

The Island Reporter

The Premier Paper of South Pinellas County

Auxiliary Helps Patrol Local Waters

Story and Photos by Larry Lewis

“Coming up to speed!” the voice at the wheel of the 25 foot Key West center console boat shouts as the twin Yamaha 150 horsepower outboard engines roar into life, props churning the waters of Boca Ciega Bay into foam. The craft arcs as we brace amid the flying spray, hitting 28 knots...32 mph. It’s exhilarating—but this isn’t a joy ride.

For several hours on a drizzly afternoon, the “Sue-Sea-Q” becomes more than a pleasure craft. While privately owned by South Pasadena resident Tony Novellino, the boat transforms in purpose about eight times a month into a patrol vessel with the U.S. Coast Guard Auxiliary, the uniformed, volunteer branch of the U.S. Coast Guard.

The Auxiliary performs a wide variety of support functions except for military and law enforcement actions. It was created in 1939 by an act of Congress and answers to the federal Department of Homeland Security. The group saves lives, protects the environment and guards the nation’s shores, as well as the more mundane but vital functions of training and certifying boaters in safety and navigation skills, performing boat safety checks, conducting commercial fishing and vessel exams and much more. Seasonally, units also patrol regatta events including the Christmas boat parades sprinkled around the bay and assist in Tampa’s annual Gasparilla festival. There is also an air component; members of some divisions utilize private airplanes out of the USCG Clearwater facility.

The Auxiliary has 32,000 members in all 50 states plus territories and has a strong presence in the Tampa Bay area. “Wherever you turn, there’s water,” notes Auxiliary member and Largo resident Roger Gilmore who, along with



The Sue-Sea-Q patrols the Intracoastal with crew Dean Hoskin (left), Tony Novellino, the boat owner and coxswain for this patrol (center), and Roger Gilmore. The three men are members of the U.S. Coast Guard Auxiliary and perform a wide variety of support functions except for military and law enforcement actions.

Dean Hoskin of Gulfport, round out the crew for this marine observation mission with Novellino as coxswain.

Dockside, the crew reviews a rigorous checklist. Members pay for their uniforms and approved gear, while the Coast Guard covers fuel and other expenses while under orders. Most Coast Guard Auxiliary signage is displayed only during patrols. Safety and medical gear is stowed, electronics are tested and Novellino checks in with the Coast Guard station in St. Petersburg. The crew monitors radio channel 16, used for distress calls.

The patrol heads north from South Pasadena up the Intracoastal Waterway, under the Treasure Island Causeway, watching for anything out of

GUARD continued on page 12

Learning the Value of a Penny

By Betsy Judge

For a fourth time, voters in Pinellas County will have the opportunity to say yea or nay to the 1 cent, Penny for Pinellas sales tax on Nov. 7.

Thousands of county and city capital projects have been funded primarily through penny revenue, and the county estimates the tax will bring in an additional \$2 billion over the course of the next 10 year extension (2020 - 2030) if voters approve the referendum. The revenue is split between the county and 24 municipalities using a population-based formula the state establishes.



Barbara Hernandez, director of marketing and communication for Pinellas County uses the new fire station on Tierra Verde as one example of the types of projects that are made possible thanks to the current iteration of the Penny for Pinellas sales tax during a community presentation. The tax is up for its fourth, 10-year renewal. If voters approve the referendum again, county officials project it will bring in approximately \$2 billion over the 10 years.

YouTube photo.

It’s hard to find any arguments against the tax that pays for infrastructure such as roads, bridges and trails, water quality, flood and sewer spill prevention projects, public safety equipment and vehicles, fire stations, parks, environmental land acquisition, libraries, community centers and land for housing that’s affordable.

Even the Tampa Bay Times recommended a yes vote to their readers the day after they reported that county commissioners sold a parcel of land purchased with penny revenue for a \$1.7 million loss.

“The Tampa Bay Beaches Chamber of Commerce and board of directors absolutely supports the renewal of Penny for Pinellas as it enhances the quality of life for us in Pinellas and assists in some infrastructure needs. The best part is that tourists pay it too,” says Robin Sollie, president and CEO of the chamber.

Who would argue with “Building a Better Pinellas,” the tagline associated with it? All of the penny revenue comes back to the county compared to about 6.5 percent of state sales tax revenue according to a county presentation. Pinellas County officials estimate that 30 percent of the tax, which is not levied on groceries or medications, is paid by visitors. It is also only collected on the first \$5,000 of large purchases like boats and cars. And with out it, the money for all the projects it helps fund would have to come from other sources like additional property taxes putting the burden on homeowners.

PENNY continued on page 14



PHOTO OF THE MONTH

Photograph by: Al Clark, St. Pete Beach

Taken just south of Park and Gulf Boulevards as a thunderstorm approached from the east.



Participants are allowed to submit one photo per month by the 10th of the month for the next contest. Submit to: info@theislandreporter.com



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Boat Parade Season Gets Early Start

By TIR Staff

Publisher's Note: Parade route maps will be available at www.theislandreporter.com by Dec. 1.

Before area skippers deck their boats with boughs of holly and lights for the Christmas lighted boat parade season, the American Legion Post 273 of Madeira Beach holds their annual "Veterans Boat Parade" and Veterans Day Ceremony, Nov. 11.

This year's event will feature Grand Marshal Monte Palmer, a post officer and World War II veteran. The parade begins at 10 a.m. followed by the ceremony. The event is open to the public and Walgreens will be on site to provide free flu shots to all veterans with proper ID.

This year's lighted boat parade season runs from

Dec. 2 through Dec.15 with the Pass-a-Grille & Vina Del Lighted Boat Parade kicking it off. The festivities start at the Merry Pier and Sea Horse Restaurant Dec. 2, at 5 p.m. with Santa there for pictures; hamburgers and hotdogs by the St. Pete Beach Fire Department, carolers and luminaries

PARADE continued on page 5

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From the Publisher

By Betsy Judge

I am learning an amazing amount of potentially helpful things being stranded in the house and watching far more TV than I care to admit. I have never watched the morning shows in my life. As a communications professional, I could justify having the news on at work; you never know when something newsworthy is going to happen to an organization with 160,000-plus people, most of whom are under the age of 25 and engaged in far reaching corners of the earth. It was a practically an occupational requirement.

I listened with half an ear as a PhD. sleep expert discussed getting between eight and nine hours of sleep in order to be the healthiest and happiest you can be. He was not a fan of naps unless taken each day, because periodic ones interfere with nighttime sleep.

Dr. Oz, who I have heard of, believes sleep is important and added diet on top of the first

prescription. He believes uniting good eating with good feeling can result in tremendous biological, spiritual and emotional benefits, and outlines his food strategy in "Food Can Fix it."

So how about that good feeling? I got that education when I caught a little bit from a segment with an expert touting the secrets to happiness. He has travelled the world to identify the happiest people, then determines what makes them that way. His secret? Spend five to six hours a day in meaningful conversation with someone you care about. He made it clear that it doesn't happen on social media or via email, but during actual conversation in the presence of others who are paying attention to what you are saying, not to a device. Guess it is time to shut off the TV; put down the iPhone and chat with a friend.

Happy November, Happy Veterans Day and Happy Thanksgiving.

Emails to the Editor

Finding Solutions (October 2017)

The most recent cover story about storm water overflow reminds me that environmental pollution is so toxic to us all. When I think of toxic pollution, I think of fracking. So naturally I am excited to say we Floridians have an opportunity to support two very important bills, announced Oct. 10th: fracking ban bills in both our Florida House and Senate. Proudly, our Pinellas Representative Kathleen Peters is sponsoring the House Bill, and Hillsborough Senator Dana Young is sponsoring the Senate Bill. As Kathleen Peters said, "We need many voices," so please leave a quick voicemail message for Senator Rob Bradley in Tallahassee, urging him to promote a state-wide ban on fracking in Florida. Please call 850-487-5005. Thank you and God bless.

Ginger Goepper
Treasure Island

Navigating Medicare (October 2017)

Betsy,

Thanks you so much for placing the article on Medicare on your front cover! I was so honored to be featured in such an amazing resource. Thank you for your dedication to making our beach community more educated and cohesive.

Candace Reistrom

Tierra Verde

United Healthcare Medicare

We want to hear from you. If something you read inspires you, or you have a concern of a general nature e-mail info@theislandreporter.com. Letters may be edited for propriety and length.



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Editorial Deadline:

Press releases and community event announcements submitted on behalf of nonprofit organizations, as well as story ideas are welcome! Please submit story ideas by the fifth of the month and press releases by the 10th via email for inclusion in the following month's issue. Submissions of this nature run on a space available basis at the discretion of the newspaper.

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TABLE OF CONTENTS

Pride & Joy	6
Encouraging Words	7
The Old Professor	10
Fitness	11
Florida Author	13
Wayne's World	18
Notable Achievements	19
Business News	19
Island Toons	19
TIR Puzzle Page	20
Local Events	21
Business Card Directory	22
Beverage Beat	22
TIR Picture Page	23

PARADE continued from page 3

along the sea wall. The parade starts at the Merry Pier, goes around and behind Vina Dle Mar then across the channel to the west shore of Tierra Verde. They are offering cash prizes for sail, motor, most creative and luckiest boat. Go to www.merrypier.com for information and forms.

Next up is the St. Pete Beach Boat Parade and Winter Festival in the Park, Dec. 8 at Horan Park. Participants to this free event which begins at 6 p.m. are encouraged to wear their favorite holiday outfit and enjoy live music, art projects for kids, a special visit from Santa and view the parade. On Dec. 9 the festivities move to Corey Avenue for the Christmas Market and Parade. It starts at 9 a.m. at St. Pete Beach City Hall and heads west down Corey Avenue, south on Blind Pass Road, east on 73rd then to Bay Sreet and back to city hall. After the parade, Santa will be at the library to meet with all the Whos in Whoville, who can enjoy Grinch themed crafts, face painting, light refreshments, and a special screening of "The Grinch that Stole Christmas" at 11 a.m.

