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Bright Future for Corey Ave.



By Cathy Salustri
Mayor Steve McFarlin and his daughter Molly chat with residents about Corey Avenue's bright future at Thursday night's lighting ceremony.

Even though the lights went on just before Christmas, the warm lights adorning the outline of Corey rooftops will stay lit all year long. Thursday night the Corey Avenue Business Association and businesses joined together in the latest, brightest effort to draw more attention downtown.

The lighting ceremony took place in front of Corey Corners, and many of the shops stayed open late to accommodate the small crowd milling about downtown.

City manager Mike Bonfield attended, as did Commissioners Lorraine Huhn and Jim Parent, Vice Mayor Marvin Shavlan,

See *Corey Ave.*, page 9

No Guns This New Year's Eve

Want to ring in the New Year? Gulfport Police remind you to do so without firing guns of any kind into the air.

Although Lieutenant Josh Stone says to his knowledge "there have never been any injuries reported to the Gulfport Police from 'celebratory' gunfire," other local police departments have had reports of injuries from stray bullets hitting people.

"We do get a number of reports on New Year's Day, and even a few days after, of damaged property as a result of celebratory gunfire that occurred New Year's Eve," Lieutenant Stone says. "One year, a stray bullet struck one of our unmarked police vehicles that had been parked in the police department parking lot."

Bullets fired in celebration can cause serious injury or death, Lieutenant Stone notes, explaining that they can fall from the sky at nearly 300 feet per second and puncture your skin at 150 feet per second.

A bullet can also fall from the sky and pierce your skull at 200 feet per second, he adds. Bullets can travel over a mile when fired.

"As you can see, celebratory gunfire

See *No Guns*, page 3

Gulfport Keeps Post Office – With Upgrades

By Cathy Salustri

571 signatures, later amended to 645. Letters from Mayor Yakes, Congressman Bill Young, the Gulfport Area Chamber of Commerce and the Merchant's Association. A proclamation from the city.

One post office: Gulfport.

See *Post Office*, page 7



Bill Meredith, the former owner of Gulfport Beach Bazaar, reads Jaime Marie's package for shipping from the post office counter. Along with a contract to keep the post office in the Beach Bazaar.

Tow to Go

TAMPA- AAA and Bud Light will help protect roadways through January 1 with the Tow to Go program.

Tow to Go provides a confidential ride and tow home from any bar or restaurant – free of charge – to anyone who may have had too much to drink by calling 1-800-AAA-HELP (4357). Services are available to both AAA members and non-members..

AAA and Bud Light encourage individuals to plan for a safe celebration, before they go out,

by being or choosing a designated driver, or calling Tow to Go for a safe ride home.

...

4th Friday Food Truck Festival

Ending the 2012 season with some of the best Food Trucks in the Tampa Bay Area, Corey Avenue is hosting their "4th Friday Food Truck Festival" with added family fun: Karaoke sing-a-long on Friday, December 28th from 5-9 p.m. Special treat: three

blocks of Corey Avenue will be lit with thousands of LED lights!

Top trucks such as Renny's Oki Doki, The Cheesesteak Truck, Mobile Munchiez, Destination Grill, Dochos Concession, Rolling Zoinks, Kona-Ice and Mr I Got 'Em BBQ! will load up the street for your tasting delights! Corey merchants open during festival hours.

So, come sing along on Corey from 5-9 p.m. Free admission and parking. Chairs welcome. Coolers/alcohol prohibited. Festival is located at 400 Corey Avenue, just off Gulf Blvd. in downtown St. Pete Beach. Visit www.coreyave.com or call 727-498-8778.

...

Winter Black Cat Special

Save \$10 at the SPOT spay and neuter clinic on solid black cats in January. SPOT's mission is to help every pet have a home and reduce the number of unwanted pets ending up in the shelter. By spaying and neutering your pets, this breaks the cycle of accidental litters and unwanted behaviors, the bonus is that fixed pets are healthier and can live up to six years longer.

Black cat special: male cat neuters \$25 and female cat spays \$35. The first 50 to sign up will receive a kitty blanket, reserve your appointment at 727-329-8657. For more information visit www.SPOTusa.org. SPOT is a non profit spay and neuter clinic at 4403 62nd Avenue in Pinellas Park.

...



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Gabber Holiday Schedule

Due to the New Year's holiday falling on a Tuesday, The Gabber Deadline will be extended.

For the issue of January 3rd, **Deadline for that week's issue will be Thursday, January 3rd, at noon.**

The paper will be delivered on Friday, January 4th.

The Gabber office will be closed on New Year's Day.

We will close at noon on Monday, December 31st.

Please have a safe and happy holiday season.

The Gabber Staff

No Guns, from front page can endanger people. Anyone celebrating the new year should be aware that not only is this kind of activity dangerous, but against the law," he says.

The laws are as follows:

- Public discharge, improper exhibition of a firearm, or culpable negligence is a misdemeanor

- Police officers cannot make an arrest for a misdemeanor they don't witness, and the county crime lab will not analyze evidence for misdemeanors

- If someone dies as a result of your celebratory gunfire, you have committed felony manslaughter

If you see someone firing a gun or if someone gets hit by celebratory gunfire, Gulfport Police ask that you dial 911 immediately. Should a falling bullet damage your property, call 893-1030 to file a police report, but if you find a bullet with no damage, Gulfport Police say you do not have to call the police.

...

Come out for Winter Festival

As part of its year-long Centennial Celebration, the Pass-A-Grille Beach Community Church (PAGBCC) invites the community to join in the fun of a Winter Festival to be held in Pass-A-Grille's Hurley Park on Friday, December 28th from 6-9 p.m. The joyous and fun-filled festival will feature locally provided live music and the rhythmic sound of steel drums. The evening's finale

will be the lighting of a huge bonfire on the beach (16th Ave.) at 8 p.m. Food and beverages will be available for purchase from local vendors. There is no charge for this event and people of all ages are welcomed and encouraged to participate.

The congregation gives thanks for its first 100 years and prays that it may continue to serve the Lord and the community for the next 100 years.

For more information on this and other church activities, please call the church office at 727-360-5508 or visit the website, www.pagchurch.org.

...

Stetson to offer Information Sessions

Stetson University College of Law is hosting part-time law school information sessions in January, February and March for prospective law students who wish to learn more about the admissions process. Stetson enrolls new students annually in

the fall. Prospective full-time law students are also welcome to attend.

Those interested in attending should RSVP for one of the sessions:

- Friday, Jan. 25, at the Tampa Law Center
- Thursday, Feb. 7, at the Gulfport campus
- Tuesday, March 12, at the Gulfport campus

All programs will start at 6:30 p.m. Registration begins at 6 p.m. To RSVP and for more information and directions to Stetson's Tampa Law Center or Gulfport campus, visit <http://www.law.stetson.edu/parttime> or e-mail lawadmit@law.stetson.edu.

...

Town Shores Bocce

Bocce play will resume on Wednesday, January 2nd with Gro/Fax and Nottingham, Buckingham and Dover all playing. On January 3rd Windsor and Chatham, and Embassy and Jamison will square off. The week of January 7th will once again be a full schedule.

...

Corey Avenue 4th Friday Food Truck Festival
 Friday, December 28th
 5:00 pm - 9:00 pm

FOOD TRUCK LINE-UP:

Destination Grill	Dochos Concessions
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Bayway Bridge Closures Update

The Florida Department of Transportation (FDOT) has announced no scheduled closures of the Bayway Bridge through the end of the year. The last closure took place on December 18.

As always, the Gabber will post any changes under the "Top Stories" section of our web site (thegabber.com) as we learn of them. You can also get e-mail updates about the Bayway construction project. E-mail roadwork@dot.state.fl.us and ask to receive Bayway detour information.

...

RV Issues Remain in Gulfport

"The more we try to fix this, the worse it gets," Mayor Mike Yakes said as council once again debated how to handle the ongoing saga of what to do about recreational vehicles.

At last week's workshop, Gulfport city council continued to tackle the

RV issue, namely, where, how and how long people can park RVs on their property. After the council debated the issue, heard a presentation from Community Development Director Fred Metcalf, and listened to public comment, they decided to hold off on a final decision.

While "there seemed to be some consensus" among the council about number of RVs allowed (one) and the exemption for Class B (RVs that look like vans) and a 72-hour loading/unloading exemption (for preparing for a trip), and 120-hour exemption (for short term visitors) according to City Manager Jim O'Reilly and Mr. Metcalf, council still has work to do.

The council still needs to decide what to do about how many feet an RV should be parked away from the street, curb, alley, and buildings. Council also continues to debate whether or not to allow RVs to park in front of a home.

Mr. Metcalf will "fine tune and focus" the remaining issues and bring possible solutions back to council at the January 17 workshop.

...



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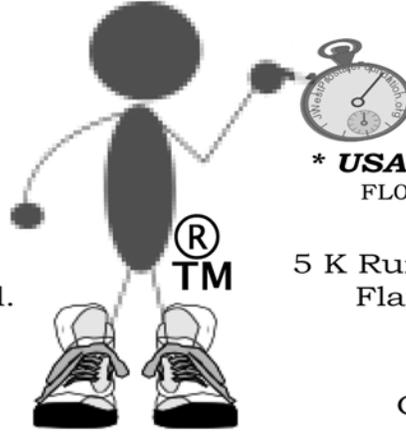
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Fl. 33705-2649

On line at WWW.Active.Com J.West Prostate Cancer 5K Run & Walk

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Signature_____ Date_____ E-Mail _____
(parent signature if under 18)

Boca Ciega High School is now an "A" school.

"The collective efforts of our students, parents, community members, support staff, administration, and teachers over the past few years have led to dramatic and visible improvements and learning gains for our school," Principal Michael Vigue said in his weekly e-mail last week. "We all know how difficult it can be to remain intensely focused on high academic achievement, but by now you also know that hard work pays off."

Boca Ciega High School regularly earned a "D" rating. Last school year (2010 – 2011) that grade rose to a "C" for the first time in almost a decade.

Last week, for the first time in the high school's history, the school earned an "A" grade for the past school year (2011 – 2012).

"This is a tremendous accomplishment for all of us and it should serve as a reminder that anything can be accomplished when we eliminate excuses and demonstrate hard work and determination in everything we say and do," Mr. Vigue said. As principal, teachers say he's forced

students to embrace a stricter code of behavior and held them to high standards. "Moving forward, it is our collective responsibility to continue to improve our performance and to maintain our status as one of the top schools in Pinellas County and across the state."

...

Audition for "10 x 2: A Festival of Short Plays"

Zeitgeist Productions and Sundays Off Productions are holding auditions for actors of all ages on January 9th and 10th from 7-9 p.m. at Small Adventures Book Shop, 3107 Beach Boulevard S. in Gulfport for their upcoming production, "10 x 2: A Festival of Short Plays" which will be performed on February 8th and 9th at Gulfport's City of Imagination. Auditions will consist of cold readings from the scripts chosen for the festival. For more information, please call Rob McCabe at 727-366-8909 or Tinamarie Hansen at 727-637-4331.

