Noel Mitchell is probably most famous for being the first to install the green benches that lined the streets of downtown St Petersburg during the first half of the twentieth century. But, he was St. Petersburg’s Mayor, for a short time, too. “Mitch” as he was known, was a realtor in St Petersburg’s early boom-to-bust days. He was already a successful businessman when in 1907, he moved here from Rhode Island to operate a real estate company on the northeast corner of Central Avenue at Fourth Street. He owned the building which later became the Rutland Bank Building, and today is a City of St Petersburg’s Municipal Building.

Mitchell promoted his business by placing colorful park benches, with marketing messages, outside his office. One such message was, “The Honest Real Estate Dealer - Noel Mitchell. He Never Sleeps.” Businesses copied his idea, and benches of various sizes and colors sprang up in front of storefronts throughout the area. While comfortable and convenient for residents and visitors, they were not an attractive look for the city, leading Mayor Al Lang to mandate all benches on city streets were to be the same size and color, green.

For over half a century after Mitchell introduced them, Central Avenue green benches were St Petersburg’s nationally recognized trademark. Loyal St Petersburg residents became a bit sensitive about them though when a famous columnist characterized ‘the Green Benchers as living in the cafeteria paradise of the idle stupid.”

From 1913 to 1924, Mitchell also bought and developed the south end of Madeira Beach. As a realtor, he had it platted, as Mitchell’s Beach Subdivision. Today’s deeds still refer to it as that.

In 1913, Mitchell bought a resort on the north bank of John’s Pass for a small fortune. It even came with a hotel. Mitchell bought other parcels of land, and owned most of Madeira Beach south of today’s 140th Avenue. Because of his beach property, he became known as "The Sand Man." Mitchell eventually sold his beach holdings, when he found himself too busy with other projects. He developed the Court House subdivision between 40th and 46th Streets near Central Avenue and was president of the Jungle Golf Club, where Admiral Farragut Academy is today.

He unsuccessfully ran for mayor many times, until in 1919, he saw an opportunity to capitalized on area women’s desire to vote. They had only recently won that right and with their support, he defeated incumbent mayor Al Lang, to become the twelfth Mayor of St Petersburg.

His term was short though, lasting only two years. Even though it was during prohibition and alcohol was illegal, he was known for his alcoholic binges. In 1921, the local police raided a wild party in the Mayor’s office, where the guests were consuming alcohol. In those days, the Mayor’s office was right next door to the police department, so they couldn’t ignore it. Mitchell was charged him with public drunkenness. Denying he was drunk, he refused to resign and had to be recalled from office. Mitchell vowed to run again, first for Mayor, then for Governor, but never did.

By Bob Griffin, Publisher
This newsletter survives on local advertising. Please tell your home lawn care, electricians, etc about us.

more of your news. People who live downtown, plus the Snell Isle and Old Northeast areas want to know what is happening in their area. That is why, if you have news or events, please contact us.

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We produce similar newsletters in four other areas: Indian Rocks Beach, Clearwater Beach and Belleair. You can read this and other issues online at StPeteDowntownNewsletter.com.

ELECTION NOVEMBER 5, 2013

Did you know there are approximately 161,000 registered voters in St Petersburg? Historically though, voter participation in Mayoral races is low. In 2009, the turnout was 23.3% and this past August, it was 31%.

Here is a summary of who is on the ballot in November:

MAYOR Incumbent Bill Foster and Rick Kriseman.

The mayor’s annual salary is $158,000.

ST. PETERSBURG DOWNTOWN NEWSLETTER

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CITY NUMBERS

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CITY NUMBERS
We Make Spots, Unwanted Hair And Fat Disappear...Magically.

Fraxel removes brown spots. Laser Hair Removal takes care of unwanted hair and SlimLipo gets rid of fat – Like magic. They even use a wand.

It's no illusion if you see special pricing on these laser procedures for a limited time.

**Fraxel Face Only**
$2500 (reg $2900)

**Laser Hair Removal**
Buy One Get One Half Off

**SlimLipo $1000 OFF**
(Reg $3000 and up)

**PLUS! FREE GIFT with purchase**
**40 units BOTOX ($480 Value)**
Limit 120 Free Units per person.

**Special Pricing on Fraxel and Laser Hair Removal Series Only**
Expires 11/15/13

Complimentary consultations

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Radiance Medspa
There's a younger you inside™

Medical Director: Lika Frants, ALD
NEW CHANCELLOR Sophia T. Wisniewska is the new Regional Chancellor of the University of South Florida St. Petersburg, the only university in downtown St. Petersburg. She assumed her duties July 1 and has settled happily in as a new resident of the Old Northeast. More than 200 people turned out Sept. 19 for a welcome reception in her honor at the USFSP University Student Center. A scholar of Russian language and literature, Dr. Wisniewska joined USF St. Petersburg after eight years as chancellor of Penn State Brandywine. She also served six years as dean and chief executive officer at Temple Ambler University. As Regional Chancellor USF St. Petersburg, Dr. Wisniewska oversees a university with some 6,000 students, three colleges – Arts and Sciences, Business and Education – and the Nelson Poynter Memorial Library. More than 550 students live on the waterfront campus.

TOO MUCH FRUIT? Saint Pete Abundance is holding monthly fruit picking events to benefit the St Petersburg Free Clinic. They connect volunteers with residential property owners with fruit trees so St Pete's fresh local abundance of produce does not go to waste while people go hungry. If you have a tree producing more than you can use or you would like to volunteer, visit www.saintpeteabundance.org, or you can either pick the fruit yourself and contact them to pick it up to transport to the Saint Petersburg Free Clinic Food Bank, or you can take the donation yourself. The Free Clinic Food Bank is located at: 863 3rd Ave N. They accept donations 7 am to 3:30 pm Monday through Friday.

FARM CITY DAY On November 16, from 10 am – 2 pm, The Pinellas County Farm Bureau will sponsor a Farm City Day Celebration at Pinellas County’s Heritage Village. This is the kickoff event for Farm City Week, celebrated nationally and created to educate citizens about agriculture. Hands on activities include making butter and ice cream at the "dairy barn," milking goats, petting chickens and bunnies, and agriculturally themed arts and crafts. The theme is “Farm Animals.” Free.

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.

TOYS FOR TOTS Saturday, December 7th, local Post Office carriers, will be collecting toys for the Marine Corp. They are asking everyone to leave a new unwrapped toy by your mailbox that day. After they collect the toys, postal carriers will transport them to the Marine Corp. Everyone remembers the little ones, but don’t forget the older kids too. If you are not going to be home, drop them off the day before at any Post Office building.
HALLOWEEN TREATS For the next few weeks, Panera Bread is offering short bread cookies with pumpkin colored icing in the shape of Jack-O-Lanterns. They cost $2.39 each but are only 99¢ with a meal and drink. They only bake a limited number each day and they normally sell out. Get yours at the closest Panera Bread store, on 4th Street N, across from Sunken Gardens.

WE ARE NUMBER FOUR The 2010 Census found that St. Petersburg is the fourth largest Florida city. Tampa, with 90,891 more people, is third.

PIER AQUARIUM HOMELESS The Aquarium, formerly located at the Pier, had planned to move to John’s Pass Village in Madeira Beach. It had planned to reopen on 12-12-12 then 11-12-13, but it still needs more financing and a construction loan. The delays caused their lease to be canceled. They are evaluating their options. Their fish and living corals are being stored in various tanks in the area.

FIRST FLIGHT REENACTMENT Tony Jannus piloted America’s first commercial flight on January 1st 1914. It originated in downtown St Pete and flew to Tampa. January 1st 2014 at 10am, to celebrate the 100th Anniversary of The World’s First Airline, there will be a reenactment. Three organizations - the Florida Aviation Historical Society, the St. Petersburg Museum of History and the Tony Jannus Distinguished Aviation Society are involved. Kermit Weeks, founder and CEO of Fantasy of Flight, plans to fly his full-scale replica of the original Benoist Airboat Bi-Plane across Tampa Bay. See its construction progress at www.Benoist2014.com.

SPIFFS 39TH ANNUAL INTERNATIONAL FOLK FAIR This year’s theme is “Holiday Food of the World.” Eat your way around the world and enjoy continuous live entertainment on two stages. Learn about the cultures and history of more than thirty participating ethnic groups on Saturday, November 2, from 10 am to 9 pm in Vinoy Park. General admission is $10, students are $6 and children under 6 are free. Visit www.spiffs.org or call 727-552-1986 for more information.

MARKET IS BACK The popular Saturday Morning Market has moved back in the parking lot of Progress Energy Field. They will be there every Saturday morning until May except in March, when the Grand Prix race interrupts them for two weeks. The market is the largest farmer’s market in the state of Florida.

OUR NEXT ISSUE IS JANUARY Read this, as well as other issues, online at stpetedowntownnewsletter.com
**URBAN EDGE APARTMENTS** A new apartment building is being built at the corner of 3rd St and 3rd Avenue S. that will cater to the 55+ market. Urban Edge, with 1, 2 and 3 bedroom units plans to open this winter. Call 851-9246 or visit UrbanLandingsApts.com for information.

**GROW YOUR OWN** Avid Brew Company sells beer brewing and hydroponic growing supplies. Established as an online business last year, they recently added a storefront with all the supplies you need to brew your own beer and wine. Avid also boasts an indoor hydroponic garden to show residents how easy it is to grow their own vegetables with limited indoor or outdoor space. Avid, is located at 1745 1st Avenue S.

**PETS IN THE CITY** Opening this Fall, they will offer routine vet care, sedation dentistry, grooming, doggie day camp and a signature pet concierge service which allows pets to be picked up from downtown condo residents for pet care and grooming and delivered back home. With late evening hours, clients will be able to schedule an appointment or drop pets off for care while shopping or dining at nearby restaurants. Along with Dr. Scribano, Board Certified Veterinarian Dr. Helmer will be on hand, seeing birds and exotics as well as dogs and cats. Pets in the City will open in the Plaza Tower at 111 2nd Ave N.

**NEW HOME DECOR STORE** ZaZoo’d a unique home furniture and decor store recently opened at 531 Central Ave. They specialize in unique home furnishings, high style accessories and special gifts where they re-image vintage and new treasures, and holiday services like party planning and retail window displays. Owners David Fischer and Jodie King picked the name ZaZoo’d from their love of wine and the euphoric feeling one gets when drinking it! “Getting ZaZoo’d”.

**SAY WHAT??** Do you seem to always ask people to repeat themselves because you didn’t hear what they said? Stop by Sound Advice Hearing Solutions for a comprehensive hearing test, FREE. If you do need a hearing aid, they offer state-of-the-art devices and will match one with your lifestyle and budget. Be bold with flashy designs, or be discreet with invisible, 100% inside-the-ear hearing aids that you can wear 24/7 suitable for exercising, showering and sleep. Did you know there are even wireless, Bluetooth Hearing Aids? Sound Advice also has risk free trials to insure the model will work for you. They offer hearing aid repairs, battery replacement and cleaning. Find them at 3173 4th Street N or call 822-2132.
More Business Briefs...

