Local residents and visitors who were brave enough to battle the rain, winds, and possible hangovers this past New Years Day got a real treat as the city celebrated the 100th Anniversary of the world’s first scheduled commercial flight. Not only was aircraft enthusiasts Kermit Week’s exact replica of the Benoist Airboat on display, visitors got to witness Ed Hoffman, Jr. soar his flying boat from the Vinoy Yacht basin as he recreated aviator Tony Jannus’ January 1, 1914 inaugural flight of the St. Petersburg – Tampa Airboat Line.

Hoffman, whose father constructed the 1984 Benoist replica suspended from the ceiling at the St. Petersburg Museum of History, gave an undaunted swoop over the Yacht basin to the thrill of many. Indeed, a perfect salute to Anthony Habersack Jannus on this centennial celebration.

A little bit of a playboy and a whole lot of dare-devil, Tony Jannus taught himself how to fly at the ripe age of 21 thanks to Rex Smith. Originally a marine engine mechanic, Tony had been contracted by Smith to equip an experimental biplane with an Emerson marine engine. Immediately, Tony was smitten with the thought of flight and soon operated as a test pilot for Smith.

The following year, in 1911, Jannus caught the attention of airplane builder Thomas Benoist and soon became the chief pilot for the Benoist Aircraft Company. Together, the Benoist Company and Jannus set distance, water, passenger and speed records, propelling Tony to newspaper headlines around the world. Staging countless air shows and exhibitions, Benoist and Jannus brought the dream and reality of aviation to thousands of onlookers.

By late 1913, Tony Jannus was well-regarded in the aviation world and a perfect choice to be the chief pilot of Thomas Benoist’s next venture: St. Petersburg – Tampa Airboat Line. With the persistence of businessman Percival Fansler, flying boats provided by Benoist, and financial backing of several well-heeled folks in St. Petersburg, history was made January 1, 1914 as Tony became the world’s first airline pilot.

For the next few months, Tony and his brother, pilot Roger Jannus flew passengers and freight across Tampa Bay proving the practicality, reliability and most importantly, the safety of commercial air travel.

On March 31, 1914, the Jannus brothers flew their last flights for the Airboat Line. The Jannus brothers left St. Petersburg and the employment of the Benoist Company. Roger would continue on with other aviation endeavors until his untimely death in 1918 in a Havilland DH-4 aircraft ironically dubbed “the flying coffin.”

Tony would go on to serve as a test pilot for Curtiss Aeroplane Co. and eventually be sent by Glenn Curtiss to Sevastopol to train Russian pilots flying the company’s airplanes in combat during World War I.

Jannus died on October 12, 1916, when his Curtiss H-7 flying boat experienced engine problems and crashed into the Black Sea. His body was never recovered.

In a career that lasted less than seven years, aviator Tony Jannus had accomplished more than most pilots do in decades. His achievements left a lasting legacy on the world of commercial aviation and spawned the birth of modern air transportation.

Noted aviation historian Thomas Reilly summed Tony best in his works Jannus: An American Flier “… Had Jannus lived beyond the age of twenty-seven, he almost certainly would have been one of the most famous American fliers.”

By Nevin D. Sitler, MA - Director of Education and Outreach St. Petersburg Museum of History
I hope you had a happy holiday season and the New Year is treating you well. On the campaign trail, I promised that our neighborhoods would have the full support of City Hall. I have begun to fulfill that promise by hiring Mike Dove to direct Neighborhood Affairs.

Mr. Dove has over 30 years of government experience at the local, county, and regional levels. He has experience in transportation planning, land use and zoning, housing, code enforcement, and neighborhood programs. Under Mayor Fischer, he created St. Petersburg’s neighborhood partnership program, which was recognized by national, state, and local awards. In 2001, he became Deputy Mayor for Neighborhood Services for Mayor Rick Baker. He retired from the City in 2007 to open his own firm as a planning consultant.

Mike shares my vision for rebuilding and celebrating our neighborhoods, reducing blight, bringing back important programs like neighborhood grants, and strengthening the identity of our neighborhoods.

While each neighborhood is special, I recognize the unique and vital role Historic Old Northeast, Downtown and Snell Island neighborhoods play in our city. I look forward to visiting with you soon and working together to move St. Pete forward.

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Mayor Rick Kriseman
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CALLING ALL PHILATELISTS In 1918, to commemorate the start of the first regularly scheduled airmail service between Washington, Philadelphia and New York, the US Post Office printed a 24-cent stamp with an image of a Curtiss Jenny biplane. Inadvertently, the image was printed upside down. One sheet was sold before the mistake was discovered, making the “Inverted Jenny” one of the rarest and most valuable stamp in history. In November 2007, a single original “Inverted Jenny” sold for $977,500. Of course any good philatelist (stamp collector) already knows this. Recently the Post Office released a new stamp commemorating that stamp printed ninety five years ago. Today though, they are $2 each and sold in sheets of 6.

TAKE THE FERRY TO PASS-A-GRILLE The Island Ferry Boat Tours and Ferry Service is now open downtown in the marina off of 2nd Ave N. With two deck boats, and more planned for the near future, it departs from the downtown waterfront area every 90 minutes, holding up to 15 passengers, weather permitting. Plans are to operate from 9am until dark, daily. Each trip lasts about 90 minutes. The ferry docks at the Pass-A-Grille Marina, two blocks from the beach. Contact them at 727-742-227. They have plans to add a ferry route to Anna Maria Island, too.

COUNTY FAIR CANCELED First held in 1917, the Pinellas County Fair took a 12 year hiatus due to a lack of financial support, before promoters reinvented it in the Tropicana Dome’s parking lot last March. Unfortunately, they say it will not be repeated this March. They are still trying to hold the fair, possibly this fall. It may or may not be downtown.

NEED ANOTHER COPY OF THIS NEWSLETTER? Pick one up at the UPS Store at 200 2nd Avenue S. and in the Old Northeast area at 204 37th Street N. While you are there check out their range of products and services including printing, packing, shipping, and mailbox.

BAKER HONOURED Former St. Petersburg Mayor Rick Baker, now employed by Bill Edwards and Company, received the Chancellor’s Award for Civic Leadership during USF St. Petersburg’s Commencement ceremonies, December 15th. The Chancellor’s Award is bestowed in recognition of outstanding contributions to the community. It is the most prestigious award granted by USF St Petersburg and recognizes the institution’s strong ties with the community.
STATE FAIR TIME The Florida State Fair is February 6 – 17, at Tampa’s Florida State Fairgrounds. Advance tickets are on sale at Walgreens statewide. 2014 marks the 110th annual State Fair, with the theme “1st Place For Fun” reminding fairgoers our State Fair is the country’s first of the year and boasts the largest independent midway and largest traveling roller coaster in North America. The Fair offers 110 free things to do, four concerts, animals and livestock, Cracker Country, side show spectacles, an FMX Motorcycle Thrill Zone, fantastic food including the new Ramen Noodle Burger shown here and exciting entertainment throughout the entire twelve days.

ST. PETE MADE THE LIST The city is 49th on the New York Times list of 52 worldwide places to see in 2014. Only nine other U.S. cities made the list that includes cities in Thailand, Iceland, Vietnam and the Arctic Circle. They cited our “redeveloped waterfront, a stunning Dali Museum, sophisticated restaurants in place, and the downtown energy now heading up historic Central Avenue, thanks in part to the craft beer scene.” Number one on the list is Cape Town, South Africa.

WIFI EQUIPPED BUSES The Pinellas Suncoast Transit Authority recently introduced eight, environmentally friendly, diesel-electric hybrid SmarT Buses. They average 56% better fuel economy than standard buses. To make it even better, the buses come equipped with free Wi-Fi internet. Part of a pilot program, if the Wi-Fi program is successful, all their buses could be outfitted with internet within the next few months allowing users to ride and surf the ‘net at the same time.

WHAT PEOPLE WANT The City recently conducted a phone survey of 1,000 city voters asking what type of things they would want in the new pier design. The number one response? Fine dining and air conditioning. When given a choice, 79% of the people wanted commercial businesses. 14% wanted it non-commercial.

NEW EXECUTIVE DIRECTOR Great Explorations Children’s Museum appointed Angeline Howell as executive director. She replaces Lisa Negrini, who resigned to join the University of South Florida St. Petersburg Family Study Center. Howell, a graduate of Florida State University, most recently served as director of clinical services at Suncoast Center, Inc. She will oversee the museum’s operations and internal processes and represent the museum in the community at large.