...



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Wednesday - Saturday 10 am - 7 pm Sunday 11 am - 5 pm

South Pasadena Civic Association

The South Pasadena Civic Association will hold its annual Wine & Cheese party on Wednesday, January 9th at 1:30 p.m. Come and see "Elvis Presley" for an entertaining afternoon. Cost is \$8 for members and \$10 for non-members.



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Monday Bingo Bob 8-12	
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Post Office, from front page

On December 13, the new owners of the Beach Bazaar, Angela and Biff Lagan, found out that they would get to keep the post office inside the eclectic shop on Beach Boulevard. Although the former owner of the Beach Bazaar, Bill Meredith, had a non-expiring contract with the United States Postal Service, the contract terminated if he sold the business.

"When we applied for a transfer [of the contract], technically it closed the old contract," Ms. Lagan said. They had to submit a bid for the contract. A business in South Pasadena – the USPS wouldn't tell them who – also bid on the contract.

Although the USPS didn't tell the Lagans how they selected the winning bidder, the application packet garnered postal attention.

"They told us they'd never seen an application quite like ours," Ms. Lagan said. The new contract, which stipulates that the Lagans pay a percentage of the postage sold to the USPS, will last forever or until the Lagans try and transfer it.

As a bonus, the post office will get an upgrade in February, Ms. Lagan said. The USPS has promised to spend \$40,000 on a new counter, postage meters, scales and signs.

"It will be the latest and greatest," she says.

The only thing still up in the air is whether or not the Beach Bazaar will get to keep the post office boxes. At press time, the Lagans remained in negotiations with the USPS over the boxes. The ability to sell stamps, mail packages, and send international mail, Ms. Lagan said, is official, adding that they planned to combine the postal counter with the Beach Bazaar checkstand.

"It will be a whole new post office," she said.

Lithuanian-American New Year's Lunch

The Lithuanian-American Club at 4880 46 Avenue N. in St. Petersburg is serving lunch every Thursday at 1 p.m.

They will celebrate the New Year on January 3rd at 1 p.m. This luncheon will have a special celebration menu including a champagne toast for \$15.

As usual, they have Lithuanian beer and homemade Lithuanian bread to buy every Thursday.

Call Vida at 866-7936 for more information. Everyone is welcome.

...

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\$39.99

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Pinnacle Vodka

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\$17.99

1.75 Ltr

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Svedka Vodka

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Jim Beam Bourbon

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1.75 Ltr

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750 ml

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Tanqueray Gin

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Gabber December 27 - January 2, 2013

7

Attention Gulfport Teens

Are you 13-19 years of age?

Are you interested in becoming a part of
changing the way people view teens?

The Gulfport Teen Council is looking for you! Teen members involvement includes working with the City Council concerning equipment recommendations; budgetary considerations for City's parks and recreation programs; and provide recommendations, suggestions and assistance with youth events for city-sponsored festivals/programs. Teen Council members also gain valuable community experiences by attending local and state conferences, participating in community services projects and by representing the best of the City's youth. Get Involved Today! Applicants must be Gulfport residents or be involved in a City of Gulfport program established for teenagers. Applications may be picked up at the Gulfport Recreation Center, 5730 Shore Blvd. S. or City Hall, 2401 - 53rd St. S. Positions are open until filled.

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Women's Chamber to hold Luncheon

The Women's Chamber of Commerce of the Greater Gulf Beaches, established in 1936, will hold their luncheon on January 2nd at the Wine Cellar located at 17307 Gulf Blvd., North Redington Beach. They will have two guest speakers, C. Coffee on "planning" your funeral and B. MacNeil from "Protech" security solution, a wonderful speaker who will give you a number of "smart" things to protect yourself. Social hour is at 11 a.m. with lunch at 12 p.m. Cost is \$18 payable at the door by check only. For a reservation, please call Ruth at 343-0223 by the Friday before the luncheon. All monies collected will go to their two charities, "Angel Against Abuse" and "Women in Transition". The Chamber is now accepting new members. Please join them as they help others in need.

...

DrumQuest at Gulfport Library

Join them for an exciting rhythmic evening of percussion fun on Friday, January 4th at 7 p.m.! DrumQuest founder and music educator Jimbo Talbot brings his fun, high energy drumming program to the library for an evening of rhythmic adventure and family fun! Open to all ages.

Contact Cailey at cklason@mygulfport.us or 727-893-1134.

...

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Corey Ave., from front page and Mayor Steve McFarlin. City officials, elected and hired alike, spoke with optimism about the future of downtown. Mayor McFarlin told the Gabber he hoped the lights helped bring the quaint downtown into focus for locals and visitors alike.

"I think it's a new day down there... puts a lot of emphasis back on the street that we've just somewhat taken for granted," Mayor Steve McFarlin said.

...

St. Pete Beach District Two Race

ST. PETE BEACH – District Two Commissioner Jim Parent will face an opponent for the first time in his political career. The two-term commissioner ran unopposed in 2009 and again in 2011 but will face challenger Joanne Lentino in the 2013 race.

Both candidates will serve as their own treasurers.

According to treasurer reports on file with the Pinellas Supervisor

of Elections, Ms. Lentino once contributed to the "Citizens for Responsible Growth" (CRG). This group challenged the city's comprehensive plan; several members sued the city, although Ms. Lentino has not. Mr. Parent has no disclosed financial ties to the CRG or the opposing group, Save Our Little Village (SOLV).

Ms. Lentino lives on Boca Ciega Drive; Mr. Parent lives on 55th Avenue. The Gabber will profile each candidate and interview them as the election draws closer. Voters in District Two only will cast their votes

for their representative; voters in the other three districts will not vote on the commission race.

...

City Calendars Available

The Gulfport Historical Society's 2013 calendars are available at the Gulfport Area Chamber of Commerce office, 4926 Gulfport Blvd., M-Th. 9-3, and Fri. 9-12, and at the Historical Society Museum. The museum is open M-F 2-4, and Sat. 10-12. They remain the best buy in town at only \$5 and contain the best pictures of our City's history.

...



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New Pass-a-Grille Commissioner Wins Unopposed

By Cathy Salustri

ST. PETE BEACH – Come March, Melinda Pletcher will step up to the dais to take over for Commissioner Bev Garnett. Commissioner Garnett, who will step down this spring, represents the Pass-a-Grille area of St. Pete Beach.

“Which is kind of exciting, because I was just told I was the first commissioner of District Four who lives in Vina del Mar,” Ms. Pletcher said. Ms. Pletcher and her husband Stephen both moved to Vina del Mar

in 1989 and moved to their current home in 1999.

Ms. Pletcher successfully filed her candidacy paperwork last week; no one else submitted a packet to run in the race for District Four, which means that Ms. Pletcher will become the new Commissioner automatically.

Ms. Pletcher has chaired the city’s Historic Preservation Board for the past five years. She cites her experiences on that board as a determining factor in her decision to run for office.

“I decided that I had spent five years as chairman of the Historic Preservation Board and I absolutely loved my participation experience...

it seemed like the next step in order to stay involved in my community,” she said. “I’ve always volunteered my time, my entire adult life. When Bev shared she wasn’t seeking re-election, I thought it would be an appropriate next step for me to do that.”

Mr. Pletcher owns Outlet Technology, an electronic component business, on St. Pete Beach. Ms. Pletcher works as a Realtor for Frank Hurley and has for the past year. Prior to that, she raised two girls, 19 and 17, who attend Florida State University and University of South Florida St. Petersburg, respectively.

“I feel honored to serve the community in this capacity,” she says.

...

Walking Club Returns

The Gulfport Walking club meets on Thursdays at 8:45 a.m. and departs by 9 a.m. from January through March. Their walking adventures take them to many of Pinellas County’s beautiful parks. It is a walk at your own pace so feel free to do a mile or five miles. They return before 12:30 p.m. Registration and a brief meeting will be January 3rd at 8:45 a.m. with a local walk in Gulfport to follow. The first walking adventure will be January 10th. The bus fee for each trip is \$2. Please contact John at 893-1079 for further information.

...

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Letters

Fishing at Wood Ibis Park

Dear Editor: This is in response to the fishing at Wood Ibis Park letter to the Editor.

I have fished at the park for years, catching and releasing tilapia, mullet and on rare occasions, a snook. Cormorants feed all over in fresh and salt water so how can someone say it was hooked in this park? Kids fished there all the time also. A couple of years ago, the City allowed a man to cast net the talapia out of the lake because they thought the talapia were doing harm to the other fish. I was always under the impression the fish were there to be caught and released. Along with the talapia, most of the mullet were gone. Now the fish are rebounding and kids are starting to fish there again. To say that the fishing in Wood Ibis Park is the reason one cormorant had a hook in it is ridiculous

Bob Hughes

...

Letters to the Editor

Please keep letters to the editor as brief and to the point as possible.

Letters must be typed in upper and lower case on plain white paper or emailed to publisher@thegabber.com.

One letter per author every four weeks.

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

The Gabber encourages and welcomes all letters.

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

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Thanks from Operation Santa

The Gulfport Police on behalf of Operation Santa would like to thank all those who made Operation Santa 2012 a success by making donations. This year Operation Santa helped put a smile on the faces of 195 children in 76 families. Every donation, whether large or small, makes a difference to the children in Gulfport who might not have had much under the tree at Christmas. This was only possible through the generous outpouring donations of toys and money from organizations, businesses and individuals. Santa and his elves would like to thank all who contributed. And thanks to the Gulfport Gabber as always.



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Everyday Cheap\$Kate

By Mary Hunt

Bargains by the Month

OK, I'll say a word, and you respond with the first thing that pops into your head:

Me: January

You: White Sales!

Excellent response -- the very one I was hoping for to set the tone for this column. It's important to note that times have changed with these monthly sale guides. In recent years, some of the best sales often take place immediately before the related holiday or season.

Here's a month-by-month guide for the best times to purchase all sorts of consumer goods:

January -- Besides everything Christmas, this is a good time to stock up on white sale items like

towels and blankets. TVs are priced lowest during the two weeks prior to the Super Bowl.

February -- President's Day is the cue for furniture retailers to offer blowout bargains, especially on upholstered furniture.

March -- Even though it still feels like winter, home improvement centers haul out air conditioners in March and put them on sale. March is also National Frozen Food month, so plan to fill your freezer.

April -- Home improvement items like flooring, house paint and gardening supplies are good buys now. And eggs, both chocolate and fowl. Think: Easter.

May -- Mattresses and box springs are highly promoted from late May to early fall. This is when retailers get

support from mattress manufacturers in the form of advertising and special offers. Memorial Day weekend is the signal for big-ticket items like major appliances to go on sale.

June -- If you're not too picky, this is a great month to buy a wedding dress. What hasn't sold gets highly discounted in anticipation of a new season of bridal wear. Home tools and hardware, dairy foods (yep, it's National Dairy Month) and menswear are the hot items for June, too.