SWEET BAY SOLD
All the Sweet Bay Grocery Stores are being sold to Bi-Lo Holdings, the same large company that owns Winn-Dixie. At this time, there is no talk of closing the Sweet Bay at 3327 MLK Jr Street N., but that does not mean it won’t become a Winn-Dixie. The deal is expected to be complete by the end of the year.

FREE MARKETING PLAN REVIEW
Before you start a new business, talk to Greenhouse St Pete, the Business Action Center operated by the City of St Petersburg. Their qualified business counselors offer a free review of your business ideas. Call 893-7146 for an appointment. They are located at 440 2nd Avenue N., near City Hall.

TRADER JOE’S? MAYBE
All the businesses in the 2700 block of Fourth Street N were notified that the property is being sold and they will have to close. Classy Closet has found a new location and will be moving to 540 Central Ave. Ringside Cafe is still looking for a new location, hopefully downtown. While everyone thinks Trader Joe’s is moving to the site, there has been no official word.

PINOT’S PALETTE
This new business is an upscale “Paint. Drink. Have Fun.” destination where anyone can be a Picasso. No art experience required! In two or three hours you can create any number of festive, whimsical and pretty paintings. They supply everything you need, you supply your own wine and snacks while their instructors guide you along. This business began in Houston and now has franchises all over the country. Pinot’s Palette will be located at 1572 Central Ave. Look for their grand opening next month.

JABIL MOVING?
Jabil Circuit is Tampa Bay’s second largest publicly held company with their headquarters here. With 1600 employees, on nine separate campuses, they want to build a new headquarters in a central place. St Petersburg’s officials want that place to be here. Jabil is considering the five-block area known as the Webb City blocks between The Tropicana Dome and 8th Avenue S. Except for the U-Haul building, the Winn Dixie Plaza and the AAA Travel office it is fairly undeveloped, and primarily used for parking. The downtown plan with a 360,000 square foot campus of Class-A office space and parking would be the downtown’s largest commercial project. The city would contribute $8 million in exchange for meeting certain job targets. Last year, Jabil had 175,000 employees worldwide with a net income of $395 million. Jabil is also considering two other Pinellas County areas.
SO MANY PUMPKINS, SO LITTLE TIME....

by Cheryl Pacheco, Carlson-Wildwood Florist, LLC

The pumpkin is the quintessential symbol of Autumn. Pumpkins are the stars of both Thanksgiving and Halloween, but how did this come about?

In 1584, French explorer Jacques Cartier saw pumpkins for the first time in the St. Lawrence region, while Spanish explorer Cabeza de Vaca noted pumpkins growing near Tampa even earlier, in 1528. Native Americans offered the Spaniards pumpkin seeds as part of a peace offering along the Spanish at the Rio Grande river. Pumpkins are uniquely American.

According to Wikipedia: Jack o’ Lantern carving is thought to have come from Ireland, where turnips, mangelwurzel or beets were used. Turnip lanterns, sometimes with faces carved into them, were made on the Gaelic festival of Samhain. Samhain was a time when fairies and spirits were said to be active. The purpose of these lanterns may have been threefold, to light one’s way while outside on Samhain night; to represent the spirits and otherworldly beings; and/or to protect oneself and one’s home from them.

A staple at almost every Thanksgiving table is the customary ‘Pumpkin Pie’. Pumpkin may have been one of the dishes in the first thanksgiving dinner, not as a pie, but simply cooked and sweetened with honey or syrup. They were certainly a part of traditional meals long before the arrival of pilgrims. Pumpkin is an important symbol of the harvest festival and has been an American favorite for over 400 years.

Pumpkins are the perfect centerpiece for the entire season. Even fresh pumpkins will last for weeks as long as you don’t damage the skin. About mid October I find the most beautiful, unusual, perfect pumpkin for the center of the table and then accent it with colored glass gems, candles, gourds and fresh flowers. As a florist, I love Autumn. I love the scents, the colors, the textures and the approach of our glorious Florida winter!

Beginning in September flower wholesalers switch to golds and burgundies, reds and bronzes. The chrysanthemums arrive, along with fall leaves, bittersweet, wheat and rushes. Celebrate the season! Recently it seems Thanksgiving is almost an afterthought, just a precursor to Christmas. Autumn traditions are so beautiful. It is a terrible waste not to be able to enjoy them, but to rush through to the Christmas season.
CALENDAR OF LOCAL EVENTS

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<th>OCTOBER</th>
<th>NOVEMBER</th>
<th>DECEMBER</th>
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<tr>
<td>Columbus Day</td>
<td>Property Tax Bills Mailed</td>
<td>Boat Show Yacht Basin</td>
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<td>Candidates Forum Mayor</td>
<td>First Friday</td>
<td>Holiday Lights Botanical Gardens 1-30</td>
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<tr>
<td>Candidates Forum City Council</td>
<td>Purple Stride 5K Albert Whitted</td>
<td>Heritage Village Holiday Decorations 1-30</td>
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<td>Clearwater Jazz Festival</td>
<td>Public Schools Closed</td>
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<td>Antiques &amp; Collectables Coliseum</td>
<td>Urban Burg Oktoberfest</td>
<td>AWAPS Pancake Breakfast Albert Whitted 7</td>
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<td>Science Festival USF Poynter Park</td>
<td>Out of the Darkness Spa Beach</td>
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<td>Huntington’s Disease Walk</td>
<td>Country Jubilee Heritage Village</td>
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<td>Pinellas Coastal Clean Up</td>
<td>Festival of Reading USF SP</td>
<td>Downtown’s SnowFest 7</td>
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<td>Walk To End Alzheimers Spa Beach</td>
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<td>Making Strides Vinoy Park</td>
<td>Johns Pass Seafood Festival</td>
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<td>Florida Orchestra in Vinoy Park</td>
<td>Vintage Festival Vinoy Park</td>
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<td>NOVEMBER</td>
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<td>Komen 3 Day Walk</td>
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<td>Public Schools Closed</td>
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<td>Urban Burg Oktoberfest</td>
<td>Little League sign up begins</td>
<td>Beef O Brady Bowl / Tropicana 23</td>
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<tr>
<td>Out of the Darkness Spa Beach</td>
<td>Public School reopens</td>
<td>Kwanzaa begins 26</td>
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<tr>
<td>Country Jubilee Heritage Village</td>
<td>JANUARY</td>
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<tr>
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<td>St Pete Water Boat Show 30-1</td>
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With our new state-of-the-art office and modern, relaxing atmosphere, our entire staff is committed to giving all of our patients the best care possible. Mention this ad to receive our new patient special $69 complete exam and x-rays.
Did you know that 1 out of 5 African American boys in Pinellas County will graduate from High School this year? This is an alarming reality that haunts Big Brothers Big Sisters of Pinellas every day, but you can help them make a difference... especially if you’re a couple.

Big Brothers Big Sisters of Pinellas launched The Next Big Thing on October 1st; the very first Big Couples campaign in BBBS history! The campaign will run for 50 days with the goal of recruiting 50 new Big Couples to remove 50 boys from the agency’s waiting list. There are currently over 200 children ready to be matched!

What’s a Big Couple, you ask? As a Big Couple you and your long-term significant other become “Bigs” otherwise known as adult mentors, to a young boy waiting for someone to guide him down the path to success.

The three of you can do things together or spend time with your “Little” individually. Your presence has the power to enrich a child’s life by exposing him to things he would otherwise never get to experience. From simple activities like playing catch in the park to eating a hot dog at a Tampa Bay Rays game, the possibilities are endless.

There are 744 hours in the average month; it only takes 4-8 hours to be a Big Couple. It’s easy to get started:

1. Contact Big Brothers Big Sisters: Call 727.518.8860 or visit www.bbbspc.org
2. Pick a Program:
   • Community based: meeting with the child for four hours each month to spend quality time together in the community.
   • Sports Buddies: an extension of Community Based, this program stems from building an instant friendship from a common interest, sports.
   • School based: meeting with the child on school grounds for one hour per week; your visit will typically range from playing on the playground to helping with academic work or simply talking about your day. You are not responsible for seeing the child when school is not in session.
3. Interview & Training session with one of our degreeed Match Managers
4. Match; meet your new Little Brother!

What are you waiting for, Couples?! Call us today to be a part of The Next Big Thing.

ABOUT BIG BROTHERS BIG SISTERS

As the nation’s largest donor and volunteer supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers (“Bigs”) and children (“Littles”). The organization has been in existence for more than 100 years at a national level, and more than 45 years locally. (since 1967) Big Brothers Big Sisters provides a system of ongoing evaluation and support which is proven by independent studies to help families by improving the odds that “Littles” will perform better in school and avoid violence and illegal activities, and have stronger relationships with their parents and others.
This season’s Holiday Lights in the Gardens will be open from November 29, 2013 through January 1, 2014 every evening, from 5:30pm to 9:30pm.

Visitors will share the holiday spirit and enjoy the beautiful Florida Botanical Gardens (FBG) as it sparkles with the warmth of the season. Strolling through the shining Botanical Gardens has become a community tradition, and adds a festive touch to the winter months. A dedication to sustainability shines through with environmentally friendly LED lights — more than three quarters of a million twinkling lights in all -- while the Gardens glow and grow with tropical plants, roses, fruits, herbs, hibiscus, and bromeliads.

Volunteer FBG Foundation Board members work throughout the year to design and plan this winter wonderland. Planning begins in January as volunteers start the process of updating displays, taking inventory and contacting potential sponsors. The biggest challenge is creating a new design that creates the “wow” factor for our visitors.

In addition to laser lights, flora and fauna displays, and decorated trees, there will be several new displays. To add to the popular gingerbread boy and girl displays, there will be a 7’ gingerbread house with over 600 LED lights. And what would the holidays be without a train? A four-piece animated train display with 1,250 LED lights will delight the child in all of us. Other new displays include a 30” tall white swan and a 5’ tropical parrot. Entrances will also be lit by new 12’ palm trees to help guide the way for our visitors.

Hundreds of community volunteers provide support to the event by welcoming guests at the entrances, creating schedules and providing entertainment. Specialized and skilled entertainers offer their time, providing a musical background to the beauty of the Garden. Entertainment includes jazz, ballet, blue grass, folk, choral and, of course, Santa.

Those wishing to volunteer for this year’s event should call the Foundation office at 727-582-2117 or email csoffidi@pinellascounty.org.

Each evening food and beverages are available for sale. The cost of the purchasing new lights and displays, and installing the lights is underwritten by the FBG Foundation. To cover that cost and to allow the Foundation to continue to financially support the Gardens a minimum donation of $2 per person is suggested from our guests over age 12. Sponsorship opportunities are also available to help defray the cost. Please call 727-582-2247 for more information.

