CLEARWATER CITY COUNCIL SAVES CITY HALL FROM WRECKING BALL WITH ENERGY REMEDY

Clearwater By Heidi Lux

The aging Clearwater City Hall was spared the wrecking ball by a unanimous vote at the March 31 meeting of the Clearwater city council. Instead, it will be fitted with energy-saving equipment that should save the City \$75,000 a year. This remedy was taken last year with Long Center, and the City has been happy with the results.

"City Hall is a symbol," said Renata St. Lawrence, who spoke on City Hall's behalf at the Wednesday City Council meeting. "When that symbol disappears, part of your city will disappear with it. Perception is everything."

The City Hall building, located at 112 S. Osceola Avenue in downtown Clearwater, was built in the 1960's and is in need of repair. It needs carpet, elevator and roofing repairs and renovations. Additionally, part of the building has been slowly sinking, making the building

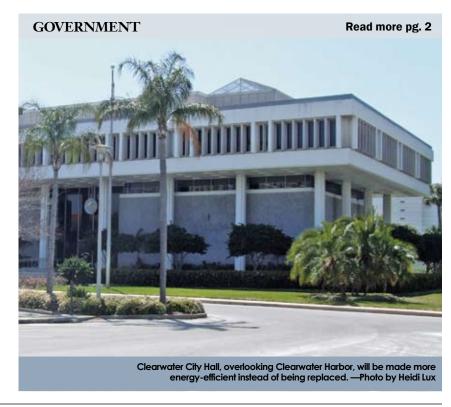
"lop-sided." (The condition is monitored, and is not dangerous).

Because of these factors, the City had planned on tearing down the current City Hall and building a new one. However, once the economic and political climate shifted, they were unable to do so.

The price tag for the repairs and renovations of the City Hall building sat at \$500,000. The building costs \$300,000 a year to maintain. So at a recent work session, the city council considered closing the building to save money, and proposed relocating various city departments into other city facilities.

City Hall would have been moved two blocks up the street, into the second floor of the Main Library, using approximately 90,000 square feet to accommodate the city council, city

Continued on page 2



COMMUNITY Read more pg. 2 Three volunteers, including Councilmember George Cretekos, putting finishing touches on East Gateway mural.—Photo by Betsy Clement

EAST GATEWAY MURALS TO STRENGTHEN COMMUNITY

CLEARWATER

field of gladiolas now blooms in Clearwater's East Gateway neighborhood. Painted on the side of the T-Shirt Warehouse on Gulf-to-Bay Blvd., the brightly colored mural features the sun shining through a gate with white gladiolas on either side. The location and subject of the mural tell a bit of Clearwater history: T-Shirt Warehouse now sits where Constantine Farms, a gladiola grower, used to be.

The mural, which was designed by Cuban artist and local resident Jorge Vidal, was painted during a "weekend slam" project by members of the East Gateway community. Even Councilmember George Cretekos could be found rolling up his sleeves and dipping into the paint alongside district residents.

The mural was created as part of the Talento 2010 program, a Clearwater program created to bring the East Gateway neighborhood together through community arts projects. The Talento 2010 program draws its inspiration from other cities, such as Philadelphia, which have successfully transformed distressed areas into destinations through murals and other public art.

Two more murals will be painted by this Spring. On April 25th-25th a mural will be painted on the side of El Ranchito de Pepe on Cleveland Street and May 1st-2nd on Senior Bubbles, also on Cleveland Street. The last mural will coincide with Cinco de Mayo.

Continued on page 2

By Heidi Lux



Space shuttle Discovery lit up Florida's Space Coast sky about 45 minutes before sunrise Monday, April 5, with a 6:21 a.m EDT launch from NASA's Kennedy Space Center.

Read More pg. 2



On March 27th and 28th, local, national and international artists converged on Safety Harbor to turn the sidewalks of Main Street into a colorful canvas. . . .

Read More pg. 3



Festivalby Heidi Lux
"Pets on Cleveland Street?" you say. "You must be barking mad!"

