

## Seniors Celebrate with Green Beer, Live Music



Mary and Jerry Thompson came from St. Petersburg to celebrate the luck of the Irish a few days early at the Gulfport Senior Center.

Last Wednesday afternoon the Gulfport Multipurpose Senior Center filled with sounds of St. Patrick's Day merriment. At an early party celebrating the saint who, according to the Catholic church, converted Druids to Catholicism in the fourth century, patrons drank green beer and listened to live music.

## Caddy's Comes to Gulfport?

A new investor wants to sink \$250,000 into the Aquabella's property, according to Vice Mayor Dan Liedtke. However, the investor wants to add a package store into the property, which would function as a "well-designed" restaurant. Council would have to look at the 1992 ordinance that does not allow liquor stores or bars in the Waterfront Redevelopment District.

Vice Mayor Liedtke would not name the investor, but local businessman Tony D'Amico attended the meeting, although he did not speak. State records list Mr. D'Amico as the registered agent and manager for T I Holdings/ Gulf Sands Properties LLC, the company that owns Caddy's on Sunset Beach, submerged land in Treasure Island, and vacant land on Treasure Island, according to the Pinellas County Property Appraiser.

## Fire Shuts Down Local Pub; Owners Optimistic

By Cathy Salustri

Early Saturday morning, the Horse and Jockey, located in S. Pasadena, suffered a kitchen fire. The fire damaged the kitchen but not the dining area, and while no one could say what caused the fire or how soon the British Pub could reopen, owner Lea Doyle stressed that the restaurant would rebuild.

The morning after the fire, the owners and a group of employees stayed on hand to oversee the disaster recovery company as it boxed tea pots and dinnerware.

The Gulfport Area Chamber of Commerce started collecting money Saturday afternoon to help offset the Horse and Jockey's lost revenue. The fire happened on what the owners say should have been one of their busiest weekends of the year – St. Patrick's Day. Drop off donations at the Gulfport Area Chamber of Commerce offices at 4926 Gulfport Boulevard.

The Horse and Jockey recently remodeled. Mr. Doyle promised that the restaurant would have a large grand-reopening party – "a big one!" he said – when they reopen.



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| Coast Dental 384-9655           | H&R Block 345-6823         | Signature Cabinetry 345-1111 |
| CVS 345-9103                    | Joy's Doggerly 321-0443    | The UPS Store 381-6245       |
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## Housekeeping items from Gulfport Staff and Council

The Strickland case (smoking on the beach ban) has been "dismissed with prejudice" according to city attorney Andy Salzman... the city has relaxed its alcohol rules during Aquamania and will allow alcohol sales by the Casino. The council approved a 49th Street area resident to run an Internet-based clothing business from her home as part of the mixed use district.

## New Vice Mayor, New Ideas

When Gulfport Mayor Sam Henderson suggested that council adopt the practice of rotating through the wards for the vice mayor every year, Councilwoman Jennifer Salmon nominated Ward One Councilmember Dan Liedtke for vice mayor. Although the council did not discuss Mayor Henderson's suggestion, Councilman Liedtke's ward would have come up next in

the rotation as Mayor Henderson in Ward Four served as vice mayor last.

If council keeps to this practice, Councilwoman Christine Brown would serve as vice mayor next year.

Vice Mayor Dan Liedtke suggested to council that the city provide councilmembers tablets or laptops for city business, thus reducing printed agendas and simplifying certain public records procedures.

## Underwater Egg Hunt

The City of St. Pete Beach Community Center and Aquatics Complex is excited to be hosting its 6th Annual Underwater Egg Hunt in the pool on Saturday, March 23rd. Children will swim and dive for colored, prize-filled eggs in this uniquely-Florida event. Three different sessions of the egg hunt will be held so that all children get to participate; the sessions are 10:15 a.m., 10:30 a.m., and 10:45 a.m. The Underwater Egg Hunt costs just \$4 per. Children are encouraged to bring mesh bags to gather their eggs.

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## Bayway Bridge Update

This week the Florida Department of Transportation (FDOT) plans to close the eastbound lanes of the Bayway Bridge from 1 p.m. until 4 p.m. Thursday, March 21. The FDOT may change this schedule depending on the weather.

FDOT workers will make sure emergency vehicles can get through the work zone as needed. Workers will not necessarily have eastbound lanes closed all day, however drivers should anticipate closures and pay attention to the flashing signs situated around St. Pete Beach and the bridge for more information.

As always, the Gabber will post any changes under the "Top Stories" section of our web site ([www.theGabber.com](http://www.theGabber.com)) as we learn of them.

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## South Pasadena Art Show

All are welcome to the City of South Pasadena's 27th Annual Artspring Exhibition March 22-24 to be held at City Hall, 7047 Sunset Drive S. The exhibit consists of artwork produced in clay, wood, metals, glass, paper, photography, watercolor, acrylic, and oil paintings from over 100 local artists. Gallery hours are Friday, March 22nd from 10 a.m. to 3 p.m., Saturday, March 23rd from 10 a.m. to 3 p.m. and Sunday, March 24th from 12 noon to 3 p.m. For more information call City Hall at 727-347-4171.

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## Honda Grand Prix is Coming

The 9th Annual Honda Grand Prix of St. Petersburg gets underway March 22 to 24 on St. Petersburg's waterfront. Not only is this event a great race and "the world's fastest

spring break party," but it showcases the city like no other event it hosts. The three-hour broadcast on NBC Sports will be seen in more than 200 countries, with a combined media value worth \$6 million to the region. Last year, "St. Petersburg" was mentioned 64 times in the two-hour broadcast.

This year's Honda Grand Prix kicks off with the annual illuminated night parade beginning Thursday, March 21 at 7 p.m. Also this year, the city will unveil the Dan Wheldon Memorial and Victory Circle. It is a collaborative venture between INDYCAR, American Honda Motor Company, Inc., Honda Grand Prix of St. Petersburg, and the City of St. Petersburg. The project consists of two concrete monoliths, one honoring

the life and legacy of Dan Wheldon, and the other commemorating past and future Honda Grand Prix of St. Petersburg race winners.

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## Women's Chamber to Raise Funds

The St. Petersburg Women's Chamber of Commerce fundraiser (luncheon, fashion show, and bridge) "Heels & Wheels" will be held Thursday, March 21st at the St. Petersburg Yacht Club. The social hour will begin at 11 a.m. with lunch to follow at noon. Proceeds for this event will go to the Downtown Waterfront Parks Foundation. Tickets are \$50 per person. Call June Wedding at 727-289-7418.

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# Corey Avenue District Workshop



Thursday, March 21, 2013 @ 6:00 P.M.

City Hall Commission Chambers  
155 Corey Avenue  
St. Pete Beach, FL 33706

### Who Should Attend?

Property Owners, Business Owners, City Residents

### What will we do?

Discuss the future of the Corey Avenue District  
Discuss future improvements planned for the district  
Share ideas on how to revitalize the district  
Identify potential catalyst projects



### For more Information Contact:

Mr. George Kinney, Community Development Director  
727-363-9265 or [CDDirector@StPeteBeach.org](mailto:CDDirector@StPeteBeach.org)

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## Musical fun at the Gulfport Library

Looking for something to do with the kids during spring break? Join them for an afternoon of music and fun on Thursday, March 28th at 3:30 p.m. at the Gulfport Public Library as they welcome the Gulfport Chamber Players. This is a great opportunity for children to experience a mini symphony at the library. They'll perform everything

from nursery rhymes to a Mozart Sonata! Free and open to the public. For more information contact Cailey at [cklasson@mygulfport.us](mailto:cklasson@mygulfport.us) or 727-893-1074.

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## Corey Avenue District Workshop

There will be a Corey Avenue District Workshop on Thursday, March 21 at 6 p.m. at City Hall Commission Chambers, 155 Corey Avenue in

St. Pete Beach. Property owners, business owners and city residents are encouraged to attend. Topics for discussion include future improvements planned for the district, ideas on how to revitalize the district, and identify potential catalyst projects. Contact Mr. George Kinney, Community Development Director at 727-363-9265 or [CDDirector@StPeteBeach.org](mailto:CDDirector@StPeteBeach.org). Can't make it? You can follow their progress and comment at [www.stpetebeach.org](http://www.stpetebeach.org).

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## CTK to Host Fundraiser Luncheon

Clothes To Kids will host their Annual Fundraising Luncheon on Thursday, March 21st, from 12-1 p.m. at the St. Petersburg Coliseum. All proceeds go to supporting the low-income children in Pinellas County by providing them with a full school wardrobe for free.

Tickets are easily purchase at [www.clothestokids.org](http://www.clothestokids.org). The public is invited however; no tickets will be available at the door. Contact Jennifer Jacobs at 441-5050, ext.22 or [jenniferj@clothestokids.org](mailto:jenniferj@clothestokids.org). Visit [www.ClothesToKids.org](http://www.ClothesToKids.org). In 2012, CTK was awarded a 4 star rating by Charity Navigator.

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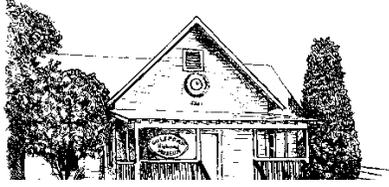
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*News from the  
Gulfport Historical Society*



**Pot Luck Supper  
and Elections**

We regret the scheduled afternoon tea for March 23rd has been canceled.

Members and the public are invited to annual pot luck supper and election of officers on Monday, April 1st at 6 p.m. Event will be held in Scout Hall adjacent to the Historical Museum. Ham, coffee and cold drinks will be provided by the Society. Others are requested to bring a dessert or covered dish. Election of officers for 2013-2014 will be held at the same time. All Board members are up for election. Nominations for any of these offices from the floor will be welcomed.

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**GCP Holds  
Membership Meeting**

The Gulfport Community Players will be holding a General Membership Meeting on Friday, March 22nd at 7 p.m. The meeting will be held at the Players' Back Door Theater, located at 1619 49th Street S. in Gulfport. All interested people are invited to attend, current members as well as non-members.

Find out just what the Players are doing and plan on doing in the

future. Board reports and some new amendments will be read and discussed. You can find out a lot more about the Gulfport Community Players at this meeting and, if interested, join the Players. While at this meeting, you can also see the set being built for their next production, "A Flea in Her Ear", which opens on April 11th at the Hickman Theater of Gulfport.

See you at the Back Door Theater on March 22nd!

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---

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*Eggs Benedict*  
*Omelettes to Order*  
*Banana Stuffed French Toast*  
*Sausage, Bacon, Potatoes, Fresh Fruit*  
*Steak and Eggs*  
*Bloody Mary's and Mimosas*

Dinner Service begins at 4pm

We will offer the regular dinner menu of Isabelle's and in addition we will have 3 Special Easter Dinners.

1. Baked Ham with AuGratin Potatoes and Asparagus ~ \$19
2. Baked Chilean Sea Bass with Rice and Vegetables ~ \$25
3. Leg of Lamb with Roasted Rosemary Potatoes and Asparagus ~ \$28

All Special meals include dinner salad and dessert of Fresh Strawberries with Sweet Milk Biscuits and Crème Fraîche.



## Learn How to Use Your Marine Radio

VHF radio is the mainstay of coastal communication and essential for emergency communications. Digital Selective Calling (DSC) is rapidly becoming a reality as more Coast Guard Rescue 21 System operations go live. This seminar explains basic VHF operation. A CD is included with a DSC Simulator that allows you to practice on your computer at home. The handy, waterproof, McGraw-Hill Captain's Quick Guide "Using VHF" is included with essential information that you should have aboard.

Course will be held on Wednesday, March 27th from 7-9 p.m. at the

St. Petersburg Sailing Center, 250 Second Avenue SE, Demens Landing in St. Petersburg. Instruction is free, materials cost \$30 per family. There is a maximum of 20 students. Pre-registration is required. Register on-line at [www.boating-stpete.org](http://www.boating-stpete.org).

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## Church presents Palm Sunday Concert

St. Petersburg Community Church invites you to join us Palm Sunday, March 24, at 10 a.m. for a special musical presentation "Because He Lives". The story of Jesus on His journey to the cross and celebration of the resurrection will be told in song and visual presentation. Nursery

will also be provided for children infant – age 4. The event is free. The concert will take place at the church located at 4501 30th Avenue N. in St. Petersburg. For more information, contact the church at 727-525-0012 or visit [www.gracetograce.org](http://www.gracetograce.org).

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## Get your Pass-a-Grille Home Tour Tickets

The Pass-A-Grille Women's Club is holding its 16th Annual Home Tour Saturday this year, March 23, from 1-5 p.m. (rain or shine). Five air-conditioned buses will shuttle patrons to five unique homes including two cottages, a play house and a home believed to have been ordered from a Sears Roebuck catalogue with stops at the Pass-A-Grille Women's Club, Suntan Art Center and Gulf Beaches Historical Museum. Enjoy dining and shopping in historic Pass-A-Grille. Tickets are \$20 and go fast. Go to [www.pagwc.com](http://www.pagwc.com) for a ticket location near you.

For more information, visit [www.pagwc.com](http://www.pagwc.com) or call 727-362-8041.

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**Red Lobster**  
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## Sale into the Nautical Flea Market

Interested in unloading some nautical equipment or searching for cool nautical gear? Well, look no further as the City of Gulfport Marina is hosting their yearly Nautical Flea Market on Saturday, March 23rd from 7 a.m. – 2 p.m. at Gulfport Municipal Marina, 4630 29th Ave S.

Cost for a 10x10 space is \$10, so sign up now as space is limited. Slip renters are free. Please bring your own table. For more information, contact Harbormaster, Denis Frain 727-893-1071.

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## Spring Break at Gulfport Rec

Spring Break is March 25th–29th and the Gulfport Recreation Center has a fun week planned with exciting field trips (extra cost) and activities. The program is for children in Kindergarten to age 14. Hours of registration are Monday–Friday from 9 a.m.–5 p.m. Registration fees are \$17 for residents and \$110 for non-resident. Fees are \$55 for the week for residents and \$110 for the week for non-residents. Space is limited to the first 50 children registered. Program hours are 7:30 a.m.–5:30 p.m. with extended hours available until 6 p.m. for an extra charge. Registration packets are available at the Recreation Center, 5730 Shore Blvd. S. or online at MyGulfport.us – Departments – Leisure Services – Rec Center. Call 727-893-1068.

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## AKC Sanctioned Match Show

The St. Petersburg Dog Fanciers Association is having an AKC Sanctioned Match Show at Azalea Park, 1600 72nd Street N. in St. Petersburg on Sunday, March 24th. A Match Show is a practice show that can be a good experience for people and their dogs, especially people new to dog shows. It is open to all AKC dog breeds. Here is an opportunity to see if dog shows are for you and your dog. There will be classes for puppies and adult dogs, and Junior Handlers. Registration 10:30 to 11:30 and judging begins at noon with the Junior Handlers

showing first, followed by four rings of judging. AKC Canine Good Citizen Testing will be done at the Match site from 10 a.m. to noon. For more information and a flyer with entry forms go to [www.stpetersburgdogfanciers.com](http://www.stpetersburgdogfanciers.com).

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## Easter Event at Park Place Wesleyan

Park Place Wesleyan Church, 4400 70th Avenue N. in Pinellas Park, will present “One Day” on March 30th at 6 p.m. and March 31st at 10:15 a.m. Nursery provided, free event. Call 727-526-3674 or visit [www.ppwc.org](http://www.ppwc.org).

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**Corey Avenue**  
**4th Friday Food Truck Festival**  
**March 22nd 5pm-9pm**  
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# Letters

## Pinellas History Day

**Dear Editor:** On March 9th, students, families, guardians, friends, judges and the coordinating committee gathered at the St. Pete campus of USF. This gathering of people was for the Pinellas History Day, it is much like a Science Fair, in my opinion, better. Every student should be commended for their achievements. They made their family, school and spectators very proud.

We as a society are bombarded with messages telling us negative messages of the youth, telling us that the youth of today is a lost generation, a generation of soulless and directionless individuals. Well, what I witnessed last week told me otherwise. The modern society should be proud of the accomplishments, research, teamwork and organizational skills that was demonstrated by these students.

Many will say that the world is in the hands of the youth, in my eyes, the world is in good hands. I wish to also say that Gulfport should be proud of the volunteers from Boca Ciega High School on that day, their tireless effort was one of the reasons that this event went off so wonderfully.

As we hear and read about the drug deals, pregnancies, thefts, let us also remember that we are surrounded by wonderful minds, minds that will take the world into tomorrow.

Mark Grantham

...

## Many Thanks

**Dear Editor:** To the Dear Friends of the Gulfport Multipurpose Sr. Center Foundation, Inc., I'd like to thank all of our Fantastic Volunteers, Sr. Center staff Gail, Rachel, Fran, Foundation Board members, Jerryanne, full time

Snack Bar attendants Stephanie and Barbara, and everyone who helped in any way to: plan and prepare for, bought tickets to and attended, cooked or served food for, welcomed guests, decorated, moved tables and chairs for, cleaned up, washed dishes, hauled trash, or helped with advertising for the St. Patrick's Day Party and Dinner on Wednesday, March 13th. The dining room was packed for the party and we served 101 traditional Irish dinners!

All financial donations from the events go directly back into enhancing the health, educational, social and recreational programs and services that are offered at the Gulfport Multipurpose Senior Center.

We hope guests who visited the Senior Center for the first time will return again. We hope the Baby Boomers who came will tell other Boomers in the area, "It was cool". We hope they all enjoyed the friendliness and company of some of Gulfport's finest residents and supporters of the Foundation.

Thank you all for helping us to have a successful party day at the Center.

Jane D. Ogilvie

...

## Light Rail in Pinellas County?

**Dear Editor:** Pinellas County is, and always has been, a home to retirees and winter visitors from other areas, and since over 60% of mass transit trips are to and from work, it is not feasible to consider light rail for Pinellas County. Pinellas County is not Charlotte or Phoenix.

Following are other items to consider when discussing light rail for Pinellas County: Ridership fluctuates based on the rise and fall of gasoline prices and this accounts primarily for recent increase in

bus ridership as touted by PSTA; construction delays are catastrophic; cost overruns are frequently double and triple projections; crime increases for properties near stations; fares generate only one-quarter of operating expenses; the rail will require significant annual operational subsidies, causing a redistribution of income from all taxpayers to light rail riders; transit agencies accumulate piles of huge debt; rail lines can't be rerouted but buses can; and finally, federal and state subsidies are needed to construct the rail line and to maintain and operate the system.

