

FREE!

FREE!

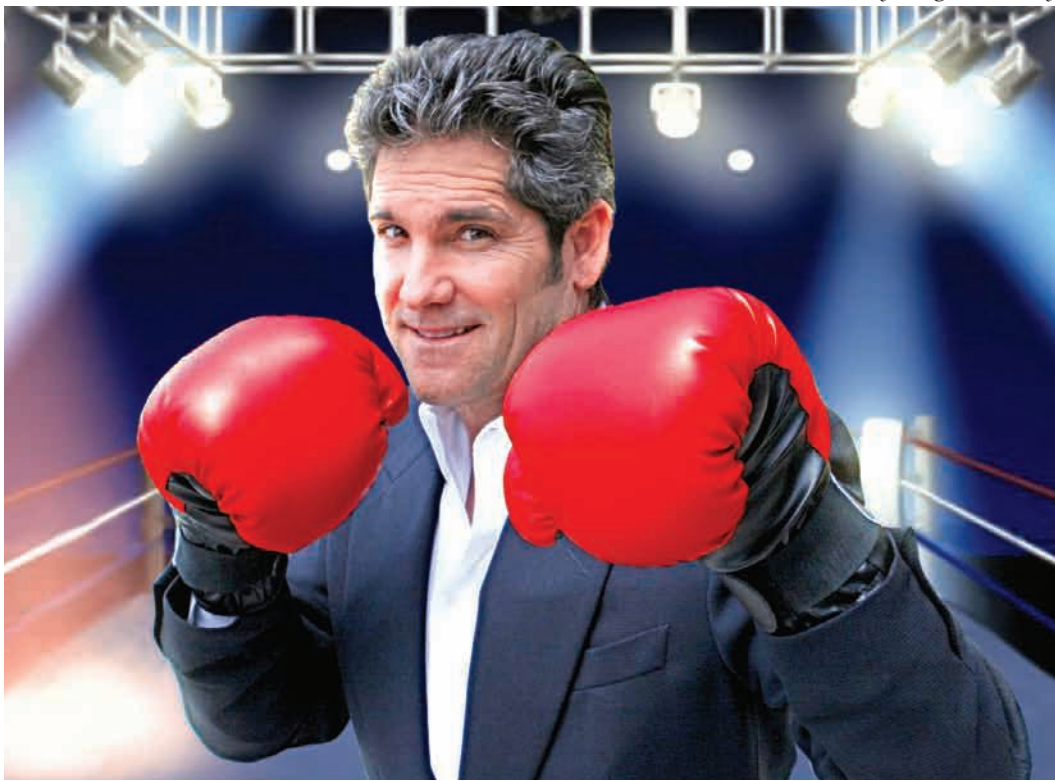
TAMPA BAY INFORMER

Volume V, Issue 8 • www.tampabayinformer.com

The Good News Newspaper

Grant Cardone Knocks Out Recession

by Angela LeMay



World Renowned Speaker, Grant Cardone

Ding...Ding... Ding...Ding...
"Ladies and Gentlemen... Welcome to the Economic Arena!

The moment you've been waiting for has arrived...LLLLLET'S GET READY TO RUMBLE!!!

Fighting in the blue corner wearing "The Blues"...is the reigning champion of financial uncertainty and worry.... Reeeecession... BOOOOOOOO!!!!

In the red corner, is our nine times undefeated (by "The Economy") and defending champion... wearing our crimson hopes and dreams... Grrrrrant Cardoone...Yeah!!!!!!!

Ding...ROUND ONE!...Ding...FIGHT!... Kabow..Kaboom...unbelievable, Cardone has just delivered a one-two punch and "Recession" has hit the mat. 1,2,3,4,5,6,7,8,9,10... KNOCKOUT!

Q: Who is this guy and how does he do it?

A: Grant Cardone is a rags-to-riches story. He was raised in Louisiana with a meager beginning, nothing fancy and was "just" a salesman -- a salesman with goals and purposes and driven for something better.

When those around him told him to just "work hard", "fit in" and "don't get too much attention" he believed it for only a moment. He knew he was destined to fulfill his own dreams so pressed forward until he discovered the exact formulas to break the agreement of the status quo.

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8-year-old professional dancer Niara Purkett and George Cretekos, Vice Mayor of Clearwater
Photo by Simaen Skolfield

Vice Mayor Dances with Community

Clearwater Residents, Artists in Action and Community Leaders Unite for a Good Cause

By Jill Smythe Lumsden

For many years, LaTanya Holmes has been concerned for the safety of her grandchildren, nieces and nephews who live with her in the neighborhood which surrounds Plaza Park on Pennsylvania Avenue, one block west of Martin Luther King Jr Ave in Clearwater. She would not let the children play in the beautiful park for fear of the known drug users who loitered there. At the Artists in Action Memorial Day Block Party she saw more children playing in the park than she had ever seen and said, "I

am so happy to see this event. There are many hard-working families here and we need to stand together."

There was singing, dancing and mural painting for the children while the grown-ups prepared delicious fish, burgers and hot dogs on the grills. Local singers and songwriters sang and played a variety of instruments and the children were thrilled with the karaoke. Lt. Capo from Clearwater Fire Dept Station 45 was on hand

Continued on page 6



Photos by David Ziff

Hard "City" Hats Tour Water's Edge

by Angela LeMay

The opening gala that commenced at Water's Edge on May 23rd marked a brilliant light at the end of the tunnel of the seemingly unending residential construction in Downtown Clearwater.

Roughly 200 visitors comprised of potential buyers, realtors and city councilmen were wined and dined at Water's Edge Sales Center located at 401 Cleveland Street in Downtown Clearwater. The guests were escorted in small groups over to the massive 26-floor luxury residential condominium building to tour one of

the newly completed and elegantly decorated units (furnishings by Robb & Stucky).

Water's Edge is slated to be the tallest building in downtown Clearwater hosting 153 luxury condominiums, a five-story parking garage and 10,000 square feet of retail space. Located on Clearwater Bluff - hence the name "Water's Edge" - each unit has expansive windows to capture breathtaking views everywhere you turn. This is the dawn of an entirely new style of Clearwater living with its sophistication of amenities, i.e. fitness

center, billiards room, and rooftop pool deck offered at Water's Edge Towers.

Coming in second to the finish line of exciting project completions this fall is Station Square. With its 15 stories, 126 residential condos and 10,000 square feet of street level retail as well as its proposed 100 additional public parking spaces, it will without a doubt enliven Cleveland Street and its surroundings.

It goes without saying these projects play a vital role in the revitalization of Downtown Clearwater.

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Taste the Flavor of the Mediterranean at Tangerine in Downtown Clearwater

In the heart of Clearwater you can now enjoy the refreshing taste of Mediterranean style cuisine at the Tangerine Restaurant. It is located on the beautiful new Cleveland Streetscape, directly across from the Post Office and the soon-to-be completed Station Square, a 126-unit residential condominium complex.

This new dining spot in Clearwater which is remembered by locals as home to the previous Papparazzi Restaurant, was painstakingly renovated by two of the owners, Ali Seghrouchni and Majid Ourak.

Upon entering Tangerine you immediately sense the Moroccan style from the hand-painted tiles to the vivid choice of color palette. This quaint restaurant has just the right touch of class with its white tablecloths in addition to the extremely friendly and charming staff who instantly make you feel at home.

Ali Seghrouchni is the former owner of two successful restaurants in Tampa: Il Gabbiano's and Di Vino's. He joined forces with Chef Majid Ourak, who studied Culinary Arts in the South of France. Majid's

accomplishments also include preparing mouth-watering delights at Lock Ober, Boston and a four star Sheraton in Chicago. This Moroccan team brings an impressive forty years of fine dining expertise to create this healthy dining oasis in downtown Clearwater, which is immediately evident upon partaking of the delectables offered.

Fine wine and beer is also served.