Au contraire. An estimated 600 people brought their pets to

downtown Clearwater. There were dogs of all kinds ...

Read More pg. 5

CLEARWATER CITY COUNCIL SAVES CITY HALL...

continued from page 1

manager, city attorney and city clerk. The Departments of Housing and Economic Development would have moved to the Municipal Services Building on Myrtle Avenue. That would have bumped the Parks and Recreations offices, which are located in the Municipal Services Building, to the Long Center.

Instead of saving money by demolishing City Hall, the city council will be saving money by adding the City Hall building to the series of buildings scheduled to be fitted with modern, energy-efficient lighting, air-conditioning, and other equipment. The work is being done by Honeywell. ◆

EAST GATEWAY MURALS BUILD...

These will be smaller, historical murals that wrap around the building, intended to get people to stop and take a closer look at the mural. Passersby will be able to see the murals from further away, but there is also an invitation to come up closer. The aim is to invite more foot traffic and create more business.

"When people come here, and they're finished with the beach, and eaten all the seafood, they can have a multicultural experience they can enjoy," said Pinellas Opportunity Council Manager Maria Emilia.

When each mural is finished, they will be included in an information guide about Clearwater's murals published by the Clearwater Regional Chamber of Commerce.

East Gateway sits at the entrance of downtown Clearwater. Once one of Clearwater's busiest and most fashionable neighborhood, East Gateway has gone through a decline and seen its share of crime and poverty. In response, the concerned citizens of the East Gateway are working toward transforming the community. The East Gateway Business & Neighbors Association is possibly one of the most unified, active and vocal neighborhood associations in the city.

Excellent progress has been made, with establishments such as Greektown Grill, the Frank Crum Building, and The Strand condos moving in. Nature's



building's location, site of original Constantine Farms.—Photo by Betsy Clement

Gladiolas were painted by volunteers to honor

Food Patch, a long time East Gateway staple, is in the process of expanding as well.

Talento 2010 is part of a larger program of economic development, and is sponsored by the East Gateway Business & Neighbors Association, the Pinellas Opportunity Council and the City of Clearwater.

For more information on the Talento 2010 program, visit www.talento2010. com. ◆









TEACHER RIDES SHUTTLE TO SPACE STATION...

CAPE CANAVERAL, FL

nace Shuttle Discovery lit up Florida's Space Coast sky about 45 minutes before sunrise Monday, April 5, with a 6:21 a.m. EDT launch from NASA's Kennedy Space Center. The launch began a 13-day flight to the International Space Station and the second of five shuttle missions planned for 2010.

This mission includes Dottie Metcalf-Lindenburger, the third teacher to fly the shuttle. Two other teachers have flown before her, Ricky Arnold, a math and science teacher, and Joseph Acaba, a geologist and math teacher. They flew on the STS-119 shuttle mission in March 2009. All three were selected as mission specialists in the 2004 Educator-Astronaut class. The educational activities on this mission focused on robotics and on promoting careers in science, technology, engineering and math.

Discovery docked to the space station at 3:44 a.m. on Wednesday, April 7. The shuttle delivered science experiments, equipment and supplies to the station. The flight included three spacewalks to switch out a gyroscope on the station's truss, or backbone, install a spare ammonia storage tank, and retrieve a Japanese experiment from the station's exterior.

Teacher Dottie Metcalf-Lindenburger will return from space on Sunday, April 18.

Inside the shuttle's cargo bay is the multipurpose logistics module Leonardo, a pressurized "moving van" that was attached to the station temporarily on April 7 and returned to the shuttle's cargo bay Thursday, April 15. The module is filled with supplies, new crew sleeping quarters and science racks that will be transferred to the station's laboratories. This is the final complement of laboratory facilities that will complete the station's overall research capabilities.



Third teacher into space, Dottie Metcalf-Lindenburger—Photo coutest of NASA

"The crew of STS-131 is really honored to represent the thousands of dedicated people that make up the entire NASA, JAXA and contractor workforces," Commander Alan Poindexter said shortly before liftoff.