At a recent meeting, St. Petersburg Mayor Bill Foster stated "any light rail project must include Hillsborough County." It would appear that "the ball is in your court, Hillsborough County."

For more information on light rail, go to [www.railtaxfacts.com](http://www.railtaxfacts.com).

Chuck Graham

...

## It's a Police Problem

**Dear Editor:** Re: Hard Candy (March 14, 2013 edition). Sorry Cathy, I disagree with some of what you write. The problems on 49th St. are a police problem, period. When crimes are committed, you call the police. Which department responds is a police problem. You're right on, high crime stats hurt residents and don't promote the area to new business. Everyone deserves a crime free neighborhood in which to live and do business.

Since you brought it up, here's my take on drugs. Law enforcement follows a profile, how the person looks, how they act, and uses that to question them, hoping to get an excuse to search them. Hopefully this leads to an arrest. Good dealers follow a profile also. They can spot a potential customer, just as a customer can spot a dealer. Sometimes the dealer will make a mistake. That's why uncover cops are a great tool. They fit the dealers profile who tries to make a sale. Game on.

You told of a car theft, admonished to take your keys even if you are only gone for "a minute". I have a different take on that. What you saw was insurance fraud. I'm betting that the people knew each other. The car owner cried thief in front of many witnesses. Were the police called? A

### 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](mailto: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.

## Letters (con't.)

report filed? Take the report to the insurance company and you're good as gold. Yes, I could be wrong, but!?

Thanks for your concern, I'm concerned also an appreciate having a person of your stature on my side. Please cut the mayor some slack. I'm sure he shares your concern and is willing to take St. Petersburg to task, but it's a police problem. If the police do not get city support then everyone loses and then game on St. Petersburg. Just saying. Thanks Cathy.

Stan Kreuter

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## 2013 Harvey's 5K and Mile Run/Walk

Register now for the annual Harvey's 5K and 1 Mile Run/Walk to be held on Thursday, March 21st beginning at 5:30 p.m. Proceeds from the race benefit art and music programs in Pinellas County Schools.

This year the race will take place before the Grand Prix Illuminated Night Parade and take runners along the parade route and St. Petersburg's beautiful waterfront. The 1 Mile run/walk will begin at 5:30 p.m. and the 5K race will begin

at 6 p.m. Both races will start and finish on Beach Drive at North Straub Park.

Entry fees for the 5K are \$25 in advance and \$30 on race day. Fees for the 1 mile run/walk are \$15 in advance and on race day. Students under 12 may enter either race for only \$15. A race t-shirt will be given to all those that register in advance and to race day registrants as available.

Registration is available on-line now at Active.com or in person at Feet First Running Store at 4949 Fourth Street N., St. Petersburg.

Registration forms are also available at [suncoasters-stpete.com](http://suncoasters-stpete.com). A sign up party will be held on Saturday, March 16th from 11 a.m. to 2 p.m. at Fit2Run in downtown St. Pete. Race day registration begins at 5 p.m. in North Straub Park.

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## 4th Friday Food Truck Festival

Corey Ave will be Jazzin' Friday, March 22nd from 5-9 p.m. with a grand line-up of Tampa Bay's best food trucks: Wicked Wiches, Rolling Zoinks, Dude and His Food, Americanwiener, Mobile Munciez, Dub & Jimbos Cajun, Gone Bananas, Whatever Pops, Nicos Arepas and Nate Paul's Q4U. Live music by Stacey Knights. Corey Avenue is located just off Gulf Blvd. in downtown St. Pete Beach. Free parking. Chairs welcome. Coolers/alcohol prohibited. Food Truck prices apply. Participating Corey merchants open during food truck hours. Visit [www.coreyave.com](http://www.coreyave.com) or call 727-498-8778.

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## Rays Opening Day Rally

Kick off the 2013 Rays season at the city's official Opening Day Rally, Tuesday, April 2 from noon to 3 p.m. at Central Avenue and 13th St. Live music with the "Troy Duncan Band", kids' activities, merchandise, grilled sandwiches and hot dogs, prizes and more will help fans get in the spirit for what they anticipate a championship-bound season for the Rays. Come out and support the home team!

The Rays Opening Day Game vs. the Baltimore Orioles begins at 3:10 p.m. Pick up your 2013 Rays tickets at [www.RaysBaseball.com](http://www.RaysBaseball.com).

...

## Bocce Blast Lunch Tickets

Town Shores Bocce Blast Lunch tickets are now in the hands of your building rep. This will take place on Wednesday, March 26th. One has the choice of eating in the clubhouse auditorium where lunch will be served beginning at 11:55 a.m. or taking it outside to eat at the Bocce courts. A \$6 donation will give you a hot dog, two sides, chips, drink

and a small dessert. Lunch will be served in the auditorium until 12:20 p.m. The players on the two teams that are playing will be able to have lunch before the crowd at 11:45 a.m. and still have a little practice time. Call George at 345-3618 for any information you need.

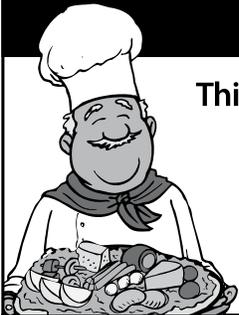
The Bocce Dance is all set and we will have a good crowd to enjoy a meal served by Lee Roy Selmon's and trip the light fantastic with the singing and music of Al Ruggerio. See you in the clubhouse auditorium at 5:30 p.m. on Saturday, March 23rd.

...

## Downsizing, Donuts and Donations

On Saturday, April 27th (note date change!) right down from the activities at Springfest, there will be the first ever Downsizing, Donuts and Donations event sponsored by The Circle of Friends of the Gulfport Library. Come to the library to browse the yard sale, enjoy a donut, and know that all your donations will go to benefit the Gulfport Library and the new Reading Garden. There will be a book sale as well! Call Phyllis at 727-488-0663.

...



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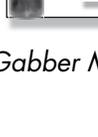
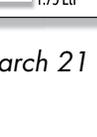
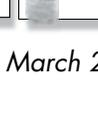
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## Music to Shop By

Larry Enlow and Maureen Kilroy played Zydeco music while shoppers drove past. The twosome said they didn't plan for the garage sale but enjoyed sitting in their yard and playing music.

Saturday morning, shoppers seeking bargains combed the streets of Gulfport. While they took advantage of the city-wide yard sale, some residents showed their creative side. Larry Enlow and Maureen Kilroy, who bought and remodeled the house next door to theirs, entertained the crowds. Mr. Enlow played the accordion while Ms. Kilroy sang and played guitar.

Watch the video of their "Music to Shop By" at [TheGabber.com](http://TheGabber.com).

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Course will be held at the St. Petersburg Sailing Center, 250 Second Avenue SE, Demens Landing in St. Petersburg. Instruction is free, materials cost \$35 per family. There is a maximum of 20 students. Pre-registration is required. Register on-line at [www.boating-stpete.org](http://www.boating-stpete.org).

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## Sunburn in the Rain on St. Patrick's Day

Undeterred by rain, the Sunburn Band played on in Horan Park on St. Patrick's Day. The first annual "Paddy's in the Park" at St. Pete Beach's Horan Park benefitted St. John Vianney Catholic Church and Village Partners International. The day's lineup also included Seven Nations, Soul Circus Cowboys and a full day of music.



## A Touch O' Irish



Jane Ogilvie washes potatoes for Wednesday night's St. Patrick's Day dinner at the Gulfport Multipurpose Senior Center.

While most celebrated St. Patrick's Day this past Sunday, the Gulfport Multipurpose Senior Center hosted a feast last Wednesday afternoon. Volunteers began prepping for the dinner in the afternoon.

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## Register for Swim Lessons

The St. Pete Beach Aquatic Center, 7701 Boca Ciega Drive, is offering "Learn to Swim Classes" for all ages through the American Red Cross. From infants six months of age to seniors, classes will teach proper technique and tips for safety in any water environment. Classes are held Monday through Thursday and run in two-week sessions of 30-minute classes. Classes are available morning and evening to fit every schedule. A two-week session is only \$40 for residents of St. Pete Beach and \$45 for non-residents. Registration starts on Monday, April 1st at 9 a.m. For more information visit [www.spbrec.com](http://www.spbrec.com) or call 727-363-9245.

## Spring Break Camps For Kids

ST. PETE BEACH- The St. Pete Beach Community Center is offering two great Spring Break Kids Camps. Pint Size Picasso Week is a full day camp running March 25-29 from

7:30 a.m. to 5:30 p.m. Children, kindergarten through 5th grade, will be making and creating many arts and crafts projects and exploring the world of art. This camp cost \$100 for residents and \$150 for non residents for the week. Spring Break Fishing Camp is a half day camp March 25-29 from 8:30 a.m. 11:30 a.m. Children, ages 8 years old and up, will learn all the different aspects of fishing while visiting some great fishing spots around St. Pete Beach. No experience

is necessary. The cost for this camp is \$80 for the week. Visit [www.spbrec.com](http://www.spbrec.com) or call 727-363-9245 for more information.

## Seniors' Chat Room

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



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- Ched Vogt, President





## CONSTRUCTION • INTERIORS • SPACE PLANNING

### This Week's Solution

C	O	M	B	S	T	E	M	G	I	V	E	S
O	R	A	L	N	A	V	I	U	R	I	A	H
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3	9	1	2	7	8	4	6	5
4	1	2	7	3	9	8	5	6
7	3	8	6	5	2	1	9	4
9	6	5	4	8	1	3	7	2

### Growing a Reading Garden



Chris Miller gets plants in the ground at the Gulfport Library's Reading Garden. The garden, just outside the library facing 28th Avenue, will have a paved, shaded area for reading. The Circle of Friends helped fund the garden. In addition, the city recently received money for improvements inside the library as well.

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On the Historical 127-year-old C. F. Durner "Tracker" Pipe Organ

**Palm Sunday** March 24, 2013  
4:00pm

**St. Vincent's Episcopal Church**  
5441 9th Ave. North, St. Petersburg, FL  
727-321-5086

**Ryan Hebert, BM, MM, DMA**  
Recitalist  
Organ Professor at the University of Tampa  
Suggested Donation \$10

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Gabber March 21 - March 27, 2013

# The Gabbs

What is the most important issue for you, politically speaking?



**Leah Petrakis, St. Petersburg:**  
 "Honestly, there isn't just one. And it also depends on what I'm voting on, you know? What drives my vote for president won't be what drives my vote for local elections."  
 ...



**Andy Fairbanks, Tampa:** "Class warfare."  
 ...



**Stacey Whitworth, St. Petersburg:**  
 "The economy."  
 ...



**Jon Tallon, St. Petersburg:**  
 "There's two things one is the prison industrial complex which is incarcerating people of color and non violent drug offenders at a ridiculous level. Second would be the militarization of local police in the wake of 9/11. Gulfport doesn't have a tank but there are similar sized cities that do."  
 ...

**GET YOURS EARLY!**  
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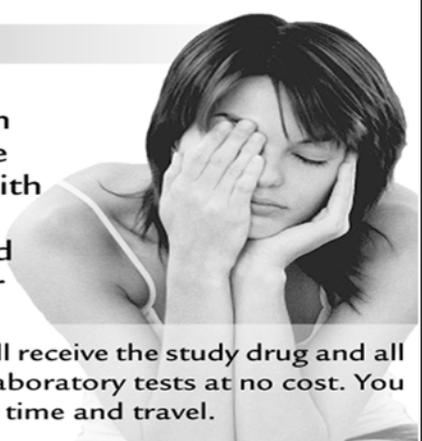
## NARCOLEPSY

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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**Call the Clinical Research Group of St. Petersburg, Inc.**  
 Neil T. Feldman, M.D., Medical Director  
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 St. Petersburg, FL 33707

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UNITED METHODIST CHURCH

**United Methodist Church**  
4444 5th Av N  
St Petersburg

727-321-1335  
[www.st-lukesumc.com](http://www.st-lukesumc.com)

Sunday 9:00am - 11:00am Traditional  
Wednesday 5:30 meal 6:15 classes  
Free Movies Monthly - Free Karate

**Beth-El Shalom**  
Messianic Congregation

17th Street & 29th Ave. N.  
St. Petersburg 345-7777  
[www.Jewishheritage.net](http://www.Jewishheritage.net)

**Worship Service**  
**Friday 7pm**

## Free Passover at Beth-El Shalom

Watch the Passover seder come alive. Come learn the meaning of each of the Passover food items and ceremonies. They will have a full service with all the food items to taste such as the matzah, charoset, maror, etc., everything except a dinner. Come and enjoy this special time with them for a Passover service on Tuesday, March 26th at 7 p.m. Beth-El Shalom Messianic congregation is located at 1701 29th Avenue N. (at the corner of 17th St.) in St. Petersburg. All are welcome. Free admission, limited seating. Pre-registration is necessary. Call 345-7777 or visit [www.Jewishheritage.net](http://www.Jewishheritage.net).

...

## Free Easter Egg Hunt

Northwest Presbyterian Church, 6330 54th Avenue N. in St. Petersburg will host a free family Easter Egg Hunt on Saturday, March 30th at 10 a.m. Event features music, prizes, snow cones and a visit with the Easter Bunny! Call 727-544-4551.

...

**Pilgrim Congregational United Church of Christ**  
6315 Central Ave. St. Petersburg, FL 33710 • 727-347-1226

**HOLY WEEK SCHEDULE:**

**Palm Sunday Service, March 24th - 10:30am\***  
**Maundy Thursday Service, March 28th - 7:00pm**  
**Good Friday Service, March 29th - 7:00pm**  
**Early Morning Easter Service, March 31st - 8:00am**  
**Traditional Easter Service, March 31st - 10:30am\***

 *"Diversity our strength, God's love our bond"*  
[www.pilgrimcongregationuccstpeteflorida.com](http://www.pilgrimcongregationuccstpeteflorida.com)

\* Nursery available during 10:30am worship service

 **Unitarian Universalist**  
United Fellowship  
5721 Central Ave.

Do you cherish your doubts? You might be a Unitarian Universalist and not know it. Join us for a free and responsible search for truth and meaning.

Discussion - 10:15 AM  
Program - 11:00 AM

[www.uuunited.org](http://www.uuunited.org)

**St. Bartholomew's Episcopal Church**  
Join Us For

**SUNDAY SERVICES**  
Sunday 8am & 10am Holy Eucharist  
Wednesday Healing Eucharist 12 pm

**Our Thrift Store**  
Open Tuesday - Saturday  
from 10:00 a.m. to 2:00 p.m.  
Proceeds benefit Food Pantry

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

3747 34th St. South St. Petersburg, FL 33711  
**(727) 867-7015**

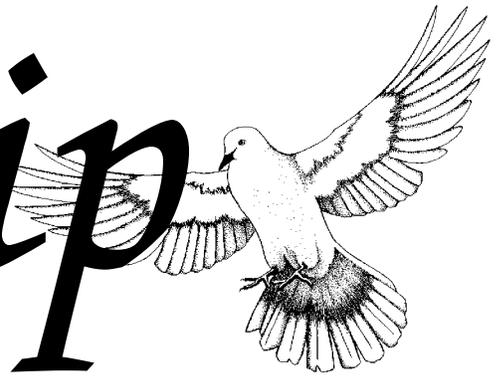
**TEMPLE OF THE LIVING GOD**  
**Metaphysical Community Church**  
1950 2nd Ave. No., St. Petersburg

**Sunday Service 11:00 am**  
*Course In Miracles every Mon & Tue*  
*Thur 3/21 Intuitive Development 7-9pm*  
*Sat 3/23 Robin Hill Collage Workshop 1pm*

Visit us on Facebook  
Visit our Website for DETAILS & Events

[www.templeofthelivinggod.org](http://www.templeofthelivinggod.org)

# Worship



## Requiem – Brahms

The Sanctuary Choir of Pasadena Community Church will present one of the most beautiful and moving musical compositions in the world this Good Friday, March 29th at 7 p.m. With two guest soloists, 11 piece chamber orchestra and Trinity Presbyterian's choir, the Requiem by Brahms is being performed for the first time in this area using a new chamber orchestration.

This profound work was originally premiered on Good Friday and is particularly appropriate on that day. Unlike most other requiems this does not use the standard Latin text, but instead, Biblical texts chosen by Brahms for their comforting qualities. It will be sung in English.

This service and concert is open to the public. You, your family and friends are cordially invited to join us for this memorable work.

The Church is located at 227 70th Street S., St. Petersburg. Visit [www.pasadenacommunitychurch.org](http://www.pasadenacommunitychurch.org).

...

## Easter Sunday Service

St. Petersburg Community Church invites you to join them Easter Sunday, March 31st for a special celebration of the resurrection of Jesus Christ. Join them at 9 a.m. for a free pancake breakfast served in their

Fellowship Hall. A special puppet show will help tell the message of Easter. At 10 a.m. they will celebrate the resurrection in worship with a special Easter message. Nursery will also be provided for children infant – age 4. The event is free. The concert will take place at the church located at 4501 30th Avenue N. in St. Petersburg. For more information, contact the church at 727-525-0012 or visit [www.gracetograce.org](http://www.gracetograce.org).

...

**God Answers Knee-Mail**  
**First United Methodist Church of Gulfport**

**Sundays:**  
 Sunday School .....9:15am  
 Traditional Service.....10:30am

**Wednesday evening:**  
 Supper and Bible Study....6:00pm

**Thrift Store Hours**  
 Friday/Saturday 9am - 12 noon

**28th Ave. S. & 53rd St.**  
**321-3620**  
[www.gulfportumc.org](http://www.gulfportumc.org)

**Childcare Available**

**72nd Annual Easter Sunrise Service**  
**Sunday, March 31st, 6:30 a.m.**

**Between 1st & 2nd Avenues and Pass-A-Grille Way**

**Pancake Breakfast to follow in Fellowship Hall**

**Palm Sunday & Easter Services at 8:45 & 10:00am**

**Pass-A-Grille Beach Community Church**  
 107 16th Avenue, St. Pete Beach 727-360-5508  
**WWW.PAGCHURCH.ORG**

**St. Alban's Episcopal Church**  
**Worship on Sundays**  
 8 am—Holy Eucharist and Sermon  
 10:30am—Holy Eucharist, Music and Sermon

**330 85th Avenue, St. Pete Beach**  
**727-360-8406**

**St. Alban's Day School**  
 Serving children ages 2—5  
 VPK, Variety of programs  
**727-363-1533**

**+** Come, explore and deepen faith with a welcoming, inclusive, small congregation.

**Gulfport Presbyterian Church**

5313 27th Ave. S. Tel: 727-321-8086  
[Gulfportpc@tampabay.rr.com](mailto:Gulfportpc@tampabay.rr.com)

**Sunday Worship at 10:30AM**

\*\*\*  
 Dogs Welcome service on First Mondays, 7:00 PM in Fellowship Hall

**PASADENA COMMUNITY CHURCH**

**Crossroads:**  
**Encounters with Jesus at the Crossroads of Life**

March 24 **Barabbas or Jesus?**  
 March 31 **Have You Heard the Good News?**

9:00am Contemporary Service (with sign language interpreter)  
 10:05am Sunday School for all ages  
 11:00am Traditional Service

227 - 70th Street South (727) 381-2499  
 St. Petersburg, FL 33707  
[www.pasadenacommunitychurch.org](http://www.pasadenacommunitychurch.org)

## Community Yard Sale Space Available

Clear out your garage and join the St. Petersburg Recreation Center TASC0 Teen Council's Community Yard Sale on Saturday, April 6. The popular community yard sale with about 100 vendors in the beautiful Crescent Lake Park, located on the corner of 22nd Avenue and 5th Street North, 8 a.m. until 1 p.m. Goodwill donation pickup available 1 p.m. to 2 p.m. following the event. Spaces still available for \$15 per space.

