectancy expired. Gulfport's "been going in little pieces [but] by the time you fix something here and work your way around town, there could be a problem [at the first place] again," he says.

...

Local Obituaries

MUNDIE, JUNE ELEANOR, 86, of Gulfport, passed away on Friday, July 22, 2011. She wished to be remembered as she lived rather than in her passing. As such, there will not be any mourning or funeral activities. Her children thank all of you for the friendship and support that you have shown to June and Jim in their years as part of this community.

...

Attorney Keith Sanders, Handles Foreclosure Defense and Bankruptcies with Experience and Sensitivity

You could say my motto is 'been there, done that,' says Keith Sanders, from Sanders Law, P.A.

He says that for two reasons. First, he says his more than 18 years of experience as an attorney specializing in handling "literally thousands" of bankruptcies means that he has dealt with virtually any kind of problem or issue that might arise with them. And, secondly, he had to file a Chapter 13 bankruptcy himself a few years ago. He says that experience makes him very sensitive to the kinds of things people face when making the difficult decision to file.

"Most attorneys have never been in a situation where they have been worried about how to keep the lights on, but I have been there myself so I can really relate to what people are going through," said Sanders. "Plus, many people are very embarrassed when they come to me, but when I tell them how embarrassing it was for me to have to stand in front of judges and colleagues who knew me

and go through the process myself, that usually helps to put people more at ease and understand that I have been there and done that MYSELF."

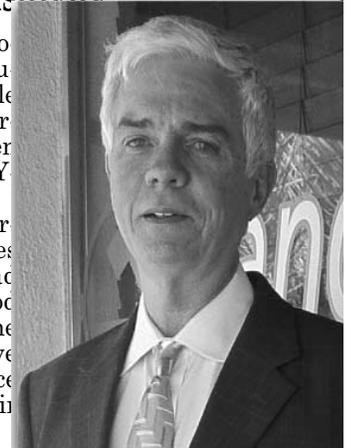
"You know, in 99 percent of bankruptcy cases the situation is that bad things happen to good people. They have gone through an expensive health crisis or a divorce or just got in over their head with debt."

He began his career as a staff attorney for the U.S. Trustee in Atlanta. He is licensed to practice law in both Florida and Georgia.

"I like what I do because I feel like I can help people get a fresh start," said Sanders.

"Since the initial consultation is free, you really don't have anything to lose to meet with me and we can assess your situation and see how it might be best for you to proceed. **Bankruptcy can be one solution to getting back on your feet financially, but it may not be the best or only solution for you.**

Sanders has held a number of seminars and written professional pa-



new issues. He is a former director of the Bankruptcy Section of the State Bar of Georgia.

The firm also handles Short Sale negotiations, defense against foreclosures, wills & trusts, civil litigation and loan modification.

Outside of the courtroom, Sanders lives in an unusual home in Gulfport that was one of the featured properties in a recent Pink Flamingo Tour of Homes. It has a tree growing right up through the floor and up through the ceiling of his kitchen. He has five dogs and a cat.

Keith Sanders, Esq.
Sanders Law, P.A.

5922 9th Avenue North, Suite C Second Floor, St. Petersburg, FL 33710

727-209-0744

keithsanderslaw@gmail.com

Sanders Law offers evening, weekend and early morning appointments to fit the needs of our clients.

We are expanding our services to also include Personal Injury cases.

The firm is proud to announce the addition of Attorney Joe Kopp.



Somethin' on my mind

By Bill Northrop

B_Northrop@theGabber.com

What to do about Obesity

A Harvard professor, it is reported, maybe accurately, maybe inaccurately, has contended that parents with obese children should have their children taken from them. Like it's the reverse of having a starving or malnourished child.

There are lots of reason for that position. An obese child will probably have health problems and probably won't live as long as the average person. Or, perhaps they will live a long time but at a great cost to the public via Medicaid or later Medicare.

Of course, we need a definition of obese. If we follow the BMI (Body Mass Index) charts that put desired weights with height (most of us are under-tall), most of us are overweight.

However, obesity is usually defined as 20 per cent over the BMI reading. Then there are degrees of that such as grossly obese, and so forth.

So, what to do about the children? I know a Mexican lady whose daughter is grossly obese. Her mother doesn't encourage her eating, tries to make her get exercise, monitors her goings and comings and friends and so forth. She hasn't had much success except when she returns to Mexico, or sends her daughter to Mexico to stay with relatives. There, the food includes more vegetables, but the village life-style features lots of exercise (translate "work") and little t.v. or electronics.

A Taiwanese guy I met several years ago was stationed by his government in Chicago for five years. He gained 25 pounds. He loved Big Macs and just about all American fatty foods.

His name was Chang and he had a buddy also named Chang. We referred to the former as "Fat Chang". He later moved back to Taiwan via Saudi Arabia and I hear he lost a lot of weight.

It seems our environment has as much to do with being over-weight, obese, or whatever you call it. Too little exercise or just normal activity, too much lounging, watching, too much food, or, at least access to food. Taking children away from parents sounds a bit extreme particularly since we don't know the environment where they'd be put. Only skinny foster parents? Only skinny government workers?

Obesity is now a cause of our First Lady. Not a bad cause, but she likes French Fries and her husband wolfs down big burgers. Huckabee, former Baptist Minister, Arkansas governor, presidential candidate, and now TV entertainer/commentator, was one of the first to attack obesity. He lost a lot of weight, lectured about eating, but it looks like he's losing the battle. So, do we now dog our leaders about eating or do we remove them from the public eye because of the bad

example they set? Don't forget about New Jersey Governor Chris Christie who was mocked by his political opponents for being fat.

Obesity IS a problem, but do we make it an obsession? Too thin models and body conscious actors and actresses, too much teen-age focus on body, create obsessions in the opposite direction. Will too much talk about food and weight, combined with forced supposedly healthy menus in schools or in restaurants create more problems?

Maybe we just need to keep getting out the correct and proper information on nutrition to the general public as well as we know it. Keep in mind that the official government and scientifically designed food pyramid has literally been turned on its head. The environment changes, people change, information changes, science changes. Avoiding extreme measures might be a good thing to do.

What's on your mind?
Email your opinion to:
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Lunch Served 11am-3pm Ron's Karaoke 7pm	Kitchen Open 11-3pm 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	Ron's Karaoke 7pm	Lunch Served 11am-3pm Euchre 1pm Bingo 6pm Kitchen Open for Bingo

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Don't forget, Bingo is back, Wednesday 6p.m. Open to the public, kitchen open.

Wounded Warrior Benefit, Sunday, Aug. 7, 1-7 p.m.

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Bar Bingo 7pm Food Served	Fish & Chicken 6-8pm Frank Caine	Steak Dinner 6-8pm Sound Unlimited	Sports & Pizza 12-6pm	Bucky Burgers 5-8pm Barry Karaoke 6-9pm		Legion Dinner 6-8pm Harry 7-10pm

The St. Pete Beach Support Our Troops, Inc., a 501(c)(3) organization, has moved its headquarters from City Hall to St. Alban's Episcopal Church at 8451 Blind Pass Road. As always, donations of money, non-perishable food items, hygiene items, books, toys or miscellaneous items suiting for sending to our troops are always welcome. They may be dropped off at our Post lounge, the lobby at City Hall or the Library, in addition to the facility at St. Alban's. They are looking for a corporate sponsor.

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Main Street,

from front page

•Adopt zoning map and land regulations

Hartley said the city could have a workshop on August 1, a planning board meeting on the 16th and a public hearing at a to-be-determined date. This would allow the city to adopt the new map and regulations in October.

•Implement the CRA (Community Redevelopment Area)

The city would create a TIF, or tax increment financing, district from approximately 75th to 38th Streets with some exclusions. In such a district, the city collects any taxes associated with property value increases after a certain year and spends the difference only physical improvements in that district. For example, if the Upham Beach area collected TIF tax money, the city could only spend that money for improvements to the Upham Beach area. Both the city and Pinellas county must approve the TIF.

•Green City Initiative

The city would adopt incentives for people and developers to adapt environmentally-friendly building practices. St. Pete Beach could also create incentives to attract environmentally-minded businesses to the city. Other green initiatives would include advanced storm water runoff control programs, a debris recycling program and a waste management plan for disasters. The city could also create transit subsidies (such as bus passes) for employees.

The city's comprehensive plan and land development code will also include "green" site design requirements. This is not the same thing as building code requirements, Hartley stressed.

•Economic Development

The city will develop an economic profile. This profile will include demographic information about tourism as well as an analysis of the area.

"Shouldn't we take a step sometime in the near future, now that he plan's in, to maybe poll the resorts and end out what their plans are? We operate on a lot of rumor,"

Mayor Steve McFarlin asked city manager Mike Bonfield, who said the hotels may not want to share their business plan.

The economic development step will carry a price tag of \$50,000 up to \$100,000, Hartley said.

•Public Art and Affordable Housing

Other programs will include a public art and "design master plan." The city's master plan should promote beautification and landscape standards as well as a biker- and walker-friendly city.

The city will also create affordable housing. The city will have to figure out a way to create affordable housing for the additional employees needed on the beach if the economic development plan succeeds. The city may create this sort of housing inside or just outside St. Pete Beach city limits.

