



(From left to right) Mayor Frank V. Hibbard, Poet Laureate Larry Jaffe, Shelley Jaffe, Stazja McFadyen and Anne Fogarty  
Photo by David Ziff

## City...Poets...In Action

by Angela LeMay

In honor of National Poetry month, Mayor Frank V. Hibbard signed a proclamation declaring April 19th as Clearwater Poetry Day. At the City Council Meeting this past Thursday, in packed chambers, Artists in Action International members Larry Jaffe (Poet Laureate), Shelley Jaffe, celebrated poet Stazja McFadyen and Main Street Program Coordinator Anne Fogarty, were presented with the following Proclamation by Mayor Frank V. Hibbard:

newly proclaimed "Clearwater Poetry Day", Artists in Action International and The Main Street Program honored local Poets by releasing "The Little Book of Cleveland Street Poetry" at the 1st Annual Downtown Clearwater Poetry Walk. The book contains a unique collection of 27 poems written by local shop owners, community leaders, and residents past and present. Readings from the book of the poems and other poems were enjoyed by many throughout Cleveland Street and downtown Clearwater.

Contained in the following pages of this issue we have also featured some of the poets and poems from the Poetry Walk and book.

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### Proclamation

*Whereas, the month of April is National Poetry Month; and*

*Whereas, The Main Street Program encourages public-private partnerships in order to make downtown successful; and*

*Whereas, Artists in Action International is dedicated to creating a renaissance of arts and aesthetics in Downtown Clearwater; and*

*Whereas, The Main Street Program and Artists in Action International have partnered to sponsor a Downtown Poetry Walk on Saturday April 19th, 2008 and*

*Whereas, businesses along Cleveland Street will host poetry readings on Saturday April 19th, 2008; and*

*Whereas, Clearwater supporters have written and submitted poetry that celebrates Downtown Clearwater and envision a thriving future downtown; and*

*Whereas, Merchants and businesses in Downtown Clearwater have generously sponsored the publication of the Little Book of Cleveland Street Poetry, to be published by Artists in Action on April 19, 2008; and*

*Whereas, these partnerships have been and will be an important part of sustaining the quality of life we desire; and*

*Whereas, the City of Clearwater wishes to recognize the contributions of the Main Street Program and Artists in Action International;*

*Now, Therefore, I, Frank V. Hibbard, Mayor of the City of Clearwater, Florida, on behalf of the Clearwater City council, do hereby proclaim April 19th, 2008 to be*

**Clearwater Poetry Day**

(You can view the streaming video of the presentation online at [www.tampabayinformer.com](http://www.tampabayinformer.com))

Saturday, April 19th, in celebration of the



Poet Laureate Larry Jaffe proudly displaying the proclamation  
Photo by David Ziff

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## Tall, Dark & "Tongue-Some"

3<sup>rd</sup> Annual Spring Pet Fair Results

by Angela LeMay



These Newfoundlands were the winners of the Large Breed Dog Race

The Newfoundlands "took the heat" and were winners of the Large Breed Dog Race at downtown Clearwater's 3rd Annual Spring Pet Fair. Although it was not one of the competing categories, I additionally voted this Dynamic Duo the "Letting-It-All-Hang-Out" Award on this unusually warm April day. Unfortunately, they were too "tongue-tired" for comment.

On Saturday April 12th, animal lovers, pet owners and pet care providers came from near and far to attend the 3rd Annual Spring Pet Fair. The event brought some of the community's most competitive pets, owners and animal lovers to Clearwater's Cleveland Street District. The event took place on the beautiful new Cleveland Streetscape (which was closed off to automobile traffic specifically for the event) in Downtown Clearwater.

"This is an entertaining event that will reintroduce many residents to the downtown core - the Cleveland Street District," says Anne Fogarty, Main Street Program Coordinator. And, boy did it... people, peddlers, pups and pets of all types flocked to Cleveland Street from early morning till late afternoon.

Perhaps at first glance, an uninformed onlooker—spying the "Pup Tent-lined" Cleveland Street—may have mistaken the event for a "Flea Market". But, I assure you that the event was much, much more. Pet lovers and enthusiasts availed themselves of a wide array of information, services and products provided by the featured pet rescue organizations, vendors and a pet training demonstrations by the Upper Suncoast Dog Training Club and the Pinellas County Animobile - a state-of-the-art mobile surgical operation to help reduce pet overpopulation.

As a pet owner, I was particularly intrigued with Gayle Snow, a certified Animal Chiropractor specializing in Veterinary Orthopedic Manipulation (VOM), a non-surgical approach to lameness and spinal disease. I was amazed to learn that there was such an alternative to costly surgery; which has a 90% success rate. I also discovered that not only does Snow work with pets but she also works with large breed animals; any size animal from horses to snakes. Coming from a background in the thoroughbred race horse industry myself, I was quite familiar with the idea of lameness in horses and the need to avoid surgery at all cost. I curiously asked Gayle what the most challenging thing she faces with small breed animals. Snow remarked, "Bringing up the pet owner's awareness to recognize when their pet is lame" and "getting them to understand that VOM actually is an affordable solution to keeping pets healthy and pain free."

Continued on page 8



"Tootsie" and Julie Mango of Palm Harbor took first place in the Pet/Owner Look-alike Contest.

# CITY POETS: Editor's Choice

from the First Annual Downtown Clearwater Poetry Walk

## City...Poets...In Action

Continued from front page

The Downtown Clearwater Poetry Walk marks only the beginning of what can be achieved from the partnership of Artists in Action International, a non-profit organization dedicated to creating a renaissance of the arts in downtown, and The Main Street Program.

I urge you to support Artists in Action International activities by ordering your copy of "The Little Book of Cleveland Street Poetry". The book is affordably priced at \$5 each and is available through Artists in Action Int. All proceeds go to Artists in Action to fund future projects.

