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5150 Triathlon is coming to Clearwater

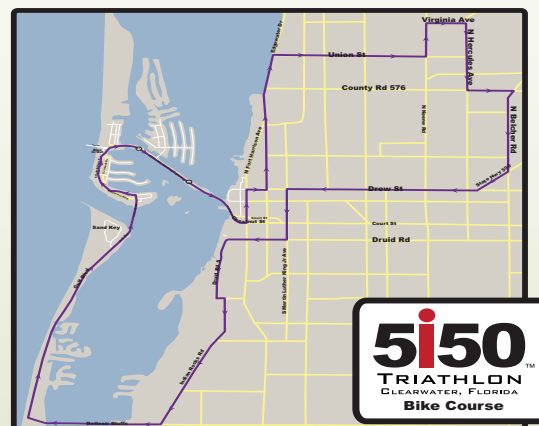
The 5150 Series is the largest international distance triathlon series in the world and will be the first non-drafting race of its kind, offering a competitive platform for professional and age group athletes. It features 13 domestic events as well as a handful of international races, all leading to the 5150 Series Finale race to be held right here in Clearwater. Race day is

Saturday, Nov. 12.

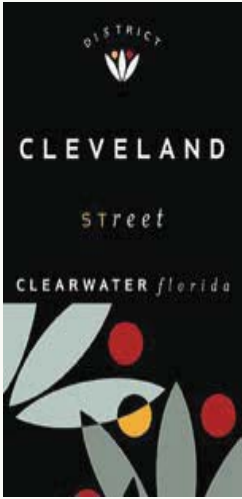
This race is a 1.5K swim, 40K bike, and 10K run. Athletes will trek along Clearwater Beach and through the city and north Pinellas County to compete for a total prize purse of \$25,000 divided among first to sixth place male and female winners.

Road closures will occur throughout the race route; log on to myclearwater.com for detailed route information. If you're interested in volunteering for the 5150 event, call Susan McManus (Volunteer Coordinator) at (504) 454-6561 or email susan.mcmanus@ironman.com.

Learn more at myclearwater.com or at <http://5150clearwater.com>



Second Annual Clearwater Book and Wine Festival



The second annual Downtown Development Board Book and Wine Festival will be held in Station Square Park and along Cleveland Street in the Cleveland Street District, Saturday Oct. 22 from 4 to 9 p.m. A large selection of quality used books will be for sale at the free event, along with gourmet food, wine and event-specific merchandise.

There will also be entertainment in Station Square Park along with readings and author-led discussions. Tim Dorsey, former *Tampa Tribune* reporter and author of a popular quirky Florida crime novel series, has confirmed his

participation. Book proceeds will benefit the Friends of the Library. Book prices will vary from 50 cents for paperbacks to \$4 for hardcovers.



Downtown Clearwater's BLAST Friday hits the Cleveland Street District on Friday, Sept. 30. This free family-friendly event – which draws thousands of people - will feature live music, a variety of vendors, as well as food, beer, wine and non-alcoholic beverages. District restaurants will be open for business with outdoor dining available on beautiful Cleveland Street.

Stay tuned for an announcement in the coming days about the great bands that will be featured at

September's Blast!
The Oct. 29 BLAST Friday will feature Lonestar's Richie McDonald and Nashville country artist and American Idol's Josh Gracin.

Go to blastfriday.com for more information.



Starts
Wed., Oct. 19
8 a.m.–2 p.m.
Cleveland Street
Downtown
Clearwater

VEGETABLES, FLOWERS, BAKED GOODS, CRAFTS
FOOD VENDORS, MUSIC, AND MORE.

Free two-hour parking at Garden Avenue Garage with ticket validation. See Market Manager. The event is stroller, bike and handicap accessible.
461-7674

Go to clearwaterfarmersmarket.com for more information.



Turkey Trot on the Horizon

It's time again for the annual St. Petersburg Times Turkey Trot, Thanksgiving morning, Nov. 24. This competitive, recreational event is for all age groups. You can pick from the one-mile gobbler, the 5K Wingding, or the 10K Turkey Trot. All races begin at Keene Road and Gulf-to-Bay Boulevard (except the 5K Fun Run) and end at Clearwater High School's Jack White Stadium. Proceeds from the Turkey Trot will be donated to many local charities. They'll be collecting canned goods and non-perishable food items in the stadium on race day. All collected foods will be given to the Food Pantry at Religious Community Services, Inc.