Did I say healthy? Yes, I did. Tangerine



prides itself in the fact that the menu choices are not only extremely tasty but also prepared with the health-conscious



Two of the owners of Tangerine, Ali Seghrouchni and Majid Ourak

in mind. Mostly olive oil is used with no deep-frying, with the exception of the token curly fries happily prepared for the fry connoisseur.

The Chef's Soup Du Jour creations are like none around. Going on down the list you can whet your appetite with the baked chicken wings glazed with sweet hot chili, lime and cilantro. Or how about Hummus, Baba-Ganoush, Steamed Mussels... or Breaded Calamara. Have I excited your appetite?

I invite you to try the cool crisp salads, ranging from the Greek, Nicoise or the Caesar (with a choice of grilled salmon, chicken or shrimp) to the specialty Tangerine Salad: fresh greens, tomatoes, cucumbers, crumbled bleu cheese, tangerines and toasted pine nuts in house dressing.

We haven't even arrived at the wide array of entrées consisting of just about

every kind of kabob you can think of! My favorite is the marinated grilled beef kabob that literally melts in your mouth. I've yet to try the Chicken Picatta in Lemon Butter Caper Sauce or the Zesty Tangerine Shrimp sautéed in cream sauce, but the aroma is to die for. And what meal would be complete without a temptation of Cheesecake, Tiramisu or Chocolate Mousse Cake? There's more but you'll have to come experience these delights for yourself!

I think residents, visitors, business owners and their employees of Clearwater will soon find themselves regulars at Tangerine. Currently the restaurant is open from 11:00am to 3:00pm, but by popular demand Tangerine will be open for dinner very soon and they can also professionally cater your event!

Actually, there's even rumor of a Tangerine reality TV show; you'll understand what I mean when you meet the cast as not only will you be delighted with the cuisine but especially warmed by their Casablanca humor.

— The Dining Informer

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Rising Gas Prices Reach Painful Levels! Local Businessman Strikes Back!

by Randy Meyers

Gas prices at the pump jump to over to three dollars a gallon. Undoubtedly the nation's fuel prices are going to rise to the highest levels ever. Local businessman Randy Meyers explains, "Like much of America, I was shocked by what I saw at the pumps. I knew we are in for another round of sky-rocketing gas prices. There had to be something I could do to help. I decided to put together a Free report that teaches people how to maximize their vehicle's fuel economy and save up to 30% off their current fuel costs!"

"We listen to people's concerns about rising gas prices. Many people want to know how they can save money. Our free report outlines 5 easy steps most of which people can do on their own that will maximize their fuel savings and stretch their vehicle's life to achieve the maximum return on their investment.

"For people not wanting to do the check themselves, we are offering to do a FREE checkup at our repair shop. Our certified technicians will perform a quick check of your vehicle to make sure you're getting maximum fuel economy and point out any problem areas."

Randy Meyers, owner of Honka Automotive Service says "it's really amazing the small simple things most people are unaware of that can be hurting their vehicle's fuel economy tremendously, costing them hundreds if not thousands a year in fuel costs."

The report will be freely given to anyone who stops in at Honka Automotive Service. People who wish to receive a copy should drop in at 1266 Court St. in Clearwater. For more information people can call 727-446-0596 today!



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TAMPA BAY INFORMER

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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



On May 7, 2008 more than 150 members of the Pinellas County Sheriff's Office who have excelled in their duties during the past year were honored at our annual awards ceremony. Eight law enforcement officers from other agencies and one civilian were also honored for their actions as part of the Sheriff's Office investigations of incidents. The top honors were presented to the following agency members:

- Deputy Scott Reid was honored as the Law Enforcement Deputy of the Year and his wife Renee was recognized for her efforts when the couple intervened in an armed robbery that took place in a shopping mall parking lot in February of 2007.
- Corporal John Hornak was honored as the Detention and Corrections Deputy of the Year for his oversight of the Inmate Healthcare Facility

construction project.

- Specialist Bob Detwiler was honored as the Forensic Science Specialist of the Year after he was selected by his peers as a professional role model and expert in his field.
- Laura L. Griffin was honored as the Jackie Clement Award Winner in Child Protection Investigations for her initiative and dedication to the work of child protection.

Before the ceremony took place the certificates were prepared, invitation letters were sent out and family members were invited to attend. As Sheriff, one of my favorite duties is to present these awards, but while doing so I know there are many other members of our agency who act in an exemplary way each and every day. Sometimes we learn about these commendable acts long after they take place, and other times we never hear about them.

I am frequently contacted by people who wish to tell me about a member of my staff who has performed their duties in an exemplary manner or who went the extra step to be of assistance to a citizen. Many times

the person offering the compliment tells me they were not sure how to go about commending a Sheriff's Office employee for their efforts. Like any other employer, I am always happy to hear about the good works of our members, but I also know that our employees enjoy a compliment as much as I do. Members of my staff are involved in thousands of calls for service each year, and we welcome commendations of all of our members who have performed their duties admirably. Commendations for any Sheriff's Office employee are relayed to them by means of a letter of thanks or commendation. A copy is also becomes a permanent part of their personnel file

If you wish to commend a Sheriff's Office employee you can do so verbally by calling (727) 582-6200 and asking to speak with their supervisor. You can also e-mail our office by following the "Contact Us" link on our website at www.pcsoweb.com, or you can mail your comments to me at Sheriff Jim Coats, Pinellas County Sheriff's Office, 10750 Ulmerton Road, Largo, Florida 33778.

Joke of the Month



"Daddy, how was I born?"

A little boy goes to his father and asks "Daddy, how was I born?"

The father answers, "Well, son, I guess one day you'll find out anyway! Your Mom and I first got together in a chat room on Yahoo. Then I set up a date via e-mail with your Mom and we met at a cyber-cafe. We sneaked into a secluded room, where your mother agreed to a download from my hard drive. As soon as I was ready to upload, we discovered that neither one of us had used a firewall, and since it was too late to hit the delete button, nine months later a little Pop-Up appeared that said:



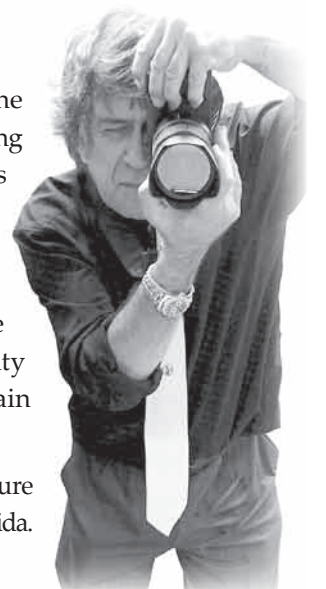
'You've got Male!'

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



TAMPA BAY
See the STORM
Feel the fury!
June 7
7:30pm vs. PREDATORS
ORLANDO
Armed Forces Night!
June 21 7:30pm
vs. **AVENGERS**
LOS ANGELES
Kids' Night!
Check out the Storm bike being built by Vinny & Cody of V-Force Customs. Final reveal is June 21.
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COMMUNITY CALENDAR