OUR NEXT ISSUE IS APRIL Read this, as well as other issues, online at stpetedowntownnewsletter.com
HASLAM’S CELEBRATES 80 YEARS

In an age of big box bookstores such as Barnes and Noble or online giant Amazon, and electronic readers, such as the Kindle, it is rare for an old fashioned book store to exist. But Haslam’s Books, is thriving at 2025 Central Avenue, were it has been collecting and selling books since 1933. Founders John and Mary Haslam opened the book store during the Great Depression. Third generation owners Ray and Suzanne Haslam Hinst continue the family tradition. It is considered the area’s favorite independent bookstore.

CONDO COMMUNITY UNDER CONSTRUCTION

The Water Club, a condo development on Snell Isle by the Kolter Group, is already under construction. The new waterfront, luxury condominium is the first condo development of significance on Snell Isle in more than 40 years. The community will include 84 residences, in two nine-story towers, range from 1800 to 2100 square feet. 11 townhomes with private garages are also planned. The condos adjoin the St. Petersburg Yacht Club North Annex with slips for sales. The project, located at 1325 Snell Isle Boulevard NE, is being marketed by Smith & Associates Real Estate. Get more information at www.WaterClubLiving.com or by calling 478-2060. The project is scheduled for completion this summer.

BARBER RETIRES

Carl Troupe, longtime barber at Northeast Pyramid Barber Shop, says after cutting hair for over 50 years, it is time to retire. He has been cutting Charlie Crist’s hair since Charlie was 7. Carl is looking forward to retirement and plans to volunteer some of his time to campaign for Charlie.

NAME CHANGE

Bi-Lo Holdings, the company that bought the Sweet Bay Grocery stores, announced the Sweet Bay on Martin Luther King N. will be converted into a Winn Dixie store. No date for the change has been announced yet, but it should happen soon.

CLOSED

The following businesses have closed or relocated due to the new Trader Joe’s being built on 4th Street

- Tanya Sharkey Photography
- The Classy Closet - relocating to 540 Central Ave.
- Northeast Pyramid Barber Shop - closed
- The 4th Street Boxing Gym & Community Center still looking for a new location
More Business Briefs...

**HOTEL SET TO OPEN** The Staybridge Suites at 940 5th Ave. S., St. Petersburg is opening this month. The 119 room, all-suite pet-friendly hotel features full kitchens in each suite, complimentary hot breakfast, complimentary parking, a 24 hour fitness center, on-site laundry, outdoor pool, BBQ grill, fire pit & evening socials three nights a week. Their 2,200 square foot ballroom has a full banquet kitchen headed by a fabulous executive chef. The ballroom can be divided into two rooms, to accommodate a meeting for 25 people or a wedding reception for 100. Guests can enjoy a complimentary shuttle taking them anywhere within a three mile radius including Beach Drive, Central Avenue and Tropicana Field.

**LOCALTOPIA** This event is in celebration of Keep Saint Petersburg Local’s two-year anniversary. Presented by Mazzaro’s Italian Market and being held in Williams Park, it will feature 80+ local businesses on February 1st. It is a celebration of all things local with vendors for shopping, eating, drinking, a local craft beer garden and music all day coming from the bandstand. This is a family friendly event. Get more details at KeepSaintPetersburgLocal.com.

**RENAISSANCE VINOY MANAGER LEAVES** Russ Bond, long time General Manager of the Renaissance Vinoy, has taken a new job in Tucson, Arizona where he will be the manager of the 576-room JW Marriott Starr Pass Resort. The property has a 27-hole golf course but no marina, of course. Bond has been the General Manager of the Vinoy for 14 years. He and his staff won Best Overall Hotel in the Renaissance chain last year. “It is with mixed emotions that I leave our Vinoy and take a new challenge with Marriott in Tucson,” Bond says. “How awesome it has been to see our city come to life with the Vinoy as the backdrop. When I came here there was only one or two restaurants on Beach Drive. Look at it now.” A new manager is being hired to start in February.

**GRAND PRIX** After 9 seasons, the Grand Prix has a new title sponsor Firestone Tire and a new name, The Firestone Grand Prix. The race, held March 28 - 30th, is once again the kick off of the entire IndyCar Series Racing Season. The Sunday, March 30th race will be televised on Channel 28 at 3:30pm. Tickets are on sale at www.GPSfPete.com ranging from $55 to $135. One, two or three day passes are available. Event setup will begin towards the end of February and road closures begin March 17th. The Saturday Morning Market will leave Al Lang Parking lot for March 22nd & 29th.
Pets are an important part of many families, and a new Red Cross Pet First Aid App puts lifesaving information right in the hands of dog and cat owners so they can provide emergency care until veterinary assistance is available. The 99 cent Pet First Aid app gives iPhone and Android smart phone users instant access to expert information so they learn how to maintain their pet’s health and what to do during emergencies.

“Pet owners learn how to recognize health problems and when to contact their veterinarian,” said Linda Carbone, CEO of Florida’s West Coast Region and the Tampa Bay Chapter. “The Pet First Aid App provides step-by-step instructions, videos and images for more than 25 common first aid and emergency situations including how to treat wounds, control bleeding, and care for breathing and cardiac emergencies.”

Additional topics include burns, car accidents, falls and what to do for cold- and heat-related emergencies.

Other features in the app allow pet owners to:
- Create a pet profile including tag identification number, photos, list of medications and instructions.
- Use the list of early warning signs to learn when to call their veterinarian.
- Use “click-to-call” to contact their veterinarian.
- Find emergency pet care facilities or alternate veterinarians with the “animal hospital locator.”
- Locate pet-friendly hotels.
- Test their knowledge with interactive quizzes and earn badges that they can share on their social networks along with their favorite picture of their pet.

History shows that people have not evacuated during disasters because they did not want to leave their pets behind. The Red Cross app contains resources to help owners include pets in their emergency action plans. Pet owners may also take a Red Cross Pet First Aid course so they can practice the skills and receive feedback. People can go to redcross.org/takeaclass for information on the class schedule and to register.

The Red Cross has made great strides in making emergency information available whenever and wherever people need it. The Pet First Aid App and other Red Cross apps can be found in the Apple App Store and the Google Play Store for Android by searching for American Red Cross or by going to redcross.org/mobileapps.
# Calendar of Local Events

**January**
- Martin Luther King Day Parade 20
- MLK Band Battle The Tropicana 20
- Schools Closed 20
- MLK Jr Breakfast Coliseum 20
- American Stage Trains Running opens 22
- Home Show Tropicana 24-26
- Young Eagles Albert Whitted 25
- All Children’s Charity Ball Coliseum 25
- Gasparilla Tampa 25
- Heritage Village Folk Festival 25
- Holocaust Museum Other Side opens 25
- Postage Price Increases 26
- Seniors Expo Coliseum 29
- Chinese New Year 31
- MUSE Party Museum of Fine Arts 31
- St Pete Opera Susannah Palladium 31

**February**
- LOCAL-TOPIA Williams Park 1
- Zobrist Dinner with Rays Trop Field 1
- Chili Cook Off Ferg’s Sports Bar 1
- Flea Market on Grand Central 1
- Raptor Fest Boyd Hill Park 1
- Vietnamese New Year’s Coliseum 2
- Ground Hog Day 2
- Super Bowl Sunday 2
- St Pete Opera Susannah Palladium 2-3
- All County Music Fest Mahaffey 3

**March**
- Opening Day NE Little League 1
- Suncoast Classic Run For The Kids 1
- Flea Market on Grand Central 1
- SE Guide Dog Walk Vinoy Park 1
- First Friday 7
- Boat Show Tropicana Dome 7-8-9
- Antiquarian Book Fair Coliseum 8-10
- Daylight Savings Time Resumes 9
- Jr Sun Goddess Finals St Pete YC 12
- Great American Clean Up 15
- Heritage Village Quilting Day 15
- St Patrick’s Day 17
- American Stage Around World opens 19
- Spring Begins 20
- Kids & Kubs Game North Shore 20

**April**
- April Fool’s Day 1
- Holocaust Museum Saves a Life opens 1
- First Friday 4
- Guppy’s Gulfside Gallop 5K 4
- Flea Market on Grand Central 5
- Orchid Festival Sunken Gardens 6
- American Stage In The Park Opens 9
- Blues Festival Vinoy Park 11-13
- Rowdies Home Opener Al Lang 12
- Job & Career Fair Coliseum 14
- Federal Income Taxes Due 15
- Good Friday 18
- Schools Closed 18
- Mainsail Art Show 19-20
- Easter 20
- Earth Day 22
- St Anthony’s Triathlon 25-27
- Arbor Day 26

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ST. PETERSBURG DOWNTOWN NEWSLETTER
An interview with artist Roberta Snyder

This year’s Mainsail Art Festival, scheduled for April 19-20th, will be the 39th edition of Pinellas County’s largest art show. Roberta Snyder, now 91 and a resident of The Oaks in Clearwater, was one of the first artists to have an exhibit in Mainsail.