Early T-Shirt Pick Up & Last Chance Registration

Monday, Nov. 21

5 - 7:30 p.m. Bright House Networks, Westfield Countryside Mall
(New location - 2nd floor mall entrance near JC Penney, 27001 U.S. Hwy. 19 N),

Online and mail-in registrants can pick up their race numbers (with confirmation number) and/or T-shirt (with race number/T-shirt tag).

Tuesday, Nov. 22

5 - 7:30 p.m. Morton Plant Mease, Bardmoor Outpatient & Surgery Center,
8787 Bryan Dairy Rd., Largo

Online and mail-in registrants can pick up their race numbers (with confirmation number) and/or T-shirt (with race number/T-shirt tag).

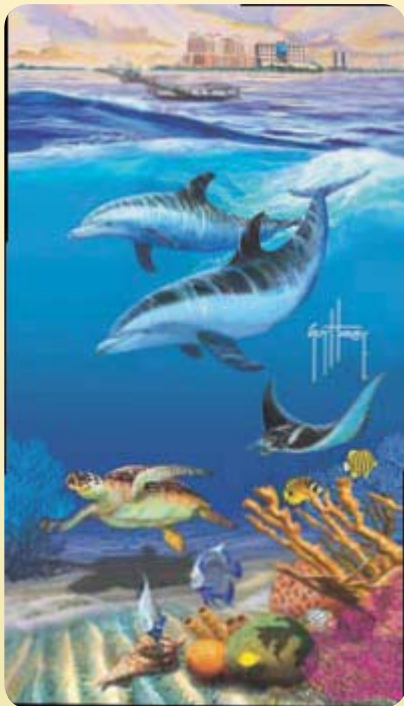
Turkey Trot Kick-Off Party

Wednesday, Nov. 23

5 - 7:30 p.m. Jack White Stadium, Clearwater High School

It's the last chance to preregister! (Please bring EXACT AMOUNT in cash or check.)

Come out and enjoy a free evening of snacks, live music, fun and games. Purchase official Times Turkey Trot merchandise the night before the race. Online and mail-in registrants can pick up their race numbers (with confirmation number) and/or T-shirt (with race number/T-shirt tag).



Beach Parking Garage Opens to the Public

The new parking garage at Britt's Surf Style shops opened to the public this past July. The new facility provides 300 public parking spaces and is located at 311 S. Gulfview Blvd., with access via Coronado Drive. The garage is open 24 hours a day, seven days a week. Rates are as follows:

Weekdays: \$1 per hour, with a maximum daily rate of \$8

Weekends: \$2 per hour, with a maximum daily rate of \$15

Parking is free for customers who spend more than \$50 at Britt's Surf Style shop.

The parking facility is privately owned and operated. To learn more about beach or downtown parking, visit www.myclearwater.com and select "Parking Facilities" from the "Quick Links" pull-down menu. Residents also can call the Parking System office at 562-4704.

Left - A Guy Harvey mural of an underwater scene graces the new Surf Style garage and swim shop. It measures 24 feet by 44 feet.



Want to Set Anchor and Enjoy?



Come listen to the music and watch the fireworks from your boat during events. Reserve a transient boat slip at the Clearwater Harbor Marina for upcoming city events by calling 462-6954.

The daily rate is \$2 times the length of the boat, plus tax.

CODE ENFORCEMENT

The Code Compliance Division would like to remind everyone that only items designed specifically for outdoor use on a residential property, such as lawn furniture, are permitted to be stored outside. All other items must be stored inside. On commercial properties, the outdoor storage or display of merchandise or other items may be permitted only if approved by the Planning & Development Department, associated with a site plan approval or a special use permit. If you would like information regarding outdoor storage, please call the Code Compliance Division at 562 - 4720.

Neighborhood and Home Recognition Program



The City of Clearwater Public Communications Department is proud to announce its Neighborhood and Home Recognition Awards Program.

The Neighborhood and Home Recognition Program exists to celebrate the uniqueness of Clearwater's many neighborhoods and its residents. The City of Clearwater would like to recognize those neighborhoods and residents that make a commitment each day to improving the quality of life for all residents in Clearwater.

Neighborhood Recognition Program

The award for "Neighborhood of the Quarter" exists to recognize those neighborhoods that have demonstrated (a) decrease in neighborhood crime, (b) decrease in code violations, (c) increase in neighborhood involvement and empowerment, (d) community pride activities, and or (e)

neighborhood sustainability.

Home Recognition Program

The award for "Home of the Quarter" recognizes those properties and property owners that have sustained or made significant improvements to their property that enhance the neighborhood and community.