To order your copy, send payment and shipping information to:

Artists in Action International  
PO Box 63  
Clearwater, FL 33757-0063

Include \$1 for shipping and handling.  
[www.artistsinactionint.org](http://www.artistsinactionint.org)



Poet Gerard Andreani reads his poem from the Little Book of Cleveland Street Poetry in front of Jamba Juice. Photo by Simaen Skolfield

## You Agreed?

By Elizabeth Starlight

Are you feeling lost or a little blue?  
Not sure what it is you want to do?  
Life seems to move a lot less fast,  
Being held down by pins of the past.

How did you wind up in this place?  
Life used to be so easy to face.  
Why is everyone giving you pain?  
Carelessly letting your happiness drain.

Sounds like somebody's agreed to this game  
Of playing the victim and placing the blame.  
You say, "It's everyone's fault but mine."  
That, right there, is a real bad sign!

Translated to a similar rendition  
Says, "I'm not responsible for my own condition."  
Too bad, yes, you are.

Down in the dumps or a shining bright star.  
You are the one who makes it so,  
And you are the one who lets it go.

So forget your thoughts of yesterday,  
Weed them out and throw them away.  
Pay them attention and there you will be,  
Tangled with upset and misery.

All right, you know what to do.  
Out with the old, in with the new!  
To dreams and goals may you aspire,  
For they are the fuels that feed one's fire.

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Photo by David Ziff



Photo by Janice Batey

## The City Where I Live

By David Ziff

A city by a bay –  
Pipe dream from where I stood  
On another, distant day  
To wonder if I could.

My future was a blight  
To eyes that saw the past,  
Saw failure and a night  
Crossed by a broken mast.

Hopes lay in ruins. My life?  
If love was cash, "I'm broke."  
I roiled in spite and strife,  
Long since a funny joke.

It all seemed then too far –  
The dawn of something more –  
Health a receding star,  
My thoughts dead at the door.

I heard of a way out:  
I looked before I ran  
For water in a drought,  
A clear new day for man.

© 2008 David Ziff



Photo by David Ziff

## Tall Double Decaf Non-Fat Vanilla

By Lisa Mansell

Light warm through the window  
Glow's my shoulder  
Latte in one hand  
Watching lives go by  
The morning's wake up call  
The afternoon's sacred coffee break  
The nighttime's disco  
Without dancing  
Without beer  
For the under 21s  
Then, the day I had  
A doppio  
A macchiato  
And a bottle of water  
Sitting at  
My conference table  
Infinities of moments  
I realized  
Things important or not  
During those  
White paper cups  
With coffee in between

© 2008 Lisa Mansell



Photo by Simaen Skolfield

Tony's Pizzeria & Ristorante located on Cleveland Street sponsored the Downtown Clearwater Poetry Walk and was a venue for pizza and poetry.

(727) 441-2226 • [www.tonyspizzaclearwater.com](http://www.tonyspizzaclearwater.com)

## Beach Walk

By Renee Duke

The fog lifts as he walks  
massive head, ruddy from the  
sun, white hair combed back in  
anger, so resolute, life has  
punched him in the face. Behind  
him, his grandsons walk on  
the shimmering beach, the  
ocean has washed the sand  
for the sky to reflect and  
they skip and laugh.

Where did the years go?

© 2008 Renee Duke



Photo by Simaen Skolfield

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## TAMPA BAY INFORMER'S PURPOSE

*"To improve the community by raising awareness and responsibility and providing solutions to community issues.*

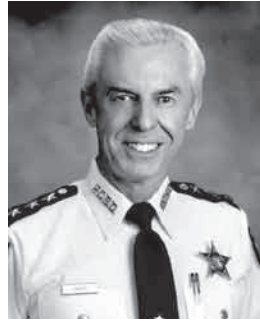
*We are achieving this purpose by publishing informative articles related to issues in the community which include community activities sponsored by non-profit and civic groups. Our articles invite members of the community to get involved and take action to help improve our community.*

*Our advertisers help fund our purpose and in turn, our marketing department is continuously expanding our circulation and increasing the exposure of our advertisers, resulting in expansion of their businesses."*



Editor  
Angela LeMay

## From the Desk of Sheriff Jim Coats



Nearly forty-five years ago President John F. Kennedy signed a law designating May 15th as National Peace Officers Memorial Day. Each year on this date we remember the sacrifice made by law enforcement officers who have lost their lives in the line of duty nationwide. The calendar week, beginning on Sunday, which includes May 15th has become known as National Police Week.

For the past twenty years a Law Enforcement Memorial Service has been held in Pinellas County during National

Police Week. The service features a roll call of the 20 law enforcement officers who have lost their lives in the line of duty in Pinellas County since 1905. These fallen officers are also recognized during the ceremony by a wreath laying, a 21-gun salute and the playing of "Taps."

As these important dates approach, I believe it is important for Pinellas County residents to recognize the role of local law enforcement officers who provide a very vital public service in our community. It is equally important to know and understand the duties and responsibilities of their law enforcement agencies and the people who staff them.

The Sheriff's Citizens Academy is a good way to learn about the workings of the Pinellas County Sheriff's Office and to gain a general insight into the field of law

enforcement. The program meets one evening a week over a period of twelve weeks. Another way to learn about the Sheriff's Office is by participating in one of several volunteer programs. Such programs as the Sheriff's Citizen's Patrol or the Volunteers in Partnership (VIP) provide an opportunity to learn about the agency and the criminal justice system while giving back to the community.

This year the Pinellas County Law Enforcement Memorial Service will be held at the Memorial Park, located just west of the Sheriff's Office at 10750 Ulmerton Road in Largo beginning at 10:00 a.m. on Wednesday, May 14, 2008. Representatives from local, state, and federal law enforcement agencies attend this ceremony, and it is open to the public.



Photo by David Ziff

## Who Says You Can't Fight City Hall... Not Barrier Island Residents!

On Thursday April 17th, inspired by organizer Jo Ellen Farnham of Sand Key, approximately 300 residents wearing bright orange "NO HOTELS" stickers flooded into City Hall, filling the first second and third floors and spilling out onto the City Hall steps. Majorly concerned Barrier Island residents claimed the character of their communities and lifestyles would be imperiled if the zoning were changed to "Tourism". This would allow builders to turn small commercial properties – such as the small strip mall on Sand Key – into a 100 ft tall hotel.