Poindexter's fellow crew members, in addition to Metcalf-Lindenburg, include Pilot Jim Dutton and Mission Specialists Rick Mastracchio, Stephanie Wilson, Clay Anderson and Japan Aerospace Exploration Agency astronaut Naoko Yamazaki. Dutton, Lindenburger and Yamazaki are making their first spaceflights. These three astronauts are the last rookies to fly aboard the shuttle before its planned retirement.

Discovery's first landing opportunity at Kennedy is scheduled for 8:30 a.m. on Sunday, April 18. The STS-131 mission will be Discovery's 38th flight and the 33rd shuttle mission dedicated to station assembly and maintenance.

For more information about the space station, visit: http://www.nasa.gov/ station. ◆

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CHALK ARTISTS COMPETE IN SAFETY HARBOR...

CLEARWATER

By Chad Andro

n March 27th and 28th, local, national and international artists converged on Safety Harbor to turn the sidewalks of Main Street into a colorful canvas. The Second Annual Bloom N Garden N Chalk Fest provided an exciting showcase for temporary sidewalk masterpieces to be created with pastel chalk.

The Bloom N Garden N Chalk Fest models itself after Italian street painting, a tradition dating back to the 16th century in which artists would travel from town to town, transforming the streets and public squares into a temporary gallery.

This year, 83 artists participated, with over 10,000 people attending, which is double last year's attendance. Participating artists ranged from amateurs chalking for the first time to professionals who have been evolving their sidewalk techniques for over twenty years. Students from area schools such as USF also participated. Some chalk artists also displayed more permanent pieces at the Syd Entel Gallery on Main Street.

Winner of the People's Choice Award was Lester Mendoza of West Palm; Alice Crittenden of Santa Barbara, CA won the Animals & Pets Award; the Safety Harbor Public Art Committee won the History award; Julie & Becky Graden of Orlando won the Floral Award; Doug Wright of Clearwater won the Woman & Child Award; Ilona McKinley won the Ladybugs & Butterflies Award; and Laurie Pinna & Dave Conley won the Under the Sea Award.

The Bloom N Garden N Chalk Fest was started two years ago by Glen S. Caristinos, the event's "Director of Fun"; Bobbie Wheeler, formerly of Safety Harbor Public Arts Committee; Stacy Roth, local artist and owner of Harbour Arts; and Safety Harbor Museum director Bobbie Davidson. "It was designed to help our downtown businesses and to raise funds for the Safety Harbor Museum," said Caristinos. "It has made record breaking sales for most merchants in town."

Proceeds from the Bloom N Garden N Chalk Fest benefit the Safety Harbor Regional Museum, and fund local art projects and scholarships.

Expect next year's chalk fest to grow, with more participants and more spectators. More information on the chalk fest can be found at www.bloomNchalkfest.org. ◆



Jim Warren painting, Mother Nature in the New Millennium.—Photo by Robert Spear





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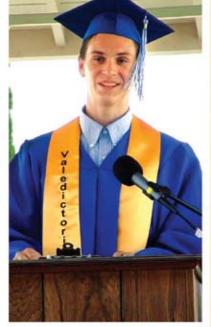
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"GOING SOLO"

ZEPHYRHILLS

by Sirio Balmelli

n earlier issues I reported on my first skydiving adventures out of **▲** Vandenberg Airport, now known as Tampa Executive Airport (see issues 4 and 5 on the <u>www.tampabayinformer</u>. com website). I felt cocky with the first of my training jumps under my belt, and wasted no time practicing for my second. That too being uneventful, I took no break and rushed to get my third and fourth jumps in before calling it a day. And what a day! There is something to skydiving, maybe the adrenaline, that by the end of the day has you dropping from exhaustion. I set up my tent and turned in early.

The night did not go as planned. Soon after I made myself as snug as possible over the thin plastic sheet disguising hard earth, I met the first of many ants I would be acquainted with that evening. Eventually my exhaustion surpassed the discomfort at their harassment and I drifted into a half-sleep. But soon the wind began to blow the thermometer into submission. I had forgotten to bring an extra blanket.