Also on Dec. 9 is the 32nd Anniversary BCYC Lighted Christmas Boat Parade. It starts at the Gulfport Municipal Marina and passes by the Boca Ciega Yacht Club (BCYC) clubhouse on the way out into the bay. The boats pass by Gulfport's Williams Pier, the Casino and the beach, then Town Shores, Kipps Colony, the Pasadena Yacht & Country Club, Pasadena Golf Club Estates and Dolphin Boulevard South. They head back out and across the bay to pass by Isla del Sol before heading back to the BCYC clubhouse for the post parade party. Participants just need two (or more) unwrapped toys for



The lighted boat parade season kicks off Dec. 2 with parades through Dec. 15. Maps of routes will be available at www.theislandreporter.com by Dec. 1.

TIR staff photo.

Operation Santa to enter. Spectators can spend the day holiday shopping and at Gulfport's Holiday Hoopla prior to the parade. Go to www.sailbcyc.org under events for information.

The beaches area parade season wraps up with the 31st annual Treasure Island Lighted Boat Parade, Dec.15. A special cast-off party will be held at 4:30 p.m. at The Club at Treasure Island pool pavilion with live entertainment, food and beverage and a special appearance by Mr. and Mrs. Claus. The party is open to the public with admission of either a cash donation, or a new, unwrapped toy benefitting Christmas Toy Shop of Pinellas. Toys can be dropped off at The Club, Treasure Island City Hall or Fifth Third Bank of TI to get advance tickets. The parade begins at 6:20 p.m. with the route traveling throughout Boca Ciega Bay and ending at John's Pass. A special award ceremony will be held at The Club at 9 p.m.

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Pride & Joy Help is On The Waves

By Jackie Minniti

When Captain Sebastian Font came to Pass-a-Grille in 1990, he fell in love with the quaint little town and knew it would someday become his home. This New York native followed his mother and sister to the Sunshine State and soon became an active member of the local business community. He started the Island Ferry with two boats and the idea of transporting commuters back and forth between Pass-a-Grille and downtown St. Petersburg but soon realized that people were more interested in recreational excursions focusing on sunsets, snorkeling and wildlife. He also learned that this put him in a unique position to make an invaluable contribution to his community.



Like a good neighbor, Captain Sebastian Font is there. In addition to being on the water running his business, Island Ferry, he spends his spare time cleaning area waters and beaches or hauling Sea Turtle Trackers and marine biologists to assess injured animals.

Sebastian admits that boating has always been in his blood.

"I've been going out on the water since I was five," he says. "I did a lot of recreational boating in New York

and when I began spending a lot of time in Florida in the 90s." He finally obtained his captain's license in 2013 when he started the Island Ferry. As the business grew, Sebastian began looking for ways to give back to the community. "People come here for the beaches, wildlife and clean waters," he says. "I wanted to be a good community neighbor, and the water is a part of the community." So he began scooping up plastic bottles and other debris he found floating in the bay, offering aid to stranded boaters, and rescuing pelicans tangled in fishing line. According to Sebastian, "It's part of being neighborly."

One day, Sebastian was towing a disabled boat that belonged to the Sea Turtle Trackers, a local group that monitors and protects sea turtle

nests. "When I found out what they do, I felt compelled to help," he says. So the Island Ferry began ferrying the Turtle Trackers back and forth to Shell Key. "Captain Dan (Dan Rothenberger) is an early riser, so he volunteered to take them out at sunrise," Sebastian explains. "I bring them back." He admits that he gets a lot of satisfaction

knowing he's helping the turtle hatchlings. "These little turtles are at the bottom of the food chain. They're so vulnerable. Their chances of making it into the water are one in a thousand. So for me, it's a labor of love."

Sebastian also uses his boat to haul trash off Shell Key during their beach clean-ups. "People love to come and see our beaches, so why not do something to help?" he asks. Sebastian's volunteer efforts have expanded to include helping marine biologists

from the Clearwater Marine Aquarium and Florida Fish and Wildlife. When a large marine animal is in distress, biologists need to photograph it to determine the need to intervene, so Sebastian takes them out to where the animal is located. He also helps St. Pete Beach Fire and Rescue and has personally aided kayakers and paddleboarders caught in rip currents.

For Sebastian, this what being a good neighbor is all about. "We're out there on the water all day long, so I guess we've become a bit of a neighborhood resource," he says. "It's our contribution to the community. And it's a feel-good endeavor."

For more information about the Island Ferry, visit their website at www.islandferry.biz.

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Encouraging Words How To Build an Attitude of Gratitude

By Dennis Merritt Jones

Your 86,400 Seconds Starts Now!

"Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend...when we choose not to focus on what is missing from our lives but are grateful for the abundance that's present—love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure—the wasteland of illusion falls away and we experience Heaven on earth."

~ Sarah Ban Breathnach

In Buddhism it is said that we are each born with the "seed potential" of all possibilities and that it is the seeds we nurture with our energy of focused attention that come to fruition. It is no secret that what we focus our attention upon rises in the field of our awareness and tends to become part of our experience. In challenging times, often the tendency is to stare at what seems to be missing rather than the good that lies right in front of us. Practicing conscious gratitude activates and directs the creative energy of life that nurtures the seed potential within which contains the spiritual DNA of a life worth living.

For most of us, practicing conscious gratitude is not something we generally remember to do because we are so easily seduced by the collective consciousness of humankind that is obsessed with looking down—staring at what is wrong or missing in our lives. We can transcend the vortex and gravitational pull of the collective consciousness with the conscious practice of gratitude—it's just a matter of remembering to remember. William A. Ward wrote, "God gave you a gift of 86,400 seconds today. Have you used one to say, 'Thank you?'" When you think about it, a second or two is all that takes to practice gratitude. Who doesn't have at least a few seconds to spare each day for such a powerful practice?

As we move into this holiday season consider creating a 30-day Gratitude Journal. Take a few moments each day to consider three things that you currently have in your life for which you are grateful—things that will help raise the altitude of your attitude of gratitude. Each day for 30 days, add three new awareness's of gratitude—and try not to repeat the same thing twice—keep the list fresh

and growing. Accumulatively, at the end of 30 days you will have a cornucopia of acknowledged blessings for which to be grateful. If you find yourself thinking you are running short of blessings, consider the following: When was the last time you gave thanks for your heart that keeps on beating, or your teeth that allow you to chew your food, or your eyes, legs, feet and toes—Did you know that without your toes you could not stand erect; you would fall flat on your face. How about the roof over your head, or the cool, clean water you have to drink? What about the warm water with which you bathe—or the hot water in which you wash the very dishes you just used to fill your stomach with food, or the country in which you live?

When you really think about it your gratitude list could go on indefinitely. That is how blessed you really are. If you begin the journal the week of Thanksgiving it will take you into the weeks of Hanukkah, Kwanzaa, and Christmas soaring on high with gratitude.

It has been said that with clear intention a new habit can be formed in three to four weeks. What better habit could we have than to live daily, naturally focusing on what is good about our lives? In other words, with a little effort "thanks living" can become a conscious practice every day of the year—we don't have to wait until the fourth Thursday in November each year to be reminded of how blessed we truly are. Perhaps Meister Eckhart put it most simply and eloquently when he wrote, "If the only prayer you said in your whole life was 'thank you,' that would suffice." I encourage you to join with me in making "thank you" your mantra for the next thirty days and witness how blessed you really are.

Your 86,300 seconds begin now!

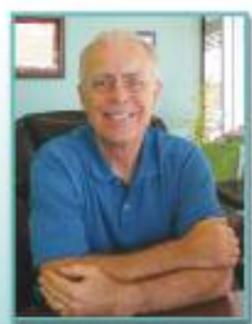
Peace, Dennis

Dennis Merritt Jones lives locally and is an award winning author, spiritual mentor, and keynote speaker. Contact him at www.DennisMerrittJones.com. You can also download a free Gratitude Journal from his website under Free Downloads. Copyright © 2017 - DMJ Presentations LLC.



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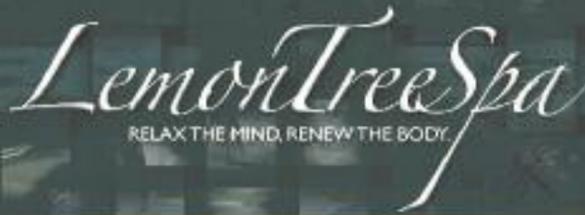
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This shot shows the untamed area just southwest of the Corey Causeway. It didn't look very impressive, but the Upham brothers saw its potential.



In 1936 the Uphams filled the swamp, paved streets and installed sewers for Corey Avenue.

Corey Avenue Comes to Life

Cruising around the beaches and finding historic houses, buildings, parks and even bridges is easy, but a business street is a bit unusual. There is Pass-a-Grille's 8th Avenue at the south end of what is now St. Pete Beach, steeped in history, and there is also Corey Avenue at the north end of the island. This street is longer than American's Shortest Main-street, as 8th Avenue is known, making its historic past even more extensive.

In the late 1930s brothers Nathaniel (Niel) and William (Bill) Upham armed with real estate and engineering backgrounds scouted the somewhat dormant barrier island town of St. Petersburg Beach and strongly believed the area showed great promise. They bought chunks of land, then used their own funds to fill the swamp land just south of Corey Bridge, paved a two lane street, and in 1937 Corey Avenue was dedicated. Niel moved on to develop Shore Acres operating from

an office on Central Avenue while Bill moved his family to the island, soon becoming the prime developer of St. Pete Beach. He built stores on the south side of Corey Avenue which still have the Upham name on its façade.