The FBG Foundation hosts two other special events that occur during the December. The Gift and Plant Sale is on December 8 from 10:00am to 4:00pm and the Dog Parade is on December 29 at 1:00pm.

The Florida Botanical Gardens is located in Largo, Florida. Parking is available at either 12520 Ulmerton Road or 12211 Walsingham Road.

Information: (727) 582-2100 or visit either: www.facebook.com/FloridaBotanicalGardensFoundation or www.fbg.org.
pure Life SERVICES

- Physician Supervised Weight Loss
- Platelet-Rich Plasma for Facial Aesthetic
- Laser Hair Removal
- Intense Pulse Light Photofacial
- Laser Vein Removal
- Botox – Dermal Fillers
- Women’s Health (Pap Smears & Exams)
- Hormone Replacement; Traditional & Bio-Identical
- Acne Treatments
- Permanent Makeup
- Tattoo Removal with Skin Needling
- Cellulite Reduction
- Customized Facials
- Skin Tightening
- Microdermabrasion
- DNA Crya Stem Cell Facial
- Glytone Chemical Peels
- Obagi Blue Radiance Peel
- Body Wraps, Spray Tanning & Massages

pure Life meri-spa
wellness - skincare

pure LIFE PRODUCTS
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- Obagi
- Aveeno
- Glytone
- Abeece
- Latisse
- Isogena
- DNA Health Institute

pure LIFE Medispa 4u

12442 Indian Rocks Rd.
Largo, FL 33774
727-595-3400

www.pureLifemedispa.com
Make Your Life a pureLife

At pureLife Medispa we embrace & encourage youth maintenance rather than anti-aging. Our goal is to convince you that the face you see in the mirror is not in fact older than yesterday, but younger than tomorrow. We will design a unique treatment plan to address your individual skin, body type, and lifestyle, using a combination of the latest non-surgical cosmetic procedures and products available.

G. Joseph Fitzgerald Jr., DO, who also goes by Doc Fitz to his patients and friends, has been practicing Family Practice medicine in Largo/Belleair for almost 20 years and is double board certified. In addition to his Family Practice office, he is also on staff at Largo Medical Center, and is the director of Wright’s Nursing Home & Oak Manor Nursing Home. He is the US patent holder for a ground breaking invention that will greatly impact the diagnosis of colon cancer. He spent seven years as the physician of the PGA tour. He is the official local physician for Warner Bros. films including Dolphin Tale, Magic Mike, & Spring Breakers. He volunteers with the Special Olympics and multiple local charity events. Doc Fitz and his medical practitioners treat all their patients like family and cannot wait to introduce everyone to pureLife Medispa, his new aesthetic and wellness facility.

Join Us For Our Grand Opening Friday, October 4th 4-8 pm

VIP Memberships AVAILABLE

pure PLEASURE
pure ENJOYMENT
pure RELAXATION

Medical Director/Owner
G. Joseph Fitzgerald Jr., DO

Dr. Fitzgerald

LIKE US ON Facebook
NEED SOME IDEAS FOR HALLOWEEN FUN?

Ongoing Ghost Tours depart from Hooker Tea Co., 300 Beach Dr NE 8pm – Candlelight walking tours features intrigue, based on the book ‘Ghost Stories of St Petersburg’. Enjoy bone-chilling tales of wandering spirits, haunted mansions, phantom lovers and age old curses nightly, through Halloween and beyond. Cost is $15 adults and $8 children. Reservations are required. Call 727-894-4678 or visit www.ghosttour.com.

October 26 Great Exploration’s Slightly Spooky Boo-Seum, 10am to 2pm – Includes a costume parade, monster mash party, critter encounters, mummy wrappings and trick-or-treating. Kids should dress in costume. Normal admittance fee applies. Visit www.GreatEX.org or call 821-8992.

October 26 Red Mesa Cantina 128 3rd St S., Adult Costume Party, 9pm until close – In its fifth year, this is one of the largest and wildest downtown Halloween parties. Win up to $500 in one of four categories - Most Creative, Scariest, Sexiest, and Best Impersonation. $1000 to Best Overall. Visit RedMesaCantina.com/BOO, their FaceBook page or call 896-6372 for information.

October 31 “Young Frankenstein” the movie, North Straub Park, 6pm – The Preservation Society is showing this movie by Mel Brooks on Halloween Night. The comedy stars Marty Feldman, Gene Wilder and Madeline Kahn. The evening begins with music by Lounge Cat with the movie beginning at dark. Free, donations are accepted.

October 31 NOVA-WEEN NOVA 535’s adults only costume party 535 Dr MLK Jr Street N. 9pm to 3am – Call 821-6682 for info and tickets.

October 31 The Dali Museum, Halloween Screening of Alex de la Iglesia’s “Day of the Beast”, 1pm – Spanish filmmaker Alex de la Iglesia followed his outlandish sci-fi/horror debut, “Accion” with this colorful apocalypse fantasy. Comprised of equal parts high-concept horror and scathing social satire, this ambitious horror film has garnered a sizable cult following.

NEARBY ST PETERSBURG

October 19 Haunted Hike Euclid/St. Paul neighborhood of St Petersburg, 6:30 to 8:30pm – Tours will leave the intersection of 13th Ave. and 13th St. N. in St. Petersburg every 15 minutes. Guides will lead visitors down creepy alleys and brick-paved streets to old homes and landmarks where costumed characters will tell spooky stories. The family-friendly hike is a one-mile walking tour and takes approximately one hour to complete. Cost is $7 adults and $3 kids. Call (727) 823-0393.

October 24-27 Boyd Hill Nature Park, 2900 31st Street S., The Field of Screams featuring The Asylum by Tasco, 7pm to midnight – Voted #1 Scare in Tampa Bay the last five years, patrons enter in groups of six and experience the woods, loud noises, bright lights, and over fifty cast members. Admission is $10 each for teens and $15 for adults. Tickets, on a first come basis, are limited. This is not suitable for small children. Call 892-5060.

October 24-27 Fort De Soto Park, 5th Annual Halloween Halfathon & 5K Race – Costumes are encouraged, but not mandatory! All finishers in both the halfathon and the 5K Race earn unique, Halloween Starfish gold medals. Walkers are welcome to join these races. www.floridahalloweenhalffathon.com.

October 26 Fire Station # 7 6975 Dr. MLK. St. N, Halloween Haunted House, 6 to 9:30pm

CLEARWATER

October 31 Brighthouse Field’s Boo Bash, 5:30 to 8:30pm – The City of Clearwater sponsors this free event with many activities for kids including games, hayrides, a haunted house and plenty of candy. This is a safe alternative to trick-or-treating. Call 467-4457.

LARGO

October 26 Largo Central Park, 19th Annual Halloween Spooktacular, Noon to 6pm – Enjoy games, music, Bounce houses, rope courses, a petting zoo, strolling entertainment, concessions and more. Events include free trick-or-treat trail for the kids from Noon to 4pm, CarnEvil Haunted Trail from 6 to 10pm and the Halloween Spectacular from 4 to 10pm with trick-or-treating, music, and games. $5 in advance (members)/$7 day of the event. Call 587-6740 x 5014.

October 29 McGough Nature Park, Owl-O-Ween, 6 to 8pm – Trick-or-treat along the haunted trail in search of bats, owls, ghosts and ghouls. This event is for the whole family with crafts, games, live animals, programs, and s’mores by the campfire. $5 per person. Kids under 2 are free. Call 518-3047.

MADEIRA BEACH

October 26 Johns Pass Village Seafood Festival – Visit the Haunted House and participate in the children’s costume contest at 3pm. Trick-or-treat among the merchants, all day.

TAMPA

September 27 - October 26, Busch Gardens Howl-O-Scream’s Evil Comes Out to Play, Thursdays through Saturdays only, 7:30pm to 1am – Now in its 13th year, this is Tampa’s No. 1 haunted attraction. Pick your night and strap yourself in for a wild-ride. This for adults, only. General admission is $89 plus tax, but discounts of up to $39 are available by buying in advance. Call 1-800-800-5447 or visit www.BuschGardens.com.

October 4-5, 11-13, 18-20 & 24-27 Lowry Park Zoo’s Zoo Boo, 7 to 11pm – It is a ‘ghoulish good time’ for the entire family while you make your way through haunted houses and spooky trails. Enjoy Zoo-wide seasonal displays and lights, music, specialty gift shop, night rides and more. Everything is kid-friendly. www.LowryParkZoo.com

October 27 Florida Aquarium’s Guppyween, 4 to 8pm – Trick-or-treat tank-to-tank among over 20,000 sea creatures, making for the perfect family-friendly Halloween event. Entertainment and treats will be provided, so come dressed in your best costume! The fee is $15 adults; kids in costume $5, Aquarium Members & children under 2 are free. www.FLAquarium.org.
ART & MUSEUM NEWS

SALVADOR DALI MUSEUM  823.3767
One Dali Blvd  www.thedali.org
The museum has a new marketing director. Kathy Greif has replaced long time Marketing Director Kathy White Fall, 2013 Exhibit: “Print is the New Black: Dali, Printmaker” This exhibit explores the narratives that print conveys – in a way no other medium can – and showcases Dali’s expertise and inventiveness as an image-maker. On display are 85 prints from The Dali Museum collection which are representative of multiple print suites and single prints commissioned by various publishers from 1930 to 1976.

MOREAN ART CENTER  822.7872
719 Central Ave  moreanartscenter.org
Season’s Eatings: 2013 Holiday Show Find something for everyone on your shopping list during their upcoming Holiday Exhibition. “Season’s Eatings” featuring unique items created by member artists, including paintings, functional pottery, glass, ornaments, and stocking stuffers. All artwork has a foodie theme, whether in imagery or use. On view November 9 – January 1.
Opening Night Party is Saturday, November 9.

FLORIDA CRAFSTSMAN GALLERY  821.7391
501 Central Ave.  FloridaCraftsmen.net
Annual Holiday Boutique - Open November 1 through December 31, it will showcase the work of an additional 200 artists and is Holiday Shoppers Destination for hand-made, unique gifts for the Holiday season.
CraftArt 2013 - November 23 & 24. This annual festival is held on Central Avenue & 5th Street in front of Florida Craftsmen. Over 120 artists will participate, and great food, wine, and craft beer will be served. Artist demonstrations will take place throughout the weekend. Beginning December 1, special holiday hours are: Monday – Saturday 10am – 5:30, Sunday noon to 4pm

AMERICAN STAGE  823.PLAY (7529)
163 3rd Street N.  www.americanstage.org
“The Birds” Oct 3 – 27
“A Marvelous Party - The Noel Coward Celebration Nov 20 – Dec 22
“Hawk & Wayne’s It’s A Living” Every first Sunday of the month.

