



# The Ticket ...

T.R. Fahy

— At a tourney in Scotland, a dog stole Paul Casey's golf ball on the 10th green. Does that qualify as playing "out of the ruff"?

— A sign you're a bad NFL replacement referee: You missed the last three calls because the beer vendor was slow giving you your change ... For four straight years the Jaguars will be playing a game in London starting in 2013. Instead of smash-mouth football, they're vowing to play bangers and mash ... All these lawsuits over concussions, didn't these players notice football was a violent game? They weren't forced to play ... Did you know in 1961, Art Modell bought the Cleveland Browns for \$4 million? Today the Cowboys are worth over \$2 billion.

— Ohio State's third string QB Cardale Jones' recent Twitter message: "Why should we have to go to class if we came here to play football, we ain't come to play school, classes are pointless" ... Disproving college football's discipline myth - The five most penalized teams in the nation—UCLA, Nevada, Oregon State, Utah State and Louisiana Tech—are a combined 23-4 ... Fullerton State coach Gene Murphy said that one of his players claimed that he was late because he had "pulled his

wrist while running" ... Allen, Texas, population 88,000, has a new \$60 million, 18,000-seat football stadium. The Allen high school weight room is nearly the length of a football field and is supported by a 700-piece band. Higher education?

— Bruce Booher tells us it was Henry Ford who invented charcoal briquettes.

— Malcontent Albert Belle would like to manage the Indians. Arnold Schwarzenegger has a better chance becoming a marriage counselor ... Angels' Vernon Wells pocketed \$24 million this season and rewarded them with a .230 BA, 11 HRs and 29 RBIs ... Tiger manager Jim Leyland on P Al Albuquerque recently kissing a ball while on the mound: "I'm old school. I'd have probably hugged it first."

— The NBA will now fine players for flopping. Think of all the money that would be raised if the NBA penalized the politicians for flip-flopping.

— In closing, according to George Wich, scientists have projected that by 2040, global warming will mean the end of Carvel ice cream cakes.

(Some of the material in this column was obtained from other news organizations)



## Brilliant Fitness and Nutrition

By Ashleigh Gass

### How Do I Train if I Don't Have Time?

Good news - you are not alone. Better news - it has been done before, by many thousands of people with perhaps less time than you! Busy schedules, and general confusion about what to do in a gym are the two most common reasons people never really start a training program.

Before I discuss a strategy that works for those of you with seemingly no time to train due to businesses, jobs, families, or all three, understand this: this strategy is effective, but it's also intense. You will need a bit of coaching in order to do this style of training because there are movements that are likely new to you. These movements are challenging, and very effective for full body strength and toning but require a bit of technical 'know-how'. Additionally, I always recommend that you learn the basics of injury prevention (flexibility, tension reduction, warm up drills, etc) so that you can incorporate all of this stuff into your 'short and sweet' training program. I have a quick-start training program available that addresses these aspects of training as efficiently as possible.

One circulating myth about getting in shape is that it takes several hours each day 'in the gym'. This is false. When you become proficient in the key movements of strength and conditioning, and combine this with better nutritional habits, your body will change. It will take work, and time, but when things are done correctly, change occurs quite rapidly. This style of high-intensity training requires about 45 minutes, 3 days per week. On alternate days, an easy, 20-minute walk is recommended.

After interviewing hundreds of clients over

the years, I have safely concluded that everyone has this much time available, every day, to do this. It will require varying degrees of re-organization of one's life, and potentially family life. Less TV, less wasted time on the Internet, less time text messaging, and potentially a bit more sleep (exercise programs are often quite effective if completed in the morning, before the day begins).

If your exercise time were in the morning, the workout would flow something like this: general body warm up (5 minutes), injury prevention techniques (10 minutes), whole body strength exercises performed circuit style (25 minutes), cool down (5 minutes). Twenty-five minutes of whole body strength exercises is extremely challenging when performed correctly, particularly if you were to mix interval style sprint work into the rotation. This routine would also hold true if your exercise time were in the evening.