•Gulf Boulevard

St. Pete Beach government will turn Gulf Boulevard into "a functioning local street... within the Gulf Boulevard Redevelopment District," for both cars, bikes, and pedestrian traffic, according to Hartley.

The plan in its entirety will include underground utilities, street lighting, crosswalks, wider bike lanes and sidewalks alike, landscaping, street "furnishings" and public art and parking garages. St. Pete Beach will fund this plan and the related changes through the TIF fund, impact fees, Penny for Pinellas monies, county funds for beautifying Gulf Boulevard, other county fees and federal funds for "livable community initiatives," Hartley told the commission. She said the city could also create a special taxing district, "but I don't think we need to," she said.

On behalf of the Tampa Bay Beaches Chamber of Commerce, chamber president Robin Grabowski offered to assist the city with local tourism data, obtaining grants and funds, and economic development. The chamber has its own economic development department.

Gary Renfrow, owner of the Alden, also offered his input.

"I'm very excited that we have finally gotten to the point where we're talking about development," he said, but cautioned commission about the

state of the economy.

"The hotel industry is turning the corner, I think, but it's nowhere as strong as it needs to be," he said.

Overall, the commission praised the plan and Hartley's work.

"It just feels to good to be a part of this after all the trouble and 'eeeehhhh and ehhhhnnnnn'," vice mayor Bev Garnett told Hartley.

"I know. I get to be a planner again," Hartley responded.

••

For more information on the city's 11 proposed districts, please see the July 21 issue of the Gabber, available online as a PDF at theGabber.com.

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Contact Cathy Salustri at CathySalustri@theGabber.com

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Gabber July 28 - August 3, 2011

Monday is Pasta Night

Back by popular demand from permanent residents, The Sons of Italy Lodge, 2500 34 Street S., will remain open Mondays from 4-8 p.m. The fare is still \$5 for all you can eat pasta in real Italian sauce. Included are two meatballs, small salad, bread and coffee. The latest hit is their mussels in white or red sauce (minimal additional charge). Sausages, beverages and desserts are available at fair prices. Meet your neighbors and friends while you enjoy this casual atmosphere. Eat in or take out dinners. Look for their flotilla of flags. They also provide catering for all events and their hall is available for rental. Call 323-2691.

...

Openings for Artists and Crafters

The Gulfport Merchants Association's Art Walk has new openings for artists and crafters. The twice a month Art Walk is a fantastic opportunity to have your work seen and purchased by hundreds of Tampa Bay locals as well as visitors from outside the area. Gulfport Art Walk takes place year-round along Beach Blvd. on the First Friday and Third Saturday of every month from 6-10 p.m. Exhibitors with handmade and personal creations are welcomed to submit an application now. Buskers and street performers are also welcomed to apply. There are a limited number of openings available for those who would like to be considered. Submitting an application does not guarantee acceptance. Photos required. Venue address: 3007 Beach Blvd. S., Gulfport, FL 33707. Please visit www.SIKPromotions.com>Vendor Info>Gulfport Art Walk to apply and for additional show information or contact SIK Promotions at 727-322-5217.

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Gabber July 28 - August 3, 2011

How Well Do You Know Harry?



Adri Fidani pictured with her dad Fatos Fidani and the complete collection of Harry Potter books she won.

cloak, muggle, Joanne Kathleen and July 31).

Youth Services Librarian Maryjane Hyatt organized the Harry Potter night, which celebrated the recent release of the last Harry Potter movie- The Deathly Hallows- Part 2.

By Melissa Lattman

ST. PETE BEACH- Harry Potter fans tested their knowledge at a trivia contest Monday night at the St. Pete Beach Public Library. Adri Fidani won the close contest getting the right answers often even without hearing the multiple-choice answers. Fidani has read the first five books and now can easily read the rest, as she won a complete set of Harry Potter books.

The couple dozen of Harry Potter trivia questions covered knowing what's on Harry's forehead, the mysterious Christmas gift Harry received and what word from the books ended up in the Oxford English Dictionary? Plus, what do the initials JK stand for in the author, J.K. Rowling's name? When is Harry Potter's birthday (which he shares with Rowling)?

(Answers: a lightning bolt shaped scar, an invisibility

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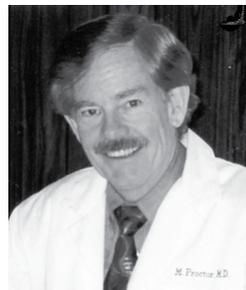
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Crime Awareness Meeting

The next Crime Awareness and Prevention meeting will be held on Monday, August 8 at 7 p.m. at the Gulfport Neighborhood Center, 1617 49th Street S. The topic will be on crime stats from 4-1-11 thru 6-30-11 and much more. Hope to see all concern citizens there.

Following are some of the calls that Gulfport Police responded to during the past week.

Friday 7/15

Harassing/Threat/Obscene Calls- Location Withheld.

Battery- 2800 Blk Beach Blvd. S.

Trouble with Individual- 5700 Blk Gulfport Blvd. S.

Threatening Bodily Harm- 5900 Blk Shore Blvd. S.

Accident with Injuries- 1000 Blk 58th St. S.

Trouble with Individual- 600 Blk 54th St. S.

Trouble with Individual- 1800 Blk 58th St. S.

Saturday 7/16

Noise Complaint- 2600 Blk 46th St. S.

Theft- 5700 Blk Gulfport Blvd. S.

Noise Complaint- 6300 Blk Vista Verde Dr. E.

Call for Officer- 5300 Blk 16th Ave. S.

Trouble with Individual- 4900 Blk 14th Ave. S.

Domestic Verbal- 4900 Blk 14th Ave. S.

Sunday 7/17

Trouble with Individual- 1200 Blk 53rd St. S.

Trouble with Individual- 5400 Blk Shore Blvd. S.

Noise Complaint- 5000 Blk 10th Ave. S.

Suspicious Circumstances- 5100 Blk 9th Ave. S.

Noise Complaint- 5600 Blk 18th Ave. S.

Domestic Verbal- 5400 Blk 11th Ave. S.

Monday 7/18

Civil Matter- 1100 Blk 52nd St. S.

City/County Ordinance Violation-

2500 Blk Ohio Ct. S.

Theft- 2000 Blk 57th St. S.

Narcotics/Drugs- 5200 Blk 8th Ave. S.

Trouble with Individual- 5400 Blk 7th Ave. S.

Burglary- 4900 Blk Jersey Ave. S.

Trouble with Individual- 2600 Blk Quincy St. S.

Animal Complaint- 5500 Blk 17th Ave. S.

Trouble with Individual- 1000 Blk 53rd St. S.

Tuesday 7/19

Suspicious Circumstances- 5500 Blk 19th Ave. S.

City/County Ordinance Violation- 2000 Blk 49th St. S.

Theft- 2600 Blk Miriam St. S.

Violation of Court Order- 2500 Blk 53rd St. S.

Trouble with Individual- 5100 Blk Gulfport Blvd. S.

Suspicious Circumstances- 6200 Blk 8th Ave. S.

Wednesday 7/20

Suspicious Person- Clam Bayou.

Disorderly Intoxication- 5400 Blk Gulfport Blvd. S.

Criminal Mischief- 2600 Beach Blvd. S.

Suspicious Vehicle- 2000 Blk 49th St. S.

Criminal Mischief- 2900 Blk Beach Blvd. S.

Burglary- 2100 Blk Premier Dr. S.

Domestic Battery- 5400 Blk 7th Ave. S.

Trouble with Individual- 4900 Blk 12th Ave. S.

Trouble with Individual- 5400 Blk Gulfport Blvd. S.

Trouble with Individual- Tomlinson Park.

Thursday 7/21

Suspicious Circumstances- 6200 Blk Gulfport Blvd. S.

Suspicious Person- 5800 Blk 13th Ave. S.

Criminal Mischief- 1100 Blk Gray St. S.

Domestic Battery- 900 Blk Gray St. S.

Trouble with Individual- 5300 Blk 21st Ave. S.

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Gabber July 28 - August 3, 2011

Giving back to the Community



The Korean War Veteran's Association "KWVA" presented a check to the Pinellas Park Scholarship Foundation in the amount of \$20,000. A separate check in the amount of \$1,000 was awarded to Andrew Mills, a student at Dixie Hollins High School in recognition for his participation in the KWVA annual Scholarship Program. The event was attended by the Mayor of Pinellas Park, City Council, interested parties and the following members of the KWVA: Clarence Dadswell, Carl Mitchell, Everett Dewitt, Tina Crisp and photographer Robert Stanley.

Naked, Intoxicated Men Arrested Following Spree of Vandalism

GULFPORT- Gregory Reynolds and Wyly Weeks (both 22 years old), were arrested in the early morning hours of Wednesday, July 20th when police found them walking naked across Gulfport Blvd. The two claimed they were walking home from O'Maddy's bar on Gulfport beach, and they thought it might be funny to do so without any clothes on.

After the two were transported to the jail, police started to receive several calls from residents complaining of damaged property. All of the calls were along the route that Reynolds and Weeks had walked, and over the next couple of days, officers confirmed their involvement by checking video surveillance footage from businesses in the area. In all, the two men committed over a thousand dollars' worth of damage to fences, mailboxes, and windows on cars and buildings. Their crimes victimized thirteen different people over a span of approximately thirty minutes, mostly along Beach Blvd. in the downtown waterfront area.