July -- Electronics, including air conditioners (what's left by this time in the season) and ceiling fans; craft supplies, summer clothes, shoes, swim wear and barbecues are bargains this month.

August -- Outdoor furniture, now marked down, is taking its last breath as the season winds down. Fresh produce is cheap this month, as are school supplies and pre-season fall fashions. White sale items are now offered routinely in August, too.

September -- Golf clubs are a bargain this month, along with canned goods, scooters, bikes and ... houses. Home sellers who were unsuccessful in selling during the summer are anxious to move before Christmas. Now they may listen to your ridiculously low offer.

October -- This is the big month for candy. Stock up for all your holidays. And, it may be a good time to buy a new car, if you must. In October, salespeople are getting nervous about meeting or beating year-end quotas.

November -- Turkeys are priced dirt cheap from now through Christmas. So are cranberries and baking supplies. Stock the freezer because a turkey that remains frozen is good for at least a year.

December -- Everything you can imagine, from toys to computers, shoes to perfume, crystal to party foods, cellphones and baby furniture are on sale in hopes of boosting holiday retail sales.

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Saturday, Dec. 29th, 4:30-6:30pm
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Please visit them at the free open to the public J. West Prostate Cancer Foundation's 3rd Annual Health & Fitness Fair being held at the Gulfport Casino on Friday, January 4th from 12 noon to 6:30 p.m. Featured events include: Prostate Cancer Screening (PSA) Blood Test Only; Oral Cancer Screening, Dr. Silas E. Daniel, DDS; Dr. Douglas Moss, Orthopedist; Be The Match, National Marrow Donor Program; Spinal Correction Center; Bond Thomas, Chiropractic; St. Anthony's Hospital; Alzheimer's Association; Happy Feet-Birkenstock; Great American Natural Products; Fit2Run; Organic Produce; Qivana, Natural Health Systems; Long House; GNLD Intl. Whole Food



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You may also register early for the J. West Prostate Cancer Foundation's 3rd Annual 5K Run & Walk to be held the following day, Saturday, January 5th starting at 8 a.m. at the Gulfport Casino.

...

Natural History Speaker Series

Friends of Boyd Hill Nature Preserve, Inc. and the City of St. Petersburg announce the fifth presentation in the 2012-2013

Natural History Speaker Series "Fish of the Gulf of Mexico" on Tuesday, January 8th at 7:30 p.m. at Boyd Hill Nature Preserve, 1101 Country Club Way South in St. Petersburg. Fish are among the most successful animals on our planet. What has enabled them to adapt and survive? Free.

The programs feature a diverse range of speakers on Florida natural and cultural history. They are held on the second Tuesday of each month, September through April. Call 893-7326 or visit www.stpeteparksrec.org.

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WellNEWS

All the news that's fit.

By Scott Lafee

If You're Resolving to Lose Weight...

Just in time for millions of Americans who are plump and satiated from the holidays comes news from Duke University about which kind of exercise works best for burning calories and losing weight.

It's the usual suspects, of course: aerobic training, such as walking, running and swimming, versus resistance training, which includes activities like lifting weights. Aerobic exercise has long been touted as the best fat-burner, but some research has suggested resistance training, which helps build and maintain muscle mass, might also be an effective way to lose weight because it reportedly increases a person's resting metabolic rate.

The Duke scientists divided 234 overweight or obese volunteers into three groups, randomly assigning participants to resistance training (three days per week of weight lifting, three sets per day, eight to 12 repetitions per set), aerobic training (approximately 12 miles per week) or aerobic *and* resistance training (all of the exercise above).

The big loser/winner: The aerobic exercisers spent an average of 133 minutes a week training and lost weight, while the resistance training group spent approximately 180 minutes exercising each week and lost no pounds. The combination exercisers had mixed results: They lost some weight and fat mass, but not significantly more than the aerobic trainers. On the plus/minus side,

they did enjoy the largest decrease in waist circumference, though researchers said this might be due to spending twice as much time exercising as the other groups.

"Balancing time commitments against health benefits, our study suggests that aerobic exercise is the best option for reducing fat mass and body mass," said Cris A. Slentz, a Duke exercise physiologist. "It's not that resistance training isn't good for you; it's just not very good at burning fat."

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It's estimated a person breathes in approximately 40 pounds of dust over an average lifetime.

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According to the CIA World Factbook in 24 of 129 countries surveyed, less than half of the population had access to sanitation. Most of the countries were in Africa, but there were some in Asia and Central America.

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--Source: Cardiff University

OBSERVATION

"Did you ever see the customers in health food stores? They are pale, skinny people who look half dead. In a steak house, you see robust, ruddy people. They're dying, of course, but they look terrific." --Comedian Bill Cosby

LAST WORDS

"I have offended God and mankind because my work did not reach the quality it should have." --Italian Renaissance painter-sculptor-architect-musician-scientist-mathematician-engineer-inventor-anatomist-geologist-cartographer-botanist-writer Leonardo da Vinci (1452-1519)

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Learn about Florida Friendly Landscaping

Horticulture for Weekend Gardeners presents "Florida Friendly Landscaping". Speaker Doris Heitzmann, Community Outreach Coordinator with the Pinellas County Extension will be discussing the nine principles of Florida Friendly Landscape and what we can all do to enhance our yards and reduce yard work while protecting the environment and its resources. Join them on Tuesday, January 8th at 7 p.m. at the Garden Club of St. Petersburg, 500 Sunset

Drive S. in St. Petersburg. For more information email karinkoch@tampabay.rr.com Event is free to members, \$5 for visitors.

...

Get your Space for Beach Yard Sale

ST. PETE BEACH- Spaces for the January 12, 2013 community wide Yard Sale are on sale. The City of St. Pete Beach Community Center hosts the Yard Sale at 7701 Boca Ciega Drive from 8 a.m. to 2 p.m. The Community Center does all the advertising for the event. The cost for the 10' x 10' space is \$15 and table

rental is \$5. This is open to residents and non- residents of St. Pete Beach. For more information or to reserve your space, contact the Recreation Department at 727-363-9245. Spaces and tables will sell out fast, so call today.

...

GriefShare Support Group

The public is welcome to come to a 13-week grief support group at Cornerstone Community Church at 6745 38th Avenue N. in St. Petersburg. It begins on Fridays January 4 through March 29th from 10 a.m. until noon. For more information, please call 727-343-7747.

...

Tis the Season

Donations of small items are always welcome for the next 1st Friday Flea Market scheduled for Friday, January 4th from 9 a.m. – noon. Ideas for items include watches, any kind of jewelry, including costume jewelry, wallets, change purses, tote bags, purses, knick knacks, Knitted slippers or any type slippers. Any clean usable item or items are greatly appreciated.

With the holidays around the corner, please bring a canned good or two to the new "bucket of love" which will be located in the Senior Center lobby. This food goes into the Center pantry where local seniors who are less fortunate can get the assistance they need. Call 727-893-2237.

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Garden Club of St. Petersburg Events

The Garden Club of St. Petersburg is located at 500 Sunset Drive S. in St. Petersburg. Join them in expressing yourself by creating "Amazing Painted Glassware" on January 7th at 10 a.m. Cost is \$3.50 for members, \$4.50 for guests.

On January 8 they will have an all members meeting at 1 p.m., program: Cactus & Succulents by Wilda Meier of Sarasota Garden Club. Visitors are welcomed.

On January 10 they offer "Learning How to Grow Orchids by Michael Polen of Art Stone Orchids". Coffee is ready at 9:30 and the program is at 10 a.m.

On January 31st they have a card and game party at 11:30 a.m. Bring your cards and/or game boards. New this year will be activities on the patio. Donation of \$12, checks payable to GCSP, reservations to Liz Coerver by Monday, January 20th, 2634 66 Terrace South, St. Petersburg, FL 33712 .

Take a Safe Boating Course

Are you ready to expand your boating knowledge and skills? America's Boating Course will be presented beginning Monday, January 7, from 7-9 p.m. and continue for an additional six weeks on Monday nights. This program, presented over seven evenings by the St. Petersburg Sail and Power Squadron, is available to anyone 12 or older. It

covers Required Safety Equipment, Boat Handling, Rules of the Road, Navigation Aids, Anchoring, Adverse Conditions, Communications, Trailering, PWC Operation, Knots and Lines, Introduction to Charts and more. This is an essential course for all boaters. Graduates qualify for a Florida Boating Safety Education ID Card and may qualify for insurance discounts.

Course is held at St. Petersburg Sailing Center, 250 Second Ave. SE, Demens Landing, St. Petersburg. Instruction is free, materials cost \$35

per family. Maximum of 20 students. Pre-registration required. Register on-line at www.boating-stpete.org.

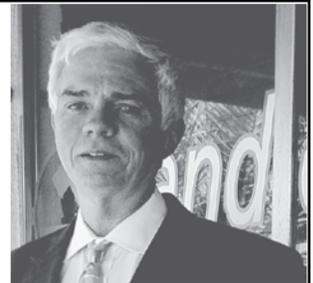
Stretch and Tone

Stretch and Tone will be back starting January 8th at the Gulfport Recreation Center. Come check out this fun class full of great people lead by Jean. Classes are on Tuesdays and Thursdays from 9-10 a.m. The fee will be \$3 for each class. Bring mat and light weights. Please call Jean at 727-302-1016 for questions.

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Ruin Your Holidays. Call us for a FREE appointment, and let us see what can be done to make your Holidays Happy Again, and Give You Peace in the New Year.



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

people get a fresh start," said Sanders.

He says that for two reasons. First, he says his more than 20 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. He says that experience makes him very sensitive to the kinds of things people face when making the difficult decision to file.

"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.**

"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."

Sanders has held a number of seminars and written professional papers concerning bankruptcy law in general, ECF requirements and 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 personal injury.

Despite what you may have read or heard recently, any debt discharged in Bankruptcy is a non taxable event as far as the IRS is concerned. Every situation is different and therefore has a different solution, so please call us and let us discuss what is best for you, and then you can decide what course to take. Remember there are "LEGAL SOLUTIONS FOR YOUR FUTURE" and we would like the chance to show those to you.

Only you can make the call. Evening and weekend appointments are available.

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Gulfport Garden
of Bird Club

The January 10th program will be a Bonsai workshop held at Sunken Gardens in downtown St. Petersburg. The demonstration will begin at 10 a.m. in the Garden's Amphitheater. Cost for seniors to enter the gardens is \$6.

Make arrangements to carpool or drive on your own. This is a wonderful opportunity to see Sunken Gardens as well as to learn about this Japanese art form. Call Ralph Shy at 954-0655 if you need additional information.

A healthy and happy new year to one and all.

...

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The animals at SPCA Tampa Bay need towels, sheets, brown paper bags, newspapers, empty paper towel rolls. Drop off donations at 9099 130th Avenue N. in Largo during normal business hours. View more items online at www.SPCATampaBay.org.