Although you do not need a gym to train this way, I recommend joining one, or purchasing some equipment. You will need dumbbells, and as you progress, barbells are very useful. Our local beach gym provides all of this for you, along with a group of encouraging, supportive people!

Additionally, if you are interested in becoming part of small group training sessions that operate in this manner, please contact me as we are forming these groups currently.

To your success!  
**Ashleigh Gass**  
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## BoatUS Foundation Increases Grants Size; Unique Ideas Sought

ALEXANDRIA, VA - After funding over \$1 million in local boating safety and clean water projects for the past 21 years, the BoatUS Foundation's Grassroots Grants Program is more than doubling its maximum grant size to \$10,000 for 2013. The Foundation is looking to fund projects that utilize innovative approaches to educate boaters on safe and clean boating topics.

"We hope that with the larger grant size of \$10,000, organizations will have the means to reach more boaters through new and creative ways," said BoatUS Foundation Outreach Manager Alanna Keating. "Over the past two decades many groups have come to us for funding traditional outreach tools such as signs and brochures. Today, there are so many exciting interactive and innovative ways to educate, including social media, the web and hands-on activities."

Groups interested in applying for one or more Grassroots Grants may go to www.BoatUS.com/Grants to view the grant guidelines and begin their application. Applications must be submitted by midnight on December 17. In the spring of 2013, the strongest grant applications will be posted online for the public to vote. The groups with the most votes will receive funding and will have one year to complete the grant project.

## Fall Wildflower Festival at Brooker Creek Preserve

Beautiful fall wildflowers, butterfly encounters and a scavenger hunt are some of the activities scheduled for the entire family at the third annual Fall Wildflower Festival set for Saturday, Oct. 27, 9 a.m. to 4 p.m. at Brooker Creek Preserve. Admission is free.

- Presentations include:
  - Wildflowers of Pinellas County: 9:30 a.m. and 1:15 p.m.
  - Landscaping with Wildflowers: 10:15 a.m. and 2 p.m.
  - Edible Plants - What You Can Eat and What to Avoid: 11 a.m. and 2:45 p.m.
  - Bees, Bugs and Butterflies - the Amazing Wildflower Pollinators: 11:45 a.m. and 3:15 p.m.
  - Wildflower Photography: 12:30 p.m.

Get up close and personal with hundreds of butterflies, check out a beehive, or take a hike on one of the preserves trails while a roving naturalist answers your questions. Wildflowers will also be on sale during this event.

For more information on the festival, call (727) 934-2680 or email the Friends of Brooker Creek at fobc@tampabay.rr.com.

## Audubon Society Announced November Field Trips

CLEARWATER - Field trips and programs are open to those interested in learning about Florida's environment. Call or email the appropriate contact or field trip leader for information and directions. Field trips include:

- November 3 - Monthly Bird Walk Moccasin Lake Nature Park at 8 a.m. Contact Mike McDonald (727)409-0459. This field trip falls on a work day at the park for exotic clean up. Bring gloves if you want to help.
- The month membership program will be Monday, Nov. 5, at 6 p.m. It is the annual pot luck dinner. Bring a dish to share and hear about current projects. Monthly meetings are held on the first Monday of the month (Oct-May) at Moccasin Lake Nature Park, 2750 Park Trail Lane.
- November 10 - Possum Branch Preserve/Alligator Lake at 8 a.m. Meet at gated entrance on McMullen Booth Rd. Contact John Hood (727) 461-4762.
- November 17 - Ft. Kapok/ Cliff Stevens Park at 8 a.m. Meet in the parking lot at Cliff Stevens Park. Contact Paul Trunk (727) 447-4785.

## Author Lisa Unger Attended CYC Club Meeting



CLEARWATER BEACH - Pat Dowling welcomes the famous award winning New York Times and international best selling author Lisa Unger to a recent Clearwater Yacht Club Book Club Meeting. Unger, a Clearwater resident, discussed her latest novel "Heartbroken." This is Lisa's tenth annual attendance at the club's Book Club Meeting, where each year she has discussed her latest Novel. The CYC Book Club is open to all CYC Members and their Guests.