Reversely, Real Estate group D.A. Bennett Co., with the help of their attorneys, argued that more hotels would bring more revenue to stimulate the city's economy through tourism.

After a grueling 4-hour City Council meeting,

Council members - under pressure from concerned Sand Key and Island Estates residents on one hand and the ever-challenging issue of economy pitched by the business concerns on the other- decided unanimously to reject the proposed zoning change from commercial to tourism.

The council compromised by signing off on a plan that would let land zoned "tourist" receive higher hotel room density making it possible for Sand Key hotels - the Sheraton and the Marriott - to double and triple, in size.

Although, it was bit of give and take, the City's decision was a relief and victory for the residents who feared the small parcels of land in question would be turned into hotels.

- The Editor

### Simaen Skolfield Staff Photographer

With a passion for the arts, Simaen Skolfield has won the prestigious Grammy Award with his keen ears for capturing the realism of music and sound. In photography, he brings his uncanny skills to the visual world by framing life in its fullest senses. In photographic moments of all kinds; weddings to family, to portraits, Simaen possesses certain, rare abilities with which to capture our private world. As Simaen puts it, "I want to capture the full beauty of every special moment so our lives will be cherished again and again, the world over."

Mr. Skolfield is an independent professional digital-image-capture photographer, 'writing with light', at home here in Clearwater, Florida.

You can contact him at 727-557-6407



## APRIL IS NATIONAL HUMOR MONTH



### "That Flower"

Two elderly couples hadn't seen each other in a while so they got together for a visit.

The two men, Bob and Pete, were in the kitchen and the two women were in the living room talking.

Bob was telling Pete about a wonderful restaurant him and his wife went to the other night. Pete asked "What's the name?"

Bob sits there for a second thinking.... then says... "What's the name of that pretty delicate flower?" Pete says "A daisy?"

Bob says, "No, it smells really pretty..." Pete says "A Carnation?"

Bob say "No it's a really pretty flower and you give it to someone you love." Pete says "Oh, a rose"

Bob says "Hey Rose, what's the name of the restaurant we ate at the other night?"

### "Anything You Desire"

A rich millionaire decides to throw a massive party for his 50th birthday, so during this party he grabs the microphone and he announces to his guests that down in the garden of his mansion he has a swimming pool with two great white sharks in it. "I will give anything they desire of mine, to the man who swims across that pool."

So the party continues with no events in the pool, until suddenly, there is a great splash and all the guests of the party run to the pool to see what has happened.

In the pool is a man and he is swimming as hard as he can, and the fins come out of the water and the jaws are snapping and this guy just keeps on going and the sharks are gaining on him and this guy reaches the end and he gets out of the pool, tired and soaked.

The millionaire grabs the microphone and says, "I am a man of my word, anything of mine I will give, my Ferraris, my house, absolutely anything, for you are the bravest man I have ever seen. So sir what will it be?" the millionaire asks.

The guy grabs the microphone and says, "Why don't we start with the name of the jerk that pushed me in!"