Snyder was born in Pennsylvania in 1922. She first learned about art from her father who would read the newspaper to her, back then printed only in black and white. “He would take colored pencils and color in the comics,” Snyder remembers. “He would not let me do it because I refused to stay within the lines,” she chuckled. Later in high school, my art teacher advised me to give up art and become a mother and housewife like all the other women. But, she didn’t listen and even now, still likes to paint, although not competitively. She has worked with all types of media, but specialized in watercolors and oils.

“When I was a teenager, I asked a local art show promoter if I could be in his show. At the time, I only had one painting. When someone tried to buy it, I did not know what to charge him. I had no idea of what it was worth.”

As she got older, Roberta painted and attended many open-air art shows, especially in Florida. “My first ever art show was in Cocoa Beach. I made my money in art galleries, not the shows though” she says. “But the owners of the galleries came to the shows and discovered me. Then they would then put my art in their stores.”

“I used to pick my cities based on areas with money,” she went on. “I did shows all over the state, including Coconut Grove, Key West, Del Ray Beach, Sarasota’s St Armand’s Key, Tampa’s Gasparilla Art Show, Dunedin and of course Mainsail.

“I remember that first Mainsail Art Show. It was held on a bridge and most of the exhibitor booths were on the angle of the bridge. The first show charged $150 to enter; today it costs over $350. Then it was a new show, so it didn’t have many artists or shoppers, either. It takes a while for a major art show to catch on the way Mainsail has.”

Roberta lived in many states over the years, but spent most of her time on the east coast. Her husband was an electrical engineer with the Kennedy Space Center and after he retired, he did all of her framing.

Get more info on this year’s Mainsail Art Festival at www.MainSailArt.org.
WHAT’S ALL THE EXCITEMENT ABOUT TRADER JOE’S?

There is a lot of talk about a Trader Joe’s coming to 4th Street. Why you may ask; what is so special about Trader Joe’s?

Trader Joe’s, a specialty grocery store headquartered in California, has over 400 stores in 30 states but most are still primarily located in California. They have offices in California and Boston.

The chain of grocery stores was founded in 1958 by Joe Coulombe who owned the stores until 1979, when he sold it to another grocery chain, Aldi. The first Trader Joe’s store was really just a convenience store call “Pronto Market.” Joe developed the idea for his store with a South Seas motif while vacationing in the Caribbean. The Tiki culture fad was very popular during the 1950s and 1960s. Americans were traveling more and returned home with tastes for food and wine not readily available in the U.S. During the same time, Trader Vic’s restaurant chain was growing in popularity.

The first store named Trader Joe’s opened in 1967 in Pasadena, California. More stores were opened, but it wasn’t until 1979, after Aldi purchased the company that it expanded beyond California. The first east coast store opened in 1996.

Trader Joe’s only carries about 4,000 items, far less than a typical grocery store. 80% of the items bear one of its own brand names. They describe themselves as “your neighborhood grocery store.” Products sold include gourmet, organic, vegetarian, and unusual frozen foods and alternative food items. They carry domestic and imported wines, and are widely known for their popular “Charles Shaw,” wine warmly known as Two Buck Chuck, derived from the original and 11-year-long price of $1.99. They recently hiked the cost to the still ridiculously low $2.49 in California, and $2.99 in other states.

They carry staples like bread, cereal, eggs, dairy, coffee and produce. They have non-food items, including personal hygiene products, household cleansers, vitamins, pet food, plants and flowers. Most of the products are environmentally friendly. In 2007, they began to phase out foods items from China and other countries with low or questionable standards on health and organic practices.

In 2009, Consumer Reports ranked Trader Joe’s the second best supermarket chain in the nation (behind Wegmans Food Markets, a family-owned grocery store only in the northeast U.S.)

Trader Joe’s private labels items are usually at a significant discount compared to brand named equivalents. They skip the middle-man and buy directly from local and international vendors. They state their private-label products contain no artificial colors, flavors, preservatives, MSG or trans-fats. They only use non-genetically modified ingredients and their dairy does not contain the artificial hormone rbST.

Trader Joe’s pays employees above average; entry level Crew Members receive from $10 to $20 per hour.

In October, Trader Joe’s announced they were coming to St. Petersburg and had bought the property on the west side of 4th Street, between 27th and 28th Avenues N. where they plan to build a 12,500 square foot store targeted to open in late 2014. The company also has a store under construction in Tampa at 3808 W. Swan Avenue. They have recently opened a few other stores around Florida.

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- Dss. Bob and Shay Roop are relationship counselors as well as certified sex therapists. Dr Shay is published in this arena.
- Donna Wagoner-Stumpf CNM-ARNP is a Women’s Health Practitioner, Midwife, and Certified Menopause Practitioner, one of only 4 in the entire Tampa Bay area. She has worked with teenagers and adults up to 101 years old.
- Coley Westenberg, PA-C, with a Degree in Exercise Physiology and Medical Science, developed each of our weight loss plans, and implemented our PRP (Platelet Rich Plasma) services.
- Corinn Ziegler, PA-C is an Injection Specialist and a National Trainer for injectables. Corin was recently honored to be selected as the featured presenter of Botox administration at the International Symposium in New Delhi, India.
- Kim Davis ARNP is an Injection Specialist, Laser Specialist and Weight loss Professional with over 5 years in aesthetic medicine. Kim works alongside Dr. Tetzlaff on Bio-Identical Hormone treatment plans.

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HISTORIC CITY PAINTING UNDERGOES RESTORATION

Restoration efforts on one of St. Petersburg’s treasured works of art got underway last month at City Hall and the public was invited to watch, either at www.stpete.org/webcam/index_new.asp or in person.

Work on “The Pier”, the 7x10-ft. oil-on-canvas mural by WPA artist George Snow Hill was being conducted by Rustin Levenson Arts Conservation Associates. Levenson, who holds degrees in art conservation from the Fogg Museum and Harvard, began the week-long process right before Christmas. This was the first time the mural was slated for restoration since its installation in 1945.

The mural was one of two works Hill was commissioned to paint under a 1940 federal work grant. When the contract was cancelled due to the outbreak of World War II, Hill continued to paint and eventually presented his finished works to St. Petersburg City Council. Both murals greeted visitors on City Hall’s second floor landing until 1966, when one was lost to vandalism.

“The Pier” depicts figures on the old St. Petersburg Pier, some fishing, with others observing through binoculars and telescopes, watched over by pelicans and seagulls. The mural captures viewers’ attention through the dominant use of fishing poles to the finest details, including a woman’s bracelet that reads ‘GI JANE 3-3-1945.’

After an initial dusting and surface cleaning, Levenson consolidated and stabilize any lifting paint before cleaning the reverse side of the lifted canvas and on the wall using dry brushes and spatulas. The mural was then re-affixed to the wall and areas where paint had fallen from the surface was refilled and retouched. Levenson tested the mural for varnish, removed any remnants, then determined what if any additional steps were needed.

“This is something we’ve wanted to do for a long time,” said Elizabeth Brincklow, Manager of the city’s Office of Arts and International Relations. “Not only is the restoration process crucial to the preservation of the mural, it’s also important for the city, serving to depict a mid-century view of St. Petersburg.”

Other notable works by Hill include a number of paintings at the U.S. Coast Guard Station in St. Petersburg as well as a three panel mural depicting Tony Jannus’ flight from St. Petersburg to Tampa, located in the Airside E terminal of Tampa International Airport.
ST PETERSBURG DOWNTOWN NEWSLETTER

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Water Club introduces a grand vision of contemporary waterfront living to Snell Isle. Luxurious tower residences offer sensational floor-to-ceiling views.

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SALVADOR DALI MUSEUM 823.3767
One Dali Blvd  www.thedali.org

“Warhol: Art. Fame. Mortality.” opened January 18 and will run through April 27. The exhibit includes approximately 35 paintings, 20 drawings, 50 photographs and a selection of Warhol films. The exhibit explores how Warhol learned from Dali’s public visibility and was equally attuned to the images derived from mass culture. The works are on loan from The Warhol Museum in Pittsburgh, PA. The Warhol and The Dali museums are two of the largest and most renowned single-artist cultural destinations in the country.