Reynolds remained in jail on the previous charges, but Weeks had already been released on bond. On Sunday, July 24th, officers located Weeks and arrested him again. Both men now stand charged not only with disorderly intoxication for walking around naked, but with felony criminal mischief as well.

...

Dog Tag Heroes Needs Donations, Volunteers

Dog Tag Heroes is a non-profit organization that provides free furniture/household items to soldiers returning from war. They have opened a Boutique & Thrift Store at 5601 66th Street N. in the 66th St. Flea Market. They are open Friday, Saturday and Sunday from 8 a.m. to 4 p.m. Come shop or drop off your donations. Any soldier in need can contact Kathleen D. Smith, Founder/CEO in regards to items they need for their household. Call 727-577-5455 or visit dogtagheroes.org.

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WE GO THERE! 321-6965

Gabber July 28 - August 3, 2011



Wine Talk

with Lee Neal, a fine wine merchant for over 30 years.

Lodi Region California

The Lodi region, part of the larger Central Valley wine region of California, is located directly east of San Francisco Bay, between the cities of Sacramento and Stockton. The west of the region lies close to the edge of the Sacramento-San Joaquin Delta, while its eastern boundary runs parallel with the Sierra Foothills. The moderating effects of the Pacific Ocean and San Francisco Bay help to create a classic Mediterranean climate, with wind and fog flowing in through the Delta and via a gap in the Coastal Ranges.

Those parts of the region which are closer to the Delta are noticeably cooler, although most of Lodi enjoys warm days and is suited to the production of full-flavored red wines in the world.

<p>Nancy from Publix Plaza Has moved to 1103 34th St. S. St. Pete, FL. (727)-323-2027 Across from Gibbs High School</p>	<i>Golden Hair & Nails</i>	
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	Ear Piercing \$8.00	Pink & White.....\$35.00
		Full Service Waxing

Try your hand at Sudoku

Solution on Page 18

2		9	4	8		7		
	7			6		4		
3						6		
	9				4			
4		3		2		8		5
			3				6	
		7						6
		8		4			9	
		2		9	5	3		1



By Robert J. Myers, Esq.

How is your Legal Health? (Part 1)

As with your physical well-being, you can avoid major legal problems by periodically checking the status of your legal health. Some of the areas in which you may wish to consider getting a legal "check-up" are estate planning, wills, trusts, insurance coverage, financial investments and retirement planning. A review of your legal affairs on an annual basis to ensure that all relevant legal documents meet your current needs is recommended.

Many times, a yearly legal checkup will uncover legal problems that can be corrected before they cause a major problem. For example, with a birth or death of a loved one, you may wish to reevaluate your will, trust or estate plan. Like a physician or dentist, a lawyer is trained to diagnose legal problems or maladies and recommend cures. During your legal checkup, a review of your family affairs, real estate holdings, finances, investments, business interests and employment should be accomplished. If a "fix" is required to your legal health, a lawyer should be able to anticipate what remedial action is necessary before a minor problem becomes a costly disaster.

In upcoming segments of this publication, we will together explore some of the common legal problems uncovered by a legal checkup. As with a medical problem, it is important to see a lawyer as early as possible, that

is, before a legal problem occurs, or if there is already a legal problem, before it becomes more aggravated and costly.

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.

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Safe Boating Courses

To operate a vessel powered by a motor of 10 horsepower or greater (including PWCs), Any person who was born on or after January 1, 1988, must have completed a boater education course approved by the National Association of State Boating Law Administrators (NASBLA) or passed an approved equivalency exam.

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Gulfport

USCG Auxiliary Flotilla 7-16, 3120 Miriam Street S.

When: Every Thursday 7:30-9:30pm.

Special: 7/23/11 SAT. ONE DAY Course 8am-5pm
 *pre-registration suggested

Contact: 727-399-7986 email: auxgulfport@live.com

St. Petersburg

USCG Auxiliary Flotilla 72, 1300 Beach Dr. SE (USCG South Moorings)

When: Every Tuesday, 7:30pm-9:30pm

Contact: 727-898-1324 or www.cgau72.info

St. Pete Beach

USCG Auxiliary Flotilla 78, Warren Webster Community Center, 1500 Pass-a-Grille Way

When: Every Tuesday, 7:30-9:30pm

Contact: Jim at 360-4846 or Warren at 321-7801

Sustainable Living

By Shawn Dell Joyce



Building a Stronger Community Is Good for Your Health!

In his recent book, "Outliers," author Malcolm Gladwell cites a study that proves a strong localized community actually improves your health. The study is centered on Roseto, Pa., a small community comprised mainly of immigrants from a small Italian village also named Roseto. This village attracted international attention in 1950 when it was exposed as having the lowest rate of heart disease in our whole nation.

The study, led by physician Stewart Wolf, studied the entire population of 2,000 people and discovered that the death rate from disease was 35 percent lower than the rest of the country. There was no suicide, alcoholism or drug addiction, and very little crime. No one was on welfare, and no one had peptic ulcers.

They found that Rosetons ate pretty much what the rest of the country was eating, deriving 41 percent of their calories from fat, with many struggling with obesity and lots of heavy smokers. The difference between Roseto and the rest of the country was not diet, exercise or a genetic predisposition to good health. It had nothing to do with the land or the water, and everything to do with the town itself.

What these immigrants brought with them to rural Pennsylvania was an "old world" sense of community. Rosetans made the time to stop and chat with each other on the street. They cooked for each other in backyard parties and held friendships in high priority. Extended families lived under the same roof, with elderly parents commanding respect. There were 22 civic groups serving the small population.

Roseto had a healthy and prosperous localized community where everyone knew each other and were all there to lend a helping hand when things got rough. Wealth was never flaunted, and those falling on hard times were never shunned. The villagers had

woven a social fabric of interconnected relationships where each thread was valued and needed for the good of the whole.

As a result, individuals had a sense of belonging and well-being. Their labor was valued, and all were considered equally important to the community -- whether they were the mayor or the garbage men. This fabric was economic as well as social, with much of the community's needs met by members' labors. No chain stores, big box stores or Chinese imports were valued over locally produced goods and services.

Sound familiar? Yes, there are still a few American towns and villages that could pass for Roseto.

Researchers who worked with Wolf found new ways to look at heart disease and treat the patient

holistically, as a member of a community. The ongoing recession and state of the world weigh heavy on our communities. Money is tight for most of us, family relations are strained, and stress is wearing out our last nerves. Now is the time when we need to pull together and look above our individual problems to building a stronger community.

When we look at individuals in our community, they are each unique and beautiful, but what really makes a work of art is seeing each individual brushstroke as part of a whole painting. As an artist, I often have to take a few steps back from my work to see the painting as a whole. As a community member, lets collectively take a few steps back, regard the lovely tapestry of friends, neighbors and small businesses, and ask, "What can I do to make it better?" Then realize that what effort you do to build a stronger community is also good for your health, your family's health and the well-being of us all.

...



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**City of Gulfport
Women's Softball Team Registration
Priority Registration**

August 8-August 12, 2011 8:30 a.m. to 5:00 p.m.

Gulfport Recreation Center

This priority registration is for teams which currently play in our summer league. The ten-game season will be played on Friday nights beginning September 9th with a 6-team maximum. League fees are \$385 or \$485 for teams with three or more non-residents of Gulfport, due at registration. The manager's name listed on the current roster must be the person to register during priority registration. Payment can be made by cash or check.

Open Registration

August 15, 2011 8:30 a.m. to 5:00 p.m

Gulfport Recreation Center

This registration is open to any team interested in playing in the fall league if spots are available. The league fee is \$385 or \$485 for teams with three or more non-residents of Gulfport. Payments must be cash or check and are due at registration.

For information, please call John at 893-1079.

Buskers Welcome!

Buskers and street performers are always welcome at Corey Sunset Celebration and Gulfport Art Walk! Buskers may work for hat, at no charge to set up. Choose your own location. Art Walk Takes place on the first Friday and third Saturday every month, from 6-10 p.m., and the Corey Sunset Celebration takes place on the second and fourth Friday each month, from 6-10 p.m. Please call 727-322-5217 to register.

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**Bring Donations to
Gulfport Fresh Market**

GULFPORT-The Gulfport Merchants Association is collecting donations of non-perishable food, toiletries and personal needs to be distributed to the Gulfport Senior Center Pantry. Bring your donations to the Gulfport Merchants Association tent each Tuesday during the Fresh Market, on Beach Blvd. below 29th Ave. South, from 9 a.m. to 2 p.m. The Senior Center Pantry, which offers food and other needed items to struggling Gulfport families, is in great need of donations to keep up with the needs of its clients.

The Gulfport Tuesday Fresh Market is a year-round open-air market held in Gulfport's Waterfront District. Vendors offer a variety of produce, including but not limited to, local, organic and hydroponic fruits and vegetables. Vendors also offer local honey, herbs, seafood, cheese, fresh breads, pastries, nuts and granola, gourmet and ethnic foods, candy, gardenplants, bath and body products, jewelry and much more. Many other unique items are available from over 40 vendors. A variety of local artists and crafters offer their wares. Live music is featured during each market. The village in which the Market takes place includes a variety of independent shops, boutiques and restaurants, all within walking distance. For more information, contact Daniel Hodge at 727-366-4086 or email dan@igc.org.

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WellNEWS

All the news that's fit.