# COMMUNITY CALENDAR

See more at [www.tampabayinformer.com](http://www.tampabayinformer.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>27th</b>	<b>28th</b>	<b>29th</b>	<b>30th</b>	<b>MAY 1st</b>	<b>2nd</b>	<b>3rd</b>
18th Annual Florida Winefest & Auction - Sarasota Summerfest - Largo Central Park Florida State Fairgrounds - Buckler's Craft Fair Fun 'N Sun Latino Carnival Florida State Fairgrounds - Concert - Santana with the Derek Trucks Band	Your Event Can Be Seen Here! Email Editor@ tampabayinformer.com	Ten Steps to Starting Your Own Business - Tarpon Springs Library Historic Burns Square Friday Night Holiday Walk - Sarasota Florida State Fairgrounds - Building Show	Five O'Clock Club - Men from Mars Band - Sarasota Florida State Fairgrounds - Building Show	National Day Of Prayer Preschool Story Time - At 10:15 A.m. (Ages 3-5) - Tarpon Springs Library Computer Basics Class - Tarpon Springs Library	"Get Downtown" Live Jazz Music Festival - St. Pete Eight O'Clock Theatre Presents Lend Me A Tenor - Largo Cultural Center Writers Group - Tarpon Springs Library Friday Afternoon At The Movies - North Greenwood Library Craft Club (Ages 6-12)- Tarpon Springs Library	AWAPS Pancake Breakfast - St. Pete Join Hands Day Weed And Seed Family Fun Day - St. Pete Pinellas Living Green Expo - Clearwater "The Power To End Stroke" - Tarpon Springs Library
<b>4th</b>	<b>5th</b>	<b>6th</b>	<b>7th</b>	<b>8th</b>	<b>9th</b>	<b>10th</b>
Historic Old Northeast Spring Garden Stroll - St. Pete Pinellas Living Green Expo, Clearwater Yom HaShoah, Florida Holocaust Museum, St. Pete	Yom HaShoah, Florida Holocaust Museum, St. Pete Cinco De Mayo Tarpon Springs Recreation Department - Summer Camp Free Genealogy Assistance - Tarpon Springs Library Chess Club - All Ages Welcome - Tarpon Springs Library	Tarpon Springs Recreation Department - Summer Camp National Teachers Day "Sweeney Todd" - Mahaffet Theater, St. Pete Free Genealogy Assistance - Tarpon Springs Library Toddler Tales - Largo Public Library Searching With Ancestry.com - Largo Public Library	Tarpon Springs Recreation Department - Summer Camp "Sweeney Todd" - Mahaffet Theater, St. Pete Free Genealogy Assistance - Tarpon Springs Library Toddler Tales - Largo Public Library Searching With Ancestry.com - Largo Public Library	Tarpon Springs Recreation Department - Summer Camp "Sweeney Todd" - Mahaffet Theater, St. Pete Introduction To EBay - North Greenwood Library	Tarpon Springs Recreation Department - Summer Camp "Sweeney Todd" - Mahaffet Theater, St. Pete The Classical Youth Players Present Compose Yourself - Pinellas Park Movie In The Park - Safety Harbor Family And Friends Day - Vinoy Park, St. Pete	Tarpon Springs Recreation Department - Summer Camp "Sweeney Todd" - Mahaffet Theater, St. Pete Walk For Life 2008 - Vinoy Park, St. Pete "The Princess & The Pea" - Largo Cultural Center Gallery Walk - Downtown St. Pete
<b>11th</b>	<b>12th</b>	<b>13th</b>	<b>14th</b>	<b>15th</b>	<b>16th</b>	<b>17th</b>
Tarpon Springs Recreation Department - Summer Camp Mother's Day Master Gardener Plant Sale - Largo "Sweeney Todd" - Mahaffet Theater, St. Pete Mother's Day At Pangea International Market & Cafe	Nurses Day Master Gardener Plant Sale - Largo Free Discovery Tour - Largo Spencer Davis Group - Largo Cultural Center Free Genealogy Assistance - Tarpon Springs Library	Your Event Can Be Seen Here! Email Editor@ tampabayinformer.com Tulip Day Free Genealogy Assistance - Tarpon Springs Library	National Dance Like A Chicken Day :) Free Genealogy Assistance - Tarpon Springs Library "Bay Knit Wits" Knitting/ Crochet - Tarpon Springs Library	Peace Officers Memorial Day Introduction To Microsoft Word - Tarpon Springs Library Free Blood Pressure Screening - Tarpon Springs Library	Mommy & Me Time...& Daddy Too! - Safety Harbor Lunch Time Concert Series - Safety Harbor 3rd Friday Music Series - Safety Harbor Writers Group - Tarpon Springs Library	Armed Forces Day Pier Aquarium's Kids' Fishing Tournament - St. Pete The Florida Orchestra Masterworks Concert - Tchaikovsky - St. Pete FREE Museum Day - St. Pete 15th Annual Seminole Stampede
<b>18th</b>	<b>19th</b>	<b>20th</b>	<b>21st</b>	<b>22nd</b>	<b>23rd</b>	<b>24th</b>
Police Week National Safe Boating Week "Compost Happens" - Dunedin	National Safe Boating Week Circus Day Free Genealogy Assistance - Tarpon Springs Library Chess Club - All Ages Welcome - Tarpon Springs Library	National Safe Boating Week Theatre Pipe Organ Performance City Auditorium - Pinellas Park BIG EAST Baseball Championships - Bright House Field, Clearwater Free Genealogy Assistance - Tarpon Springs Library Internet Basics Class - Tarpon Springs Library	National Safe Boating Week BIG EAST Baseball Championships - Bright House Field, Clearwater Free Genealogy Assistance - Tarpon Springs Library Internet Basics Class - Tarpon Springs Library	National Safe Boating Week BIG EAST Baseball Championships - Bright House Field, Clearwater National Maritime Day Romance & Rhapsody- Florida Orchestra Coffee Concert - St. Pete	National Safe Boating Week BIG EAST Baseball Championships - Bright House Field, Clearwater Tampa Bay Marine Super Show - Vinoy Park, St. Pete Grand Central Stroll - St. Pete	Tampa Bay Marine Super Show - Vinoy Park, St. Pete Star-Spangled Pops - Florida Orchestra Super Pops - St. Pete 97X Backyard BBQ Vinoy Park, St. Pete FILM FESTIVAL At Pangea International Market & Cafe

## Did You Know that No Plants, Animals or Humans Digest Their Own Food?

by Winston Kao

In school, we learn that plants use their roots to break down rocks to create soil. This is not exactly true. The plants' root systems do not secrete sufficiently strong acids to break down rock. What is actually true is that plants secrete sugars, starches and other materials that are consumed by soil-based microorganisms who convert the secretion into the strong acids necessary to break down the rock. The by-products from this process is then consumed by other microorganisms, forming a complex digestive system and soil fertility building process.

A similar process also occurs in the digestive systems of all humans and animals. We eat sugars, starches, fats, and proteins which are broken down into various acids and processed by our own symbiotic soil-based microorganisms (aka Probiotics) to create the needed building blocks for the body. Thus, correctly digested food by a healthy colony of soil-based microorganisms produces healthy humans, plants and animals.

### What happens When We Take Antibiotics - How Does it Influence Our Most Important Immune System- The Digestive System?

"Anti" means "against" and "Bio" means "Life." Antibiotics are designed to kill some form of life within our bodies. But since Antibiotics are taken systemically, they cannot just kill the targeted "evil bacteria". So many of the

weaker good bacteria also get killed. Here is where we run into problems - when species of microbes are missing or a single specie is allowed to growing disproportionately to the other species. The result is that one ends up with improper digestion and usually becomes more acidic. One's immune system is generally weakened, lowering our ability to resist disease.

### Taking a Probiotic?

Probiotics usually available to the American public have come to be reduced to a couple of species of lactobacillus bacteria to help digestion, rather the full-spectrum soil-based microorganism ecosystem that is required in the gut for good digestion. There are two probiotic issues to address.

The first one involves the fact that there are no labeling requirements for GMO (genetically engineered organisms), probiotics. Most consumers are not aware that they may be buying genetically engineered microorganisms programmed for early death in order to increase sales of the product. Many commercially available probiotics have been genetically engineered to have a very short life span (3 days or so). Therefore, it is vital to call the individual

probiotic companies to specifically ask whether they designed their microbes or are they 100% naturally occurring?

The second issue is what we consume. If we were only consuming dairy products and meats then lactobacillus might be okay. Since most of us eat a varied diet, we need more than just the lactobacillus family to help us digest all the various kinds of food that we consume. Thus, we need to continually consume a probiotic that has multi-families.