Yoga & Dali - Join Inspire Yoga every Sunday in either the Community Room or Avant-Garden at the Dali - where Dali’s energy infuses the physical, mental and spiritual inspiration of yoga. Please arrive early and bring a mat and towel. Enter through the Cafe Gala doors (Eastside Garden entrance) starting at 11:30. Cost: $10 members and students, $15 non-members. Purchase tickets at Admissions and bring your receipt to class.

MOREAN ART CENTER 822.7872
719 Central Ave  moreanartscenter.org

How did the city of St. Petersburg become a significant glass destination in just a decade? Using artwork, photographs and interviews, they share stories of artists who make their work exclusively in St. Pete. Exclusive, limited-edition glass work by Jack and Val Beatty, celebrating our city, will be available for purchase during the exhibition. Open through February 23, free to the public.

FLORIDA CRAFTSMAN GALLERY 821.7391
501 Central Ave. FloridaCraftsmen.net

“Earthworks” - The new year begins with a stunning exhibition featuring seven artists who are masters of their craft. Susan Livingston, the curator of “Earthworks”, has chosen seven artists who bring very different interpretations of nature which, when combined, create a visually moving experience. Each artist has made a personal commitment to their medium and pursues a high standard of excellence, originality and ethics in their work. Bound by the uniqueness of the presence of silica in all the mediums (glass, silver and clay), there is also a binding thread of heart and spirit throughout the exhibition. Artists include Susan Livingston, Robert Farrell, Terri Kern (who’s art is shown above), Henry Gernhardt, Marilyn Endres, Mitch Lyons and Brenda Tarbell. Admission is always free.

AMERICAN STAGE 823.PLAY (7529)
163 3rd Street N.  www.americanstage.org

“2 Trains Running” by August Wilson
Through February 23, 2014
This is Wilson’s most compassionate and humorous work about lives in transition, evolving social awareness, and spirits rising. Set in 1969, a young man comes to Memphis Lee’s diner which is slated for demolition. For tickets call 727.823.PLAY or visit americanstage.org.

“Round the World in 80 Days” by Mark Brown after Jules Verne Novel - March 19 – April 13

Gala is April 11

GALLERY WALK- EVENINGS UNTIL 9PM
Happens the second Saturday of each month. Most downtown art galleries stay open later on these nights.

MUSEUM OF FINE ARTS 896.2667  fine-arts.org

New Mexico and the Arts of Enchantment featuring The Raymond James Financial Collection, January 18 through May 11, 2014 ranges from pre-Hispanic pottery to twenty-first-century paintings and sculpture.

Porch Parties, Thursday, February 20, and March 20, 5:30-7pm. Make new friends and enjoy wine and beer on one of the largest and most striking “porches” on Beach Drive. For only $5, you can see the exhibition and the MFA collection.

Make and Eat! Saturday, February 22, 11 am-noon, $5 per person for ages five and older. MFA members free. Pre-registration is required and space is limited. Award winning chef and author Dr. Lois Ellen Frank will present this lively program for children on Native American cuisine of the southwest. Participants will prepare a healthy, delicious, child-friendly dish. Enjoy lunch in the MFA Café for an additional fee.

FLORIDA HOLOCAUST MUSEUM 820.0100
55 5th Street South  www.flholocaustmuseum.org

Behind the Wall, film screening February 8 - Jerry Rawicki shares his memories on site in Warsaw, where he returned in summer 2013 for the first time since he was a boy.

To Life: To Children, Commemorating the 75th Anniversary of the Kindertransport, Thursday, February 27, 6 - 9 pm in the Mahaffey Theater. This annual benefit features Mona Golabek in “The Children of Willesden Lane” and 2014 Loebenberg Humanitarian Award Recipient, Chief Jane Castor, Tampa Police Department. Event proceeds benefit the Museum’s educational programming.
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DR. LARA SAYS

by Cesar A. Lara, M.D.

Men also suffer a type of midlife physical change called “Andropause”. Their bodies reduce the production of testosterone, which affects their bones, organs, brain and libido, just as in women.

In men, symptoms of low testosterone are typically a decrease in muscle mass, an increase in belly fat (may be referred to as a “beer belly”) along with fatigue and a disinterest in life. Instead of the vibrant and motivated person you once were, you may now become tired or withdrawn with little energy, no desire to exercise, or other activities you used to enjoy.

Adding to the disinterest in life, your libido and performance also declines; so emotionally you don’t feel like the strong, virile man you once were. Your sense of well being is lost.

Testosterone is truly a life source to the male body. As in the female, it is important for heart health. A recent study of 2500 men showed that those with the lowest testosterone level had the greatest arterial blockage. That study also showed that men with higher baseline levels of testosterone had less cardiovascular disease and that supplementing with testosterone prevented worsening of cardiovascular disease.

Decreasing diabetes, reducing obesity, raising lean body mass, and protecting against heart attacks and progression of heart disease are some of the effects that testosterone therapy can have in the male body. A study from the Annals of Internal Medicine actually demonstrated men with higher levels of testosterone lived the longest.

To read the entire article visit bestmedicineforweightloss.com

MAYOR FOSTER SAYS GOODBYE

Entering a new year is a very special time. This particular New Year was a bittersweet one for me, as it marked the end of my term as mayor of St. Petersburg. The past several months have been life changing for me and my family; I walked a daughter down the aisle, drove my son to the University of Florida for his first year of college and accepted a job on Florida’s other coast.

While I may be working in Vero Beach, my heart and home will always remain in St. Petersburg. As a fourth generation native of this wonderful city, I was fortunate to be able to realize a childhood dream - becoming mayor of my own hometown.

Nelson Mandela once said, “My family is very large: 42 million.” Over the past four years, I’ve met so many members of the St. Petersburg “family” - at the Saturday Morning Market, Mayor’s Night Out, at our great sporting events, great museums and art galleries. You have shared with me your passions, dreams and aspirations for the city. I’ve heard your frustrations, but they were always expressed with the goal of making our city even greater.

What separates St. Petersburg from other cities is the love our citizens have for the city. Even the contentious Pier debates demonstrates what is so great about our city. We are a family that cares about St. Petersburg, and its future.

During the past four years together, we did some great things. I’m most proud of steering the city through very troubled times without slashing critical services, or the jobs of those who serve our citizens. Even with the worst economy since the Great Depression, St. Petersburg has thrived. We’re welcoming our busiest construction year since 2007. Midtown is seeing new vitality with the opening of Sylvia’s in the Manhattan Casino and the return of a grocery store. New businesses have opened and people are taking notice. Recently, the New York Times wrote a glowing story on the Grand Central culinary scene.

So from my family to yours, my blessings for a warm, safe and very happy 2014, Bill Foster
A NEWS YEAR’S RESOLUTION FOR THOSE WHO ALREADY HAVE (ALMOST) EVERYTHING

By Stephanie Schlageter, Radiance Medspa

When your diet is already healthy and exercising is practically a daily ritual, what comes to mind when it’s time for a New Year’s Resolution? If you are one of many for whom even a healthy lifestyle has left behind a trouble spot or two, it’s your year! Now there is a solution for those areas of nagging imperfection. Love handles, little belly bulges and batwings that don’t respond to crunches, push-ups or weight training are acquaintances about to be forgotten. Choose from two simple procedures, and start your year off right.

Liposonix and Slim Lipo are both FDA-approved, office-visit procedures with minimal to no downtime, and each treats those impossible areas like the belly, upper back, thighs, upper arms and neck. Finally! Solutions to that last inch that just won’t budge.

Liposonix is a groundbreaking technology that uses ultrasound to eliminate fat without ever breaking the skin. High-frequency ultrasound heats fat cells to the point of rupture, and during eight to twelve weeks following a treatment, the body naturally eliminates the destroyed cells. Once the fat cells have been eliminated, they are gone forever. Liposonix is an ideal solution to target hard-to-reduce areas like the belly, love handles, inner and outer thigh and upper back (bra fat). You won’t have any downtime with Liposonix other than a little mild bruising or swelling which may occur and will subside within a week or two.