For more information, call 893-7813. All proceeds support City of St. Petersburg TASC0 Teen Programs. Sponsored by St. Petersburg Parks and Recreation. Be sure to check out other exciting activities at [www.stpeteparksrec.org](http://www.stpeteparksrec.org).

...

## Spring Tennis Festival

Come and enjoy the lifetime sport of tennis. Learn all the different ways it can be played and all the new adaptive equipment. So, whether you

are 2 or 92, this sport can work for you. It is a great way to get moving and have fun. The event will be held on Saturday, April 6th from 10-11:30 a.m. at the St. Pete Beach Community Center, 7701 Boca Ciega Dr. This event is free and family friendly. For more information visit [www.spbrec.com](http://www.spbrec.com) or call 727-363-9245.

...

## Summer Camps For Kids

ST. PETE BEACH- Get ready for Hook, Line and Summer 2013 at The St. Pete Beach Community Center. Summer camps are available for ages 3 years old and up. The full-day 8 week camp program runs from June 17th to August 9th. Pre and post camps are also available the weeks before and after for an additional charge. All summer long campers will participate in activities such as games, crafts, swimming, weekly field trips, and special events. Over 10 half-day specialty camps such as Archery, American Doll and Fishing are also available. All camp information and paperwork can be found online at [www.spbrec.com](http://www.spbrec.com) or call 727-363-9245. Registration begins March 23rd at The Community Center, 7701 Boca Ciega Drive.

...



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# Lifestyles After 50 FunFest

"Come see how much fun being over 50 can be!"

Premier Sponsor:  
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In the pursuit of health\*

**March 28, 2013 • 10 a.m. to 3 p.m.**  
St. Pete Coliseum • 535 Fourth Avenue North  
St. Petersburg, FL 33701



*Richtie Merritt*



*Denise Looney*



*William "Duce" Hulett*



*Fritzzy*



*Art DeMoraville*

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# Crossword Puzzle

Solution on Page 18

## ACROSS

- 1 Brush's companion
- 5 Plant part
- 9 Yields to pressure
- 14 Spoken
- 15 Shade of blue
- 16 Heep, of fiction
- 17 Discharge
- 18 Final notice
- 19 Mother-of-pearl
- 20 Carnivore on cable TV?
- 23 Slur over
- 24 Facial spasm
- 25 Go bad
- 27 Legal matter
- 28 Carnivore on the basketball court?
- 33 Fast fliers
- 35 Boy
- 36 Part of a cake
- 37 In the center of
- 39 Work by Emily Dickinson
- 41 Annika Sorenstam, for one
- 44 A Bell \_\_\_ Adano
- 45 Winnie-the-\_\_\_
- 49 Carnivores in a flower vase?
- 53 Lobbying org.

## DOWN

- 54 Chang's twin
- 55 Alfonso's queen
- 56 Principal Norse gods
- 58 Carnivore in a colorful movie?
- 63 English dramatist George \_\_\_
- 64 Well-ventilated
- 65 \_\_\_ soit qui mal y pense
- 66 Remove a mistake
- 67 Blue-green shade
- 68 1920s designer
- 69 Actress Winona
- 70 Columnist Bombeck
- 71 For fear that

## DOWN

- 1 Treasury
- 2 1997 AL East champs
- 3 Bolshevik
- 4 Mix
- 5 Winter forecast
- 6 Index card attachments
- 7 Threw out
- 8 Like 56 Across
- 9 Peter, once on TV
- 10 Mideast nation
- 11 Colonial ruler
- 12 Hoop site
- 13 Haggard heroine
- 21 Poetic contraction
- 22 Grp. for FSU and UNC
- 26 High hill
- 29 Whitney or Wallach
- 30 Michael Jackson album
- 31 Pub pint
- 32 Light source
- 34 Nigerian-born pop singer
- 38 Debussy's *La \_\_\_*
- 39 Food from a tropical tuber
- 40 Mine product
- 41 Fr. holy woman
- 42 Cold
- 43 Intellectual
- 44 More of an oddball
- 46 Landward
- 47 Turns a certain way
- 48 \_\_\_ Beecher Stowe
- 50 Hawaiian garland
- 51 Native
- 52 Diego or Francisco
- 57 Singer Merman
- 59 In addition
- 60 House of Lords member
- 61 British baby buggy
- 62 Jean Auel's heroine
- 63 Each

## Carnivores

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
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66								67					68		
69								70					71		

The City of Gulfport and Stetson College of Law Public Service Fellows present,  
Co-sponsored by local businesses/associations

# Fun in the Sun Day

Saturday, March 30, 2013

10 a.m. to 12 p.m.

# 2013

Gulfport Recreation Center

5730 Shore Blvd. South



FREE EGG HUNT FOR AGES 8 & YOUNGER



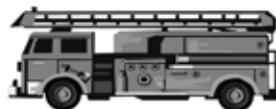
FREE BALLOON ARTIST & DJ



Climb into the driver's seat of your favorite vehicle: Police car, Fire truck, Ambulance, Boat and many more!



FREE BOUNCE HOUSE & TRAIN RIDES



FREE FOOD (HOT DOGS, CHIPS & WATER)

Bring your Camera! Capture a photo with Peter Cottontail.



For more information call 893-1068



# Everyday Cheap\$Kate

By Mary Hunt

## How to Tear Down Attitudes of Entitlement

It is strangely ironic that the freedoms and affluence we enjoy in our society are the very things that stand to ruin our children if not addressed early and effectively.

The consumer-credit industry is doing all it can to get your kids to fall for the buy-now, pay-later lifestyle. If you do nothing to intervene, statistics indicate that your child is headed for a life that will be severely impacted not by credit -- credit is not the problem here -- but by the debt it can create.

When the following three characteristics occur at the same time in the heart and mind of a child, they create a kind of "perfect storm" that has all the likelihood of creating a disastrous situation:

1. Attitudes of entitlement.
2. Financial ignorance.
3. Glamour of easy spending.

For our debt-proofing purposes, "entitlement" is that demanding attitude that says, "I deserve it now even if I haven't earned it or cannot pay for it." Some call it the "gimmies," others the "I-wants." No matter what you call it, this attitude is running rampant, and not only among kids.

Entitlement affects kids and adults alike.

Entitlement is subtle. It creeps into our lives when we compare our lifestyles and possessions to those of the people we respect and want to be like. It shows up in new parents who throw all caution to the wind when it comes to nursery furnishings and "mandatory" equipment. It shows up in two-income families who, because they work so hard, feel they deserve to have nice things. It shows up in adults who feel compelled to conform to society's relentless ratcheting up of standards.

Entitlement is the standard message of marketing and advertising. Look carefully at everything that shows up in your mailbox this week. The message to keep up is relentless. The push for conformity creates attitudes of dissatisfaction and entitlement.

At every turn, it seems something or someone is fanning the flames of entitlement in our lives -- and our children's lives, too.

Attitudes of entitlement, both yours and your children's, are an enemy that, if not dealt with, will surely sabotage your efforts to develop financial confidence in your kids.

A frugal lifestyle, where you live below your means, is the best environment in which to raise kids. When children observe their parents consuming carefully, making wise spending decisions, choosing not to buy the biggest and the best, and not living on credit, they begin to assimilate those values.

By telling your children, "We don't choose to spend our money on that," you send a positive message that you have money but make intelligent choices about how to spend it.

Clearly, attitudes of entitlement are a serious problem. But they are not terminal. Diligent parents who are willing to be consistent examples and limit-setters will find success in tearing down attitudes that have the potential to do great harm.

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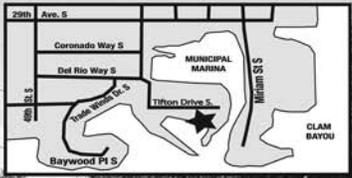
# Joys of Trailer Sailing

March 21, 6:00 pm (social hour), 7:00 (presentaion)

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**Gabber**  
321-6965  
Deadline Tues. 5pm

## Grow Something for Children's Plant Fair

The Children's Plant Fair on Saturday, April 27 and Sunday, April 28, is part of the Green Thumb Festival and is a non-competitive program designed to promote environmental awareness in children. Each participant will receive a "goody bag," and the first 100 plant entries each day receive a free t-shirt. This event welcomes students in preschool through fifth grade. The Green Thumb Festival Highlights include: Garden Club of St. Petersburg Flower Show, educational exhibits, grow and share, free mulch, kid's crafts, nursery plant vendors, plant auction, gardening tips, and a food court.

To participate, just complete two easy steps: Grow one or more plants in a container and second, bring your favorite plant and register card for "show and tell," at Walter Fuller between 9 a.m. and 3 p.m. on either Saturday or Sunday. The event takes place at Walter Fuller Recreation Center, 7891 26 Avenue N., and starts at 9 a.m. and continues through 3 p.m.

...

## South Pasadena Beautification Awards

Compete in the First place and runner up awards in single dwelling, multiple dwelling and commercial categories. First place winners receive framed certificates and signs for property. Runner ups receive a framed certificate. The awards presentation will be held at the Arbor Day celebration on April 26, at 6 p.m. in Galatea Garden at 7015 Sunset Drive S. Information broadcasted on TV Channel 615. For more information contact the Public Works Dept. at 727-384-0701.

...

## Scotsman Fitness Zumba

Learn Zumba in a friendly non-intimidating atmosphere at the Gulfport Recreation Center, 5730 Shore Blvd. S. Zumba is an international dance cardio workout that incorporates dances such as Salsa, Merengue, Hip Hop, etc., with no experience needed. Classes are Tuesdays from 6-7 p.m. and Thursdays

from 7-8 p.m. The cost is \$6 per class. Please contact Rachel (instructor) at 419-905-5562 or Scotsman Fitness at [www.scotsmanfitness.com](http://www.scotsmanfitness.com).

...

## Come out for Fun in the Sun Day

The "Fun in the Sun" Day children's event is presented by the City of Gulfport Recreation Division and Stetson College of Law Public Service Fellows. The event is Saturday, March 30th from 10 a.m. to 12 p.m. at the Gulfport Recreation Center

(5730 Shore Blvd. S.). The free festivities will include an egg hunt for children ages 8 and under, a raffle for baskets, children's activities, music, food and fun. Children will also have the opportunity to climb into the driver's seat of their favorite vehicle: police car, police boat, fire truck, ambulance, garbage truck and many more. Remember to bring a basket for the egg hunt and a camera to capture a photo with Peter Cottontail. Please come join them for this wonderful event!

...

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

**Y**ou could say my motto is "been there, done that," says Keith Sanders, from Sanders Law, P.A.

He says that for two reasons. First, he says his more than 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.

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

"You know, in 99 percent of bankruptcy cases the situation is that bad things happen to good people. They have gone through an expensive

health crisis or a divorce or just got in over their head with debt."

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

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

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

Sanders has held a number of seminars and written professional 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.



Se Hablo Español



We understand this is not an easy process or concept to grasp. We would like an opportunity to explain in depth and in terms that are relatable to you, the homeowner, just what this means and how it could be of benefit to you and your future. 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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# WellNEWS

All the news that's fit.

By Scott Lafee

## One Flu Over ... Worse to Come?

Climate change is nothing to sneeze at.

Indeed, if researchers are right, you might be sneezing more.

In a new published study, scientists at Arizona State University say an analysis of flu and climate patterns in the United States from 1997 to the present suggests that warm winters are usually followed by heavier-than-normal influenza outbreaks.

"It appears that fewer people contract influenza during warm winters, and

this causes a major portion of the population to remain vulnerable into the next (flu) season, causing an early and strong emergence," said study author Sherry Towers, a professor at the Mathematical, Computational and Modeling Sciences Center at ASU.

"And when a flu season begins exceptionally early, much of the population has not had a chance to get vaccinated, potentially making that flu season even worse."

The current flu season may be a case in point: It began early and fiercely and still rages in parts of the country. It followed a relatively light

2011 season and coincided with the fourth warmest winter on record.

According to studies, flu transmission decreases in warm or humid conditions.

The authors speculate that if global warming continues, with warm summers becoming more common, the emergence of future flu seasons is likely to be more dramatic and perhaps more devastating.

### BODY OF KNOWLEDGE

Human adults breathe, on average, about 23,000 times a day.

### COUNTS

676,000 -- Total knee replacements in the U.S. in 2009, the majority due to osteoarthritis

70 million -- Number of Americans who will be at risk for osteoarthritis by 2030 (20 percent of population)

128 billion -- Estimated annual direct and indirect costs of arthritis and related conditions to U.S. economy

1 -- Ranking for arthritis and other rheumatic conditions as nation's most common cause of adult disability

15 -- Number of years arthritis has been ranked No. 1

Sources: National Center for Health Statistics FastStats; National Institutes of Health; Arthritis Foundation; U.S. Centers for Disease Control and Prevention MMWR 58 (2009)

### PHOBIA OF THE WEEK

Lockiophobia -- fear of childbirth

### OBSERVATION

"When it comes to eating right and exercising, there is no 'I'll start tomorrow.' Tomorrow is a disease."

--n V.L. Allineare

### LAST WORDS

"All fled--all done, so lift me on the pyre; The feast is over, and the lamps expire."-- From the suicide note of American writer Robert E. Howard (1906-1936). Howard was the creator of "Conan the Barbarian."

...

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## Super Images in Motion

Dancer Travis Mesman debuts "Super Images in Motion" at the Catherine Hickman Theater, 5501 27th Ave. S., Gulfport March 22, 23, and 24 at 8 p.m. and Sunday, March 24 at 2 p.m. Tickets are \$15 for adults, \$10 for seniors/students, and \$5 for youths 10 years of age and under. This production, which he created and will perform, will not only show skills in dance, Hip-Hop, Break Dance, Capoierra but also comedy-tragedy, creations of "the Vetruvian man", the mystic "Swami", "Duel of Destiny" and much more. Joining the production as special guests are Jefe" del Fuego and the amazing juggler Kenny. This production is entertainment for all ages. For more information please call 727-258-8315 or visit [www.artistsconsort.org](http://www.artistsconsort.org).

...

## Look for us at the Fair

Join the City of Gulfport inside the community exhibitor tent at the Pinellas County Fair today through Sunday, March 24. The five-day event kicked off March 20 with carnival rides, live music, fair food, vendors and more. The community exhibitor tent is located on the south end of the parking lot of Tropicana Field, One Tropicana Drive, St. Petersburg, FL. For more information or to see what this year's fair has to offer, please visit <http://www.pinellascountyfair.com/>.

...



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Under \$20, this wine scores high at 91 points!

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# Horoscope Guide

By Holiday Mathis

This may be hard to believe, but there is much evidence that the human experience is moving toward a kinder and more peaceable existence. Statistically speaking, violence has steadily declined throughout our short time on the planet. So even though it may feel like the quest to get along is a lonely uphill battle, the Libra full moon midweek suggests that peace is not only possible, but it's also happening right now.

**ARIES** (March 21-April 19). When someone you love is under a good deal of stress, you feel it's your job to protect that person, at least to the ability you are able, from things like criticism, nitpicking and bothersome details. Not everyone you know got the memo about how to be a supportive friend and partner. Teach them this week.

**TAURUS** (April 20-May 20). Maybe it's because there are so many ways for you to contact and exchange with people, or perhaps it's the loads of information you're trying to process at once. Whatever the reason, the business of life is getting exponentially busier. If you don't unplug and take a break, your resources will deplete. Take care of yourself!

**GEMINI** (May 21-June 21). There's a quiet person in the background who doesn't miss a thing. You feel comfortable with people who express themselves in an overt manner, because that's the way you communicate. But there is something of value you will glean from the methodical, patient and subtle communicators, too.

**CANCER** (June 22-July 22). Step up to professional challenges. Just like heavy lifting builds your muscles, the efforts you put out at work will shape your professional image. Ask for guidance on Thursday. A mentor will help you hone skills and gain a sharper sense of purpose. You'll soon be considered an invaluable asset to your team.

**LEO** (July 23-Aug. 22). Every person you're around connects to

you in a different way. In order to determine who is good for you, do the gravity test. Do you feel heavier or lighter around the person? The answer to that question should override any logical reason for why you're together.

**VIRGO** (Aug. 23-Sept. 22). For many days in a row, you'll do a hundred things right, and somehow it all goes unnoticed. This is the plight of anyone who consistently does a good job. Being taken for granted just comes with the territory. Luckily, you can give yourself the attention, encouragement and special care you deserve. So do it!

**LIBRA** (Sept. 23-Oct. 23). There will be a lot of pressure to behave a certain way this week. Pushing against the social forces is a desire emerging in you to explore and project your individuality. Somewhere between what you want and what they want is a brilliant solution to what ails you both.

**SCORPIO** (Oct. 24-Nov. 21). Self-restraint will be necessary, especially in social matters. Because you're a loyal person, you'll watch your words. If you have a feeling that what you want to say would hurt someone, you won't say it, regardless of whether the other person is present. What's wrong is wrong all the time.

**SAGITTARIUS** (Nov. 22-Dec. 21). Accepting yourself won't make you act confidently. Accepting yourself *is* confidence -- no acting necessary. So when you fall short of your own expectations, don't get mad at yourself. Just smile, shrug and say inwardly, "Oh, well, that's me." Someone will fall for you this week as you relax and go easy on yourself.

**CAPRICORN** (Dec. 22-Jan. 19). It's not unspiritual to want to make money, and ambition can be healthy and positive for all as long as it's kept in check. Keep reminding yourself that it's not about the dollars themselves, but about what they will enable you to do in the world: create experiences and make contributions that will positively affect all.