See more at www.tampabayinformer.com

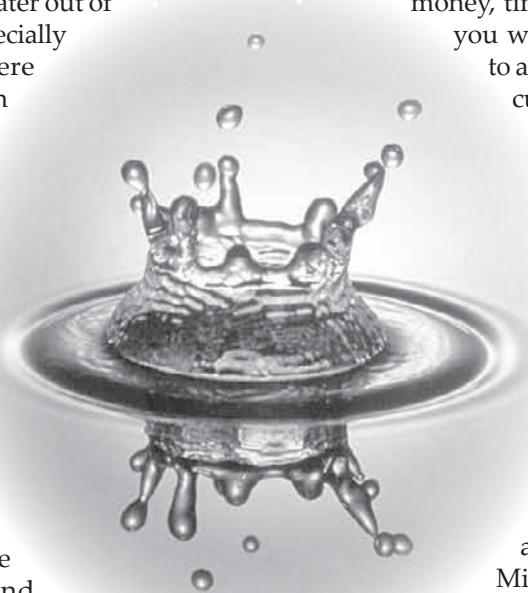
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 A Taste For Pinellas - Vinoy Park, St. Pete 5th Annual Downtown Sarasota Craft Festival Stand For Children Day "Standing On The Corner" - Venue Emsemble Theatre - Pinellas Park	2 3rd Annual "Savor Sarasota" Restaurant Week Tai Chi On Siesta Beach, Siesta Key, Sarasota Free Genealogy Assistance - Tarpon Springs Library Chess Club - All Ages Welcome - Tarpon Springs Library	3 3rd Annual "Savor Sarasota" Restaurant Week Free Genealogy Assistance - Tarpon Springs Library Reserve your spot in the Tampa Bay Informer today! Advertise@tampabayinformer.com Evening Storytime, East Library, Clearwater	4 3rd Annual "Savor Sarasota" Restaurant Week Tea Dance - St. Pete 99 CENT SMOOTHIE AT PLANET SMOOTHIE! Summer Fun Horse Show - Florida State Fairgrounds Tarpon Springs Investment Group - Tarpon Springs Library	5 3rd Annual "Savor Sarasota" Restaurant Week Summer Fun Horse Show - Florida State Fairgrounds World Environment Day Sarasota "Forks And Corks" Festival Computer Basics Class - Tarpon Springs Library	6 3rd Annual "Savor Sarasota" Restaurant Week Summer Fun Horse Show - Florida State Fairgrounds Sarasota "Forks And Corks" Festival St. Pete Shuffle! Palm Harbor First Friday "Get Downtown" Live Jazz Music Festival - St. Pete	7 3rd Annual "Savor Sarasota" Restaurant Week Sarasota "Forks And Corks" Festival The 7th Annual Parrot Head Party - Old Palm Harbor Suncoast Gun Show & Sale - Florida State Fairgrounds Downtown Sarasota Farmers Market
8 3rd Annual "Savor Sarasota" Restaurant Week Sarasota "Forks And Corks" Festival Suncoast Gun Show & Sale - Florida State Fairgrounds The Artist Series Of Sarasota Presents Cellist Robert DeMaine And Pianist Andrew Armstrong Race Unity Day	9 Tai Chi On Siesta Beach, Siesta Key, Sarasota Free Genealogy Assistance - Tarpon Springs Library Summer Reading Program Kick-Off, Clearwater Main Library	10 The Artist Series Of Sarasota Presents Cellist Robert DeMaine And Pianist Andrew Armstrong National Yo Yo Day :) Free Genealogy Assistance - Tarpon Springs Library	11 Internet Basics Class - Tarpon Springs Library Bay Knit Wits - Tarpon Springs Library Drive in more business! Contact advertise@tampabayinformer.com	12 Advertising Works! Advertise In The Tampa Bay Informer. Call 727-230-9691 Today! Travel Around the World Thursday - North Greenwood Library, Clearwater Summer Reading Program Kick-Off, East Library, Clearwater	13 St. Pete Shuffle! Writers Group - Tarpon Springs Library Read 'n Play - Tarpon Springs Library	14 Read 'n Play - Tarpon Springs Library Flag Day Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Quarter Horse Show - Florida State Fairgrounds Downtown Sarasota Farmers Market
15 Quarter Horse Show - Florida State Fairgrounds Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Father's Day	16 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Tai Chi On Siesta Beach, Siesta Key, Sarasota Free Genealogy Assistance - Tarpon Springs Library Chess Club - All Ages Welcome - Tarpon Springs Library	17 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Dunedin: Friends Of The Island Meeting Theatre Pipe Organ Performance, City Auditorium - Pinellas Park Free Genealogy Assistance - Tarpon Springs Library Teen Craft (Gel Candles) - Tarpon Springs Library	18 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Cartooning With Leah - Tarpon Springs Library From The Cook's Shelf - Tarpon Springs Library	19 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Juneteenth Palm Harbor Writers Group Razzmatazz! - Tarpon Springs Heritage Museum Introduction To Microsoft Word - Tarpon Springs Library Free Blood Pressure Screening - Tarpon Springs Library	20 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center First Day Of Summer St. Pete Shuffle! "Music With A Beat" The Latin Roots Quintet At St. Pete Third Friday Towles Court Artwalk 3rd Friday Music Series - Safety Harbor Writers Group - Tarpon Springs Library	21 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Venice Downtown Farmers Market Juneteenth Family Festival - St. Pete PCHA Non-Rated Horse Show - Florida State Fairgrounds Downtown Sarasota Farmers Market Knit Club (Ages 7-18) - Tarpon Springs Library
22 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Music Fest On The Water - The Pier - St. Pete Tampa Bay Storytellers Guild-Story Swap In Pinellas Park	23 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Tai Chi On Siesta Beach, Siesta Key, Sarasota Free Genealogy Assistance - Tarpon Springs Library Family Movie - Tarpon Springs Library	24 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Free Genealogy Assistance - Tarpon Springs Library Create A Tie-Dye T-shirt - North Greenwood Library, Clearwater	25 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center LEON Day (Noel backwards. Exactly one half year until Christmas) Croc Encounters - Tarpon Springs Library	26 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Fritz Brothers' One Man Circus - Tarpon Springs Heritage Museum Book Discussion Group - Tarpon Springs Library Travel Around the World Thursday - North Greenwood Library, Clearwater	27 Weavers Guild Art Exhibit - Tarpon Springs Cultural Center Parents Day St. Pete Shuffle! Grand Central Stroll - St. Pete Writers Group - Tarpon Springs Library	28 FWRHA Horse Show - Florida State Fairgrounds Sarasota First Annual Feline Flair Suncoast Offshore Racing Festival In Sarasota St. Pete Pride Downtown Sarasota Farmers Market

Water from Air? It's Always There!

By Kathy Shadd

With more and more media on the drinking water problems growing across the world due to droughts and contamination of water sources, wouldn't it be nice if we could somehow take the water out of the air and use it, especially here in Florida where the humidity is such a problem?

Imagine having a machine in your home or office that not only takes the water out of the air and provides you with fresh, pure, clean drinking water, but also cleans the air as it blows through while it is condensing the water out of it! And imagine never having to buy bottled water again, never having to lift those 5-gallon bottles or wonder what really is in the water you are drinking. And, while you are at it, imagine having a choice of several different cartridges in this machine which, at the push of a button, give you energizing, refreshing, enhanced water with organic vitamins, minerals, antioxidants and various flavorings. Pretty wild idea, eh?



Well, such a machine exists and it can be yours for possibly less than what you and your family or your office is paying for bottled water and enhanced water drinks right now. Not only will you be saving money, time and hassle, but you will be contributing to a greener planet and cutting down on the billions, yes, billions of plastic water bottles produced yearly that are filling our landfills and oceans. This machine is being compared in importance to our civilization as the microwave, the DVD player and the laptop. Millions will be sold the next few years and not only you can be one of the first to get one, but can make a full-time job of selling them or have a part-time income doing it.

Listen to our pre-recorded 90 second message to find out how to tap into the \$16 billion bottled water industry – 800-599-0994.

For more information go to: www.dragonflyrose.biz or call 727-462-2277.

