THE BELLEAIR BEACH BREEZE

April 2013

City of Belleair Beach

Mayor
Rob Baldwin

Vice Mayor
Leslie Notaro

Councilmembers

Rob Baldwin

Jeril S. Cohen

Leslie Notaro

John Pietrowski

Wanda Schwerer

City Manager
Nancy G. Gonzalez

City Clerk
Patricia A. Gentry, CMC

Finance Officer
Melanie Neumann

City Attorney
Paul J. Marino

Community Services
Allen Godfrey

Administrative Assistant
Pamela J. Nightingale

Community Services Staff
Howard Chavis, Supervisor
Jana Mastilovic

Community Improvement Officer
John Ouimette

Upcoming City Council Meetings

April 1, 2013 - 6 pm

City of Belleair Beach
444 Causeway Boulevard
Belleair Beach FL 33786
727.595.4646
727.593.1409 FAX

Hours: 8:00 am to 4:30 pm M-F

www.cityofbelleairbeach.com

Our City Council

On March 18th Rob Baldwin was sworn in as the new Mayor of our fine City. Rob praised outgoing Mayor Kathy Mortensen on her work for the city as well as work with the Suncoast League of Cities and the Big-C (Barrier Island Government Council).

Mayor Baldwin ran unopposed, as did Councilmembers Jeril Cohen, John Pietrowski and Wanda Schwerer.

Leslie Notaro, who has served diligently as a council-member for the last three years, was elected as Vice Mayor.

Thank you to our Mayor and City Councilmembers for your dedication and willingness to donate your time for the City of Belleair Beach.

Drug Drop Off

We get many calls in City Hall regarding old and outdated prescription disposal.

The Walgreens at the corner of West Bay and Indian Rocks Road will accept your prescriptions for disposal. Be sure to take them back to the Pharmacist.

The Sheriff's Office provides 2 local Operation Medicine Cabinet drop-off boxes near us.

10750 Ulmerton Road, Largo, FL 33778
645 Pierce Street, Clearwater, FL 33756

For more information on the Pinellas County Sheriff's Office Programs, please visit
http://www.pinellasdrugabuse.com/

Introducing our new page 2 Feature…

Highlights from last months City Council Meeting

WalkWise Tampa Bay Presentation

The City Council heard a presentation from Lisa Suprenand, Outreach Specialist, from WalkWise Tampa Bay. In the presentation, Suprenand showed that 500 pedestrian fatalities have remained relatively the same over the last 10 years. Even though the number is devastating, many could be avoided through preventative safety measures. The WalkWise Program promotes the use of pedestrian visibility flags along with other educational efforts.

Ordinance 13-01 was approved.

Regarding parking of boats in private Driveways for cleaning and detailing; Boat owners will be permitted to have their vessel in their driveway for the purpose of cleaning and detailing for a period of 48 hours, three(3) times per year after obtaining a permit from City Hall. There will no fee for the permit.

Highest financial rating

Jeanine Bittinger, CPA, partner in audit firm Davidson, Jamieson and Cristini, P.L. of Dunedin reported that the city had favorable balance of both revenues and expenses for the year. Ms. Bittinger stated the City did a very good job in staying within the budget.

Mayor says Goodbye

Mayor Kathy Mortensen will be stepping down after serving on Belleair Beach City Council for the past seven years and the last 2 years as Mayor. Her fellow Councilmembers all had praises for her leadership and devotion. Attorney Paul Marino said to Mayor Mortensen, "In my 47 years in government, I have never had a more professional relationship with anyone than with you at the helm.

"Belleair Beach is among the best run, if not the best run city in all Pinellas County."

Personnel Manual Amended

City Council approved Resolution 2013-01 closing City Hall on New Year's Eve.

Agenda Packets

Going forward, some City Councilmembers will be receiving their Agenda Packet by e-mail and others have opted to continue receiving a hard copy.

Budget Schedule for Fiscal Year 2013-2014

Dates for discussion and meeting times for the new Budget were approved. The dates and times follow:

Monday, July 15, 2013 - Budget Workshop - 4:00 pm

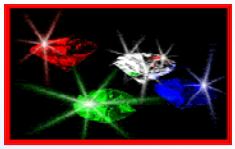
Monday, July 29, 2013 - Budget Workshop - 4:00 pm
Special Council Meeting immediately to follow to Adopt Tentative Millage Rate

Wednesday, Sept. 4, 2013 - First Public Hearing on the Proposed Millage Rate, Budget and Capital Plan—5:01 pm

Monday, Sept. 16, 2013 - Final Public Hearing on Budget - 6:00 pm (Adopt final millage rate and budget)

City of Belleair Beach

April 2013



John's Gems

Community Improvement Officer—John Ouimette

Spruce It Up

Sec. 10-77. - Maintenance and appearance standards

1) The exterior surfaces of all premises and every structure on the premises, including all parts of the structure and appurtenances, shall be maintained in good condition and shall not show evidence of deterioration, weathering, discoloration, ripping, tearing, or other holes or breaks. All screened enclosures shall be properly fitted and maintained. All other surfaces shall be maintained free of broken glass, crumbling stone, asphalt, brick or stucco, or other conditions reflective of deterioration or inadequate maintenance.