**AQUARIUS** (Jan. 20-Feb. 18). How much? This is the question that

haunts your week as you endeavor to create fair exchanges. Stand up for yourself, especially on Thursday and Friday. Keep in mind that your giving too much doesn't help anyone else. You show respect for others when you participate in a way that allows them to contribute.

**PISCES** (Feb. 19-March 20). Avoid obligating anyone. Things done out of obligation feel hollow and stiff. You hate to be the recipient of such gestures, and it's even worse to be the perpetrator. Of course, there will be things that need doing simply because it's expected, but you'll find the joy in them, thereby erasing the obligatory part of the equation.

**This Week's Birthdays:** You're a wise and humble person. Because you strive to make others feel safe and comfortable, you'll wind up more popular than you ever intended to be. April brings money from technical and intellectual work. May takes you on a wild and romantic ride. It all starts with a risk you take in the first half of the month. Traveling in June for work will improve your personal life, too. Invest in family in July. December and January will be your most lucrative months by far.

...

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### **Music at Gulfport Beach Pavilion #6**

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Karaoke by Jay & Lolita  
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**Tuesday, 1-3 p.m.**

Mark Blackwood Harmonica/Open  
Mic

**Wednesday, 1-3:30 p.m.**

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, 1-3 p.m.**

Ann & Ray

**Sunday, 1-3:00 p.m.**

Entertainment for dancing by  
Woody & his accordion

## Annual Spring Bonnet Tea

You don't want to miss the "Centennial" Spring Bonnet Tea on Sunday, April 7th from 3-5 p.m. at the St. Petersburg Woman's Club at 40 Snell Isla Blvd. N.E. A tasty selection of sandwiches and sweets will be served. In keeping with the 100th Anniversary theme, a special Vintage and Contemporary Fashion Show by "So Chic" will be the featured program. The cost is \$10 per person. Sunday dress attire suggested and hats are encouraged. Proceeds of the event to benefit the Historical Building Restoration Fund. For reservations, call 727-527-3250 or email: behamsah@msn.com.

...

## Toddler Story Time

Check out Toddler Story time at Gulfport Library every Thursday at 10:30 a.m. They read stories, sing songs, blow bubbles and you can meet other caregivers in the community! For more information contact Cailey at 893-1074 or cklasson@mygulfport.us.

...

## Attention Teens!

Hey teens! Are you looking to fill community service hours for school or for a scholarship? The Gulfport Public Library is a great place to volunteer! It's a fun way to meet other teens and improve the library while fulfilling your community service requirement. For more information contact Cailey at cklasson@mygulfport.us or 727-893-1074.

...

## Ask the Helpline

In addition to providing homework help, the Pinellas County Schools Homework Helpline is staffed with a certified guidance counselor to assist families who have questions about guidance-related issues. The counselor can answer questions about promotion and graduation requirements and provide guidance about college, careers and other important topics. Help is available at 727-547-7223, from 5 to 8 p.m., Monday through Thursday, on all school days except when there is no school the following day.

...

## Always wanted to Play in a Band?

If you would like to learn to play a wind instrument or drums or if you played when you were younger and would like to join a beginning or intermediate band the New Horizons Band is for you. Sponsored by Eckerd Colleges Osher Life Long Learning Institute. Information and registration will be at their spring term organizational rehearsal on Tuesday April 2nd at 7 p.m. All are welcome. They rehearse at Westminster Suncoast, 1095 Pinellas Point Drive S., St. Petersburg.

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## Red Hot Beach Nuts News

On March 13th, 34 ladies with the Red Hot Beach Nuts of Gulfport, took a ride to Weeki Wachee Springs State Park. Transportation was provided by All Florida Transportation. Mermaids have been entertaining visitors for over 60 years and what show they put on! The group also enjoyed the Wilderness River cruise and Animal Show which took place at the Riverside Theater. Their next outing will be to Sunken Gardens on April 9th.

...



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I can't think of anything except how much my itchy, burning athlete's foot is driving me crazy!

Individuals who currently have Athlete's Foot may qualify for a clinical research study for an investigational topical medication. Qualified participants must be 18 or older. Compensation of up to \$150 for time and travel is available to those who qualify.

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## Events at Main Library

On Saturday, March 23, at 2 p.m., Dr. Mack Hicks, educator and author, will talk about his new suspense novel, *The Sheltering Tower*, about a Homeland Security agent caught in a government conspiracy, a priest fighting to save his aging downtown church, and an old Jewish street dweller with prophetic dreams.

On Saturday, April 13, at 2 p.m., Jim Schnur, archivist and librarian at USF-St. Petersburg, will discuss his new book, *Historic Pinellas County: A Centennial History*. He was the Pinellas County Historical Society's official historian of the centennial of independence from Hillsborough County (1912-2012).

...

## Only Two Weeks Left!

If you want to submit a one act play to the Gulfport Community Players for consideration for their Summer One Act Festival, you only have two weeks left to do so! The Players have been taking submissions during February and March for their "13th Annual Summer One Act Play Festival", but they still need more plays. These plays have to be short, somewhere between 5 and 20 minutes in length. They must use a very limited set and props.

You must submit two hard copies of your play(s) to: Gulfport Community Players, Inc., 1619 49th Street S., Gulfport, FL 33707.

The plays can be comedies, drama, whatever, but must be suitable for

all audiences (no R-rated language, etc.). The Players would prefer plays submitted from somewhat local playwrights, in keeping with the spirit of community theater. The deadline for submissions is March 30th so get those plays in now!

The Players will have their Play Reading Committee read the submitted plays in April. They will pick out what they think are the best plays and submit them to their Board for vote and approval in May. If your play is chosen, you will be contacted by the Players. You will not receive any money for your play however as they are a true community theater.

The chosen plays will be presented in their "13th Annual Summer One Act Festival" at the Hickman Theater. The Festival will run from July 11th through July 21st. Good luck!

...

## Garden Club of St. Petersburg

The Garden Club of St. Petersburg, 500 Sunset Drive S., St. Petersburg will offer Creative Crafts – Remembrance Jars on Monday, April 1st at 10 a.m. Cost is \$3.50 GCSP members, \$4.50 non-members for cost of materials.

On April 11 the will offer a Horticulture Seminar on "Raising Organic Plants" by Allen Cordell, Herb Society, was a horticulturist at Pinellas County Extension. There will be herbs available for purchase. Come for coffee at 9:30 a.m., program begins at 10 a.m. Visitors welcomed.

...

## Kickball Society of Tampa Bay

Kickball Society of Tampa Bay is expanding into Pinellas County. Check them out for a free game on Wednesday, March 27th at 7 p.m. in Gulfport at Hoyt Field (2306 56th Street S.). Run, kick, mingle and score! Find them on FB at <https://www.facebook.com/events/445998975475696/>.

...

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- Minor dermatological procedures
- Ear lavage
- Well women exams/pap smear
- Immunizations
- B12 shots

Se habla Español

## Contract Bridge Instructor Needed

The Contract Bridge Group at the Gulfport Multi-Purpose Senior Center is looking for an instructor to help new members learn Bridge in the group. If you would like to volunteer, please call John at 727-545-5083.

...

## Gulfport Lions Pancake Breakfast

The Gulfport Lions will be presenting their fourth Pancake Breakfast of the Season, Saturday, April 6th, from 7 a.m. to 11 a.m. Please note these new serving hours.

Breakfast will be served at the Gulfport Lions Center, 4630 Tifton Drive So. in the Gulfport Marina Area. Ask anybody! Pancakes with syrup, scrambled eggs and sausage with coffee or tea to drink, and all you care to eat at the donation price of \$5 per person. Bring your entire family and friends and spend an enjoyable morning overlooking beautiful Boca Ciega Bay. You might even see some

manatees. Children really love these breakfasts.

When you come and support their fund raising activities, you are doing much to help them help those in need. Their primary efforts are directed towards sight preservation. There are many other community based functions they continue to sponsor and fund. Gulfport Lions is a service organization, meeting the needs of those less fortunate.

...

## Polish American Society

The Polish American Society, 1343 Beach Drive SE (next to Coast Guard

commissary) will hold their next dance on March 24th. Doors open at 1 p.m.; bar is open at 1:30 p.m. Dinner is from 2-3:30 p.m. and costs \$7. Dancing is from 3-6 p.m. to Country Western (wear your hat) and costs \$5 for members and \$7 for guests. Become a member. Closed Easter

Please RSVP for dinner; 3-course meal will be served. Bring family and friends and support Polish heritage. You will meet all nationalities.

For more information call Bev at 727-526-6835 or visit [www.polishamericansociety.org](http://www.polishamericansociety.org).

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## Pass-a-Grille Up Close and Personal Can You Find These?

These are two tiny details of what guests will see Saturday on the Pass-a-Grille tour of homes. "Rock Around the Clock" is one of the five homes on the tour, while the grapes you see are part of a concrete counter in another.

Tickets cost \$20 and the Pass-a-Grille Women's Club, who

sponsors the usually-sold-out event, has transportation available. On St. Pete Beach, get your tickets at Nancy Markoe Fine American Crafts Gallery, Paradiso, Paradise Gifts and Decor, Simply Perfect, Tropic Al's and the Suntan Art Center.



## Remembering Pam

A celebration plaque was purchased by friends of the late Pam McGinnis. There will be a small gathering at the Gulfport Senior Center on Friday, April 5 at noon at the Celebration Wall outside of the Senior Center. All are welcome to participate in her life and memory.

...

## OLLI Presents "The Founding Mothers"

The Gulfport Multipurpose Senior Center Foundation, Inc. in collaboration with OLLI (Osher Lifelong Learning Institute at Eckerd College), invites the public to attend a presentation on our "Founding Mothers" from 10:30 a.m. to 12 noon on Tuesday, March 26th. The event will be held in Gulfport at the Catherine A. Hickman Theater located at 5501 27th Avenue S.

Behind our country's famous Founding Fathers were women who fought equally as hard for America's independence. Come learn and celebrate the lives of famous women such as Abigail Adams, Martha Washington, and, lesser-known women such as Deborah Franklin and Esther Deberdt Reed.

Presented by multi-talented and well-known author, actor, sleuth, and historian Rick Kistner, the event will shine light on some fabulous females who dedicated their lives for liberty during the American Revolution.

Help welcome OLLI at Eckerd College to Gulfport by attending this fantastic presentation! Register by calling 727-864-8085. Tickets are \$5.

...

## Kickboxing Cardio

It's time to get in shape for spring, burn away calories, feel energized and feel empowered. Kickboxing Cardio will be held at the Gulfport Recreation Center on Thursdays from 7:30-8:30 p.m. in the gameroom. The fees are \$40 a month or \$10 per drop in class. Please contact Bonita at 941-243-7740 or hmocha4@aol.com for more information and start date. The first class is free so there is no excuse not to try this fitness experience.

...

Gabber March 21 - March 27, 2013

## Meridien Research is seeking healthy volunteers for a high potassium research study

Meridien Research is seeking healthy volunteers with mildly elevated potassium levels to participate in a research study. You may have high potassium if you:

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# Gulfport's First New Mayor in 22 Years Speaks to Gulfport

## Ten Questions for Mayor Sam Henderson



Gulfport Mayor Sam Henderson

### 1. What was your reaction to the vote?

Surprised, because I felt like we had a really good chance of winning, I felt like we had worked harder and smarter than the other campaign, but because of Bob's longtime history and the signs... tended to give us the feeling of us being the underdog. Best case scenario? I hoped for 10%; I did not expect 30. I feel that Bob's campaign team did him a great disservice.

### 2. What's the first thing on your plate?

I want us to sit down as a council – and this will happen this coming Thursday – and work through our rules and procedures for how the meetings are going to be run. I feel like a lot of other things we do are going to stem from that.

### 3. What do you mean?

I think how we handle the meetings is going to dictate how our decisions get made. For example, the letters. We have councilmembers with a wide spectrum of views on issues beyond the bounds of Gulfport. I want to get back to the place where we can write a letter, with their name on it, [or several

councilmembers]... but every letter we send does not have to be from a unanimous council. We just need to make it clear in those letters that the signer does not represent the whole council.

### 4. What's the biggest thing on your plate?

I want us to continue with – and granted, this is dependent on whether we get the RESTORE Act money – but I want us to continue with the 49th Street retrofit project for the Clam Bayou watershed. I'd like to see us include some long-term confirmation sampling, to gauge whatever we've got now. I'd like to see water and bottom materials. That money is also the money we can use for sewer pipes. It will depend on how much, if any, we get. Kind of tied with that is the brownfields on 49th Street.

### 5. Talk about 49th Street and how the brownfield monies would help people who live within three blocks of it.

First of all, right now we have some blighted properties that are not very viable... if we can remediate those properties and get the final approval from the EPA... they're a lot more marketable. [The city would have to buy them]

### 6. How does that address resident concerns?

It gives you the opportunity to improve property values. I think that having blighted properties adds to the perception of the neighborhood being bad. I

think blighted properties tend to be inviting of crime because it doesn't look like a nice place. If we're going to talk about 49th Street, though...

It's kind of the chicken and the egg thing – do you reduce crime to make the place nicer, or do you make the place nicer to reduce crime? So we have some work to do on 49th Street and I want to work with the police department and residents. How?

Get input from residents. What are their concerns? Get input from the police, the actual crime statistics, what they feel could be done to improve it.

I would like to see enhance use of our satellite office, particularly at night, if that's what the data shows.

I'd like input from the officers as well. If they have ideas what works and what doesn't work, I'd like to know as well.

### 7. What about St. Petersburg?

At this point, I'm just really not sure how much of a priority 49th Street is for St. Petersburg, and I would love to hear that it is one.

### 8. What do you think about the marina?

I feel like people have got the wrong impression that I'm not in favor of the marina... I think it's time we need to start investing some money there. I'm hoping that we start getting some of the [BP] settlement money...because if we want it to be a nice marina, we have to invest in it. It's time to update it, and if we get some of that settlement money back, it's one of the most appropriate uses of that money. We've let things go, so we need to

address it. And it's a great resource.

### 9. Where is the city, financially, if it doesn't get RESTORE Act money or BP oil money?

We're in a better position than we've been in since I've been on council because property values are starting to level out, so we're not dealing with the same level of loss that we've been in since 2008. This may be the first year that we haven't been on the horrible position we've been in before. We're not dead in the water, but we may not get to do some of the nicer things on our wish list that we'd like to see done.

### 10. As mayor, what power do you have to do any of these things?

Truly, when it comes down to it, the mayor's vote is no more powerful than anyone's vote. The difference is, that as mayor, you do have power in prioritizing the agenda. And, of course, you're always the tie-breaker vote. I feel like I have an excellent reach outside the city because of the connections and the contacts I've made because of the regional and statewide agencies that I've served on. Florida League of Cities is a great one, because you've got people from all over the state and you have absolute freedom to speak on, [for example], how did you guys handle decreasing property values... and I've been doing that for three years. The more people you know that area also public servants the more opportunities to have to learn to do things.

...



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## First Friday Flea

Donations of small items are always welcome for the next First Friday Flea Market scheduled for Friday, April 5 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 useable item or items are greatly appreciated.

While you visit, 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. For more information or to get involved call 727-893-2237.

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## Forget-Me-Not

Loss can be devastating and often individuals are unsure as to how they should process their grief. What can a grief support group offer you? A focus group is being created for opportunity to share your experiences with others who are struggling with similar grief. Discuss feelings and learn appropriate ways to express your bereavement while learning techniques for coping with the feelings associated with the loss and gain a sense of empowerment.

If interested, please call the Gulfport Senior Center at 893-2237 or 893-1231 to get on the list. This is provided by Coast's Older American's Program. For more information, contact Meagan Flores at 727-272-7771.

...

## Hawaiian Hula Dance Class

Learn to dance the Hawaiian Hula at the Gulfport Recreation Center, 5730 Shore Blvd. S. on Wednesdays from 11 a.m. to noon, March 20th - April 17th. The cost is \$40 for 5 week session or \$10 per drop-in class. Dance that will be taught will be “Dancing under the Sea”. The instructor is Kalina, who has studied hula for over 30 years and will share her dance knowledge, stories and protocol. Have lots of fun while doing a gentle exercise, great for strengthening bad knees! Call Kalina at 727-251-0424.

...



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**Gulfport Garden & Bird Club**

The annual business meeting and tea will be held on April 11th at the Gulfport Neighborhood Center, 1617 49th Street S. Social time begins at 11:30 a.m. Committee leaders will give yearly reports and officers will be elected to serve next year. There will be no flower show this year.

Positions up for election are president, program chairman, membership chairman, recording secretary, corresponding secretary, yearbook chairman, treasurer and publicity. Anyone interested in applying for these positions may do so by calling Joyce McMahon at 321-9021 or may do so at the meeting; nominations from the floor will be welcomed.

The club will provide food and drink for the tea with members contributing \$5 each toward a portion of the cost. Please send your check payable to Gulfport Garden and Bird Club to Barbara Dye by April 8th.

Membership dues for next year will be collected starting at the April meeting. The \$5 fee (check payable to Gulfport Garden and Bird Club) must be paid before June in order to have your name included in the yearbook.

The club would like to see more community involvement. If you are interested in gardening and would like to become a members, please call Joyce McMahon at 321-9021 or come to the meeting on April 11th. Everyone is welcome; you do not have to live in Gulfport or even have a garden!

...

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# Gulfport Leisure

## Recreation Center 5730 Shore Blvd. So 893-1068

### ACTIVITIES

**Open Gym** – Mon.-Fri., 10:30 a.m.-2 p.m., Tues. 6-9 p.m. Annual reg. \$2 res/\$22 non-res.

**Open Gameroom** – Mon.-Fri., 10:30 a.m.-2 p.m. Annual reg. \$2 res/\$22 non-res.

### PROGRAMS

#### 2012-2013 SCHOOL YEAR CHILD CARE PROGRAM:

Registrations for the 2012-2013 School Year Child Care Program continue for children who will be entering Kindergarten thru age 14. Non-refundable annual registration fee is \$17 for residents and \$110 for non-residents. Program hours are until 5:30 p.m. with extended hours available until 6 p.m. for an extra charge. Hours of registration are Monday-Friday from 9:00 a.m.-5:00 p.m.

#### 2012-2013 TOT TIME PROGRAM –

CURRENTLY FULL. Call the Recreation Center at 893-1068 for more details.

#### 2012-2013 VPK (Voluntary Prekindergarten) PROGRAM:

CURRENTLY FULL. Call the Recreation Center at 893-1068 for more details.