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
255 Beach Dr NE  fine-arts.org
Mixing Metaphors: The Aesthetic, the Social and the Political in African American Art, Works from the Bank of America Collection, is truly a gift to the community. It is the largest exhibition of African American art ever presented at the MFA. More than 90 paintings, prints, drawings, photographs, sculptures, and mixed-media works by 36 accomplished artists will be on view from Saturday, October 5, 2013 - Sunday, January 5, 2014.

ENJOY ARTS & TASTES November 15-17
St. Petersburg & the Bay Area Festival of Food, Wine and the Arts will take place in and around St. Petersburg. The festival continues to add local chefs and artists to the schedule of events. Headliners include Renowned Chefs Curtis Stone, Donatella Arpaia, Scott Conant, Todd English, Lorena Garcia, Duff Goldman, Ingrid Hoffmann, Masaharu Morimoto, and Ming Tsai as well as Artist Duncan McClellan and Food Journalist and Author Allen Salkin. The kick-off to the festival weekend will be a combination of culinary arts with fine arts through teams of celebrated chefs and artists at Museum of Fine Arts. Teams will present a one-of-a-kind menu inspired by the sensibility and style of each artist, accompanied by fine wines and spirits at a seated dinner. Tickets are now on sale at EnjoyArtsandTastes.com.

FLORIDA HOLOCAUST MUSEUM  820.0100
55 5th Street South  www.flholocaustmuseum.org
Annual Kristallnacht Commemoration November 10, 2pm
Join us as we commemorate the 75th Anniversary of Kristallnacht (Night of Broken Glass). After a service, The Power of Witnessing authors Marilyn Meyers, Nancy Goodman and Gail Humphries will speak about their book. Open to the public, free to all.

FL Blue Family Free Day, December 7th 10am-3pm
Explore the Museum with your family and participate in activities where you and your family will learn about history and art compliments of FL Blue.

MINDY SOLOMON GALLERY CLOSES
The Mindy Solomon gallery in the Ovation Tower on 2nd Avenue NE has closed and moved to Miami.
DOWNTOWN DOGGIE DINING
If you have a dog, you might enjoy a meal with your pet, after your daily walk. Where can you go? We have created a list of the restaurants approved to allow dogs in their outdoor dining downtown area. Unless they are a service dog, they are Never permitted inside.

400 Beach Seafood & Taphouse 400 Beach Drive NE
Bella Brava 200 Beach Drive NE
Flippers Pizza 1054 4th Street N.
Fresco’s Waterfront 300 2nd Avenue NE
Lucky Dill Deli 277 Central Avenue
Parkshore Grill 300 Beach Drive NE
Red Mesa Cantina 128 3rd Street S.
The Avenue 330 1st Avenue S.
The Kitchen 224 1st Avenue S.
The Tavern at Bayboro 120 6th Avenue S.
Trips Diner 2339 MLK Jr St N.

Other places may allow dogs, but these are the only ones with a City supplied dog license, as of 10/1/2013. Licenses for St Petersburg’s Doggie Dining expire each September 30th. There is a $10 annual renewal fee.

SPECIAL PET TREATMENT
Bella Brava provides dogs with biscuits, with Bella Brava’s name printed on them, when visiting with their owners. The Kitchen hosts Yappy Hour on Tuesdays from 6-8pm. This special happy hour for dogs and their owners, has a special doggie menu with a choice of 4 entrees. Their owners get special prices, too.

COLLECTION OF BASEBALLS
St. Petersburg Museum of History Opens Exhibit
St. Petersburg was once touted as Baseball City USA because of the hundreds of Major Leaguers and dozens of Hall of Famers who came to the city for Spring Training – those memorable names are coming home to the Sunshine City. Schrader’s Little Cooperstown, a world-class baseball exhibit, opens October 22 in the St. Petersburg Museum of History. The 20-year exhibit connects America’s national pastime with historical events from the region and around the world.

This rare collection of memorabilia takes visitors on a journey through baseball’s rich history, with stories and artifacts of baseball legends like Babe Ruth, Jackie Robinson, “Shoeless” Joe Jackson and Joe DiMaggio as well as leagues such as the Women’s Professional Baseball League and the Negro League.

The Little Cooperstown exhibit also explores more than 100 years of Tampa Bay’s own history as a Spring Training destination for more than a dozen teams, including the Yankees, Phillies, Pirates, Blue Jays, Cubs, Cardinals and Rays.

With more than 4,600 signed balls, this is recognized by Guinness World Records as the World’s Largest Collection of Autographed Baseballs. According to Guinness, the highest amount ever paid for an autographed baseball was for a ball in the exhibit signed by both Joe DiMaggio and Marilyn Monroe.

The St. Petersburg Museum of History is located at 335 2nd Ave. NE in St. Petersburg. Museum hours are Tuesday-Saturday 10-5 and Sundays 1-5. The museum is closed on Mondays. Call 894-1052 for more information.
DR. LARA SAYS
Q & A with Cesar A. Lara, M.D., Voted Best Weight Loss Practitioner in Tampa Bay

Q: I’m in my late 40s. I diet, exercise and try to eat healthy. Why do I still have belly fat that just doesn’t seem to go away?

A: You aren’t alone! Despite a conscientious decision by many to adjust their nutrition and live a healthier lifestyle, they still have a constant complaint of challenging and persistent belly fat; which is commonly associated with a decrease in energy, a slow metabolism, a decrease in sexual desire and activity, difficulty sleeping, and nonspecific but noticeable memory problems. As we age, it is a natural process that our youthful hormonal levels decrease. Hormones control virtually all of the functions of the body including our reproductive, immune and metabolic systems.

As hormone levels decline, we begin to lose our energy, vitality, and health decreases. When our metabolic rate slows down we are not as efficient in burning calories; so even though we may be eating the same amount of food, we experience weight gain along with a decrease in lean body mass (muscle), and the accumulation of fat around the waist.

Through a multifaceted approach where declining hormones are optimized with Bioidentical hormone replacement, complemented with a balanced nutrition and exercise program; I see remarkable improvement in my patient’s overall health, vitality, as well as a decrease in belly fat. Balanced nutrition and exercise are key but if you find yourself stuck, consider having a personalized and comprehensive evaluation of your hormonal health.

DISCOVER THE ISLAND, 2013
Visit Egmont Key State Park on Saturday, November 2nd or Sunday, November 3rd and join the Egmont Key Alliance “Discover the Island” fundraiser while you enjoy one of Tampa Bay’s gems!

The 155-year-old lighthouse is still working to guide ships into Tampa Bay. Come see its majestic spiral staircase and participate in the many activities sure to enlighten all ages. See Civil War re-enactors, stroll the island on our self-guided walk with interpretive sites along the way, including nature, wildlife, military and history. There will be children’s games, a silent auction and a viewing of the lighthouse.

Food, drinks and souvenirs will be available for purchase on the island. Shuttle ferries leave Fort DeSoto Park from 9 am - 2pm, and the last ferry returns at 4 pm.

Passes include the ferry: Adults $18, Youth 6-11 $5, and Children 5 and under are free. Discounts are available for groups of 10 or more adults. Passes can be purchased online or at the ferry departure site on the beach between the Gulf Pier and Fort Museum.

Discover The Island is the 15th annual fundraiser for the Alliance, a 501(c)(3) non-profit, Citizen Support Organization of Egmont Key State Park, dedicated to protecting, restoring, and preserving the island. To purchase passes or get more information please go to www.EgmontKey.info or call 813-361-7563.
By Stephanie Schlageter, Radiance Medspa

You live in Florida, which almost guarantees you love sun. Unfortunately, years of outdoor fun can leave even the most diligent sunscreen wearer with discoloration, fine wrinkles and poor skin texture. Luckily, there is a solution worthy of a Fairy Godmother. With a wave of a nearly-magic wand, brown spots, fine lines and scars can disappear. That magic wand is Fraxel Max. It’s the latest advancement to Fraxel, the in-office procedure that, for the past decade, has left hundreds of thousands with improved skin pigment and texture, reduced fine lines and wrinkles, and relief from other conditions that can spoil an enchanted evening.

Fraxel Max is a non-invasive laser treatment that penetrates the top layers of the skin to thermally damage them and stimulate new collagen production. Fraxel Max resurfaces the skin, and lets your own natural healing process slough off, smooth away and eliminate brown and red spots, acne scars and wrinkles. It even tightens skin at the same time. The Fraxel Max treatment literally stimulates the body to create new, healthier skin.

Fraxel when performed by itself offers significant results. When paired with other non-surgical technologies at the same time, the treatment is referred to Fraxel Max and it can provide a life-changing outcome. This advanced skin resurfacing protocol produces dramatic results in just four visits, approximately one month apart. Since sun avoidance is necessary before and after each of the treatments, Fall is the perfect season to start resurfacing the skin.

Just as magic should be, Fraxel Max is nearly painless. Prior, a topical numbing cream is applied to the skin, and during treatment, patients describe a prickly, heat sensation. Following treatment, patients experience mild swelling and redness similar to a sunburn, and in 2-3 days, fresh, new skin begins to appear. There is no downtime because makeup can be applied right away.

If you are considering Fraxel Max, look for a Fairy Godmother you trust. In Florida, only Nurse Practitioners, Physician Assistants and Medical Doctors are permitted to perform Cosmetic Laser Treatments like Fraxel Max. Find a trained, experienced professional who will not only wave the magic Fraxel wand, but also suggest a comprehensive treatment plan to have you looking and feeling like a princess.

For information about Fraxel Max, 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.
ON A WING AND A PRAYER: BENOIST AND THE ST. PETERSBURG-TAMPA AIRBOAT LINE

By Nevin D. Sifer | St. Petersburg Museum of History’s Director of Education and Outreach

The short lived aviation career of Thomas Wesley Benoist (pronounced Ben-wah) led to St. Petersburg becoming the home of the world’s first regularly scheduled air passenger service in 1914. Benoist was among the growing list of potential flyers who were captivated by the Wright brothers’ historic flight at the close of 1903.

Further enthralled by aviation demonstrations at the 1904 Louisiana Purchase Exposition in St. Louis, Benoist turned his successful auto parts business into an aeronautical supply company late in 1908. Due to its central location, St. Louis was a natural aviation center for a growing flock of mechanical eagles. Supplying engines, wheels, propellers, wood, wire, and fabric to that small band of flight enthusiasts, Benoist built the nation’s largest aviation supply dealership of that time.

He began modifying airplane designs created by legendary Glenn Curtiss, then making aeroplane kits, and finally, in 1912, producing his own design, the Benoist Model XII.

Along the way he learned to fly—sometimes the hard way—suffering a concussion and the loss of three toes in a losing fight with a propeller at an Amarillo, Texas air race. But Benoist didn’t know the meaning of defeat. Twice in 1911, an explosion and then a fire nearly wiped out his manufacturing facility, destroying five airplanes and his inventory.