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How long do your New Year's resolutions last?



Susan Parker, Gulfport: "Maybe six weeks."

...



Jaime Warren, St. Petersburg: "They last about a week. It's lose 10 pounds, then I lose maybe three, then I gain."

...



Kimberly Brown, South Pasadena: "Hopefully, this year, for good, but usually they last six, seven weeks."

...



Darrell Dodge, St. Petersburg: "I usually don't make them. I'm tired of the disappointment."

...

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www.Jewishheritage.net
Worship Service
Friday 7pm

Care Giver Support Groups

Do you find yourself “caring” for the health concerns of another adult? Do you sometimes feel a need for a listening ear of another person who has empathy for your situation? If so, we invite you to visit one of our Care Givers Support Groups at Pasadena Community Church. Meetings are held on Tuesday evenings from 5:30-6:30 p.m. and on Wednesday mornings from 9:30-10:30 a.m. in the Life Enrichment Center at 227 70 Street S.

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

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

...

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Program - 11:00 AM

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Worship

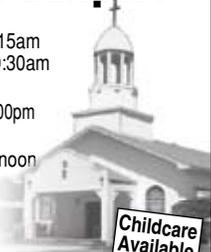


Patty Waszak Musical Variety Show

To help the Pass-a-Grille Beach Community Church/UCC on 16th Avenue in St. Pete Beach start the year off with its official 100th anniversary in 2013, the Women's Fellowship invites you to the Patty Waszak musical variety show. This show will be held on January 12 from 7-9 p.m. Patty is a singer, songwriter, multi-instrumentalist, comedienne, dancer, recording artist, professional motivational speaker and an all-around entertainer. Her smooth vocal style and versatility on over 30 musical instruments along with a great personality have proven to be the ingredients for a very successful career. She produces her own live stage show, a high energy, heart-warming, musical variety show which has pleased audiences of all ages and nationalities all across America. Cupcakes will be served during intermission and there will be a free-will offering.

...

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 9:30am (Latin Gregorian High)
 11:15am (English)
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 11:00am Traditional Service
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 (727) 381-2499 www.pasadenacommunitychurch.org 

City Whys?

Have you got a question for your city government?

Email your request to News@theGabber.com

By Cathy Salustri

City of St. Pete Beach: Police Pension

Q: What happens to the pensions for St. Pete Beach officers once the city moves to the Pinellas County Sheriff's Office (PCSO)?

A: According to City Manager Mike Bonfield, here's what will happen with the police pensions:

1. The existing plan (as modified from our recent impasse hearings) will be maintained for those that go to the PCSO and wish to remain active in our plan.
2. Employees may remove their contributions and get out of our plan.
3. All other accrued benefits will remain in the plan and be eligible for payment as provided in the plan.

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Treasure Island



First Show of the New Year

By Fred Wilder

Start the New Year out right by entering paintings in The Art Guild's first show of 2013. Members may enter up to three paintings. If you are not a member we invite you to join us. The entry date is January 3rd between 9 a.m. and 1 p.m. Bring your paintings to the Treasure Island City Hall Auditorium at 120 108th Avenue.

On January 12th at 1 p.m. we will have a reception for the winners of the show. Ribbons will be awarded. There will be an art demonstration. All artists are invited. Refreshments will be served. Our art classes will begin February 4th.

For more information go to www.treasureislandartguild.org or call Fred at 360-8390.

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Crossword Puzzle

Solution on Page 18

ACROSS

- 1 Houston university
- 5 Hunks of marble
- 10 These are hailed in New York
- 14 Out of control
- 15 Sits
- 16 Site of the Taj Mahal
- 17 Get it?
- 20 Balaam's mount
- 21 Yorkshire terrier, for one
- 22 Persuasive push
- 23 Folk singer Burl
- 25 Emmitt Smith scores them: abbr.
- 26 1976 Peace Prize winner
- 28 Discoverer of radium
- 31 *Reeling in the Years* group Steely ____
- 34 Dumbfounds
- 35 *Thoroughly* ____ *Millie*
- 36 ____ Jima
- 37 Hmmmmm . . . I'm not sure
- 40 "I like ____"
- 41 Farewells, to Henri
- 42 Section section
- 43 Breakfast companion
- 44 1966 hit 96 ____

- 45 Capri and Wight
- 46 Unit of resistance
- 47 Pilaster
- 48 Northern constellation
- 51 James Dean's last movie
- 54 Diamonds, to a cat burglar
- 57 Irwin Shaw novel?
- 60 Renaissance family
- 61 Saw a ghost?
- 62 *Nautilus* commander
- 63 Small dam
- 64 Alfred Nobel, e.g.
- 65 Greek god of war

DOWN

- 1 Hindu prince
- 2 Stern rival
- 3 *All Things* ____
- 4 Stretch out
- 5 San Antonio five
- 6 *Wayne's World* actor Rob
- 7 Former Davis Cup captain
- 8 Part of a necklace
- 9 JFK flier
- 10 Author of *The Stranger*
- 11 Produced fine wine
- 12 Boast
- 13 Not mad
- 18 Drive the getaway car
- 19 Secretary's break
- 24 Expansive
- 25 Spends too much energy
- 26 Indian address
- 27 Up and about
- 28 Skin layers: anat.
- 29 Source of milk
- 30 Famous uncle
- 31 Denial of responsibility
- 32 On top of it
- 33 *The Highwayman* poet
- 35 Internet connection
- 38 1967 Raquel Welch romp
- 39 Hop kiln
- 45 Taking part
- 46 Earth tone
- 47 Battery terminal
- 48 Teenage sleuth Nancy
- 49 ____ and shine!
- 50 Broadway beginning
- 51 Chew on
- 52 Wait at the red light
- 53 Copied
- 55 "I ____ , I saw, I queried"
- 56 Adam's grandson
- 58 Harvest goddess
- 59 Genetic inits.

Capital Puns

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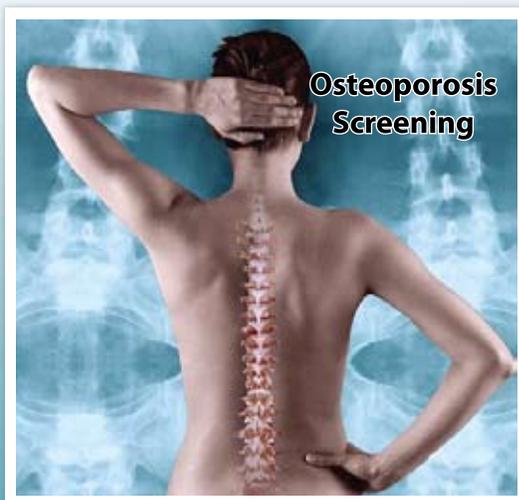
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Gulfport Area Chamber Celebrates in South Pasadena



Brian Atkins, Branch Manager at the Gulfport Regions Bank, and Lew Slaff, owner of Gulfport Auto and Truck Repair, pose with Gulfport Area Chamber of Commerce President Lori Rosso at the Chamber's holiday party last week. The Chamber celebrated the holiday season at the South Pasadena Bank of America. Mr. Atkins and Mr. Slaff recently joined the chamber's board of directors.

German American Society News

Their New Year's Eve dance is Monday, December 31 from 8 p.m. to 1 a.m. Admission for the event is \$28 and Sepp and Heinz from Germany will be playing. Members and guests bring their own snacks. A Champagne Toast and lintel soup will be offered at midnight. Kitchen closed, bar open from 8 p.m. – 1 a.m. If you enjoy ballroom dancing this is the place to be for a fun filled evening, 8098 66th Street N. in Pinellas Park. Visit www.germantampa.com. Everyone is welcome. For group reservations of four or more please call Bob 727-238-8201.

...

Canadian Club to Meet

Canadian Club Gulf Coast Florida is a happy group of retired Canadian men who meet monthly over the snowbird season at Banquet Masters, 8100 Park Blvd. N., Pinellas Park. They enjoy Canadian talk, good refreshments, a wonderful meal, and great speakers. Their next luncheon will be on Wednesday, January 9th (doors open at 11 a.m., lunch at 12:30). There is also a weekly golf group. Some of their other events (Christmas Party, Ladies Lunch) include their ladies. Membership is \$15. Lunch is \$13. Charity Draws \$2/\$5. All are welcome to join or contact Dann Oliver at dannoliver@verizon.net, or call 727-343-3843.

...



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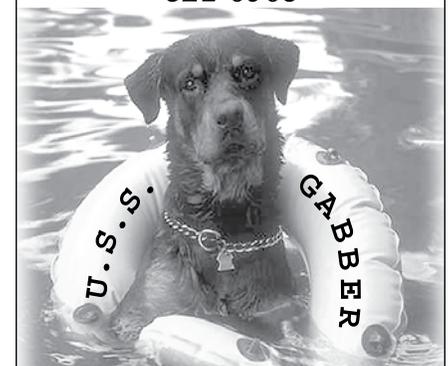
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Here's How

By Pat Logan

Repair & Fix

Select Material and Lay a New Bamboo Floor

Dear Pat: I was planning to install hardwood flooring myself, but then I saw some bamboo flooring that was cheaper. What do you think of bamboo flooring, and can I install it myself in my living room? -- Rae N.

Dear Rae: Bamboo flooring is rapidly being accepted by homeowners as an alternative to hardwood flooring. Some of it looks surprisingly similar to hardwood flooring, so you may have already walked on it in homes and not known it.

One major advantage of bamboo flooring is its lower initial cost as compared to hardwood flooring. Bamboo is actually a variety of grass that grows quickly and can be harvested every several years. This makes it readily available and easy to increase the supply in a relatively short time period. This results in more price stability.

General daily maintenance of bamboo flooring is similar to hardwood. Long-term maintenance is less because bamboo is not stained, as some hardwood is. The color of bamboo is determined by the manufacturing process. As it wears, the color does not change, so it does not have to be re-stained when the surface is refinished. Also scratches are not nearly as apparent.

Bamboo flooring can be used in most locations in your home because it is very durable. The only places to avoid are constantly damp locations. Persistent dampness may cause the

bamboo to warp, somewhat similar to hardwood.

If you can install hardwood flooring, the installation procedures for bamboo flooring are very similar. Installing bamboo flooring may actually be a bit easier because it is available in longer pieces, so there are fewer mating edges to line up properly.

The first step in a quality installation is allowing the bamboo to acclimate itself to the humidity and temperature conditions in the room. Bamboo is a natural material with pores, similar to hardwood, so its size will change with climate changes in the room. It would be wise to unpack the bamboo and allow it to rest in the room for three to seven days.

If you are planning to install the bamboo over a concrete slab floor, do a test first to be sure moisture is not seeping up through the concrete. The manufacturer's instructions will

advise you on how to do this.

One common method is to tape (seal all the edges) a large piece of plastic film on the concrete. After a day or two, remove the film and see if it feels damp or if there is condensation on the underside of the film. If so, seal the floor or choose another flooring material that better handles moisture.

