



# The Ticket ...

T.R. Fahy

— New Colorado football coach Mike MacIntyre, pointing at his wife, Trisha, during his first news conference: "Looking at her, you can definitely tell I can recruit" ...Alabama lineman Barrett Jones on his best Halloween costume: "In 7th grade I dressed up as a blind referee. I wore the uniform with sunglasses and a walking cane".

— The term 47% will be forever linked to 2012 because of the accuracy of Jets quarterbacks. Tim Tebow was supposed to push New York starter Mark Sanchez. If you try to inspire a Tampa Philharmonic musician to a higher level, you don't scare him by bringing in a red-hot kazoo player ... Soccer star Hope Solo recently married NFLer Jerramy Stevens one day after he assaulted her. She wore an off-the-shoulder flak jacket and the groom was dressed in a tuxedo and ankle locator beacon ... Did U know 10,000 fans greeted the Eagles' team plane with rocks following their last road game? Just kidding ... Donald Trump mistakenly called Patriots coach Bill Belichick "Bob". He later apologized to the team and their quarterback "Jim" Brady ... For the 8th game in a row, Packer kicker Mason Crosby missed a field goal. That's one Crosby who was dreaming of a wide Christmas ... Cowboys defensive lineman Josh Brent charged with

manslaughter (driving and killing teammate Jerry Brown) had been drinking a high-end champagne (20 servings of 4 oz. glasses) for four hours. Sympathetic?

— An Iowa couple won a \$202 million Powerball jackpot and donated \$3 mil to their son's high school for a new football stadium—only catch, the visitors' locker room must be painted pink.

— Beverly McGrath tells us blueberry is the most commonly shoplifted muffin.

— Hilary Clinton passed out and suffered a concussion when she heard the Lakers won two games in a row ... In his country Taiwan, popular Rockets star Jeremy Lin is viewed as a cross between Bill Clinton and Justin Bieber.

— Would the last Marlin fan please turn off the lights!

— In Toronto, a department store Santa was fired for telling a four-year-old boy he shouldn't be wearing a Maple Leaf cap, that they were terrible.

Hey kids, Santa Claus is not only real, he's real honest.

— In closing, Rich Baker doesn't sit at the dinner table any more. His doctor told him he could stand to lose a few pounds.

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

## Ladies' Golf Clinic & Boot Camp Offered

CLEARWATER - John Hayes, PGA Teaching Pro, is offering a Ladies Only Golf Clinic taking place January 3, 10, 17 & 24. These 4, one-hour golf clinics, will take place on consecutive Thursday mornings, 10-11:00 a.m. Total cost of classes will be only \$40.

Ladies can also improve their game with a 5-Day Intensive Boot Camp taking place from January 16 - 20. This program consists of 4 days of one-hour golf clinics and a 5th day on the golf course.

Wednesday 16th to Friday 18th programs will be from 5 - 6:00 p.m. Saturday the 19th is scheduled from 2 - 3:00 p.m. and Sunday 20th activities will take place 2:30 - 5 p.m. on the golf course.

\$99 fee includes range balls, greens and cart fees, golf balls and handouts.

For more information contact the Chi Chi Rodriguez Golf & Family Sports Complex, located at 2987 N. McMullen Booth Road, Clearwater. Phone contact is (727) 216-6389 or information can be found online at www.chichi.org.

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

By Anne McKay Garris

So, Happy New Year! I do hope 2013 is going to be a great year for all of us and also for our country. Every day, in too many places, we are reminded of the problems our country is having right now. What I always remember is, it might not be perfect, but I don't know of anywhere else I would want to live. For that matter, I'm not hankering to be living anywhere else but Clearwater Beach.

Where else do you have the sand and the Gulf, and a sailboat friendly bay beside a small, friendly community right next to a tourist area with all the excellent restaurants and other entertainments that lure visitors to our shores. There's also a nice sized city just across the water where we have easy access (except on bad traffic days) to shops and stores and more interesting entertainment and adventures.

Add to that the interesting people who are active in all sorts of groups dedicated to keeping our community viable and improving it where

possible.

And the icing on the cake is all the recreation and cultural opportunities awaiting us at our library, recreation center and swimming pool.

The Recreation Center offers several exercise courses dedicated to helping you be a healthier, happier person. This includes the popular Senior Sneakers program, which most health insurance pays for. It also has just added the popular Butts and Guts exercises, which just resumed in December. Butts and Guts will really liven you up. This program is available on Wednesdays at 10:15 to 11:15.

If you received a new computer for Christmas and it's a big mystery to you, just wander down to our Beach Library on a Monday afternoon between 1:00 pm and 3:00 pm, where Ray Pedersen, our computer expert, will help you get to work on it. The Library provides laptops for you to use if you can't bring your own.

## Clothes to Kids Accepting Donations

PINELLAS COUNTY - Did you give your children new clothes for Christmas? Do you need to donate your children's outgrown, quality used clothing and shoes. Clothes To Kids is in need of new and quality used clothing and shoes. Clothes To Kids provides new and gently used school clothing to low-income children grades K-12th. In 2012 Clothes to Kids provided clothing to over 12,000 children in Pinellas County.

Please drop them off at a Clothes To Kids Store

near you. Donations are accepted M-F 9-5, at 3251 3rd Ave N, Ste. 145, St. Petersburg or 1059 N. Hercules Ave, Clearwater. Cash donations are always welcome and are used to purchase needed clothing items.