A corner set of storefronts sprung up on north side of Corey and Blind Pass Road, and was leased before it was completed. Grocer Harry Schuster moved his store from Treasure Island to Corey becoming the first food store on the north end of Long Key. Annabel Jacobs opened Annabel's Sun and Surf Shop featuring women's casual beach attire. Chef Joe Eagan moved from St. Petersburg and opened Egan's Nautical Bar and Grill; the sign painter in error dropped the letter A when doing Joe's first sign, but Joe left it anyway. As this building quickly filled up, an addition was continued toward the east, and Corey Avenue thrived.

Lawrence Baynard purchased land from Upham and built the island's first funeral home including the first crematorium in the county. Later mortician Paul Thompson took over adding the only ambulance service on the beach. Across the street from Egan's west of the Upham's office, the Gulf Beach News moved into a roomy corner office on Blind Pass and Corey, serving the community with weekly news until 1954; original copies of the paper are archived at the Gulf Beaches Historical Museum.

In 1939 Florida Power leased half of the news offices, remaining there until 1950 when they built a new facility further west on Corey. In addition to the power offices it was a gathering place with a community room for sewing and craft classes, and a kitchen for cooking demonstration.

A citizens committee lured a young Dr. Paul White along with wife Bea, to open a practice on Corey in the 1940s, and Paul was the only doctor on the beach until 1950s when Dr. Bane arrived to help boost medical services. Dr. White along with several other practitioners eventually bought a small group of cottages just over Corey Causeway and opened what later became Palms of Pasadena Hospital.

The Beach Theater opened in January of 1940 bringing more life to Corey. At cost of \$50,000 it was the most expensive structure along the street.



Founders gather on Feb. 12, 1937 for a ceremony to name Corey Avenue. Neil Upham (white suite) officiated with Corey's widow, Emma Ware (with flowers), and Blanche Edison, a winter resident of Treasure Island and daughter-in-law of Thomas Edison (in the stole) as special guests.



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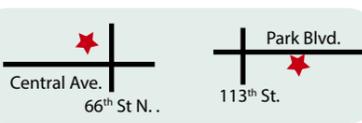
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By Sally Yoder

Photos courtesy of the Gulf Beaches Historical Museum

First Federal opened branch office on Blind Pass Road on the northwest corner of Corey, later moving across the street into a large new bank now Wells Fargo.

These were the first business pioneers to get Corey moving, soon becoming the hub of business on the island. They all were very active in the community as it developed, serving in political office and supporting church and school events as they raised their families to love island life. Most of structures they built or occupied are still home to many shops. It is a sweet historic street with brick paved walkways, benches for locals and visitors to enjoy the sunshine.



Shops begin to fill in on Corey Avenue.



More businesses move in calling Corey home.



Corey Avenue packed with businesses and people doing business on this historic avenue.



Scottie's News Smoke Shop advertised having Coca Cola and out of town magazines and papers available for sale.



The intersection of Corey Avenue and Blind Pass Road with the Gulf Beach News in the red roof building on the right. Florida Power leased space there until they built what is now Fit for Life.

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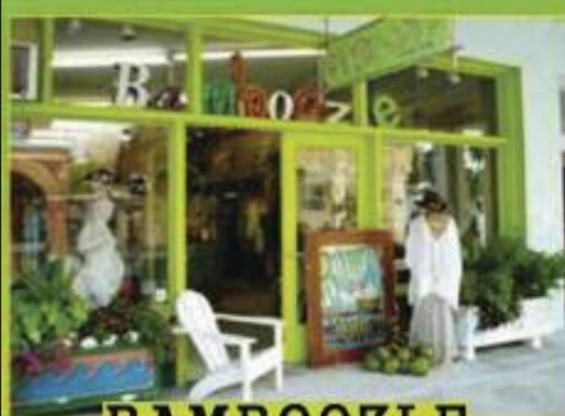
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To Be a Curmudgeon

By The Old Professor

As I drift toward extreme old age, I contemplate how I will be perceived. Nearing 81, I can no longer pass myself off as middle aged. Yet "old" is not a term of acclaim. It is classed with: out of date, past one's prime, over the hill, no spring chicken, obsolete, getting on, and senile. The thesaurus gives us more unflattering synonyms: old fogey, decrepit, broken down, along in years, enfeebled, grizzled, hoary, infirm, and superannuated. So here I am, having accumulated wisdom, out to pasture.

In conversations I have been asked what I do. When I answer, "I'm retired," the other's eyes glaze over and ignore me. In an industrial society where productivity matters, only producers matter. But fellow octogenarians we can choose our sobriquet. Which shall it be?

Adding "dirty" to old man is one option. It may have some unsavory connotations, but it doesn't connote utter powerlessness. The dirty old man is alive and active. Not all bad. Still, the synonyms "sleaze bag" and "lecher" aren't exactly laudatory. The bashing on the head by Ruth Buzzi's purse on "Laugh In" demonstrated certain risks.

Another option is to add "sweet" instead of "dirty." "He's a sweet old man." suggests weakness and passivity. Going from "potent" to "sweet" is hardly a promotion. It's the senior equivalent of nice guy, a term never applied to a chick magnet or a corporate raider.

Patriarch might do, but it seems antiquated. And I can't grow the necessary long beard. I like elder, but I grew up knowing elders as church officers. And when your daughter is an elder in a Quaker meeting, the label won't do.

So I have chosen "curmudgeon." It has pith. The old definition was a crusty, ill-tempered, churlish, old man. What's not to like about that? Such a creature won't be ignored like the sweet one. The modern definition is softer: one who hates hypocrisy and points out unpleasant facts in an engaging and humorous manner. Engaging and humorous? That's for me. I told

the professoress some time back that I was practicing to be a curmudgeon. She replied, "You don't need practice!" So from now on when someone asks what I do, I'll just say "I'm a curmudgeon." That should be fun.

There is a great tradition of curmudgeonosity. Jon Winokur compiled such remarks in "The Portable Curmudgeon." Some seem currently fitting: Aldous Huxley, "You shall know the truth and the truth will make you mad;" Mark Twain, "Suppose you were an idiot. And suppose you were a member of Congress. But I repeat myself;" Will Rogers, "Our Constitution protects aliens, drunks and U.S. Senators;" P.J. O'Rourke, "Republicans are the party that says government never works, and then they get elected and prove it."

Others have enriched our understanding of life: Alexander Wolcott, "Nothing risqué, nothing gained;" Carrie Fisher, "As you get older the pickings get slimmer, but the people don't;" Mo Udall, "If you can find something everyone agrees on, it's wrong;" Kin Hubbard, "A good listener is usually thinking about something else;" Redd Foxx, "Health nuts are going to feel stupid one day, lying in hospitals, dying of nothing;" Oscar Wilde, "Some cause happiness wherever they go, others whenever they go;" Lily Tomlin, "We developed language because of our deep need to complain;" H.L. Mencken, "It is even harder for an ape to believe that he has descended from man." George Will has added a fall appropriate notion, "Football combines the two worst features of American life: violence and committee meetings."

You will note among these curmudgers some very noted figures. The opportunity to join such company is enticing, still another reason to aspire to curmudgeonhood. Perhaps most encouraging are the words of James Barrie, "I'm not young enough to know everything." But in old age you don't have to know. You can curmudge.

Grumped by David H. Smith, Ph.D., retired professor

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Fitness

Healthy Living and Your Mindset

By Carol Hollenbeck

Over 4,000 miles away is tiny village where the villagers are seen as the healthiest in the world. Located deep in the rain forest of Bolivia, the 16,000 Tsimane villagers have been found in a recent study to have the healthiest hearts ever studied. Their diet, lifestyle and mental well-being all contribute to this remarkable outcome.

The researchers studied the level of coronary artery calcium (CAC) which is a major risk factor for heart attack and a marker for clogged arteries. The Tsimane virtually have no CAC at age 45 compared to 25 percent of Americans, and at age 75 only one-third of the Tisane had the CAC marker compared to 80 percent of Americans. Clearly we are not doing something right.

Living like our ancestors thousands of years ago, these villagers live off the land with a very simple diet. Freshwater fish and wild game make up about 25 percent of what they eat which includes wild pig, tapir, capybara (a rodent), catfish and piranha. The rest of their diet is made up of locally grown vegetables, fruits, nuts and grains - foods such as rice, corn, sweet potatoes (manioc root) and plantains. In all, carbohydrates comprise 72 percent of their diet, fats 14 percent and proteins 14 percent, compared to the average American diet which is 52, 34 and 14 percent respectively. This is a diet high in clean burning carbs, but low in fats with no processed foods.

Diet is only one component of their healthy lifestyle. Activity is the other cornerstone. On

average the men take 17,000 steps per day while the women average 16,000. Even those over 60 average 15,000 steps per day! It takes 2,000 steps for the average person to walk one mile. These Bolivian villagers are walking 7.5 to 8.5 miles per day! Most weight loss programs stress walking 10,000 steps per day or five miles. This is 40 percent less than these villagers. The message is clear - most Americans are not walking nearly enough. Even people trying to do the suggested 10,000 steps per day may really need more to combat their diet and years of being too sedentary.

The final component to the Tsimane lifestyle is stress-free living. Numerous studies have proven stress is as detrimental to one's health as a poor diet and lack of exercise. Reducing daily stress should be a goal for everyone. Try to simplify your life, reduce commitments, reach out to others for help, be present and slow down, and meditate—even five minutes per day. When you meditate take deep breaths, shut your eyes and focus on the moment; let all those distractions and thoughts in your head go away with each breath.