2) All off-street parking spaces and drives shall be paved with asphalt or constructed of concrete, paver bricks or turf block and shall be of smooth surface and in good repair in compliance with city codes.

3) Roofs shall be covered with roofing material suitable for exposure to the elements pursuant to the building code. Roofs and roof coverings shall remain structurally sound and watertight and shall not contain visible holes, rips, tears, breaks, or the like. Roofs shall be repaired using like materials to the existing materials.

To read the rest of the Code please click www.municode.com

Life's Little Mysteries That Happen Every Day

Things we do daily and are common to all explained.

Zone out

No matter how hard we might try to stay focused on an everyday task, such as brushing our teeth or queuing for coffee, we simply can't stop our minds from wandering. Fortunately, those bizarre bouts of cognition sans awareness known as "zoning out" are actually a good thing. They're vital to creativity and imaginative thought.

Instead of staying completely focused on a dull and familiar external stimulus, neuroscience research shows that our attention waxes and wanes, and we spend 13 percent of the time "zoned out." During this time, we are free to float along internal streams of consciousness, following wherever our minds randomly take us — perhaps arriving at a "eureka!" moment, or at the very least, a spontaneous and interesting idea.

Sleep

We spend roughly one-third of our lives asleep. No human can go without it for more than a handful of days, and yet sleep may be the least understood of all our activities.

It certainly allows for a lot of body "maintenance work," from production of chemicals that get used during waking hours to the self-organization of neurons in the developing brain. REM sleep, with its high neuronal activity, occurs for longer each night during periods of brain growth.

Several theories point to sleep as a state vital to memory and learning. It may help ingrain episodic memories into long-term storage, and it also may simply give our mental waking activities a much-needed break.

Blink

It's not that strange that we blink: The tenth-of-a-second-long activity clears away dust particles and spreads lubricating fluids across the eyeball. What is strange, though, is that we fail to notice the world plunging into darkness every two to 10 seconds!

Scientists have found that the human brain has a talent for ignoring the momentary blackout. The very act of blinking suppresses activity in several areas of the brain responsible for detecting environmental changes, so that you experience the world around you as continuous.

City of Belleair Beach April 2013

Good News For Coffee Drinkers!

The study, which followed more than 968,000 older men and women for 26 years, found that those who drank four or more eight-ounce cups of caffeinated coffee per day were about half as likely to die of oral cancers.

"We wanted to look at this because there had been a handful of studies that had shown consistently that coffee seems to reduce risk of cancer of the oral cavity," said Janet Hildebrand, an American Cancer Society analyst who led the new research, which was reported in the American Journal of Epidemiology.

The subjects (average age 57), were cancer-free when they enrolled in the Cancer Prevention Study II starting in 1982, Hildebrand said. They were followed through 2008, and 868 deaths from oral/pharyngeal cancer were recorded.

No one knows for sure why coffee might have cancer-fighting properties, but animal and laboratory studies have shown that two compounds in coffee — cafestol and kahweol — protect against oxidative DNA damage. "We need laboratory studies on actual cells and tissues from the oral cancer" to really understand exactly how coffee is helping to protect against cancer, Hildebrand says.

Organizing Help

A large part of Spring Cleaning involves re-organization.

Here are 4 organizing tips to inspire you to get organized:

- Create your organized aesthetic. Do you think a room or area is only organized if it is clean and Spartan? The truth is there isn't a uniform look when it comes to organizing. It is your home, arrange and organize it to meet your standards and needs.
- Stop trying to be a perfectionist. Do the glossy magazine pictures discourage you because you know you can't reach that level of perfection? Stop comparing your home to those photos.
- Do like things together. Start each day by making a list of what you need to do. Prioritize the items and group like tasks together. This will save you time, money, effort and energy.
- Keep clutter out of your home. Resist buying something you don't love, won't use, or don't need.

Organizing can be easy with practice but it isn't necessarily always easy. If it helps you have a more peaceful and happy life it is worth it. It can save you time and money which is certainly worth the effort you put into organizing.

In the spirit of April Fool's Day…

A fake out recipe for Pecan Pie

Ingredients

2 eggs, beaten
¾ c brown sugar
¾ c dark syrup
¾ c oats
¼ tsp salt
¼ lb of butter, melted
1 tsp vanilla
1 unbaked pie shell

Directions

Beat the eggs well then add the remaining ingredients, folding in the oats last.

Pour into the pie shell and bake at 350 for 30-35 minutes or until a knife comes out clean.

Also good for those allergic to nuts.