Undeterred, Benoist recovered from that $20,000 loss and moved forward. He produced additional designs, established the Benoist Flying School and began building a sales force. Percival Fansler, his business associate in St. Petersburg hailed from Purdue’s College of Electrical Engineering and served as Assistant Chief Engineer during the St. Louis 1904 exposition. He successfully convinced St. Petersburg city leaders in 1913 to sign a three-month deal underwriting air passenger service across Tampa Bay.

Benoist immediately shipped three aircraft to the Pinellas Peninsula – a Model XIII pilot trainer and two Model XIVs for passengers, all powered by a six-cylinder, two-cycle, 75 hp Roberts engine, known for its reliability as a marine engine. Fansler and Benoist formed the St. Petersburg-Tampa Airboat Line, selecting Tony Jannus as their lead pilot, backed up by his brother, Roger.

Tony had already made headlines for Benoist in 1912 with an overwater record of 1,973 miles following the Missouri and the Mississippi Rivers, and as pilot of the world’s first airplane parachute jump with Captain Albert Berry.

The Benoist Model XIV #43 was built in the spring of 1913 for Mr. W.D. Jones and Julius Barnes of Duluth, Minnesota. After participating in a summer carnival, and dubbed “The Lark of Duluth,” the aircraft was used to carry passengers and to instruct students.

The previously crashed and rebuilt Lark of Duluth, with its engine and propeller behind the cockpit, arrived by train from Paducah, Kentucky, in time for the scheduled 1914 New Year’s Day round trip flight from the St. Petersburg yacht basin to Tampa.

On April 27, 1914, after flying 1,205 passengers with no major schedule delays, the St. Petersburg-Tampa Airboat Line ceased operations. Tom Benoist returned to St. Louis and established a seaplane flying school, later moving to Sandusky, Ohio and joining the Roberts Aircraft Motor Co.

The Benoist Company, though plagued by a factory fire and financial problems, built 107 aircraft using 17 different models. Just as the flood of government contracts for airplanes for World War I occurred, Thomas Benoist was killed on June 14, 1917 in a street car accident.

“If it were not for that street car accident,” wrote aviation pioneer Glen L. Martin, many years later, “you would probably be riding a Benoist Airplane today!”

Today, two Benoist airplanes are known to exist. An original Type XII, built in 1912, is with the National Air & Space Museum restoration center in Maryland. An accurate replica of a Benoist Type XIV flying boat, built and flown in 1984 by the Florida Aviation Historical Society, is proudly suspended from the ceiling of the Flight One Gallery at the St. Petersburg Museum of History.

With “all hands on deck,” according to a representative of Fantasy of Flight, history will be repeated with a third Benoist airboat currently under construction.

At 10:00 AM, precisely 100 years after Tony Jannus’ historic flight, founder and CEO of Fantasy of Flight, Kermit Weeks, plans to fly his full scale reproduction of the original Benoist XIV across Tampa Bay. Follow the progress of the Benoist replica construction at the website benoist2014.com

Flight 2014, Inc. is coordinating the events and planning for the 100th Anniversary of The World’s First Airline. The three founding organizations include the Florida Aviation Historical Society, the St. Petersburg Museum of History, and the Tony Jannus Distinguished Aviation Society.

As for the original Benoist XIV #43… who knows? After being crashed, rebuilt, and sold several times between 1914 and 1916, its whereabouts are a mystery.

What isn’t a mystery, however, is the important role Tom Benoist and the St. Petersburg-Tampa Airboat Line had on the world of aeronautics and aviation.

“The Airboat Line to Tampa will be only a forerunner of great activity along these lines in the near future… what was impossible yesterday is an accomplishment of today-while tomorrow heralds the unbelievable.”

Percival E. Fansler, January 1, 1914.
Light Up the Night

Thursday, December 5 | St. Anthony's Hospital
1200 Seventh Ave. N., St. Petersburg

Nine Lessons and Carols
5pm - Hospital Chapel

Blessing of the Creche
6pm - Hospital Lobby

Light Up the Light
6:30pm - Parking Lot Rooftop

Love Lights
(a light on the tree
above the hospital)
may be purchased in
memory of a loved
one for $25

Sprinkles!

An interactive cookie
decorating class
benefitting the Susan
Sheppard McGillicuddy
Breast Center at St.
Anthony's Hospital.

Saturday, December 7, 2-3:30pm
Renaissance Vinoy Resort,
Plaza Ballroom,
501 Fifth Ave. N.E.
St. Petersburg, FL 33701

$35 per person - Children
welcome!

To register for these events:
St.AnthonysFoundation.org or (727) 825-1086

St. Anthony’s
Hospital Foundation
Facebook.com/StAnthonysFoundation

Animal House
Naturals
Earth Friendly
Pet Center

41 Varieties of Dog Food
Full Line Pet Supply Store
Good Variety of Small Pets

10% OFF Halloween Items
30% OFF Thanksgiving &
Christmas Items
with coupon - expires October 31, 2013

274 37th Avenue North, St. Petersburg
Publix/Steinmart North East Park Shopping Center
727-821-4466

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Offer Good Through January 15, 2014
Florida's largest and most popular First Night event, returns for its 21st year on New Year's Eve from 4pm to midnight. First Night St. Petersburg 2014 presented by The Edwards Group, will feature its usual fabulous line-up of more than 20 venues. This year's event will honor the 100th Anniversary of the Tony Jannus flight which started the commercial airline industry.

FirstKids venue begins the downtown activities at 4pm, with hat and mask making, the Second Time Arounders Musical Petting Zoo, Art in Flight Projects from the Morean Center and the St. Petersburg Library’s Puppet Show. FirstKids will finish with the Procession of Flight soaring down to the waterfront at 7pm lead by the Mount Zion Drumline and Color Guard for the Bubble Stomp and the First Fireworks.

In Williams Park, The Warehouse Arts District Artists (WADA) will Light Up the New Year with Luminous Flight sculptural lanterns. First Night goers will be able to participate in hands-on demos by WADA artists including glass etching, flight based clay creations, and decorating a Chinese style Dragon. Plan to join the Dragon Procession to the Waterfront at 10 pm. While you are making art you can listen to a mix of music by Halibut, Altus Noumena, Mark Castle and DC9V on stage.

They are presenting outstanding Jazz at the First United Methodist Church with local favorites La Lucha Jazz Trio with Jun Bustamante, O Som do Jazz and the Whitney James Quintet. The Plaza Courtyard is featuring Bluegrass with the Florida Mountain Boys and tasty BBQ presented by the Witch and the Ale, St. Petersburg Opera presents favorite arias and fabulous chamber music, featuring current and past St. Pete Opera Idol winners in the Cathedral of St. Peter.

New this year is TASCO’s Young Talent Showcase and Music from the MIRA program at SPC, in Straub park. The Finale Stage will feature the incredible alternative folk favorites Have Gun Will Travel and they will finish the night with the sacred steel sounds of the Lee Boys.

On the Dance Stage will be First Night Favorites Dundu Dole and the Florida West Ballet.

The Pathfinder Tree Climbing that was such a hit last year is back. Sign up early as it sold out quickly last year! New Year’s Resolutions can be made at the Bonfire and at the Resolution Fire Phoenix.

Participants can walk from venue to venue along St. Petersburg's sidewalks and shops. Throw some paint at the paintball mural and look for street performers as you stroll.

Admission buttons, designed by artist Carrie Jadus will feature flashing lights, to light the way into the new year. The buttons support First Night and will go on sale Thanksgiving around the area including Starbucks, The Morean Arts Center, Articles Gallery, the St. Petersburg Chamber of Commerce and the Museum of Fine Arts and online at www.firstnightstpete.com. Advance Price: $10 adults, $5 children 6-12, Children 5 and under are free. Dec. 31st Price: $15 adults, $10 children 6-12, Children 5 and under are free.

For more information or to volunteer for a shift at First Night, call 727-823-8906 or send an email to info@firstnightstpete.com.
CONNECT WITH TAMPA BAY

By Nanette O’Hara, Public Outreach Coordinator, Tampa Bay Estuary Program

The arrival of fall in Florida means we can all enjoy outdoor activities without feeling like we’re inside a furnace! This is a great time to explore the natural beauty of Tampa Bay, one of only 28 “estuaries of national significance” designated by Congress.

The Tampa Bay Estuary Program, an intergovernmental partnership that assists in protecting the bay, has a variety of tools and programs to help you connect with this special body of water in our own backyard.

Recreational fishing is the most popular water-based activity in the region. Before you cast a line into the bay, make sure you know what fish are legal to keep by downloading our Ethical Anger Wallet Card at http://tbep.org/pdfs/Wallet-Card-Sept-2013.pdf. Printed, foldable cards also are available at many bait and tackle shops.

Our Boating and Angling Guide to Tampa Bay is also a must-have reference. The Guide features a large map of the bay showing boat ramps, channels, speed zones, and important natural resources like seagrass beds and bird nesting islands. Email colleen@tbep.org to order yours.

Wondering where to start your personal Tampa Bay adventure? Check out the “Enjoy Tampa Bay Responsibly” section of website at http://tbep.org/enjoy_tbep.html for tips on cool things to see and do, such as kayaking, bird watching, or hiking in a nature preserve.

If you don’t mind getting your hands dirty, help us restore the bay by volunteering for one of our “Give A Day For The Bay” workdays, held on Saturday mornings at various parks and preserves. Workdays to remove invasive plants and replant natural areas with native vegetation are scheduled for November 16, December 14, and in January, March and April of 2014. Learn more or join our volunteer list at http://tbep.org/help/giveaday.html. We’ll even feed you lunch!

Climate change is an emerging critical issue that will affect all of us who live along the coast. Water levels in Tampa Bay already have risen an average of one inch per decade over the last 60 years and are expected to rise another 10 inches or more this century. Get a sneak preview of how rising sea levels might impact our shorelines, structures and communities by viewing our King Tide Traveling Photo Exhibit at Weedon Island Preserve this November and December. “King” Tides are a common name for the highest tides of the year; the exhibit features photos taken during the King Tides of 2012 by residents from all over Tampa Bay, and from all over the world, as a way to raise awareness of sea level rise.

These are just a few ideas to motivate you to get out and discover the habitats and inhabitants of wild and wonderful Tampa Bay. For more info, visit us at www.tbep.org or give us a call at (727) 893-2765.
Inaugural Luncheon at Ruth Eckerd Hall
Thursday, November 7 • 11:30-1:30pm

Keynote Speaker: Fawn Germer
A national leadership speaker, executive coach, Oprah Book Club author, and four time Pulitzer Prize nominated journalist
Her address, “Hard-Won Wisdom,” will cover what today’s most successful women – Nobel Peace Prize winners, Olympic athletes, CEOs, presidents, prime ministers, and Academy Award winners – learned the hard way.