Inner Garden™ is a multi family culture that is more than just lactobacillus.

Inner Garden™ is a full-spectrum fermented ecosystem that consists of naturally occurring and beneficial microorganisms that work together, creating beneficial effects on every living organism. Many of these safe, helpful microorganisms are used in processing cheese, soy sauce, yogurt, and other familiar foods. Inner Garden™ applications extend from human and animal digestion to making fertile soils, robust livestock, wonderful compost, pond cleanup, and even wastewater treatment.

To find out more information Call Natural Plus Plus, LLC. (727) 447-2344



**FREE Admission**

**Saturday, May 3  
9 a.m. - 5 p.m.**

**Sunday, May 4  
10 a.m. - 4 p.m.**

Harborview Center, Clearwater

**Save Money.  
Save the Environment.**

The third annual **Pinellas Living Green Expo** is a **FREE**, fun-filled family event that helps residents make informed decisions and take action to lead more healthy and sustainable lives with less impact on the environment. This two-day event will provide information, ideas, resources, products and motivation to live more sustainably through exhibits and info sessions.

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



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Photo by Simaen Skolfield

# The New Place to Be...

*In Downtown Clearwater!*

by The Editor

Just a month ago, "Pangea Café & International Market" opened at the corner of N. Fort Harrison Ave. and Laura St., in one of the historic brick buildings owned by Jon Heneghan and Geri Aranjo.

Pangea's is not your run-of-the-mill café & market. From the moment you enter you will be captivated by an ambiance like no other around.

Upon your first visit, your jaw and eyes will need a little time to return to their natural positions. You'll view beautiful brick walls, hard wood floors and unique furniture from Sweden and the US. You will instantly make yourself at home at the artistically designed coffee and pastry bar which stretches literally and figuratively from south to north; as it was built by a skilled Dutch carpenter and finished by an exceptional Scottish artisan.

Once you've settled in, you'll be greeted promptly by friendly staff serving quality "Illy" coffee, fine imported teas, pastries and more. I highly recommend that you partake in the following treats offered at Pangea:

- Espresso
- Cappuccino
- Lattés
- Pangea's popular "ch-ILLY's" – a deliciously cool blend of espresso & Italian Gelato
- Mighty Leaf Tea
- French Pastries – baked fresh daily by an authentic French baker
- Italian Cakes such as the Dark Chocolate Mousse, their famous best seller Fruit De Basco, the unbelievable Tiramisu, fresh bagels with cream cheese and much more.

Perhaps you're wondering what "Pangea"

means...I did. Pangea Café manager Robin Hod, who I've dubbed "Sir Robin Hood" clarified, "Well, it comes from the ancient Greek language: "Pan" meaning entire and "Gea" meaning earth and it is the name for the super continent that is believed to have existed on this planet 250 million years ago.

"Sir Robin Hood adds, "Our goal is to bring together the different cultures in our aesthetic environment. We welcome people of all cultures to come and feel at home. We do that by offering foods and drinks from all around the world in our market section which we are continually expanding.

"For example, we carry Israeli honey, Italian olive oil, balsamic vinaigrette and crackers, Australian muesli and protein bars, Thai jasmine rice and noodles, cookies and chocolates from Germany, Austria, Belgium, England, Holland & Colombia.

"To make it even more accommodating for all, we have free Wi-Fi for the businessman, Kids corner for the hardworking mom needing a break, a nice secluded leather lounge corner where one can relax with many types of magazines and we are also open late for the 'night owls'.

"Weekends we feature live music such as Blues, Jazz, Rock, Modern Folk and Acoustics. We also host Poetry Reading, Open Mic and Chess Tournaments. Our Monthly Auditions is every first Tuesday of the month. Additional upcoming weekend and evening events include Dance music (Disco 80's 90's or Top 40 music). Our next special event will be the screening of the award-winning films from the recent St. Petersburg Sunscreen Film Festival. This will take place on May 24th at 6:30pm and will commence with a wine, cheese and

olive tasting."

Whether you're seeking delectable refreshments, culture, social/business networking or entertainment, Pangea offers it all! We are conveniently located just 1 block north of Cleveland Street – it's the historical red brick building on the west side of the street.

We welcome you to become a regular at Pangea Café & International Market!

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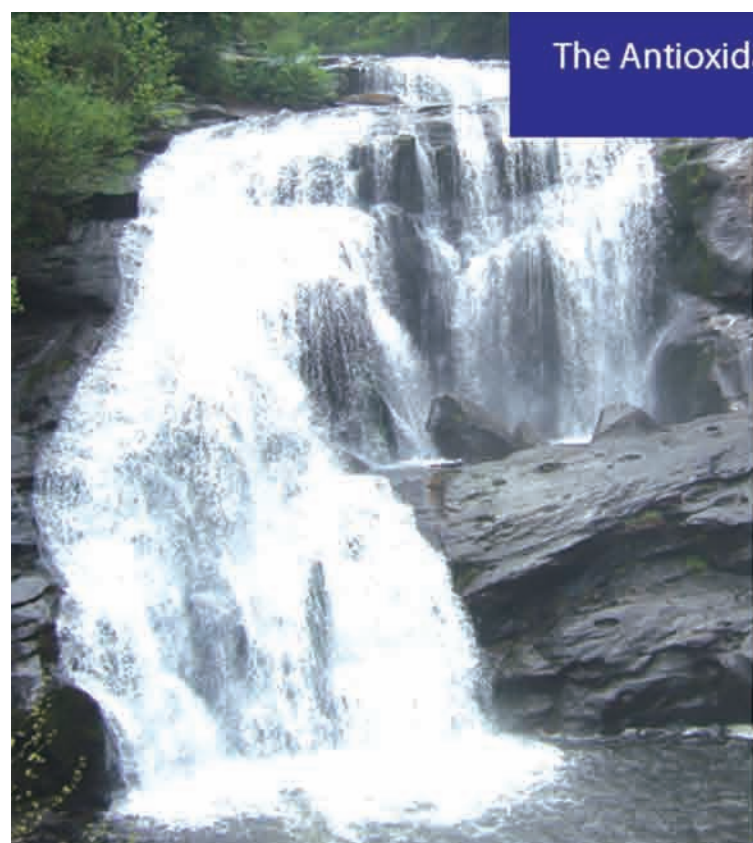
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Mariah June, Sunscreen Film Festival Co-Director Derek Minor, Executive Director, Tony Armer and Jasmine Marie  
Photo Courtesy of Brad Kugler Photography