One of the all time best April Fools Day Hoaxes

On April 1, 1957 the British news show Panorama broadcast a three-minute segment about a bumper spaghetti harvest in southern Switzerland. The success of the crop was attributed both to an unusually mild winter and to the "virtual disappearance of the spaghetti weevil." The audience heard Richard Dimbleby, the show's highly respected anchor, discussing the details of the spaghetti crop as they watched video footage of a Swiss family pulling pasta off spaghetti trees and placing it into baskets. The segment concluded with the assurance that, "For those who love this dish, there's nothing like real, home-grown spaghetti."

The Swiss Spaghetti Harvest hoax generated an enormous response. Hundreds of people phoned the BBC wanting to know how they could grow their own spaghetti tree. To this query the BBC diplomatically replied, "Place a sprig of spaghetti in a tin of tomato sauce and hope for the best."

Out 'n About

Theater

When The World Was Green	American Stage Theatre	Through April 21, 2013
Hair	Ruth Eckerd Hall	April 4, 3013 - 8 pm
Aladdin	Largo Cultural Center	April 6, 2013 - 11 am
Louie Anderson	Ruth Eckerd Hall	April 7, 2013 - 2 pm
The Amish Project	American Stage Theatre	April 10 - May 12, 2013
Henson Alternative's Stuffed and Unstrung	Mahaffey Theater	April 18, 2013 - 7:30 pm
An Evening with Groucho	Largo Cultural Center	April 21, 2013 - 7 pm

Concerts

Yes	Ruth Eckerd Hall	April 4, 2013 - 8 pm
Chicago	Ruth Eckerd Hall	April 10, 2013 - 8 pm
Smokey Robinson	Mahaffey Theater	April 10, 2013 - 7:30 pm
Weird Al Yankovic	Ruth Eckerd Hall	April 13, 2013 - 8 pm
The Black Crowes	Mahaffey Theater	April 30, 2013 - 7:30 pm

Events/Crafts/Exhibits

"Strangely Familiar"	Dali Museum	Through April 7, 2013
39th Annual Fine Arts Festival	Tarpon Springs, 100 Beekman Ln	April 7, 2013 - 10 am
Rain Harvesting Workshop	Pinellas County Extension, Largo	April 20, 2013 - 9 am
2013 Mainsail Art Festival	Vinoy Park, St. Petersburg	April 21, 2013 - 10 am

Are You Safe?

Springtime safety

Inside

Ah, springtime. That glorious time of year when you suddenly realize the lawn needs mowing, the garden needs weeding and the house could use a fresh coat of paint.

When you start tearing the house apart and moving things around during spring cleaning, especially cleaning supplies and equipment, it is important to keep safety in mind.

Spring cleaning can be tiring work. Don't forget safety even if you have worked hard all day and just want to get it done. The better thing to do when you are exhausted is to stop and take a break, drink a glass of water or sit under a cool fan.

Be careful moving large pieces of furniture and appliances. Use the proper lifting techniques - keep your back straight and lift with your legs. Always wear shoes when moving heavy items. If you feel it is just too heavy and you cannot find someone to help you, do not move it! It will not be the end of the world to just clean around it.

When you are using ladders and step stools, use extreme caution. A good rule of thumb is that your belly button should not go beyond the sides of the ladder. Also, have someone available to hold the ladder steady for you if possible. Make sure before you step on the rungs that they are dry and you are wearing non-skid shoes.

Cleaning supplies can create nasty fumes. Make sure you get fresh air by opening windows, turning on the exhaust fan or placing a fan in the room. Do not mix common household cleaners - they can create toxic fumes when combined. You should also wear rubber gloves when cleaning.

Outside

Springtime puts a spring into the step of the garden enthusiast. It heralds the beginning of the growing season and often gives gardeners an uncontrollable urge to beautify their property with additions or begin near frantic restorations of their landscape.

Bright sunshine might cause you to head outside for gardening chores without the benefit of sun protection. Sunscreen prevents burning and should be applied to exposed areas of the body. The sun also dehydrates you quickly when coupled with the typical exertion of gardening. Drink plenty of water before, during and after hard work, even during the cooler days of the spring.

The most diligent gardeners clean, sharpen and store tools for the winter. In reality, many of us simply chuck our tools in a heap after finishing with the gardens in the fall. Check that tool handles attach securely to shovel blades, trowels and rakes. Examine wooden handles for defects and potential splintering. Replace worn handles or dispose of tools that can't be repaired safely. Sharpen pruning and lopping shears in preparation for the major pruning many plants require in the spring.

The sedentary lifestyle of the winter gets shelved quickly with the wealth of spring chores. Don't throw yourself into hard labor weeding, pulling and pruning without warming up first. Add 5 to 10 minutes of exercises such as jumping jacks, walking briskly or jogging in place to get the blood pumping to your muscles. Bend from the knees when lifting heavy objects and always stand as upright as possible when raking, hoeing or shoveling to protect the lower back.