If you are working over wood subflooring, it should be 5/8 inch or thicker for stability and screwed to the floor joists. Check the smoothness of the subflooring, and file down any high spots. You should not have to do a moisture test first unless the subflooring is located over a crawl space.

You can install bamboo flooring with nails, staples or glue. If this is your first time, using glue is easiest. The color may vary slightly from plank to plank, so sort them first. Leave a 1/2-inch expansion space at the wall, and glue down the first row. Interlock the groove edge of the next row over the tongue edge of the previous row until the floor is covered.

...

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Apocalypse? No.

By Cathy Salustri



The world didn't end Friday, and, for craft beer aficionados, that was a very, very good thing. Peg's, a Gulfport restaurant that also brews beer on site, held an "Apocalypse Watch" party. That same night, Peg's released a barrel-aged beer called "RareR Dos." People began queuing to buy "growlers" of the beer long before Peg's started selling them, and locals stood in line for up to 40 minutes to purchase their allotted two bottles.

Jimmy Bingham straps a wristband on Sharyar Soltani. Peg's staff used the wristbands, Mr. Bingham said, to determine how many "growlers" of RareR Dos they would need in the event the apocalypse didn't arrive and Peg's could release its newest beer.

Town Shores Red Hatters

They look forward to January activities which include Bunko, a play and their annual cruise. Bunko will be played in the clubhouse lounge on Friday, January 11th. They have tickets for the St. Petersburg City Theatre on Sunday, January 27th at 2 p.m. to see the musical "Nine to Five". Cost is \$19 and the money must be in by January 11th. Call Bev at 381-2122 or Judy at 344-7558.

Their cruise is January 19-23rd. They have a bus to pick up and return them to Town Shores. The cost round-trip is \$16 which includes tips. Money must be in by January 8th. See or call Judy at 344-7558.

...

Sunday Market in St. Pete Beach

Best produce in St. Pete Beach is at the Sunday Market held at the Suntan Art Center, 3300 Gulf Blvd., St. Pete Beach. Held every Sunday, all year around from 10 a.m. to 2 p.m. next to the famed Don CeSar Hotel. The market includes fresh farm produce, food, music, art, crafts, jewelry plants, flowers and "featured" artists in the Suntan Art Gallery. Vendors and artists may contact the Suntan Art Center for more information at 727-367-3818 or www.suntanart.org.

...

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Beginner Tai Chi

Beginner tai chi classes in Gulfport start on January 8th at the Gulfport Recreation Center located at 58th St. S. and Shore Blvd. S. Classes meet at 9 a.m. on Tuesdays and Thursdays. Please arrive a little early to register. This gentle form of exercise is beneficial in maintaining body elasticity, heart health, bone strength, balance and more while avoiding stress on knee and hip joints. To obtain maximum benefit it is recommended that you attend both classes. There is a suggested donation of \$2 per class. The classes are open to all. Call Marge at 345-6708.

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Sign up for Electronic Device Classes

Do you have a smart phone, Ipad or android tablet you need assistance with? The Gulfport Senior Center is setting up for January classes with Karen Gates on Mondays at 11 a.m. Smart Phone classes are on Monday January 7, Ipad classes are Monday, January 14 and Android tablet classes are Monday, January 28. You must be a registered Senior Center member. If you want to be on the class list, please call 727-893-2237 or 727-893-1231.

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USCG Safe Boating Program

U.S. Coast Guard Auxiliary Flotilla 78 has a 13-week continuous Safe Boating program every Tuesday, 7 p.m., Warren Webster Community Center, 1500 Pass-a-Grille Way, St. Pete Beach (1 mile south of Don CeSar) Start at your convenience. First day, come at 6:30 p.m. to register. Begin any Tuesday and finish 13 weeks later or take up to two years to finish.

January's program includes: "Equipment for Your Boat" Jan. 8, "Waterway Watch / Trailering Your Boat" Jan. 15, "Handling Your Boat" Jan. 22, and "Your Highway Signs" Jan 29.

Cost is \$40 for 13 weeks and includes new 400-pages of materials. Call Jim at 360-4846.

...

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Aptly named, Pistol is a 'pistol' according to his foster Mom. When he wants attention, this young fellow stands on his hind legs and wraps his front legs around his Mom. Born in July 2012, Pistol is packaged in a sleek solid black coat with exquisite gold eyes. He is a sweetheart that loves to sit on your lap and to curl up with you at night.

Great with other cats, Pistol will be a fun and affectionate addition to some lucky family. To see Pistol in a foster home or at a PetsMart store call 727-545-1116 or visit saveourstraysinc.com for other lovely felines.



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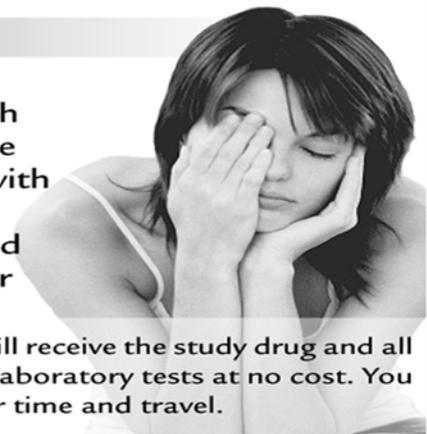
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The Clinical Research Group of St. Petersburg is undertaking a research study of an investigational drug for Excessive Daytime Sleepiness associated with narcolepsy.

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2525 Pasadena Ave South Suite S
St. Petersburg, FL 33707

FA59239



Horoscope Guide

By Holiday Mathis

2013 is a vast expanse of wild, beautiful un-lived life. With Mercury and Uranus at odds, there are those who will storm into the year full of a whopping sense of entitlement, ready to take on too much too soon. The harmonious arrangement of Mars and Jupiter at the end of the week will have a stabilizing influence. The Quadrantids meteor shower (peaks on January 3 and 4) will be a cosmic spray of confetti to welcome the new year.

CAPRICORN (Dec. 22 Jan. 19). Mercury visiting your part of the sky inspires you to reach out and connect with a variety of people regardless of how likely they are to fit into your world. You'll be feeling increasingly adventurous in the weeks ahead and will cast a wide net just because you're interested in seeing what it brings in.

AQUARIUS (Jan. 20 Feb. 18). You'll grow in the way that matters to you. The change is small -- so small that it would take time-lapse photography to prove the point. In fact, maybe you should take a picture at the beginning of the week so that next week you can compare and note the progress.

PISCES (Feb. 19 March 20). Many people don't see their actions as choices. There's a benefit to being blind in this regard: If you're not given a choice, you can't regret making the wrong one. You, on the other hand, would like to live with your eyes wide open to the many opportunities available, especially the ones you find or create.

ARIES (March 21 April 19). You are not alone in your belief that "The Matrix" film series is not just science fiction; it's a clue about the deeper realities of your existence. You'll feel more in control of the framework than ever this week. You'll go into the new year knowing that what's around you is only as real as you let it be.

TAURUS (April 20 May 20). In some Native American cultures, those seeking to move to the next

level of maturity must complete a vision quest. Your quest begins this week. You'll find yourself symbolically climbing a remote mountain in the days to come, ready for signs from the universe to be revealed.

GEMINI (May 21 June 21). You are ready and willing to trade a fantasy for a reality, fully aware that you'll have to slug a few things out along the way. For instance, it would be good to understand what everyone wants, especially because many don't want the same things as you. In getting clarity and accepting truth, you'll move ever closer to a goal.

CANCER (June 22 July 22). People try to make each other believe that romance is rare, special and complicated, but it's not. Having an excellent relationship is easy. If you're willing to communicate, be patient and devote time to another person, you're halfway there. The other half is another person being willing to do the same for you.

LEO (July 23 Aug. 22). Maybe you were born under the sign of royalty, but you're not always a prideful cat. In some situations, your role is high status, and in other situations, it's low. It has nothing to do with your actual worth. You believe that all people are equally valuable. The rest is just part of the theatrical play that humans do.

VIRGO (Aug. 23 Sept. 22). A good book will give you the information and support you need. You can get that book at the library or a bookstore. It's not a magic key that costs tons of money; it's a practical guide you can use to change your life if you choose to act on it. Action is what makes things change, and the time is now.

LIBRA (Sept. 23 Oct. 23). Etiquette isn't something you think about every day. Mostly, you do what you were taught and what seems appropriate. But you'll be out of your element this week, and it would help to know what's expected. Guiding principle: "Manners require time, and nothing is more vulgar than haste." -- Ralph Waldo Emerson

SCORPIO (Oct. 24 Nov. 21). Your cosmic gift is heightened perception

and excellent judgment of character. You'll accurately gauge how likely people are to follow through with what they say. You'll note the difference between sincere offers and polite lip service. It's easy to generously lend your umbrella when the sun is shining.

SAGITTARIUS (Nov. 22 Dec. 21). Children love an instant result. But adults often realize that this is not usually how the world works. Requiring that everyone snap to your schedule is precisely the kind of recipe for disappointment that you'll avoid this week, teaching those younger than you what it means to be patient and mature.

This Week's Birthdays: You'll command attention this year, so make sure you're doing the things you want everyone to know about. Don't be afraid to ask for help, especially from those you admire. You've come so far that those you once found intimidating now seem like people you should befriend. You'll be given a special opportunity in January, and you're likely to pick up on this and run with it. You'll have great powers of persuasion in February. Use them on yourself to stay on track with your goals.

...

Music at Gulfport Beach Pavilion #6

Monday, 1-3 p.m.

Karaoke by Jay & Lolita alternating with Arlene & Len

Tuesday, 1-3 p.m.

Mark Blackwood Harmonica/Open Mic

Wednesday, Coming Soon

Karaoke by Harold & Donna Wurtz

Thursday, 1-3:30 p.m.

Karaoke by Dave and Cookie

Friday, 2-4:00 p.m.

Entertainment by "Geno"

Saturday

Open

Sunday, 1-3:00 p.m.

Entertainment for dancing by Woody & his accordion

Gulfport Women's Club to hold Card Party

The Gulfport Women's Club will be holding their Annual Card Party this year in the Town Shores clubhouse auditorium. The event will take place on Wednesday, January 16, 2013 at 12 noon. This Card/Game Party is the Club's largest donation raising event with proceeds to be awarded to help their schools and Gulfport's senior residents.

Most tables are for games of four, six, or eight players. Typical games played are Bridge, Canasta or Tiles. However, if you have another game you like to play, by all means come and enjoy the afternoon with us. This party is open to anyone in the area.

Door prizes and auction prizes will be available for a \$17 donation that includes all prizes.

For more information or to buy your tickets please call Petie at 344-6450 or Judy at 344-7558.

Mark your calendars and hold the date, January 16th for an afternoon of fun, friendship, and a great lunch.