For more information, please call 562-4554



Neighborhood Bill of Rights

We are all residents of Clearwater, but we live in neighborhoods. City issues affect us all, but neighborhood issues affect us directly. Your city government wants to hear from you and your neighbors about those issues. There are many means of communication available, all of which are listed on our city website (myclearwater.com).



Aging Well - Resources for Older Adults

Literacy Counseling

Trained volunteers tutor adults in reading, writing, speaking and listening. This program is offered through a partnership with the Literacy Council of Upper Pinellas, Inc.

Tue., Thu., 5–6:45 p.m.; by appointment only
Call 298-3080, ext. 242



Health Insurance Counseling

SHINE (Serving the Health Insurance Needs of Elders) is a free, volunteer-based health insurance counseling program. Highly trained volunteer counselors offer expertise on Medicare, Medicaid, prescription assistance, long-term care planning and other insurance issues. Program provided through a partnership with the Florida Department of Elder Affairs and the Area Agency on Aging of Pasco Pinellas. Tuesdays
Call 724-3070 for appointment or visit floridashine.org.

Emotional Health Counseling

Do you need support during a difficult time? Michael Whalen, a Licensed Mental Health Counselor provides professional emotional and mental health counseling. Program provided through a partnership with the Suncoast Center, Inc. Wednesdays
Free (eligibility requirements may apply)
Call 543-8587

Free Phones for Hearing Loss

Amplified telephones provided at no cost through a partnership with the Deaf and Hearing Connection of Tampa Bay. No appointment needed.
4th Monday, 9:30–11:30 a.m.
Free (eligibility requirements may apply)
Call 399-9983

Home Share Program

Do you have a room that you would like to rent but aren't sure where to start? The Home Share Program links home seekers with home providers by interviewing candidates, careful screening, checking criminal background and references. For more information, call 945-1528, or go to homeshareprogram.org.

Health & Wellness Lectures

Wellness Wednesday
In partnership with Morton Plant Mease, the Aging Well Center features monthly physician lecture series and health screenings. third Wednesday of every month.
Call 253-4076 to register; 724-3070 Aging Well Center; visit myclearwater.com/agingwell
Sept. 21, noon, Breast Health,
Speaker: Peter Blumencranz, MD.
Oct. 19, 6 p.m., Speaker: Ajay Arora, MD, Neurologist, Parkinson's Disease
Nov. 16, noon, Diabetes

Senior Safety Phone Program

Cell phones available with 9-1-1 access only. Program provided through a partnership with the Area Agency on Aging of Pasco Pinellas.
Call 724-3070. Free

Are you a SilverSneakers member?



If your Medicare health plan includes SilverSneakers benefits, you may now have access to Clearwater's cutting edge recreational facilities for exercise, seminars and fun, social events. To inquire, visit silversneakers.com or myclearwater.com/agingwell, call 1(888)423-4623 or the Clearwater Aging Well Center at 724-3070.

SilverSneakers Muscular Strength and Range of Movement - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Tue., 9:45–10:30 a.m., Thu., 10:45–11:30 a.m. Free for SilverSneakers members.

SilverSneakers Cardio Circuit - Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout.

Mon., 9:45–10:30 a.m., Fri. 9:45–10:30 a.m.

Free for SilverSneakers members.



Raising Streetwise Kids: A Parent's Guide - Ofc. W. Connell

Would your child know what to do if...

He got lost at a shopping mall?

A nice-looking, friendly stranger offered her a ride home after school?

A friend dared him to drink some beer or smoke a joint?

A babysitter or a neighbor wanted to play a "secret game?"

A great thing about kids is their natural trust in people, especially in adults. It's sometimes hard for parents to teach children to balance this trust with caution. But kids today need to know common-sense rules that can help keep them safe -- and build the self-confidence they need to handle emergencies.

Start with the basics...

Make sure your children know their full name, address (city and state), and phone number with area code.

Be sure kids know to call 9-1-1 or "0" in emergencies and how to use a public phone. Practice making emergency calls with a make-believe phone.

Tell them never to accept rides or gifts from someone they and you don't know well.

Teach children to go to a store clerk, security guard, or police officer for help if lost in a mall or on the street.

Set a good example with your own actions -- lock doors and windows and see who's there before opening doors.

Take time to listen carefully to your children's fears and feelings about people or places that scare them or make them feel uneasy. Tell them to trust their instincts.

At school and play...

Encourage your children to walk and play with friends, not alone. Tell them to avoid places that could be dangerous -- vacant buildings, alleys, playgrounds or parks with broken equipment and litter.

