TIRED OF THE SAME OLD, SAME OLD?
COME THRIVE WITH US!

Monday, January 19th | 11:30am
What’s in your estate planning toolbox?
Join us for lunch with special guest Sean W. Scott, Elder Law Attorney. He’ll explain
durable power of attorney, healthcare surrogate, simple will, living trust, special needs
trust, Medicaid pre-planning and more.

Friday, January 23rd | 2:00pm – 3:00pm
DNR: Everything You Want to Know but Have Been Afraid to Ask
Dr. David Long will shed light on what “Do Not Resuscitate” really means and why
it’s important to express your wishes. Learn about your legal rights with this form of
pre-planning treatment.

To attend either of both of these events, please RSVP to 1-727-474-8814 at least two days prior.

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Showing Some (Tai Chi) Moves

Instructor Marge Grudzinski leads a Tai Chi class through the 108 movements of Tai Chi at the Michael J. Yakes Recreation Complex in Gulfport. Grudzinski, certified by the Taoist Tai Chi Society, has taught the twice-weekly class in Gulfport for 19 years.

Gulfport Neighbors Day of Service

Gulfport Neighbors is donating their time by helping organize the Martin Luther King Day of Service event in Gulfport, as well as leading several of the confirmed projects. Gulfport Neighbors is a non-profit network of volunteers whose motto is “Many hands and big hearts can make a difference.” Gulfport Neighbors does beach and neighborhood cleanups, has helped with several rehabs of resident properties, hosts the Junk in the Trunk event and also organized the recent Mayors’ Cleanup of 49th Street, an effort to encourage collaboration between the communities on both sides of 49th Street. Gulfport Neighbors encourages neighbors to help neighbors as they are the building blocks of our community.

If you would like to participate in the MLK Day of Service as a volunteer you can register at mygulfport.us/mlkdayofservice/. Walkups will also be welcome at Tomlinson Lake Park on Saturday, January 17, beginning at 8 a.m.

More information about Gulfport Neighbors may be found at facebook.com/gulfportneighbors.

HCA Health Talks: “Advances in Surgery”

Ambroise Paré, a 16th-century French surgeon, stated that to perform surgery is, “To eliminate that which is superfluous, restore that which has been dislocated, separate that which has been united, join that which has been divided and repair the defects of nature.”

Join Dr. Matthew Couch, at the Gulfport Senior Center, 5501 27th Ave. S., on Monday, January 26 at 2:30 p.m. as he explains the advances in surgery and the new techniques that St. Petersburg General Hospital offers which include robotic assisted procedures.

Must be a registered Gulfport Senior Center member. Membership is easy and free for all individuals 50 years of age or older. For more information, please contact the Event Line at 727-893-5657.
Supervisors of Elections College Scholarships

College students registered to vote in Pinellas County could be eligible to earn a scholarship in 2015.

The Florida State Association of Supervisors of Elections (FSASE), comprised of the 67 county supervisors, will award $1,200 scholarships to three qualified students in 2015.

College students majoring in political science, public administration, business administration, journalism or mass communications, enrolled as a junior or senior at an accredited Florida college or university and registered to vote are eligible to apply.

“I am proud our association is able to provide these financial scholarships to our future leaders,” Pinellas County Supervisor of Elections Deborah Clark says. “Pinellas County has produced a scholarship winner in four of the last nine years, and we look forward to continuing that trend in 2015.”

FSASE scholarships are awarded in memory of Dorothy Walker Ruggles, who served as Pinellas County Supervisor of Elections from 1988 until her death in 2000, Joe Oldmixon, former Escambia County supervisor, and Jimmy Whitehouse, former Highlands County supervisor.

The scholarship application and the complete list of scholarship guidelines, which include requirements such as letters of recommendation and financial information, are available for download at votepinellas.com.

Scholarship applications must be received by 5 p.m., Monday, March 16, and should be submitted in the county in which the student is registered to vote. Pinellas County students should return completed applications to any of the three Supervisor of Elections offices: 315 Court St., Room 117, Clearwater; 13001 Starkey Rd., Largo; or 501 1st Ave. N., St. Petersburg.