Slim Lipo is another method used for treating the belly, love handles, back and thighs, and can also be used butt, chin, neck, upper arms and even male chest. Slim Lipo is a state-of-the-art solution that utilizes a highly focused laser fiber inserted through a tiny incision in the skin to eliminate fat by heating it to the point of rupture, causing it to melt. The liquefied fat is removed from the body with a medical suction device through the same tiny incision. Like Liposonix, this in-office procedure permanently eliminates unwanted fat and also tightens loose skin. During the weeks that follow your Slim Lipo treatment, the area gradually gets smaller and tightens with full results seen between three and six months.

There’s no need to worry about recovery with this minimally-invasive treatment. During a Slim Lipo procedure, no general anesthesia is required so you are wide awake during the entire process. You can even resume normal activity the very next day.

These simple, safe procedures should only be performed by qualified, experienced medical professionals. It’s best to look for a medical professional who has extensive training and certification in the performance of medical lasers and non-surgical cosmetic procedures.

You may have always thought that there was nothing you could do about those unwanted bulges, but now you know the solution. Make Liposonix or Slim Lipo part of this year’s resolutions and make 2014 the year you finally slim down for good!

For information, contact Radiance Medspa at 727-518-7100 or visit radiancemedspa.com. Radiance Medspa is in its 8th year at 2894 West Bay Drive in Belleair Bluffs.
WINES BAR TO OPEN Kurt Cuccaro, whose family owns Mazzaro Italian Market, is opening an Italian wine bar serving appetizers including Charcuterie (a French method of preparing meats) cheeses and specialty breads. The as of now unnamed restaurant will be on Beach Drive in the spot recently vacated by AnnaStella Cajun Bistro.

RINGSIDE CAFE MOVES For years the restaurant and music venue made its home in one of St. Petersburg’s oldest commercial properties built in 1912. Years later, the building was an amateur boxing facility where golden glove fighters honed their skills. Now with Trader Joe’s buying that building, they have moved to Jannus Landing at 16 2nd Street N.

IL RITORNO This new Italian Restaurant opened on Central Avenue in the space recently vacated by Muscato’s in December. They specialize in “Italian cuisine for the discerning palate with new flavors and combinations that add elegance to a traditionally rustic genre.” They serve beer and wine and have a special gluten-free menu. Located at 449 Central Avenue their phone number is 897-5900. View their menu online at www.ILRitornoDowntown.com.

SUN SPOT FRESH BAR This is a new bar opening on Central Avenue - a salad bar that is, not a liquor bar. The Sun Spot is an eatery featuring a “pay by weight” salad bar, soups, sandwiches, wraps and smoothies. All the food is said to be made daily in house with fresh ingredients. They feature breakfast and lunch and will be open in the evenings, too. They are located at 601 Central Avenue, at the corner of 6th Street. See their web site at www.SunSpotFreshBar.com or find them on FaceBook.

CASITA TAQUERIA Another casualty of the new Trader Joe’s, they have closed their doors at 2706 4th Street N., and are trying to get reopened as quickly as possible at 2663 Central Ave.

JIMBO’S JOINT Located in the Grand Central District, just east of 34th Street, this new sandwich shop specializes in hot dogs. It is a labor of love by owners Garey Joaquim and Jim LoBianco, formerly with the Happy Shack and Luckie B’s on 4th Street N. Order at their counter, heavy in 1990s movie nostalgia. Sriracha is big, too. Tampa Bay Times food critic Laura Reiley gives Jimbo’s Joint 3 stars for atmosphere and 2 stars overall. It is located at 3063 Central Avenue. Call them at 329-8669.

THE FLYING PIG TAPHOUSE This new restaurant has joined the St. Pete craft beer scene with a menu that features appetizers, sandwiches and salads. Owned by husband and wife team Rebecca and Joe Glass, it is located at 1584 Central Ave, in the first level of the Fusion apartment building.

CLOSED After four years on Central Avenue and various owners, St Pete Brassirie and the 539 Lounge have both closed in the 500 block. Justin Chamoun was the recent owner. To lease the location, call 822-8946 or Victor Commercial at 823-1230.

CLOSED AnnaStella Cajun Bistro - Beach Drive
The Grand Prix, as I Remember It

An Interview with Kevin Dunn by Bob Griffin, Publisher

For 35 years, Kevin Dunn worked for the City of St. Petersburg. During both of Mayor Rick Baker’s terms, he was the city’s Managing Director of Development, meaning he managed many city departments dealing with development.

“Historically, the City of St. Petersburg had hosted races over the years,” says Dunn. “One went east and west out to The Pier, then back to the shoreline and up and down Bayshore Dr. Another one went up Bayshore Dr. and turned in front of the Vinoy, and went back down Beach Drive. A third race was held at the Tropicana Dome, then called the Suncoast Dome, and ran around the perimeter of the parking lots.”

“In 2003, we hosted a Champ Car Race. It was actually two open-wheel series races, basically using the course you see today, including part of the airport runways for pit-row. That race was promoted by Dover Motor Sports. They designed the track, improved the road surfaces and paid for, other things like the grandstands, barricades and other amenities.”

Dover Motor Sports was the first to design the course to incorporate Runway 725, Albert Whitted’s east west runway. The north/ south runway was left open. All of the improvements made in 2003, remain today including paving, improved drainage and more.

In 2003, after only one St. Petersburg race, Dover Motor Sports went bankrupt, and the 2004 race was cancelled. The Indy Racing League (IRL) became interested in street racing and St Pete, with a brand new track, was well positioned to host another major open-wheel race.

At Mayor Baker’s request, Dunn contacted Tony George of the Indy 500 and President of the IRL racing league. Barry Green, owner of a few racing teams and a race promotion company became the local contact and eventually race manager. Pinellas resident and attorney Tim Ramsberger took over operations helping with sponsorships, IRL logistics and unique requests.

“A race team is made up of 20 to 40 people including drivers. Plus, there are related sponsors requiring special treatment. A lot of business is transacted here where big business is meeting big business. It is one big elite social gathering. St Petersburg became the destination city to kick off the whole year’s racing schedule,” Dunn explains.

There were many things to coordinate with an event this big besides marketing including police, fire personnel, public works, security, available parking, traffic control, signage, the downtown Looper, City Ambassadors and concierge services. 100 police officers and 100 firefighters are assigned to this event. “Each of the 31 pit stops has an assigned firefighter. EMS people are everywhere. There is a lot more that goes into pulling this event together than the average citizen realizes,” says Dunn.
The firefighters are members of the St Petersburg Fire Department, created in 1907, just over 107 years ago. Station #4 was built in 1947, and remodeled with an expansion in 1999. It is one of twelve fire stations in the city. The firefighter’s hours are equally divided between three shifts, referred to as shifts A, B & C. A shift begins at 8am and run 24 hours. After their 24 hour shift, they have 48 hours off. There are always 8 people on duty at all times. By coincidence, the station has two women assigned to each shift, performing the same jobs the men do.

Captain Todd Livingston is in charge of the station. In his 24th year with the St Petersburg Fire Department, he has been Station 4’s Captain the past 3 years. He is proud of his men and women who recently won the “Outstanding Volunteer Achievement Award of 2013” presented by the Fire Department.

St Petersburg Parks and Recreation Department.

When not working, some firefighters work a part-time job, but many just take care of business at home with their kids and spouses.

Four vehicles are assigned to the station: A fire engine (with paramedics), a ladder truck, a rescue van and a heavy-duty rescue van (with paramedics). One of the teams is a “Specialty Technical Team.”

Unlike some stations, they have a large ladder truck. “We call it a stick,” says one of the Lieutenants on duty. Station #4 is a truck company, meaning on a big fire, they perform the forcible entry, search and rescue, ventilation, salvage and overhaul, and provides access to upper levels of a structure. Other functions for stations are either an engine company, responsible for deploying hoseline for fire attack or a rescue company who is typically responsible for removing victims from areas of danger or entrapment.

Station #4 averages approximately 4,500 emergency calls per year. 85% are medical emergencies; the other 15% are fire and or rescue. In the past year there were: 3,950 rescues, 1,599 Engine Calls, 167 Ladder Truck calls and 3 Technical Rescues. They attended between 400 and 500 auto accidents, 150 structure fires, and 10 to 15 rescues. With 5,719 total responses from 4,639 calls, they average 15+ responses per shift.

This department maintains one of the city’s four Jaws of Life. It goes with the company’s ladder truck and may be called to respond out of Station #4 for 11 months. “When a new shift comes to work, we have a brief meeting and roll call,” says Lt. Thornton. “Then we do a check on the trucks and equipment to make sure they are fully gassed up and operable. We start the trucks, check the running lights and all the equipment.”