#### 2012-2013 TEEN NIGHT PROGRAM -

The Teen Night Program is a great hang out for teens in middle school to age 18 (if still in high school). It provides recreation and social activities. It also offers monthly

field trips, cooking projects, guest speakers and service projects. The teens utilize the gymnasium, gameroom and outdoor area. Program hours are Mon., Wed. & Fri. 6-9 p.m. Annual reg. \$2 res/\$22 non-res.

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

**CLASSES** - Call instructor for more information.

• Braveheart Bootcamp- Call Ally at 727-748-6612 or allymorrell@scotsmanfitness.com

• Chair Yoga- Fri., 10-11 a.m. Call Joyce at 727-345-0679

• Conversational Spanish - Mon., 6:30-7:30 p.m. Call 727-482-2125 for more info.

• Cooking Classes- Call Heather for dates and times at 850-264-1715

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

• Gymnastics – Thurs., 5:30-6:15 p.m. Call Barbara at 804-9400.

• Hula- Call Kalina at 727-251-0424.

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

• Kickboxing Cardio – Call Bonita at 941-243-7740 for more info.

• Stretch-n-Tone - Tues. & Thurs., 9-10

a.m. Call Jean at 727-302-1016 for more info.

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

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

• Walking Club- Thurs., 8:45 a.m.-12:30 p.m. Call John at 727-893-1079 for more info.

• Yoga in the A. M. – Wed., 9-10 a.m. Call Valerie at 557-4258.

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

• Zumba- Tues., 6:30 p.m. and Thur., 7:00 p.m. Call Rachel at 419-905-5562.

### TOMLINSON SKATE PARK

All skaters/bicyclists MUST purchase a City of Gulfport Skate Park sticker to use the City of Gulfport's Tomlinson Lake Skate Park. Stickers MUST be visibly placed on the helmet. Annual fee for stickers is \$5 for residents and \$10 for non-residents. Also, all skaters/bicyclists 17 years of age or younger MUST have a signed parental consent form filed at the Gulfport Recreation Center which is located at 5730 Shore Blvd. S. Availability to register: Monday – Friday, 9 a.m.–8 p.m. Stickers valid from October 1, 2012 – September 30, 2013. Bicycles permitted on SUNDAYS only.



## Gulfport Library

5501 28th Ave. So. 893-1074

or fax 344-6386

### TECHNOLOGY PROGRAMS

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

### ADULT/ALL AGES PROGRAMS

**Senior Artists Workshop Exhibit:** Directed by volunteer art instructor Betty Staebell. Each student has prepared new original paintings in watercolor, acrylic, and/or oil that are on display at the Library for the entire month of March. FMI, call 727-893-2237 or 727-893-1231.

### Free Thinkers Open AA (Twelve Step)

**Meeting:** Tuesdays, 5:45-6:45 pm. FMI: Call 727-360-9069.

**Gulfport Prompt Short Story Writers:** Wednesdays at 10:00 am. (previously known as Gulfport Creative Short Story Writers).

**Beginning Spanish Classes:** Thursdays, 9:30 – 10:30 am. FREE & open to everyone

**AARP Income Tax Assistance:** Mondays & Fridays 10:00 am – 3:00 pm. FMI, call 893-1073. TAXPAYERS MUST BRING SOCIAL SECURITY CARDS FOR ALL PERSONS LISTED ON THEIR TAX RETURNS, A PICTURE ID, AND ALL PERTINENT RECORDS SUCH AS W2'S, 1099'S, other income & credits, & a copy of last year's return if available. Free Electronic filing is available at all sites.

**Writing Workshops with Trace Tay-**

**lor:** Sats., Mar. 23, & 30, 2 – 4 pm. Participants will be guided on how to create a book. FMI call 893-1073.

**Coffee/Talk Book Club:** Thursday, Mar. 21, 10:30 am. Discussion of Pride and Prejudice by Jane Austen, over coffee & light refreshments. Stop by the Circulation Desk to pick up a copy. Sponsored by Circle of Friends of the Gulfport Library. Please call 893-1073 FMI.

**SCORE Consulting:** Tuesday, March 26. FREE & helpful advice from experienced business professionals the fourth Tuesday of every month. Call 893-1073 FMI & to schedule an appointment.

**Community Involvement Consulting:** Tuesday, Apr. 2, 9:00 – 11:00 am. A staff member from Congressman C.W. Bill Young's office is available to provide information and to listen to your questions, concerns, and suggestions on the first Tuesday of each month. First come, first served.

**Real Estate News You Can Use Forum:** Wednesday, Apr. 3, 5:00 – 6:45 pm. FMI, call Stephanie Slavick, 727-202-7011.

### CHILDREN/FAMILY PROGRAMS

**StoryTime:** Thursdays, 10:30 – 11:00 am, Come read stories & sing songs selected for preschoolers. Meet other caregivers in the community. Youth Services area around the rocking chair by the Easy books. FMI, contact Cailey at 893-1133 or

cklasson@mygulfport.us.

**Live Performance by the Gulfport Chamber Players:** Thursday, Mar. 28, 3:30 pm. Listen & participate as they perform a variety of songs from nursery rhymes to a fun Mozart sonata. Open to all ages. FMI, call 893-1073.

**Reading Assistance Dog Maya:** Thursday, Apr. 11, 3:30 - 4:30 pm. Enjoy a "Paws to Read" & share a story with a beautiful Golden Retriever... Call to schedule an appointment, 893-1073.

**Crafts with Cailey: Saturday, Apr. 13, 11:00 am – noon.** For more details call Cailey, Youth Services Librarian, 727-893-1134.

**Free Family Movie Day:** Saturday, Apr. 20, 10:30 am is first feature, followed by second film at 1:30 pm. Enjoy them with free popcorn provided by the Circle of Friends of Gulfport Library! Please note that this is the last program of the season, and will be on hiatus through the summer. Please plan to join us for a variety of summer programs for all ages, soon to be publicized. FMI, call 893-1074.

### TEEN PROGRAMS

**Teen Game Zone:** Wednesdays 3:00-4:00 pm. Come challenge your friends on the latest XBOX 360 games or just hangout. Free Refreshments. FMI, call 893-1074 & ask for Sheri.

# Services *City Sponsored Activities* in the Community

## Senior Center

**5501 27th Ave. S. 893-2237**

Enjoy the benefits of all the classes and events below at the Gulfport Senior Center. It's easy to join. Come in and sign up today! Ask for Gail or Rachel to give you a tour! This is your Center! Pick up your February schedule or go online at <http://www.gulfportseniorfoundation.org>

**Like us on Facebook** at Gulfport Senior Center and Foundation! Help our page grow and get daily valuable information!

### **SPECIAL EVENTS**

**Founding Mothers:** 1st Eckerd College Presentation Series on Tuesday, March 26 at 10:30 a.m. at the Catherine Hickman Theater, 5501 27th Ave. S. Tickets: \$5.

**Nutrition Class:** Boca Ciega Center is hosting a nutrition class on Wednesday, March 27 at 2 p.m. Diabetic Management and Cardiac Diets will be featured. Door prize offered and free blood sugar check.

**Hospice and Caregiving:** Want to know more about what Hospice does and do you need questions answered? Join Janet Pattison on Thursday, March 28 at 1 p.m. for free info.

**The Law of Attraction:** Wednesday, April 3 at 1 p.m. Join Life Coach, Nancy Lang, as she teaches you how to visualize what you want. FREE

**1st Friday Flea Market:** Friday, April 5, 9 a.m. - Noon

**Special Plaque Dedication** to Pam McGinnis: Friday, April 5, Noon after the Flea Market, at the Celebration Wall

**Joe Koehler Senior Follies:** presents Blast from the Past "Musical Memories of the 50's and 60's, Friday, April 5, 7 p.m. Catherine Hickman Theater. Remember Bobby Darin, Connie Francis, Roy Orbison, Diane Renay, Elvis, Peggy Lee, Patty Page, Richie Valens and more. Tickets \$7 or bring a friend at 2 for \$10!

**Movie Day at the Snack Bar:** Tuesday, April 9, 11

a.m. Watch a FREE movie and get a great deal on lunch for \$2.50!

**Life is in the Blood:** Wednesday, April 10, 2 p.m. Blood Analyst, Debi McArthur will analyze a drop of blood to show what different cells in the blood look like, what they mean and how we can be healthier. A very fascinating, not to miss seminar! FREE

**Empowerment of Healing:** Join Barbara Newborn at Scout Hall, 5315 28th Ave. S., Gulfport on Tuesday, April 16 at 1 p.m. Her lecture will discuss methods and new insights into the amazing power of healing. FREE

**Fashion Show for the Fashion Saving Diva!** Our friends at St. Vincent Thrift Store in Gulfport

are here to show you how to stretch your money and dress smart on Wednesday, April 24 at 1 p.m. at the Catherine Hickman Theater. See some of your favorite Gulfport models sport some of the latest fashions for less! Want to know more? Come check it out at this bargain event with tickets at just \$2! Your ticket will enter a special drawing.

**TRAVEL!** Call Carolyn at 727-347-0806.

**Hard Rock dates,** Monday, April 1, Tuesday, April 9, Thursday, April 25 is \$20.00 free play and \$5 off buffet with card. Bus meets at Tyrone Gardens.

**Saturday, April 6:** is the Sailor Circus breakfast buffet at Der Dutchman \$20.00.

**Sunday, April 7,** "Harvey" Players Theater Sarasota. Meal at Duffs. \$67.00.

**Punta Gorda Cruise & Fisherman's Village.** Lunch not included. \$ 50.00.

**New Hard Rock stop by Escot:** \$20 gets your \$30 in free play and a luxury ride. Bus leaving at 7:45 a.m. on Tuesday, Wednesday & Thursday and 3:30 p.m. stop on Sunday and Tuesday. Call ahead to reserve at Call for reservations 727-545-2088 or toll-free: 888-571-7778 or reserve ahead on line at [www.escotbuslines.com](http://www.escotbuslines.com).

com. Parking in Library lot only.

### **SPECIAL SERVICES**

**G.E.M.S. Gulfport Extended Mobility Service:**

Affordable transportation for Gulfport residents 55 and over. \$65 annual membership. \$2 per ride and your ride to the Senior Center is FREE! Go to the mall, grocery store, doctor's appointments and more. Call 727-893-2242 for more information.

**Fitness Center Schedule:** Monday - Thursday: 8:00 am - 7:00 pm, Friday: 8:00 am - 3:30 p.m. Annual sign up for the Fitness Center is an affordable \$25 a year or \$40 a couple. Stop by the Senior Center and take a tour of our state of the art fitness facility.

**Snack Bar:** Bring a friend to the Senior Center and enjoy a light breakfast for only \$2.50 or lunch for only \$3.00. In a hurry? Order a boxed lunch-to-go by calling 893-2259. Great food! Great prices!

**FREE Legal Help for people over 60 and meet the required income criteria:** Community Law Program visits the Senior Center every 3rd Friday of the month at 10 a.m. Call 727-582-7480 to see if you qualify.

**AARP Driving Classes** are offered April 2 and 4 at 12:45pm. Must attend both days. \$12 for AARP member and \$14 for non-member. Call 893-1231 to register

**Support Groups Diabetic Support Group** on Mondays at 9:30am

**Caregivers:** Every Wed. at 2pm

**More Activities:** To view the Senior Center calendar in its entirety, please log onto HYPERLINK <http://www.gulfportseniorfoundation.org>.

### **Neighborhood Center**

**1617 49th St.**

**So./893-1070**

**Faith Cathedral International Church:** 9:30am, Sun.; 4th Sun. Bible Study

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



**5501 27th Ave. So.  
893-1070**

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727-258-8315



**5500 Shore Blvd. So.  
893-1070**

**ELLIS HALE'S BAND**  
**Ballroom & Social Dancing**  
Sun., March 24, 6-10pm, \$7  
No Ballroom Dance Sun., Mar. 31

**USA Ballroom Dance**  
**Mon., Mar. 25, 7-10:15pm**  
\$5 Members, \$7 Non-members

**Every Tuesday**  
**Ballroom Lessons**  
12-1pm Intermediate Lesson  
1-2 Beginner Lessons  
2-3 Dancing

**Argentine Tango**  
6:30-10:30pm, \$7  
6:30-8pm Lesson,  
8-10:30pm Dance

**Every Wednesday**  
**Swing Dance**  
6-7pm Bonus Lesson  
7-8pm East Coast Swing Lesson  
8-11pm Swing Dance, \$7

**Every Thursday**  
**Salsa Dance**  
6:30-8pm Beg. & Inter. Lessons  
8-10pm Dance, \$7

**ARGENTINE TANGO MILONGA**  
**Sat., Mar. 30, 8pm-12:30am**  
Dinner Buffet included \$15

## Local Obituaries

**FLOWERS, GAYLE ADELE**, 93, of South Pasadena, passed away on Monday, March 11, 2013, at Bayfront Hospice. She is survived by her children, David Flowers, of Houston, Linda Steinbruck, of Corpus Christi, and Suzanne Trino, of St. Petersburg; 6 wonderful grandchildren; and 6  $\frac{3}{4}$  great-grandchildren; and her brother, Ken Barnebey, of Bradenton. Family will celebrate Gayle's life at a later date. A Life Tribute - Gulfport.

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**GUY, TIMOTHY R.**, 57, of Gulfport, passed away on Sunday, March 17, 2013 after a long and difficult illness. He is preceded in death

by his beloved mother, Shirley Guy and younger brother, John Guy. He is survived by his loving wife of 30 years, Mimi Guy, and sisters Sandy Williams and Chris Guy, both of Spring Hill, FL; a brother Al Guy of Sierre Madre, CA, his niece Colleen Ludington and nephews Johnny Guy and Michael Guy. Tim had a varied career in boat building as a Master tool and dye maker. He was a long time resident of Gulfport, he so loved our small bayside community. Tim spent his youth on the Weeki Wachee River and running the woods, swamps and springs of Hernando County. He enjoyed fishing, boating and all things outdoors. A gathering will be held at the Gulf of Mexico and his beloved river. He will be missed by his many friends and family.

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**HETSCHINOF, TATIANA**, 82, of Gulfport died March 16, 2013. Service is at 9:30 a.m. on Thursday at St. Andrews R.O. Church. Burial at Royal Palm. [www.davidcgross.com](http://www.davidcgross.com). David C. Gross Funeral Homes, 6366 Central Ave., 727-381-4911.

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**KNIGHT, CLARK M.**, 73, of South Pasadena went home to glory on March 11, 2013. He is survived by his wife, Peggy R. Knight; sister, Katie Knight-Perry; brother, James Knight and wife, Nan; nephew, James Knight Jr. and his wife, Sara; their children, Anika and Nolan; cousin, Margery Ranch and a host of family and friends. A Celebration of Life will be held on Saturday, March 23, at 11 a.m. at Revealing Truth Ministries, 203 73rd Ave., St. Pete Beach.

...

**LAWRENCE, CLARENCE**, 82, of St. Pete Beach, passed away March 14, 2013. Born in Winchendon, MA., he moved to Florida in 1998. He worked at Petersens Dairy and Union Twist Drill in Athol, MA for many years and was a part time school bus driver and employed at the Fernald School in Templeton, MA. He loved hunting, fishing, traveling, the Boston Red Sox and Tampa Bay Rays. He is predeceased by three sisters and three brothers. Survivors include his wife, Joyce; step children, Susan Jillson and Steven Manning; sister, Esther Richardson; three step grandchildren; several nephews and nieces; his first wife, Charlotte Underwood and their children, Peter Lawrence, Jeffrey Lawrence, Jennifer Desreuisseau, Daniel Lawrence, Gordon Lawrence; several grandchildren and great-grandchildren; Burial will be at a later date in North New Salem Cemetery in Massachusetts. Guestbook at [www.davidcgross.com](http://www.davidcgross.com). David C. Gross Funeral Homes, 6366 Central Ave., 727-381-4911.

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**PALMATEER, LYLE S.**, 77, of St. Pete Beach, Florida, passed March 15, 2013. Survived by his wife; 3 children; 2 sisters; and 2 grandsons. Abbey Affordable, 727-517-2340.

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## Come to Lifestyles After 50 Fun Fest!

Join them for the 3rd annual Fun Fest at the St. Petersburg Coliseum, March 28th from 10 a.m. to 3 p.m. The Historic Coliseum is located at 535 Fourth Avenue N., St Petersburg.

This event features friendly exhibitors with information on local services, lifestyles, health and wellness, travel and more. Lunch for \$5 will be available including hot dog, chips, soda or other menu items. Free coffee and goodies will be offered throughout the day.

Free health screenings will include hearing and eye checks, glucose, blood pressure and bone density checks, and other important health information provided by St. Petersburg General Hospital.

Enjoy live performances on stage throughout the day. Celebrate the '60s with Richie Merritt of "The Marcells", William "Duece" Hulett—the "Best in Country Entertaining" as well as Denise Looney, "The DJ with a Twist!". Don't miss Fritzzy the "One Man Circus" and his amazing stunts.

Activities of the day include free bingo games and the Senior Friendly Sports Area. Try your sports skills to win prizes!

Thousands of dollars in prizes will be given away throughout the day, including tickets to Busch Gardens and the Florida Orchestra.

The Grand Prize drawing at the end of the day will be a two-night stay at the Beau Rivage Resort and Casino in Biloxi, including round trip airline tickets compliments of the St. Petersburg-Clearwater International Airport.

Join them for the Official Lifestyles After 50 Easter Egg Hunt. Colorful Easter eggs will be hidden in the Coliseum throughout the day. Find one and win a prize!

Admission and parking are free. For more information call 1-888-670-0040 or go to [www.Lifestylesafter50fl.com](http://www.Lifestylesafter50fl.com). For directions call 727-892-5202.

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## Organ Recital at St. Vincent's

Ryan Hebert, Doctor of Musical Arts, will play a benefit recital on the 127 year old C.F. Durner Mechanical Action "Tracker" Pipe Organ on Palm Sunday, March 24th at 4 p.m. at St. Vincent's Episcopal Church, 5441 Ninth Avenue N. in St. Petersburg. Dr. Hebert, native of Louisiana, is Director of Choral Studies and University Organist at the University of Tampa. He directs three choral ensembles and teaches music theory at UT. He received his Bachelor of Music from the University of Alabama, his Masters of Music from the University of Kansas and his Doctor of Musical Arts from the Louisiana State University.

He has played recitals in Europe and all over the U.S. He is a composer and a Member of the American Guild of Organists and is a Carillonneur and a member of that instrument's North American Guild. Suggested donation is \$10.

...