For additional information or to receive an application by mail, please call the Pinellas County Supervisor of Elections office at 727-464-6108.

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Horoscope Guide

By Holiday Mathis

ARIES (March 21-April 19). The relationship that was once a cause for frustration will become a source of joy. You will handle your responsibility with marvelous confidence, as you have had plenty of practice. Bonus: You will, at least for this week, be empowered to stop the bad habit of worrying over things that are not in your control.

TAURUS (April 20-May 20). A romantic entanglement provides a bit of heavenly madness. Then, later in the week, new certainty takes hold of you, and you will make a series of stellar decisions. These decisions are about you, yet the soundness and correctness of your choices will have a favorable effect on your loved ones.

GEMINI (May 21-June 21). You can be loyal to a fault. Not everyone you give your loyalty to has earned it. Give some thought as to what you would like to experience in your relationships. Perhaps it's time to decide upon new criteria regarding just what it takes to be your friend. This is an excellent week to change up your social rules.

CANCER (June 22-July 22). Letting go of fear isn't easy. It takes a willingness to dig into your belief system, challenge what you thought was true and essentially call your former self "wrong." People generally don't like to be called wrong. It's too much of an affront to the ego. But you're willing to be wrong if it means being free of fear -- and it will!

LEO (July 23-Aug. 22). Being able to tell your own story well is a skill worth developing. It will shape people's perception of you and, subsequently, the opportunities offered to you. Much has changed since your last incarnation. Consider what's important to you these days, and experiment with different ways of presenting the highlights.

VIRGO (Aug. 23-Sept. 22). In response to your regal air, you'll be cared for like royalty. It's not that you think you're better than anyone else; it's just that you sense that you need special care, and you're willing to treat yourself like the treasure you are. The rest follow your lead and make sure that a few of your specific requirements are fulfilled.

LIBRA (Sept. 23-Oct. 23). The gradual growth of your mind has brought you deep satisfaction and long-term contentment. That's why you remain committed to learning something new each day. This week, your pursuits of knowledge will happen quite naturally as the things you are curious about lead you to a new interest.

SCORPIO (Oct. 24-Nov. 21). When you connect with people, you feel the "click." When you don't connect, it doesn't mean you should move quickly on. Instinct will tell you to linger because there is something to learn from even those you don't readily jibe with. Also, some people need more time to warm up. Patience will be rewarded.

SAGITTARIUS (Nov. 22-Dec. 21). Your capable attitude attracts herculean tasks in the early week. On Thursday and Friday, minor problems may be exaggerated in your mind. If you think you need a job change, a move or a relationship shift, give it some time. Maybe you just need more sleep, good nutrition and a walk. Don't do anything drastic.

CAPPEDORN (Dec. 22-Jan. 19). Your heart needs to plug in, but your devices are taking over all of your charger space. Strongly consider doing a technology cleanse this week. Seek the real over the virtual whenever possible. There will be interesting strangers around you Wednesday through Friday, so don't be afraid to strike up a conversation.

AQUARIUS (Jan. 20-Feb. 18). Love isn't all holding hands and staring into each other's sparkling eyes. Sometimes love is looking forward to having someone annoy you in new and inventive ways. This week, love will grow your spirit. The journey may be quite pleasant or not so much, but the destination makes the trip worthwhile.

PISCES (Feb. 19-March 20). Looking for happiness is a full-time job, and it can certainly tire a person out. Being happy, however, is more of a habit and actually requires very little effort. This week's lesson has to do with learning to relax and appreciate the resources around you and inside you, all of which can be ingredients for happiness.