By Scott Lafee

Don't Mock the Hammock

It's officially summer, and thus time to break out the hammock for a glorious season of afternoon naps. In fact, if you have trouble sleeping, you might think about keeping a hammock handy year-round.

Swiss researchers studied subjects sleeping on a bed that gently rocked back and forth like a hammock, one full motion every four seconds, slower than clock's pendulum. Scalp electrodes measured brain activity in the snoozers.

The neuroscientists at the University of Geneva found that not only did the smooth, slow rocking motion put people to sleep faster, but it also increased the length of N2 sleep. It's a form of non-REM sleep that makes up roughly half of a normal, good night's rest and the frequency of "sleep spindles" -- a burst of neural activity that may, in part, be the brain calming itself down.

BODY OF KNOWLEDGE

The average person sheds 121 pints of tears in a lifetime.

COUNTS

1 in 13 -- Ratio of children who have at least one food allergy. That works out to 8 percent of all children in the United States or just under 6 million American kids. Source: U.S. Centers for Disease Control and Prevention

DOC TALK

Pillow positive -- Patients regularly admitted into hospitals for prolonged stays but with no apparent physiological problem. It's joked that they arrive at the hospital with their own favorite pillows.

PHOBIA OF THE WEEK

Logophobia -- fear of words
OBSERVATION

"Doctors will have more lives to answer for in the next world than even we generals." -- Napoleon Bonaparte

CURTAIN CALLS

The Swedish author Dan Andersson (1888-1920) checked in, but didn't

check out, of the Hotel Hellman in Stockholm. Prior to Andersson's arrival, hotel staff had used hydrogen cyanide to eradicate a bedbug infestation. That killed off the pests, but also Andersson when staff failed to completely void his room of the killer gas.

...

 <h2>AMERICAN LEGION</h2> <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, July 29th, 5-7pm Baked or Battered White Fish, French Fries, Slaw, roll & butter \$7.75 or Vegetable Lasagne, Cole Slaw, Roll & Butter \$6.75</p>	<p>Saturday, July 30th, 5-7pm Legion Dinner Sweet & Sour Pork, Rice, Vegetable, Roll & Butter, Dessert \$6.75</p>	<p>SUNDAY BREAKFAST 8:30am - 11:00am Breakfast Buffet Complimentary Bloody Mary or Mimosa \$4.75</p>
<p>Serving Lunch! Wed-Thur 11-3 Fri. 11-3 Sunday 2-5</p>	<p>Music & Dancing: 7-10 pm Karaoke</p>	<p>Friday Night Southern Saturday Night Nights</p>
		<p>We Have Pull Tabs!</p> <p>August 14th BLOOD DRIVE FREE Breakfast for donors</p>

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Red Hatters go out to Play!



On Friday, July 15th, the Red Hot Beach Nuts, a chapter of the Red Hat Society enjoyed dinner at Quaker Steak and Lube before seeing a fantastic play "Music Man" at Ruth Eckerd Hall. Their next outing will be at the Dali Museum on August 11th.

Food Program fills Summer Needs

Pinellas County Health and Human Services will sponsor the 2011 Summer Food Service Program for children at recreation and community centers, school sites, churches and day camps throughout Pinellas County. The program will operate through Aug. 9.

The Summer Food Service Program is a federally funded initiative operated nationwide by the U.S. Department of Agriculture and administered statewide by the Florida Department of Education. The program provides nutritionally balanced meals to children during summer vacation when school is not in session. The meals are provided free at eligible sites to all children 18 years of age and younger. Program sponsors are reimbursed for meals served at approved sites in low-income areas.

For more information about the Summer Food Service Program and a listing of sites open this summer, call Carol McKinney at 727-464-8439, or visit www.pinellascounty.org/hhs.

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Animal Shelter Seeks Donations

Pet Pal Animal Shelter is in need of animal wishlist items: Science Diet canned and dry cat and dog food; large dog toys, kongs, nylabones, kitty litter, cat carriers and beds. Cleaning supplies include bleach, paper towels, laundry detergent and garbage bags. Donations can be dropped off at the Shelter Tuesday through Saturday between 11 a.m. and 4:30 p.m. located at 405 22 Street S. in St Petersburg. To make a monetary donation, call 727-378-7738. To view adoptable animals or all wishlist needs, visit www.petpalanimalshelter.com.

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Tangerine Blues Fest Volunteers Needed

Want to get in early on a great volunteer opportunity? So49 (49th Street South Business Association) is recruiting volunteers for the upcoming 4th Annual Tangerine Blues Fest. Volunteers will receive an orientation before the September 24 event and opportunities include, but are not limited to; entrance monitoring, parking, beer truck and ticket booth. This year promises to be bigger and better than last year and will again benefit All Children's Hospital of St. Pete. Volunteer opportunities will be in a variety of areas so get your spot now! Contact Walt Dill at so49web@aol.com or you can call him at 727-515-4941.

Currently So49 is actively working on the Community Garden, an Artist Studio Tour and a Car Show (to benefit the Fallen Officers Fund and the Gulfport Teen Council).

So49 meets the second Wednesday of each month at 5:30 p.m. at the Neighborhood Center at 1617 49 Street S. in Gulfport. For more information, visit <http://so49.org> or email to So49web@aol.com or call Walt Dill at 727-515-4941 or Jeri Reed at 727-439-5381.

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Gabber July 28 - August 3, 2011

Sizzlin' Summer Bash

By Melissa Lattman



Deborah Probst and Angel Bordeaux enjoy the water view at Saturday's Sizzlin' Summer Bash.

ST. PETE BEACH- Beautiful water views, food samples from more than 20 local restaurants and a silent auction were part of Saturday's 3rd Annual Sizzlin' Summer Bash. The Tampa Bay Beaches Chamber of Commerce event was held at the St. Pete Beach Community Center.

Take the Gabber on Vacation...



While staying at the CanniLua Lodge near Red Feather Lakes, CO during a horticultural retreat, I realized I had a Gabber with me for reading during the flight out here, so - perfect photo op with the Memorial Day edition! Photo by wrangler C. Timber Buddes, Crystal Lakes, CO Submitted by Stigney (Stig) Bnowski, Gulfport

Send us your picture with you and your Gabber on vacation.

Include a brief description and your name.

News@TheGabber.com

Program Needs Back-To-School Clothing



Back-To-School is upon us and Clothes To Kids (CTK) is busy providing school wardrobes to nearly 100 children a day. They have a huge need for boys pants sizes 6 thru 12 and young men's jeans sizes 30 - 36. Gently used clothing and sneakers are in great demand. CTK also needs uniform pants and shirts white, blue and light blue to support the 23 schools requiring uniforms. Clothes To Kids (CTK) provides free clothing to Pinellas School children grades K thru 12 that are on the free or reduced lunch program.

Families and social organizations are encouraged to make their shopping appointments now. An appointment is easy. In South County call 727-327-7100 (St. Pete store) and in North County call 727-441-5050 (Clearwater store). Visit www.ClothesToKids.org for more information about the program at CTK.

New or gently used school clothes, uniforms, and shoes can be dropped off between 9 a.m. and 5 p.m. Monday-Friday in Clearwater at 1059 N. Hercules Ave., or in St. Pete at 3251 3rd Ave. N., Suite 145. Cash donations are also needed for purchasing clothing in short supply and new underwear.

Free Phones for the Hearing Impaired

TALLAHASSEE- Across Florida, more than 1.7 million people who devote their time, energy and finances to ensure their loved ones are comfortable and safe will be recognized this November during National Family Caregivers Month. Florida Telecommunications Relay, Inc. (FTRI), the non-profit distributor of specialized telecommunications equipment for people with hearing loss and speech disabilities, applauds caregivers and is offering helpful tools throughout November that can improve the connection between caregivers and loved ones.

FTRI provides free amplified telephones to the estimated three million Floridians with hearing loss, a common health concern for senior citizens. FTRI is encouraging Pinellas County caregivers to inform their family members about the state program and point them to regional distribution centers (<http://www.ftri.org/index.cfm/go/public.home/page/7>) and eligibility information available at www.FTRI.org.

FTRI provides a range of free solutions, including the Clarity W425 Pro (<http://www.ftri.org/free>) amplified phone, to any permanent Florida resident who is certified as having a hearing loss. The cordless Clarity W425 Pro boosts incoming audio up to 45 decibels while speech enhancing technology makes phone calls clearer and easier to understand.

Florida Telecommunications Relay, Inc. (FTRI) is a statewide non profit 501(c)3 organization that administers the Specialized Telecommunications Equipment Distribution Program for citizens of Florida who are Deaf, Hard of Hearing, Deaf/Blind and Speech Impaired. FTRI is also responsible for the education and promotion of the Florida Relay Service. For more information, visit www.ftri.org.

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St. Petersburg Writers' Club

The St. Petersburg Writers Club meets on the first and third Thursday of the month at 6:30 p.m. at the West Branch Library at the corner of 8th Avenue N. and 67 Street adjacent to St. Petersburg College. Anyone interested in writing, whether a seasoned professional or a beginner, is welcome to attend.

The purpose of the club is to encourage every member to write more effectively and to be published appropriately. Most of the reading time is devoted to members reading from their works-in-progress and hearing other member critiques.

Membership is open to writers of all ages and all levels of writing skill working in any literary genre. Dues are \$10 per year.