When they are not on a call, they don’t just sit around. They perform fire prevention tasks, inspecting buildings for code violations. They are also required to test a minimum of ten fire hydrants per month. Of course they also train, a lot! They all attend EMS training, monthly.

“We also participate in public education. We visit schools a lot and show off our big red trucks,” Thornton adds. “We stay busy.”

If you have ever visited the station, you may have noticed the bench outside of Station #4 with two bronze children sitting on it. It is part of a memorial to all of the St Petersburg Fire Department’s Fallen Firefighters. To date there have been three. One, a member of Station #4 in 1948, was William Walker. He was assisting in a training exercise and fell from a ladder truck when his rigging failed. Inside the station is a wall of historic items from the station’s past and contains a special memorial dedicated to Firefighter Walker.
KEEPING YOUR WAISTLINE STABLE
DURING THE HOLIDAYS AND BEYOND!
by Coley Westerberg, PA-C

As we age maintaining weight is harder to accomplish, and losing weight becomes even more difficult. Our bodies tend to naturally slow down, burning fewer calories at rest and in return allowing for less calorie consumption than we were used to in the past. Because of the natural digression, it is important to realize dieting isn’t for a limited time frame, it’s a lifestyle change. It is also important to realize losing weight with just diet or exercise alone only allows for limited results. It is important to build lean muscle mass by including light weight exercise to your daily routine. Muscle has the ability to burn more than 4 times as many calories than fat. Follow these helpful tips and become a success story.

- Limit starch and sugar intake: Excessive insulin secretion stimulated by starch and sugar intake encourages the body to store calories as fat
- Plan your meals and do not skip any: Planning meals will assist with making healthy choices and reduce likelihood of skipping a meal which can lead to over indulging
- Calorie count and portion control: Hold yourself accountable for everything you are consuming, the little things can add up, ultimately leading to ongoing slow weight gain
- Eat high in protein: Protein helps keep you fuller for longer and promotes lean muscle mass
- Eat fresh and organic: Unfortunately many foods available are filled with growth factors and additional hormones, eating fresh and organic will help limit the exposure
- Limit eating out: Frequently eating out can lead to unhealthy choices and larger portion consumption than you would if preparing your own meal
- Eat meals at the dinner table: Eating on the couch, while watching TV, or in the car, can create habitual eating habits based on activity rather than truly feeling hungry
- Stay hydrated: Don’t confuse thirst with hunger
- Ensure 7-8 hrs of sleep a night: Sleep deprivation alters levels of hormones in the body that regulate hunger, causing an increase in appetite
- Skip soda: Simply eliminating empty calories can help shed pounds
- Diet with a friend: Accountability is key
- Exercise daily and use the stairs: Promote energy expenditure and increase resting metabolic rate

If you still need the extra boost, no worries. There are plenty of medically supervised weight loss programs available. Many programs vary offering plans with all natural ingredients, to controlled substances including appetite suppressants and hCG.

“The rest of the world lives to eat, while I eat to live.”

Socrates

For more information about weight loss and weight management, contact PureLife Medispa and Wellness at 727-595-3400 or visit purelifemedispa.com. PureLife Medispa is located at 12442 Indian Rocks Road, across from Anona Elementary.
SECONDS COUNT IN AN EMERGENCY

by Rob Smith, Director of Communications and Emergency Management

If you ever have an emergency and need to call 911, every second counts.

But it can be difficult to think clearly in an emergency situation. With that in mind, here are seven tips from Sunstar Paramedics for doing what you can to be helpful to emergency personnel when you call.

• Do your best to stay calm. Whether you are giving your address or a description of the situation, it can be hard to understand the information if you are talking too fast or yelling into the phone. The 911 operators are highly trained professionals who are experts on giving you instructions, whether someone is bleeding, needs CPR or having a baby. They will walk you through what to do, no matter what the situation is.

• Know where you are when you call. If you are on a cell phone, we may not be able to exactly pinpoint where you are electronically. Know the address if you can, or at least the general location, and offer descriptors (near, next to, across from).

• Don’t get frustrated if the operator is systematic in asking questions. We have a methodical, effective approach in asking questions in a specific order. Know that this is the best way to get the information we need, and that all the questions won’t take more than a minute to get through.

• We may try to have you help the situation, while we’re on our way. For example, if it’s clear that an elderly person would be better off on the floor instead of in a chair, we may ask you to move the person. On average, response time is four minutes, and in the meantime, we want to do all we can to help right away. We’ll offer instructions on how to help without putting you in harm’s way.

• If you’re not certain about a situation, make the call anyway. We have nonemergency lines available for situations that aren’t urgent, but if you think it’s an emergency or could become one, call 911. Also, don’t assume that somebody else has already called.

• Don’t hang up. If our lines are busy and we can’t answer the phone immediately, hanging up and calling back will place you at the end of the queue. Also, don’t give information and then immediately hang up: Stay on the line until we advise otherwise.

• Don’t hesitate to call again if anything changes. If the person’s condition worsens, call us back and tell us what’s going on. As just one example, let’s say that a bee sting initially doesn’t seem to be a major problem, but then the person who was stung starts to have trouble breathing. Call us back!

Rob Smith is director of communications and emergency management for Sunstar Paramedics, which provides ambulance services for all of Pinellas County.
Get Rid Of That Holiday Hangover.

Liposonix or SlimLipo.

It may be winter, but before you know it, the new bikinis will be arriving in the stores. Now would be a great time to start getting your body into bikini shape. Radiance can make that process a lot easier for you. In fact, you can permanently lose up to two sizes without surgery, scars, anesthesia or downtime.

**SlimLipo** is a great solution if you have a few inches to lose and need skin tightening.

**Liposonix** helps you lose up to 1 inch at a time with a treatment that takes about an hour.

Radiance Medspa has been performing body contouring services and serving as a national training center for other physicians since 2007. Call or visit Radiance Medspa.

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**SlimLipo Reg. $3999, Now $2999, One Area**
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**Liposonix Reg. $2500, Now $1999, One Area**
(abs. hips, inner/outer thigh and bra fat)

Offer expires February 28, 2014

2894 West Bay Drive, Belleair Bluffs
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Medical Director:
Erika Francis, MD
DOWNTOWN NEIGHBORHOOD ASSOCIATION
Network with neighbors at their monthly meeting Porch Parties, $10 for members or $15 for non-members. It includes 2 glasses of beer or wine, plus appetizers. All meetings are normally held on the second Wednesday of each month, from 6-8pm. The new board has not announced the 2014 schedule but have announced a scheduled meeting on April 10th, so check out their website at www.StPeteDNA.org.

The DNA represents residents and homeowners in the area between MLK Blvd. to the waterfront. Membership is $15 a year and includes a quarterly newsletter. Call President, Gary Grooms at 404-667-3970 GaryGrooms@Gmail.com or visit www.StPeteDNA.org.

GFWC ST PETERSBURG WOMAN’S CLUB
Their 2014 Trash & Treasures Flea Market is Fri & Sat, February 7-8 from 8am - 1pm at 40 Snell Isle Blvd NE. They will still accept donations earlier that week Mon-Thurs (Feb 3-6) from 9 am - 2 pm.

The St Petersburg Woman’s Club, which celebrated 100 years of service to the community last year, is affiliated with the General Federation Of Woman’s Clubs. It is a not-for-profit volunteer organization with members from 40 to over 100 years old. They are committed to serving the community through hands-on projects and fund raising as well as leadership development.

The clubhouse on sparkling Coffee Pot Bayou, 40 Snell Isle Blvd NE, was built in 1929 on land donated by Perry Snell and is listed on the State and National Historic Registers. Proceeds from events held there help to maintain the property and allow members to give back through hands-on-service projects. It is available to rent for special events. For more information visit www.StPetersburgWomansClub.org or call Judy Zamanillo at 822-6659

SECOND TIME AROUNDERS
Their 6th Annual Chili Cook off is February 1 at Ferg’s from 1-4pm. Enjoy $10 all you can eat Chili. Proceeds help to fund University of Tampa Scholarships for 7th and 8th grade summer band camp, helping to keep music alive in our youth and in our schools.

Cook off celebrity judges include former Mayor Rick Baker, Virginia Johnson from Bay News 9, and more! Prizes from Tradewinds, Vinoy and Parkshore Grill will be raffled with many more surprises during the afternoon.