# Elegance and Creativity Abound at the 2008 Sunscreen Film Festival

by Ana Livingston

The stage was set in a huge banquet room at the Renaissance Vinoy Resort, which is itself a beautiful jewel set in the St. Petersburg coastline. Eager attendees ranged from film patrons and industry dignitaries to friends and fans of these hopeful, up-and-coming screenwriters and directors.

The vastness of the room was filled with not only anticipation, but also linen-topped tables and a plentiful offering at the banquet table. Once the crowd was sated with food and drink, they were seated and all eyes centered on the stage.

The evening commenced with Tony Armer (Sunscreen Film Festival Executive Director) and Derek Miner (Co-Director) welcoming all

participants, attendees and sponsors of the event. Two local aspiring actresses, Mariah June and her sister, Jasmine Marie gracefully escorted award winners for presentation along with bestowing each with a complimentary bottle of Piper Heidsieck Vintage champagne. Numerous awards were given, and the winners of the individual categories were:

- Best Animated Film - "Glitch", Roger Gobin*
- Best Short Film - "Rabia", Muhammad Ali Hasan*
- Best Documentary - "Holler Back - [not] Voting in an American Town", Lulu Fries'dat*
- Best Director - Michael Knowles, "One Night"*
- The Stan and Cindy Heitman Best Florida Film Award - "Pawn'd", Sean Michael Davis*
- Audience Award - "The Art of Pain", Matt Brookens*
- Best Feature Film - "Broke Sky", Tom Callaway*

The last presentation of the evening was made by Marty Poole of York Entertainment, who took the stage and announced that his company would make a guaranteed distribution offer to one of the features in competition and they chose "Broke Sky" as the recipient. I was fortunate enough to have previewed the evening's winner of the Best Feature Film award, "Broke Sky" as well as having the opportunity to chat with 2 other writer/director winners, Lulu Fries'dat and Muhammad Ali Hasan.

All in all, the event was inspiring in addition to being professionally presented and I enthusiastically invite all to attend next year's event!

~Ana Livingston  
Art Director  
Tampa Bay Informer Newspaper



Sean Michael Davis received the Best Florida Film Award for his film, "Pawn'd"  
Photo by Simaen Skolfield



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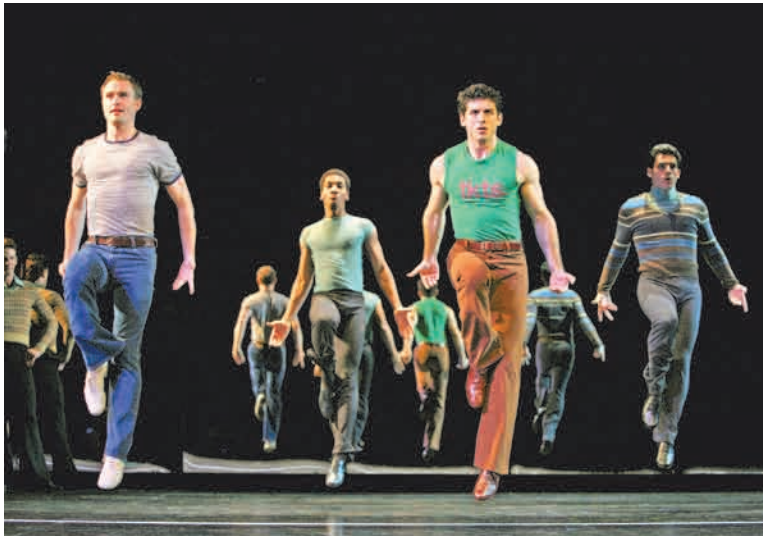
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# Just Show Me Who You Are!

## Successful Auditioning

by Joe Yazbeck



Tony Yazbeck (front right) in a dance number from the Broadway revival of A Chorus Line. Tony will address auditioning when he delivers The Broadway Bootcamp in Tampa Bay this year.

with them to an audition. After discovering them in my session work and getting them to dissolve and drop these myths, it was easier to work with them to replace these fixed opinions about what casting directors or music producers look for, with simple techniques that really work.

The most essential aspect to a successful audition happens to be the one which is the simplest and yet most difficult to grasp. It follows the law of the path of least resistance, meaning that if you assume or use an added anything that is not you in your presentation or performance, it gets pretty sticky and reduces the power and creativity of who you really are. You are then denying yourself to your audience! Being you and assuming only what naturally embodies who you are and what you are made of allows the casting director to get the honesty and genuineness of the audition.

In other words, if YOU show up and leave anyone else you feel you need to be in order to get noticed outside the door, you will make the best impression! A casting director or music/record producer wants to know who YOU are in the audition.

What you are feeling, how do you express it, what inspires you and the emotional intensity you have to get it across in the music and lyrics you sing or the thoughts and words of the character you portray.

There is a huge difference between being just a singer, actor, musician, etc. and a performing artist. You have, in a performing artist, a person who is creating on the spot. They are making something out of nothing. They are generating ideas and movement through a character or through music and lyrics as intended by the writer or composer, the artist is bringing it to life to rivet the audience. That is what is being looked for in an audition, not a parrot going through the motions or attempting to copy someone else in an earlier role.

There are many workable techniques you can read in a book that I consider to be the best ever written on auditioning entitled "Audition" by famed Broadway and film casting director, Michael Shurtleff. Of particular interest are what Shurtleff states to be the Twelve Guideposts of auditioning.