Music at Gulfport Beach Pavilion #6

Monday, 1-3:30 p.m.
Karaoke by Harmony Hal & His Gal

Tuesday, 1-3:30 p.m.
Karaoke Len and Arlene EOW from December 16

Wednesday, 1-3:30 p.m.
Karaoke Mike Furman

Thursday, 1-3:30 p.m.
Dancing & Karaoke with Dave & Cookie

1st & 3rd Friday, 1-3:00 p.m.
Entertainment Dorothy & Jim

Saturday, 1-3 p.m.
Ray & Ann, Entertainment

Sunday, 1-3 p.m.
Woody & his accordion, music for listening & dancing

Weather permitting

Gabber January 15 – January 21, 2015
St. Petersburg MLK Events Lineup

The 2015 Dr. Martin Luther King, Jr. Holiday celebration in St. Petersburg features the following cosponsored events, January 15 to 19:

34th Annual MLK High School Essay Contest Finals on Thursday, January 15, 7 p.m. Students make their final oratorical presentations at the Enoch Davis Center, 1111 18th Ave. S. Free and open to the public. Cosponsored by the MLK Commemorative Celebration Committee Inc. and Alpha Phi Alpha of St. Petersburg. Contact Lynette Buchanan, 893-7134.


30th Annual MLK Drum Major for Justice National Parade on Monday, January 19, 11 a.m. Parade begins at 3rd Ave. S. and Dr. Martin Luther King St., proceeds north to Central Ave.; east to Bayshore Drive NE; and north to 5th Ave. NE, disbanding at Vinoy Park. Pick up parade entry applications at Enoch Davis Center, Campbell Park or Wildwood Recreation Centers of Negro Women St. Petersburg Metropolitan Section, 727-896-6556 or visitmlkbreakfast-stpete.com.

For more details about the MLK Holiday Legacy Association’s banquet, bandfest or parade, contact the Holiday Legacy office at 727-388-9494 (leave a message); e-mail MLKholidaylegacy@gmail.com or visit mlknationalparade.org.

For parade day vendor inquiries, contact Thomas Huggins, 813-207-0003, or visit the MLK parade vendor website spmlkparade.com.

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Park Street Baptist Grief Support Group

Anyone who has experienced the death of a family member or friend is invited to register for the GriefShare program held at Park Street Baptist Church. This nondenominational program features Christ-centered, biblical teaching that focuses on grief topics associated with the death of a loved one. The 13-week DVD seminar features nationally respected grief experts and real-life stories of people, followed by a small group discussion about what was seen on the DVD.

Many grieving people find they are only beginning the work of healing when friends or family have returned to their daily life routines. Your bereavement experience may be recent or not so recent. You will find encouragement, comfort, and help in grieving the death of a spouse, child, parent, sibling, other family member or friend. No matter what the cause of your loved one’s death, this is an opportunity to be around people who understand what you are feeling. You will learn how to recognize the symptoms of being stuck in grief and that you do not need to live in bondage as a slave to certain emotions. You will learn valuable information about facing your new normal in life and renewing your hope for the future.

GriefShare will be held every Thursday, January 29 through April 23 from 7 to 9 p.m. in the main building of Park Street Baptist Church at 3901 Park St. N. To register or for questions, call 727-637-1251.

Breath of Aire Choir at Grace Connection

Grace Connection at Pasadena invites you to come and hear a great, free concert by “Breath of Aire” Choir, a Pacific Northwest choir dedicated to lifting others on February 7, at 6 pm. You can check them out at Breathofaire.net.

The address is 635 64th St. S. For more information, please call Diane McKee 727-492-8680 or Helen Burcham 727-481-0776.
Members of the Church of Jesus Christ of Latter Day Saints announced they will host a free course on The Book of Mormon at their Gulfport location. The course is open to the public and people of all faiths are encouraged to attend. The course will cover the history of The Book of Mormon and will feature an open discussion on 50 Questions it answers.

Classes will be held each Tuesday at 7 p.m. at 5425 Gulfport Blvd. S., across from the Habana Cafe. There is no cost to attend and light refreshments will be served. All members of the public are invited to attend and are encouraged to bring family and friends. For questions, please contact 941-914-6380.

The primary focus of the Church of Jesus Christ of Latter Day Saints is to develop stronger communities and families through teachings focused on Jesus Christ. Today, it has more than 15 million members, 29,000 congregations and is one of the fastest growing Christian churches in the world. Its public outreach programs have helped millions to improve their daily living circumstances. Please visit mormon.org for more information.

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Welcome to 2015! Now that people are making their New Year’s resolutions to lose weight, travel more or reconnect with their families, it is also the perfect time to resolve to become more storm-ready.