Guests and new members are always welcome. For more information, call Martha Dupes at 736-3355 or Pat First at 397-8833.

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Town Shores Library

They have a good selection of romance and mystery novels. There are also biographies, large print, western and science fiction books. Anything that doesn't fit into one of those categories can be found in the general section.

In terms of donations, they have limited shelf space so they do not accept technical, religious, how-to, game or text books. Donated paperback or hard cover books do not have to be new but should be in good condition.

When returning books, please do not shelve them. Put them in the bins. The volunteers who work in the library will appreciate that. Call 381-8306 with questions.

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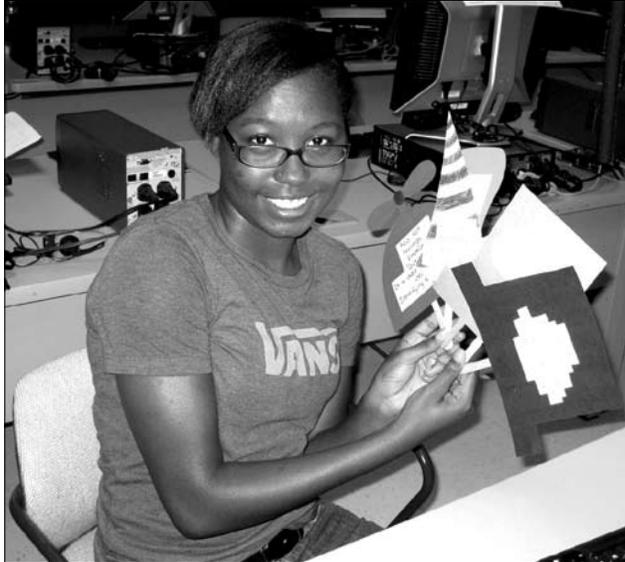
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Gabber July 28 - August 3, 2011

Hands on Design

By Melissa Lattman



Neecee Pate shows "thinking hats" she made as tools for brainstorming design ideas at the Science Center of Pinellas County.

ST. PETERSBURG-How do the shoes we wear and the smart phones we use progress from idea to product? Middle school and high school students participated in a hands-on introduction to design and manufacturing at the Science Center of Pinellas County.

Students worked with engineers and designers to create a product during the summer workshop. They spent a morning coming up with and sketching design ideas together. They used

the six thinking hats- a model which channels styles of thinking such as using available data, intuition, creativity, risk analysis, value, and process control.

"We are going to use different ways of brainstorming...We will pick a product. For two hours its data input day. The students will be CEO, marketing, manufacturing, sales, and consumers. We will brainstorm and learn that's the initial step of any product," Leo Riza, President of R & R Associates said.

The program provided real life opportunities for students.

"My dad is an engineer and my sister is a graphic designer. It is fun to see what kind of products you can bring out in to the world and how to help the public," said Josh Cohen.

The program helped students with their career goals.

"I know I want to be an engineer...I get to combine my love of art with my love of tinkering with stuff," Neecee Pate said.

Brigit Bergmiller hoped to learn more about the design process. "I like to think about how to design the inside of houses and what goes on the inside of houses—interior design," she said.

The new two-week program introduced students to the manufacturing process. The program covered brainstorming ideas, the design and engineering process, creating prototypes, marketing and the patenting process. The program will continue after school at the center with more hands on design work. Plus, high school students will be able to get technical certificates and internships. The students will be able to build sugar models of designs with a machine.

"We will have software to show stress points on the design. We're teaching students how to apply traditional math and science skills," said Shelly Puckett, Business Development Manager at the science center.

For more information contact the science center at 727-384-0027 or <http://www.sciencecenterofpinellas.org/portal/>.

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Volunteers Clean Beach, Possible Smoking Ban



Vince Lovko plucks a can from city's storm sewer grate. Lovko and his family moved here from Gulfport, Mississippi last fall. He works at Mote Marine laboratory as a marine biologist specializing in red tide. He told the Gabber he attended the cleanup "just to help clean up the city."

cleaning cigarette butts and other litter off the beach in preparation for the cleanup.

"It seems like the majority of them are right at the tide line where the water washes up; that's where I picked [them] up," Williams said. "Wherever those cigarette butts are coming – some of them might be coming from the grass area, some of them might be coming from the water – that's where they remain."

"You got the city's attention," vice mayor David Hastings told the group at the event's end. From this point forward, the city will rake around each beach pavilion and low areas every Friday. Williams estimates it will add about an hour of labor every week to his staff.

"It's more than just the every week pickup that we do. There are so many cigarette butts that we have to take the extra time. It's not like you can just pick up cups and branches."

The vice mayor, the lone elected representative at Saturday morning's cleanup, told the group he would propose a permanent smoking ban on the beach.

"I found cigarette butts from the 1950s," the vice-mayor said to the group. The vice mayor is an oral cancer survivor.

Hudson praised both the city and

the volunteers.

"I thought the event was a huge success. It was made much easier by the fact that the city spent three days prior cleaning up the beach," Mr. Hudson added. He also said the sense of community at the event encouraged him.

"It was really great to see such a diverse group, especially when there were people there who had butted heads on prior city issues. I saw people at that event speaking to each other who haven't spoken to each other in quite a long time. It was great to see them come together for one cause; it just reaffirmed to me that we have a lot of different views, but regardless, we all love Gulfport," he said.

"I was really impressed that people came out and did what needed to be done. I just think it's wonderful that the city comes together. Everybody came together when it counted," Judy Baggs said. Baggs brought her 15-year-old granddaughter Kayla to the event. She added that until she saw Hudson's photos of the beach prior to the event (available on the Gabber's Facebook page), she didn't realize the state of affairs.

"I had no idea our beaches looked like that. It was very disappointing that things had gone downhill," she said.

Gulfport Neighbors is volunteer

effort of "concerned citizens who are dealing with any issues that are of significant importance to any segment of the community," according to one member, Bob Newcomb. Mr. Newcomb stresses that the group welcomes everyone.

"It is not a faction of any particular interest or group of the community's present or past," he says. "It's an interesting coming together of a whole lot of people. There wasn't any one group or one force behind it."

The group will announce its next community event next week. Watch the Gabber's web site for more information. The group also plans to address arts and other issues as residents bring them forward. For more information on Gulfport Neighbors and any of their projects in and around Gulfport, keep watching the Gabber.

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For more photos, check out the Gabber's web site at theGabber.com

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Hard Candy

By Cathy Salustri

The Giving Tree, Skink, and the Lifted Lorax

There's this part of the *The Giving Tree* that always makes me cry. It's at the end, when the child is an old man, and all the tree can offer him is a place to rest. That final image of a tree stump has done more for making my generation environmentally aware than any other kids book I know, unless it's the lifted Lorax, speaking for the disappearing *Truffula* trees.

We all have a short list of books that shaped us. For me, it's *The Giving Tree*, *The Velveteen Rabbit*, *The Lorax*, *Wuthering Heights*, *Walden*, *Cross Creek*, and pretty much everything Carl Hiaasen's ever written.

I know, Hiaasen doesn't seem to fit with Bronte and Thoreau, and yet there he is, insisting we pay attention to how we're letting politicians muck up Florida. Turns out he serves me well as I watch local government make a perfect mess out of paradise. My favorite character from his novels, Skink, is a former Florida governor who violently avenges anyone who tries to hurt his state. Skink fights for the Everglades, the panther, and the trees. He'll kill a person before he'll kill a tree, especially if that person was about to kill a tree. He's just about perfect.

At Gulfport's city council meeting last week, two of our council members – the two I would ordinarily call the “greenest” – said “OK by me” to moving an oak tree to make room for a new sign in Clymer Park.

As much as I would like to do so, I'm not about to debate with councilmembers Sam Henderson and Jennifer Salmon why this is a blazingly stupid idea or why an arborist who makes money by moving trees will say whatever his client wants him to say. They can go buy their own copies of *The Giving Tree*. But instead of cutting down the tree, let's think about using Clymer Park's natural assets to the city's

advantage.

I'm not a fan of Clymer Park. First we have the debacle in city hall with the sign in Clymer Park, next we want to rip out a perfectly good oak tree because it blocks the view of the sign, and all the while, we aren't really using the park as a park at all. It's more of a green area that sucks money from the city budget. Cut the grass, edge the grass, chemically manipulate the grass. Any Florida gardener will tell you that grass is the least economically sound decision you can make for your landscape. In fact, if we're talking about removing a living green thing from Clymer Park, let's start there.

What if, instead of a big strip of grass that the city has to mow on a regular basis, the city turned Clymer Park's weedy strip of grass into a lush subtropical landscape? What if Gulfport opted to honor the Clymer family name with a mini-botanical garden?

Picture it with me for a minute: fan palms and sturdy oaks lining either side of the park, ringed by spurts of fragrant white jasmine climbing the trunks of the oaks. Alongside the trees pink bouganvillea explode into color alongside clusters of purple crepe myrtles.

Clymer Gardens wouldn't just have trees and flowers. It could have a bike path and a live tree (just like towns used to have) for the city's Christmas decorations. People could walk along meandering, shaded pathways, pausing to sketch on a bench. Instead of the money pit with little aesthetic value you see today, you'd see a park – a real one, with all kinds of local flora and fauna – that invited people to stop and check it out. Painting classes could meet there, as could yoga classes and councilwoman Salmon's organic landscaping classes. The city, with the help of volunteers, could plant a second community garden here. The city could even plant edible landscaping and create habitat for birds and other wildlife. On Halloween, picture a haunted

walk through the park, which would be free for residents but cost for nonresidents, so instead of dumping money into the park (after, of course, the initial expense of buying and planting the greenery), the city could make money on it.