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Award-Winning Pomeranz Shines in New Charlie Chaplin Musical

by Joe Yazbeck

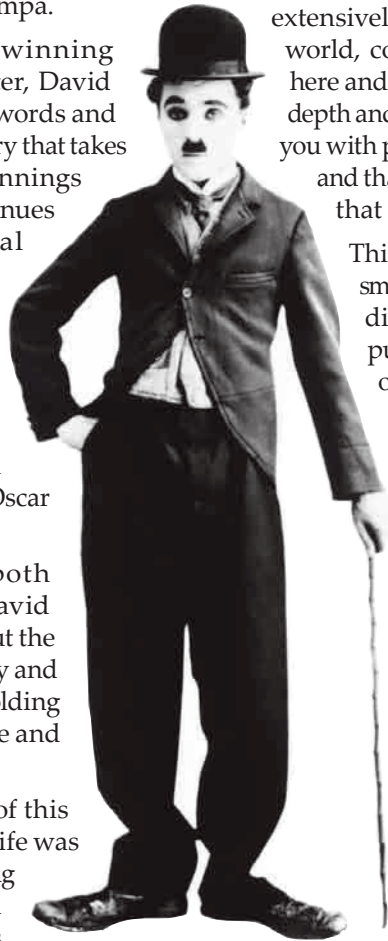


Little Tramp - The Charlie Chaplin Musical", is based on the life and times of entertainment legend, Charlie Chaplin. It was recently staged on April 8th at The Mainstage Theatre on the Ybor campus of the Hillsborough Community College in Tampa.

Multi-platinum award winning Universal singer/songwriter, David Pomeranz has created the words and music for this marvelous story that takes us through the very beginnings of Chaplin's life and continues with unfolding personal triumphs and significant career misfortunes. These tragedies politically challenged him to the final memorable moment on the stage of the Academy Awards when he received his long-overdue honorary Oscar in 1972.

The book written by both Pomeranz and Steven David Horwich evokes throughout the story the emotional intensity and sheer courage of Chaplin holding firm in the face of prejudice and bigotry.

I felt through every stage of this production that Chaplin's life was given wonderfully captivating testimony both musically and lyrically. Charlie Chaplin's



is a life worth celebrating and David Pomeranz has infused into this work some of the most beautiful and arousing songs that you will want to hear again and again.

Pomeranz, who has performed extensively on stages around the world, commands over 10 roles here and sings with an emotional depth and versatility that embraces you with passion, nostalgia, humor and that Chaplin-like innocence that is so magnetic.

This production, featuring a small cast of 3 portraying many different characters, aptly pulled off the difficult task of smoothly transitioning from scene to scene, character to character, all while ensuring the audience was never distracted from the changes taking place.

This was not only due to a strong cast knowing how to work together as an ensemble, but also a director who never lost sight of the purpose of this script or the molding of the characters created for the audience to

understand and enjoy. The director, Steven David Horwich admirably and successfully pulled off the unconventional in making this production.

Katherine Michelle Tanner, a local award-winning Florida standout actress gives an inspiring performance as many of Charlie's women in his life. Her voice is powerful, sweet and moving. Horwich himself gives fine renditions in his supporting roles throughout many of the scenes and has strong and melodic vocals to match.

This production would not have a stage or a story worth telling without the music and lyrics that David Pomeranz has created. From his introspective and melancholy "In America Again", to the finger-snapping and sure-to-be-a-favorite "Number One" to the enchanting, "This is What I Dreamed" (sung by his wife, Oona reassuring Charlie she will never leave him) and finally going full circle at the Oscars to "The Finale".

These, among many in the show, are songs to be cherished.

Keith Arsenault and his associate, Mike Shine, created a technically sound production in "Little Tramp". Keith designed the lighting and the projections for the show that kept us involved in and between the scenes with continuity.

I have enjoyed many David Pomeranz songs over the years and some, I admit, are all time favorites. One such favorite is "Too Many Words" which was in the



David Pomeranz

London production of The Little Tramp several years ago and unfortunately was missing in this production. I would love to see this very rich and well-written song worked into forthcoming productions.

Co-producer, Kelly Yaegermann is planning "Little Tramp" for a nationwide tour prior to its off-Broadway destination. I predict that this production will exceed all expectations and be a rousing success in New York!

Joe Yazbeck
Arts Reporter & Editorial Writer
Tampa Bay Informer

jyazbeck@heartbeatproductionsinc.com
727-489-2349

"Music is the universal language of mankind."

-The great American poet Henry Wadsworth Longfellow



Stazja McFadyen; Robin Hogarth, two-time Grammy-winning artist; Geri Aranjó and Sylvia Heneghan
Photo by David Ziff

During a visit to Clearwater, International music producer and 2-time Grammy winner Robin Hogarth was present for the dedication of the international music center at Pangea Café and International Market at 34 N. Ft. Harrison. He presented autographed CDs to Pangea and to the City of Clearwater.

The name "Pangea" comes from the ancient Greek language: "Pan" meaning entire and "Gea" meaning earth - the concept is "all lands" - and it is the name for the super continent that is believed to have existed on this planet 250 million years ago. "All Lands" is the theme of Pangea Café and so it was only fitting that they added the international music center and a variety of ARC Music, Inc. titles to their repertoire of items offered.

Pangea's music center also offers free copies of ARC Music's 68-page color catalogue of world music. The extensive catalogue adds punctuation to Mr. Longfellow's point, offering the largest and finest selection of world and ethnic music from all corners of the globe. Music lovers can travel the

world musically through the 1,000 CD titles from more than 60 countries. One customer in Boca Raton has done just that, with a complete ARC Music library.

Since 1997, ARC Music, Inc. has been serving the growing demand for its client base throughout the Americas, filling internet and mail orders from its US headquarters located in Downtown Clearwater at 131 N. Garden Avenue.

According to ARC Music, Inc. representative, Stazja McFadyen, "Although the major commerce traffic is internet-based, there is the occasional walk-in customer such as a woman who recently purchased 'Best of Russian Folk Songs' by the Balalaika Ensemble Wolga.

This particular CD includes 'Uri Balki' (Fishing) and 'Maja galobuschka' (My Little Dove), the two tracks featured in the blockbuster film, 'Indiana Jones and the Kingdom of the Crystal Skull'."

The ARC Music International Productions studio in East Grinstead, England has cultivated a growing partnership with

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filmmakers establishing ARC Music as a resource for the movie and television industries. ARC Music tracks have been featured in Steven Spielberg's "Munich", the latest James Bond "Casino Royale", and the action-packed film "The Kingdom."

Examples of the ARC Music's world music variety include Tango Argentino, Lebanese and Egyptian bellydance, Scottish Pipes and Drums, Klezmer, Australian Didgeridoo, Japanese Taiko, Algerian Rai and Gypsy swing. The term "world music" was introduced in 1982 when Fête de la Musique (World Music Day) was initiated in France. World Music Day is now celebrated on June 21 each year. Popular interest in world music was sparked in 1986 with Paul Simon's Graceland album

which featured Ladysmith Black Mambazo, a male choral that sings in the a capella style known as Isicathamiya originated from South African Zulus.

ARC Music's South African CDs feature works by Ladysmith Black Mambazo, Johnny Clegg "The White Zulu" and Soweto Gospel Choir and two-time grammy award winning composer and producer Robin Hogarth. Mr. Hogarth has worked on more than 20 ARC Music albums including South African Gospel, Tribal Beatz, and Ancient Civilizations of Southern Africa Volumes 1, 2 and 3.

For more information about ARC Music, call (727)447-3755 or email arcamerica@hotmail.com. www.arcmusic.co.uk

Grant Cardone Knocks Out Recession

Continued from front page

Grant is now a world-renowned motivational speaker, author, real estate expert and successful businessman. He is a self-made multi-millionaire who has amassed over \$100 million in real estate.

He doesn't just talk the talk from the podium—he walks the walk, as demonstrated by his subsequent actions and own personal success in the field of residential and commercial real estate.

Over the past twenty years Grant Cardone has lectured and motivated his audiences on not just how to make more money but how to communicate honestly. As a result, Grant Cardone has risen to the elite status of top motivational speakers and economic thinkers, advising and inspiring students, sales people, celebrities, top business leaders and government officials.

In addition to all his accomplishments he has been the guest on over fifty radio interviews as well as the Today Show, Access Hollywood and MSNBC. Mr. Cardone presently lives in Los Angeles, California with his beautiful wife and successful actress Elena Lyons.