Tour Barbara Gilberg Habitat

By Natalie Leggette

Join me for a tour of the park on January 15th at 10 a.m. and learn when all native plants should be installed in your landscaping. She will have handouts on this subject. Barbara Gilberg Habitat is located at 1600 Pasadena Avenue next to the electronic billboard on Shore Drive. Meet me in the pavilion.

Learn More about Your Heritage

Do you want to learn more about your family tree? Beginning Friday, January 11, 2013 and every second Friday, from 10:30-11:30 a.m. at the Catherine Hickman lobby at 5501 27th Avenue S., instructor



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Gabber December 27 - January 2, 2013

Kay Boatwright will assist you in researching your family history. Learn where your ancestors come from and what nationalities; find out the variations of the spelling of your surname and how to build a family tree. You must be a Senior Center member to attend this free class. Sign up at the Senior Center or call 727-893-2237 or 727-893-1231 to get on the list.

CTK Needs Jeans

When you are out holiday shopping pick up an extra pair of jeans for a low-income student in grades K-12. Their inventory is very low. They have an urgent need for donations of

boy and girl pants/jeans (sizes 6-16), warm jackets (s, m, l) and shoes (sizes 12-6). Cash donations are always welcome and are used to purchase needed clothing items.

New or gently used clothes 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 Third Ave. N., Suite 145.

Clothes To Kids, a nonprofit organization provides free clothing to low-income, school-age children in Pinellas County, free of charge. For more information, please call 441-5050 or visit www.ClothesToKids.org.

SPCA Pet of the Week

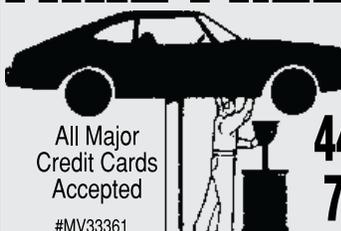


Meet Wesson! Not only is she beautiful, she is smart as well! Wesson is a 4 and a half year old Pointer/Boxer mix. She does very well with other dogs and children. This pretty gal already knows sit, shake, lie down and come when she is asked. Wesson takes treats very gently and she is housetrained. Her favorite game of all-time is Fetch. Wesson will make a wonderful family dog, adopt her today for \$75. Fall in love with Wesson today at

SPCA Tampa Bay located at 9099 130th Avenue N. in Largo.

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Sustainable Living

By Shawn Dell Joyce



Greener Holidays

It's hard not to feel Grinch-green during the holidays because of the rampant Sconsumerism, waste and emissions generated by all that shopping and gift-giving. Here's a few ways to green your holidays without being a Scrooge or Grinch.

Those lovely twinkling lights can generate as much global warming pollution as about 250,000 cars, according to Union of Concerned Scientists. That means that if you decorate your home and tree with 10 strands of 100 bulbs lit 8 hours a day from Thanksgiving to New Year's, it can cost you up to \$200. Powering the same amount of LED (Light Emitting Diode) mini lights would cost less than \$10.

Why not donate all your old lights to Salvation Army and invest in LED mini lights. Don't balk at the higher cost of LED's, you'll get that money back on your electric bill. Generally, LED's will pay for themselves in the first two years. An added benefit is there is less likelihood of fires because LED's give off very little heat and last up to 20 years.

Tinsel and plastic decorations are an environmental hazard. Most are made from plastics that cannot be recycled and may photodegrade when exposed to sunlight. That means that they break down into smaller and smaller particles that get absorbed into living things and wind up in our bodies. Skip the phthalate-laden plastics and use natural materials

for decorations like popcorn and berry strings, cut-paper snowflakes and real greenery.

What you put under the tree is as important as what you put on the tree. Gift wrapping paper is costly, and often used only once before winding up in a landfill. Many of the shiny parts of gift wrap are environmental hazards. Consider buying recycled gift wrap, or better yet, make your own. Paper grocery bags turned inside out make sturdy wrapping paper that can be decorated with real holly, straw, and other natural materials. Putting unwrapped gifts in reusable tote bags instead of gift bags is giving two gifts in one.

Emailing cards is the greenest way to send holiday greetings. Homemade cards or cards printed on 100 percent recycled paper are the next best. Opt for cards with an enclosed coupon or gift certificate instead of mailing bulky gifts to far-flung relations. Bulky gifts take much more gas to deliver and generate more emissions in the process.

When entertaining for the holidays, plan seasonal menus and cook what is available locally, even if it takes a little extra effort and money. This reduces the food miles your ingredients travel and generates less greenhouse gases. If you are a guest, bring a bottle of local wine or a dessert from a local baker. When you buy from local food producers, you spread the wealth locally and get an interesting story to tell at the dinner table.

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Dr. Loren J. Miller

Podiatric Physician & Surgeon



Toenail Fungus?

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Laser nail Fungus Treatment kills the fungus that live in and under the toenail. The laser light passes through the toenail without causing damage to the nail or the surrounding skin. Just walk in and walk out. The procedure only takes 15-20 minutes. Shoes and nail polish can be worn immediately after the treatment.



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Dr. Edward Foley, D.C.



Energy Express The latest trends for staying healthy

by Marilyn Preston

Resolution Revolution 2013: Are You Really Ready to Change?

Let's play a game. I'll say a few words, and you respond with the first thing that pops into what's left of your mind after three slices of bouche Noel.

Me: "Your New Year's Resolution."

You: "Lose 20 pounds."

Me: "Your New Year's Resolution."

You: "Exercise three times a week."

Still Me: "Your New Year's Resolution!"

You (after a long pause): "Forget it! What's the point?" ... and maybe, depending on how often you've tried to take up yoga and give up ice cream, you begin to cry.

Cheer up! The world is taking a big bounce in a whole new direction, and 2013 is the start of a whole new year ... decade ... baktun.

My gift to you this holiday season is to assure you that next year can be a change year for you, a transformative

year, the start of new habits, healthier choices, fewer back aches, more bike rides, a better handle on what stresses you out and how to let it go.

Repeat after me: This New Year of 2013 will be different. There's an art and a science to making lifestyle changes that last, and if you learn the basics and play by those rules most of the time, you will succeed. And think! You will die healthier.

I'm a professional well-being coach. I've seen it happen. The lifestyle changes you want for yourself -- more physical activity, smarter eating, better balance between work and home -- are within reach if you are very specific about what you want and how you're going to get there.

And I do mean you. This is one of the most important truths recently revealed in the psychology of change: You have to be deeply, fully ready to change, and you have to be focused on a goal that is truly meaningful to you.

You can't lose weight just because your doctor or your spouse wants you to. Ditto for stopping smoking, ending excessive drinking, overcoming your addiction to both sugar and cellphones, though not at the same time.

These are all worthy resolutions for the coming year, but your homework for next week is to come up with a Healthy Lifestyle Goal that you can commit to achieving.

If you work at it strategically, your odds of being successful are actually better than we've been led to believe, according to a fascinating book by John Tierney and Roy Baumeister called "Willpower."

It was published last year and is highly regarded for its game-changing insights. How do we exercise self-control? Why do we lose it, and how can we get it back before we indulge in another pepperoni pizza?

The co-authors of "Willpower" make the case that your willpower isn't just a concept. It's an actual biological event in your body, a "real form of mental energy," says psychologist Baumeister.

The will, the authors propose, can be thought of as a muscle. It can become fatigued. When it's fatigued, we start eating Krispy Kremes for breakfast. We reach for our third glass of wine or, in my case, my 30th french fry, extra crispy.

But here's the good news: If your willpower is like a muscle and can be fatigued, then it can be strengthened, too, and made to last longer.

One way to do that is to Play Defense. Look ahead, and plan your environment so your best intentions are supported. If your goal is to lose weight, keep fresh, good-for-you foods and drinks in your home. Don't load up your counters or shelves with junky processed foods. Get support from websites and software that support keeping track, waging bets, finding community.

But these are just strategies. The most important action you can take now is to figure out what one thing you want to change about yourself in this new year. Forget the year. Let's just say the next three months. That's how long it takes to build a new healthy habit.

Just choose one. Don't overthink it. Sit quietly, and see what comes up.

...



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American Legion Activities

Post 125

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THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Lunch Served 11am-3pm Ron's Karaoke 7pm	Kitchen Open 11-2pm Dinner 4:30-6:30pm Southern Knights Band 7-11pm	Southern Knights Band 7-11pm	Breakfast 8:30-11am	No Lunch Served	Lunch 11-3 Ron's Karaoke 7pm	Lunch Served 11am-3pm Euchre 1pm Bingo 6pm Kitchen Open for Bingo

The Legion Riders meet the first Monday of each month at 7 p.m.

We invite Auxiliary members to attend our meetings the 2nd Tuesday of each month at 7 p.m. We welcome your ideas.

Service Officer, Bob Cannon is at the Post on Thursday's from 9 a.m. till noon to offer assistance.

Dinners are now served 4-30-6:30 Friday and Saturday.

Post 305

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

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Bar Bingo 7pm Food Served	Fish & Chicken 6-8pm Les on Guitar 6:30-9:30pm	Steak Dinner 6-8pm Lee Jay Nelson 6:30-9:30pm	Sports & Pizza 12-6pm	New Year's Eve Party Close at 5pm Reopen at 6pm	New Years Day Open 12-6pm	House Comm. Mtg.- 6pm Dinner Special Les on Guitar 6:30-9:30pm

New Year's Eve party 7 p.m. Steak & shrimp dinner, appetizers, dessert and a champagne toast at midnight, \$32.50. Music by Lee Jay Nelson and Denny. Tickets available at bar. Make your reservations early - they are going fast. Check with the Post for any upcoming events email post305@msn.com www.post305.org

AMVETS Post 0001

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THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	Baringo 7pm	Karaoke 9pm-12am				

Hours Sunday-Friday 12pm, Saturday 11am til. Electronic bar games everyday. Fish fry last Friday of the month 5-7pm.

We're always looking for new members to join our family - \$30 yearly or \$250 Lifetime. Gil Davis 1st VC

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Toss the tinsel, but not the tree



Recycle your Christmas tree so it can be processed into useful mulch. Remember to remove all decorations, including hooks, garland, tinsel and lights. Keep the tree loose, not in a bag or trash can. If you live in an apartment or condo, place your tree near the dumpster, without blocking access to it.

The following cities offer Christmas tree recycling:

- Gulfport: Curbside collection with yard waste on Wednesdays. For information, call (727) 893-1089.
- Madeira Beach: Curbside collection with yard waste on Wednesdays. For information, call (727) 391-9951, ext. 229.
- Pinellas Park: Drop off at 12950 40th St. (residents only). For information, call (727) 541-0711.
- St. Petersburg: Drop off at a St. Petersburg brush site: 1000 62nd Ave. N.E., 7750 26th Ave. N., 2500 26th Ave. S., 4015 Dr. MLK Jr. St. S., or 2453 20th Ave. N. Another option is curbside pickup. Place your tree out by Friday, Jan. 11, for pickup on Saturday, Jan. 12. If your tree has not been picked up by Jan. 12, please call (727) 893-7398.
- Tarpon Springs: Drop off at the yard waste facility at 898 S. Levis Ave. for a fee, or put out for curbside collection with yard waste on regular day. For information, call (727) 943-4837.
- Treasure Island: Curbside collection with yard waste on regular day. For information, call (727) 547-4575, ext. 253.