Clean eating with a balanced diet, lots of activity and stress-free living seem to be the corner stones to the Bolivia lifestyle which Americans would benefit from modeling.

Carol Hollenbeck is a physical therapist in St. Pete Beach and owns Fit For Life Fitness Center. (727) 367-0075 or www.iamfitforlife.com.

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GUARD continued from front page

the ordinary...a boater in distress, debris in the water, a violation of boating rules. "We advise. We don't necessarily direct," says Gilmore. "It's a lot easier to inform a boater of a violation than to issue a ticket. We'll pull a speeder over and educate."

Across the nation, the Auxiliary has 16 Districts, with District 7 including Florida, Georgia and South Carolina plus Puerto Rico and the U.S. Virgin Islands. Among this district's six sectors is Sector St. Petersburg, covering west central Florida. Within that body, Division 7 serves Tampa Bay by means of seven flotillas, the most local unit designation. The Sue-Sea-Q operates from Flotilla 7-8, designated as Pass-a-Grille, covering from Tampa Bay west to the Skyway Bridge south, out to the outer channel marker to the west, north to the John's Pass bridge and associated Gulf beaches. Flotilla 7-8 has 23 members, compared to 70 with the St. Petersburg flotilla.

Coming about, the craft retraces its route and continues south into open water nearing the Sunshine Skyway Bridge, maintaining radio location contacts with the Coast Guard. An abandoned sailboat, the latest example of a longstanding problem in southern Pinellas waters, is called in. Clumps of floating coconuts appear periodically and are noted...they turn out to be from tree clearing operations along the channel.

"Clear to port; clear to starboard," Hoskin calls out. A member of St. Petersburg's Flotilla 7-2, he trains aboard in multiple duties this day. Novellino, in his fifth year with the Auxiliary, was an executive with National Cash Register for 45 years in the New York City area. A boater all his life, without military service, he sees the group as, "a way to serve our community and country as long as I am able." He is a recent past Flotilla 7-8 commander; Gilmore is its current commander.

Hoskin was a New Jersey high school teacher and sports coach while Gilmore, from Virginia, retired after 31 years in air traffic control supervision, in part at Dulles Airport. Hoskin smiles, "I enjoy every minute in the Auxiliary, except for the paperwork."

Some 100 Auxiliary members from around the nation assisted in rescue efforts in the Houston area during Hurricane Harvey. According to Pat Prado,



Auxiliary member Dean Hoskin does a position check-in with Coast Guard Sector St. Petersburg. They also monitor channel 16 for distress calls.

public affairs officer with District 7, no Auxiliary members were deployed locally during Hurricane Irma.

Over a lunch break at the Gulfport Marina provided by his wife, Tony Novellino illustrates why volunteering may not always be pleasant, even while it's one's duty. In recent years, he took part in two search efforts involving fatalities. On Oct. 5, 2015, nine-year-old Cameron Bullard was swept away from Pass-a-Grille Beach. His body was recovered near Shell Key Preserve two days later. This March a college student and charter boat mate drowned in Pass-a-Grille Channel. They were located within a week by private boaters. "We assist in locating the person, but we're not allowed to touch the body, for forensics purposes" says Novellino.

There are joys, too, he notes. "There have been many exciting events where we've saved folks from hypothermia in the winter, even in Florida, or fought a fire on someone's boat. It's rewarding to help people." Crews help boaters who've run out of gas, run aground, had a mechanical failure or need a tow to get them out of sea lanes until a commercial tow service arrives.

Recruitment is an ongoing process for the Coast Guard Auxiliary in regions like coastal Florida, where snowbirds form a significant portion of volunteers. "You can do eight hours a year or eight hours a week," says Hoskin. Interested? You must be a U.S. citizen, at least 17 years old and pass a background check.

Learn more at www.join.cgaux.org.



The headquarters of Coast Guard Auxiliary 7-16 overlooks the channel that runs between Clam Bayou and the Boca Ciega Yacht Club in Gulfport.



Part of the crew's responsibility is to call in and report abandoned boats like this one in the extreme eastern end of Boca Ciega Bay just south of Clam Bayou; an example of a longstanding problem in southern Pinellas waters.



Dean Hoskin holds up an EPIRB, Emergency Position Indicating Radio Beacon, used to alert search and rescue services in the event of an emergency. The Coast Guard recommends boaters purchase a 406 MHz EPIRB, preferably one with an integral GPS navigation receiver.

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Florida Author Mystery on the High Sea

By Jackie Minniti

Sandy Mason is an avid sailor who loves to travel. After this former Long Island software engineer retired, he decided to reinvent himself as a novelist and has drawn on his two passions to pen the Johnny Donohue Adventures - a series of novels that take readers on page-turning voyages sure to thrill mystery buffs.

Mason moved to Florida 20 years ago because of a job transfer. He spent some time commuting between St. Petersburg and Washington, DC before deciding to retire and take up writing. "I was always interested in writing," he says. "I secretly wrote short stories for years, but I never showed them to anybody. And I always loved books and literature, so I thought I'd try my hand at it."

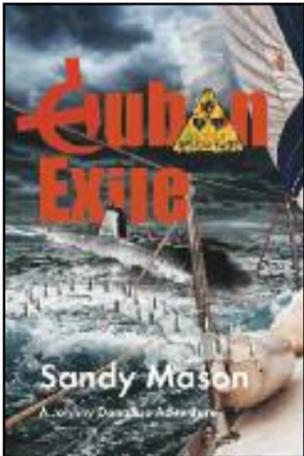
His first novel, "Storm Damage," introduced Johnny Donohue, a man who leaves the high tech corporate world to move to the west coast of Florida. Mason admits that he has a lot in common with his signature character. "Growing up, I always wanted to be a detective," he says. "Now I can be." But he is quick to point out that Johnny can do things he'd never be able to do. For example, in "Storm Damage," Johnny is drawn into investigating the death of his best friend's wife in a mystery that takes him from New York's Westhampton Beach to the Florida coast.

The next book in the series, "Man Overboard," has Johnny following a trail of money laundering, stolen boats, drug smuggling and kidnapping to find an experienced sailor who is missing at sea. In "Sailor Take Warning," the third Johnny Donohue Adventure, Johnny enlists the help of his friend and former police officer, Lonnie Turner, to investigate the murder of a St. Petersburg tour boat captain that leads them into the seamy world of Tampa's strip clubs.

While his first three novels were straight mysteries, Mason decided to try "something a bit deeper" in book four. "Since I've always been interested in history, I decided to include a historical element in the story," he explains. The result was "Havana Moon," a



Sandy Mason combines his passion for sailing and love of travel in The Johnny Donohue Adventures, a mystery series that takes readers onto the high seas to solve crimes.



novel based on his grandfather's experiences in the Spanish American War. The story has Johnny trying to untangle clues leading to the death of a local marine electronics expert after discovering a war artifact that has international consequences.

Mason continued the history-mystery connection in his next two novels. In "Silver Voyage," the death of William Haggerty, a family friend, sends Johnny digging into the story of Alan Turing, the British mathematician who deciphered the German Enigma Machine in WWII. "William lived in my neighborhood in New York," Mason says. "He assisted Turing in tracking down the Nazi codes and developed the trigger mechanism for the atomic bomb. I'm still friends with his daughter."

Mason's latest release, "Cuban Exile," has Johnny and Lonnie sailing to Cuba to deliver a sailboat to Doctors Without Borders. When Johnny becomes a suspect in the murder of a Russian physician, his efforts to prove his innocence lead him back to the Cuban Missile Crisis and Vasili Alexandrovich Arkhipov, the Russian naval officer who may have saved the world from nuclear annihilation. "JFK was my boyhood hero," Mason says. "I followed his administration closely and wanted to write about him. Some people have bad impressions of him, but he kept us out of war."

Mason is putting the finishing touches on his next novel, "Global Position," (scheduled for release in 2018.) Johnnie will be trying to stop the Russian mob from extorting money from St. Petersburg businesses. "The thing I enjoy most about writing is the sense of accomplishment when I've gotten an idea on paper and know someone else will look at it," Mason says. He hopes readers will enjoy watching his characters evolve and become better people as they sail into more intricate crimes.

For more information, visit the author's Amazon author page at amazon.com/author/sandymason or his website at www.sandymason.com

Today is the Day (Part 1)

By Sabrina O'Donnell

I woke with a jolt in a familiar panic. The nightmares are getting worse; they're coming every night now. Stickers has stopped sleeping on my mattress with me. He now stretches out on a pile of paper bags in the corner. The bed feels a lot colder without his soft fur pressed up next to me. I don't blame him; I wouldn't want to sleep next to someone who wakes up screaming every night either.

Unable to fall back to sleep, I pull the ladder down from the ceiling and climb up as far as I can without opening the manhole cover. I press my eye up to the tiny hole I drilled through the metal and look out at the sky. It looks like it's around four o'clock; the sun has yet to peak its head out.

"Looks like another early start," I whisper to myself. I hop back down and head to my kitchen. Glancing in to the cupboard, I sigh; two pieces of bread left. My stomach turns to knots as I face the fact that I am going to have to go into town today.

"Hey!" I hear Old Nick yelling from his bunker. "Hey! Hey kid! Hey!"

Every morning. "What?!" I yelled back, pretending I didn't already know what he was going to say.

"They're coming kid! Today's the day!" I put a bowl of water down for Stickers. "Oh, is it?"

"Yes kid! They told me! They really told me! Today's the day they're coming!"

"That's great," my lack of enthusiasm must have been apparent because I could hear Old Nick's tone shift.

"What's the matter kid?" He sounded sincerely hurt. "You don't believe me?"