I guess I'm picturing a park that everyone could use – and would want to. Sound a little idealistic? Perhaps. But I have a financial motivation, too: while the city pays to mow and maintain the grass that stretches from Gulfport Boulevard to the Catherine Hickman theatre, what I'm describing doesn't need mowing, fertilizing or irrigation. Even the groundcovers could survive on rainfall.

While we're all living my verdant fantasy, let's go to the beach. At last week's cleanup, the city manager said that if the city didn't rake the beach every day, the greenery would overtake the sand. While I love a day at the beach, let's think about that for a minute: what if we removed the grass and added in buff colored sand dunes sprouting saffron and malachite sea oats, purple railroad vines and yellow beach sunflowers? Add in a few more pine trees and we've created two things: a spectacular view from across the street and a return to how the waterfront may have looked before we trashed it. Maybe the city could even find the money for a beach walk through the trees.

Of course, it won't happen. Gulfport city hall has this odd attachment to grass: it's care is budgeted every year, even when we have to cut other programs and raise taxes. But think about what we could do if we capitalized on all the sunshine, warm temperatures, and rain. Think of what we could do if we took advantage of living in paradise instead of destroying it.

But no, I'm not going to debate with the city council the merits of moving a tree that probably would live another couple of centuries.

I figure we've got some real live Skinks out there somewhere, and maybe a few Loraxes. I'll let them have that argument. After all, someone's got to speak for the trees.

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Contact Cathy Salustri at
CathySalustri@theGabber.com

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Energy Express The latest trends for staying healthy

by Marilyn Preston

Practice Real Happiness: If You Can Breathe, You Can Meditate

Before "Real Happiness," Sharon Salzberg's new book about creating a more joyful life, there was real unhappiness and deep despair. Her father left home when she was 4. Her mother died when she was 9. She went to live with her grandparents, but her grandfather died soon after. Her father returned, tried to kill himself and ended up a mental patient for the rest of his life. And you think you had a tough childhood?

By the time Sharon left for college, she'd lived in five different households, all chaotic and confusing. She felt abandoned and angry. And then, when she was 18 -- convinced she was unworthy of love -- Sharon went to India. And her life changed in wonderful ways.

Sharon learned to meditate, to look deep within, and what she discovered is what she's been living and teaching every since: that goodness exists in everyone; that she was wildly worthy of love; that everyone deserves to be happy and can be happy, once you learn to be mindful, compassionate and free of judgments.

"If you can breathe, you can meditate," she writes in "Real Happiness: The Power of Meditation" (Workman Publishing), a terrific how-to guide that includes a CD with Sharon expertly narrating nine guided meditations. As cofounder of the Insight Meditation Society, she's

been teaching her style of Buddhist-based meditation for more than 35 years, but in her newest book, her eighth, she's stripped away all the esoteric Buddhist text and terms and gone straight to the heart of the teachings.

"Once we have a sense of a center," she writes, "we can more easily withstand the onslaught of overstimulation, uncertainty and anxiety the world launches at us, without getting overwhelmed."

I heard Sharon explore the power of meditation at a Real Happiness retreat at the Upaya Zen Center in Santa Fe, N.M., this spring. She's funny, smart and a gifted teacher, with a soothing voice and surprisingly sleepy eyes -- a cross between Roseanne Barr and the Dalai Lama. Her no-big-deal, anyone-can-do-it approach to meditation is warm, inviting and entirely profound.

If you have even the slightest interest in learning to meditate, look no further. Buy the book, and follow its introductory 28-day program. Step-by-step, story-by-story, breath-by-breath, Sharon leads us toward a life of compassion, connection and loving kindness, while teaching us the skills to let go of fear, anger and envy. At the end of day one, I bought three copies of her book for friends. Here are a few highlights from my time with SS:

WHAT MEDITATION IS NOT. Meditation isn't a religion. You don't have to be Buddhist or Hindu or a yogi to practice. The techniques Sharon teaches can be done within any faith tradition or be done in an entirely secular way. You don't need

special skills or a huge chunk of time every day. (She recommends 20 minutes, but if you've only got five, start there.) Meditation is not an attempt to stop thinking, she writes. It's "a way to recognize our thoughts, to observe and understand them, and relate to them more skillfully."

WHY PRACTICE MEDITATION? Meditation is a medical miracle. Clinical studies show it promotes wellness, reduces stress, boosts learning and memory, improves sleep and depression, lowers blood pressure and much more. Sharon focuses more on the emotional and psychological benefits: learning how to stay in the moment; letting go of judgments; becoming aware of a calm and stable center that gets us through tough times. Meditation isn't passive, she says. "Deepening our concentration brings us power and energy and healing."

YOU CAN BEGIN AGAIN. Sharon's taught thousands of people to meditate, and the one truth we all need to hear, over and over, is that losing concentration is normal. It happens to everyone. You start out focusing on your breath, and after just a few, you're thinking about lunch, or your itchy nose. No problem, says Sharon. Just begin again. And what if you feel bored, restless, deep sadness? "A difficult session is just as valuable as a pleasant one -- maybe more so," she knows. "We can look mindfully at joy, sorrow or anguish. It doesn't matter what's going on; transformation comes from changing our relationship to what's going on."

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Funds from the Area Agency on Aging of Pasco/Pinellas Inc. can help residents 60 and older in danger of having their power disconnected during the designated cooling and heating seasons when demand and bills are higher than normal. Eligible seniors must have a crisis with a delinquent notice from the utility company or a notice that power has been shut off to be considered for help. They may also qualify to receive repairs to a cooling unit or a voucher for fans, heaters and blankets.

Eligible seniors can receive help up to twice a year during each high-demand season. Health and Human Services staff members screen applicants to determine if they meet income limits. The income limit is 150 percent of the Federal Poverty Guideline. For a household of one, the limit is \$16,245 a year. For two people, the income limit is \$21,855 (add \$5,610 for each additional member of family units with more than eight members.)

Prospective clients can either stop by a Health and Human Services office or call for an appointment and information. Call Annie Shaw at 727-464-8400 in Clearwater or Anne Eicher at 727-582-7781 in St. Petersburg. Health and Human Services offices are located at 2189 Cleveland Street, Suite 230, Clearwater and at 647 First Avenue N. in St. Petersburg.

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City Whys? Have you got a question for your city government?

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By Cathy Salustri

City of Gulfport: Gulfport Staff Reviews

Q: When does city staff receive performance evaluations?

A: There is no set time for staff to receive evaluations.

“Some employees receive them on their employment anniversary date, but others get evaluated at the start of the budget year, depending under which administration they were hired under,” City Manager Jim O’Reilly said. He has not hired anyone, only promoted, but he says he would likely set performance review dates for new hires for October 1.

Only the city’s three charter members (the attorney, clerk and city manager) do not receive regular reviews.

“That is the prerogative of city council,” he explains.

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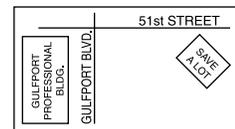
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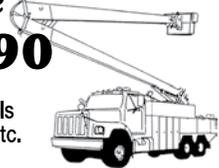
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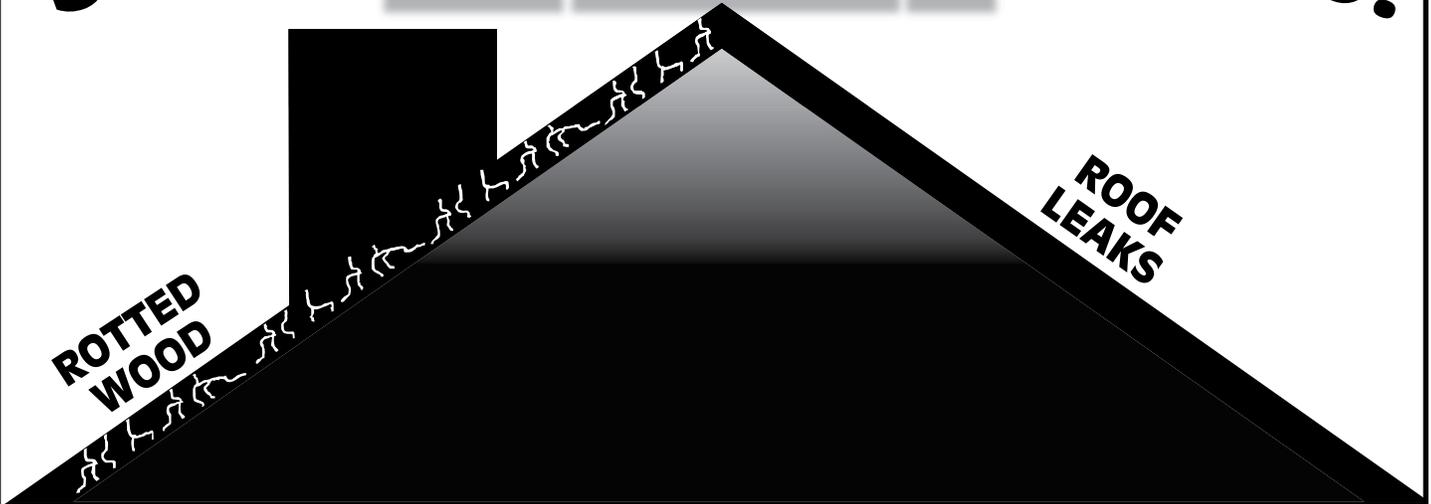
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1995 BONNEVILLE SSE-Tinted Windows. Runs Good. \$950. obo 727-209-7393. 727-403-1031.