I hold auditions for music and theater on an ongoing basis through my own company Heartbeat Productions. It never ceases to amaze me that those who have the courage to "just show me who you really are" in the audition, those who express themselves so freely and so honestly and allow me to share the experience, always seem to touch or inspire in a such way that I would have no doubt they could captivate and win over any audience of any size.

Auditioning is a specialized kind of promotion and marketing. One always uses truth in promotion and marketing.

Joe Yazbeck  
Arts Reporter & Editorial Writer  
Tampa Bay Informer

[jyazbeck@heartbeatproductionsinc.com](mailto:jyazbeck@heartbeatproductionsinc.com)

727-489-2349

Heartbeat Productions will be hosting "The Broadway Bootcamp" on July 28th, locally. Tony Yazbeck, currently of "Gypsy" on Broadway and Jessica Lee Goldyn, starring in "A Chorus Line" will be coaching this event. Successful auditioning will be one of the featured workshops during the bootcamp.



Tony Yazbeck seen in a charity photo shot taken on Broadway for the American Diabetes Foundation and used as an ad for the Zipcar.



Photo by Simaen Skolfield

## Simple Arithmetic: Recycle + Earth = Resources

Bridget Haggerty, 13 and Andi Menaul teamed up and took matters into their own hands by coordinating their own "Save the Earth March" with friends.

Saturday April 19th at 12:00am the youth met up at Clearwater Academy located on the corner of Drew and Myrtle and marched through Downtown Clearwater wearing self made t-shirts and posters with tag lines of "Save the Earth" and "Recycle".

In an e-mail that was sent out to recruit participants Bridget stated, "We are trying to inspire people to care for the environment around them."

The timing of their march coincides with "Earth Day" which was founded by John McConnell in 1969 as a grassroots movement intended to inspire awareness of and appreciation for

the Earth's environment. It is celebrated in many countries including the US each year on April 22.

The message of the march aligns with precept 12-3 "Help take care of the planet" from "The Way to Happiness" booklet, a nonreligious moral coded based wholly on common sense, written by L. Ron Hubbard. To further enlighten our community the youth also passed out free copies of the booklet to people they encountered along the route which ended at Coachman Park.

It is refreshing to see our youth taking responsibility for the environment and getting the message of recycling and the importance of conserving our resources out into the community.

- The Editor

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Nola Davis and "China Girl", 2nd Place Winners alongside Anne Fogarty, Main Street Program Coordinator

### Tall, Dark & "Tongue-Some" 3rd Annual Spring Pet Fair Results

Continued from front page  
Accomplished singer and actress, Joanie Sigal, who is also the Chairman of Clearwater Community Volunteers, MC'ed the day's festivities. Pets and their owners vied for prizes in the following categories: Pet Parade, Pet/Owner Look-alike Contest, Puppy Races and Pet Tricks. Lori Lee of Clearwater and her pet won the grand prize, a three-day/two-night stay in a pet-friendly suite at the Trade Winds Island Grand of St. Pete Beach, picture coming soon to www.myclearwater.com. "Tootsie" the "The Littlest Red Hatter" and pet owner Julie Mango of Palm Harbor took 1st Place in the Pet/Owner Look-alike Contest for the second year in a row. Placing 2nd in the look-alike contest was

Nola Davis and "China Girl" with their "Pretty-in-Pink" attire.

The Spring Pet Fair is an annual promotional event sponsored by the Downtown Development Board and Clearwater Main Street to showcase downtown businesses and stimulate commerce in Clearwater's Cleveland Street District. Many accolades go out to all the volunteers, participants and sponsors who helped make this educational and fun-filled community event "The Best in Show"!

To get involved in events like this, contact Anne Fogarty in the Community Redevelopment Agency offices at 727-562-4044.

Photography by the official Main Street Program Photographer David Ziff.

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# Could You Be Labeled “Crazy” for Using Your Computer?

Guest Editorial by Ms. Laurie Anspach, Mental Health Activist and Executive Director of Citizens Commission on Human Rights of Florida

For anyone who owns a computer or has a cell phone that they use for text messaging, you may want to take a look at what is about to come down the pipeline of psychiatry's fraudulent and ever-tiring attempt to label us all “crazy”. In The American Journal of Psychiatry this month, Dr. Jerald J. Block, Psychiatrist, announced that “Internet addiction appears to be a common disorder that merits inclusion in DSM-V” (The Diagnostic and Statistical Manual). At the bottom of the article it states, “Dr. Block owns a patent on technology that can be used to restrict computer access.” What better way, then, to announce a mental health disorder that encompasses the use of computers and text messaging?

The Diagnostic and Statistical Manual is often referred to as “Psychiatry's bible”, a book that lists over 300 apparent and supposed mental health “disorders”. This manual is created into existence by a show of hands - voted upon - by psychiatrists who deem that any given behavior is now and forever “a mental health disorder”.

The creators and manufacturers of the fourth volume of the DSM were found and evidenced to have financial ties to the pharmaceutical industry. It states in an article out of University of Massachusetts and Tufts University entitled Financial Ties between DSM-IV Panel Members and the Pharmaceutical Industry: “Of the 170 DSM panel members 95 (56%) had one or more financial associations with companies in the pharmaceutical industry. One hundred percent of the members of the panels on ‘Mood Disorders’ and ‘Schizophrenia and Other Psychotic Disorders’ had financial ties to drug companies. The leading categories of financial interest held by panel members were research funding (42%), consultancies (22%) and speakers bureau (16%).”

Psychiatrists at the American Psychiatric Association Convention admit that there is no science behind diagnosing individuals with “mental health disorders”. When asked, “Are there any medical or scientific tests for psychiatric disorders?” Psychiatrists responded with the following:

- “There are no biological tests for any mental illnesses that I am aware of.”
- “There are not current available tests to verify your diagnosis.”
- “There is no real test, there is no specific test to differentiate between, let's say Schizophrenia and Bipolar disorder, not a single test.”
- “We have no really confirmatory tests for the diagnosis.”
- “There is no test, there is no biopsy you can do that says this person is depressed; this person is Bipolar.”
- “We don't have anything really currently to identify mental illness per se.”
- “No, there are no specific tests to confirm the diagnosis or to show the improvement, like any blood tests or any X-Rays or anything.”