There is one definite benefit to camping in a collapsible emergency tent: you will not sleep in. The first ray of sun cleared the top of the trees on the other side of the landing zone (LZ) at about 7:30 and I was up. It was no warmer than 40 degrees, and I felt like a true Swiss as I flip-flopped my way to the outhouse coin showers with a towel around my waist. The wind had blown all trace of clouds right out of the sky. Despite the chill I could not repress a smile of excitement. There was a "blue sky," which was also the famous skydiver saying: a motto, greeting, and good-luck all rolled into one.

I arrived at the manifest office (a manifest is the list of who is going up on a load) in time to wait. And wait. It appears that someone had completed their wing suit training the day before, and complied with the honored tradition of buying everyone beer. Once Laurie shuffled in, it was only to pull a sheet out of the printer and point a grim finger at the high-altitude wind speeds. No loads were going until that wind died down, especially no loads with students.

Luck was with us, however; by midmorning the wind died down just enough to let me talk my instructor into jumping. My first load of the day was jump 5 and that was shockingly cold (at 13,000 feet) but uneventful. I pulled a perfect landing despite the wind. So I got cocky.

Somewhere during the previous two days I had read a lengthy essay on how to improve landings, which contained instructions for the very dangerous emergency technique of rear-riser landing. Parachutes have steering toggles, but if the steering lines become jammed it is possible to control (and land) the chute using the two rear sets of lines (the risers). On a regular landing, just before touching the ground, the parachute is slowed to a standstill by "flaring," or pulling on the steering toggles all the way. When landing with rear risers (disclaimer: DON'T do this) the concept is the same, but the parachute responds to riser input very differently.

On my 6th jump, after pulling my 'chute and getting stably underway, I decided not to unlock my steering toggles, and simulate a steering failure all the way to the LZ. I practiced rear riser maneuvers, and executed the landing pattern all with the risers. On my final approach, I decided to try a rear-riser landing, thinking I was in tune enough with my rig that I knew what to expect.

The coach saw me coming in with my hands on the rear risers and began to swear at me through the radio clipped to my chest. I ignored him and concentrated on picking the right time to flare. Flaring is done very rapidly and decisively; there is no hesitation. There is also no going back—once you flare you cannot unflare, you can only land. If you flare too early the 'chute stalls on you and eventually drops you the (hopefully few) feet you have left, if you flare too late you hit the ground going too fast. When I tried flaring with the rear risers, however, I was in for a nasty shock—the 'chute fought back at me and would not slow, while the ground continued to rush up.

"I was in for a nasty shock—the 'chute fought back at me and would not slow, while the ground continued to rush up."

It was my very good luck that it was windy that day and that I was flying an enormous and very forgiving student canopy. I was landing into the wind, and a gust hit my chute at just the right time to save me from a very hard landing. I landed standing on my feet perfectly, but otherwise very shaken. Needless to say, none of the coaching staff were remotely pleased. I still smart thinking of what they had to say about that little stunt. They could not flunk me on 6 however because I had actually made the landing.

In the hassle of getting reprimanded six ways from Sunday, I misplaced my goggles, and when the five-minute call came for my next load, I was racing around frantically trying to borrow another pair. The only goggles available were these enormous things big enough to cover Chewbacca's face. But I was out of time so those would have to do.

My 7th jump. Pass this and I could fly solo. Flunk it and I was going home, since there was no money for re-jumps. I was jumping with a coach right behind me. I would be graded on my exit and how fast I gained control, on my posture, my ability to hold and head in a direction, turns, flips, altitude awareness, proper opening procedure. I was opening higher than all the other divers so my coach and I went last. I exited diving towards the wing and stabilized. I checked altitude. I turned, checked altitude. I turned again, checked altitude. I backflipped and checked altitude. Forward flip, checked altitude. Track, checked altitude. Got ready to pull. And...the billowing wind sucked the contact lenses right out of my

PERFECT WEATHER FOR 5TH ANNUAL PET FESTIVAL

CLEARWATER By Alice Roses

Pets on Cleveland Street?" you say. "You must be barking mad!" Au contraire. An estimated 600 people brought their pets to downtown Clearwater. There were dogs of all kinds and sizes, cats, hedgehogs, ferrets and even iguanas. They came to participate in the 5th Annual Pet Festival, an event put on by the Clearwater Downtown Development Board.