The following cities do not offer Christmas tree recycling: Belleair Beach, Belleair Bluffs, Belleair Shore, Indian Shores, Kenneth City, North Redington Beach, Redington Beach, Redington Shores, Seminole, South Pasadena and St. Pete Beach. Your tree will be picked up at curbside, but it will not be recycled.

Residents of cities that do not offer tree recycling or residents living in unincorporated Pinellas County can recycle a tree by dropping it off at Pinellas County Solid Waste, 3095 114th Ave. N., St. Petersburg. The cost is \$3 per load for a maximum of five trees. The cost for six or more trees is \$37.50 per ton. Hours: Monday to Friday 6 a.m. to 6 p.m. and Saturday 7 a.m. to 5 p.m.

For more information, contact Pinellas County Solid Waste at (727) 464-7500, or visit www.pinellascounty.org/utilities.

Learn to Speak Spanish

Conversational Spanish is returning to Gulfport Recreation Center, 5730 Shore Boulevard S., after a brief hiatus. Classes are on Mondays from 6:30-7:30 p.m. and start January 7th. For more information please contact the instructor at 727-482-2125 or email her at tutoring@conversationalspanishnow.com. Please visit the website at www.conversationalspanishnow.com.

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SPCREA to Meet

The South Pinellas Retired Educators Association (SPCREA) meets at 11 a.m. the second Thursday of each month from October through May. Meetings are open to all who have worked in the field of education, including teachers, support personnel and administrators, whether here in Florida or elsewhere. The meeting is not used for business. They have an event from the hospitality committee, a song, a thought for the day and some important announcements such as information about future meetings, conferences, help needed or recognition of birthdays. After hearing from their speaker, various chairpersons share information. They often plan fun field trips. At each meeting they have the opportunity to help a local charity, carefully chosen by the project cheer committee. Their featured agency for January will be CASA, which needs clothing, linens, personal care and especially blankets and quilts for children. The meeting generally ends by 1 p.m. The January 10th meeting will take place at Harold Seltzer's Steakhouse, 3500 Tyrone Blvd. N., St. Petersburg. Jeff Hearn, famous culinary chef will present what and how to prepare foods to entice. His presentation is entitled: Eat Poor, Drink Rich. Jeff has been spotlighted in the Tampa Bay Times. Come join them! For more information contact Joyce Walters at 727-526-5065 or email her at jellen1943@yahoo.com.

...

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City Whys?

Have you got a question for your city government?

Email your request to News@theGabber.com

By Cathy Salustri

City of Gulfport: Gulfport Employee Benefits

Q: Do employees like the city manager and department directors get different benefits than lower-ranked workers?

A: City manager Jim O'Reilly explained the ins and outs of which benefits which city employees receive.

- The city offers every employee the same health insurance benefits and pays the same additional costs for dependent care coverage. This includes the city manager

- Non-director level employees may participate in the city-sponsored pension plans. The city pays for these "defined benefit" plans. Costs to the city vary; the city pays a percentage of each employee's salary. Gulfport contributes 22.9% of a police department employee's salary and 14.2% of a fire department employee's salary. For other (non director level) employees, the city contributes 19.2% of the employee's salary.

- For director-level employees, the city contributes 12% to what City Manager O'Reilly calls a "less lucrative" plan. This plan, a 401 plan, is "defined contribution" rather than a defined benefit.

- The city offers term life insurance for all employees. Directors receive 1 1/2 times their annual salary (rounded to the next thousand) up to \$160,000. All other staff receives one year's salary.

- All staff accrues vacation time. Director-level employees accrue this time at a higher rate than all other employees.

- Only three city staff receive a car allowance: the city manager, by the terms of his contract, and two other director-level employees.

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The Twelve Bars of Christmas



When is a pub crawl not just a pub crawl? When the crawlers use the celebration to help kids having a tough time.

Four years ago, a group of St. Pete Beach locals started donning Santa, elves, Frosty the Snowman, reindeer, and other Christmas-minded costumes. Armed with red and green costumes, Santa hats, and reindeer antlers, the group would work its way through 12 local beach bars, spreading (and consuming) holiday cheer at each location.

Sound like a recipe for drunken revelry? Not exactly, although many of the bars thank the crawlers with free shots or, as in Woody's case, a spread of food to help ward off any drunken mistakes.

The celebrating has a higher purpose.

"Providing the recipe for a night hopefully soon forgotten isn't the only thing this event accomplishes," crawler Carl Dobbins says. "There has been a little bit of a philanthropic twist to it." The crawlers must bring a new, unwrapped toy to donate to a kid struggling at Christmas. This year, the 12 Bars of Christmas collected 35 toys and donated them to All Children's Hospital.

"During a night costing a good amount of dollars spent on costumes and drinks, spending a proportionately smaller amount of money to make a child's Christmas a little better seems to go a much longer way," Mr. Dobbins says.

The 12 Bars of Christmas takes place every year; for more information check out the Facebook group <http://www.facebook.com/groups/SPB12Bars>. As Christmas 2013 approaches, the crawlers will post the schedule.

"A little bit of warning," Mr. Dobbins cautions. "These people like to drink and have a good time."

Reading Paws with Maya

Did you know that reading to an animal can improve your child's reading and communication skills? Join Miss Bobbie and Maya, the reading assistance dog, every Thursday from 3:30-4:30 p.m. at the Gulfport Public Library, located at 5501 28th Avenue S. Maya would love to hear a great story from you!

Contact Cailey at cklasson@mygulfport.us or 727-893-1134.

...

Toddler Storytime

Toddler Storytime at the Gulfport Public Library is every Thursday at 10:30 a.m. Come read stories, sing songs and meet other caregivers in the community! For more information contact Cailey, the Youth Services Librarian, at 893-1134 or cklasson@mygulfport.us.

...

Lifeguard and Water Safety Instructor Class

Interested in becoming a lifeguard or water safety instructor? City of St. Petersburg Aquatics Division offers training classes for both.

Lifeguard training classes are open to anyone 15 years, by the time class concludes or older. Classes begin January 12 - 20 at North Shore Aquatic Center, 901 North Shore Dr. NE. and April 8 - 25. at Lake Vista Pool, 1450 60th Avenue S. Sign up now to learn and test to be a certified lifeguard.

Water safety instructor classes are offered to individuals 16 years or older. Sign up now to learn and test to be a certified instructor. Classes begin February 1 - February 16 at North Shore Aquatic Center, 901 North Shore Dr. NE. and April 23 - May 11 at Lake Vista Pool, 1450 60th Avenue S. For more information visit www.stpeteparksrec.org/lifeguard-training.html or call 893-7727.

...

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Town Shores Billiards

Sign up sheets for the annual billiard tournament are posted in the Billiard room at the clubhouse. Those interested in competing in this year's tournament are asked to sign up no later than January 5th. Singles and doubles contests in 8 ball, 9 ball, strait pool and snooker, can be entered by any Town Shores resident who enjoys playing and competing in pool games.

Each entry is responsible for the scheduling of his matches in a timely fashion so that the tournament can be completed by February 28th. The only entry fee is \$2 dues to the Billiard Club to play in one or all categories of the tournament. The billiard room is open every day to all residents with proper I.D. for casual play and practice.

The weekly ritual on Saturday mornings continues with the games of "pea pool," when the "ball bangers" get-together to show their skills and to prove it's better to be lucky than good. These games are open to all with proper I.D. and a pocket of change.

...

Aqua Zumba at Beach Family Aquatics Center

Get all the fun and benefit of Zumba with low impact and all the resistance qualities of the water. Perfect for all ages and fitness levels as you work at your own pace. Burns calories, tone your whole body and have fun while you're doing it. Class is offered at The City of St. Pete Beach Family Aquatic Center on Saturday mornings from 10:15-11:15 a.m. Cost is only \$5 SPB residents and \$6 non-residents. Join anytime.

...

Join Gulfport Toastmasters Club!

Here are the top five reasons to join Gulfport Toastmasters Club!

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- Become a more effective leader in your job or with your volunteer activities through more effective communication skills and leadership training.

- Learn how to think on your feet!
- Obtain valuable feedback as you practice organizing your thoughts and presenting them clearly.
- Weekly meetings mean that you can enhance what you already know

and practice new skills. Come as often as your schedule allows!

Get to know them- be their guest at Gulfport Toastmasters. They meet every Wednesday 6:15-7:30 p.m. at the Gulfport Meeting Center, 5021 Tangerine Avenue S. (off 49th St. S., one block from Gulfport Blvd). For questions, contact Karin Schlesinger at 727-537-9098 or email to: info@gulfporttoastmasters.com.

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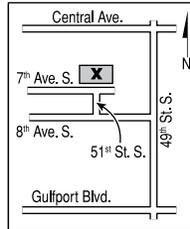
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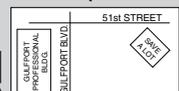
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 Thursday 8:30 - 1:00

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

Friday 12/14

- Suspicious Person**- 3000 Blk Miriam St. S.
- Noise**- 5700 Blk 20th Ave. S.
- Theft**- 800 Blk Gray St. S.
- Domestic**- 5000 Blk 29th Ave. S.
- Burglary**- 4900 Blk 10th Ave. S.
- Shots Fired (Heard)**- 1400 Blk 53rd St. S.
- Theft**- 5300 Blk 29th Ave. S.
- Animal Call**- 2500 Blk Beach Blvd. S.
- Noise**- 5700 Blk Shore Blvd. S.
- Noise**- 2900 Blk Beach Blvd. S.
- Noise**- 5500 Blk 14th Ave. S.
- Juvenile Trouble**- 2000 Blk 53rd St. S.

Saturday 12/15

- Burglary Residence**- 2500 Blk 54th St. S.
- Harassing Phone Calls**- Location Withheld.
- Noise**- 5400 Blk 14th Ave. S.
- Juvenile Trouble**- 54th St. & 19th Ave. S.