## Dance to Sounds of Dixieland

The "Bourbon City Ragtime Band" will be performing at the Polish American Society of St. Petersburg on Friday evening (March 22nd) from 7-10 p.m. The public is welcome to enjoy the exciting music with top-notch musicians on the banjo, guitar, trumpet, keyboard and drums. Come and enjoy the evening with this great band and magnificent dance floor

Cost is \$5 at the door. There will be a cash bar and light food available. The Polish American Society is off of 4th St. S. at 1343 Beach Drive SE in St. Petersburg (adjacent to the Coast Guard). Call 727-894-9908.

...

## Lifeguard Certification Training

Interested in becoming a Lifeguard? St. Pete Beach Family Aquatics Center will be offering training. Lifeguard training class is open to anyone 15 years and older. Class will be offered two more times this spring: Session II April 6-18, Session III May 4-16 at the St. Pete Beach Family Aquatic Center, 7701 Boca Ciega Drive. Cost is only \$160 for St. Pete Beach residents

and \$180 nonresidents. Sign up now to become a Certified Lifeguard. For more information call 727-363-9264 or visit [www.spbrec.com](http://www.spbrec.com).

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## Music in the Afternoon Returns

"Music in the Afternoon" is back! This event is free and open to all. The St. Pete Beach Community Center, 7701 Boca Ciega Dr, will be hosting this event on Sunday, April 21st from 2-4 p.m. This casual afternoon will

feature light refreshments and plenty of dancing and socializing to the classic music of "The Rhythm Kings." Call the Community Center at 727-363-9245.

...

## Catch some Jazz

Suncoast Dixieland Jazz Society will sponsor "Bobby Tess and the Dixie Chaps" on Thursday, March 28th from 7-9:30 p.m. at the Bilmar Beach Resort, Treasure Island. Admission is \$7. Call 727-522-6877.

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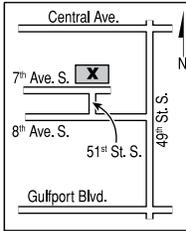
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## Blast from the Past!

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This event supports the Gulfport Multi-Purpose Senior Center Foundation.

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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.

March's program includes: "Your Boat's Radio" March 26.

April's program includes: "Which Boat is for You" April 2, "Equipment for Your Boat" April 9, "Waterway Watch/Trailing Your Boat" April 16, "Handling Your Boat" April 23 and "Your Highway Signs" April 30.

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

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## Gulfport City Council Meeting

# Public Comment & Council Quotes

***“On behalf of all of us, I thank you all very much.”*** – Mayor Sam Henderson, immediately after the swearing in of the new officers

***“Nearly all the time we have folks who do this the right way.”*** – Mayor Sam Henderson, about the public session

***“I would like to congratulate the new council and Mayor Henderson on a really good race that we ran...”*** – Bob Worthington, who opposed Mayor Henderson in the race for mayor.

***“This has turned into a little bit of craziness in the last few years... I would like to see it not be a contentious issue.”*** – Mayor Sam Henderson, about the appointment of the vice mayor.

***“I would like to see if council has any interest in moving on in that rotation...”*** – Mayor Sam Henderson, who suggested that the council adopt a ward rotation for vice mayorships.

***“I move to nominate Dan Liedtke as the vice mayor.”*** – Councilwoman Jennifer Salmon

***“This is record breaking, the speed with which we are moving this evening”*** – Mayor Sam Henderson, at 7:15, after the clerk swore in three elected officers, council approved minutes, staff gave staff reports, and council approved one resolution. The city attorney then spoke for almost 30 minutes on Sunshine and public records laws.

***“Any type of meeting between two councilmembers discussing business that is going to come before you or could come before you... Individuals***

***have the right to see you, see your face... [when you make a decision]... You mostly hear about the Sunshine Law when some members of the board are considered to have a meeting [outside a public meeting]... the intent is that you’re not making decisions outside a public meeting... you can express your position, you can prepare a memo. There’s no violation then; the violation comes when another councilmember responds... the problem that we have now...is again, some of the technology. You have Twitter; you have e-mails; you have Facebook...***

***The penalties for the Sunshine Law are civil and criminal. Bernie McCabe’s office has prosecuted some of these cases... you need to be careful from that aspect. The other part is people should not be coming to you and telling you what another councilmember is going to do.”*** – City Attorney Andy Salzman and some of his counseling to the city council about Sunshine Laws

***“If you have a question of whether a meeting will violate Sunshine Law, it probably does.”*** – City Attorney Andy Salzman

***“The TV is not necessarily a requirement of the Sunshine Law.”*** – City Attorney Andy Salzman, in response to Councilwoman Jennifer Salmon’s comment that people could not truly see people’s expressions on the city’s broadcast of city meetings

***“I don’t even know what old and new business is yet.”*** – Councilwoman Christine Brown, when Mayor Henderson asked how the council felt about consolidating old business, new business and council reports into one item on the agenda.

***“Call 1-800-96-ELDER and ask for SHINE...”*** – Councilwoman Jennifer Salmon, about SHINE (Serving Health Insurance Needs of Elders), an organization that offers free, unbiased insurance counseling and education to seniors and caregivers

***“I’ve never spoken into a microphone... I have a teacher’s voice, and I’m used to talking to 17 year olds, and you guys scare me to death. They don’t, but you do.”*** – Councilwoman Christine Brown

***“I’m very excited... I’ve worked very hard for many years to get up here... I want you to please accept me ... as your councilman...I will respect you...”*** – Councilwoman Christine Brown, who addressed the city for the first time. The councilwoman promised to send us her speech, which we will post online at [TheGabber.com](http://TheGabber.com)

***“I’m truly honored to be here with you.”*** – Vice Mayor Dan Liedtke, to Councilwoman Christine Brown after her speech

***“It feels a little strange sitting in this seat... it’s probably going to feel a little strange to you...”*** – Mayor Sam Henderson, to everyone, about his move to the mayor’s seat, which Mayor Mike Yakes filled for 22 years.

***“We’re going to stumble from time to time... I already stumbled before I walked in, by locking both mine and my wife’s keys in the car.”*** – Mayor Sam Henderson. The new mayor and his wife waited for AAA after the meeting; AAA does not give preference to elected officials.

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# Energy Express The latest trends for staying healthy

by Marilyn Preston

## Junk Food Lives! Have Your Cheesecake and Eat It, Too

Start where you are. That's what I advise dear ones who come to me because they want to eat cleaner or exercise more. You can't control drone attacks or your dog's fleas, but you can make healthier choices, starting where you are, learning what you need to know.

So let's talk food choices, because if you did nothing else in your life but choose to eat tasty foods that are wholesome, less processed and less or not toxic, you'd be so far down the path of healthier living, it would feel like you've arrived.

Today, having just digested a fascinating new book called "Unjunk Your Junk Food" (SimonandShuster.com), I want to focus on processed, manufactured snacks -- the chips and dips, cookies and cakes, candy bars and sodas that make life worth living.

Starting where you are, let's admit you're not the only who keeps an emergency stash of M&M's in the glove compartment. From Lay's potato chips --one of my guilty pleasures, bought only while pumping gas -- to Diet Pepsi, we all love our junk food. It makes up a third of the all-American daily diet! And too often we love it so much we're willing to ignore what it's doing to us.

The science is in: "Toxic chemical additives are contributing to epidemic rates of obesity, heart disease, chronic headaches, cancer, diabetes, anxiety, depression, ADHD, hyperactivity in kids and much more," report Andrea Donsky and Randy Boyer, co-authors of "Unjunk Your Junk Food" and co-founders of a well-rounded wellness website, NaturallySavvy.com. Bookmark it, please.

Are these crusaders calling for a ban on our beloved Oreos? A boycott of Hostess Cupcakes? No. The authors love their junk food, too. Big bowls of buttered popcorn, for one; gooey chocolate chip cookies, for the other. They're just very picky about the brands they choose. And they want you to be, too.

The problem isn't junk food, explain

Donsky and Boyer. It's the *quality* of the junk food -- the ingredients! -- that are the real life-and-death issue. It's the partially hydrogenated oils, also known as trans fats, estimated to cause an astonishing 30,000 deaths each year. It's the high fructose corn syrup, the artificial food coloring and flavors, the MSG and artificial sweeteners that are perfectly legal, perfectly hidden in plain sight and perfectly approved by an FDA that has been overly kind to the makers of manufactured toxins.

"Eating healthier is not about calorie counting or even giving up the sweets you love most," they say. "It's about avoiding the most toxic chemical additives used by manufacturers today, otherwise known as the Scary 7 Ingredients."

Their book includes a well-researched list of the worst offenders, and once you learn them (it takes all of five minutes), the rest is a piece of cake: read the label, note the bad actors, choose a similar junk food made of a purer mix.

Scanning all ingredients before buying is a must! If you see BHA and BHT, for example, two FDA approved preservatives known to impair kidney and liver function, chose a brand

without it. Ditto for TBHQ, short for tertiary butylhydroquinone, one of the reasons Pop-Tarts are a bad choice. Yes, TBHQ increases a product's shelf life and decreases rancidity of fats, but it's also associated with nausea, vomiting, tinnitus and, with prolonged exposure, cancer.

Why risk it, when Nature's Path Organic Toaster Pastries are only a few shelves away, with none of the dangerous trans fats or high fructose corn syrup?

That's why "Unjunk Your Junk Food" is so valuable. It doesn't stop at telling you what to avoid. It guides you to taste-tested healthy alternatives. The bulk of the book is made up of side-by-side comparisons of Bad Choices vs. Naturally Savvy Approved Choices.

So what will it be: Dorito Nacho Cheese chips loaded with MSG, partially hydrogenated oil (trans fat), artificial flavor, and colors yellow 5 and 6, and red 40, or the Garden of Eatin' Organic Nacho Chips that are MSG free and trans fat free, and have no artificial flavors or color?

Duh.

Yes, the authors name names. Snickers, Cool Whip, Coca-Cola Classic --they're all in the book, and they're all deemed Bad Choices for reasons they explain so well.

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# A Greener View

By Jeff Rugg

## Checking for Insects and Diseases

I know we are still getting blizzards here and there as winter winds down, but spring is in full swing in the southern most regions of the country, where vegetable gardening is already underway.

While plants are still dormant, they are easier to inspect and to treat for some insect and disease problems. Inspect all fruit trees, ash, elm,

euonymus, lilac, magnolia, maple, arborvitae, junipers and yews. Scale insects can kill a tree or shrub in a few years if left untreated. They remain attached to the branches in a dormant stage and are easy to detect and treat once you recognize them. Compare the healthy branches to the ones that were not doing well last year. Scale insects often look like clumps of scabs or tiny oyster shells. They can be scraped off with a fingernail, leaving bark underneath.

The easiest and safest treatment is a dormant oil spray that can be purchased at any garden center.

If you have peach trees, you may have seen the symptoms of the fungal disease called peach leaf curl. This disease causes the leaves to be puckered, distorted and reddish in color. The leaves fall off quickly in the spring, forcing the tree to spend energy creating new leaves instead of producing fruit. It can kill the tree in a few years. Fungicides applied when you see the damaged leaves will do no good. It must be applied before the buds start to swell in the spring.

A fungicide applied in the winter is the most effective. The whole tree must be coated and, again, check temperature requirements. You can use either the organic approved Bordeaux mix of copper sulfate and lime or many other fungicides that list peach leaf curl on the label.

Late winter, after the coldest spells have passed, is a good time to prune dormant trees. It is the time of year that there are no diseases or insects to infect the open wounds. Since there are no leaves on the trees, you can see the structure of the tree.

Look for and remove broken branches and branches that are crossing near each other or rubbing on each other. Remove vertical branches growing on horizontal branches. These are called water sprouts and they often have a weak attachment to the branch from which they are growing. As they get larger, they grow through the middle of the tree, rubbing on many horizontal branches on the way up.

Look at the placement of branches around the trunk. It is best if they radiate out in all directions, instead of mostly on one side. It is also best if they are evenly spaced vertically up the trunk. Try to create a balanced tree by removing branches that are not in a good structural arrangement. This is more important on young trees because you can set the shape for many years to come.

The closer to spring that you prune, the more likely it is that birches, maples and walnuts may "bleed" when the sap begins to flow. What seems like an excess of sap may run down the trunk from the new pruning cuts. This sap flow is not harmful and will stop as the tree leaves come out.

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## Korean War Veterans to Meet

Korean War Veterans, Suncoast Chapter 14, announces the election of officers for the 2013-14 year: Joe Slatton, President; Everett Dewitt, First Vice President; Conrad Giffort, Second Vice President; David Smith, Treasurer and Joan Arcand, Secretary.

They meet on the third Thursday of each month at the VFW 4364 Hall, 5773 62nd Avenue N. in St. Petersburg at 7 p.m. Korean War Veterans and post-Korean War servicemen serving in Korea are encouraged to join by attending a meeting. Activities include an Honor Guard, Color Guard, R.O.T.C. and high school education programs, an annual dinner and an annual picnic. Call Joe Slatton at 727-345-4845.

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## New Instructor for Stretching Class

Stretching for seniors will be receiving a new instructor from the Boca Ciega Center in March. This class will restart on Tuesday, March 5th in the Theater Lobby area at 5501 27th Ave. S. You must be registered with the Senior Center to enjoy this free class.

...

## Fresh Market Collects Pantry Donations

The Gulfport Merchants Association continues to collect donations of non-perishable food, toiletries and personal needs to be distributed to the Gulfport Senior Center Pantry. Bring your donations to the Gulfport Merchants Association tent each Tuesday during the Gulfport Tuesday Fresh Market, on Beach Blvd. below 29th Ave. S., from 9 a.m. to 3 p.m. each week. The Pantry, which offers food and other needed items to struggling Gulfport individuals and families, is in great need of donations to keep up with the needs of its clients. The stock of items on Pantry shelves has been greatly diminished since the holidays and new donations will be much appreciated.

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## Bluebird Bus Comes to Women's Club

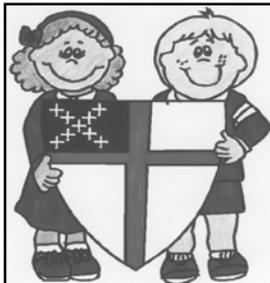
The March meeting of the Gulfport Women's Club is always greatly anticipated. Awards for the three schools are announced and they hold a high tea event. Approximately 60 members and guests attended the meeting chaired by Sandy Adams (tea) and Joyce Bolas (the education component).

Guest speaker was Mitzi Gordon from Blue Bird Books. Mitzi has been featured on one of our local TV channels because of her innovative idea of promoting reading. Through the blue bus and book boxes she offers a program to borrow and exchange books. Visit [thebluebookbus.com](http://thebluebookbus.com). Members came through with their generosity by donating several boxes of books ranging in age from preschool to adults.

The next meeting will be held on April 10th with registration and jewelry sale at noon followed by a speaker and lunch at Town Shores auditorium. This meeting is their annual "small bites" pot luck and will have a surprise ending. Anyone interested in joining can call Joan at 345-5443.



Mitzi Gordon, founder of Blue Bird Books



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# Points On Pets

By Matthew Margolis

## Dogs and Seniors

"I bought my mom a Yorkie for her birthday."

"Yorkie, huh? Cute breed. How old is your mom?"

"She's 92."

And so began the story that, all told, included four trips to the hospital in five months for Mom, as she repeatedly tripped over, tangled with and stepped on her rambunctious gift. Happy birthday!

The potential benefits of pairing the elderly with pets are immeasurable, but clearly there are risks to consider.

Large dogs can knock a frail person to the ground. Hyperactive or herding breeds require a lot of exercise and attention. Longhaired dogs tend to shed more, creating extra housework and requiring frequent grooming. Many purebreds and older dogs have health problems of their own, meaning frequent trips to the vet,

medication and special care.

Toy dogs send their senior owners to the emergency room with broken hips, broken arms, broken legs... And a broken bone can lead to major complications for an elderly person -- physical, psychological and financial complications that can take a lasting toll on the individual's quality of life.

This is why training and foresight are essential.

Foresight means you've considered the risks outlined above and determined that you are able to successfully navigate them. In giving the gift of a dog to an elderly person, foresight means asking hard questions:

--Will the dog outlive the person? Most dogs live about 15 years. If the recipient is 92, who will take care of the dog once that person is gone? A shelter should not be the answer.

--Can the recipient take care of the dog? Walk the dog? Remember to feed and water the dog? If not, who will?

--Can the person drive the dog to the vet and take charge of any medical needs that arise? If not, who will?

--Does the person want the responsibility of a dog? After all, the point of a gift is to bring joy, not stress, to the life of another.

After foresight comes training. Training prevents accidents -- for the person and the pooch. The potential benefits are many and not to be overlooked: companionship, protection, the establishment of a daily routine, the great feeling of having a purpose and being needed, not to mention the good health rewards of exercise, playfulness, the smile a dog brings to the face and the relaxation induced by stroking his fur.

After suggesting to her well-meaning son that it makes no sense to give a 92-year-old woman an untrained puppy, he indignantly replied, "Who has the money for professional dog training?"

Answer me this: Who has the money for four hospital stays in almost as many months?

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## Animal Services Changes Hours

As a result of a review of operational procedures, Pinellas County Animal Services is reducing the days that rabies vaccinations are available to the public. A licensed veterinarian will administer the vaccines on Thursdays from 1 to 4 p.m. and no appointments are necessary.

Rabies vaccinations are also administered by licensed veterinarians throughout the county. Pet owners are encouraged to bring their pets to a veterinarian on a regular basis to keep all vaccines up to date and ensure their pets' health.

Starting April 1, the shelter's hours of operation will be Monday to Friday from 9 a.m. to 6 p.m., with the adoption center closing at 5:30 p.m. Saturday's hours will be expanded to 9 a.m. to 1 p.m. and services will include adoptions.

Pinellas County Animal Services is located at 12450 Ulmerton Road in Largo. For news on how to adopt, donate or volunteer, join Pinellas County Animal Services on Facebook. To learn more about the shelter, visit AnimalServiceswww.pinellascounty.org/animalservices on the web or call 727-582-2600. The lost or found pets hotline is 727-582-2604.

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## City Power Toastmasters

Do you seek better communication and leadership skills needed in this tough economy? Visit City Power 911 Toastmasters club each Wednesday, from noon to 1 p.m., 1400 19th St. N. You will quickly see how the club can help you to become a better professional. Learn the secrets of how to give good presentations and keep your audience's attention, plan and organize successful meetings, craft your public speaking skills, and become a competent leader. They are an upbeat, fun and refreshing group where everyone learns at their own level. Free to visitors. Call 727-893-7918.