I started to feel bad. I don't mean to hurt the old man's feelings, but every single day he's yelling about "the rescue team." How they're going to arrive on huge helicopters and liberate everyone in town. He says they're going to fly us all out every last one-

"They're going to fly us all out kid!" See what I mean? "Every last one of us."

"I believe you Nick," I shook my head, sitting down with a cup of warm water and one of my last two pieces of bread. I bit into it; hard as a rock. Sighing again, I added, "by the way don't worry about food, I have to go into town today."

"God bless you kid," his voice cracked. "I don't know what I'd do without you."

It's not uncommon for the younger ones of us in the tunnels to go into town and steal things for the older ones. They're not as fast and can't sneak around as well. Old Nick always gets choked up when I help him out. Tells me thievery is a young-

"You know what I always say kid; thievery is a young man's game."

(to be continued)

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PENNY continued from front page

The Board of County Commissioners (BBC) weighs the needs of the communities based on citizen input, staff input and the county's strategic plan to come up with projects and priorities.

"Citizen input is at the top of the list," said Barabara Hernandez, director of marketing & communications for the county. "We regularly get input at public meetings, public workshops and such." They also did surveys, and they get input from county staff members when they go out in the community. "All that info is compiled and provided to the board (BCC). It is considered in light of the county's strategic plan and partner (municipalities) input."

"There are five major categories we have identified that the penny has funded. The biggest project area historically—and will be—are projects that support faster, safer transportation for residents," according to Josh Boatwright, a county public information specialist. Citizens surveyed each year say that is their biggest concern.

The other four areas are: neighborhood growth and vitality which includes projects like recreation centers; workforce housing where the county buys land that can be used for the development of affordable housing; safer communities which includes building or renovating first responder facilities and equipment and the new Pinellas

County Public Safety Complex complex on Ulmerton Road; parks and natural resources which Josh says includes improvements to almost every park in the county; and water quality and flood control.

"Stormwater is obviously a big issue that people are focused on. Penny has supported numerous projects to improve drainage in streets and neighborhoods and stabilize major creeks and bodies of water so they don't erode and cause degradation of the environment."

For more information go to their website at www.pinellascounty.org under Special Interest.

What your Penny pays for...

Where the funds come from...

Property Taxes
County property owners



Penny for Pinellas
1% Sales Tax
Everyone who spends money in the County



Visitors and seasonal residents pay 1/3 of Penny sales tax

What these funds do for you...

Essential Services
Daily government operations

- Public Safety & Sheriff
- Mosquito Control
- Human Services
- Maintenance of Parks & Public Facilities
- Staff Salaries



Capital Projects
Long-term Investments

- Water Quality, Flood & Sewer Spill Prevention
- Roads, Bridges & Trails
- Public Safety Facilities & Equipment
- Parks & Environmental Land Acquisition
- Community Centers, Land for Housing & Other Projects

Penny covers cost of more than 70% of local government capital projects



Some other sources of capital funding include sales tax levies, grants. The County provides additional services and special services such as water, sewer, solid waste, traffic signals and many other maintenance items are funded through user fees, rents and other sources.



Penny for Pinellas Accomplishments

- 32: Archibald Park
- 190: Municipal Marina
- 86: Veterans War Memorial Park
- 134: Treasure Island Police Vehicles
- 97: Treasurer Island Center Rehab
- 55: Treasure Island Causeway Mast Arm
- 85: Treasure Island Boatramp Rehab
- 37: Treasure Island Pedestrian Crosswalk
- 151: Sunset Beach Pavilion Rehab
- 140: St. Pete Beach Community Center
- 150: SPB Fire Dept. Ladder Truck
- 83: Bear Creek Channel
- 122: Caldwell Park and Tonkin Playground
- 46: Pasadena Culvert
- 120: Gulfport Fire Dept. Special Rescue
- 121: Gulfport Library Renovation
- 183: Shore Blvd. Project
- 191: Gulfport Water & Sewer Infrastructure
- 200: Sidewalk & Alley Projects
- 123: Clam Bayou Preserve
- 21: Tierra Verde Fire Station
- 105: Ft. DeSoto Water Recirculation Project
- 73: Ft. DeSoto Historic Fort Restoration
- 92: Ft. DeSoto Park Infrastructure

This county document outlines what types of project may be funded with Pinellas revenue and what is funded through property taxes. Without penny revenue, the projects that it helps fund would have to be funded through other sources like additional property taxes.

This Penny for Pinellas Accomplishments Map from www.pinellas.org shows highlights from nearly 30 years of strategic investment by the county and the 24 cities to build a better Pinellas with improved infrastructure. Visitors roll over each respective number to see the exact project.

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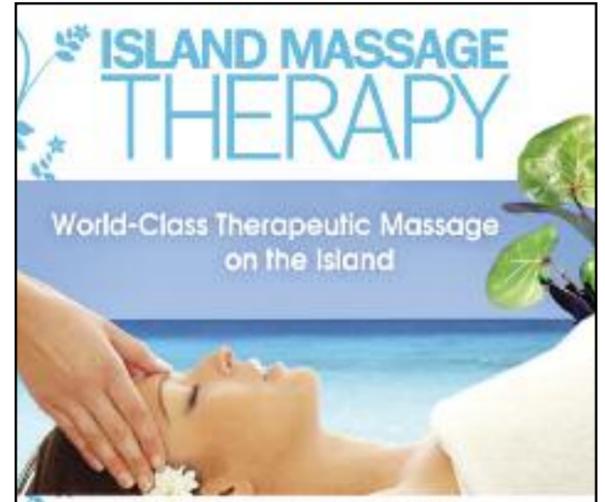
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Painting Becomes Surviving Stroke

By Betsy Judge

For 60 years Gerhard Endress tied his identity to his profession; he was a master at his craft of watchmaking.

He started in a factory in Germany at 14. After moving to the U.S. and doing a stint in the Army, he returned to his trade settling in a town in Northwestern Louisiana. He moved and continued to hone his skills and six years ago he and wife Gillian, a personal trainer, moved to Tierra Verde to take advantage of year-round outdoor activities.

"By that time, I was working on pretty high grade watches, and I had some real good clients from all over," says Gerhard who takes time to find the words. "They sent me their watches, so I opened up a shop in the house." He was 73 and playing tennis and soccer with guys half his age. He also loved to work in the garden.

It all came to an abrupt end after six hours of tennis one day. Gerhard had a massive stroke while readying to watch the world cup.

"It was a miracle," says Gillian about his survival. "I was in Tampa. He had invited a tennis friend over to see the world cup." A first as far as Gillian remembers.

When Gerhard did not answer the phone or the door his friend looked in the back and found him unresponsive. Gillian was not scheduled to be back until late that night. "We can say it's a God thing, because if he had not come over, he (Gerhard) wouldn't be here."



Gerhard paints a vase at Abil House which is dedicated to promoting self-sufficiency and ensuring community re-integration for veterans and others living with brain injuries.

Photo from the Abil House Facebook page.



Gerhard Endress and wife Gillian stand by their dining room table which is loaded with samples of his work. Hard work, physical therapy, patience, perseverance and renewed faith eventually set him on a new path, and painting has given him a new outlook on post-stroke life.

TIR staff photo.

But the man who made a living with his hands and competed with guys half his age lost the functional use of his left arm and some of his left leg. He lived the next two months at BayCare followed by three months in The Allegro.

"It was terrible," says Gerhard. "Suddenly I couldn't do the work that I'm so used to." "We are both very active and physical," adds Gillian, "and then all of a sudden, this happened and everything changed in a heartbeat."

They planned to do everything they could to get the arm back and even went to Boca Raton and spent \$7,000 on what Gillian calls "a magical cure."

"For a couple of years, all we were doing was going to rehab and doctor's offices," says Gillian about their journey. Then she learned about Abil House which helps people with brain injuries from a friend, Sandra, who suffered one. The organization had purchased a house and the gardens were a mess. Sandra thought Gerhard could give them some ideas.

He gave them his ideas then got involved in the arts and crafts activities. Gillian got connected with Glenda Whelpley, an art teacher who offers painting

classes at The Sunshine Center to stroke survivors. Gerhard was hooked.

"She (Glenda) couldn't get over it," says Gillian about how prolific a painter he was. While others worked on the same piece week after week, Gerhard turned out a painting in two hours. "They couldn't stop him."

When he painted at Abil house, Gillian went to a vegan restaurant for tea and met the owner who features local artists and offered to hang his work. "We had about 30 paintings hanging up there, so that is kind of how it got started."

He had another show at their church, First Unity downtown. They have an art ministry known as "I AM" and feature artists. He also gave a speech about what happened to him and how art helped him. "It just goes from one thing to the next," says Gillian.

They support the American Heart and Stroke Association. Gillian will be featured in a TV spot and in an upcoming promotion for "Go Red for

PAINTING continued on page 18



Gerhard had never painted in his life when he enrolled in a class. He is an extremely prolific painter turning out new art pieces every couple of hours. This shows a sampling of his work which includes paintings, cards, vases and other crafts.

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STDs Set Record... Wooden Cars?... CPR Advice... and More...

By Wayne Shattuck

STDs Set Record... New U.S. cases of three common sexually transmitted diseases: chlamydia, gonorrhea and syphilis, reached more than 2 million cases in 2016, a new record, U.S. health officials said, prompting calls for more effective prevention efforts. Most of the diagnoses were cases of chlamydia, which comprised 1.6 million cases. But there were also nearly a half million new gonorrhea cases and nearly 28,000 new cases of syphilis, according to an annual report issued by the Centers for Disease Control and Prevention (CDC). All three sexually transmitted diseases can be cured with antibiotics, but if left undiagnosed, they can cause serious health problems, including infertility, life threatening ectopic (displaced) pregnancy, stillbirth in infants, and increased risk for HIV transmission. And rates for syphilis among newborns rose 28 percent. Gail Bolan, director of CDC's Division of STD Prevention, called the increase "a tragic systems failure." "All it takes is a simple STD test and antibiotic treatment to prevent this enormous heartache and help assure a healthy start for the next generation of Americans," Bolan said. To reverse these trends, CDC is calling on state and local health departments to refocus efforts in investigating these diseases and improving rapid testing and treatment capabilities. The CDC also recommends that providers make STD screening a standard part of medical care.