In addition to booths for vendors and rescue societies, there was entertainment for the animals and their owners, included contests and games. Contest winners were Jessie, a Great Dane owned by Diane Travers for largest pet; Hattie Mae, a hedgehog owned by Merle Stubbins for smallest pet; Mojo and Jojo, Bearded Dragons owned by Alie Clarke for most unique pet; China, a Pomeranian, owned by Nola Davis for Best Look-Alike, and Olaf and Blossom, two Newfoundlands, owned by Bruce Meligan for Best in Show. There was also a puppy race for large breed dogs, and one for small breeds.

In addition, Melissa Koberna of Progressive Dog Training presented a Pet Obedience Discussion and Demonstration, and the Clearwater Police K9 also presented a demonstration. A three-day, two night stay at the Clearwater Beach Holiday Inn & Suites was raffled off and won by Angela Pavao.



Puppy race for small to medium-sized dogs— Photo by Betsy Clement

Last year the event was held in May. This year it was moved to March 27th in order to accommodate pets with cooler weather. "We had perfect weather albeit a bit windy in the morning," said event coordinator Anne Fogarty-France. "This year's event was a huge success." According to Fogarty-France, the purpose of the Pet Festival is introduce more people to downtown Clearwater, "and to show that we are a pet-friendly downtown." ◆





eye sockets. Both—at the same time. I signaled and pulled my chute.

There I was, staring at my contact lenses, all shriveled up and pasted to my plastic goggles. Not good. The hardest part about skydiving is landing the rig and it is good to be able to see the ground and judge how far it is when doing that. I was too blind to do it without lenses. But, being near-sighted, I could now see the altimeter on my wrist better than ever. I landed my chute by guessing and looking at the alti needle. Again, please do not try this at home.

I wasted no time in celebration; I got back on the next load and jumped my first solo. Kind of boring to tell you the truth, after those training jumps with goals and the coach taking points and all. I even jumped again and had it filmed, only to find out how unstable and dorky I look when I skydive. I will never forget, however, the last load of that day.

There was not a cloud in the sky as we cruised up to 13,000 feet. I was first in and last out of the plane since I was opening highest at 5000, and this time I was alone. There was an indescribable moment-I stood at the edge of the loading door and looked out west past the wing. The timing was perfect to see the flaming copper of the setting sun reflecting on the gulf, the bay, and all the thousand little lakes all the way east to Zephyrhills, turning them gold. I dived and as I left the plane behind me all I could hear was the rush of wind. I watched the world put on a spectacle, so beautiful, so far below. For the first time, I began to understand the depth of beauty inherent in that time-honored greeting and farewell, "blue skies."

To read previous installments of Thrill Seekers, go to www.tampabayinformer.com. ◆



SPRING IS HERE AND SO ARE THE TERMITES!

Yes, spring brings lots of flowers, warm days, beautiful sunsets on the beach, lots of college kids and definitely more bugs—including those pesky termites. Spring is a time when drywood termites swarm and you just might find them in your home.

It's pretty easy to spot drywood termites if you know what you are looking for. For instance, if they swarm into your house, you might even see it. I saw a swarm once and couldn't believe my eyes. It was like a small cloud circling around the light in my living room. Not a happy sight! But that is more rare than what they leave behind.

After swarming, they will find a piece of wood to bore into. When they do this, they drop their wings. So one way you can spot drywood termites is if you find small wings that are very narrow at one end. The wings are iridescent, shining like little rainbows. You'll just find wings, no buggies anywhere. But don't be fooled by how pretty they might be; they are a sure sign that you've just been invaded by drywood termites.