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Gabber March 21 - March 27, 2013

## You Can Be an Artist!



Jenny DiVenuti tries her hand at experiential art Saturday night. Ms. Venouziou came from New Jersey to visit family.

At Saturday night's artwork, artist Vivi Steinfeld held a free experiential art workshop at Schork-Munsell studios in Gulfport's Alley of the Arts. She set out paper and different types of drawing instruments and invited anyone to come in and create.

Ms. Steinfeld has a master's degree in art therapy/counseling and explains experiential art in simple terms.

"The fundamental idea here is to not have judgment; it's not to create something pretty. It's not a craft space. It's to experience how it feels, what art making feels like," she says. "A lot of people feel like they can't make art," which, she says, may come from experiences with art classes in school.

"The idea is to give people the opportunity for a reparative experience. Very often, talent is just practice."

## 1st Annual Woodfest

March 22nd - 24th

### Come and Join in the Fun

Watch Chainsaw Carvers and Woodworkers outside the Market create eagles to be auctioned off on Sunday with the proceeds going to the American Diabetes Association.

Que's BBQ will be on site to sell his mouth watering, lip smacking good food outside while inside the Market;

White Buffalo Cafe serves up the best salads and sandwiches and Mrs. Luv It's Pies serving Fish 'n Chips and other English Delights waiting for you.

### Come enjoy this 3 day event

Friday and Saturday 10AM-7PM and Sunday starting at 11AM with the Absolute Auction starting at 1PM.



All proceeds benefit the American Diabetes Association! Come join in the fun!



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## Corned Beef for Baseball



JasonManningJoeGuentherWadeParrish.JPG: Jason Manning, Joe Guenther and chef Wade Parrish pause from prepping corned beef and cabbage to smile for the camera.

If you ate at O'Maddy's on St. Patrick's Day, you helped the Boca Ciega High School baseball program get bleachers. As part of its restaurant's annual St. Patrick's Day street party, the Guenther family donated 30% of the day's profits to the program.

Smokin' J's and Salty's also donated to the baseball program, as did Olivia Guenther. The tow-headed preschooler wanted to work alongside her dad, Joe, who runs O'Maddy's. He set her to work with a sack of potatoes and a plastic knife, and for four hours she cut potatoes. Next, she asked her dad if she could move on to cabbage.

## Core Fitness Class Offered

The St. Pete Beach Community Center, 7701 Boca Ciega Drive, will be offering a new Core Fitness class. Sculpt your body and build strength through your core with this new 30 minute Core Fitness class. Classes will be held every Tuesday morning 9-9:30 a.m. and Tuesday night 6-6:30 p.m. The cost is only \$10 per class or \$48 for an 8 week session. Join anytime. For more information visit [www.findmyfit.com](http://www.findmyfit.com) or call 727-692-9093.

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## City needs Volunteers

The City of South Pasadena is looking for residents to serve on the Finance Advisory Committee. Applications are available in the City Clerk's office, 7047 Sunset Drive S., South Pasadena. For more information call 727-347-4171.

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## City Power Toastmasters

Do you seek better communication and leadership skills needed in this tough economy? Visit City Power 911 Toastmasters club each Wednesday, from noon to 1 p.m., One Fourth Street N., room 600, Municipal Services Building. You will quickly see how the club can help you to become a better professional. Learn the secrets of how to give good presentations and keep your audience's attention, plan and organize successful meetings, craft your public speaking skills, and become a competent leader. They are an upbeat, fun and refreshing group where everyone learns at their own level. Free to visitors. Call 727-893-7918.

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## Market Offers Free Space for Non-Profits

The Gulfport Tuesday Fresh Market continues its program of offering one free vendor space each week for community non-profit organizations. The Fresh Market is a year-round event, attracting hundreds of visitors each week. Groups may use the space to provide free information, promote and sell tickets to upcoming events, offer community outreach, raise funds, or sell items for fund-raising. Any items to be sold must be pre-approved by Market managers. All funds raised in any manner must be for the benefit of the non-profit organization, rather than any individual(s) or for-profit entity.

The free space for non-profits is currently being scheduled and any interested and qualified non-profit groups may apply to use the space as available in upcoming weeks and months. Non-profits that have made use of the space in recent months include library boosters, historical societies, environmental advocacy groups, community health organizers, art and theatre groups, veterans groups, animal rescue organizations and many others.

For more information and to apply, please contact Daniel Hodge, Fresh Market Coordinator by email to dan@igc.org.

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## Introductory Digital Photography Workshop

This workshop is designed to give the complete novice a solid understanding of their compact digital camera and the fundamental knowledge needed to embark upon a lifetime's exploration of photography. The St. Pete Beach Community Center, 7701 Boca Ciega Dr, will be offering a Introductory Digital Photography Workshop on March 28th, and April 25th from 6-9 p.m. The cost is only \$10 per class. For more information or to register call 727-363-9245.

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## Investment Group

Investment club meets every Wednesday at the Gulfport Library from 10-11:30 a.m. Discussion group only. No question too big or too small.

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Gabber March 21 - March 27, 2013

## Club holds Easter Craft and Bake Sale



The Lithuanian-American Club is serving lunch on Thursdays at 1 p.m. at 4880 46 Avenue N. in St. Petersburg. The winter schedule of luncheons are one week koldunai and the other week cepelinai. The cost is \$7 for entree, side, dessert and coffee. Today's menu is cepelinai (grated potato meat dumplings) served with bacon and/or sour cream, dessert and coffee. As usual, they have Lithuanian beer and fresh baked Lithuanian bread to buy every Thursdays. Also on Thursday, March 21st before lunch at 11 a.m. the club will have an Easter Holiday Craft and Bakery Sale. There will be Lithuanian jewelry and crafts made with amber. The ladies of the Club have made a variety of their favorite baked recipes and homemade farmer's cheese. Call Vida at 866-7936. Everyone is welcome.



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MARCH 21-27, 2013



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## Clam Bayou for Kids



Sage Tracy, 5, attends pre-K but her older sister goes to Gulfport Montessori. The PTA came out to the Clam Bayou Cleanup Saturday morning to haul trash from the mangroves.

At last weekend's Clam Bayou cleanup, pint-size helpers plucked trash from the mangroves. The Gulfport Montessori Elementary PTA brought out students and parents to help clean up the city's nature park. In all, just over 20 people volunteered for the cleanup.

## Apply for City Scholarship

South Pasadena residents and high school graduating students of the City of South Pasadena, have until May 31, 2013 to apply for the City's annual scholarship award. Applicants must have been City residents for the past two years, and been accepted at an accredited college, university, trade or technical school.

Applications are available at City Hall, 7047 Sunset Drive South, South Pasadena and at [ci.south-pasadena.fl.us](http://ci.south-pasadena.fl.us). For more information, call the City Clerk's office at 727-347-4171.

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## Junior Magic Basketball League

The City of St. Pete Beach Recreation and AD Basketball has partnered with the NBA and Orlando Magic with its youth basketball program. The program offers two coed age divisions: Grades 3rd through 5th and Grades 6th through 8th. All participants will receive a Junior Magic Jersey, trophy, and a ticket to a Magic home game. The league will run from April to late June. Cost is \$90 per athlete. Registration starts March 2nd at 10 a.m. at The St. Pete Beach Community Center, 7701 Boca Ciega Dr. Visit [www.spbrec.com](http://www.spbrec.com) or call 727-363-9245 for more information.

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## Wednesday Morning Yoga

Yoga with Valerie on Wednesday mornings is at the Gulfport Recreation Center. Class starts at 9 a.m. and cost is \$10 a class. Class suitable for all levels, yoga meets you where you are at. For more information call Valerie at 727-557-4258 or go to her website-[getfitwithvalerie.com](http://getfitwithvalerie.com). Please bring a yoga mat and a bottle of water.

...



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## Players Need 60's Clothing!

The Gulfport Community Players have just started rehearsals for a comedy entitled, 'A Flea in Her Ear'. It's a fast-paced comedy that requires lots of 60's clothing. They need donations of both men's and women's clothing from that period, no matter what the condition. Clothing from the 60's might include Nehru suits, mini skirts, geometric "pop art prints", Jackie Kennedy-style suits, pillbox hats, etc. These are just a few of the types of 60's clothing they could use for this play.

If you have such clothing and are willing to donate (not rent or lend) that clothing to the Players, please call the Players' president, Eileen Navarro at 727-289-6531. She would be happy to go pick the clothing up (if you have a plentiful amount), or she can make arrangements for you to drop the clothing off at their Back Door Theater, 1619 49th Street S. in Gulfport. All 60's men's and women's clothing donated would be appreciated by the Players.

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## Azalea Rec offers Pottery Classes

Bring your imagination and inspiration to the Azalea Recreation Center and clay with Janet Corrigan, a local acclaimed artist with over 40 years experience. Classes are offered Mondays 6:30-9 p.m. and Tuesday from noon to 2:30 p.m. at Azalea Recreation Center, 1600 72nd Street N. Skills taught in the class consist of hand-building and learning to throw using a potter's wheel. Cost is \$25 or \$35 per month, supplies if needed and \$15 annual or \$12.50 monthly ADVANTAGE Member fee. Fees include instruction, clay and glazing. Beginners are welcome. Sponsored by City of St. Petersburg Parks and Recreation. Call 893-7150 for more information and check out other exciting activities at [www.stpeteparksrec.org](http://www.stpeteparksrec.org).

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**We Want YOUR NEWS!**

Send us your press release by noon on Monday  
321-6965



By Robert J. Myers, Esq.

## What is the Role of a Personal Representative in Probate?

A personal representative is a person or entity that is appointed by the Probate Court to be the overseer of the administration of a deceased person's estate. A personal representative is required by the Probate Court to make sure that the deceased's estate is administered in accordance with Florida law.

Generally, a personal representative is obligated to identify, accumulate and protect those assets which are part of the probate estate. This process is also known as the marshalling of probate assets. Because the personal representative has a duty to the beneficiaries of the probate estate to protect assets in the estate, this responsibility is court-supervised by the filing of an inventory with the Probate Court.

A personal representative is required to publish a "Notice of Administration" in a newspaper of local circulation. This notice specified

who the personal representative and attorney of the estate are as well as initiates the creditor claims period of ninety (90) days. The Notice of Administration also states the requirements of filing claims and other papers relating to the estate. A personal representative may object to the claims of creditors as well as defend lawsuits which arise against a deceased person's estate.

Normally, a lawyer will be retained to guide a personal representative through the probate process. It is the obligation of a personal representative to hire an attorney if the personal representative needs assistance in the probate of an estate. A personal representative is further obligated to pay valid creditor claims of the probate estate, pay taxes of the estate, file estate tax returns and distribute assets to beneficiaries of a probate estate.

*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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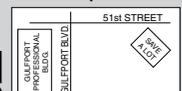
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# Somethin' on my mind

By Bill Northrop

B\_Northrop@theGabber.com

## It's Individual Responsibility, Not Community

For a group of teen-age high schoolers in a small town on the Ohio River near the conjunction of Ohio, Pennsylvania and West Virginia, life changed forever last week. Actually, it changed several weeks before, the moment at least two young boys, 16 and 17, sexually violated a 16-year-old girl at a drunken weekend party. More charges against more teen-agers, who not only stood by and did nothing, but filmed the event and put it on the internet, are pending.

Nothing about the incident is redeeming, not even the guilty verdict which sends two high school football players to juvenile detainment for one year in one instance, and two years in the other. The rape verdict will stick with the two for the rest of their lives; the rape and violation will haunt the girl for the rest of her life. Others who stood by and did nothing or filmed the debauchery will be tagged for life, one way or another.

The initial thrust of the story was about the impact on the small town of Steubenville, a town damaged badly when its steel industry folded. That impact view included concern for its football team and the unity of the town. Perhaps that gave the story context, or, even explained away, to an extent, the abhorrent behavior of the teen-agers. However, this is not a story about a town, its struggles, its pride. This is a story about individual

behavior and its consequences, something we too often bury with narratives about hard times, poverty, inequality, or psychological trauma.

There really are no excuses, and such behavior, not necessarily of this sexual nature, nor not exclusive of it either, occurs in communities all across the country. Whatever the cultural or sociological or psychological rationalizations are given, the fact is society is becoming ruder, cruder, more violent, and the sense of individual responsibility is diminishing.

Let's take a look at what happened in Steubenville.

It's a weekend and a group of teen-agers, apparently not a fringe group, decide to have a party. Not only is there beer but hard liquor, too. The young girl, the victim, is drinking vodka. According to friends, she is rolling on the floor. She's out of control. The party moves and she moves with it in a car with at least two boys. One is a "friend" who is filmed violating her. By the time they arrive at the next party, another house (where are the parents?), she's nearly comatose. They drag her around like a dead body, nude. She's violated again. Other kids film the incident.

Eventually, one puts it on YouTube. Kids text each other about it. No one intervenes. The girl wakes up the next day without clothes and apparently without recall about what went on. Then she hears about the filming and watches the video. She gets a call from one of the boys who

is later convicted of rape. He tells her not to say anything. Everyone runs for cover and her mother takes her to the hospital to be checked. The evidence, however, is on the film. And, it was enough to convict.

There were no heroes that night. No one came to her rescue. No one apparently even texted that what was going on was wrong. No one spoke to anyone else. They texted: impersonal, uninvolved, watchers, vicarious participants, insensitive bystanders, uncaring. These are teen-agers in a tight community who know each other. But they don't communicate anywhere on a human level.

Was there any sense of individual moral responsibility? Some witnesses were forced to testify. I suspect that there will be considerable community bitterness toward the victim, toward those who were forced to come forward, and even to those who testified against the girl and for the defense. Undoubtedly, the community will seek to come together, to forgive, to forget, to heal or maybe to rationalize. The question is whether anyone will address the issue of individual actions and responsibilities and the dumb old question of right or wrong. Might be too old fashioned, too much tinged with religion and lessons of moral behavior, and contrary to the popular need to deal with "feelings" and "sexual expressions" or "acting out".

The continued desensitization of our society, whether toward rudeness, crudeness, sexuality, or violence, and the failure to address the fundamental battle between good and evil does not bode well for our society.

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*What's on your mind?*

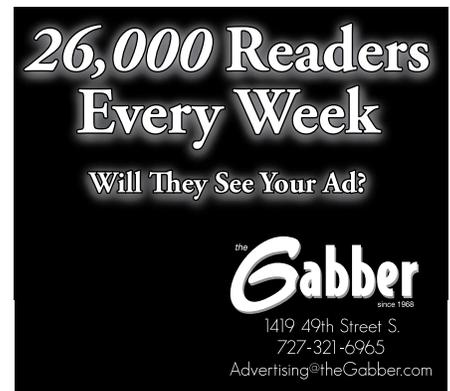
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# American Legion Activities

## Post 125

**6440 - 5th Ave. S., St. Petersburg 347-6085**

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  Dinner 4:30-6:30pm	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.

Rock-n-roll Dance Sat., April 20th.

## 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 & Trish 6:30-9:30pm	Steak Dinner 6-8pm  Geno 6:30-9:30pm	St. Patty's Day Music by Lee Jay & Denny	Bucky Burgers 5-8pm  Dee Karaoke 6:30-9:30pm	<b>Post Membership Mtg.-6pm</b>  Pizza available All Day	<b>Accordion Club</b>  Dinner 6-8pm

Check with the Post for any upcoming events

email [post305@msn.com](mailto:post305@msn.com)

[www.post305.org](http://www.post305.org)

## AMVETS Post 0001

**421 45th Ave. S., St. Petersburg, FL 33705 727-896-4122**

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	Bar Bingo 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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Following are some of the calls that Gulfport Police responded to during the past week.

**Friday 3/8**

- Juvenile Trouble-** 2500 Blk 52nd St. S.
  - Animal Call-** 5600 Blk 16th Ave. S.
  - Person Under Influence-** 2000 Blk 52nd St. S.
  - Domestic-** 2900 Blk 49th St. S.
  - Hit & Run-** Gulfport Blvd. & 52nd St. S.
  - Noise-** 2900 Blk Beach Blvd. S.
  - Animal Call-** 54th St. & 21st Ave. S.
- Saturday 3/9**
- Disturbance-** 11th Ave. & 55th St. S.
  - Noise-** 5600 Blk 16th Ave. S.

- Drug Call-** 3200 Blk 58th St. S.
  - Assault/Battery-** 5200 Blk Tangerine Ave. S.
  - Civil Matter-** 4900 Blk 24th Ave. S.
  - Harassing Phone Calls-** Location Withheld.
  - Animal Call-** 5600 Blk 16th Ave. S.
  - Keep the Peace-** 4900 Blk 24th Ave. S.
  - Theft-** 5100 Blk 28th Ave. S.
  - Person Under Influence-** 27th Ave. & 49th St. S.
  - Person Under Influence-** 29th Ave. & 49th St. S.
  - Noise-** 3000 Blk Clinton St. S.
  - Domestic-** 5400 Blk Shore Blvd. S.
- Sunday 3/10**
- Vandalism-** 1400 Blk 49th St. S.
  - Hit & Run-** 5600 Blk Shore Blvd. S.
  - Burglary Residence-** 5600 Blk 16th Ave. S.
  - Noise-** 4600 Blk 27th Ave. S.
- Monday 3/11**
- Shots Fired (Heard)-** 4900 Blk Gulfport Blvd. S.
  - Keep the Peace-** 5700 Blk 17th Ave. S.

- Juvenile Trouble-** 5100 Blk 13th Ave. S.
  - Trespassing-** 4900 Blk Gulfport Blvd. S.
  - Noise-** 2000 Blk 58th St. S.
  - Noise-** 4900 Blk Tradewinds Dr.
  - Animal Call-** 2000 Blk 52nd St. S.
- Tuesday 3/12**
- Trespass-** 2400 Blk 53rd St. S.
  - Fraud/Forgery-** 5200 Blk 14th Ave. S.
  - Disturbance-** 6000 Blk Gulfport Blvd. S.
  - Shots Fired (Heard)-** Tangerine Ave. & 54th St. S.
  - Noise-** 53rd St. & 18th Ave. S.
- Wednesday 3/13**
- DUI-** 54th St. & 29th Ave. S.
  - DUI-** 5400 Blk Dellett Ave. S.
  - Animal Call-** 5100 Blk Tangerine Ave. S.
  - Civil Matter-** 2200 Blk 51st St. S.
  - Theft-** 1800 Blk 50th St. S.
  - Domestic-** 2200 Blk 51st St. S.
  - Animal Call-** 2600 Blk 45th St. S.
  - Juvenile Trouble-** 5100 Blk 25th Ave. S.
  - Person Under Influence-** 11th Ave. & 62nd St. S.
  - Domestic-** 6300 Blk Vista Verde Dr. E.
  - Domestic-** 25th Ave. & York St. S.
- Thursday 3/14**
- Stolen Vehicle-** 700 Blk Gray St. S.
  - Civil Matter-** 6300 Blk Vista Verde Dr. E.
  - Juvenile Trouble-** 900 Blk 58th St. S.
  - Juvenile Trouble-** 2000 Blk 52nd St. S.
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## Beta Sigma Phi

Laureate Epsilon Theta chapter members will be assisting with the stuffing of over 2500 plastic eggs on Tuesday, March 26 at 6:30 p.m. at the Elmer O. Smith Lodge. This is in preparation for the annual Easter Egg Hunt sponsored by Sunshine City Council on Saturday, March 30. It will be held at the England Brothers Park in Pinellas Park and will begin at 9 a.m. It doesn't take long and their members will be there to oversee the event. This is one of their favorite service events.