You can search the internet with “No Science-No Cures” and watch a video interview yourself.

A survey of psychiatrists was done, and reported on in an article by Lawrence D. Miller, in 2005 that found that “one in 10 children in their practices does not receive

a medication”. Labeling someone with a mental health “disorder” most often leads to psychiatric drugging, which can lead to even more “disorders” being attributed to that person (labeling). It is a vicious circle that once stepped into, is difficult to extract oneself from.

Amphetamines, such as Ritalin, Adderall and Dexadrine are used to treat “Attention Deficit Hyperactivity Disorder” (ADHD) (one of the apparent disorders listed in the DSM). Amphetamines are highly addictive and carry with them harmful side effects. An FDA advisory panel voted to recommend that the agency order the inclusion of the most serious “black box” warning on all stimulant ADHD medications due to evidence of a potential risk of heart attacks, strokes, and sudden death along with suicidal thoughts.

The DSM lists Amphetamine Dependence as a mental health disorder! Imagine that. If someone takes an amphetamine that is highly addictive and then is dependent on it, they have a brand new “disorder”. Furthermore, if someone has lost a loved one and needs to take the time to experience this loss, this too is considered a mental health “disorder” called “Bereavement”.

Many of the psychotropic drugs have serious side effects such as tics or uncontrollable movements and yet psychiatry has decided that “Medication-Induced Movement Disorder” is one more label that can be placed on an individual for the rest of their life. The fraud continues, with over

300 disorders that are not scientific based, including “Unspecified Mental Disorder (nonpsychotic)”.

In a 2006 New York Times article, “Proof Is Scant on Psychiatric Drug Mix for Young”, Gardiner Harris reported that, “Last year in the United States, about 1.6 million children and teenagers -280,000 of them under age 10 - were given at least two psychiatric drugs in combination, according to an analysis performed by Medco Health Solutions at the request of The New York Times. More than 500,000 were prescribed at least three psychiatric drugs. More than 160,000 got at least four medications together, the analysis found... but there is virtually no scientific evidence to justify this multiplication of pills, researchers say...the evidence in children is scant. And there is no evidence at all —‘zero,’ ‘zip,’ ‘nil,’ experts said”.

The Diagnostic Statistical Manual is a list of 374 invented “disorders” that will label a child or adult throughout their lives. These labels are put in their medical records, school records, employment records and as evidenced by many researchers and doctors throughout the world, this is all a pretend science or pseudo-science.

For more information about this subject, Call Citizens Commission on Human Rights of Florida.

800-782-2878



## Spring Training Pitch: The Truth About Drugs

Dunedin, Florida – Twenty-five young people from the Drug Free Marshals spent this past beautiful Easter Sunday at a Spring Training Game between the Toronto Blue Jays and the Philadelphia Phillies in Dunedin not just watching the game, but raising awareness on the truth about drugs.

As patrons entered the park a few dozen “Drug Free Marshal Kids” took to the field with a 12 foot-long anti-drug banner. Eleven year old Sally Gatz, herself a Drug-Free Marshal, sang both the American and Canadian national anthems to rousing applause and 15 year old Adam Charny threw the first pitch of the game.

Many visited the Drug-Free Marshal booth and thanked the kids for the work they are doing to educate others on the dangers of drugs. The Marshals gave out over 1,500 booklets to those in attendance.

The simple truths laid out so compellingly in these booklets

strips aside any myth connected with the allure of drug use. With titles such as The Truth about Crystal Meth, The Truth about Cocaine, The Truth about Painkillers and many more, these booklets speak directly to the conscience and intelligence of our children and young adults with the added benefit of no bias from a parent or teacher.

The purpose of the Foundation for a Drug-Free World is to empower youth and adults with the facts about drugs so they can make an informed decision to say no, and help others make the same decision. The Foundation is a secular, non-profit organization established to meet the increasing demand for the international “Say No to Drugs, Say Yes to Life” drug prevention program, which has been conducted around the world for more than 20 years by members of Scientology churches in collaboration with the interfaith community, volunteer organizations, educational institutions and government agencies.

If you'd like to get more information you can contact the local chapter at 727-776-2548 or visit the website:

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# Art Hop Raises Over \$10,000

For Library Foundation



Madison L. Sembler proudly displaying one of her works at the Art Hop  
Photo by Simaen Skolfield

student, Madison L. Sembler sold one of her pieces on exhibit during the Art Hop Student Show at the Largo Library Art Gallery. The painting was purchased by the former Museum of Fine Arts Director, Mr. Michael Milkovich.

Madison's philosophy: "My ideal piece of Art is one where I strike up the courage to overcome obstacles and believing I can, and the passion and diligence it takes to venture deep into the value and vibrancy of my art. Through this anyone can grow and develop and enter the cycles of constant change and reflection. This will pave the road not only in my achievements in art, but also to the pinnacle of life..."

Madison, a 12th grader at St. Petersburg High School has won awards for her work in the Fine Arts. While she continues her private art studies with Carolann D. Mancuso, she also plans to further her Fine Arts Career at Washington University, in St. Louis, as well as studying abroad this summer in Florence, Italy. We again look forward to the works of this young talented student.

Known for his Grammy award-winning artwork, Jim Warren also participated at the Art Hop to raise funds for the Foundation. Jim Warren is one of the most successful and versatile artists in the world today!

Carolann D. Mancuso reported that her art

www.jimwarren.com



Jim Warren authenticates a piece of artwork he donated for the Silent Auction at the Art Hop.  
Photo by Simaen Skolfield

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Photo by David Ziff

Elyse Van Breemen "Mz. Goose" with kids reading poetry in Gaslight Alley during the Downtown Clearwater Poetry Walk



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