Q: Sounds like Grant mainly helps sales people or businesses; how can he help the average Joe?

A: The truth is, that if you are having trouble in any area of your life - finance, career, marriage, etc. - you either have bad information or there's something that you don't know and aren't applying. Otherwise,

you wouldn't be having the trouble.

"Cardone strips away past unworkable information and conditioning, and in their place puts forth viable truths which can be used to achieve levels of success people desire to have and can have."
- Forbes.com

Q: How do you do it?

A: "Recessions are for Economies, NOT Individuals. The television, the radio and the economist continue to report how much is wrong with the American economy. Viewers and listeners then go into agreement with the reports and make the bad news a reality for themselves. I have been through about nine of these so-called pullbacks over my lifetime and have survived every one of them!"

"I am bringing my seminar on Finance to the Harborview Center in Clearwater on July 12th. During my seminar I will give you tools you can use to come out of these uncertain times not only undefeated, but more prosperous than before. So, if you feel there are things about money that you don't know, if you're not making the income that you desire or are not as

successful as you want to be, my seminar will help!

"And, for the first time ever - just so you don't have any excuses not to attend - I am reducing the rate for my seminar by 85%, making the ticket only \$150."

Q: Is this one of those seminars where you walk away feeling on top of the world and wake up the next day (when the ether wears off) wondering what to do?

A: No. You will actually walk away with simple-to-use tools that you can use and when applied will get results.

Q: Grant, why did you pick Tampa Bay?

A: "My brother and sister-in-law, Gary and Monica Cardone are Clearwater residents and they convinced me to bring my seminar to the Harborview Center for several reasons.

Monica is a full time volunteer for The Community Learning Center and on the Board of the Clearwater Downtown Development Board. She has attended my seminars and recognized the need in the Clearwater area for the tools that I teach.

"Being a family guy and a firm believer

in giving back to those things that will improve the community, I agreed. This is also why I not only agreed to discount my normal seminar rate - making it possible for anyone to go - but I am also donating the seminar proceeds back to local community non-profits such as The Community Learning Center a 501 -c3.

"Now more than ever, it's the time for businesses and members of every community to pull their strengths together and as a well educated force improve the state of 'The Economy' and their own personal financial conditions. Come to my seminar to find out how!"

Q: How much are the tickets and where do you get them?

A: The tickets are \$150.
www.clearwatermoneyseminar.com

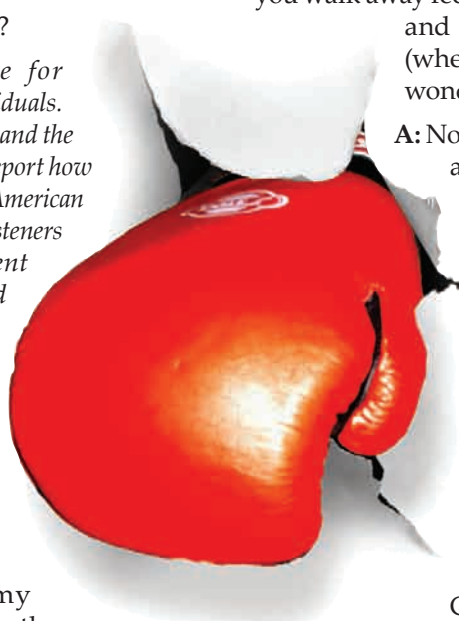
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Where: Upstairs at the Harborview Center - Clearwater, FL

Time: Event starts 11am Sharp

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Vice Mayor George Cretokos with Reverend George Graham of Mt. Carmel Baptist Church
Photo by Simaen Skolfield

Vice Mayor Dances With Community

Continued from front page

with his crew to treat the kids to tours of the fire engines.

The Reverend George Graham of nearby Mt. Carmel Baptist Church led the group in prayer and led the singing of Amazing Grace and more gospel songs. The local residents and artists were encouraged in their activities by Clearwater Vice Mayor

George Cretokos who commented, "What you are doing makes Clearwater a great place to live." Indeed this was true as the block party continued to grow over several hours with neighbors coming out to greet neighbors and children and adults singing and dancing in their beautiful park. With the encouragement of the onlookers, Vice Mayor Cretokos contributed his Greek flair to the dancing and 8 year-old professional dancer Niara



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With the continued assistance of the City of Clearwater, Artists in Action International will be co-hosting more block parties with Clearwater neighborhoods. If you would like to volunteer or would like a block party in your neighborhood, the group can be contacted online at www.ArtistsInActionInt.org. Online photos of the block party can also be viewed on the site.

Artists in Action International is a dynamic organization which firmly believes in using art to impact the world.

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Mayor Frank Hibbard, Jon and Sylvia Henneghan, Dwight Matheny
Photo by Simaen Skolfield

Clearwater Downtown Partnership Launches 2008 Momentum Awards with Success

by Jill Smythe-Lumsden

The evening of Wednesday May 28th saw over 100 members of the Clearwater Downtown Partnership (CDP) and city officials including Mayor Frank Hibbard and Vice mayor George Cretekos gathered downtown for the 2008 Momentum Awards for businesses, organizations, individuals and projects that have added to the vitality of downtown. After a wonderful meal catered by downtown Mediterranean restaurant Tangerine, the Mayor reviewed recent successes such as the beautiful streetscapes, a contract to bring boat slips to downtown in 2009 and residential projects such as Water's Edge, Station Square, and The Strand.

Mayor Hibbard then introduced the Clearwater Downtown Manager Courtney Orr who is responsible for retail recruitment and marketing. She is working with Michelle Bowen of the Washington D.C. firm Economics Research Associates (ERA) to develop a strategic retail plan based on local demographics and economic surveys. The purpose is to bring to the Cleveland Street District unique and compatible restaurants and retail stores creating downtown as a unique destination with a loyal following.

Mayor Hibbard thanked everyone for their contributions to the revitalization of downtown and asked for continued help to reach the group's remaining established goals.

Clearwater Downtown Partnership Chairman

Dwight Matheny and Mayor Hibbard then presented the 2008 Momentum Awards.

The nominees for "Most Improved Property" were:

- Clearwater Town Square, Ft Harrison Ave. and Turner St.
- Gioffre Italian Clothing, 433 Cleveland St (South of Starbucks)
- Jamba Juice building, Ft. Harrison Ave and Cleveland St.
- Pangea International Café, Ft. Harrison Ave. 1 block north of Cleveland St.
- Regions Bank, S. Ft. Harrison Ave and Druid Rd.
- Telephone Building, Cleveland St and Garden Ave.

The winner was The Telephone Building owned and renovated by Jon and Sylvia Henneghan.

The nominees for "Individual Contribution" award were:

- Geri Aranjó, Pangea Café and Downtown Development Board
- Jon and Sylvia Henneghan, historic preservation of the Telephone building and Pangea Building
- Josee Goudrault, Chic Realty, Just for Fun Boutique, and Downtown Development Board
- Pat Luefan, Mgr. of Jim Warren Studios, Deputy Chair of Artists in Action

- Stanton Englander, Insite Real Estate
- Tony Starova, Tony's Pizzeria and Restaurant

The winners were Jon and Sylvia Henneghan for the historic preservation of the Telephone Building and Pangea Building. They spent in excess of \$1,000,000 to purchase and renovate the historic Telephone Building.

The nominees for the "Business Sustainability" award were:

- Chiang Mai Thai Restaurant, Louvon family, 415 Cleveland St
- Botanica Day Spa, Gen Cournoyer, 123 N. Ft. Harrison Ave.
- La Bella Hair Studio, Nicole Festa, 121 N. Ft. Harrison Ave.
- Lonni's Sandwiches, Lonni Whitchurch, 601 Cleveland St.
- One Stoppe Shoppe, Paris Morfopoulos, 411 Cleveland St.
- Pickles Plus Too deli, manager Steve and Jenn Tarbox and owner Joe Benedettini, 320 Cleveland St.
- Tony's Pizzeria And Restaurant, Tony Starova, 530 Cleveland St.