Another sign of drywood termites is their droppings, which may

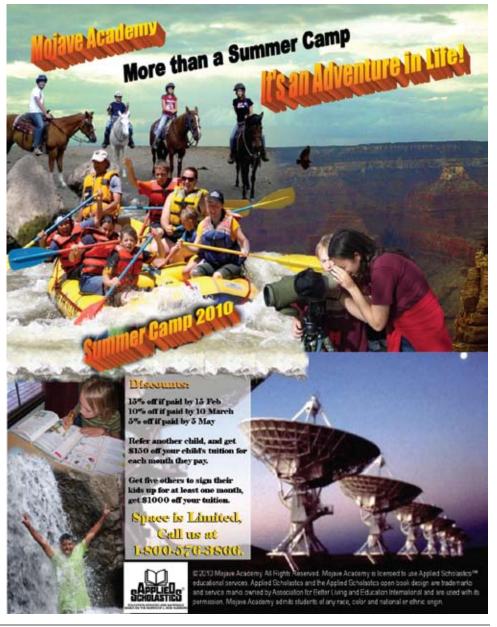
seem to come from no apparent cause. But if you look above the little pile very carefully, you might see a very small hole, or if you tap the wood above, you may get more droppings coming out. The droppings themselves are pretty easy to identify, as they look like a pile of teeny, tiny round balls. The color is a very light tan when they are fresh, and they darken to black as they get older.

If you see any of the signs of drywood termites, be sure to call on someone who can help you treat your home right away.

I've been using and recommending Bingham Termite for years, as they are very dependable and reasonably priced. Their phone number is 727-525-7292.

I've also just learned about a company that uses a "green" product to treat your home, and they advertise that they will be 10% less than your lowest fumigation (tenting) quote. Their name and number is: X-Terminate Tampa, 727-545-9800.

Pam Ryan Anderson, Real Estate Broker, Ryan Realty, 727-442-2822



Gas! Gas! Gas! **No Beans Please!**

by Winston W. J. Kao

Indigestion, Gas and Over-Acidity **Comes From Forgotten Probiotics** and The Forgotten Art of Cooking Beans, Nuts, and Grains.

inety years ago every housewife knew exactly how to cook any seed, nut, bean or grain. However, fast foods, fast processes, and "short cuts" of every imaginable means were sought after. Today, most people have forgotten that all plants—through their seeds, nuts, beans, and grains—have a *survival agenda*. They want to be consumed by an animal, survive digestion, and then be excreted in a new location with a pile of growing medium (manure). How then do they survive the digestive tract? By making the seed full of anti-protein enzymes in order to prevent being digested. This is the reason that most people have gas following the consumption of beans, seeds, or nuts (cooked or uncooked).

In nature all professional seedeaters have special organs designed to soak seeds or nuts to neutralize the anti-protein enzymes. Birds have esophagus pouches; squirrels and chipmunks have cheek pouches. This is why you must observe the tradition of AL-WAYS pre-soaking all beans, nuts, or seeds. This includes grains, as they too have some anti-protein enzymes, through much less than beans and nuts.

How do you serve beans yet prevent your family from having GAS?!!!!

Traditionally, beans are soaked overnight in clean water. The following morning the first batch of water is thrown away, the beans are rinsed in clean water, and a second fresh batch of water is added to the beans to continue soaking until the evening. In the evening, the **second** batch of water is thrown away again, the beans are rinsed again in clean water, and a third, fresh batch of water is used to finally cook the beans. This is especially mandatory for ANY bean cooking unless you use the following method.

A more nutritious method to cook beans, with definitely *less hassle*: To better facilitate the soaking process, one can simply add 1 teaspoon to 1 tablespoon of Inner GardenTM to the beans and water. Soak the beans overnight and the next day **DO NOT** dump the water. You can just start cooking for lunch or dinner. By doing this, you have started a slight fermentation process, which will first neutralize the anti-protein enzymes (prevent indigestion and gas issues) then start the production of some vitamin B complexes, vitamin E complexes, and many other healthful substances.

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In summary, always soak any bean, seed, nut, or grain overnight before cooking to neutralize the anti-protein enzymes. This will prevent indigestion, problems with gas, bloating, weight gain, and major in**creases in acidity**, thereby reducing acid formation—the key to anti-**aging**. ◆

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more info visit www.purina.com.