Some key actions you can take now include:

- **Register for special needs evacuation assistance.** Residents with certain qualifying medical conditions can apply for special assistance in the event of a hurricane evacuation. A simple call to Pinellas County Emergency Management at 727-464-3800, the Florida Department of Health in Pinellas County at 727-824-6900 or a local fire department can start the process. Residents needing more advanced medical assistance should work with their physicians to ensure their planning can be in place before the storm winds begin to blow.

- **Check the envelope.** The home’s envelope, to be exact. Are there shutters for the windows? Is the roof in good repair? Is there rot in soffits or fascia? These simple repairs and improvements can make a home more survivable.

- **Tend to trees.** This is an excellent time to check trees for broken, dead or diseased limbs and have them removed. If it has been a while since the last time a tree was pruned, or if the pruning has to take place on high limbs, have a licensed tree trimmer provide an estimate and a plan of action. Trimming trees can be a dangerous activity, and improperly pruned trees tend to fare poorly in high wind situations.

While these preparations are essential for hurricane season, they can also help residents get ready for other hazards, including tornadoes and winter storms, such as the one the Tampa Bay area experienced 22 years ago on March 13 and 14, 1993.

For more information about how to prepare yourself and your family for hurricanes, visit pinellascounty.org/emergency to find your evacuation level, learn about storm dangers and discover how to create your own disaster plan.

...
Marlene Dobrzeniecki, Clearwater: "I think at this stage in my life, I would appreciate it. And if I were pretty and younger, I'd appreciate it. I think it makes you feel good no matter what age you are."

Joanna Smith, St. Petersburg: "I totally ignore it, but inside I die a little."

Rena Raffa, Gulfport: "I never get catcalled. I'm usually walking a doberman."

Karlene Ahearn, Boston: "I always think it's embarrassing. It's almost never endearing. Most people don't meet their husbands by having him yell something lewd out his car window. I can take a compliment, but not like that. If you can come up to me, that's different."

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Candidates, from front page

What is your background and career?

Rick Falkenstein: In the middle 40s, my grandfather settled on St. Pete Beach and built a small “Mom and Pop” motel that is still in the family. From 1962 through 1968, I would visit my grandfather, Bruno Reitano, and my aunts, Betty Reitano and Josephine Boyer over summer break from Baltimore, Maryland. Fishing, riding my bike thru the alleys, building sand castles and just having fun.

In 1974, I decided to move to our paradise, St. Pete Beach, to make this beautiful island city my home. In November 17, 1975 I registered to vote. In 1977 my family purchased the property next to the Keystone Motel, the Hurricane Seafood Restaurant at 809 Gulf Way. Our mom, Mary Falkenstein, brother Bruno Falkenstein, sister Mary Jo Micklitsch and I cleaned, painted, and purchased the necessary equipment to open July 1977. Motel and restaurant business is in my blood and is where I learned to serve people hands-on by being a good listener.

Joanne Lentino: Education: Pinellas County Schools

How long have you lived at your current address? In the area?

Lentino: I have been visiting SPB since 1959, when my grandparents moved there. I moved here permanently in 2003.

Falkenstein: September 1996; almost two decades. On St Pete Beach? 39 years; almost four decades

Who else lives with you?

Falkenstein: My three children, dog Rocco and cat Felix.

Lentino: [No answer given]

In 10 words or less, tell the voters why you chose to run for office at this time?

Lentino: I have family history here which gives me a special connection to St. Pete Beach.

Falkenstein: To listen well, to care and to unite our city.

What do you feel are the most pressing issues currently facing St. Pete Beach?

Falkenstein: Sewer system, lawsuits, comp plan, library, roads and sidewalks, transparency

Lentino: Infrastructure

Describe St. Pete Beach in three words.

Lentino: Welcoming, active, vibrant.

Falkenstein: Home in paradise.

What is the worst thing about St. Pete Beach?

Falkenstein: Sewer system

Lentino: If it rains two days in a row, sewers back up.

What is the best thing about St. Pete Beach?

Falkenstein: Our great diversity of people, housing, businesses and amenities.

Lentino: It’s a small community with all the amenities.

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