Special Guest Speakers
Holly Duncan
President Emeritus Morton Plant Mease Foundation

Nancy Ridenour
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Judy Mitchell
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DON JUAN PONCE DE LEON’S DISCOVERY OF FLORIDA 500 YEARS AGO

by Bob Griffin, Publisher

It seems, we have been taught most of lives of the importance of Christopher Columbus, who is credited with the discovery of America. The truth is, from 1490 to 1502 Christopher Columbus made four voyages to the New World, and never once set foot on the mainland of the U.S. He discovered the Bahama Islands, Cuba, Jamaica, other various islands, plus areas in Central and South America, but not North America.

I remember in school, we spent less than one week studying Ponce de Leon who is given credit for discovering our state. He was a colonizer and a scholar, but not the discoverer of Florida. He was an adventurer of the first order, and was both a sailor and a farmer.

Juan Ponce, father of four, was both a sailor and a farmer. He was considered to be a good administrator, who was fair, honest and loyal, especially to the kings and queens that financed his voyages.

DISCOVERING FLORIDA...The First Time

On February 23, 1512, Juan Ponce received a contract from King Ferdinand to explore, settle and govern Bimini, on an island thought to be somewhere north of Puerto Rico. 11 years after Columbus discovered the New World, Ponce de Leon set sail with a small squadron of three ships, carrying about 65 companions and soldiers.

On April 3rd, after a month and sea, he reached what he thought was a large island. He named it ‘La Florida’, the Flowered One. He was thought to be near Daytona Beach and The Palm Coast (but nowhere near St Augustine).

After touching land, he sailed south along our east coast, inadvertently discovering the Gulf Stream. This was perhaps the single most important Spanish discovery since Columbus’s first voyage. It was later determined to be the best way to return to Europe. The presence and importance of the Gulf Stream would later make Havana, Cuba, the most prominent city under Spanish control.

Juan Ponce’s voyage continued south past Miami Beach, west through the Florida Keys and north to barrier islands near Ft Myers in the Port Charlotte Harbor. On his return trip, they visited the Dry Tortugas, the Keys and the Bahamas before arriving back in Puerto Rico on October 19, 1513. He was gone for over seven months.

In 1514, Juan Ponce returned to Europe and received several honors, titles including Governor and Chief Justice of Bimini and Florida. But his second trip to Florida, to start a colony, would be delayed seven years.

DISCOVERING FLORIDA...The Second Time

Don Juan Ponce de Leon sailed from San Juan, Puerto Rico, for Florida again on February 20, 1521 with only two ships carrying about 100 people. Their primary purpose was to establish a colony, so the appropriate supplies including tools, seeds and animals were on board. Juan Ponce had to pay for the ships, supplies, wages, and other incidental expenses.

He wrote in a letter to the King, “I am returning to that Island [Florida], if it pleases the will of God, to settle [it], being able to carry enough people to be able to do it and be served by the agricultural production of the land.” He went on to write, “I intend to discover more of the coast of the said Island and to learn if it is connected with the land where Mexico is.”

Historians and chroniclers of the time wrote very little about Ponce de Leon’s second voyage, mainly because it produced absolutely nothing significant. The second voyage in fact, was both a total failure and ended in tragedy. None of his goals were achieved. There was no gold, no colony, no new maps or charts and no diary or log. The only information about the trip is found in three letters de Leon wrote before his death and by Cortez after one of the ships reached Mexico.

Not much is known about the ships, other than they were small, about 70 feet long and 20 feet wide. They drafted about seven feet so it would have been very crowded with 100 people, animals and the necessary implements to start a colony.

The exact site of his attempted settlement is unknown. He may have returned to Charlotte Harbor near Pine Island to establish his colony. One thing is for sure, he wanted a location on the mainland, not an island that would not be good for farming. He knew about farming.

It is just as likely he explored and considered the area around Sarasota Bay, Tampa Bay, or even as far north as Apalachee Bay. On some maps drawn a century later, Tampa Bay is labeled “The Bay of Juan Ponce”. This has caused people to assume that his colony was somewhere on the shores of Tampa Bay.

Around the first of July, 1521, five months into his trip, there was a deadly confrontation with some Florida Indians, who may have been Caloosa Indians. If they were, the fight would likely be south of Tampa Bay. Juan Ponce had already had a terrible experience with the Caloosa during his first voyage believed to have been in Charlotte Harbor near Pine Island.

The Indians overwhelmed the Spanish. Many were killed, but the actual number is unknown. Juan Ponce was shot in the thigh with an arrow. His nephew, Hernan, was killed. Many of the future colonists died during the fight.

The ship carrying the wounded governor and crew returned to Havana, where many died from infections. Juan Ponce’s nephew Hernan and others that died during the return trip were buried at sea. His other ship, with Cortez in charge and the few remaining healthy crew, crossed the Gulf of Mexico to explore Mexico in search of gold.

Juan Ponce died of his wound later that month in Cuba. Juan Ponce de Leon was 47 when he died. He was barely mentioned by the chroniclers of his time. He was first buried in Cuba, but in 1559, his remains were removed and taken to the San Juan Puerto Rico Cathedral where he lies today.
“...St. Petersburg is famous for its sunshine, which seems to shine perpetually year round. With that sunshine comes shadows... and in these shadows lurk mysteries that are seldom spoken of or, for that matter... understood. Could footsteps in the attic be a long ago relative whose spirit lingers? Why does the glowing apparition known as the Lady in White appear year after year? Are these unexplainable phenomena just tricks of the mind...a figment of the imagination brought on by nerves, darkness, or perhaps, fear of the unknown?”

These are the welcoming remarks from the Ghost Tour of St. Petersburg, the nightly tour that peers into the shadows along downtown streets and waterfront walks, as the city’s haunted history is brought back to life. Costumed tour guides lead a leisurely stroll weaving fascinating tales of haunted mansions, glowing apparitions and quirky characters from St. Petersburg’s past.

Based on the book Ghost Stories of St. Petersburg, by Tim Reeser, these and other stories of unexplainable encounters await those who enjoy a twist of reality or are just plain curious about close encounters of the haunted kind.

St. Petersburg’s oldest hotel, the Detroit Hotel, still stands on Central Avenue, and some believe the city’s founding father, General John Williams, who built the Victorian style building in 1888, may haunt its old hallways.

General Williams created the new town of St. Petersburg, with help from his wife Sarah, by finagling a railroad extension to the land he owned in what is now downtown St. Petersburg. The General also yearned to be the town’s first Mayor, hoping, perhaps, to match the accomplishments of his father, the first mayor of Detroit, Michigan. But, the General lost the election and died a bitter and disappointed old man a few months later.

Nevertheless, the town he created grew and flourished, as did the tales of an apparition roaming the hallways of the Detroit Hotel. Reportedly, the figure of a man resembling the General materializes out of nowhere and just as suddenly disappears. Does the General have unfinished business in St. Petersburg, or is there another reason he lingers in the shadows of the “Sunshine City?”

(The St. Petersburg Ghost Tour departs nightly at 8 pm from Hooker Tea Company, 300 Beach Drive NE, St. Petersburg, FL 33701. Call 727-894-4678 or visit www.ghosttour.com)

STREET PARTY PLANNED

Urban Brew & BBQ, The Burg Bar & Grill, and The Hideaway Café are hosting Urban Burg Oktoberfest on Saturday, October 26th from 12pm to 5pm. The street party will be held in the 1800 block of Central Avenue. Brats, polish dogs and pretzels will be available for purchase, along with 5-7 beers on tap ($4 or $6). They also plan to have live music and no entry charge.
SURVIVE COLD & FLU SEASON
by Dr. Stacey Robinson

The first step in surviving the cold/flu season is to build a strong immune system so that you don’t get sick in the first place. The key element of building a strong immune system is good nutrition.

• Adequate protein intake – Make sure to eat protein with every meal whether from high-protein plants (seeds/nuts, beans, spinach), dairy (yogurt, cottage cheese, almond milk), or lean proteins.

• Eat at least 5 servings of fruits and veggies per day, especially those that are orange, red and yellow, which are high in beta carotene and vitamin C.

• Eat foods rich in selenium and zinc such as nuts, seeds and seafood

• Eat fermented foods such as yogurt (without added sugar), kefir, tempeh, etc… which contain the good bacteria that protect you from infection. You can also supplement with a Probiotic (10-15 CFU).

Many other lifestyle factors are important for a strong immune system.

• Moderate exercise strengthens the immune system (while extreme exercise weakens it).

• Get 15 minutes of sunshine each day and/or take a Vitamin D3 supplement to maintain a Vitamin D level between 50-70 because Vitamin D is a key factor for your immune system.

• Get at least 7 hours of sleep because sleep deprivation decreases the body’s production of certain types of immune cells and also increases the inflammatory response, which can make the response to infection more severe and prolonged.

• Practice at least 30 minutes of relaxing activities every day such as prayer, meditation, reading, music, or yoga/Tai Chi because chronic stress weakens the immune system.

The second step is to decrease your exposure to infection. Hand washing with soap and water is the most effective action you can take to prevent cold/flu. Carry hand sanitizer for times when a sink is not available. Avoid close contact with people who are sick and don’t touch your face if you are around those who are sick. Keep surfaces clean, especially phone handsets, doorknobs, and computer keyboards.

The third step is to increase the following nutrients within 24 hours of onset of cold/flu symptoms. Studies have shown that this can shorten the duration of illness. Also make sure to drink plenty of fluids and rest.

• Probiotics – increase your probiotic to 50-100 billion CFU

• Vitamin C - take 500 mg 2-3 times/day

• Zinc - Use zinc lozenges every 2 hours. I do not recommend Zinc nasal spray, it can cause loss of your sense of smell.

The fourth step is to resist the temptation to ask your doctor for an antibiotic because antibiotics are not effective against viruses. Antibiotics do have risks including allergic reactions, gastrointestinal problems and increase in bacterial resistance (contributing to the problem of “superbugs” that we are unable to treat.) Repeated use of antibiotics can also alter the bacteria in your GI tract and increase your risk of infection, inflammation and autoimmune disease. Cold/flu usually improves after 5-7 days. If you aren’t improving, see your doctor to discuss whether further treatment is needed.

Dr. Stacey Robinson is a private physician practicing in downtown St. Petersburg. She can be reached at (727) 329-8859. Visit RobinsonMed.com or connect with her on facebook at Robinson Concierge Medicine and twitter @staceyrdm.
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. The last meeting of the year is November 13th. It will be held in the American Stage Lobby at 163 Third Street N. They will offer a special VIP tour of their backstage areas. There is no meeting in December. 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
Get started early on your Christmas shopping with their Holiday Craft & Food Fair on Saturday, November 2nd, 9am to 2pm. They will have a variety of interesting vendors, baked goods table, and the kitchen will be open for breakfast & lunch. Call (727) 674-3484 or email granny0813@gmail.com for information.