Members will be participating in the Festival of States parade on Thursday, March 21. Two of their members who are part of the Beta Bozo clown unit, Val Rankin (Raggedy Andy) and Kay Brown (Rosebud) will be assisting Paula Adams (Petunia) carry the banner at the beginning of the Night Parade. This is a tradition they have held for many years.

The next scheduled Board meeting for Laureate Epsilon Theta is scheduled for Tuesday, April 2 at the home of Lucy Brushaber at 7 p.m.

Members are also working very hard on the upcoming Florida State Convention to be held at the St. Pete Hilton. Sharon Ingram is the chairman and the theme is "Suncoast Fiesta" to be held on May 17-18-19, 2013.

For more information, please contact Sharon Ingram at 321-2849.

## Shop the Thrift Mall and Gift Store

Pasadena Community Church now has four stores at one location (Pasadena Ave. and Second Ave. S.). Hours are 9-1 Wednesday and Saturday. The mall features three rooms: one with clothes, shoes, accessories and jewelry; one with gifts, china, glasses, sporting goods, children's clothes, toys and games; and one with furniture, household items, electronics, books and tapes. The other store is in the LEC building and features gifts.

...

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## Congrats, Karen!



Karen Alexeev still holds the world record for the oldest woman to finish the Double Iron at age 60 on March 2nd in a time of 35:13:28! The Florida Double Iron consists of a 4.8 mile swim (held at the North Tampa YMCA), a 224 mile bike (temp 40 degrees) and a 52.4 mile run (both held at Flatwoods Park in Thonotassassa). The event began at 7 a.m. on Friday, March 1st and ended on Saturday March 2nd at 7 p.m. for a total of 36 hours to complete. Karen finished 24th out of 26 finishers and 6th woman. The cold weather slowed plans to improve finish time from last year, but finished strong. Karen is also on YouTube video finishing the race

## Try your hand at Sudoku

Solution on Page 18

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

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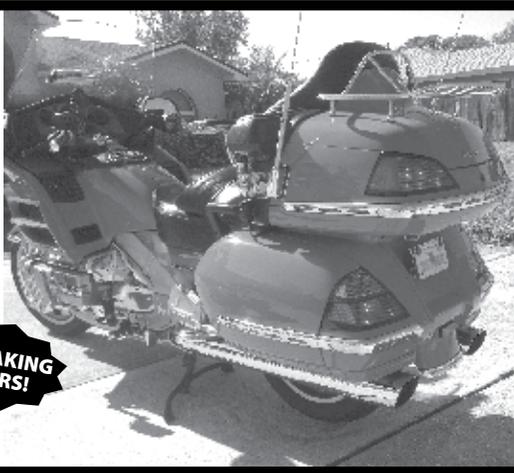
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## Automotive

## General

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**COMPLETE SET TOURING GOLF CLUBS**-With Bag, Used only 3 times. \$150. 727-328-8487.

**INDOOR TENNIS TABLE**- 1 Year Old with Net, Balls & Paddles, only \$250. 727-343-7332.

**TRANE UNIT 1.5 TON HEAT PUMP**-\$300. 727-321-8497.

**CAMPING TENT HILLARY**-Sequia. 8' x 16' Excellent Shape \$60. Golf Clubs 1 set linx Irons and Spaulding XL4 Irons with MacGregor and Arnold Palmer Woods Call for Pricing. Hoesi Bird Cage 18" x 18" x 18" with Metal Stand, lots of additional Play toys \$75. 727-322-8549.

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

**WOODEN EARTHLITE MASSAGE TABLE**-And Accessories, Massage Chair, Both with Covers, \$200 for all. Home Generator, Sears, 4000BTU, On Wheels, \$250. 10 Speed Man's Bike, Never Rode, Been Stored, \$50. 727-504-9144.

## Marine

**BOAT SLIPS FOR RENT**-From 25' to 55' Sail of Power. \$7.55/F. Easy Access to Gulf. Ample Parking. Madeira Beach 727-641-6465.

## Wanted

**SERIOUS FISHING PARTNER**-I Got the Boat, You Help with Gas Money. 727-954-7316.

## ESTATE SALES CONDUCTED

Are you selling antiques, coins, collectibles jewelry, silver, furniture? Fifteen year Trusted Gabber advertiser. John Sutorius, 727-906-1205.

**SINGLE MOM OF INFANT GIRL**-born March 12th, in Desperate Need of baby Clothes. Please Help 727-954-7316.

## 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

**BIG YARD SALE**-5021 9th Ave. S. Friday thru Sunday 6am.-6pm. Rain date 3/29 -3/31.

**4880 46TH AVE NORTH**- Saturday, 8 - 2, Electric Organ, Piano, and misc. items from members of the Luthuanian Club.

**ANNUAL MARINE YARD SALE**- Nautical Flea Market. 10x10 space for \$10 for limited spots. Contact Harbor Master Dennis Frain, 727-893-1071. Gulfport Marina, 4630 29th Ave. S. Saturday, 7a.m.-2p.m.

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## Yard/Garage Sale

**COMMUNITY SALE-** Causeway Village Mobile Home Park on Pasadena Ave. across from Ted Peters. S. Pasadena. Saturday, March 23rd, 10-2p.m.

**MOVING SALE-**Friday March 22nd 8am.-2pm. 1375 Pasadena Ave. #209 So. Pasadena. Across from Ted Peters Smoked Fish.

**HUGH ESTATE SALE-**Everything Must Go! 7060 S. Shore Drive, So. Pasadena. Friday, Saturday & Sunday 9am.-5pm. to view items www.estatesale.net or Call 815-590-7021.

**ST. PETE BEACH-**1982 W. Vina Del Mar Blvd. Friday thru Sunday 8am.-4pm. Refrigerator, Glassware, Jewelry, Household Items, Books and More!

4747 17TH AVE. S.-Thurs./Fri. 10-5. Side Porch.

## Lost & Found

**FOUND SMALL FEMALE DOG-**In the Vicinity of 22nd Ave. S. (near Post Office). Call to Identify. 727-954-8031.

**MISSING WHITE CHIHUAHUA-**the Vicinity of 19th Ave. S. and 59th St. Please Call 727-347-9216.

## Card of Thanks

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

**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.

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

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Gabber March 21 - March 27, 2013

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## Real Estate for Rent

**NICE NEIGHBORHOOD-**Close to Everything. Clean 1BR Duplex in Gulfport. Separate Dining room. C/H/A, Carport, Fenced Yard. \$700/Mo. Includes W/S/G. \$600/Damage Deposit. 941-375-8833.

**ST. PETE CONDO-** 2BR/2BA, C/H/A, Screened Lanai, Neat & Clean, Pool. 6010 1st Ave. S. \$795/Mo. & Security. 727-417-1462.

**TOWN SHORES WINDSOR-**2BR/2BA, Front/Rear Entrance to Water, Updated Kitchen, All New Tile, Power Shutters, Free Gas, H2O, Cable T.V. Club House, Tennis, Pools, Marina & Maintenance. Small Pets OK. 55+ (727) 791-4480

**LANDLORDS NEW ACCOUNT SPECIAL-** Dan Yingst Realty Prop. Mgmt Co. Is Now Excepting New Accounts at a Discounted First Year Rate of 5% per Month. (Restrictions Apply). Call Today 727-321-5258.

**REALLY NICE REDO!**-2027 37th St. S. 3BR/2BA, Dining Rm., Laundry. Fenced w/ Carport. \$950 or Housing Authority Price. February Free. 727-347-3555.

**ISLA DEL SOL-**Casa Del Mar 1BR/1.5BA, 4th Floor, Balcony, Unfurnished. Pool, Spa, Water-view. \$900/Mo. plus 1st & Security. 727-347-0909.

**TENANT NOT PAYING** - For Fast, Reasonable Eviction Service, Call Gulfport Attorney Karen S. Keaton, Gulf Beaches Law, P.A. at 727-822-2200.

**IT'S A WOW!**- 2719 Beach Blvd. 2BR/1BA, 100% new except for walls and ceiling, new wood floors, W/D laundry room, fenced-in yard, screened patio. Off Street Parking for 2. \$950/Mo. annual. 941-223-1100.

**1BR. S. PASADENA APT.-** \$625/mo. includes water/maintenance. Close to shopping & bus, across from Publix, 6921 Hibiscus Ave. 727-804-5694.

**708 60TH ST. S. GULFPORT-** Cute, spotless 2BR/1BA house w/huge unfenced backyard. Freshly painted, C/H/A, W/D Hook-up. Credit & Background Check. No Smoking. \$750/Mo. No Section 8. Utilities not included. Call Sandy, 727-418-2242.

**SEVERAL FAMILY READY HOMES-**for Rent from 2BR's, 3BR's & 4BR's. Reasonable Rents, 1st and Last to Move in. Section 8 ok. Newly Painted, Clean. Most with Yards. Small Pet Ok with Deposit. Call for Appt. 727-565-5565.

**CLEAN 1 BEDROOM ON LAKE-**Maggiore. Recently Remodeled, Washer/Dryer, CHA Carport. Nice Neighborhood. \$750/Mo. All Utilities Included. 727-289-6335. No Dogs.

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## Real Estate for Rent

**2BR/1BA/1CAR GARAGE-**Gulfport House. 1100sf, Walk to Stetson Law, CHA, W/D Hook-up, Wood Floors, Large Yard, Consider Lease/Option. \$950/Mo. 727-379-2555.

**SPACIOUS 1BR/1BA APT.-**\$585/Mo. C/H/A, W/S/G, Laundry. Seniors Welcome. Small Quiet Complex Centrally Located. Non Smoking, No Pets. Private Parking. 727-360-4054.

## Furnished Rentals

**GULFPORT WATERFRONT STILT HOME-**3/2, Pool, May-Oct. \$1100/Mo. plus Utilities, 1st & Last, No Pets/Smoking. 727-323-1433.

## Accommodations to Share

**MATURE LADY TO RENT ROOM-**in my Home. (Over 30). Private Bath, Cable, Kitchen & Laundry Privileges. Call 727-434-0645..

## Real Estate for Sale

## Town Shores - 55+

**Manchester #615** - Rare 2/2 corner unit w/ sweeping panoramic views. Newer windows a real plus. **Don't Miss @ \$115,000**

**Lancaster #503** - Beautifully maintained 2/2 Deluxe w/ covered parking. **You Will Love The View @ \$94,900** ~ By appt only.

**Diplomat #110** - Don't miss this ground floor 2/2 split plan w/ private outside sitting area. Check out the new building improvements too. **\$133,900**

**Manchester #311 - PENDING SALE**

**Nottingham #114 - PENDING SALE**

**Five Towns - Tiffany #108 - PENDING SALE**

**Single Family - 1471 29th Ave N.**

**PENDING SALE**

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**BIG 12' X 47' ONE BEDROOM MOBILE-**Home. CHA, Vinyl Siding, Screen Porch, Shed. Kitchen has 20 Cabinets and 11 feet of Counter. Living room has 6 Big Windows. Bathroom has 7 foot Counter with 2 Sinks. Bedroom has 6 Windows. This may be the Roomiest and Brightest Mobile Home Anywhere. 55+ Park. Lot Rent \$349. \$2800. 727-265-5373.

**MUST SELL BEFORE EASTER-**1BR Mobile Home in Beautiful Causeway Village S. Pasadena. 55+ Fully Furnished, Carport, Shed, Patio. Asking \$3900. Or Best Offer. Lot Rent \$509/Mo. 727-244-2941.



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**4BR/3BA/2CG**  
**OPEN Sunday 1-4**  
**6220 10th Ave. S.**



Great room up with 3 bedrooms, 2 baths, kitchen, separate dining area, stainless steel appliances, and real hardwood flooring. 2,700 sqft heated. On

the first floor is a big family room, 1 bedroom, 1 bath, 2 car garage, and expansive covered patio.

Call Charyl Gargel to see this Gulfport beauty today. \$339,000

**Charyl Curry Gargel**

Realtor

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Darren Owens  
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**Clearview Oaks Condo**  
2BR/1BA, great views **\$19,500**

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Historic building! Remodeled 2BR/2BA.  
Walk to downtown St. Pete **\$140,000**

**LOVELY 1/1 CONDO-** Gated 55+ Community Bay Island, S. Pasadena. 6 heated pools, tennis, gym, clubhouse, more! Beautiful tile floor, new window w/waterview, balcony overlooking beautiful bay. A piece of paradise for only \$69,000! Alla Panteleyeva, 727-251-4004. FLORIDA INTERNATIONAL REALTY.

## Real Estate for Sale

**Suzanne Olson**  
Realtor

**727-641-2887**



**COLDWELL BANKER**

**OPEN SUNDAY 1-3**

**7740 Boca Ciega Dr. #106, St. Pete Beach**  
Across from Community Center. Large deep water boat slip with 2BR/2BA condo. Fashionably remodeled and furnished. 2 walk-in closets, pool. Turnkey. All ages welcome, okay to lease! Make it yours today! **\$164,900**

7300 Sun Island Dr. #902 Under contract in 2 days

**NEW LISTINGS**

6075 Shore Blvd., Town Shores Nottingham #308.  
2BR/2BA remodeled kitchen, newer windows **\$125,000**

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- |                         |   |                                   |
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| <b>Barclay #315</b>     | 2 Bed/2 Bath, end unit ~ Beautiful Marina Views, Freshly painted, new windows, Light and Bright, Electric Shutters for Weather Protection, assigned Carport Priced at .....                                       | <b>\$129,000</b>                  |
| <b>Buckingham PH #8</b> | Fabulous Bay Views..2 bed 2 bath 1225 sq. ft. condo...underground garage. ....  | <b>NEW PRICE \$229,000</b>        |
| <b>Diplomat #602</b>    | 2 Bed/2 Bath Split Plan w/Master on the Water, Oak Kitchen, New Carpet, Paint, Shutters and Carport. Well priced at .....   | <b>SOLD \$135,000</b>             |
| <b>Diplomat #902</b>    | 2 Bed/2 Bath Split Plan w/Master on the Water, Wood Floors, New Custom Kitchen w/Granite Countertops, Sec. Shutters, Carport. ....  | <b>CONTRACT PENDING \$149,500</b> |
| <b>Jamison #210</b>     | Updated 2 bed/2 bath standard plan, updated kitchen, pool view...carport .....  | <b>NEW PRICE \$99,000</b>         |
| <b>Nottingham #615</b>  | <b>NEW LISTING</b> ~ 2 Bed/2 Bath, end unit ~ Beautiful water views, TS Marina, Pasadena Yacht Club, Stetson College, fully furnished. This condo freshly painted, new carpet and updated. Assigned Parking. .... | <b>OWNERS SACRIFICE \$128,500</b> |

### Winter Rental

- |                     |  |                        |
|---------------------|--|------------------------|
| <b>Windsor #212</b> | 3 Bed/2.5 Baths, Custom End Unit, Totally Rebuilt Interior, Spectacular Water Views, Carport. 181 Days. .... | <b>\$2,500 monthly</b> |
|---------------------|--|------------------------|

### Annual Rental

- |                     |   |              |
|---------------------|---|--------------|
| <b>Kenmore #404</b> | 1 Bed/1 Bath, New Beds, New CHA, Carport, Furnished ..... | <b>\$750</b> |
|---------------------|---|--------------|

**Sellers Express Is Looking For Annual and Seasonal Rentals... Please Call My Office... 727-347-0187**

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Town Shores 55+



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Manchester 403- 2BR/2BA Deluxe, beautiful renovations, small cat accepted,  
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Barclay 206- 2BR/1BA, Eat-in kitchen. \$79,900

Hampton 107- 2BR/2BA Standard, totally renovated. This condo offers panoramic water views,  
1st floor living at it's best! Covered parking. \$109,900

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**Pain:**

'Heavy', aching, or tired legs; painful calves....legs that feel 'older' than they should. You need an ultrasound evaluation. Remember - most vein problems are hidden – like icebergs.



**Blue Feet:** ('corona phlebectasia').

Blue veins at the foot and ankle indicates something is wrong –usually a failed greater saphenous vein. Get an ultrasound now. We will prevent further deterioration of your legs.



**Swollen Ankles:**

Swelling, increasing at the end of the day or when traveling. (90% venous etiology). Failure of vein valves is a much more common cause of swollen feet and ankles than cardiac and renal issues. Diuretics ('water pills') do not fix the cause of the problem. Vein treatment can.



**Cramps or Restlessness:**

Night cramps, 'Charley horses', nocturnal muscle cramping. (90% venous etiology). Medications and minerals might mask the problem but vein treatment will fix it. Night-time restlessness (and kicking) is often caused by venous failure – you need an ultrasound.



**Skin Changes:**

Red/brown discoloration, ulceration, eczema, itching & burning. When vein valves fail, the capillaries below are under pressure and leak fluid, protein and blood cells. The skin becomes sickened and discolored. Treatment will stop this progressive deterioration of your legs.

**Surface Veins: Spider (red), Reticular (blue) and Varicose Veins:**

Mountcastle Vein Centers offer 'in office' 20 minute treatments to resolve these problems. Most treatments are medical and paid by insurance. We also offer VeinGogh, "State of the Art" radio-frequency technology, to deal with fine spider veins. Remarkable cosmetic results!!

Before and after photos:



**Have you checked one or more boxes? Call Mountcastle Vein Centers -Call our office for a free, screening appointment (727) 865-6941, (813) 634-1333**

**Insurance:** We are 'In-Network' providers with Medicare (and accept Medicare with Medicaid), Humana, BC/BS, United Health, Cigna, Aetna, Tricare and are the VA Preferred Provider