Wooden Cars?... The global push among car-makers to make ever lighter vehicles is leading some auto suppliers in Japan to turn to what seems like an unlikely substitute for steel - wood. Japanese researchers and auto component makers say a material made from wood pulp weighs just one fifth of steel and can be five times stronger. The material - cellulose nano-fibers - could

become a viable alternative to steel in the decades ahead, they say, although it faces competition from carbon-based materials, and remains a long way from being commercially viable. Reducing the weight of a vehicle will be critical as manufacturers move to bring electric cars into the mainstream. Batteries are an expensive but vital component, so a reduction in car weight will mean fewer batteries will be needed to power the vehicle, saving on costs. Cellulose nano-fibers have been used in a variety of products ranging from ink to transparent displays, but their potential use in cars has been enabled by the "Kyoto Process," where chemically treated wood fibers are kneaded into plastics while simultaneously being broken down into nanofibers, slashing the cost of production to roughly one-fifth that of other processes. "This is the lowest-cost, highest-performance application for cellulose nanofibers and that's why we're focusing on its use in auto and aircraft parts," said Kyoto University Professor Hiroaki Yano, who is leading the research.

CPR Advice... If someone in cardiac arrest needs cardiopulmonary resuscitation (CPR), don't waste time trying to move the person's tongue out of the way, experts say. Attempts to prevent "tongue swallowing" are a major barrier to successful bystander resuscitation of people with cardiac arrest, they warn. In many cases of cardiac arrests in athletes in recent years, teammates, coaches and fans have tried to clear the athlete's throat before starting resuscitation because they mistakenly believed there was a danger of tongue swallowing. This practice "is a real obstacle" to lifesaving CPR, researchers wrote in the journal Heart Rhythm. A cardiac arrest is not the same as a heart attack. In a heart attack, an artery in the heart becomes blocked, and some of the heart muscle begins to die

because it is not getting enough oxygen. In cardiac arrest, the heart can't pump blood to the brain, lungs and other organs. The person becomes unresponsive and either gasps or doesn't breathe at all. Scientists searched for videos online that showed cardiac arrests during athletic events, including when the first team member began to help, when medical aid arrived, and when and what type of rescue maneuvers were used. They found 29 videos from 1990 to 2017 that clearly showed the rescue process. Overall, 15 players survived. The videos often showed teammates attempting to "open the airway" to prevent tongue swallowing or choking, sometimes shoving fingers into the throat or pulling at the tongue vigorously to move it out of the way. The researchers also found that media coverage related to the videos sometimes mistakenly reported the importance of preventing tongue-swallowing in these situations. Dr. Peter Kudenchuk of the University of Washington School of Medicine in Seattle, who wrote a commentary published with the study said, "We pay attention when this strikes athletes because they're elite, young and seemingly healthy members of society. But it occurs once every minute to someone in the U.S., often with the same scenario seen in these videos of athletes." Kudenchuk recommends the "No, No, GO!" technique, which first checks whether the collapsed person is conscious and whether that person is breathing normally. If the answer is "no" to both, then bystanders are advised to immediately "GO!" with chest compressions. Something to remember!

BUT THAT'S NOT ALL... As newspaper stock would go through the rotary printing press, friction caused it to heat up. Therefore, if you grabbed the paper right off the press it was hot. The expression, "Hot off the Presses," meant to get immediate information!

PAINTING continued from page 17

Women," a campaign to raise awareness about heart disease and stroke in women. And his work has been reproduced on greeting cards which are now for sale at a number of hospital gift shops and on etsy.com under GsArtPlus. They plan to support Abil House with 10 percent of their profits. "They love him there," adds Gillian. He is known affectionately as Mr. G.

"We don't even think about the left arm now... we're so busy," she says. "We would love it to come back, but in the meantime, it's not our focus anymore, our purpose is for something positive."

"There were times when it wasn't very easy for both of us, then all of a sudden this has given him hope; it's given him a reason to live; he knows he has a purpose." He has even been able to cut out some medications for depression. "If you told me a year ago we would be doing this, I would have

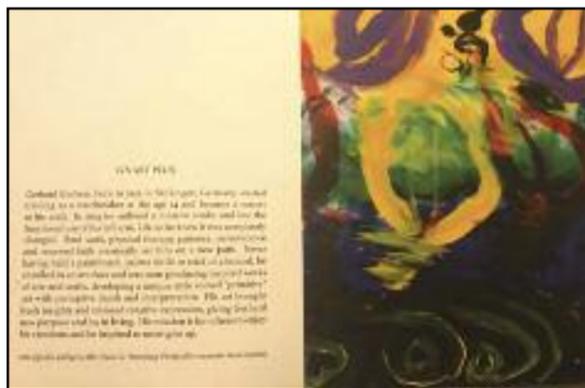
said you're crazy. It's just done so much good," adds Gillian.

"I think one of the things that is most rewarding, and it's almost overwhelming for me, is the number of people that come up to me and thank me for inspiring them or inspiring one of their family

members. That's really gratifying," says Gerhard.

Gillian adds, "We always knew there was going to be a reason for all this; that there was going to be a purpose for why this happened."

For more information Gillian Doreen Galanter Endress on Facebook or call 901-634-3306.



The back of every card with Gerhard's work tell his story including that 10 percent of all proceeds benefit Abil House.

Jackie Minniti
JACQUELINE

"Jacqueline's timeless story of hope, faith, and the enduring bond of friendship will linger with you long after you reach the end."
— Diane Capri
New York Times and USA Today Bestselling Author

When ten-year-old Jacqueline Falna hears her mother's scream, she is unaware that the axis of her world is about to tilt. Her father's plane has been shot down by German fighters. In the midst of poverty, food shortages, air raids, and the grinding hardship of daily life under Nazi rule, "Jacqueline" is a tale of family, faith, unusual friendships, and the resiliency of the human spirit set against the backdrop of occupied France in 1944. With the drama of fiction and the authenticity of personal history, "Jacqueline" is both a story about family and a family's story.

Business News

Celebrating 10 Years in Business

The Spice & Tea Exchange and members of the Tampa Bay Beaches Chamber celebrated a sweet and spicy anniversary with treats, teas, shop specials, samples, door prizes and ribbon cutting. They make their own spice blends in-house. Info at www.spiceandtea.com/johnspass.



A One-of-a-Kind Event

Members of the Tampa Bay Beaches Chamber recently attended what was advertised as a "One of a Kind Ribbon Cutting" at Alligator Attraction in John's Pass. Safe to assume most attendees were not disappointed when in lieu of scissors they used an alligator. Photo by Bob Schlesinger, Tropical Focus.



Chamber Hosts Fling

Tampa Bay Beaches annual Fall Flip Flop Fling by all accounts was a hit. Chamber businesses donated items for the silent auction and the Dolphin Beach Resort hosted the affair.

Notable Achievements

Gulf Beaches Rotary Rescues Books

Each year the Gulf Beaches Rotary holds an annual library book rescue project. This year they collected over 5,000 library books that will be distributed to local children through Guardian ad Litem Foundation, Big Brothers /Sisters, Eckerd Kids, Juvenile Welfare Board, Boys and Girls club, We Read Foundation, Florida Camp Rotary, Ronald McDonald House, and others.



Members of the Roto-act Club of Osceola high school helped sort and re-box the books as a service project. A big Thanks goes out to them and the Gulf Beaches Rotary club.

Hurricane Party

The Island Grille & Raw Bar raised \$8,600 and collected a truckload of goods for hurricane victims. The Hurricane Fundraising party was held in late September and the haul was possible thanks to their guest bartenders and musician John Sackett who donated all their tips, and participants who bought 50/50 tickets and participated in the silent auctions. Guest bartenders were: Bob and Diane Ollweiler, Sean Hurley and Laurie Laurenty. Gaye Werzbacher, Ian O'Connell, Nick & Marty Bralich, Anthony and Shanda Trofe. See page 23.