- Assault/Battery**- 3200 Blk 58th St. S.
- Neighbor Problem**- 2100 Blk 55th St. S.
- Domestic**- 700 Blk 53rd St. S.
- Domestic**- 2600 Blk 44th St. S.
- Person Under Influence**- 2800 Blk Dupont St. S.
- Domestic**- 5700 Blk 17th Ave. S.
- Domestic**- 3200 Blk 58th St. S.
- Sunday 12/16**
- Domestic**- 4900 Blk 11th Ave. S.
- Neighbor Problem**- 5300 Blk Tangerine Ave. S.
- Trespass**- 4900 Blk 10th Ave. S.
- Animal Call**- 5600 Blk Shore Blvd. S.
- Disorderly Conduct**- 5800 Blk 26th Ave. S.
- Domestic**- 2800 Blk 50th St. S.
- Animal Call**- 1400 Blk 53rd St. S.
- Monday 12/17**
- Domestic**- 3100 Blk Beach Blvd. S.
- Trespass**- 2200 Blk 52nd St. S.
- Burglary Business**- 2700 Blk Beach Blvd. S.
- Animal Call**- 56th St. & 18th Ave. S.
- Juvenile Trouble**- 5100 Blk 11th Ave. S.
- Theft**- 2800 Blk Upton St. S.
- Juvenile Trouble**- 5100 Blk 15th Ave. S.
- Disorderly Conduct**- 3000 Blk Beach Blvd. S.
- Tuesday 12/18**
- Person Under Influence**- 3000 Blk Beach Blvd. S.
- Burglary Vehicle**- 5400 Blk 7th Ave. S.

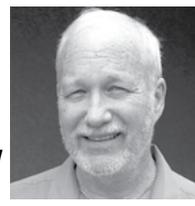
- Domestic**- 5600 Blk Newton Ave. S.
- Civil Matter**- 5500 Blk Gulfport Blvd. S.
- Animal Call**- 5700 Blk 26th Ave. S.
- Panhandler/Solicitor**- 59th St. & 11th Ave. S.
- Neighbor Problem**- 3200 Blk 58th St. S.
- Domestic**- 5100 Blk 14th Ave. S.
- Civil Matter**- 5800 Blk 9th Ave. S.
- Wednesday 12/19**
- Juvenile Trouble**- 58th St. & 7th Ave. S.
- Animal Call**- 2800 Blk Upton St. S.
- Disorderly Conduct**- Miriam St. & 29th Ave. S.
- Juvenile Trouble**- 900 Blk 58th St. S.
- Juvenile Trouble**- 5100 Blk Gulfport Blvd. S.
- Burglary Business**- 900 Blk 49th St. S.
- Trespass**- 53rd St. & 31st Ave. S.
- Assault/Battery**- 5500 Blk Shore Blvd. S.
- Reckless Driver**- Del Rio Way S. & 49th St. S.
- Thursday 12/20**
- DUI**- 6300 Blk Gulfport Blvd. S.
- Drug Call**- 58th St. & 7th Ave. S.
- Trespass**- 5300 Blk 8th Ave. S.
- Burglary Vehicle**- 1900 Blk 51st St. S.
- Trespass**- 5300 Blk 8th Ave. S.
- Domestic**- 5900 Blk Pelican Bay Plz.
- Keep the Peace**- 6300 Blk 11th Ave. S.
- Panhandler/Solicitor**- 5800 Blk 24th Ave. S.
- Domestic**- 5600 Blk 31st Ave. S.

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Health and Wellness Expo

Join us for a day of healthy fun for all ages on Wednesday, February 6th from 10 a.m. -2 p.m. at the Gulfport Health & Wellness Expo at the Gulfport Casino 5500 Shore Blvd. S. in Gulfport. Empower your mind, body and soul with free health screenings, presentations, speakers, interactive demonstrations. Fresh and healthy food is available and many raffle items are donated by local merchants. Western and Eastern Health modalities are available for all types of healthcare.

Interested vendors can sign up now at <http://gulfportseniorfoundation.org>. Early sign up is \$100 until January 11th and on January 12th will be \$150. Don't miss out on an opportunity to showcase your healthcare business. For more information, contact Gail at 727-893-2237. All proceeds from this event go to the Gulfport Senior Center Foundation to enrich Senior programs.

...

Chair Yoga Class

Chair yoga with Joyce is a slow and easy, but challenging workout that accommodates people with physical limitations. In chair yoga the movements, based on traditional Hatha yoga postures are done seated or standing supported by a chair, so almost anyone can participate. Classes meet on Fridays at 10 a.m. at Gulfport Recreation Center. The cost is \$7 per class. Please contact Joyce at 345-0679 for more information.

...

Taking old Cell Phones

Planning on getting a new cell phone and want to get rid of your old one or have a few ancient phones in your drawer or closet? The Gulfport Senior Center will take all old cell phones in any condition.

The Gulfport Senior Center has been recycling old cell phones for the past two years and has raised \$561 for extra center programs. Cynthia Dean, Senior Center Coordinator who heads the program, states that it is amazing how just how much a little helps out a lot. You can donate your old cell phone to the Gulfport Senior Center at 5501 27th Avenue S.

...

Gulf Beaches Museum Seeks Volunteers

Have you ever thought of volunteering? Gulf Beaches Historical Museum has a large, diverse group of volunteers who participate in all aspects of the Museum. Do you enjoy looking at "neat old things" and learning more about them? Volunteers who work behind the scenes carry out the

function of the museum's mission: To preserve our Island history.

By contributing your time and sharing your wealth of experience the Museum will continue its proud tradition of being an "all volunteer operated" organization. No special skill, talent or knowledge is needed, other than an interest in our Island History. The rewards of volunteering are many, including the friendships you'll make.

As a Pinellas County Volunteer you will receive special benefits, invitations and rewards for committing six hours a month. Training is provided at the Museum. Call Sandie at 727-458-4058, email sandie7@verizon.net. Gulf Beaches Historical Museum is located at 115 10th Avenue in Pass-a-Grille.

...

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Solution on Page 18

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

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By Robert J. Myers, Esq.

Are Trusts Only for the Super-Rich?

While it is true that you should have a fair amount of assets before you consider setting up a trust, a trust is no longer the province of the "super-rich."

Simply stated, a trust is a legal document that makes it possible for you to put aside some of your money and direct how it will be used upon your death or in some form of trust, while you're alive. A trust may also ease your tax bite.

A trust generally offers several advantages: among them, the assets don't have to go through probate, which saves time and money. Additionally, you may be able to

maintain control over the trust assets while you're alive and capable; sick and incapable; or as part of an estate plan at your death.

Many individuals and families have found that trusts offer a number of interesting financial planning opportunities. Even where your estate plan calls for all the assets of the first-to-die spouse to pass to the surviving spouse under the unlimited marital estate tax deduction, significant estate tax may be due on the death of the surviving spouse. Proper use of carefully drafted non-marital trusts for the benefit of the surviving spouse and/or children may keep these assets out of the surviving spouse's estate and reduce the overall tax bite on the estate plan.

So-called "living trusts" have become very popular with those interested in avoiding the expense, delay and publicity of probate; while allowing the grantor to maintain control over the trust assets during his or her lifetime, if capable and competent.

The type of trust you use depends on your personal situation and the advice you receive from a legal expert. Since there are many types of trusts, only a complete evaluation of your family's needs will determine which trust should be used.

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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General

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

ALMOST NEW UPRIGHT FREEZER-\$300. Small wood Cabinet with Drawer \$30. Exercise Bike \$200. Patio Furniture (Martha Stewart) \$400. Fire pit \$30. Brand New Cannon Fax Machine \$90. All Obo 727-867-7929.

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Legal Notices

PLACE YOUR AD HERE- \$15.00 for 20 words, includes notarized affidavit of publication and tear sheet. \$5.00 notary fee. 321-6965.

Yard/Garage Sale

FRIDAYS- 8A.a.m.-1:30p.m. Bay Pines Storage Units 11 & 12, 95th St. & 47th Ave. N. Details, 727-437-6696.

Card of Thanks

MAY THE 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.

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CITY OF GULFPORT PUBLIC NOTICE

City of Gulfport Public Notices

City of Gulfport Public Notices



CITY OF GULFPORT MEETINGS

City Clerk's Office
January 2013

January 1, 2013	City Hall Closed
January 2, 2013	Planning & Zoning Board No Meeting
January 3, 2013	Council Meeting 7:00 pm
January 9, 2013	Teen Council 4:45 pm
January 9, 2013	Board of Adjustment 6:30 pm
January 15, 2013	Council Meeting 7:00 pm
January 17, 2013	Council Workshop 3:30 pm
January 21, 2013	City Hall Closed Martin Luther King, Jr. Day

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.

Classified Advertising Form

PLEASE PRINT your ad as you want it to read, ONE WORD PER LINE
REMEMBER: THE FIRST 3 WORDS WILL BE BOLD. A PH # IS A WORD.
PERSONAL ITEMS - \$4.50 for 10 Words and 20¢ each additional word.
COMMERCIAL ADS - \$13.00 for 20 Words and 40¢ each additional word: ANIMALS FOR SALE, BUSINESS OPPORTUNITIES, HELP/POSITION WANTED, INSTRUCTION/CLASSES, REAL ESTATE SALE OR RENT, SERVICE.

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(1) \$4.50/\$15.00	(2) \$4.50/\$15.00	(3) \$4.50/\$15.00	(4) \$4.50/\$15.00
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(9) \$4.50/\$15.00	(10) \$4.50/\$15.00	(11) \$4.70/\$15.00	(12) \$4.90/\$15.00
(13) \$5.10/\$15.00	(14) \$5.30/\$15.00	(15) \$5.50/\$15.00	(16) \$5.70/\$15.00
(18) \$5.90/\$15.00	(18) \$6.10/\$15.00	(19) \$6.30/\$15.00	(20) \$6.50/\$15.00
(21) \$6.70/\$15.40	(22) \$6.90/\$15.80	(23) \$7.10/\$16.20	(24) \$7.30/16.60
(25) \$7.50/\$17.00	(26) \$7.70/17.40	(27) \$7.90/\$17.80	(28) \$8.10/\$18.20

ALL ADS MUST BE RECEIVED & PAID BY 5:00 PM TUESDAY FOR THURSDAY'S ISSUE

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Rita M. Stutzman Realtor
Town Shores 55+



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FAIRFAX 203- 2BR/2BA deluxe, pet friendly, covered parking..... \$99,900

Manchester 608- 2BR/2BA standard, furnished, new kitchen, cat only, cov. pkg, NEW PRICE.....\$112,500

HAMPTON 308- 2BR/2BA standard, updated throughout, truly move-in ready, covered parking **CONTRACT PENDING** \$107,900

CHATHAM 107- 1BR/1BA standard, pet friendly..... \$58,000

FAIRFAX 302- 2BR/2BA Deluxe **CONTRACT PENDING** \$115,000

Rentals available please call for details!

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- Jamison #107** 1 Bed/1Bath, standard Convenient 1st floor condo, nicely updated, heated pool out your back door. Carport included..... **\$65,000**
- Lancaster #211** 1 Bed/1Bath, Deluxe Unit, Beautiful Northern Marina Water Views, Newly Updated Kitchen, Clean, Furnished, Carport **NEW PRICE.....\$79,500**

Winter Rentals

- Windsor #212 ****** 3 Bed/2.5 Baths, Custom End Unit, Totally Rebuilt Interior, Spactacular Water Views, Carport. 90 Days or Longer..... **\$2,900** monthly

Annual Rentals

- Kenmore #404 & #508** 1 Bed, 1 Bath, Deluxe and Standard Floor Plans..... **\$800**

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