1996 CADILLAC DEVILLE-92,217 miles. Well Maintained, Recently Tuned Up, New Tires. \$2400. obo 727-418-8828.

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WHITE SIDE BY SIDE-Refrigerator \$200. White Gas Range \$50. Black Dishwasher \$50. 727-343-3588.

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COMPETE QUEEN BEDROOM-Set. Bed only 4/mos. old. Headboard, Dresser, Night Stand. \$200. obo Also Paintings, Plants & Misc 727-623-3595.

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Y VEHICLE-Cargo Box, Gas, 11 HP, 4-cycle 350cc Engine. \$2995. Call Marty McCormick 727-667-5882.

EASY GO 2008 GOLF CARS-Includes Top Charger, Fold Down Windshield, \$2295. With New Batteries - \$2695. Call Marty McCormick, 727-536-0416 or cell 727-667-5882.

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Sign-up with top seller Or purchase products. Call Mirzana 727-453-2637

Gabber July 28 - August 3, 2011

General

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

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Yard/Garage Sale

HUGE RUMMAGE SALE-First United Meth-odist Church in Downtown St. Petersburg. 8am - 2pm- Friday 8/5 Saturday 8/6 Last Hour of Sale, 1p.m.-2pm. Fill a Bag for a Buck! In Church Basement, 212 3rd St. N.

SATURDAY & SUNDAY - 8am.-1pm. 745 41st St. N. St. Petersburg. (corner of 8th Ave. N. & 41st St. N.) Small Kitchen Appliances, Computer, Sewing Machines Furniture, Clothing, Lamps, Household. Vinyl Records, CD's, Plants, Etc. All Proceeds go to Down Syndrome Foundation.

5226 GULFPORT BLVD- Sat.9:30-3p.m. Small Furniture, household. Large variety misc. items, tools.

5443 31ST. AVE. S.- Sat. 8-Noon. Many Unique Items!

Yard/Garage Sale

4942 13TH AVE. S.-Sunday 7/24. 10:00am-5:00pm. Canoe, Tools, Misc.

GARAGE SALE-Sat. July 30th, 8am.-2pm. PIANO, Furniture, Misc. Items. Lithuanian American Club. 4880 46th Ave. N. St. Petersburg.

Lost & Found

LOST PET COCKATIEL BIRD-Lost in Pinel-las Point/Maximo Moorings Area. Gray with White Edged Wings. Yellow Crested Head, Orange Cheek. REWARD!! 727-906-4199.

Card of Thanks

PRAYER TO ST. JUDE - This novena has never been known to fail. This novena must be said for 9 consecutive days. Publication must be promised. Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given great power to come to my assistance. Help me in my present urgent petition. In return, I promise to make your name known and call you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys & 3 Gloria's. R.S.

MAYTHE SACRED Heart of Jesus be adored, glorified, loved, and preserved throughout the world. Most Sacred Heart of Jesus, pray for us. Blessed Mother, pray for us. St. Jude, worker of miracles, pray for us. Say this prayer for nine days, nine times a day. Then publish this prayer. Thank You, Jesus.

G.F.

WE GO THERE! 321-6965

Happy Talk

Thank-You

To all of you who came out to celebrate the life of Jeff "Doc" Douglas, and honor his memory, we thank-you. To all our family and friends who came in from out of town, we thank-you. To Sherri and the crew from Gulfport On The Rocks, we thank-you. To Joe and Mimi, who spoke so eloquently at a difficult time, we thank-you. To Wade and the crew at O' Maddy's, and The Fishermen for providing a scrumptious spread, we thank-you. To Bob, who put together a "more than fantastic" tribute of Jeff's life, we thank-you.

Most of all, we thank you all for your love and support!

Sally and George



CITY OF GULFPORT

PUBLIC NOTICE

City of Gulfport Public Notices

City of Gulfport Public Notices

Real Estate

Deadline: Tuesday 5pm
(727) 321-6965

Real Estate for Rent



CITY OF GULFPORT MEETINGS

City Clerk's Office

August 2011

- August 2, 2011 City Council Meeting**
***No Meeting
- August 3, 2011 Planning and Zoning Board**
***No Meeting
- August 9, 2011 City Council Workshop**
***Meeting to begin at 3:30pm
- August 10, 2011 Board of Adjustment**
***No Meeting
- August 16, 2011 City Council Meeting**
***Meeting to begin at 7:00pm
- August 17, 2011 Historic Preservation Committee**
***Meeting to begin at 5:30pm at the Historical Society Museum
- August 25, 2011 City Council Workshop**
***Meeting to begin at 3:30pm

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 for Rent

GULFPORT 2702 MIRIAM ST. S.- 2/1 Duplex, Carport, C/H/A, Clean & Bright. \$850/Mo & Security. Tile Floors, Two Blocks from Marina & Clam Bayou Nature Park. 727-542-6090.

UNFURNISHED LARGE 1BR APT Convenient Location on Busline. Newly Painted. 617 40th St. N. \$500/Mo. Credit/Background Check. Off St. Parking. 727-418-2242.

1BR/1BA GULFPORT ART DISTRICT-Apt. Quiet, Single Person Only. No Pets/Smoking. Includes W/T/S, and Basic Cable. Carport, Clean. \$595/Mo. +security. Ref. 727-776-5544.

LARGE FURNISHED ROOM-\$475/Mo. Full House Privileges, Private Entrance, Parking, W/D, Electric, Water, Cable/Wireless. Included. No Smoking/Pets, 727-916-0916 or 727-916-1660.

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GULFPORT

2BR/1BA Apt. Walk to beach. Laundry, Central AC. All appliances. \$700/mo. plus \$500 security. 727-347-1017.

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ST. PETERSBURG-1BR. 4340 37th St. S. 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! \$650/Mo. 727-343-7332.

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2521 51ST WAY S.- 2BR/1BA, Carport, Partially Screened, C/H/A, Terrazo Floors, \$800/Mo. ALSO: 2401 Quincy St. S. 2BR/1BA, Large FR, Could be 3rd BR, C/H/A, Carport, New Carpet in BR's. \$750/Mo. 727-365-9390.

STUDIO APT-New Kitchen, 1 Bath, Central AC. Very Private. Cable & Electric Included. Beautiful Floors. Excellent & Safe Area. Off Street Parking. \$550/Mo. +Deposit (1 person only). 877 42nd Ave. N. St. Pete 727-418-4885.

ST. PETE BEACH-Gorgeous Studio Apt. with Bay View. \$625/Mo. Annual. Deposit \$425. Includes WSG, Basic Cable. Nice Pool Area. 10min. walk to Beach and Corey Ave. Available Furnished. Laundry on Premise. Call 813-774-0462.

GULFPORT DUPLEX-1/1 \$650/Mo. 2/1 \$750/Mo. Clean, Cute Kitchens, Big Closets, Ceiling Fans, CHA, Front Porch, Water/Garbage Included. Smoke Free, 727-424-6085.

TENANT NOT PAYING - For Fast, Reasonable Eviction Service, Call Gulfport Attorney Karen S. Keaton at 727-822-2200.

SEASONAL RENTAL-IGulfport. 2BR/1BA, \$200/wkly. And 1BR/1BA, \$180/wkly. plus Deposit. Furnished. Electric, Water, Cable Included. Nice/Quiet. No Pets/Smoking. 727-321-5146.

5945 FAIRFIELD AVE. S.-2BR. \$625/Mo. +\$625/ Security. Parking. 727-710-0776.

LAYLOW BUNGALOWS-Gulfport. 5019 29th Ave. S. #3. 2/BR \$695/Mo. +\$350/Sec. Coin W/D on site. See pics on Craigs list. 727-742-5140.

4551 3RD AVE. S.- 2BR/1BA, \$795 & Security. Call Mickey the Realtor, 727-560-2508.

TWO COMMERCIAL OFFICES-for rent. Reception area, cable ready, conference room. \$300/mo. each. Call 480-8546.

SMALL QUIET EFFICIENCIES -All utilities included. \$100/wk. and up. Handyman & Housekeeper, possible live-in. 727-289-3588.

GULFPORT EFFICIENCY-Near library, beach. \$450/mo. plus electric & deposit. WSG & cable included. 727-321-8582.

GULFPORT ART DISTRICT-Studio Apt. 3028 54th St. So. Quiet Building, Owner on Premises, Off Street Parking, W/S/G Included. References Required. \$500/Mo. & Security Deposit. Call 644-0602. Available Aug. 1st.

2BR APT. IN GREAT GP-Neighborhood. Tile Floors throughout, Lots of storage. Nice Yard. Walking Distance to Town, Minutes to Beach. \$650/Mo. plus \$600 Security 727-967-2154.