The St Petersburg Woman’s Club, which celebrated 100 years of service to the community in February, 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
A rare invitation has been extended to the Second Time Arounders Marching Band – the chance to perform a show in front of the grandstands, LIVE on television – during the National Cherry Blossom Parade in Washington DC - April of 2014. Marching bands are typically not allowed this few minutes of fame, however the uniqueness and reputation of the Rounders has changed that!

Their performance will be filled with patriotism and Americana - powerful music, an abundance of red, white, and blue, plus stunning visual effects that will leave the crowd proud Americans and smiling from ear to ear.

NOW is a GREAT time to join the Rounders if you’ve ever marched in a high school, college, or military marching band! The Rounders perform locally, nationally, and internationally… 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 Rounders 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, the 2014 trip or how to join, visit www.secondtimearounders.org.
HISTORIC OLD NORTHEAST HOMEOWNERS ASSN.
They will present their 16th Annual Candlelight Tour of Homes on Sunday, December 8, from 3-8pm with an array of homes that will reflect the diverse nature of their architecture and display interior designs that will give you ideas for your own home as you tour eight of Old Northeast’s historic homes. This has become one of St Pete’s finest Holiday traditions. Advanced tickets are $20 and may be purchased online at www.HONNA.org or at various area retail stores or $25 on the day of the event. Proceeds benefit several local charities.
Their meetings are quarterly on the third Monday of the month (except for holidays). The last meeting of the year is December 16th at The Old Northeast Tavern. Visit www.HONNA.org or call 269-5521 for events and voicemail. Jay Marshall, President, can be reached at 248-9288 or email Jay@MarshallSite.net.

ROTARY CLUB OF ST. PETERSBURG
Tax attorney Larry Heinkel, the new 2013-14 president, is their 93rd President. He is the founder and managing partner of the Heinkel Law Group and a 4-degree graduate of the University of Florida. He joins a large group of distinguished community, civic and business leaders who have led the organization since it was founded in 1920, beginning with William Straub. Heinkel has been a member since 2005.
The Club is organizing the Annual Lighted Boat Parade, Saturday, December 14th.
The group meets the first Wednesday of each month at 6pm, with the next meeting on November 6th. The Mirror Lake Library is located at 280 5th Street N. Wayne Finley is their President. To get involved, call him at 813-767-5503 or email Wayne.Finley@StPete.org.

FRIENDS OF THE MIRROR LAKE LIBRARY
They meet the first Wednesday of each month at 6pm, with the next meeting on November 6th. 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
The merchants in the Grand Central District are organizing a Flea Market on November 2 from 10am to 5pm. They will primarily be at the southeast corner of 26th Street and Central Avenue. Antique appraisals will be conducted from 10am to 2pm only. They expect about 40 vendors. To inquire about vendor space, please call Howard Dodge at 827-2965. For more 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 November 2 and December 7, 8am - 11am.
They will be flying Santa Claus into St Petersburg, Sunday, December 15, at noon for lunch with the kids. The cost of this event is $7 per person and includes a photo with Santa. RSVPs is required, 822-1532.
For more information on AWAPS, visit www.Awaps.org or call Terri Griner at 822-1532.
Bar & Restaurant News...

GREEN BENCH BREWING CO. This new micro-brewery opened west of downtown. Constructed in a warehouse built in 1926, which was part of the first Chrysler dealership in St Pete and later a truck repair shop, they are brewing eight craft beers on site with plans for more. The new brewery located at 1133 Baum Ave N., is owned by partners Nathan Stoneciper and Steve Duffy. Khris Johns is the head brewer.

NO SOUL AT KRESS Soul Food will not be moving into the Kress Building on Central Ave at 5th St. Instead, Moscato’s Bella Cucina will be moving in soon. Yolanda Helwig and her husband who run the small Italian restaurant located at 449 Central Avenue, signed a lease in September.

ROCCO STEAK This new restaurant concept featuring a steak-centric menu is opening in the former home of the YWCA, 655 2nd Avenue S., by the end of the year. The menu will feature a large selection of steaks, fresh fish, and creative cuisine. The chic, urban steakhouse offers a larger selection of small steaks, including unique grassfed options, more playful appetizers, craveable side dishes and fresh interpretations of the classics. The concept is funded the local ownership behind Ceviche Tapas Bar and Restaurant.

THE BRASS TAP Also opening in the former YWCA building, 655 2nd Avenue S. by the end of the year, this taphouse bar will feature 80 craft beers on tap and over 250 others by bottle. They will have no food of their own, but will share the dining area with the Rocco Steak. There are other Brass Taps in Florida.

CYCLE BREWING Owned by Doug Dozark, the brewery offers no food but has six craft beers for sale. The small storefront is across from Acropolis Greek Restaurant, at 534 Central Avenue. Before opening in August, they were based out of Peg’s Cantina in Gulfport.

THE LEMON GRASS This new Thai restaurant at 310 Central Avenue features Asian tapas including Thai curries, noodles and sushi.

KRISPY KRUNCHY Still under construction at the corner of 3rd Street and 1st Avenue North, this restaurant will specialize in fried chicken. The storefront was previously a jewelry store.
Bar & Restaurant News...

**CHANGES**

The French pastry cafe Le Macaron, has been replaced by La Sandwicherie at 203 1st St. NE. They plan to offer sandwiches, salads, fresh juices and desserts. This is their third location with two others in the Miami area. Visit www.lasandwicheriespete.com to see their menu.

**TIMES FOOD CRITIC HONORED**

Laura Reiley, food critic for the Tampa Bay Times, won first place in restaurant criticism from the Association of Food Journalism. The organization recognizes the finest work of food journalists around the country. Reiley was honored for a collection of three area restaurants reviews in 2012. Reiley has a been the Times food critic since 2007, and won first place from the Florida Society of News Editors for her restaurant and food coverage earlier this year, too.

**CENTRAL OYSTER CHANGES**

Josh Cameron bought Central Avenue Oyster Bar in July and is making changes, including the name. They are not a seafood restaurant and he wants a name more representative of their menu. No name has been announced yet.

**RATCHADA NOW SUSHI INC.**

Ratchada Thai Restaurant, at 270 First Avenue N. was sold to the owners of Tampa’s SO HO SUSHI. The restaurant’s new name will be SUSHI Inc. They are adding more sushi to the menu and plan to open this month. Visit www.StPeteSushi.com.

**FERG’S NEW DEPOT**

Mark Ferguson, owner of Ferg’s is opening a second sports bar, called Ferg’s Depot, in 15,000 square feet of Orlando’s historic Church Street Station. The vacant train station in downtown Orlando was built in 1890, and housed the popular entertainment complex Church Street station until the late 1990s. Ferg’s Depot will have three separate venues. Ferg’s Tap House will seat 75 people and be similar to his Central Avenue sport bar. A fine-dining restaurant will be built in the train station’s old waiting room with about 100 seats. An indoor/outdoor oyster bar is also in the plans. Ferguson, who is leasing the space with an option to buy it for about $3.1 million, chose the space because of its large downtown customer base of workers and its vibrant night life. Instead of a baseball team, he will be near the Amway Center where the Orlando Magic play and hopes to be open by the beginning of basketball season.

**CLOSED**

Bishop’s Tavern, 1st Avenue N.
Durry Nelly’s, on 1st Avenue N.
Green Chili / Raga Indian Bistro, Central Avenue
Ratchada Thai, First Avenue N.
Taps & Tequila, 1235 Central Avenue
The Columbia, Cha Cha’s and Jonny Reno’s at the Pier.
Le Macaron 203 1st St. NE
AMERICANS LOVE HALLOWEEN

Over $5 billion a year is spent in our country celebrating Halloween. But how did traditions like asking strangers for food and dressing up as ghosts develop?

Halloween has its roots in an ancient harvest festival named Samhain, held at the end of the Celtic year. It marked the end of summer and the beginning of winter. They believed spirits of the dead returned during Samhain to damage crops and play tricks on them. During bonfire celebrations, Celtic priests wore animal skins while sacrificing crops and animals to the spirits.

When the Romans arrived in England, Scotland and Northern France, they brought their own holiday, Feralia. In the eighth century, with the spread of Christianity, Pope Gregory III designated November 1 All Saints Day, likely to replace Samhain. It was a similar but holier holiday honoring saints and martyrs. Later, it was renamed “All Hallows” and Samhain on Oct. 31st began to be called “All Hallows Eve,” before it was shortened to “Halloween.”

All of these holidays involved dressing up in one way or another. The celebrators of Samhain wore animal skins, those that observed “All Saints Day” dressed as angels or saints, some would impersonate the dead that day, explaining our ghoulish tradition.

The first trick-or-treaters were far from today’s smiling children with commercialized costumes. They lived in Medieval England, and practiced “souling,” in which poor people would beg for sweet breads, in return for praying for the families’ souls. During the mid-1800s, Irish and English immigrants brought Halloween to the U.S., where trick-or-treating develop into their own version, but it didn’t become popular here until the 1930s.

Fun Halloween Facts:
1) Halloween Is The Second Highest Grossing Commercial Holiday After Christmas - Between lights, lawn ornaments, costumes and loads of candy, the average American spends about $65 on this holiday.
2) Harry Houdini Died On October 31, 1926 - The magician was accidentally killed by a student who hit him in the stomach repeatedly as part of a stunt. He died from a ruptured appendix when he refused medical treatment.
3) Phobias For That - Samhainophobia is an intense and persistent fear of Halloween that causes panic attacks. Other phobias for this time of year: phasmophobia (fear of ghosts), coimetrophobia (fear of cemeteries) and wiccaphobia (fear of witches).
4) Jack-O-Lanterns Weren’t Always Pumpkins - Irish tradition was to carve faces of the dead on hollowed-out turnips, then later on gourds with candles inside to make them glow. Today’s Jack-O-Lantern is usually a pumpkin, which most likely was grown in Illinois—a state that grew 542 million pounds of pumpkin in 2007.
5) A Quarter Of All The Candy Sold Each Year Is For Halloween - Four out of ten adults admit to sneaking sweets from the candy bowl, 90% of parents admit to sneaking candy from their kids’ trick-or-treat bags. While Americans consume 20 million pounds of candy corn a year, Snickers Bars has been the number one Halloween treat for years.
GUM DISEASE AFFECTS MORE THAN JUST YOUR MOUTH

by Dr. John Ferullo, DDS

Gum disease or periodontal disease is a chronic inflammation and infection of the gums that destroys the supporting bone and tissue around your teeth. It is a major cause of adult tooth loss and bad breath and affects three out of four people after the age of 35. It provides a direct path of bacteria to enter your blood stream on a daily basis. The most common causes are an over abundance of bacteria in the mouth, a weak immune system, a diet low in nutrients, a medical condition or in some cases a wide variety of synthetic medicines.