The winner was Pickles Plus Too deli, manager Steve and Jenn Tarbox and owner Joe Benedettini (they persisted through street closings and construction projects).

Thanks to the contributions of many individuals, business owners, groups and



Manager Steve and Jenn Tarbox and owner Joe Benedettini
Photo by Simaen Skolfield

city officials the future is very bright for downtown Clearwater. The Clearwater Downtown Partnership welcomes your input and help and invites you to contribute to the creation of a new downtown Clearwater.

Would you like to be informed of and contribute to the revitalization of downtown Clearwater? You can easily do this simply by joining the Clearwater Downtown Partnership (www.clwdp.org), a strong group of concerned citizens, businesses and property owners engaged in developing an exciting, vibrant and diverse downtown.

The Clearwater Downtown Partnership is the link between the private sector and the City of Clearwater in the revitalization of downtown. The official name of the city project area is the Downtown Plan Area that has within it the Cleveland Street District Program Area. The map of these areas can be viewed at www.myclearwater.com (search for Cleveland Street District). By joining the CDP local citizens can multiply their strength and ensure their concerns and desires are known and addressed throughout this exciting stage of downtown development.

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“Thou Protesteth Too Much”

The Personal Rage that is Festering Over the Iraq War

By Arnold Sherr, www.sherrent.info/AskArnie.php

That which I am about to write many would suggest is dangerous ground. It is of the most divisive and emotional partitions of human emotion displayed openly since the Vietnam War. Many who demonstrate against the Iraq war, its justification, its failed strategy, its ambiguous interpretations, its controversial and split loyalties, its present and what is opinioned as a hopeless state seem unable to separate the well-being of the troops. Regardless of why they are there, they're nonetheless Americans and who believe or not their presence is of a noble cause should without exception be prayed for by every American as if they, our men and women in uniform, were of their own families. Moreover, in the sense that we are all Americans we are indeed, family. I served honorably during the Vietnam era and I must attest I am ashamed and embarrassed for those who returned home from Vietnam to face an ungrateful, angry, and ambivalent America. There were no ticker-tape parades, no celebratory expressions of gratitude, and only after years of national guilt did America build monuments to honor those who so bravely perished in one of history's most difficult and dangerous wartime environments. Earlier this evening I spoke with Angela LeMay, Editor and Chief of the Tampa Bay Informer. She spoke of a group of anti-Iraq war protestors who, since July 7, 2007 have routinely gathered at the Marina at Dunedin. They gather there to protest the war every Wednesday afternoon at 4:30 PM. Angela approached one of the protestors only to be met by stubbornness. They - I'll call them the Dunedin Marina Protestors - are impassioned by a rage unbendable and react to passersby who seem of opposing points of view with defiant yells and gestures. I am fretful that another historically embarrassing Vietnam-like homecoming may be evolving. Those who are risking all for what may be their beliefs whether in support or not of the reasons they are waging war in Iraq are in-fact American heroes. To those who wish to withdraw their support of the troops for any reason, there are no reasons sustainable as justification for doing so.

Is it okay to protest the war? Yes! Is it okay to despise the present administration for having sent us there? Yes! Is it okay to stand aside support of our men and women who as dedicated military obeyed what many feel were unwise orders of their Commander in Chief? No, it is not! A retired Marine, Derrick Haefs who dresses in a blue “Captain America” super hero

outfit while standing on a ladder waving an American Flag and holding a sign stating “I Support the Troops and the War” is opposing the Anti-War, Anti-Bush protestors at the Marina in Dunedin. This writer feels he is equally entitled to his actions. More than just Derrick's efforts, a group of motorcyclists known as the “Patriot Guard Riders” <http://www.patriotguard.org> - has been increasing their presence and support alongside him while he counter-protests on Wednesday afternoons.

What about our constitutional right to protest peacefully and openly? Truthfully, many protest the war, hate Bush, and want us out of Iraq. I fully support their right to demonstrate against, just as I support Derrick's right to demonstrate for. What is unacceptable is standing for any position that would hurt or otherwise deprive our troops in any way.

Are some Americans so out of touch with compassion, concern, gratitude, caring and all other human empathies? It is well they understand something about the troops that may change their perceptions of why the troops seem and are so dedicated within the performance of their ordered tasks. Simply that they have and continue to obey their Commander-in-Chief and have performed magnificently is not an endorsement of political policy. In fact, after a time living within Iraqi zones of danger they become more loyal to each other's survival than to any political agenda, past and/or present. Many after furlough beg to return if only to protect the personal alliances they have formed in the sandy battlefields of Iraq, those who fought beside them day after day, political reasons and objectives aside. They have indeed become brothers and sisters. So, keep this in mind: it is heartless to condemn the troops simply because the war is losing public support as “watched pots never boil”. Believing in the Constitution, I've no reason to protest their rights of protest. In the end that which I pray for so diligently is a warm homecoming, not the ungrateful display of ambivalence and apathy such as that which was met by our troops returning from the war that played out in the jungles of Vietnam.

Of course, it is not my mission herein to teach the Constitution but to explain among other things the presence of an ever-growing organization of bikers who travel America in support of our troops, many in support of the war. They, the “Patriot Guard Riders” have been and continue to grow by huge numbers. I am warmed by the prospect that the Patriot Guard Riders will guarantee the ticker-

tape parades, the monuments to the our fallen and that we shall never forget those who have not only perished, but will live the remainder of their lives with prosthetics, in wheelchairs, in VA domiciles, in homeless centers, under psychiatric care and more.

The Dunedin Marina Protestors (not as yet a significant presence nationally) and the voices of others similar are becoming more prevalent as the war continues. Michael E. Ruane, a Washington Post Staff Writer reported on Thursday, March 20, 2008: “There was a brass band of protestors dressed in green. There was a woman in a pink bed being pushed through busy downtown D.C. intersections. There were demonstrators in black who lay down in the middle of the street.” His article aptly entitled “Cries Against War Sparse but Fierce stated “Fewer Than 1,000 Protest; 33 Arrested in Scattered Displays in the District”. This is but another indication of growing opposition over what many feel - like Vietnam - was and is an unjust military exercise for reasons other than originally portrayed. An internet search yields numerous reports of protests “against”. After a lengthy exchange of beliefs and ideas with Derrick Haefs “Captain America” - he and I not always on the same page - we mutually respected a newfound connection, not based on total agreement but rather on an intense appreciation for each other's passions but even more important, our differences. The Dunedin Marina Protestors have tired numerous times and in many ways to encourage Derrick to abandon his presence of opposition, whereas he holds no personal grievance against those of whom he opposes because he fully believes for everyone the words of the First Amendment apply. This amendment states “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.”



Photo by Simaen Skolfield

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Psychiatry: A Pseudo-Science Claiming Lives

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

The word "science" is defined as a branch of knowledge or study dealing with a body of facts or truths systematically arranged and showing the operation of general laws. Recently, the American Heart Association (AHA) made a "scientific statement" regarding cardiovascular monitoring of children with heart disease who are on stimulant drugs for ADHD.