ISLAND TOONS

By Bruce W. Norris



The Island Reporter Puzzle Page

The Crossword

by Margie E. Burke

ACROSS

- Top of the heap
- Crumbly cheese
- As a rule
- A question of timing
- By and by
- Easily duped
- Italian auto maker
- Gerard Butler, for one
- Adorable one
- Falsehood
- Chilled
- Kind of cake
- 1040 entry
- Perspective
- Candle type
- Louvre piece
- Former network anchor
- Johnny Bench was one
- Frog's perch
- Soon, in old times
- Down Under bird
- Allow
- Get the pot going
- Price factor
- Tree with catkins
- Hand-color, in a way
- Marble
- Social network
- Yawn inducer
- High spot
- Desktop item
- Something to build on
- Memorial stonepile
- Roll up, as a flag
- Whiskey ____
- Beginning stage
- Deuce taker
- Notice
- Again
- Source of leaks
- One of the Jackson 5
- Dark doings
- Requirement
- Coffee ____
- Like a Conestoga wagon
- Fishing aid
- Barcelona bigwig
- Something to pump
- Opening
- Drop-off spot
- Downhill racer
- Margarita fruit
- Many a homecoming attendee
- Medicinal herb
- Contrite
- Generous gifts
- Chesapeake, e.g.
- Clothing
- Something to lend
- Wander aimlessly
- Felipe's farewell
- Figure, as a sum
- Grinding material
- Shell food?
- Stop suckling
- Showy flower
- Nothing but
- Mangy mutt

DOWN

- Bad
- Fine dinnerware
- Rich in content
- Petition
- Certain protest
- Taqueria treat
- Before-long link
- Monkey business

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
20				21			22	23				
24				25	26							
27			28				29			30	31	32
33	34	35		36			37			38		
39				40			41			42		
43			44				45			46		
47			48				49			50		
51				52				53		54	55	56
57	58	59					60	61				
62					63	64				65		
66					67					68		
69					70					71		

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Sudoku

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

Trivia

Languages

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- Afrikaans, the language spoken by approximately 10 million people in South Africa is descended from the language spoken by the European colonists who settled there. What language is it derived from?
(a) Dutch (b) French (c) Portuguese
- What is the world's 6th most spoken language after Mandarin, English, Hindi, Spanish and Russian?
(a) Portuguese (b) French (c) Bengali
- One of the consonant sounds of English is exceedingly uncommon in the world's languages. What consonant is it?
(a) T (b) H (c) R
- Speakers of what language celebrate "Alphabet Day" every October 9th?
(a) Polish (b) Korean (c) Greek
- Before the 1800's only one language was spoken in New Zealand. Since European colonization the number of speakers has dropped dramatically and is now considered an endangered language of which people?
(a) Maori (b) Mamu (c) Maori
- Henry Wadsworth Longfellow incorporated words from which Native American language in his famous poem "The Song of Hiawatha"?
(a) Ojibwe (b) Navajo (c) Mohawk
- Portuguese seafarers and merchants spread their language worldwide. Which country or province DOES NOT use Portuguese as an official language?
(a) Mozambique, Africa (b) Quebec, Canada (c) Brazil, South America
- Which Spanish conquistador would have found people speaking Quechua when he came to conquer their empire from the Andes of South America?
(a) Francisco Pizarro, Inca (b) Hernan Cortes, Aztec (c) Francisco Montejo the Younger, Maya
- Which of the following rulers of Russia did NOT grow up speaking Russian?
(a) Peter the Great (b) Ivan the Terrible (c) Catherine the Great
- Uzbek, the language of Uzbekistan is closely related to which language?
(a) Persian (b) Turkish (c) Arabic

Puzzlers can find the answers to all these brain teasers at www.TheIslandReporter.com under "Puzzles"

Word Search

A Place to Hang Your Hat

ABODE	AERIE	V	H	Z	A	W	X	N	E	T	S	E	N	V	U	M	W	G
APARTMENT	BUNGALOW	N	O	D	C	H	C	C	E	I	H	P	G	I	G	L	O	O
CABIN	CAGE	O	L	D	V	T	O	L	G	Y	R	H	R	O	N	P	I	D
CASTLE	CAVE	I	M	F	G	K	T	M	M	N	O	E	D	B	C	O	D	T
CHALET	CONDO	S	R	B	J	S	T	S	E	U	G	N	A	H	X	N	D	E
COTTAGE	DEN	N	W	I	A	Z	A	U	S	A	O	R	E	D	O	B	A	P
DOMICILE	DUPLEX	A	I	C	A	M	G	E	C	C	A	W	S	F	B	X	V	E
FLAT	HIVE	M	W	B	K	L	E	B	A	N	E	D	C	H	H	O	W	E
HOME	HOUSE	C	J	L	A	C	X	C	C	P	W	H	I	V	E	U	A	D
HOVEL	IGLOO	W	T	R	E	C	Y	H	D	Y	A	L	N	L	M	L	T	E
LAIR	MANSSION	O	R	E	A	V	V	S	T	H	S	R	I	T	Y	N	L	C
NEST	PALACE	L	A	R	N	Y	O	A	C	D	F	C	T	K	E	G	O	A
RANCH	SHELL	A	I	A	D	N	L	H	V	V	I	I	V	M	Y	V	Z	L
TENEMENT	TEPEE	G	L	W	C	F	Y	O	K	M	N	J	E	G	E	W	Q	A
TRAILER	YURT	N	E	B	X	A	Q	U	O	S	L	N	N	N	V	N	W	P
		U	R	X	P	I	V	D	R	I	E	Z	R	C	Q	L	T	W
		B	N	D	U	P	L	E	X	T	T	E	L	A	H	C	R	F

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ANSWERS ON PAGE 10

Local Events, Activities & Announcements

Gulfport

Nov. 3 & 18: Gulfport Art-Walk, 6 - 10 p.m. Beach Blvd. S., Waterfront District.

Nov. 11: VetsSports Volleyball Open, 11 a.m. Join the City of Gulfport and VETSports Heroes Weekend. Entering the parade, enter your team in the VETSports Beach Volleyball Gulfport Open or volunteering with our group. Parade starts on Beach Blvd. S. Info at www.mygulfport.us/heroesweekend.

Nov. 12: Veteran's Day Event, 11 a.m. Join local and regional politicians, and VFW Post 10174 Commander with a 4-person honor guard. Hosted by Congregation Beth Shalom and open to the public. 1844 54th St S.

Gulfport Public Library: Go to events at www.mygulfport.us/gpl for library events or visit at 5501 28th Ave S.

Each Week

Gulfport Fresh Market: Tuesday, 9 a.m. - 2 p.m. 3007 Beach Blvd. Info at 727-278-4285. Sept. 12 is Clothing Swap to Benefit CASA.

Gulfport Toastmasters: Wednesdays, 6:15 - 7:30 p.m. Community Room, Gulfport Public Library. 5501 28th Ave. S. Info at 727-537-9098, info@gulfporttoastmasters.com or www.gulfporttoastmasters.com.

Throughout the Month

Gulfport Casino: Dance Lessons. \$5 for members, \$8 for non-members. Gulfport Casino: 5500 Shore Blvd. S. Info at www.mygulfport.us.

Senior Center Events: Calendar available at www.gulfportseniorfoundation.org or 727-893-1231.

Madeira Beach

Nov. 2 - 4: King of the Beach Festival, Times Vary. Public festival with live music, food, marine and art vendors, boat showcase, kids play zone and the largest & richest Kingfish Tournament in the country! Madeira Beach Recreation Complex, 200 Rex Pl. Info at www.oldsaltfishing.org.

Nov. 17 & 18: Fall Book Sale, 10 a.m. Book sale to benefit non-profit, Friends of the Gulf Beaches Public Library. Gulf Beaches Library, 200 Municipal Dr.

S. Pasadena

Nov. 2: Free Concert, 7:30 p.m. South Pasadena Community Band honors the nation and its veterans with "America, The Beautiful," "American Patrol," plus marches and other memorable tunes. City Hall, 7047 Sunset Drive S. Info at www.southpasadena-band.com.

Pick-up Adult Soccer, 8:30 a.m. Fall recreational soccer for adults on half-size field. Have fun and exercise. No experience required. \$3 church donation. Pasadena Community Church, 227 70th St. S. Info and registration at 727-643-7282.

St. Pete Beach

Nov. 4: Community Yard Sale, 8 a.m. - noon. Vina Del Mar neighborhood yard sale with 45+ homes participating with furniture, household items, clothing, tools, decor, children's items, sporting equipment...to just about everything. Entrance at Pass-a-Grille Way and 21st Avenue. Info at www.vdmia.info.

Nov. 12: 4th Annual Chowder Challenge, 1 - 5 p.m. Select group of the best local chefs will compete against each other for the cherished "Golden Ladle Award," the "Best in Show" Chowder Award and the "People's Choice - 1st, 2nd & 3rd" Awards determined by attendee and judges. Ticket \$15 advance, \$20 day of, children under 12 are free w/purchase one adult ticket. Ticket locations at www.chowderchallengepag.com. Horan Park, 7701 Boca Ciega Dr.

Nov. 16: Thanksgiving Concert, 7 p.m. "An Evening of Praise and Thanksgiving," with the Florida Orchestra Brass Quintet and Vox Nova, the premier mixed ensemble from the Pinellas County Center for the Arts and the church's Chancel Choir. Free but asking for donations to benefit the victims of Hurricanes Harvey and Irma. PAG Beach Community Church, 107 16th Ave. Info at 727-360-5508 or www.pagchurch.org.

Each Week

Corey Avenue Sunday Market, 10 a.m. - 2 p.m. Up to 75 vendors with locally produced and home-made items including produce, plants, take home foods, ready to eat lunch bites, hand crafts, eco-friendly and fair trade products. Live music. Info at www.TampaBayMarkets.com.

PAG Thrift Shop, 9 a.m. - noon, Tuesday - Thursday and Saturday. Shop quality new and used items. Sales support local charities. 17th Ave. and Pass-a-Grille Way. Info at 727-360-5508.

All month:

St. Pete Beach Public Library. Check www.spblibrary.com for the latest events.

St. Petersburg

Nov. 3: Two-Headed Calf Fest: 6 - 10 p.m. Live music, live mermaids and live alligators, along with carnival side-show oddities, a costume contest, food trucks and unlimited craft beer sampling from Flying Boat, 3 Daughters, Cigar City and St. Pete Brewing. Tickets and Info at www.spmoh.com

Nov. 9: Kristallnacht Commemoration, 6:30 p.m. Free public event to remember the 79th Anniversary of Kristallnacht, "the Night of Broken Glass," with a service, including prayers and candle-lighting with Holocaust Survivors. Post ceremony concert. Florida Holocaust Museum, 55 5th St. S. Info at www.TheFHM.org.

Nov. 11: Circus McGurkis: 10 a.m. - 4 p.m. Celebrate peace and social justice with other like-minded people. Belly dancers and musicians, drummers, poets and storyteller. Lakewood United Church of Christ 2601 54th Ave. S.