3542 41ST AVE. S.- Condo, Gated Community, 1BR/1BA, 1st. Floor. \$700/Mo. Heated Pool, Tennis, Pets OK. 2 Weeks free rent with approved credit. 727-492-9065.

CLOSE TO STETSON-3BR/2BA/1CG, \$1090/Mo. & 1BR near Pasadena Publix, Water included \$610/Mo. 345-7036.

SPACIOUS 4BR- 2 Full Bath. Large Family Room, Livingroom, dining room. Laundry on Premises. Near Pasadena Yacht & country Club. 973-539-5808 or Rsf51@yahoo.com

Real Estate

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fax (727) 327-7830

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Real Estate for Rent

ST. PETE HOUSE-2BR/1BA, Freshly Painted. Good Location. Washer/Dryer. Fenced Yard, City Gas. \$700/Mo. plus \$700/Security. HUD Approved. 3342 Carlisle Ave. S. 727-321-1793.

APARTMENT 2BR/2BA-Near Tyrone, \$690/Mo., Electric, Cable, All Utilities Included. Small Deposit. 727-474-2687, 727-204-8475.

GULFPORT BEAUTIFUL STUDIO-with Kitchen, skylight, Private entrance & garden. \$550/Mo. includes all. Minutes to Stetson. 727-321-7189.

APARTMENTS FOR RENT-St. Pete Studio Apts. from \$400/Mo., 1BR's from \$500/Mo., 2BR's from \$600/Mo. Vouchers & Section 8 OK. 727-804-5596.

3BR/1BA DUPLEX-Tile floors, Washer/Dryer hook-up. Near Woodlawn Park. Section 8 OK. \$1000/Mo. \$500/Security. Available 7/1 1700 13th Ave. N. 727-463-5759.

TOWN SHORES 55+-1BR/1BA/Den Condo. Small pets ok. Waterfront view. \$725/mo., Will consider sale. 727-560-8166.

TYRONE SQUARE AREA 1&2BR APTS.-Close to Busline & Shopping. \$550-\$750/Mo. 727-410-4209.

5139 13TH AVE. S.-2BR/1BA Gulfport House. Quiet Neighborhood, Central Air, Ceramic Tile, Carport, Large Fenced Yard, Washer/Dryer Hook-up. \$800/Mo, No Section 8. Small Pet Ok. 727-418-2242.

BEAUTIFUL TOWN SHORES 1BR/1BA-3rd floor, 55+. 1yr. Lease. Newly Updated, Covered Parking. Move-in Ready, Marina View. All Amenities. \$750/Mo. 954-270-4882.

CHARMING OLDER HOME-on Huge Treed Lot. 1 Bedroom, 2 Bath plus Office. Freshly Painted, Built-in Bookcases, Washer/Dryer, Private Drive & Patio. Storage Area. 2nd floor Deck. Excellent Location. 2415 7th St. N. \$650/Mo. +Security 727-418-4885.

1 BEDROOM DUPLEX APT.- Gulfport, Near Beach, Carpeted, Fans, Deck, Backyard, AC, \$550/Mo. + Security, Plus Utilities. 727-321-1605.

4925 12TH AVE. S.-2BR/1BA Cottage, New Kitchen, Tile Floors, Fenced Yard, Garage, Dogs Welcome. \$795/Mo. plus Security. Available 7/1 727-560-2508.

Furnished Rentals

ST. PETE BEACH 2BR/2BA CONDO- For Sale or Rent. 1 Block from Beach. Newly Remodeled kitchen/bath. 727-410-4209.

LARGE FURNISHED MOBILE HOME- Excellent Area, Very Safe, \$500/Mo. Looking for Good Tenant. 727-410-6599.

PASADENA WATERFRONT

Bay Island 55+ Gated Community. 1BR/1BA w/Wide Waterviews. Clubhouse, Pools, Close to Beach. New Throughout w/Granite Countertops. Over \$20K In Renovations. \$750/Mo. 727-341-0023.

GULFPORT CLEAN 1BR/1BA- Comfortably furnished & fully equipped, just bring a suitcase! Walk to restaurants & beach. C/H/A, W/D. (5039 29th Ave. S., Apt. B) \$800/Mo. w/ Annual lease, plus utilities. Bus & trolley service. Avail 8/7/11. 727-418-7272. www.gulfport-florida-rentals.com

Accommodations to Share

ROOM FOR RENT-Gulfport. \$475/Mo. Utilities, Cable, Wi-Fi, W/D Included. On Bus Line. Call for Info. Very Clean! 727-384-9154.

ROOM FOR RENT-Furnished/Unfurnished. Private Entrance, Share Bath. Microwave, Fridge, Utilities, Wireless Included. \$125/Wk, \$125 Dep. Employment, References Required. 727-686-5765.

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Master Bedroom with Microwave, Toaster Oven, Full Size Fridge, Private small Bath with Shower. Laundry, Shared Entrance to House. \$450/Mo. Background Check. 727-381-8821.

ROOMS AVAILABLE IN PRIVATE-Homes from \$400-\$500 Monthly. Applications and Criminal Background Checks Required. Contact Home Share Pinellas 727-945-1528 www.homeshareprogram.org

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COMMERCIAL WAREHOUSE SPACE

2000sqft. 2 Units Available. High Ceilings, Large Garage Door. \$700/Mo. +Security. 701 37th St. S. Call 727-347-5100.

Real Estate for Sale

5 TOWNS 55 PLUS CONDO FOR SALE

Exceptional, large 2br-2ba private corner condo. Remodeled kitchen with pretty water view, updated baths, washer/dryer, glass enclosed balcony, with water view, storm shutters on windows. Carport, newer A/C, located in a popular condo community, close to major retail stores, mall, restaurants, and just minutes to beautiful gulf beaches. **Reduced to \$84,900.**

Please call Frank @ Helene's Realty
452-8008 Anytime

2BR/1BA 760/850 SQ. FT.-Hardwood floors, indoor laundry, screened front porch. Huge lot, nice area. \$59,000. 727-551-9858 or 727-723-5279.

CAUSEWAY VILLAGE-2BR/1.5BA, Carport, Shed. New Air Conditioners and Water Heater. Lot #543. \$5000. obo. Call for details 727-744-2244.

2401 59TH ST.SO-2Br./1.5Ba., garage, CHA, New carpet, paint. Screenshot Porch. Storage. Must See. Michele King- Sail Away Realty. 727-433-3610

PLACE YOUR AD HERE- Starting at \$14 per issue. Call 321-6965.

Open House

OPEN SUNDAY 1-3P.M. NEW LISTING-Town Shores Windsor #509, Active 55+, Move In Ready, 1BR/1.5BA, On the Open Water. Pets Allowed. Covered Parking, Spectacular Views. \$130,000. Bill Sampson, Jr., BAIRD REALTY GROUP, 727-776-7280.

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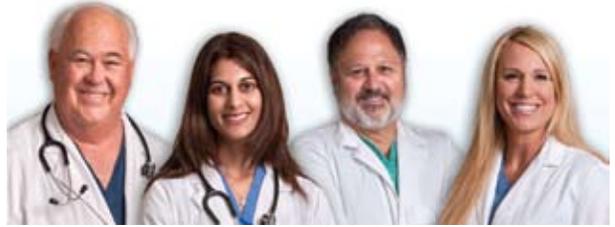
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Mountcastle

VEIN CENTERS

Younger Legs!™



Daniel Mountcastle, MD – Ohio State University Naushin Jobe, MD – Chicago Medical School
Jack Lipps, MD – University of Louisville Kim Truett, BS – Oregon Institute of Technology

Aging and Action

Aging – It is a mysterious balance of maturation and decline. Along with that fine cargo of experiences and memories comes the reality that we are silently starting to fall apart. As awareness of this deterioration slowly dawns on us, we can either do nothing, or we can act to slow it down.

Action - Some reasons you should make an appointment for a leg screening and educational consultation include:

1. **Knowledge** - It is a good thing: you will know more about your legs and vein treatment. 50% of us over 50 years old have some degree of vein disease.... Your time: ½ hour. Your cost: Free
2. **Stop Deterioration** - You can stop the slow deterioration that results from failed vein valves.
3. **Younger Legs** - Your legs, with modern treatments, can be healthier and look and feel younger.
4. **Your Disappearing Medical Benefits** - You worked hard for medical benefits, and they are slowly being denied to you either directly or by decreased reimbursements and more restrictions. When you are finally ready to act, it may be too late.

-Daniel J. Mountcastle, MD, FAAEM
Founder of Mountcastle Vein Centers

Leg Screening - Your 1 Minute Test

Summary: Several signs and symptoms indicate easily treatable vein problems in the legs.

Problem: Varicose and spider veins are often the only signs most people recognize.

If you have one of these signs or symptoms, call us.

- Leg Pain** (Hidden varicosities)
- Leg Cramps**
- Blue Feet or Ankles**
- Swelling**
- Leg Skin Changes**
- Restless Legs**
- Itch, Burning, Discoloration**
- Spider and Varicose Veins**

With early diagnosis and care, you will avoid years of gradual deterioration of your legs.

We offer a Free Leg Screening & Free Educational Consultation.

Healthier Legs Look & Feel Younger!

Limited Availability

Please call 727-865-6941

Paid by Medicare and insurance.

Offices in Largo, Palm Harbor,
St. Petersburg, Sun City Center

www.MountCastleVeinCenters.com

Blue Feet and Discoloration



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