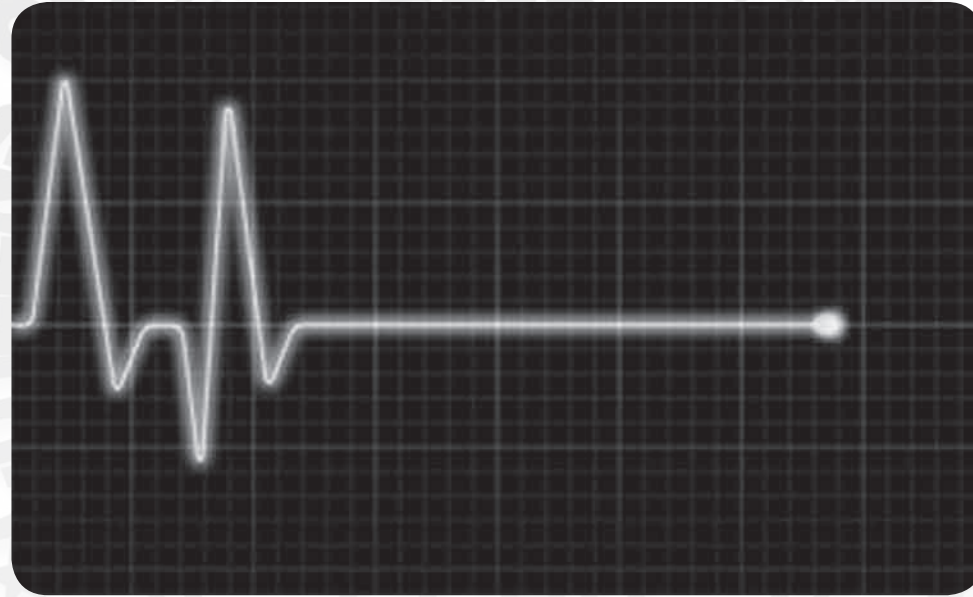
To base the entire AHA article on the premise that ADHD exists serves only to forward a false concept, not fact or truth. Therefore it leaves the public in the dark about what they really need to know in order to make informed decisions regarding the psychiatric drugs that are used for this and other diagnoses. The Associated Press reported that "about 2.5 million American children and 1.5 million adults take medication for attention-deficit hyperactivity disorder, or ADHD, according to government estimates". Minimally, there are about 4 million people who deserve to know the full story on the subject of ADHD, psychiatric drugs and the harmful and fatal side effects of these drugs.

Once again, this is a discussion of a mind-altering drug that is being administered to children for a "disorder" that cannot be medically or scientifically evidenced. This is different from the use of antibiotics for medically evidenced illnesses, different than the use of insulin for medically evidenced diabetes, etc. According to the AHA article, the FDA stated that "the number of cases of sudden deaths reported for Adderall is only slightly greater, per million prescriptions, than the number reported for methylphenidate products, which are also commonly used to treat pediatric patients with ADHD. Adderall XR generally should not be used in children or adults with structural cardiac abnormalities". Additionally, a boxed warning on the FDA patient information sheet for Adderall states, "Misuse of amphetamine may cause sudden death and serious cardiovascular events."

Adderall is one drug that is used for

children who are labeled with ADHD. If you go to the FDA website you will read the following: "You should not take Adderall if you have a heart defect, other heart problems, including high blood pressure, and heart or blood vessel disease, overactive thyroid and glaucoma. The warnings include sudden death, abuse potential, worsening mental illness (psychosis), possible decreased growth and weight loss, increased tics, loss of appetite, difficulty sleeping, dry mouth, headaches and mood changes".

The official statement by the AHA is



that "We acknowledge that the current level of knowledge about these drugs and the specific risks they may impose on children with "heart problems" is limited at this time...after a diagnosis of ADHD has been made, but before therapy with a stimulant or other medication is initiated, a thorough evaluation should be performed as indicated below with special attention to symptoms that can indicate a cardiac condition such as palpitations, near syncope or syncope. Detection of these symptoms or conditions should warrant an evaluation by a pediatric cardiologist before initiation of therapy".

The AHA suggests an Electro-Cardiogram and full family history be taken by the cardiologist. They also suggest that for children already on these drugs that there be a review of the child's family history, physical exam and an ECG if this was not previously done.

The discussion is that psychiatric child drugging is a hoax, not a true science, and can be referred to as a "Pseudo-Science". It validates and paves the way for more and more complexity to be added to the subject. An ADHD diagnosis cannot be evidenced with a medical test, the drugs

research, I found that there is no evidence that ADHD actually exists. My son was on Adderall for a short period of time and experienced heart palpitations and rapid heart beat. Studies have shown that stimulant medications like those used to treat ADHD can increase heart rate and blood pressure. Certain heart conditions increase the risk for sudden cardiac death (SCD), which occurs when the heart rhythm becomes erratic and doesn't pump blood through the body. But some of the cardiac conditions associated with SCD may not be noticed in a routine physical exam. This is what the American Heart Association is suggesting—that these children get an exam before putting them on these potentially dangerous drugs. Many of these conditions are subtle and do not result in symptoms, or have symptoms that are vague such as palpitations, fainting or chest pain.

"My son did not have an underlying heart condition. However, if he would have stayed on these stimulants I could almost guarantee you he would have had more complications. Why do you think that they call them stimulants? I KNOW his condition was caused from the medication. It was quite a scare.

"When I saw the different reports that were coming out in the papers and on television about the AHA statement, it made me very angry. At first I was angry because this really should have been exposed a long time ago. They have known for a quite some time that these drugs had specific side effects. An FDA advisory panel voted that attention deficit hyperactivity disorder drugs should carry "black box" warnings about an increased risk of sudden death and serious cardiovascular problems (the black box warning is a very heavy warning issued by the Food and Drug Administration due to the dangerous side effects from these drugs). The panel recommended warning labels for methylphenidate drugs -- sold as Ritalin, Concerta, Methylin and Metadate as well as the amphetamines, Adderall and Adderall XR. The Panel's recommendation came after the public release of a 2004 FDA report that said 25 people taking ADHD drugs between 1999 and 2003 died suddenly and 43 people taking the drugs experienced serious cardiovascular events.

"Children accounted for 19 of the deaths and 26 of the nonfatal cardiovascular conditions. How dare the AHA suggest that these drugs are safe and that your child just needs an exam for any underlying heart condition? Who are they trying to fool? Are you willing to take a chance with your child's LIFE? It could be the last time you make a decision concerning your child's health. Make sure it is an informed one."

This is just one mom's statement after witnessing in her son the adverse side effects of one of the ADHD drugs. With 20 million children on psychiatric drugs in the U.S. alone, there are a lot of people who could give their feedback and should. Full Informed Consent is a basic human right that continuously is getting side-stepped in this discussion of behavioral, learning and emotional "disorders". Parents and individuals have the right to full, upfront information, as opposed to finding out the hard way exactly what adverse reactions can and do occur.

For more information about this subject, Call Citizens Commission on Human Rights of Florida at 800-782-2878



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Celeb Tees Off for New Campus

by Angela LeMay



Actress Catherine Bell, best known for her role of Lt. Colonel Sarah MacKenzie of the 1995 to 2005 television show JAG, commenced the shotgun start at the Semi-Annual "Hackers Classic" Tournament at the Eastlake Woodlands Country Club.

The tournament this year was generously sponsored by PostcardMania, Thermal Technologies Services, Inc. and Island View Estates.

Funds raised from this golf tournament benefits the construction of a new upper school campus for Clearwater Academy International (CAI), a private school located on Drew and Myrtle. The plan is to build the new campus on the 3-acre piece of land owned by Clearwater Academy at the corner of Martin Luther King Jr. Avenue and Wyatt Street in Largo. "Although the exact date has not been set as yet, construction will begin soon", stated Clearwater Academy's Executive Director, Jim Zwiers.

Results from the tournament:

Low Gross Champions-Jeff Putney, Dr. Jimmy Gatza, Gary Cardone and Eric Davis
1st place-Pat Clouden and John Beachy

2nd place-TJ Leesley, Manu Beauregard, Louis Peens and Jerod Snelson

3rd place-Mike Kaplan, Jim Mathers, Mark Hoover and Matt Helland

Parents, business owners and many other contributors to this event see the value of the CAI's purpose:

"To educate each child to his fullest potential and beyond, graduating with eagerness to take his place in the world and contributing to society in his field(s) of endeavor."

Particularly, Catherine Bell played in the tournament as her daughter attends Clearwater Academy and when out of town her daughter continues to be home-schooled on its curriculum.