Gum disease or periodontal disease can elevate the risk factors for heart disease and diabetes: cholesterol, hs-C-Reactive Protein (hs-CRP) and glucose levels. We screen for these before and after your periodontal treatment. If they are elevated after treatment there is a possibility of an underlying medical condition. Our goal is to make sure that your oral condition is NOT elevating these blood chemistries, so your physician can make an accurate diagnosis. Heart attack, stroke, and diabetes are among the biggest health issues we have today. Research shows that a 10% decrease in total cholesterol can reduce the incidence of heart disease by as much as 30%. Many times we see a decrease in cholesterol after periodontal treatment.

High sensitivity C-Reactive Protein (hs-CRP) can become elevated when there is inflammation present such as inside your mouth or inside the blood vessels leading to your heart. Blood tests can detect elevated hs-CRP in apparently healthy individuals that have no symptoms. Research shows that 50% of men and 64% of women that die suddenly from heart disease, had no previous symptoms, and have normal cholesterol. Therefore, leading medical centers use hs-CRP as one of the indicators in determining your risk factor for heart disease. Many times we see a significant decrease in hs-CRP after periodontal treatment.

Research also shows that glucose levels rise and are hard to control in diabetics if they have periodontal disease. Physicians can better determine the proper amount of medication when periodontal disease is not present. Occasionally blood glucose levels are significantly reduced after periodontal treatment. We believe strongly in monitoring our patient's health at Your Downtown Dentist. Dr. John Ferullo builds relationships with physicians and cardiologists to better serve all of his patients. After all a beautiful smile is a healthy smile.
**WINTER WONDERLAND PARTY FOR HABITAT FOR HUMANITY**

Gulf Coast Giving’s annual fundraising event, Winter Wonderland, will be held November 22, 2013, beginning at 8 pm, at NOVA 535 Unique Event Space in St. Petersburg. Net proceeds from the masquerade-themed event will benefit Habitat for Humanity of Pinellas County and Habitat for Humanity Sarasota. Winter Wonderland 2013 is a chic event featuring cocktails, cuisine, dancing, and captivating entertainment. Guests are encouraged to wear masquerade masks and dress to impress. The event includes chance prize items and a silent auction that offers fine dining experiences, one-of-a-kind memorabilia, fine art, weekend getaways, pampering spa packages, and much more.

“Party with a passion,” the event’s slogan, emphasizes Winter Wonderland 2013’s dedication to all the elements of an entertaining event. “Winter Wonderland uncovers what makes an incredible party and shows how to “party with a passion,” said Jessica Moody-Shafer, Gulf Coast Giving’s director of operations. “It is an event devoted to promoting a strong sense of community and the spirit of giving.”

Winter Wonderland tickets can be purchased online at www.GulfCoastGiving.org/party. For more information and sponsorship opportunities, visit GulfCoastGiving.org/party.

This year, Gulf Coast Giving’s beneficiaries are Habitat for Humanity of Pinellas County and Habitat for Humanity Sarasota. Combined, the two Habitat for Humanity affiliates have provided safe housing for over 1,500 children, leading to a positive effect on education and health for children. Proper IT equipment, tools, and training help maximize the efforts of organizations like Habitat for Humanity.

The Winter Wonderland party is an annual fundraising event that raises money for a notable nonprofit organization each year in the Tampa Bay area. The party’s beneficiary may change year to year, but the main mission remains. Gulf Coast Giving, the host of the event, focuses on providing nonprofit organizations with IT equipment and training needed to keep pace in a modern world.

**FESTIVAL OF READING**

The 21st Annual Tampa Bay Times Festival of Reading is scheduled for Saturday, October 26, from 10 am to 4 pm at the University of South Florida St. Petersburg. This free festival is a celebration of literacy - featuring nationally renowned authors, book signings, panel discussions and a variety of entertainment. The USF St. Petersburg campus is downtown, and attendees may utilize campus and downtown parking, giving easy access to all events throughout the day.

The Times Festival of Reading has drawn an annual attendance of approximately 5,000 book lovers through the course of its history. To date, over 40 authors are confirmed to appear at the 2013 Festival. The featured authors include bestsellers such as: Gilbert King, Edwidge Danticat, David Finkel, Marcia Clark, Ridley Pearson and Jayne Anne Phillips. In addition to the author appearances, there will be an extensive Book Market featuring local merchants and entertainment, plus food and drink concessions. The complete line-up will be posted on www.festivalofreading.com.
POPULAR GUIDED WALKING TOURS HAVE STARTED!

October marks the beginning of St. Petersburg Preservation’s 2013-2014 walking tour season. Tours are offered every Saturday through April and a one hour lunchtime tour is offered on the first Friday of the month starting November 1. All tours except the Historic Kenwood tour start in front of 243 Central Avenue, next to the historic Detroit Hotel. The Historic Kenwood tour starts at the Craftsman House, 2955 Central Avenue. Tours are free, but a $5 donation is appreciated if not a member. All tours start at 10 a.m.

Experienced volunteer guides take guests on one of four detailed tours of downtown St. Petersburg and beyond. Participants see the jewels of St. Pete’s past while learning about the founding of the city, its historic architecture, and some of our newest architectural gems.

On the first Saturday of each month the “Original” Downtown Historic Walking Tour is offered. Guests will travel through historic downtown St. Pete between Central Avenue and 4th Avenue North seeing grand hotels, stately churches, and architectural treasures like the Snell Arcade, the Open Air Post Office, and the Veillard residence. Tours include a brief stop with a special look inside one of downtown’s historic buildings. The Friday lunchtime tour offers a shortened version of this tour with historian Emily Elwyn.

On the second Saturday of the month the Waterfront Tour is offered. Guests will learn about the civic visionaries who transformed our working waterfront into one of the largest waterfront park systems in the country, learn about the story behind the downtown “comfort station” and hear about and see pictures of the million dollar pier. Not only will tour goers be able to see some of the best of the past but they will also have a chance to learn about some of the newest buildings along the waterfront.

On the third Saturday of the month the “North by Old Northeast Tour” or another special tour is offered. The Old Northeast tour offers a chance for guests to stroll from the historic downtown, along a part of the waterfront and finally into the shaded streets of the historic Old Northeast neighborhood. The tour includes a special stop inside a fully restored home. The tour typically ends at the jewel of the waterfront, the Vinoy Hotel.

On the fourth Saturday of the month the Historic Kenwood Tour is offered. The tour starts at the Craftsman House, presently a gallery & café but which was the original model home for the Kenwood neighborhood. The tour offers a chance to visit Historic Kenwood, one of the country’s premier bungalow neighborhoods. The tour includes a stop inside one of the neighborhood’s restored bungalows. After the tour, guests can choose to enjoy a drink or lunch on the wonderful front deck at the Craftsman House.

Months with a 5th Saturday will have a “special tour.” November 30th will feature a special 50s look at downtown with former St. Petersburg Times reporter Jon Wilson. SPP recommends you check the website calendar or visit Saint Petersburg Preservation on Facebook for other tour details or to verify schedule.

Group and children’s tours are also available by contacting St. Petersburg Preservation at www.stpetepreservation.org.
They fired him, so he bought the place. At least, that is the story Steve Westphal likes to tell.
When he was only 14, Westphal’s first job was at The Pub in Indian Shores, washing dishes. That was in 1972. After he moved up to being kitchen help, he cut himself with a knife and they fired him.
Steve graduated from Seminole High School and went to work at the now closed Wine Cellar in Redington Beach. He stayed 12 years. When he was 29, he purchased The Sports Bar located in Bay Pines. Then, when he was 40, Steve bought The Pub from Barry and Shirley Dobson on Labor Day, 1998 - 15 years ago.
The Pub Restaurant itself dates back to pre-WWII days. Its first life was as Beach Park, a small drive-in that also had two gas pumps outside.
In 1942, Leo and Gertrude Smitz converted the waterfront café into ‘The Hofbrauhaus’, serving German cuisine, naturally. It was also their home. The Smitz enlarged and remodeled their restaurant/home in 1950.
In 1955, it was Harry Kennedy’s turn to own it. He renamed it The Pub and added the outside bar and deck on the water. He was Italian, so he served lots of Italian food including pizza, ravioli and pasta. He owned it for about 15 years, until he opened The Captain’s Galley in Madeira Beach, which is now waterfront townhomes.
Barry and Shirley Dobson bought The Pub from Harry in 1970. Barry expanded the outside areas creating the bar and deck on the north side. He also added 18 boat slips on the Intracoastal and the popular piano bar inside. They had jazz on Sunday afternoons. Of course, like everyone before them, they changed the menu, adding lots of fried seafood.
“They had fried oysters, grouper, meatloaf, Shepard’s pie and baked chicken,” says Cindy Engel, long time employee. “Barry had a game room in the back with a pool table, and electronic games, such as PacMan.” Cindy has worked at The Pub for 39 years, first with the Dobsons and now with Westphal.
Barry died in 1996, but Shirley continued to run The Pub. Before Barry died, Steve had talked to him about buying The Pub, so in 1998, when Shirley decided to sell, she contacted Steve to see if he was still interested. Steve bought The Pub from his old employer, and the rest is history.

Steve took possession in 1998, 15 years ago this month, and has made lots of changes.
At first, Steve changed the name to Happy Harry’s, in respect for a prior owner. The locals hated the name and presented a petition asking Steve to change it back. It worked, because he did.
The menu was modified to add fresh seafood and steaks. Gulf shrimp, lobster and stone crabs (in season) are included. The locals did not mind those changes.
Steve remodeled the inside, and added the second deck on the north side, 22 floating docks and expanded parking. There are now 50 docks on their waterfront. They have been voted “The Best Place to Dock and Dine”.
“I love boating. I have three of them,” Steve says. The Pub employs between 65 to 80 people, depending on the season, four of which worked for the Dobson’s - Cindy, John, Theresa and Billy.
To celebrate his 15 years, Steve is adding more - a large Tiki Bar on the far north deck, and tweaking the menu to include more frozen drinks and draft beers. He is expanding the inside bar and adding a full sized gift shop. He plans more outside music.
Steve did not stop with owning The Pub. Today he owns four successful restaurants in downtown St Petersburg: 400 Beach Seafood & Tap House, Parkshore Grill, The Hangar at Albert Whitted Airport and the Café inside the Dali Museum. He is currently a partner in a future gulf front restaurant in Madeira Beach to be called Gulf Grill now under construction.
“I wanted to take what I learned in my four downtown restaurants and bring that to the beaches,” Steve said. “I want to improve The Pub even more but still remain beach casual.
In May of this year, Steve was recognized as Tourism Person of the Year, by the Tampa Bay Beaches Chamber of Commerce.
“I think it is amazing that The Pub has been a beach favorite for 58 years now,” says Steve. “I hope to keep it open until the day I die…”
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