If you have an awesome recipe you want to enter in the cook-off, contact Shelly Anderson at 813-335-5256 or shelly.anderson12@yahoo.com

NOW is a GREAT time to join the Rounders if you’ve ever marched in a high school, college, or military marching band! Their new season began January 7. The Rounders perform locally, nationally, and internationally. Their most recent performance was in the Conch Republic parade in Key West and most notably was the Macy’s Thanksgiving Day Parade in 2008.

Ages 18-85, 32 years in the making, and about 450 members strong, the Second Time Arounders Marching Band is the first all-ages band in the country! The Band proudly supports arts and music programs in local schools. For more information on the Band, their 2014 trips or how to join, visit www.secondtimearounders.org.
HISTORIC OLD NORTHEAST HOMEOWNERS ASSN.
Their meetings are quarterly on the third Monday of the month (except for holidays). Visit www.HONNA.org or call 269-5521 for events and voicemail. Peter Motzenbecker, President, can be reached at 248-9288 or email PeterMotz@AOL.com

ROTARY CLUB OF ST. PETERSBURG
The Club is organized December’s Annual Lighted Boat Parade and distributed a total of $12,000 to ten area organizations to support a variety of outstanding programs and services.
The Rotary Club of St Petersburg was founded in 1920. They meet every Friday at noon at the Orange Blossom Catering facility, at 220 4th Street N. For more information, call 822-3277 or see their web site at www.SPRotary.org.

FRIENDS OF THE MIRROR LAKE LIBRARY
They meet the first Wednesday of each month at 6pm, with the next meetings on February 5, March 5 and April 2. To get involved, call President, Wayne Finley at 813-767-5503 or email him at Wayne.Finley@StPete.org.
The Mirror Lake Library is located at 280 5th Street N.

GRAND CENTRAL DISTRICT ASSOCIATION
Jeff Danner, recently retired from the City Council, was elected President and a new board was installed in November. Danner, beginning a new venture as Danner Consulting, has experience in planning and economic development, having served on several Commissions and Committees, and has been involved with the association since its inception. See the entire new board on their Web site.
They hold a monthly Flea Market on the first Saturday of every month along the 2500 block of Central Avenue.
For information on the Grand Central District Association, call Lauren Ruiz at 828-7006 or email her at GCDA@GrandCentralDistrict.org.

ALBERT WHITTED AIRPORT PRESERVATION SOCIETY
They hold monthly Pancake Breakfasts at Albert Whitted in the Hangar Restaurant which includes pancakes, eggs, meat, home fries, grits, orange juice and coffee. The next breakfasts are February 1, March 1 and April 5, 8am - 11am. For more information on AWAPS, visit www.Awaps.org or call Terri Griner at 822-1532.

DOWNTOWN RESIDENTS CIVIC ASSOCIATION
This is an association of associations created to represent the interests of the residents of downtown St Petersburg with the goal of making it the most livable city in the world. Membership is open to all downtown residential community associations in the area to the east of 10th Street, from 14th Avenue N. to 14th Avenue S.
They hold business meetings on the fourth Friday of the month in the Bayfront Towers. Next meetings are January 23, February 27th and March 27th. Please call if you want to attend a meeting. For more information, contact Marion Lee, President, at 894-9491 or visit www.StPete-DRCA.org.
Save Our Strays Inc. or SOS is a local all-volunteer group that works to find homes for needy stray cats and kittens. This year they will be celebrating twenty years of service in Pinellas County. They are one of several “no kill” shelters in Pinellas county meaning they are committed to never euthanize a healthy cat in their care. SOS finds permanent homes in several ways: by hosting adoption events at local Petsmart stores, utilizing both Facebook and Petfinder.com to showcase cats that are ready for adoption and posting cats in local newspapers.

The business model for this non-profit group is different than most shelters because it utilizes foster homes for the majority of cats and kittens they take in. The foster families help to socialize the stray kitty to readjust to domestic life and get ready for a full-time family. Foster families agree to provide transportation to approved vet facilities and to Petsmart adoption events. Sun-Surf Animal Hospital of Indian Rocks Beach has recently been added as a participating veterinarian for SOS. Now local foster parents have an approved vet nearby with convenient evening hours. Sun-Surf specializes in low cost immunizations and spay/neuter services.

Indian Rocks Beach resident Kelly Cisarik joined SOS as a foster parent and volunteer in November. She says SOS’s foster program is a great opportunity for Snow Birds and others who find it impractical to have a full-time pet. “I’ve always been a cat lover, but as a motorhome traveler, I didn’t think it was a good idea to subject a cat to our rigorous travel schedule or keep our cat with a pet sitter for long periods. By fostering, we are able to have cats around us again and we get the added challenge of figuring out a new cat’s personality and what type of permanent home would be best for each one.”

When families adopt from SOS they benefit from the fostering process because the foster home is able to provide useful information on the cat’s habits and tastes. Save Our Strays has recently rented a shelter space for adult cats that can’t immediately transition to foster homes. In addition to its continual need for new foster homes, and funding donations, SOS is seeking volunteers that can help once a week to take care of the cats housed there. To get involved call 727-481-5262 or visit the website www.SaveOurStraysInc.com.

THE VOGUES ARE BACK

The Vogues return by popular demand to the Palladium Theater at 253 Fifth Avenue N. on Sunday, March 9, at 2:30pm. They created a fresh, original blend of vocal harmony that left a mark in the world of music. Inducted into the Vocal Group Hall of Fame in 2001, The Vogues remain one of the top vocal groups on the oldies scene today. Performing with The Vogues is Bill Burkett, the original lead. During the late 1960s, the original group made many television appearances, including The Tonight Show, The Ed Sullivan Show, Shindig and American Bandstand. For tickets visit www.mypalladium.org or call the box office at 727-822-3590. Tickets are $25 and $35 for VIP seats which include a private meet and greet.
USING FOODS TO FIGHT CANCER
by Dr. Stacey Robinson

More than $100 billion was spent on cancer in 2010, over twice as much as in 2005. Although survival rates have improved, the incidence of cancer continues to rise. A majority of the money is spent finding new screening tools to detect cancer earlier and new chemotherapy agents to help cancer patients live longer, but we are doing little to prevent cancer. In other words, we are mopping up the water instead of turning off the faucet that is causing the flood; we have settled on managing disease instead of preventing it.

There is a plethora of evidence that certain foods play a significant role in the rising cancer rate, yet food is the most underutilized weapon in the fight. It is estimated a third of cancer cases are directly caused by diet. Most people can cut their cancer risks significantly by making simple diet changes.

Consider these facts:
• Mediterranean and vegetarian diets have both been shown to reduce cancer risk by about 30 percent.
• Dietary factors associated with increased risk of cancer include red meat - especially processed meats (bacon, hot dogs & lunchmeat) and excess sugar, alcohol and calories.
• The most consistent dietary factor for reduction in cancer risk is a diet high in vegetables and fruits.
• Components in cruciferous vegetables (brussels sprouts, broccoli, cauliflower, etc.) are shown to inhibit cancers.
• Of the cruciferous veggies, broccoli has shown to give the highest cancer reduction. Eating broccoli five times per week cuts your risk of cancer in half.
• Foods that decrease cancer risk include turmeric (Indian spice), green tea, garlic/onions and omega-3 fats.

Chronic inflammation is a primary cause of cancer (as well as most other chronic diseases). Chronically elevated blood sugar promotes inflammation which is likely the reason processed foods high in sugar are linked to cancer. Other contributing factors of inflammation are the body’s inability to adequately rid itself of environmental toxins. We live in a toxic world with contaminated water, medications, pollution, and processed foods filled with additives, preservatives, pesticides, artificial sweeteners, trans-fats, nitrates, excess sugar and sodium. Processed foods also lacks nutrients. Stress and lack of exercise and sleep also contribute to inflammation.

The following blood tests may indicate increased cancer risk:
• hsCRP: elevated levels indicates inflammation.
• A1C and fasting insulin: elevations mean chronically increased blood sugar levels.
• Vitamin D: low levels are associated with certain cancers.
• Uric Acid and GGT: elevated levels indirectly measures how hard the liver is working to rid the body of toxins.
• MTHFR: an abnormality in this gene can reduce ability of the body to rid itself of toxins and repair DNA.