To view the plans for the new campus visit www.clearwateracademy.org

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Want a delicious home-cooked meal in a clean and friendly atmosphere? Come to Emily's!



Emily's Restaurant has been proudly serving the Clearwater community since 1977. The restaurant has changed hands over the years, but the exciting news is that the original owners are back and thrilled once again to be serving you! Three generations of "Emily" have called this establishment home, with the current owners Emily and Peter warmly inviting you to sample Clearwater's all-time favorites.

Peter Lares and his wife, Emily own as well as operate their newly renovated eatery. He is very proud to be a fixture in the Clearwater community and openly thanks his customers for their continued support throughout the years. He tells the story of coming out of retirement to once again open the doors of Emily's to all hungry friends and neighbors, old and new alike.

The large menu includes dozens of dishes to choose from for breakfast in addition to soups, salads and tasty sandwiches for the

luncheon crowd. Their famous soups (two are offered each day) are delicious and a favorite of the locals. Emily herself is the cook and ensures everything on the menu is prepared fresh daily. Unbelievably, with each sandwich you buy you are cheerfully given a free cup of soup!

Try one of "Emily's Favorites" and you will never be disappointed; top it off with dessert and you will have had a meal "fit for a king". Emily's is open from 6am to 3pm daily with a full menu for both breakfast and lunch. Take-out orders are also available.

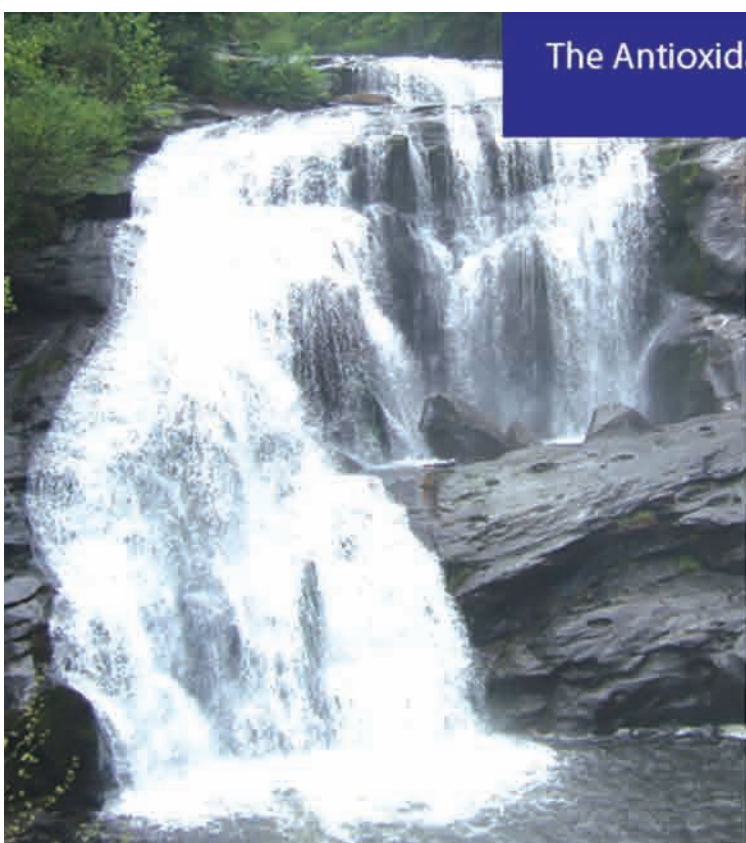
Come to Emily's – delicious home cooking served with a smile!

Ana Livingston, Contributing Writer
Emily's Restaurant is located at 101 South Garden Avenue in Clearwater (one block south of Cleveland, on the corner of Garden Ave and Park Street)

Phone: (727) 443-4600



Mary Putney, Jim Zwiers, Catherine Bell, Adam Beason and Phaedra Leesley
Photo by David Ziff



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A VIEW FROM WATER'S EDGE
Photo by Christopher Stickney



Deep Tissue Laser Therapy

Why I am Excited to Write to You
by Dr. Dale Cooper

For the past three years, I have been researching and looking into different lasers. The goal? To speed up and improve treatment to patients with chronic and more complicated musculo-skeletal conditions such as: back pain and cervical neck pain, carpal tunnel (wrist) syndrome, tennis/ golfer's elbow, sprains/strains, repetitive motion injuries, plantar fasciitis (foot pain), TMJ (jaw) problems, rotator cuff (shoulder) injuries, and Achilles tendon problems.

So much advancement has been made in the past decade in treating conditions with lasers since it is so precise and can penetrate muscles deeper than any other extant therapies.

First, you should know that many lasers on the market at the moment are Class III. This means they only put out about 1000-2000 milliwatts of energy. I did not believe that this was sufficient to be worthwhile in the long run, so I continued to search for the right laser. One appeared to make a profound difference so that I was interested. It is a Class IV laser that can put out up to 10,000 milliwatts of power - penetrating deeper than previous lasers to repair tissue faster.

Next came three months of research, calling doctors who had used them to discover what results they were having with their patients. I compared it with other Class IV

lasers on the market and called the doctors who had those lasers too. And finally, I was satisfied. The Class IV LiteCure Deep Tissue Laser has been highly effective in reducing treatment time for patients across the country. One doctor I spoke to stated categorically that if he had not had treatment with the LiteCure laser, he would not be working, due to major injuries he had sustained in a car accident.

Why Deep Tissue Laser Therapy?

An example of this will help you obtain a better understanding. The carpal tunnel is a passageway in the wrist which nerves and flexor muscles of the arm and hand passes under. A rising work-place injury is carpal tunnel syndrome.

Office workers who type for long periods of time experience excruciating and debilitating pain and numbness in their wrists. This problem is so widespread that it is fast becoming a number one reason workers call in sick. Treatment by conventional methods typically cost \$20,000 to \$40,000. Patients who have been treated with LiteCure's Class IV Laser in 5-6 treatments costs only of \$300!

How Does Laser Therapy Help Heal?

Pain results from trauma, inflammation, malfunction or less than optimal cellular function. Healing and pain relief come with cellular normalization. Laser light enables cells to perform optimally by stimulating them and initiating bio-chemical reactions which promotes healing. Laser light enhances cellular function and it can also encourage the formation of collagen and cartilage in damaged joints and the repair of tendons and ligaments.

What are the biological effects of laser light emitted from devices such as LiteCure Deep Tissue Laser?

Over 2000 studies have shown that laser:

- REDUCES PAIN by stimulating cells to produce their own endorphins, which are natural pain killers
- PROMOTES FASTER HEALING by stimulating cells to increase the production of major healing enzymes.
- SPEEDS BONE REPAIR
- INCREASE CIRCULATION
- REDUCES MUSCLE SPASMS
- REDUCES INFLAMMATION AND SWELLING

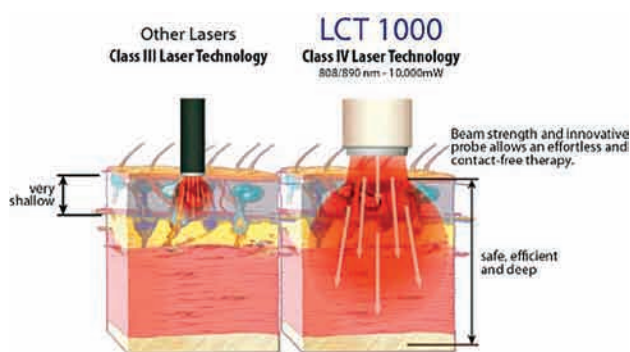
What Does Laser Therapy Feel Like?

Patients report a gentle warm feeling. It is painless.

I have observed long-term fixed joints moving back into place, even during the treatment session.

Yours in Good Health,
Dr Dale Cooper

P.S. If you call within the next two weeks I am offering a **no-charge first time demo of the LiteCure Deep Tissue Laser**. If you have pain or inflammation call 727-446-1141 and make your appointment.



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