Teach children to settle arguments with words, not fists, and to walk away when others are arguing. Remind them that taunting and teasing can hurt friends and make enemies.

Make sure your children are taking the safest routes to and from school, stores, and friends' houses. Walk the routes together and point out places they could go for help.

Encourage kids to be alert in the neighborhood, and tell an adult -- you, a teacher, a neighbor, a police officer -- about anything they see that doesn't seem quite right.

Check out the school's policies on absent children -- are parents called when a child is absent?

Check out daycare and after-school programs -- look at certifications, staff qualifications, rules on parent permission for field trips, reputation in the community, parent participation, and policies on parent visits.

Check babysitter references.

At home alone...

Leave a phone number where you can be reached. Post it by the phone, along with numbers for a neighbor and emergencies -- police and fire departments, paramedics, and the poison control center.

Have your child check in with you or a neighbor when he or she gets home. Agree on rules for having friends over and going to a friend's house when no adult is home.

Make sure your child knows how to use the window and door locks.

Tell your child not to let anyone into the home without your permission, and never to let a caller at the door or on the phone know there's no adult home. Kids can always say their parents are busy and take a message.

Work out an escape plan in case of fire or other emergencies. Rehearse with your children.

Protecting your child against sexual abuse...

Let your child know that he or she can tell you anything, and that you'll be supportive.

Teach your child that no one -- not even a teacher or a close relative -- has the right to touch him or her in a way that feels uncomfortable, and that it's okay to say no, get away, and tell a trusted adult.

Don't force kids to kiss or hug or sit on a grownup's lap if they don't want to. This gives them control and teaches them that they have the right to refuse.

Always know where your child is and who he or she is with.

Tell your child to stay away from strangers who hang around playgrounds, public restrooms, and schools.

Be alert for changes in your child's behavior that could signal sexual abuse such as sudden secretiveness, withdrawal from activities, refusal to go to school, unexplained hostility toward a favorite babysitter or relative, or increased anxiety. Some physical signs of abuse include bedwetting, loss of appetite, venereal disease, nightmares, and complaints of pain or irritation around the genitals.

If your child has been sexually abused, report it to the police or a child protection agency immediately.

If your child is a victim of any crime, from stolen lunch money to sexual abuse, don't blame him or her. Listen, offer sympathy, support and work on a solution together.

To send an anonymous tip via text message to the Clearwater Police Department, text the keyword CWPDP and your tip to 847411 (Tip411), or use our online form at www.ClearwaterPolice.com



Are Your Street Lights Out?

Instructions on how to report a malfunctioning street light.

Identify it

Specific directions, location or street address work best. You can also provide the ID number from the pole.

- If applicable, please provide the closest physical building/premise address. For example, the light "in front of 3000 4th St. N and 30th Ave N."
- More details are better than less. For example, light out on "SW corner of ABC Food parking lot across from USA Bank" is preferable to light out in "ABC Food parking lot."

Report it

Call 1.800.228.8485 and press #5 from the voice menu or visit progress-energy.com/streetlightrepair and fill out the streetlight outage form.

Provide your information

Your contact information ensures that the technician can find and resolve the problem promptly.



Councilmember Corner



John Doran,
Councilmember

So long, farewell.....
Seven years pass more quickly than I thought. Whatever else may be said, I think that this city of ours has come through the last few years, maybe among the worst economically since the Great Depression, in pretty good shape. No libraries have closed; no rec centers have closed. Our first responders continue to keep us safe. Clearwater is a great place to live, work, and play.
My time on the council will end in a few months, and I already have a list of things I want to support and assist as just another neighbor. I'd like you to let

me know if you are interested in assisting with any of them, so here we go:

Community Gardens: I think every kid should be able to walk or bike to his/her own little garden. Skycrest has the model; we just need to find more sites and sponsors for community gardens.

Pet Registry: I think every lost pet should have a better chance of being reunited with its people. Again, Skycrest has the model; we just need more sponsors and people to register their pets.

Mailbox Art: Chicago did Cows; Cincinnati did Pigs; Pinellas did Turtles. I'd like Clearwater to do mailbox art: Dolphins and Manatees painted and bejeweled with imagination and flair, and identifying homes in every neighborhood.

Let me know if any of these ideas ring your bell!
John Doran

CLEARWATER **NEIGHBORS** is a publication of the Clearwater Public Communications Department. Comments or questions? Contact us!

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NEIGHBORHOOD SERVICES
Serving Clearwater Neighborhoods

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