## R.E.C.S AND R.E.A.D.S

By Anne McKay Garris

Have you heard it mentioned recently that exercise is good for you? Goodness, how can you escape it? When I was a teenager I walked almost everywhere, not because the exercise was good for me, but because we didn't have a car and I had no choice if I wanted to go somewhere. My siblings and I went to Peace Memorial Presbyterian Church, just beyond the causeway and we thought nothing of walking home after church, or better yet after Youth Fellowship because we frequently brought the entire youth group home with us for cookies and singing around the piano.

I played tennis because it was fun, and because that was where the boys were. I marched in the high school band (carrying a flute and blowing into it) because it was expected of me by my musical family. It never occurred to me that this was exercise and that it was good for me. At our Clearwater Beach Recreation Center, however, there are all sorts of exercise programs that are fun, as well as good for us.

The newest is "Feldenkrais," reputed to be "the ultimate stretch and flexibility program." It is good for athletes as well as seniors and, one suspects, therefore good for everyone. You might want to try it on a Monday at 10:15. Call the Beach Rec Center at 462-6138 for more information on this and the other exercise programs. They are bound to have one you'll like.

Oh, and don't get the Halloween Party is next Tuesday evening, starting at 6:00 pm. There's games, candy prizes, storytelling for the little folks and entertainment for all the adults who enjoy watching children, dressed in delightful costumes of every sort and enjoying themselves. If you'd like to volunteer to help with the games and crafts, call 462-6138 and do so. Volunteers need to be there at 5:30 to get their assignments for the evening.

And, if you are reading this on Thursday morning, I need to tell you that this person who has lived in Clearwater Beach most of her life is going to be guest speaker at the Shell Crafters meeting at 1:00 PM this afternoon. She will be speaking on shelling on Clearwater Beach and other areas of Pinellas County. I believe her name is Anne McKay Garris, who has had a lifetime love-affair with sea shells.

And while you are in the building you might want to wander into the Clearwater Beach Library and say thank-you to Teresa Radford. She's the Thursday volunteer at our library. Teresa moved to Clearwater from Tampa ten years ago, but she came to Tampa from Pennsylvania back in the eighties.

Teresa and her husband, Max, are owners and operators of Cyprus Avenue Beach Rentals and Vacation Cottages on Clearwater Beach. When they are not busy making other people comfortable for their stay on Clearwater Beach, they enjoy biking, hiking through Caladesi and taking their boat up to 3 Rooker's Island for enjoyment of our great place to vacation, or live.

"When I realized the City had to restrict the hours of operation of our library because of budget problems, I decided I wanted to help do something to make it possible for the library to stay open," says Teresa. "I think it is a great asset to all segments of our community and I use it a great deal. I use the online computers frequently and appreciate the collections of books, DVD's and tapes to choose from."

"Besides," she says, "Joyce (the Librarian) is so pleasant to work with."

## Golfing Tournament to Benefit Habitat For Humanity

SEMINOLE - The "Golfing For Habitat" Tournament to Benefit Habitat for Humanity of Pinellas County will be held on Friday, November 16, at the Seminole Lake Country Club, 6100 Augusta Boulevard.

The shotgun start is set for 12:30 p.m. Check-in and lunch will begin at 11 a.m.

The charity golf tournament is open to the public to benefit Habitat Pinellas. The fee is \$75 per golfer. The fee includes round of golf, cart, boxed lunch and dinner. Hole sponsorships are available.

For more information, contact Kristy Walby, Development Manager, Habitat Pinellas, at (727) 536-4755, ext. 220 or email Developmentmgr@habitatpinellas.org.

## These Students Lead the Cheers at Dunedin High

Photos/text by SANDI FAHY



Members of the varsity cheerleading squad at Dunedin High School were caught on camera prior to taking part in the Tampa Bay Buddy Walk at Largo Central Park on October 13. The team delivered a special cheer created especially for the event, which is held annually to promote awareness of Down syndrome.



## Montgomery named to

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