There are few things patients fear more than cancer; they can lower risk significantly by doing the following:
• Eat for health - food is the most powerful medicine.
• Eat at least six servings of vegetables and fruits per day.
• Eat five servings of broccoli per week.
• Drink green tea and water.
• Cut out artificial sweeteners, additives and preservatives.
• Reduce toxins by buying organic for the Dirty Dozen (Apples, Celery, Strawberries, Peaches, Spinach, Nectarines, Gapes, Bell Peppers, Potatoes, Blueberries, Kale/Collard Greens, Lettuce) and eat seafood caught or farmed using eco-friendly practices.
• Exercise at least 30 minutes per day.
• Limit alcohol to less than one drink per day for women and two drinks per day for men.
• Get 7-9 hours of sleep per night.
• Practice stress reduction techniques such as prayer, meditation, controlled breathing, laughter, music, or yoga.

Dr. Stacey Robinson is a private physician practicing in downtown St. Petersburg and owner of Robinson Concierge Medicine. She can be reached at (727) 329-8859 or via www.RobinsonMed.com.
LASER DENTISTRY
An alternative to scary needles & drills
by Dr. John Ferullo, DDS

Dental appointments no longer need to be scary! Lasers have transformed the dental experience for every dental patient.

Are you afraid of the drill? Heat, vibration and pressure are the primary causes of pain associated with the use of the traditional dental drill. Since cutting both hard and soft tissues (teeth and gums) with the Waterlase® does not generate heat, vibration or pressure, many dental procedures can be performed with fewer shots, less need for anesthesia, less use of the drill and fewer numb lips!

This is why it was the only laser chosen for the practice of John A. Ferullo, D.D.S., M.S., YourDowntownDentist.com

Additionally in many cases, using the Waterlase® for gum procedures reduces bleeding, post-operative pain, swelling and the need for pain medication. Here, at Your Downtown Dentist, we are extremely proud to offer this state of the art technology. Waterlase® dentists are able to remove tooth enamel decay (the hardest substance in the body), bone and gum tissue precisely while leaving surrounding areas unaffected. This conserves and allows you to keep more of the healthy tooth structure.

High-speed drills can cause hairline cracks and fractures in the teeth that eventually leads to future dental problems. Laser dentistry reduces damage to healthy portions of the tooth and minimizes trauma. Since you often do not need shots or anesthesia, we can perform cavity preps in all areas of the mouth in just one visit. This technology also gives us the ability to perform many procedures that were previously referred to specialists.

Lastly, a laser can be used for a wide range of hard and soft tissue procedures. You will find that it offers us the capability to perform what you need, when you need it and with less discomfort. From decay removal, cavity preparation, root canals, smile design, gum and bone surgical procedures and more, contact us for more information by calling 727-822-8101. We are pleased to be Your Downtown Dentist.

ST. PETERSBURG PRESERVATION TO HOST PORCH PARTY

St. Petersburg Preservation offers quarterly “informal” & fun porch party gatherings. Each porch party is held at a restored historic home with light food & drink. The next porch party will be Thursday, February 6 (6 - 8 pm) in a mid-century home on Sunrise Drive in south St. Petersburg designed by the renowned Pinellas County architect Glenn Q. Johnson and constructed by his builder George Ely in 1956. The home is a Visionaire “birdcage” home. These homes were unusual due to their triangular shape, the sleeping quarters on the top floor, with guest rooms and garages on the bottom floor of the usually split level home. Reservations are required for this event and space is limited. Fee for non-members is $15. Reservations may be made by going to www.stpetepreservation.org/calendar or by calling their event line, 824-7802.
The Rowdies, NASL’s 2012 Soccer Bowl Champions, are poised to bring the cup back home to Al Lang Stadium in 2014. Downtown residents can enjoy an action-packed, professional and affordable sports experience right in their own neighborhood.

New principal owner Bill Edwards is investing in both the team and the stadium. “I intend to build the best soccer team and the best fan experience in America, starting now” said Edwards. Rick Baker, President of The Edwards Group added, “We are excited to be a part of America’s fastest growing sport in America’s best city. The enthusiasm and energy during a game is contagious – I encourage folks to come out and see for themselves.”

2012 NASL Coach of the Year Ricky Hill is returning to the team for his fourth season, along with standout Goal Keeper Diego Restrepo and 2013 NASL Golden Ball Winner Georgi Hristov. The game will be even more exciting in 2014 with the signing of two key new players. Clearwater native Brian Shriver joins the team in 2014. Shriver won the 2013 NASL Golden Boot award, leading the league in scoring with 15 goals for the Carolina RailHawks. He was also named to the 2013 NASL Best XI. Defender Blake Wagner comes to St. Pete from the San Antonio Scorpions. Prior to San Antonio, Wagner played for several Major League Soccer (MLS) teams and was a starter with the 2005 U-17 U.S. National Team.

In addition to the improvements on the field, spectators will also enjoy a greatly improved fan experience. Nearly 1,100 midfield seats will be added, getting fans as close as ten feet from the field. Midfield seats are wider, have seat backs, increased leg room and a steeper rise, allowing for unobstructed views of all the action.

The new premium Midfielder’s Club will have all of the above, plus Club Members will enjoy: the best seats in the stadium; field-level Midfielder’s Club Lounge, with full service food and beverage; one free beer, wine or soft drink per game; player meet and greets; 2 guest passes per year, per seat; private entrance to The Midfielder’s Club seating section; food and drink specials; one Midfielder’s Club Pre-party before the home opener; one Midfielder’s Club team chalk-talk per season.

The Rowdies play a split Spring/Fall season, with a break in June to align with the FIFA World Cup. The 2014 Spring Season has the Rowdies taking on the 2013 NASL Soccer Bowl Champion New York Cosmos and 35-year rival Ft. Lauderdale Strikers both at home. Come root the Rowdies on and be a part of the most popular sport on the planet! For more information or to purchase tickets, go to www.rowdiessoccer.com or call 813-287-1539.

2014 ROWDIES SPRING SCHEDULE

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<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Home/Away</th>
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<tbody>
<tr>
<td>Saturday, April 12</td>
<td>FC EDMONTON</td>
<td>at Indy Eleven</td>
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<tr>
<td>Saturday, April 19</td>
<td>ATLANTA SILVERBACKS</td>
<td>at San Antonio Scorpions</td>
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<tr>
<td>Saturday, April 26</td>
<td>at San Antonio Scorpions</td>
<td>time TBD</td>
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<tr>
<td>Saturday, May 3</td>
<td>at Ottawa Fury FC</td>
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<tr>
<td>Saturday, May 10</td>
<td>NEW YORK COSMOS</td>
<td>at Ft. Lauderdale Strikers</td>
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<tr>
<td>Saturday, May 17</td>
<td>FORT LAUDERDALE STRIKERS</td>
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<tr>
<td>Saturday, May 24</td>
<td>MINNESOTA UNITED FC</td>
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<td>Saturday, May 31</td>
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<td>Saturday, June 7</td>
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2014 ROWDIES ARE BETTER THAN EVER IN 2014!
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103 25th AVENUE
Offered at $1,650,000
3 Bed | 3.5 Bath | 3,680 SF
Don Pollegro 727.743.2255

4821 CENTRAL AVENUE
Offered at $270,000
Commercial Property | 1,547 SF
Raymond Miller 727.263.0496

1325 SNELL ISLE BOULEVARD NE #712
Offered at $789,900
2 Bed | 2 Bath | 1,940 SF
Water Club Sales Team 727.478.2060

1918 COUNTRY CLUB ROAD N
Offered at $485,000
5 Bed | 3 1/2 Bath | 3,353 SF
Maloney Group 727.591.4499

VINOY PLACE CONDO #714
Offered at $1,770,000
3 Bed | 2 Bath | 3,100 SF
Maloney Group 727.412.1176

748 NINA DRIVE
Offered at $572,500
5 Bed | 3 1/2 Bath | 3,513 SF
Maloney Group 727.993.4699

105 4th AVENUE NE #223
Offered at $289,900
2 Bed | 1 1/2 Bath | 1,045 SF
Debbie Marnerg 727.560.4131

9484 TREASURE LANE NE - WATERFRONT
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3 Bed | 2 Bath | 1,585 SF
Va Hockenschmidt 727.427.6127

642 12th AVENUE S
Offered at $264,000
3 Bed | 2 Bath | 2,382 SF
Cynthia Serna 727.380.3353

1610 14th STREET N
Offered at $274,000
3 Bed | 2 Bath | 1,623 SF
Bonne Schulte 813.427.0911

320 47th AVENUE
Offered at $260,000
3 Bed | 2 Bath | 1,609 SF
Linda Sorens 727.422.3800

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