Clothes To Kids is 501c3, nonprofit organization that provides school clothing to low-income, school-age children in Pinellas County, free of charge. For more information, (727) 441-5050 or visit www.clothestokids.org.



Photo courtesy of Mike & Barbara Green. Michael Green, Junior. Hobart College, NY.

## Clearwater Athlete Named Capital One All American

GENEVA, NY - Michael Green, a mathematics major, graduated from Clearwater High School in 2010 and is now setting records with his football teammates at Hobart College.

Green is a starting offensive lineman (center), teaching fellow, teaching assistant, and R.A. at Hobart. With all that on his plate he has still maintained a high GPA. His team, the Statesmen, went undefeated in the regular season and advanced to the NCAA play-offs, where they made it to the Elite 8 in Division III football play-offs. His team and teammates broke many school records this season and received the Lambert Award for 2012.

"We are so proud of Michael because of he was named "Capital One Academic All-American" for his grades and playing," said his parents. He was also selected for the "Capital One Academic All-District" and Liberty League All-Academic Team.

## January Activities Scheduled at Pinellas County Preserves

Weedon Island Preserve -

Hiking opportunities are plentiful at Weedon Island Preserve in January. These ongoing two-hour guided hikes begin at 9 a.m. and continue each Saturday in January. Participants learn about the ecosystems and early residents of Weedon Island Preserve while hiking the coastal uplands and along boardwalks through mangrove forests. The hikes are best for ages 6 and older.

Egmont Key has been a sentinel for ships entering Tampa Bay from the Gulf of Mexico for hundreds of years. Early European explorers recognized the island's strategic location and Egmont Key's story reflects major events in the history of the United States and Florida. Authors Don and Carol Thompson's new book, The History of Egmont Key, aims to foster an appreciation of the uniqueness and beauty of this island, as well as an understanding of its place in history. The Friends of Weedon Island are sponsoring this 90-minute talk and book signing on Saturday, Jan. 5, beginning at 2 p.m. Light refreshments will be served.

Brooker Creek Preserve -

The popular Saturday hikes continue at Brooker Creek Preserve in 2013. On Jan. 5 and 19, volunteer guides lead groups to see how the land has changed over time and the ecological footprints left by those changes. Closed-toe shoes, water and hat are recommended on this 90-minute, 0.75-mile walk beginning at 9 a.m.

For nature lovers, Brooker Creek Preserve naturalist James Stevenson will conduct a leisurely walk on Saturday, Jan. 5, in search of the fascinating world of orchids and "air plants" found in the preserve. This 90-minute free class, beginning at 10:30 a.m., will introduce participants to identification skills and will include a walk to discover these plants in their natural habitat.

## Highland Recreation Complex Looking for Instructors

LARGO - The City of Largo's Recreation, Parks and Arts department is seeking enthusiastic instructors for fitness, preschool and school age classes at the new Highland Recreation Complex. Interested instructors should contact Mandy Petersen or Christina Heubel at (727) 518-3016.



## Brilliant Fitness and Nutrition

By Ashleigh Gass

## Simple-to-Follow New Years Fitness Routine

Backflip off the fitness wagon this holiday season? Let me tell you how to stick the landing...

Back to reality, or at least the perception of it. Back to the gym, to work, to 'healthy' eating, regular sleep, and the desire to look good naked. (I'd really like to assist you with the latter category). Good news - it's easier than you think. Bad news - all of your Herculean goal setting won't work if you are still guzzling low-fat instant oatmeal for breakfast everyday.

In this article I will outline several simple and easy strategies, that will, if followed, result in fat loss. I'll condense years of formal education and complicated biochemistry into a few bullet points for you. Here goes:

1. Upon rising, have your normal cup of coffee. This time though, after drinking it, head outside and do a 20 minute walk/jog session. The caffeine tastes good, and helps mobilize fat. Already complaining about lack of time to do this? Get up earlier. You want to look good naked, remember! The other option is to get your weight training session completed during this early time frame.

2. When you're finished, head to work with food to go. Rules: you must eat protein, healthy fat, and vegetables. Preferably green vegetables. Oatmeal, or any other concentrated carb source, will shut down fat-burning hormones immediately. Only eat a huge bowl of grains if you desire obesity and diabetes.

3. Throughout the day, continue to eat meals that consist of proteins, fats, and lots of vegetables.

4. After work, hit the gym (if you haven't done so already). Hit the gym doesn't mean social hour. It means train with intensity. If you aren't certain about your level of intensity, come work with me and you will soon understand.

5. Go home, and eat a meal rich in proteins, vegetables, and good carbohydrate sources such as yams, squash, and sweet potatoes.

6. Go to bed, and repeat this cycle 3-4 days/week.

The above 6 points, truthfully, is as complicated as most of you need to make it. Doing this long enough to see results and you'll earn a spot in "Club of Complicated", where we can begin tinkering with different nutritional protocols, supplements, etc.

Until then, keep it simple.

## TWO TICKETS PLEASE



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## TIDE CHART

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	HIGH	HIGH	LOW	LOW
	A.M.	P.M.	A.M.	P.M.
January 3 Thu	3:05	3:50	9:43	10:29
4 Fri	4:10	4:35	10:28	11:36
5 Sat	5:33	5:28	11:24	-----
6 Sun	7:10	6:30	12:53	12:34
7 Mon	8:44	7:36*	2:12	1:52
8 Tue	10:00	8:39*	3:23	3:06
9 Wed	10:58	9:38*	4:22*	4:09

\*-Strong Tides  
a - A.M.  
p - P.M.

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