Nov. 11: The Art of Remembrance, Noon - 4 p.m. Join the Veterans Art Center for food, performances and participate in fine arts activities. Info at www.vactb.org.

Nov. 11: Second Saturday Art Walk, 5 - 9 p.m. Take in the St. Pete arts scene after hours. Info at www.stpeteartsalliance.org.

Nov. 24: Oakdale Christmas Light Display, 6 - 10 p.m. 500,000 lights covering over a half acre. Waterfalls and fountains, HO scale railroad and Christmas trees. Hands-on games and bubble machines for the kids. Open through Jan. 3. 2719 Oakdale St. S. Free.

Dec 2 & 3: Mark Your Calendars: Outdoor Nativity, 6 - 8:30 p.m. Follow a path of luminaries as the story of the nativity comes to life with costumed characters. Listen to scriptures at each scene. Refreshments. St. Petersburg Community Church, 4501 30th Ave. N. Info at www.spcc.church.

Each Week

Mondays: Toastmasters, 6:15 p.m. PARC, 3190 Tyrone Blvd. N. Info at: 727-422-8856.

Tierra Verde

Nov. 11 & 12: Annual Discover the Island, 9 a.m. - 4 p.m. Events, activities, auctions, authors, Civil War re-enactors, live bird of prey display. Ticket prices vary. Proceeds help Friends of Egmont Key maintain the island. Info at www.egmontkey.info.

Dec. 2: Mark Your Calendar: Annual Tree Lighting, 4 a.m. - 7 p.m. TV personality Wayne Shattuck emcees the family fun event with snow sledding, Santa and his elves, pet parade, face painting, balloon making and live, music by tropical favorite Gail Trippsmith. Bring a new unwrapped toy for toy drive. Lighting of the Christmas tree around 6 p.m. Downtown Tierra Verde. Info at www.tierraverdebusinesspartnership.com under events.

Treasure Island

Nov. 11 & 12: Veterans Day Fall Fly on TI, 10 a.m. - 5 p.m. "Honor America's Veterans," featuring red, white and blue kites, banners and flags. Free, family-oriented event with general kite flying, kite games, stunt kite lessons & demos. TI Beach behind the Thunderbird Beach Resort. Info at 727-320-9463.

Nov. 15 - 19: Sanding Ovations, Times vary. Join ten master sculptors compete for more than \$12,000 cash prizes. The beach food court, an arts and crafts marketplace and three days of live music make Sanding Ovations a must-see event. Info at www.mytreasureisland.com.

Dec 2: Treasure Islettes Hollyfest, 10 a.m. - 2 p.m. Luncheon, crafts, bazaar, 50/50, baskets, jewelry and holiday shopping. Proceeds benefit city beautification projects. Tickets 727-367-1301 or 727-360-9181. No tickets needed for shopping. TI Community Center, 1 Park Place.

Each Week

Thursday Bingo, 6:45 p.m. Early bird, 7:45 p.m. Regular. Cash prizes. Snack bar & free coffee. Hosted by the Treasure Islettes. Treasure Island Community Center 1 Park Place and 106th Avenue.

Seminars, Classes and Announcements

U.S. Coast Guard Auxiliary Flotilla 78 Safe Boating Classes, 7 p.m., each Tuesday. A 13 week continuous cycle of classes; start at your convenience; includes 400 pages of materials. Arrive the first time at 6:30 p.m. to register. \$40 for 13 weeks (\$55 for couples sharing a manual). Call Jim at 727-360-4846, Warren at 727-321-7801, or Phil at 865-2226. 1500 Pass-a-Grille Way, St. Pete Beach.

Nov. 7: No Class, Nov. 14: Weather, Nov. 21: No Class, Nov. 28: Your Boat's Radio

St. Pete Beach Recreation Center Classes, Classes in art, dance, self defense for women and a variety of other topics throughout the month. Classes for kids too. Go to www.spbrec.com for a complete listing or call 727-363-9245.

Treasure Island Art Guild Workshops, Info at treasureislandartguild.org.

Each Month

Suncoast Hospice Caregiver Education and Support, Gain new skills, self-confidence and emotional support with Suncoast Hospice's caregiver programs. Info at www.suncoasthospice.org/caregivers.

Golf Tournaments and Announcements

Nov 20: Sandra Gal Charity Challenge, 8 a.m. Registration; 10 a.m. shotgun start. 18 Hole Pro-Am with one LPGA Tour professional with four amateurs for the first nine holes then the amateurs complete second nine as a team. Raffle, mulligan and super tickets available. The Concession Golf Club, 7700 Lindrick Ln. Info at www.voaflorida.org.

Helping Irma & Maria Victims. Volunteers of America Florida is collecting the following items for hurricane survivors all month: batteries Size D, portable fans, water purifiers, solar showers, ensure or any nutritional drinks, monetary donations, gift cards from Walmart, Kmart, McDonald etc. Donate online at www.voaflorida.org or call 727-369-8500 for pick-up.

Bay Sailors, a sailing club for singles celebrating 25 years of fun and sailing is looking for a few good skippers with sailboats. Info at www.baysailors.org.

Gulfport New Year's Eve Gala, Tickets are on sale for the 2018 New Year's Eve Gala at the Historic Gulfport Casino Ballroom, Dec. 31. \$35 per person at Gulfport Welcome Center, 3101 Beach Blvd. S. Info at www.facebook.com/GulfportNYEGala.

Beverage Beat

Wines to be Thankful For!

By Ellen L. Capitosti

Thanksgiving began as a celebration of a good harvest after a devastating winter for the colonists. The tradition of giving thanks with a bounty of delicious foods and drink, surrounding ourselves with much-loved friends and family is today's time-honored Thanksgiving scene.

Typically, wines are paired with the Thanksgiving meal. Whether you are serving turkey or ham, consider pairing with the following offerings: Joseph Drouhin Beaujolais Villages; a perfect balance of harmony, finesse, and character, young and fruity with an enticing aroma. Siduri Pinot Noir '15; the most complete and complex Willamette Valley Pinot Noir that Siduri has ever produced, berry and currant flavors with hints of cherry, earth, dried brush, and even tobacco. Nicolas Feuillatte Brut Rose; a silver-tinged, salmon pink sparkler with red fruit aromas which develop notes of blueberry, black currant, and rasp-

berry, delicate on the palate with a fruity finish, Serve as an aperitif or with food. Davis Bynum Russian River Valley Chardonnay; aroma of baked apples and pears, pineapple, lemon, and white flowers, this wine opens up on the palate with a toasty brioche and baking spices with a lush finish balanced with acidity and a rich creaminess. Marquis de Goulaine Vouvray; an affordable Vouvray (from the Chenin Blanc grape) that is tropical and well-balanced.

Wine can also be incorporated into the meal itself. If you are feeling adventuresome, and Aunt Flo's famous Mashed Potatoes need a bit of a lift, here is a recipe that is sure to please everyone with its decadent and rich flavors.

Mashed Potatoes with Wine and Goat Cheese

3 pounds potatoes peeled and quartered
2 C Chardonnay wine

2 C Water
1/2 C Heavy cream (or Half and Half)
1 Tbsp sea salt
3 Tbsp Butter (room temperature)
3 Tbsp creamy goat cheese
2 Thyme sprigs (leaves removed)

Boil the potatoes in the wine and water until tender (about 25-30 minutes). Drain the potatoes and return to the pot and mash with potato masher til smooth. Place the pot on the stove and turn heat to Medium while stirring in all but Thyme leaves. Sprinkle leaves on top of potatoes and serve your jazzed up and fancified, yet simple and elegant, Wine Mashed Potatoes to your thankful Thanksgiving friends and family.

Ellen Capitosti is the owner of Tostis Spirits & Fine Wines.

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The Island Reporter Picture Page

Glitter Queens Have a Ball

The St. Pete Glitter Queens report that their 6th Annual Royal Ball was a sparkling success thanks to all the people and businesses who supported it. The benefactor of this year's event is The Beth Dillinger Foundation, a not-for-profit corporation that provides support and education to boys and girls in need. Photos courtesy of the Glitter Queens.



Put Put For the Fun of It

The Inaugural Mad Beach Open was held at Smugglers Cove Adventure Golf in Madeira Beach. Golfers took off on the course in a shot gun start competing for the 1st place trophy and bragging rights which was earned by Erik Karasek and Jim Jaeger with a combined score of 79 on a par 76 course. Post-game party and awards ceremony will take place at Daiquiri Shak Raw Bar & Grille Madeira Beach. Photos courtesy of the City of Madeira Beach.



Help for Hurricane Victims

The Island Grille hosted a Hurricane Fundraiser in late September. They co-opted long-time patrons to work as guest bartenders and friends and family packed in to be served. There were plenty of silent auction items up for bid and the 50/50 split was \$1,295.



Like Dad, Like Daughter

Hunter Grose, financial advisor by day and daredevil kiteboarder when the wind is right, takes daughter Alexa on the ride of a lifetime. Alexa has been watching her dad kite board since she was very young and has always wanted to do it. She first rode with her dad the day before his birthday last November. Photos by Jesse Kokotek.



Ambassadors Take Fam Tour

Ambassadors for the Tampa Bay Beaches Chamber take the opportunity to learn about Corey area businesses during one of their periodic "fam tours." Photos by Bob Schlesinger, Tropical Focus.





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Children's Sunday School - 10:00 am

Wednesday Evening Services
Prayer Meeting & Bible Study 7:00 pm



CHRISTMAS EVE

CANDLELIGHT SERVICE



**Christmas Eve
Candlelight
Services**

**December 24th
5 & 6 pm**