April 17th, Salute the Troops!:

Gulfport Recreation Center, 5730

Shore Blvd. S. (basketball court

area), 11 a.m.-5 p.m. Music,

barbeque, drawings for prizes.

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April 17th, A Sustainable and

Green Garden Party: 1:00 to

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and other green gardening ideas,

more from our friends at Twigs

and Leaves and other experts,

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April 16th, Right to Informed reception at the Ft. Harrison Hotel, **Consent Candlelight Vigil for** Downtown Clearwater at 7:00 Gabriel Myers: 4 state-wide vigils p.m. Tickets are \$25 and \$45 V.I.P. will take place across Florida in with reception. Please reserve your memory of 7-year-old Gabriel tickets by calling (727) 216-6989. Myers. Myers allegedly hung April 17th, Da Vinci's Birthday himself in the residence of his **Bash:** Celebrate the ingenuity and foster parents while on 3 powerful creativity of Leonardo da Vinci psychotropic meds—some not at this fun festival for families, approved for use in children by adults and kids. Activities include the Food & Drug Administration the Ultimate Coaster Challenge, Paper Test Pilot Challenge, Straw and containing strong warnings of increasing risk of suicide in Bridge Challenge, and the da children. No signed consent form Vinci Invention Party. Extend the experience by registering in the was maintained in the child's medical records. Clearwater's vigil morning workshops. Visit www. will take place at the bike walk of campfun.org for more information the Memorial Causeway from 7:00 on da Vinci's Birthday Bash to 8:30 p.m. Representative Kevin workshops. Noon to 5:00 p.m. Ambler will be speaking. at the Museum of Science and **April 16th, Colin Hay:** A solo Industry, 4801 E. Fowler Avenue, acoustic evening with Colin Hay Tampa. Event is FREE with paid from Men At Work at the Capitol MOSI admission.

UPCOMING EVENTS

April 20 and 21st, Wellness Sale Day: 20% off all vitamins, supplements and body care at Nature's Food Patch, Clearwater. Visit www.naturesfoodpatch.com for more information.

April 21st, Gang Deterrence Program: The Clearwater East Library will be showing a series of Spanish movies as part of a gang deterrence program in cooperation with the Clearwater Police Department and The Hispanic Outreach Center. Sin Nombre will be screened at 3:30 p.m. The movie is rated R for violence and gang activity. Following the movie there will be a talk session with the Clearwater Police Department to discuss how to avoid gang involvement. Ages 15 to 20. Free. The Clearwater East Library is located 2251 Drew St. For more information, call (727) 562-4970. **April 21st: The Clearwater Chapter, Florida Society Sons** of the American Revolution **Meeting:** Dunedin Country Club, 1050 Palm Blvd, Dunedin. Meetings start at 11:30 a.m. with a social period, a luncheon at noon, followed by Rebecca O'Dell Townsend who will present the April program on "Our Current Constitutional Crisis." Cost is \$18 per person paid in advance, \$20 at the door. Suggested attire is sport coat and tie. Wives and guests are encouraged to attend. Call (727)

April 23rd, 4th Friday **Clearwater:** Party in Cleveland Street, 5:30 to 10:00 p.m., Downtown Clearwater.

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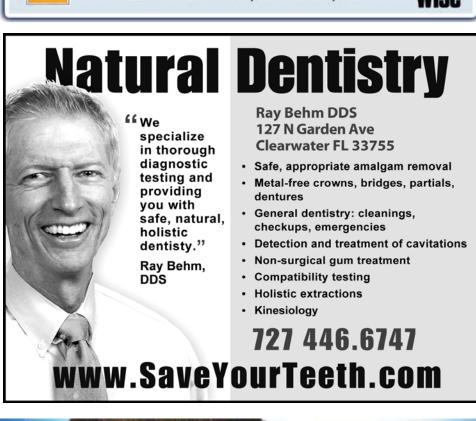
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